

Anastasia NOVYKH

SPIRITUAL

PRACTICES AND MEDITATIONS



The original of this brochure, as well as full version of the books by Anastasia Novykh, is written in the Russian language. It must be understood that everything that is subject to translation of these books into other languages is no longer the original as such. These are rather translations of meanings and understandings of the people who make these translations in an attempt to convey this information to others. The truly cognising ones read these books only in the original in order to understand not only its primordial meaning but also the impressive power and the spirit of the truth of this book.

The simple meditations and spiritual practices offered in this brochure from the books of Anastasia Novykh are accessible to any person, even for someone who has never practiced similar spiritual practices.

And they will be interesting to those who have long and seriously practiced in improving their phenomenal abilities. And of course, these spiritual practices are a unique source for those who want to know themselves and find their spiritual path.

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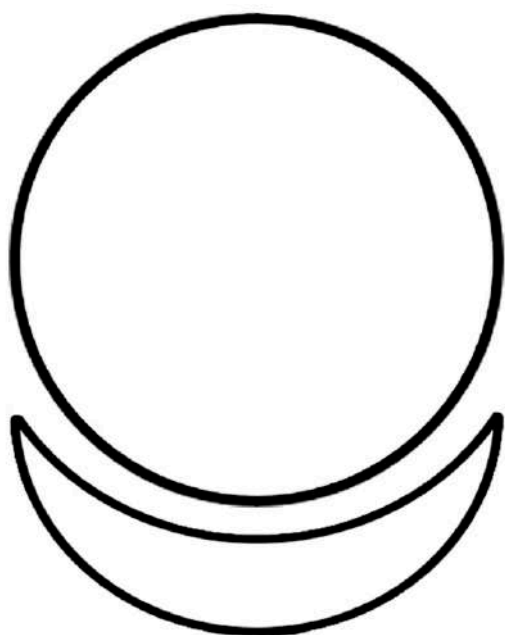
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*The Personality can
consciously develop spiritually and,
having merged with the Soul,
become free within a single life!*

Rigden Djappo
(from the book "AllatRa")



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INTRODUCTION

Meditation is one of the ancient tools of knowing the world and yourself, the spiritual development of man. For millennia, the living conditions of society and civilisation have changed. But the human himself remains unchanged, his inner dual nature: the animal principle and the spiritual principle. And consequently, the issues of spiritual development, effective ancient methods of self-improvement have not lost their relevance. The subtleties of the mechanisms of influence of the meditation on human are still a mystery to science as well as a human himself.

The brochure consistently outlines the techniques of meditation, alike to autogenous training, followed by fundamental spiritual practices that contribute to the spiritual development of human. It should be noted that spiritual practices contribute to the development of phenomenal, that is, extrasensory abilities of a person. But do not aim to achieve these side effects. The main point is the spiritual development of human. After all, life is too short to waste it on temporary and mortal. For thousands of years' people have used these ancient methods of cognising the world and themselves and achieved through meditation significant results not only in the physical field, but also, which is especially important for a person, spiritual self-perfection.

The brochure is created as a short guide-reminder for some meditations from the books of the "Sensei" series and "AllatRa" to help those who have already read these books. But it does not give a complete idea of what kind of knowledge is built into books to help those who follow the spiritual path. Because the spiritual path does not mean simply performing a complex of meditations as one more of your hobbies. The spiritual path is a way of life. Meditations are just a set of tools. And the instruments themselves, without understanding the essence of construction and the end result, are meaningless. Therefore, for those who are not familiar with books, I recommend first to read them carefully, to become a master who will know how to use these tools skilfully to form his spiritual destiny.

You can download the book data for free on the official website of

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THE ETERNAL WISDOM

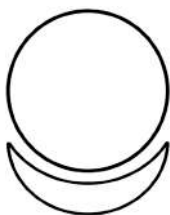
(from the book “AllatRa”)

Over the years that passed, after the first books had been published, many events have happened, which convinced me once again that a sincere desire of a single person to help people, together with their real actions and self-perfection, do bear surprisingly wonderful fruit. And it's not even about the books as reading matter, but rather, about comprehension and putting the Knowledge given in them into practice. A book is a means of transferring the Knowledge; the Knowledge not in the sense of “property” or “one's own conclusion” but as Wisdom from above that passes through centuries. The wisdom like an Open Gate for entering into that wonderful higher state of spirituality, through which the insight comes from the One Who created everything. The Wisdom that always was, is, and will be, even when the memory of its human conductors will vanish in the dust of ages.

It is this Wisdom, like a genuine seed, that gives good seedlings in a person, helping him to free his mind from the niche of human fears and narrow vaults of the darkness of delusions, to overcome the solidity of material thinking, and to discover the boundless realm of cognising the Truth. It helps him to rise above his earthly selfhood and to see the world from the height of spiritual view without prejudices and material blinders. The Wisdom endows a person with sincerity and a sense of purpose, enriches him with comprehension and raises the level of his responsibility for the spiritual quality of his life.

This eternal Wisdom for a spiritual person is like vivifying water for a ripe ear of wheat grown from a good grain. It allows one to realise the root of human troubles and to improve the atmosphere of one's spiritual life. It gives the main

keys to understanding the complex reality of a human being and the world and serves as the source of creating unique conditions for the human being to shape a Spiritual society in the cruel world of the material Animal mind. The eternal Wisdom allows the human being to transform himself spiritually and to know the hidden essence of past and future events. This Wisdom is precisely the constructive principle created by Him, which opens for each person, who has accepted It, the path to His Eternity.



WHAT IS AN ALTERED STATE OF CONSCIOUSNESS?

Thanks to meditations and spiritual practices, the man independently learns about the world outside of the three dimensions, and not with the mind's logic but with a more perfect instrument of his — the intuitive sense (the sixth sense).

Rigden Djappo (from the book "AllatRa")

Anastasia: But before you proceed with the technique of doing this unique meditation, I would like to clarify with you some significant moments for the readers, first of all, the ones related to understanding what an altered state of consciousness during meditation is. You know, I came across such instances when people, even after reading the books, did meditations, to put it mildly, simply with imagination. Upon a detailed discussion, it turned out that they just did not understand what a meditation really was, what an altered state of consciousness in practice was, although they had read about it a lot. In some cases, people, thinking that they were meditating, in fact, remained practically in the awake state, which is typical for them during the day, without bothering to switch to a different state of consciousness. That is why they often had thoughts about everyday matters, about their current work, everyday life, experiences during the day and so on; that is, they had various distracting thoughts during this simulated exercise. Naturally,

such a meditation, as a theory, happened only in their imagination. In other cases, people simply fell asleep instead of meditating. Generally, it happened after they were exhausted during the workday and then sat down to meditate. Sleep, as it is known, is also one of the altered states of consciousness. So, they mistook it for meditation, and that is why while making such an “effort of will”, in the sense of forcing themselves to meditate despite being tired after a workday, they, in fact, did not see any results.

Rigden: These people need to understand what altered states of consciousness are, what kind they can be and what the difference between them is. These altered states of consciousness, such as a dream or a meditation are characterised by complete relaxation of the body, mental calmness, and drowsiness. But this is only an indicator of *the beginning of an altered state of consciousness*. The division comes later: some people get immersed in meditation (a conscious control of the subtle processes of the invisible world) while others fall asleep (the unconscious state).

Anastasia: I’ve been saying just that! In other words, people lack real practical understanding of what a true meditation is and how it really takes place.

Rigden: I would advise these people, first of all, to understand what an elementary autogenic training is, learn to relax the body, control their thoughts, practice keeping their attention focused on one thing for long periods of time, and then to proceed to practicing meditation, that is, to a deeper immersion into an altered state of consciousness; to learn the basic meditation techniques that you described in the first book *Sensei* and in the other books in the series and only then to begin to master the fundamental spiritual practices.

Anastasia: I agree with you, people are different, and while some quickly grasp the essence, others need time to figure everything out in more detail. But more often, people simply lack the basic knowledge about themselves and the general mechanisms of the brain’s function in different states of consciousness. I know that you possess unique knowledge in the field of neurophysiology and functioning of the human brain. Could you elaborate on the topic of altered states of consciousness, or at least orient the readers in publicly accessible information, or share knowledge that can be made public?

Rigden: Well, perhaps, solely within the limits of the modern scientific understanding of functioning of the brain so that it might be clearer to people what is meant and in which direction one should conduct one’s research. As is it known, functioning of the brain is associated with electromagnetic waves. The brain can operate in different modes, each of which is characterised by a certain psychic and physiological state of consciousness. The human being as a Personality, thanks to concentrating his attention, can control several such states of consciousness. In everyday life, he

is most often in one of the states which in the scientific circles is called the awake state. Scientists, while measuring the brain's electrical activity over time, conditionally indicate **the state of active wakefulness** as beta-rhythm (β -rhythm). Its frequency range is from 14 to 35 Hz, and the voltage is 10-30 mkV. Beta waves are regarded as fast waves and they are low-amplitude vibrations of the overall (total) potential of the brain. On the EEG, the waveform resembles, relatively speaking, "triangles" with pointed tops. Beta rhythm is generally recorded during the functioning of the brain's frontal central regions. However, when a person pays attention to something new, unexpected, to any information that he hears, intensive mental activity, or a powerful emotional excitation, this rhythm grows and can spread to other parts of the brain. Beta rhythm is typical of the brain's functioning when a person works mentally, is emotionally stressed and under the influence of various irritants.

All in all, it should be noted that such a notion as fatigue is not typical for the brain. You must simply understand how it works, switch from one activity to another in time, and be able to change the quality of the states of consciousness at the right time. Everyday life constantly involves a person's psychological self-tuning, upon which, incidentally, also depends the overall condition of the body. Throughout the day, a person is influenced by different external factors, such as, for example, sound and light, not to mention the effects of the invisible world. All of them are everyday irritants which, one way or another, affect physiological and other biological processes of human life.

Excessive anxiety, anger, irritability, and psychological fatigue are accompanied by tension of the muscles of face, neck, arms, and so on. In its turn, a tense muscle also becomes a generator of excitation impulses. The task of the person performing an autogenic training or tuning up for a meditation is to limit the flow of excitatory signals. That is why he sits down in a comfortable position, in silence (eliminates any sound stimuli), closes his eyes (eliminates the impact of the sources of visual stimuli), switches his attention from various everyday thoughts, experiences, and worries, to inner peace and silence (that is, when possible, he eliminates the direct influence of the invisible world). Next, he focuses on relaxing his muscles (eliminates another channel of excitation) and then reaches the state of complete relaxation altogether. Thus, a person readjusts the working mode of his psyche and, consequently, of the nervous system. Thanks to such self-tuning, he can control himself through clear mental self-orders (auto-reports).

Anastasia: Thought discipline opens great opportunities for a human being. In the state of meditation, he can control those mechanisms of his complex energy structure that are not accessible in other states (including the awake state). Naturally, when performing a meditative technique correctly, he observes

a spiritual surge, insight, development of intuitive knowledge, as well as “side effects” of such work: a burst of energy, good mood, and increase in creativity which, in turn, has a positive effect on the person’s general state.

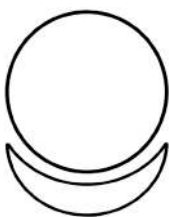
Rigden: Absolutely. All these mechanisms must be understood. Attention in a meditation is like electric current in the network: what you connect to it is what will work. Therefore, it is important to keep focus on the main processes taking place during the meditation. Generally, the person doing a spiritual practice can be compared to a military pilot performing a combat mission in a supersonic fighter. Initially, the pilot practices to perfection all the actions on the aviation (aerobatic) flight trainer on the ground, simulating a plane flight. This can be compared to a person who has just started to learn the primary stages of meditation. Namely, the process of relaxation, disconnection from extraneous thoughts, immersion in the state of meditation, the primary sensations at the level of the physical body such as heat in the solar plexus, or a slight tingling in the area of chakras, or energy movement along the arms, and so on. This stage can be conditionally called the primary one: from only theoretical ideas about meditation to acquiring the first practical skills.

The second stage in learning meditative practices is similar, figuratively speaking, to a pilot getting practical experience actually in the air, when he gets into a fighting machine and trains in flight. Here, he comes to understand that controlling a fighting plane in the sky is not quite the same as performing the same exercises on a simulator and imitator on earth. The significant difference is not in the technique but in the sensations and the understanding of the flight process and life in a completely different space — the sky. Like the pilot, the meditator understands the substantial difference between theoretical and practical knowledge when he works on himself daily and controls his Animal nature. The person begins to change. This is the important thing because a meditation is only a tool! In other words, he begins to control his thoughts in everyday life, to keep them pure, track his psychological reactions, and avoid negativity in his consciousness. When the person does not control his thoughts, he blames everyone for his troubles and wrongs, he condemns all, is unhappy with many things, teaches everyone without practicing what he preaches, and so on. But when the person begins to work on himself, he turns his attention not to the external but to his internal causes as to why he perceives and reacts to the surrounding world in this way and not otherwise. The person begins to understand why he succumbs to these external provocations and how he should divert his attention from his multiple egocentric desires, instances of resentment and aggression of the Animal nature, how to switch it to the Front Essence and the deepest feelings emanating from the Soul, and abide on the spiritual wave. So when the person

does such work on himself on a daily basis without giving any concessions to his Animal nature, then a completely new level of perception opens for him in meditations. He begins to understand what a meditation is and to go deeply into this process, which is unusual for him. The person learns to stay in a completely different state of consciousness, which is different from the awake state and sleep, that is, to sense in practice this difference between the states of consciousness, to understand the world through the deepest feelings and intuitive Knowledge, which is not a product of logic.

And finally, the third stage is when the military pilot performs a combat mission in flight on a supersonic fighter. He no longer thinks about the mechanisms of operation of the plane, he simply automatically starts them. He does not think about that unusual space in which he is — he already lives in this space. The pilot feels every movement of the aircraft and his attention is focused on the main thing: to carry out the combat mission. So it is with the person who is deeply engaged in spiritual practices. At this stage, he makes the habit of controlling his Animal nature, automatically starts the meditation mechanisms with clear mental orders, and performs the meditation itself solely with his deepest feelings without any thoughts. The mechanism of spiritual practices (assuming that an individual does serious work on himself in everyday life) brings the person to a completely different level of perception, including the 4th, the 5th or the 6th dimension from the perspective of the Observer from the Spiritual nature. He begins to explore the familiar world of matter and the world of subtle energies only with his deepest feelings, not with logic and material thoughts. After all, thoughts are a product of matter, nothing more than that. However, the spiritual, deepest feelings are a completely different quality of perception and a totally different comprehension of the all-encompassing Knowledge, it is that which people call enlightenment.

Anastasia: On that side, one gains an amazing clarity and precision of understanding the processes which take place there. However, after a meditation, when you try to explain to others what you experienced, you realise that it is impossible to accurately communicate what you felt on that side through familiar images and associations. Thanks to this, you realise that there is a significant difference in your daily life between the real processes and the mind's game — those associations with which logic operates from the perspective of the material perception of the world. Yes, when you start experiencing it all in practice and get in touch with the true reality, then you maturely realise why each day that you spend in the spiritual work is so important and for what thoughts and deeds you squander the power of your attention each day. After all, everything has inevitable consequences, first of all, for your Soul and your Personality.



MEDITATIONS FROM THE BOOKS “SENSEI”

MEDITATION ON CONCENTRATION OF ATTENTION

Attention is power, the beginning of creation.

Rigden Djappo (from the book “AllatRa”)

“Now we will practice the simplest meditation on the concentration of attention, so that you can learn how to control the Qi energy,” said Sensei. “But before that, I would like to repeat again for those who came late. In addition to the material body, the human also has an energy body. The energy body consists of an aura, chakrans, energy channels, meridians, and special reservoirs for energy accumulation. Each of them has its own name. I will tell you about them later in detail, depending on the meditation.”

“And what is a chakran?” I asked.

“Chakran is a tiny spot on the human body through which different energies enter and exit. It works....so for you it would be easier to understand it, like a diaphragm in a camera. Do you know what that is?”

We nodded in agreement.

“It is the same way with chakrans; they instantly open and instantly close.”

“And does all that energy really come out in that instant?” Slava was surprised.

“Well, it’s not like emptying a bucket of water. After all, a human being is an energy and a material creature, where energy and matter exist by their own laws and time. However, they are fully interconnected and interdependent. Any other questions?” Everyone was silent. “Then let’s begin. Right now, your objective is to learn to feel the movement of air inside of yourselves, the movement of Qi. You all think that you understand and feel yourselves perfectly. But I’m pretty sure that you can’t see right now, for example, the toes of your feet. Why? Because you don’t have internal vision. Internal vision, just like internal feeling, can be trained with time, in everyday training. That’s why we will start with the simplest and easiest meditation. We’ll try to learn to control thoughts and feelings, to evoke them and to guide them.

“All right, now make yourselves comfortable and relax. Calm your emotions. You may close your eyes, so nothing will distract you. Dissolve all your thoughts and everyday problems in the emptiness.”

As soon as that phrase was spoken, I recalled a pile of tiny household chores. “Gosh! Those impudent thoughts again,” I thought. “You were told to get dissolved.” my persona tried again not to think about anything.

“Concentrate on the tip of your nose...”

With closed eyes, I tried to “see” the tip of my nose, guided more by my internal feelings. I felt my eyes strain slightly.

“Now breathe in deeply, slowly and gradually. First, with the bottom of the belly, then with the belly, chest, raising shoulders... Slightly hold your breath... Slowly breathe out... We concentrate our internal vision only on the tip of the nose... You should feel and imagine that the tip of your nose is like a small light bulb or a small flame, and it flares up with your every breath out... Breathe in... Breathe out... Breathe in... Breathe out... The flame flares up more and more...”

At first, I felt a slight burning and pricking in my nose. It felt as if I were filled with something material, like a jug with water. Later on, I thought I could see a dark, distant contour of a tiny purple spot around my nose tip. At first, I couldn’t focus on it clearly. Finally, when I was able to fix my vision on it, it started to light up from inside. Moreover, when breathing in, the light narrowed, and when breathing out, it widened. When I got used to breathing this way, I heard Sensei’s voice.

“Now switch your attention to another part of meditation. Slightly raise your hands a little forward, palms down. Breathe in as usual: through the bottom of the stomach, then through the stomach and chest. Your breath out should be directed through the shoulders, hands, to the centre of your palms, where the chakrans of

the hands are located, and through them into the earth. Imagine that something is flowing through your hands, Qi energy, or light, or water, and then overflows into the earth. This flow rises from the bottom of the stomach up to your chest, and there it is split up into two streamlets and overflows into the earth through your shoulders, arms, hands. Concentrate all your attention on the feeling of that movement... Breathe in... Breathe out... Breathe in... Breathe out...

A thought flashed across my mind, “What does it mean to breathe through the hands? How can that be?” I even panicked a little. Sensei, obviously feeling my confusion, came up and placed his palms over mine, without touching the skin. After some time, my palms began to burn, like two stoves, spreading warmth from their centre to the periphery. And what astonished me most of all was that I really felt tiny warm streamlets pouring through my shoulders. In the region of my elbows they weakened, but I felt them very clearly overflowing through my palms. Deep in these new, unusual feelings, my persona asked myself, “How am I doing this?” While I was thinking it over, I lost the feeling of the streamlets. I had to concentrate again. In general, it worked with variable success. After one of my next attempts, I again heard Sensei’s voice.

“Close the palms of your hands in front of you, firmly clench them so that the chakras of the hands close and the movement of energy stops. Take two deep, fast breaths in and out... Lower your hands and open your eyes.”

After the meditation, when we started to share impressions, I understood that everyone experienced it differently. Tatyana, for example, didn’t see the flame; instead, she felt some kind of light movement through her hands. Andrey had a shiver in his legs and light dizziness. Kostya shrugged his shoulders and answered, “I didn’t feel anything special, except a pins and needles sensation. But that is quite a normal reaction resulting from the oversaturation of the body with oxygen.”

“After the third, fourth breath in, yes,” answered the Teacher. “But at the beginning, the brain fixes the thought, in particular before the movement of the Qi. And if you listen to yourself, relax and breathe in deeply, you will immediately feel a widening or paresthesia feeling in the head, or in other words, a certain process happening there. That is exactly what you need to understand — what is moving there, and learn to control it.”

“Why didn’t I feel anything?” asked a disappointed Slava.

“And what did you think about?” Sensei asked half in jest.

It turned out that Slava didn’t really know what he had been expecting, maybe some kind of a miracle. Sensei replied, “Right, that’s the reason you didn’t feel anything, because you concentrated your thoughts not on the work but on waiting for some extraordinary miracle. But there won’t be a miracle until you create it

yourself... You shouldn't wait for anything extraordinary just because you breathe correctly or concentrate on something. No. **The biggest miracle is you, yourself, as a Human!** After all, where does all the great spiritual Art lead? It helps you become Human so that you gradually wake up and recall the knowledge that was given to you primordially. These meditations are merely a means of awakening from spiritual lethargy and recalling long-hidden and forgotten information that you knew and used once upon a time."

"What do you mean knew?" Slava didn't understand.

"Well. For example, everyone knows how to read, write, count, if, of course, he is without mental disorders. Right?"

"Right."

"But first he had to be taught. While later, he automatically reads, counts and so forth. In other words, he already knows that, for example, one plus one equals two, two plus two equals four. It seems so simple and real! But at the beginning he was taught all this, although, in truth, he simply recalled it. These are hidden, subconscious abilities. Or, here is another easier example that has to do with the physiological level. If a man who doesn't know how to swim is thrown into the water, he will drown. But it has been proven and confirmed by deliveries in water that a newborn baby, when lowered into a pool, swims like any other animal. So, does this mean that he already possesses these reflexes? Indeed. But later it's simply *forgotten*. It is the same with a human. He has a lot of knowledge that he doesn't even suspect he has.

"But... all of this works *only with a positive factor*. If some mercenary interests prevail in him, for example, to learn to cheat somebody or to be able to hit someone with energy from a distance, or maybe he wants to be able to bend everyone's spoons so they throw him money, *he will never achieve anything*. Only when a person learns to control his thoughts, when he becomes Human with a capital H, only then will he be able to achieve something."

"So, spiritual practices are a method of awakening a human?" Andrey asked again.

"Absolutely right. Spiritual practice is only an instrument for repairing your mind. And the result depends on how you use that instrument. In other words, it all depends on the desire and skill of the master. And in order to learn how to hold this instrument in your hands, it is necessary to control your thought, to concentrate it, and to see it with your internal vision. In our case, it means to learn to control our breath, to feel that you breathe out through the chakras of your hands. You need to learn to evoke certain feelings so that later you will be able to control the internal, hidden energy."

"In my opinion, this is a hallucination," remarked Kostya.

“Yes, a hallucination, if you regard it as a hallucination. But if you regard this energy as real power, then in reality it will be real power.”

“It’s strange, but why?”

“Because, I repeat, a thought controls action. While energy itself is an action. That is all. Everything is very simple.”

...During this discussion, while the other guys were listening, Slava was carefully examining the palms of his hands. And as soon as a lengthy pause appeared in the discussion, he hurried to ask, “I don’t completely understand about chakrans. You said that there should be opening points. But there is nothing in here!”

The senior guys laughed.

“Of course,” said Sensei. “Visually, you won’t see anything like that... You see, chakrans are certain zones on the human body that are more sensitive to warmth,” the Teacher patiently explained. “They, of course, can’t be seen, but really can be registered by modern equipment. For scientists, just like for you, these zones are still a mystery: the cells are the same, the connections are the same, but their sensitivity is higher. Why? Because chakrans are located here. And chakran belongs to the astral body, that is, to another, more profound physics. A thought is a binding link between the astral and material bodies. That’s why it is very important to learn to control your thoughts... It is then that you will be able to really guide Qi movement inside of your body.”

* * *

... The discussion switched to other problems, including the meditations practiced by us at home.

“I again felt this paresthesia,” Kostya said. “Is that normal?”

“Of course. What is the point of it? You have to feel this paresthesia that appears with the first breaths in your head. You have to feel how it ‘runs’ inside of your arms and, most importantly, how it “jumps out” of the centre of your palms into the earth. That is, you have to feel your inward and outward breath. And you should not have any outside thoughts at all.”

“This is the most difficult thing to do. When I concentrate on the tip of my nose, the thoughts start coming to my head, catching on each other. And the most amazing thing is that I do not even notice when they appear.”

“That’s right. It shows that we are not used to controlling our thoughts in our daily life. That is why they guide us in any direction they want, confusing us in their ‘logical’ chains. And the uncontrolled thought may lead mainly to negative things since it is controlled by the animal nature of a man. That’s why there are different spiritual practices and meditations, to learn, first of all, to **control the thought**.”

...We talked a little more about the concerns of our home practices. And then we began the next meditation.

"Today we will unite two parts of the meditation into one," Sensei said, "so that you understand how it should work and aim to reach it in your individual training. Now find a comfortable standing position..."

Following his words, we relaxed as usual and concentrated on the meditation practice. First, we concentrated on the tip of the nose like before. Then the Teacher said, "Do not distract your attention and vision from the tip of the nose. Take an inward breath with the bottom of your stomach, with your stomach, chest... Outward breath through shoulders, hands, chakras of the palms into the earth. With the outward breath, a small light flares up more and more. Breathe in... Breathe out... Breathe in... Breathe out... Concentrate on the nose tip... Breathe in..."

That's when I found myself completely confused. As soon as I began to concentrate on the 'streamlet', which I could feel clearly as a partial movement through the arms, I immediately lost control over my nose tip. And as soon as I began concentrating on the 'flashing' nose tip, my 'streamlet' disappeared. It all happened when I had 'unnecessary' thoughts. Somehow, I was unable to combine it all. During one of my next attempts, I heard Sensei's voice, which informed us of the end of the meditation. As it turned out, this happened not only with me but with my friends as well.

"It is natural," Sensei said. "You should not be thinking, just observing. Then you will succeed."

It seemed completely unachievable to me. But I was encouraged by the fact that Nikolai Andreevich and the senior guys didn't have any problems with this meditation. "It means that there's still hope," I reassured myself. "If they can do it, why can't I do the same? I just have to practice hard. That's the point." It was then I realised that even in my thoughts, I had started to speak using Sensei's words. While I was reflecting on this, one of the guys asked a question.

"So, you want to say that the way to self-cognition starts with observing yourself and your thoughts?"

"Of course. Mastering of self-observation and control over your thoughts can be achieved little by little during everyday training. And for this you need an elementary knowledge base. It's a natural approach to any training, either physical or spiritual. Just a simple example. A man lifts a weight of 20 kg. If he trains for a month, he will easily lift 25 kg, and so on. The same happens at the spiritual level. If you are prepared, it will be much easier for you to master more difficult techniques."

“But there are a lot of different meditations and modifications. It’s difficult to understand which one leads to the pinnacle,” Kostya, as usual, made his education known.

“It’s too far to reach the pinnacle. All these meditations that exist in the world are just an alphabet that has always been there. And the real knowledge leading to the pinnacle starts with the ability to put together words from this alphabet and to understand their meaning. Reading the books is, like they say, a privilege of the chosen ones.”

“Oh my! Everything is so complicated,” Andrey said.

“There is nothing complicated about it. You just need the desire.”

“And if one has the desire but hesitates?” Slava asked.

“If a person has doubts, if someone should beat his head with a heavy sledgehammer so that he understands that — yes, it is truly a sledgehammer, then that means that such a person is very much stuck in the material world, in the logic and egoism of his thoughts, his mind... if he possesses one at all, that is.”

The guys smiled at these words, and Sensei went on.

“If a man sincerely strives towards self-cognition, with pure faith in his soul, he will surely succeed. It’s a law of nature... And it is even more so for a spiritually developed individual.”

Andrey said thoughtfully.

“Well, the alphabet is clear, but I don’t quite understand about the composition of words. Is that also a meditation?”

“Let’s say, it’s something higher — a spiritual practice, an ancient primordial technique that allows one to work not only with the consciousness but, what is more important, with subconsciousness. There is a set of certain meditations that lead to a corresponding spiritual level... It’s simple. The main point is that an individual should overcome his Guard, his material thinking, with its invariable desires to stuff the gut, put on a rag, and conquer the whole world... The same eternal truth as usual, and the same eternal stumbling-block. Should an individual step over it, he will become a Human.”

*(Quotes from the book by Anastasia Novykh
“SENSEI. The Primordial of Shambala”)*

KNOW YOURSELF

*The quality of instants lived
is much more important
than the senseless years of existence.*

Sensei

...As the law says: spiritual is for spiritual... And if you guys strive to learn the Art for financial gain or satisfaction of your megalomania," Sensei shook his head, gazing upon us, "no good will come of it..."

"Why?" Slava asked.

"First, you will never learn anything. Second, if, of course, you are lucky enough, at the very least you will get schizophrenia."

"Yes, that's a nice prospect," Ruslan said smiling.

"Well, you are safe from that," Eugene said, chuckling.

"But we are not going to kill anybody," Andrey was looking for excuses.

"Physically, maybe not. But your thoughts contain too much of a beast. And this is the first step towards aggression and violence."

"And, what are we to do now?"

"Control your thoughts — every second."

After a short silence, Sensei added, looking at Andrey.

"Have you ever thought about who you actually are? Who you are in essence? Have you thought about how you perceive the surrounding world? Not from the point of view of physiology, but from the point of view of life... Who are you? How do you see, how do you hear, why do you feel, who in you understands and, who exactly perceives? Look inside of yourself."

Sensei continued addressing the guys, "Have you ever thought at all about the infinity of your consciousness? About what thought is? How it's born, and where it goes? Have you thought about your thoughts?"

"Well," Andrey became confused, "I think all the time, reflect on things."

"It only seems to you that it's you who thinks and it's you who reflects. But are you sure that these are your own thoughts?"

"Whose else? This body is mine, therefore the thoughts are mine as well."

“Try to analyse them, if they are yours, at least for one day. Where they come from, where they disappear to. Dig through your thoughts thoroughly, and what will you see there except shit? Nothing. Just violence, just ugly things, just the desire to gorge yourself, to put on fashionable rags, to steal, to make money, to buy, to raise your megalomania. And that’s all! You will see for yourself that all thoughts generated by your body end with one thing: the material procurement around you. But is it really you inside yourself? Look into your soul and you will encounter the beautiful and eternal, your true ‘I’. All this external vanity that exists is just seconds... Do you realise this?”...

“You have lived 16, 22, 30 years, and you, about 40 years. But each of you, do you remember how you lived? No, there are just some miserable scraps, connected with emotional splashes at that.”

“Yes,” Nikolai Andreevich said in a thoughtful way, “life passed so quickly that I didn’t even notice it. All the time I spent studying, working, dealing with insignificant, endless family problems... There was no time to think about myself, about my soul, since there were always urgent matters.”

“Exactly,” Sensei agreed. “You think about the future and about the past. **But you live in this very moment called ‘now’. And what is now? It’s a precious instant of life, it’s a gift from God that should be rationally used. Tomorrow is a step into uncertainty. It’s not improbable that it may be your last step in this life, a step to the abyss, to infinity. And what will happen there?**

“Each of you believes that he has plenty of time on Earth, that’s why you don’t think about death. But is that so? Each of you may die any second, for any reason, seemingly independent of yourself as a biological being, on the one hand; but on the other hand, **you are not just a biological being, you are a Human who possesses a particle of eternity. Once you realise this, you will understand that your Fate is in your hands and a lot of it depends on you. And not only here, but also there. Just think it over: who are you, a perfect biorobot or a human, an animal or a spiritual creature? Who?**”

“Well, a human... maybe,” Ruslan said.

“Exactly, ‘maybe’. And what is a human, in fact, have you thought? Go deep inside of this question. Who feels in you, how do you move in space, who moves your extremities? How do your emotions arise in you, why do they arise? And do not shift the blame onto someone who bothered you, offended you, or vice versa, that you envied, gloated, gossiped about. Is it your spiritual nature speaking in you?”

“Find a crystal spring of your soul within you, and you will understand that all this material glare — cars, flats, villas, social status — all this material wealth, you spend your conscious life to achieve, will turn into dust. Dust which, in this springwell, will immediately be

transformed into nothing. And life passes by. Life, which might be used by you to be transformed into the endless ocean of wisdom.

"What is the purpose of life, have you ever thought about it? The highest purpose of life of each individual is the cognition of his soul. Other things are all temporary, passing, just dust and illusion. The only way to understand your soul is through your internal Love, through moral purification of your thoughts, and through the absolutely firm self-confidence in reaching this goal, that is, through internal faith... As long as you have a glimmer of life in you, it's still not too late to cognise yourself, to find your origin, the holy life-giving spring of your soul... Sort yourself out, and you will understand who you are in reality."

* * *

Sensei said the following:

"It's a good result. To catch a thought of your animal nature is hard and to defeat it, even more so. In fact, it is impossible to fight with this category of thoughts in principle because violence generates violence. And the more you try to kill them, the stronger they manifest themselves in you. The best way to defend against them is to switch over to positive thoughts. In other words, the principle of Aikido of smooth withdrawal should be used here."

"What if they are chasing me the entire day? Can't I just chop them off with some swear word?" asked Ruslan.

"No matter how you 'chop them off', negative thoughts will keep appearing according to the law of action and reaction. That's why you needn't fight with them. You should withdraw from them, artificially developing positive thoughts inside yourself. In other words, concentrate on something good or recall something good. Only in this smooth withdrawal will you be able to defeat your negative thought."

"And why can thoughts sometimes be the absolute opposite of each other? Sometimes I too get confused by my thoughts."

"Let's put it this way: **in the human body, there is a spiritual nature, or soul, and a material nature, or animal, beastly, call it as you wish. The human mind is a battlefield of these two natures. That's why different thoughts arise in you,**" Sensei replied.

"And who am 'I' then, if thoughts are alien?"

"Not alien, but yours. You are the one who's listening to them. And which nature you give preference to, that you will become. If you prefer the material, animal nature, then you'll be evil and nasty, and if you listen to the advice of your soul, you'll be a good person, and it will be pleasant for other people to be around you. The choice is always yours, you are either tyrant or saint."

"And why did my admiration for taming my anger lead to... pride, to the growth of megalomania? Because it seemed like I did a good deed, but the thought got carried away in a different direction?" I asked.

"You turned to the soul, your wish was fulfilled. When you weakened your control over yourself, you were pulled over by the animal nature, imperceptibly for you at that, by your own favourite egoistic thoughts. You liked that you were praised from all around, that you were so smart, so sensible, and so forth... There is a constant war of two natures inside of you for you. And your future depends on which side you choose."

I pondered a little and then clarified.

"In other words, this 'dodger' who reminded me about the pain and prevented me from concentrating, who inflated my megalomania..."

"Absolutely correct."

"But there is a whole pile of these thoughts there!"

"Yes," confirmed Sensei. "An entire legion. That's why it's impossible to fight with them. It's not Kung Fu, it's much more serious. It is possible to fight with the one who offers resistance. But fighting with a vacuum is senseless. Against a vacuum of negative thoughts, it is only possible to create the same vacuum of positive thoughts. In other words, as I've said before, shift your mind to positive and good thinking. But always stay vigilant, listen to what your brain thinks about. Observe yourself. Be aware of the fact that you don't make any effort, but the thoughts in you are constantly swarming. And not one thought. There can be two and three or even more at once."

"It's like in Christianity, they say, on man's left shoulder sits the devil, and on the right, an angel. And they are always whispering something," remarked Volodya.

"Absolutely correct," confirmed Sensei. "But for some reason, the devil whispers louder, he probably has a rougher voice. What's called the Devil in Christianity is the manifestation of our animal nature." ...

Stas joined the conversation, reflecting aloud about his experience.

"Well, if the mind is a battlefield of two natures, and as far as I understand it, their weapons are thoughts, then how can you distinguish who is who? How do the spiritual and the animal nature manifest in thoughts? In which way?"

"The spiritual nature are thoughts generated by the power of Love, in the broad sense of the word. While the animal nature are thoughts about the body, our instincts, our reflexes, megalomania, desires, which are entirely consumed by material interests, and so forth."

"Well, then we should live in a cave," Ruslan expressed his opinion, "So that we have nothing and want nothing."

"With a head like yours, even a cave won't help," Eugene teased him.

"Nobody forbids you to have all of this," continued Sensei. "If you want, go ahead, follow the modern world, use all those blessings of civilization. But to live just for that, to place the accumulation of material goods as the main purpose of your existence on Earth, it's stupid, it's unnatural to the spiritual nature. Such a goal is an indicator of the predominance of the animal nature in people. At the same time, it doesn't mean that you should live, as a bum, in a cave. No. I have already told you that all these high technologies are given to mankind so that humans could free up more time for their spiritual perfection. But certainly, not for a man to collect a pile of this metalware at home and blow up his megalomania because he possesses all that dust."

After staying silent for a while, Sensei thoughtfully pronounced.

"A human is a complex synthesis of the spiritual and the animal nature. It's a pity that in your mind, more of the animal nature exists rather than the one from God... I was thinking the other day, and I decided to give you one ancient practice to help you balance these two natures, so that the animal won't burden you so much. It has existed just as long as humans have. This spiritual practice is not just for working on yourself, on your thoughts, but also, what's very important, for the awakening of your soul. In relation to life, it can be compared to a dynamic meditation because it is an ongoing practice, regardless of wherever the person is or whatever he does. A part of this person is always in this state, controlling all that happens around and inside.

*(Quotes from the book by Anastasia Novykh
"SENSEI. The Primordial of Shambala")*

SPIRITUAL PRACTICE

“LOTUS FLOWER”

“This spiritual practice is called “Lotus Flower”. *It consists of the following. You imagine that you plant the seed of a lotus inside yourself, in the region of the solar plexus. And this small seed grows inside of you thanks to the power of Love generated by your positive thoughts. Thus, controlling the growth of this flower, you artificially get rid of negative thoughts that are constantly turning over in your head.*”

“Do we really think about negative things all the time?” Ruslan asked.

“Of course,” Sensei answered. “Just follow your thoughts carefully. People spend a lot of time visualising different combat situations, recalling negative memories of the past, they imagine themselves quarrelling with somebody, proving something to someone, how they deceive someone or hit back. They think of their illnesses, material deprivations, and so on. It means they always keep a complex of negative thoughts in their mind.

“And here, you intentionally get rid of all these negative thoughts by internal control. The more often you keep a positive image in your mind, the quicker the seed of Love grows. In the beginning, you imagine that a seed starts growing, and a small stalk appears. Then it begins to grow, leaves appear on the stalk, then comes a small flower bud. And finally, by gradually nourishing it more and more with the power of Love, the bud blossoms out into a lotus. The lotus is at first golden coloured, but as it grows, it becomes dazzling white.”

“How much time does it take for it to grow?” I asked.

“Actually, it depends on you. Some people need years for it to grow, others just months, yet others need days or even instants. It all depends on one’s desire and the effort one makes. One should not only grow this flower, but also support it constantly with the power of his Love so that it does not wither or die. A person keeps this constant feeling of cultivation at the level of subconscious or, to say it more precisely, at the level of a controllable, remote consciousness. The more Love you give to this little flower, that is, the more you cherish it and take care of it in your thoughts, protect it from surrounding negative influences, the more it grows. This flower is nourished by the energy of Love, I emphasise, by the internal energy of Love. And the more you are in a state of Love towards the whole world, to all people and to

your surroundings, the bigger the flower becomes. But if you start to get angry, the flower weakens. If you lash out in intense anger, the flower withers and becomes ill. Then a lot of effort will have to be made for its recovery. It is a kind of control.

"And thus, when this flower blossoms and starts to increase in size, it starts to emit vibrations instead of a scent, the so-called leptons or gravitons, call them as you like, that is, the energy of Love. You feel the petals of this flower stir, making your body and the surrounding space vibrate, emanating Love and Harmony into the world."

"And is it somehow felt at the physical level?" Eugene asked.

"Yes. The lotus feels as burning in the solar plexus region, as heat spreading. That is, these feelings arise in the solar plexus region where, as legends say, our soul is. This region starts getting warmer and warmer. The whole point of all of this is that wherever you are, whoever you are with, or whatever you do or think, you should always feel this heat, the heat that, figuratively speaking, warms not only your body but also your soul. This internal concentration of Love is located in the flower itself. Finally, the more you take care of it and glorify this Love, the more you feel that this flower, while growing, expands and tightly surrounds your body with its petals, and you are inside of a huge lotus.

"And this is when something very important happens. When you reach the stage when lotus petals surround you from all sides, you feel two flowers. One is inside, under your heart, and warms you continuously with the feeling of internal Love. And the other one, the bigger one, is like the astral shell of this flower that surrounds you. On the one hand, it emanates the vibration of Love to the world and on the other hand, it protects you from the negative influence of other people. Here, the law of cause and effect is at work. To put it in the language of physics, a wave effect takes place. Simply said, you emanate waves of good feelings, intensifying them many times over through the soul and thus creating a wave field, full of grace. This force field, which is constantly felt and supported by the fibres of your Love, at the same time has a certain beneficial effect not only on yourself but also on the surrounding world.

"What happens with everyday practice? Firstly, you always control your thoughts, learning to concentrate on the positive. Therefore, automatically you are not able to bear ill will toward anybody or be bad. Because this practice is done every day and every second. And it's for life. It is a special method of distraction, as nobody can fight negative thoughts by force. Love cannot be compelled. Therefore, you need to distract your attention. If a negative or undesirable thought comes, you concentrate on your flower, you start giving your Love to it, that is, you artificially forget all the negative things. Or you switch your attention to something else, to something positive. But you feel the

flower all the time: going to bed, waking up, at night, during the day, whatever you are doing — studying, working, participating in sports, and so on. You feel Love burn inside, feel the currents of Love moving in your chest and filling your body. You feel this flower start warming you up from inside with a special warmth, the divine warmth of Love. And the more you give, the more it arises in you. Constantly emanating this Love, you perceive people from the perspective of Love. That is, secondly, what is very important, — **you attune yourself to the frequency of the good.**

“And the good means success, luck, health. It means everything! You start feeling happier, and that has a positive impact on the state of your mind. The central nervous system is the main regulator of all vital activity. Therefore, first of all, this practice improves your health. Besides, your life becomes smoother as you start finding reconciliation with everybody. Nobody wants to quarrel with you, you are welcome everywhere. You won’t have any major problems. Why? Because even if you have some troubles in life, as life is life, you start perceiving them in a completely different way than most ordinary people. You already have a new perspective on life that helps you to find the most optimal decision for the situation. For the Wisdom of life awakens in you.

“And thirdly, most importantly, **your soul awakens within you and you start feeling yourself becoming a Human, you come to understand who God is, that God is an omnipresent substance**, and not just a fantasy of a few idiots. **You start feeling the divine presence in yourself and strengthen this power by your positive thoughts and feelings. You no longer feel alone in this world as God is in you and with you, you feel His actual presence. There is an expression, ‘He who is in Love is in God, and God is in him, for God is Love.’** It is also very important that you start feeling the aura of the flower that is inside and around you.”

“How is the aura felt around the body?” Stas asked.

“In time, you see this vibration around yourself as a slight glow. The air seems to become lighter and more transparent, and the colours of the surrounding world seem more vibrant to you. The most fascinating thing is that people start noticing these transformations in you. There is a common expression, ‘a person is glowing’, ‘he shines.’ So, that is actually the glow of this wave field, generated by Love of the individual himself. People around this person also start to feel this field. They feel good when this Person is somewhere near, as they also start feeling joy, internal excitement. Many people recuperate from their illnesses. They feel better even just from his presence, no matter how sick they have been. Everybody is drawn to this person, opening their souls to him. That is, **people perceive Love.** This is the Heart’s open gate on the path towards God. This is what all the Great ones talked about and what Jesus meant when he said, ‘Let God into your heart.’

“This ‘Lotus’ spiritual practice has been used since the beginning of time. Since olden times, the ‘Lotus’ was said to create Gods, that God awakens in the Lotus. In the understanding that a divine substance — a soul — awakens in the ‘Lotus flower’, in Harmony and Love inside of you. For you are continuously taking care of your flower, controlling your thoughts and feelings at all times so that the ‘Lotus flower’ does not wither.”

“So then, does a real flower grow there?” Slava asked with surprise.

“No. Of course, there is no material flower there. It is imaginary. This process may be called in different ways: the awakening of divine Love, the attainment of enlightenment, full unity with God — ‘moksha’, ‘Dao’, ‘Shinto’. Call it what you like. But all of this is just words and religion. **And this is simply creating a certain force field by your positive thought and feeling of Love, which in turn affects the real world around you on one hand and, on the other hand, it changes the internal frequency of the perception of your mind.**”

“And the soul?” I asked.

“And the soul is the real you, it is a kind of eternal generator of divine power, if you like, but which needs to be activated by your constant thoughts of Love... I will tell you about the soul and its meaning in detail some time later.”

But then Kostya joined the discussion.

“You said that this practice is very ancient. How ancient is it?”

“I have already told you that it has existed as long as humans have existed as conscious subjects.”

“Well, so how long then, seven, ten thousand years?”

“That’s too short a period of time. Mankind in its civilized form has existed more than once before, and in fact, with much better technologies than now. It is another question why these civilizations disappeared. Someday, I will tell you about that too.”

“If this practice is so ancient, there should be some legends of it left in our civilization too.”

“Certainly. The fact that the spiritual practice of the ‘Lotus Flower’ has existed before can be confirmed by numerous ancient sources. The ‘Lotus’ was given, for example, to some chosen Pharaohs of Ancient Egypt. And if you look at the literature on this issue, you will find evidence that Egyptian myths and legends say that even their sun god, Ra, was born out of the lotus flower. This flower served as a throne for Isis, Horus, and Osiris.

“In the ancient ‘Vedas’ — the oldest Hindu books written in Sanskrit — the lotus is one of the key topics also. In particular, regarding the three main male incarnations of God — Brahma-Creator, Vishnu-Protector, and Shiva-Destroyer — it says the following, ‘The body of the God Vishnu bore a giant golden lotus with ‘lotus-born’

Brahma-Creator on it. The golden thousand-petalled lotus was growing and the Universe grew along with it.'

"Up to the present day, in China as well as in India, this flower has depicted purity and chastity. The best human qualities and intentions have been associated with the lotus. In China, they think that there is a special 'Western heaven' with a lotus lake and that every flower growing there is bound to the soul of a dead person. If an individual was virtuous, his or her flower blossoms, if not — it withers.

"In Greece, the lotus is considered to be a plant devoted to the goddess Hera. Hercules made one of his voyages in a lotus-shaped golden sun boat.

"However, all these are legends and myths, which are not so made up. These stories were based on real facts of people's self-development thanks to this ancient spiritual practice. It's just that in earlier times, when the animal nature prevailed in the majority of people, the 'Lotus Flower' was given only to the chosen, more or less spiritually mature individuals. And it is natural that other people later regarded these individuals as gods. For an individual, who grew 'Lotus' in him and awakened soul, in fact becomes God-like as he can create in Love by mere thought.

"When the time came to spiritually educate the majority of people, the Bodhisattvas of Shambala gave this spiritual practice to Buddha. It is owing to practicing this technique of the 'Lotus' that Siddhartha Gautama attained enlightenment sitting under the Bodhi tree. On approval of Rigden, Buddha gave it to his disciples for further dissemination within people. Unfortunately, over time, people distorted the teachings of Buddha and created a whole religion based on this practice. As a result, even Buddhists, exercising their religion now, imagine their paradise as an unusual place where people are born like Gods on the lotus flower. They are looking for this place, although it is always inside of them. They made Buddha into a God, even though he was just a Human who had learned the truth by means of this spiritual practice. That's the reason why, by the way, the lotus became a symbol of Buddhism as well as why there is an expression, 'Buddha sits in a lotus' or 'Buddha stands in a lotus.' He has shown people by example what an individual can achieve by defeating his animal nature. He has really done a lot of good for spiritual development of mankind by disseminating this spiritual practice among people in its original form.

"The same prayer was given by Jesus Christ for awakening the divine Love."

"Do you mean to say that prayer and meditation are the same thing?" Tatyana asked.

"Actually, yes. It is the same with the prayer 'Our Father', given by Jesus. It is just that everything is so commonplace there, people ask for bread and such,

but the essence is the same: an individual develops himself, cultivates his soul by controlling his thoughts, his desire, and by steadfast Faith and Love.

“In general, Buddha, Jesus, Mohammed, and all the great ones knew this spiritual practice, as they sipped at the same source. It helped them not only to become their true selves but also to help other people learn their own divine nature. Why was it so pleasant for everyone to be near Buddha, Jesus, Mohammed? Why, as the saying goes, do ‘saintly people’ shine? Why is it that sometimes we don’t want to leave the company of strangers upon meeting them? Because they emanate this Love. Because they are continuously growing this power, the power of good, the power of Love, the power of this divine manifestation in people. They say about them that God is in this person. And it is actually true.”

“So, I should just think with Love about this flower?” Andrey asked.

“No. Not only should you concentrate and think, but most importantly, you should provoke these feelings of warmth in the solar plexus region and fortify them at all times with your good thoughts. Many may not be able to accomplish this right away. Because you need to get to the root of the matter, visualise it more realistically, and, I repeat again, evoke all these feelings. Why do I draw your attention to it? Because when an individual evokes these feelings, he starts maintaining them not just with his mind, but also at the level of his submind, more specifically, at the level of his subconsciousness. This leads to the awakening of the soul. It just can’t help but awaken. And the more you nourish it with your Love, the more it will awaken, and the faster you will become your true self, the one you have eternally been inside, and not in your external mortal body shell.”

And after a brief silence, Sensei added.

“Life is too short, and you’d better succeed in glorifying your spiritual nature in your heart.”

* * *

I couldn’t wait to get home and plant my small seed. Sensei, of course, said that one can do this spiritual practice in any place. But I decided to start this noble deed at home in peace and quiet.

At home, I quickly finished all my petty tasks. When my parents settled down to watch TV, I sat comfortably in the lotus pose. The time had finally come. Concentrating, my persona thought: “Let’s begin the planting...” but I panicked a bit. First, I didn’t know what the lotus seed looked like. I had seen the flower in a book, but not its seeds. Plus, I didn’t know what this planting would look like and what I would plant it in. I had seen how seeds sprouted in the soil. But for some reason it didn’t satisfy me, as the soil in the soul, even an imaginary one,

somehow didn't coincide with my notion of eternity. Reflecting on it a little, I found an acceptable way out. One time I had seen my mother germinating kidney beans by placing them in wet cotton wool. I liked this method. "Then let it be a bean," thought my persona. "After all, it's my imagination. And the most important thing is what I do, the essence, as Sensei said."

Having concentrated once again, I started to imagine placing a small white bean inside of myself in the area of the solar plexus, immersing it into something soft and warm. Then I started to repeat affectionate words inside myself, nursing my small seed. But no feelings followed. So, I started to recall all the good words that I knew. And here my persona was astonished to discover that I knew far fewer good, beautiful words than bad, swearing ones. This was because I heard the latter everywhere on the street and in school and they replenished my vocabulary more often than the good ones. My thoughts, again imperceptibly, switched to mulling over some conclusions, logically clinging to each other. Realising this, I tried again to concentrate on the flower, but nothing happened. After about twenty minutes of fruitless efforts, my persona figured that I wasn't doing something right. Finally, I went to sleep, having decided to ask Sensei later in detail about my mistakes.

But I couldn't fall asleep. Darkness covered everything around me. Objects and furniture in the room lost their natural colour. A thought came to my mind, "Our world is really so illusory after all. It just seems to us that we really live while in fact we are like children, inventing a game and playing it. But unlike children, adults don't grow up, because they get so used to the created image that they begin to think that everything else is the same kind of reality. And in this way, our entire life passes in falsehood and bustle. But, as Sensei said, 'The real you is the soul, that eternal reality that exists in actuality. You need only to wake up, to awaken from illusion, and then the whole world will change...'"

As I went deeper into contemplation of the eternal, I began to feel somehow nice and light. And that's when I felt something warming up in my chest and tickling pleasantly. Small ants started running through my whole body from my tailbone to the back of my head. Such a pleasant, peaceful state came over me that I wanted to embrace the entire world with my soul. In such a sweet slumber, I fell asleep. I slept as if in a fairytale because when I woke up in the morning, I felt such inspiration, such lightness as I had never experienced in my life.

* * *

A few days later, on our way to training, the guys started to share their impressions and results. It turned out that everybody understood Sensei in their

own way. And everyone's internal Love grew differently. Kostya imagined that he planted a lotus seed, as he said, "into some kind of a life-giving substance of the Universe." Moreover, he only did it yesterday, while all the time before he was diligently searching through the literature looking for proof of Sensei's words. He didn't have any kind of feelings; he simply imagined the process and is now waiting for the result.

Tatyana imagined this Love as the birth of Jesus in her heart, since she was brought up by her grandma as a faithful Christian. She had feelings of happiness, internal delight, and light pressure in the area of her heart. But her heart began to ache a little.

Andrey tried to concentrate purposefully every day on the area of the solar plexus in order to achieve at least some kind of feeling by thinking about the lotus. Only on the third day did he feel a barely noticeable slight warmth, not even warmth really, but as if "something was tickling in that place as if touched by a feather." And Slava wasn't even able to imagine how all of this happens "inside of his organs."

Before the beginning of the training, our group waited for a moment when Sensei wasn't busy and we approached him with questions. We started to tell him about our experiences. Tatyana interrupted the conversation out of turn and complained to Sensei about her heart. The Teacher took her hand and felt her pulse like a professional doctor.

"Right, tachycardia. What happened?"

"Don't know. It started to ache after I concentrated on the birth of Lord in my heart..."

And then she spoke in more detail about the awakening of her divine Love.

"I see. You concentrated on the organ, on the heart. But you mustn't concentrate on an organ. The heart is the heart, it's only a muscle, it's the pump of the body. By concentrating on it, you put it off its rhythm and interfere in its work. When you learn to control yourself, only then will you be able to concentrate on the work of the body and its organs. By doing that now, you'll only harm yourself. You need to concentrate particularly on the solar plexus. Everything is born from it. That is the main chakran in 'Lotus', called Kundalini."

"Well, I read that when Kundalini awakens, some kind of snake crawls there along the spine," Kostya bragged a little with his education.

"This definition is from yoga," answered the Teacher. "It's typical for people to mix up everything with time. Originally, in the 'Lotus', Kundalini was a chakran located in the area of the solar plexus... What I told you about the lotus flower, I repeat, are just images, nothing more, so that it would be easier for you to understand, perceive, and feel it deeply."

“And in general, what does it look like in reality? Please tell us one more time, just for dummies,” Andrey asked with humour.

“You simply feel the fibers, growing the internal power of Love. This feeling, let’s say, is as if you were anticipating something very, very good. For example, you are waiting for some huge, long-awaited present you’ve dreamt about. And now you receive it, you’re happy, you’re overfilled with gratitude. You feel tingling all over your body, in other words, you perceive this feeling in the area of the solar plexus, as if something beautiful, good emanates from you, or you are expecting that. That’s the feeling you should have, which you evoke artificially and constantly maintain in the area of the solar plexus. Finally, it becomes natural for you. And people begin to feel it. In other words, you radiate this happiness... And that’s all. It doesn’t necessarily have to be a flower or something there. These are merely images for easier perception.”

“And the flower that should surround the body. How does that work?”

“Well, are you familiar with such notions as the astral, mental, and other energy bodies, simply put, the multi-layer aura around a human?”

“Yes.”

“So then, when this power field of goodness expands in you, then you start to feel a kind of multi-layer of petals. You feel that you are cocooned, protected, that you are blossoming in lotus. And at the same time, you feel that you are like the sun over the world, you warm everything with the glow of your vast Love.

“This is a continuous meditation, wherever you are and whatever you do, you evoke these fibers, these feelings, these flows of energies. The main point is that the more you practice, the stronger they become. Finally, this process gains material characteristics and you’ll really be able to have a positive effect on people. In other words, you’ll be able to do it **when you yourself completely change: both internally in thought and externally in action.**”

* * *

In the days that followed, I tried to evoke these feelings while doing different things. But it worked well only when I specifically concentrated on the “lotus flower” while doing some kind of physical work. Furthermore, I began to keep track of my thoughts at least a little bit. One day, while sitting at home and doing homework, I tried to recall all I had thought about that day. But I was unable to remember not just my thoughts, but even all of my actions. I was able to recall some general things while details surfaced with difficulty. Most importantly, good deeds went under the category of “that’s the way it should be,” and I hardly remembered them. However, negative moments, negative emotional bursts were engraved in my memory in detail. That was when I, as they say, consciously felt the power of the animal nature.

Sensei's words came to mind by themselves, "A thought is material because it's born in the material brain. That's why a bad thought oppresses. This is the first Guard, which always tries to defeat the human. One day I will tell you about it in greater detail, about how your thoughts are born and why their power over you is so strong." I thought, "Why doesn't Sensei say everything at once? Why does he keep postponing until an indefinite 'later'? This 'later' may never happen for some of us... But on the other hand, the way I perceived his words at the first training and now are completely different. Before, I simply listened, and only now have I begun to understand things because I started to practice and to work on myself. I already have some results, some experience and, therefore, I now have concrete questions. Sensei always gives detailed answers to concrete questions." Suddenly I had an insight: "He is just waiting for us to understand his words, so to say, for when we let them work through ourselves, when our minds conceive everything on their own and take the side of the soul. Otherwise, all this knowledge, as Sensei says, will remain for us as an empty ringing in an empty head. Sensei said that we have to constantly work on ourselves, that every minute of life is valuable, and we should use it as a gift of God for the perfection of our souls." These words strengthened my confidence and optimism. Later on, I recalled them often, when my body was overcome with apathy.

*(Quotes from the book by Anastasia Novykh
"SENSEI. The Primordial of Shambala")*

* * *

We had to urgently put our thoughts in order. As an "ambulance" I tried to escape from this "raging torrent" and concentrate on performing the "Lotus Flower" meditation. At first I did not succeed, because one or another phrase from Ahriman's speech constantly distracted my thoughts. And I could not get rid of this obsession, until I realised that this stream of thoughts did not distract my attention, but it attracted me. So, I wanted to hear it, and more precisely, not me, but my Animal gravitated toward it. So what's the deal? After all, my desires are in my hands! Realising the essence of my mistake, I already began more purposefully performing the "Lotus Flower", because all my desires and intentions were united in a single channel of concentration, ignoring everything else.

Although Ahriman's speech subsided, it was still manifested in some second thought. Yes, Ahriman is Ahriman! Then I decided as a "shock artillery" to make a new meditation on the "Lotus Flower", which recently, on one of the meditation lessons, Sensei taught us, talking about the infinite variability of the "Lotus". Before that, my attempts at mastering the new meditation were clearly unsuccessful,

although Sensei repeatedly stressed that everything depends on the person himself, on his inner essence. But this time, obviously from the purity and sincerity of my intentions, the “Lotus Flower” showed itself in an absolutely unusual way.

When I reached a clear concentration on the solar plexus, I suddenly saw with some inner sight the Lotus flower! I saw it, but did not present it as usual. This flower was beautiful. I have never seen such a thing in my life! Pure white petals radiated a bright, but at the same time very soft light. And the middle of the flower gleamed with a golden glow. And the most striking thing is that this divine flower was alive! I noticed that the more I gave it my tenderness and love, the more it reacted to my sincere feelings with the swaying of its tenderest, purest petals. In the beginning, this wobble was barely noticeable, surprisingly alive, I would say “breathing”. And then the flower began to wake up and manifest itself more and more. And at some point it seemed to me, but then I really heard a very pleasant sound coming from one of the waving petals, like a sweet singing of a light breeze. Then another petal sounded in its own way, producing an amazing sound, not resembling one of the sounds familiar to me. After it the third petal “showed” itself in this growing melody. And literally after a while I completely immersed myself in the enchanting symphony of the Lotus, consisting of harmonious, delicate, very pleasant sounds.

This music simply fascinating with its divine sound. And the more I immersed in it, the more I grew in the sense of inner universal joy and infinite freedom. But the most striking was the feeling when this magnificent sound coming from the Lotus began to turn into a bright soft light, which seemed to envelop me from all sides, filling from the inside with its amazing purity. At the same time, it gave birth to a hitherto unknown sensation of complete happiness, in which I simply dissolved without a trace, immersed in indescribable bliss. I seemed to disappear with the body. Remained only Lotus and the realisation of a huge extraterrestrial Love!

Leaving the state of meditation, I felt so great that I wanted to embrace the whole world with my soul. The mood was excellent. And the most striking thing in my mind was absolute clarity and purity of consciousness.

*(Quotes from the book by Anastasia Novykh
“SENSEI - III. The Primordial of Shambala”)*

"LOTUS FLOWER": LOVE AND GRATITUDE

(CONCENTRATION ON THE POSITIVE)

"This meditation also refers to the "Lotus". It is very effective and effective in such cases. And most importantly - it is available for any "drowning" in the ocean of the Animal. The essence of it is as follows. In the beginning, as usual, you focus on the solar plexus, showing there the lotus flower and concentrating on its cultivation all your love, that is, performing the "Lotus Flower" meditation. Finally, when you calm your thoughts and focus on the positive, you begin to imagine that your body consists of many small balls, or atoms, or cells, as far as your imagination may stretch. It is very important to see the structure of your body, to imagine every cell. Seeing these clusters, you take each ball or cage as you like, and visually write on it, as if in your mind, displaying every letter, a very strong spiritual formula consisting of two simple words: "Love and Gratitude". And it does not matter in what language you will write these two words. The main thing is their essence. This formula works on the principle of the Grail. After all, Love and Gratitude is the only thing a man can give to God."

Thus, in meditation you gradually fill billions of cells of the body with these inscriptions, as a result of which you concentrate on this strong formula, restoring your body not only physically, but spiritually. The cell on which you left this inscription on is forever under the protection of this effective, strong formula, as if under a charm, as in the sign of a tamga. Filling yourself with this formula, you not only cleanse yourself of your mental mud, but also, as it were, manifest the inner light emanating from these cells, as if many small lamps light up and inside you become so bright that there is nowhere for the shadows to fall ... Yes, it is important that when performing this meditation you were focused only on these words and turned off all extraneous thoughts.

"Outsiders?!" said Ruslan, either answering himself, or asking Sensei a question, although he turned directly to Zhenya.

“Well yes. When we even just think about something, and then in us a few thoughts at once start jumping on different topics, jumping one on another. During meditation, this process, of course, is inhibited, but everyone has different ways. It happens with a bad concentration of uncontrolled thoughts popping up as if in the background, and you can quietly, while performing the meditation, switch to thinking about something foreign. In this meditation, it is important to focus so purposefully so that there is no unnecessary thought.”

“I understand,” said Zhenya. So, we need to concentrate and imagine.

Ruslan shrugged, obviously not quite understanding the essence of this meditation.

“Hmm, so everything is simple? Connect your imagination and everything?”

To which Sensei remarked:

“Although at first glance this meditation may seem too simple and naive, as Ruslan says, “I have connected my imagination and everything” but ... everything here is not so simple. In addition to the impact of this strong formula, thanks to the imagination of man, the power of thought is activated. The power of thought is a kind of impetus for the realisation of a program determined by a man, the consequences of which are reflected in his spiritual and physical health. And since many people are constantly on the wave of their Animal onset, the mass of their problems, including psychological and physical, is a consequence, first of all, of their bad thoughts. This same meditation is very useful not only for those who want to bring order inside themselves, but also to those people who already suffer, including from various diseases. After all, almost eighty percent of the disease is a psychological component. The more a person thinks about the disease, the harder he suffers.”

“It’s true,” our therapist confirmed. — “It happens that a person so thinks up a disease, that then it is impossible to get rid of it, so it’s rooted in himself the thought that in his case it is incurable. Here, Sensei, I agree with you. For people who have sham nerves, this meditation will really be a much better means than all the most effective modern medicines put together. After all, human thought cannot be cured by chemistry. Chemistry is good only as a first aid for the body, but no more.” And, after a short pause, he continued. “Mmm...yes, the human brain is still a very mysterious substance and is far from being studied.” And with a smile added. “It’s amazing that gray antiquity all in some issues knew about it a fraction more than the present humanity.”

“And you cannot imagine how much!” Sensei specified.

*(Quotes from the book by Anastasia Novykh
“SENSEI - IV. The Primordial of Shambala”)*

MEDITATION "JUG"

(FOR CLENSING THOUGHTS

FROM THE NEGATIVE)

...Today, we will do the same meditation as last time, to purify thoughts. For those who were absent, I will repeat. So, stand comfortably, legs at shoulders' width. Hands should touch each other with the tips of the fingers at the level of the belly, tip to tip. In other words, thumb to thumb, forefinger to forefinger, and so forth. Like this."

Sensei showed me this connection.

"It is necessary to relax by removing all thoughts and to concentrate only on normal breathing. Then, when you have reached a state of full relaxation of all extremities and a feeling of inner peace, begin to imagine that you are a jug. In other words, the top part of your head is as if cut off like in a jug... The source of water is the soul. This water fills your whole body and, in the end, overfills it, spilling over the edge of the jug, streaming down the body and into the earth. During this process, as it fills the body and flows out into the earth, it takes with it all of the bad thoughts, all the problems; in other words, all that dirt and unrest present in your mind. It is as if you are cleansing yourselves inside. And when you purify yourselves this way, you begin to feel a clear division of soul and thought: the soul located inside of you and the soul located above the jug which is observing the process. And finally, by practicing this meditation every day, you cleanse your thoughts of all the negative ones and further learn to control them, all the while keeping your mind in a 'clean' state... Any questions?"

"Why should the hands touch exactly this way?" I asked.

"Because during this meditation, certain energies circulate inside of the body. I will tell you more about them later. The tips of the fingers need to close the circuit. Furthermore, there is a stimulation of the skin nerve receptors located on the tips of fingers, which affects the brain in a positive and calming way... Are there any other questions?"

Everybody remained silent.

"Then let's begin."

Under Sensei's guidance, we began to perform this meditation. I tried to imagine myself as a jug, but my imagination formed this image somehow only half-way, because my mind just couldn't agree with this definition. I stopped trying to prove anything to myself and simply thought, "I am a jug," and concentrated on the 'internal source of water'. An interesting feeling appeared, as if my consciousness went inside of me, went into my soul, and concentrated in the form of a point in the area of the solar plexus. That point began to widen gradually while crystal clear water spiralled in it. Finally, there was so much water that it poured over, filling my entire body with its pleasant moisture. Filling the 'vessel' this way, this pleasant feeling 'flowed over the edge'. A wave of gentle goosebumps started to run over my body from top to bottom, as though going into the earth. I imagined that my body was being cleansed of all bad thoughts. And in one moment, I felt so nice inside, so cozy, and so joyful that I couldn't resist and slightly deviated from the meditation, thanking God for all that He gave me in life, for all His Love for His children. In the next moment, I suddenly discovered that my consciousness, in other words, my real "I", was seemingly above my body. But my body didn't look like a body at all. From its 'jug-like' head emanated thousands of thin, multi-coloured threads which went into the ground in a continuous movement. In the depth of the jug, something bright was shining, transforming these threads into more vivid colours. The beauty was simply spellbinding. But then I heard Sensei's melodious voice, reaching me from somewhere far away.

"And now take two deep, quick breaths in and out. Quickly clench and unclench your fists. Open your eyes."

I quickly came to my senses, though the state of this internal euphoria stayed somewhere in the depth of my "I". As it later turned out, each of the guys experienced this state differently. The senior guys did it better than I did, while for my friends it all transpired only at the level of bare imagination. Sensei told them that for many people, it often happens this way at first. However, if they practice persistently at home every day and have a desire to improve their moral qualities, then in time they would experience new feelings and learn to constantly control their thoughts. The most important thing is to believe in themselves, in their powers, and not to be lazy.

* * *

The days flew by in a blink of an eye. I liked this new meditation so much that I performed it with pleasure before going to bed though, just like all the previous ones, in turn. One day, I asked Sensei whether it's harmful to do them one after

another in one evening. He replied that, quite on the contrary, it was very useful because then a human works more on himself spiritually, while the ‘Lotus Flower’ awakens the soul as well. “It’s better to perform them in the evening before going to bed and in the morning when you wake up. These are the simplest meditations to work on the concentration of attention, the awakening of internal sight, and control over thoughts. They are absolutely harmless; that’s why everybody can learn them, even those who have never come across any spiritual practices. And at the same time, these meditations, being simple and clear, bring the most results.”

* * *

We performed the same meditation as last time, aimed at ‘cleansing our intentions’. I already started to feel the ‘water’ more clearly, streaming over the edge of the jug with some kind of wavy movement. After the training, the Teacher reminded us to continuously learn to control our thoughts and ‘fish out’ negative ‘parasites’ of consciousness. He also emphasized that we shouldn’t give in to our aggression, if it appears. And the most important thing, we should constantly cultivate divine Love in ourselves by performing the ‘Lotus Flower’.

*(Quotes from the book by Anastasia Novykh
“SENSEI. The Primordial of Shambala”)*



SOULS – SAVING PRAYER

(PRAYER BY AGAPIT PECHERSKY)

“It does not befit to disturb God with anything except for salvation of your own soul. Ask not for your body or for your health; it is not the belly of yours you should concern yourself with — all this is empty decay, insatiable in desires. For there is no petition more deserving, than a petition for salvation of your own soul.”

Agapit Pechersky

Saint Agapit Pechersky the Gratuitous Doctor. His miraculous relics to this day rest in the Near Caves of the Kiev-Pechersk Lavra. St. Agapit of Caves, being a monk, initiated the practice of medicine at the Pechersky Monastery, he is revered as the first Physician of Kiev Rus. However, his treatment was not limited to getting rid of the ailments of human bodies. Many people received from him (both during his lifetime and after his death) a unique, invisible eye of mere mortal, healing help and support in his life. Interesting information about Agapit Pechersky, about his life and activities, is described in the second volume of the book “Sensei“, as well as in the book “AllatRa“.

* * *

...Beside his other merits, Agapit was a good practitioner of medicine. His heartfelt, caring attitude towards his patients produced unprecedented fame and respect among people, quite afar from Kiev too, although Agapit has practically never left the monastery territory. He became the most renowned physician of the 11th century. People called him ‘the Healer from

God'. He cured such grave diseases, that none of famous physician of that time agreed to treat. For instance, take such historically known fact, when Agapit cured dying Chernigov prince Vladimir Vsevolodovich Monomakh. A physician known as the Armenian, who was considered the best physician of that time among noble people, could not help the prince in any way. While it was enough for Agapit to put Vladimir Monomakh on his legs in a few short days by passing a 'miracle potion' prepared with a prayer via the prince's messenger. Later on, the prince came to Pechersk monastery in order to return kindness to Agapit and brought many expensive gifts and much gold with him. But Agapit refused everything both from the prince himself as well as from the boyar he sent afterwards on his behalf. It was because Agapit cured both common people and noble ones with equal diligence and without return. That is why they called him Agapit the Gratuitous Healer. Naturally, it caused conventional human envy, neighbouring with malice, among such physicians as the Armenian. However, as to the Armenian personally, he ultimately realised, Who Agapit actually was. And it was owing to it that he became a monk of Pechersk monastery afterwards...

Agapit taught the monks the true service to God. He said that 'gold' and 'monk' are incompatible entities. No man can serve two masters at once: he serves either God or earthly riches, that is, the devil. No third option is given. A monk truly expects a reward only from God in that world, and not here from people. Gold indeed is litter for soul and temptation for thoughts. It is filth, which many lust for, but which is in truth a shadowy delusion. The true value for a monk is his sincere prayer for his soul. It is not satiety of a belly and health of a body that one needs to be concerned about. For whatever food you eat, sooner or later you will be hungry. And whatever health you've got, sooner or later your flesh will die. While the soul is eternal. And only it is worthy of a true concern. As Agapit used to say, a monk prays for all people at his heartfelt will, but the whole point of monkhood is to serve God and by a prayer to obtain salvation of your own soul from Him.

* * *

Agapit founded a spiritual abode where throughout its existence nobody has ever counted how many people could get a healing from lethal diseases and, thank God, are getting cured still. But this is not so essential. The most important fact is that many could get spiritual health there, which is more important than a physical one. On a large scale, the Pechersk Monastery's name has resounded for ages owing to Agapit as well as his relics, in which there still remains the healing power of the Holy Spirit.

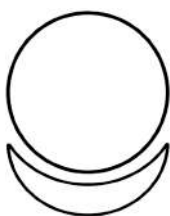
...Even nowadays, many people from various countries and of various religions, even those who consider themselves 'atheists' spend more time near

the relics of Agapit when attending the Pechersk Caves. Why? It's because people intuitively feel true Holiness, for soul cannot be deceived, you know. But if only people could know that they can ask not only for healing of their bodies, but, what's more important, for salvation of their souls — especially during the days when the Holy Spirit abides in the relics, beginning every 25th of February and lasting for the whole week and that would bring incomparably more good for their souls. For there is no holier place on Earth during those days other than that one, where any person, irrespective of his religion, can be so close to God's Ear with his petition. And everyone has such a chance, which can be used during the seven days of a year. Since the following year may not come for him. For brief are human days at the crossroads of times. For sorrowful are their deeds before the face of God. Every human instant is already on the scale. And there is no concern for souls more important than the craving for finding salvation. It is not in the outside faith, but in the inner faith that the key to the Gate lays. Only a sightless man, blinded with dust, can fail to see it.

All a human is able to give to God is his faith and his sincere prayer. There is nothing else he can give to God. For everything around a human is God's creation. It doesn't befit to offer the Master His own property. You see, God needs nothing from human, except his Faith and Love! What can a small child give to his Parent to gladden His heart? Only Love and Respect...

While you're alive, human, you have a chance to beg an eternity of God's love for your soul. And while you have this CHANCE, go to Agapit on the holy week and pray unto the Holy Spirit only for your soul. For your body is perishable, it is dust. And all earthly concerns are empty. But remember, human, that everything you promise in your petition before God, do fulfil! For He, like every parent, brooks no lies; He forgives, but does not entrust after.

*(Quotes from the book by Anastasia Novykh
"SENSEI - II. The Primordial of Shambala")*



Souls – saving Prayer

My true Father
In you alone I trust
And I pray to You, o Lord
Just for salvation of my Soul.
May your Holy Will be
my strength on this way,
For life without You is but an empty instant,
And only in serving You is life Eternal.
Amen



Meditations from the book “AllatRa”

DEEP FEELINGS – THE BASIS OF SPIRITUAL PRACTICES

When a person stays on the spiritual wave, develops himself, and does spiritual practices, he has an expanded state of consciousness. In meditations, for example, he feels that his consciousness kind of goes beyond the usual facets of perceiving the world. And most importantly, the person experiences feeling of joy, happiness, emanating outwards from the Soul; that is, as though from within him, from the depth of his feelings to the outside surrounding world. It is this feeling that the brain identifies as feelings of heavenly happiness, joy, and freedom. Consciousness becomes clear, sharp. All the earthly problems seem trifles compared to this feeling of native home, of immense peace, and Eternity.

Rigden Djappo (from the book “AllatRa”)

Rigden: In the world, they only teach intellect, memory, and knowledge that comes from logic. Whereas, when cognising the Truth, one must master elevated stage of self-perfection, awareness, and understanding of those deepest spiritual feelings that emanate from the Soul. After all, the spiritual experience lies beyond the boundaries of the mind...

The deepest feelings are exactly the special language that differs from the human one. When the person overcomes the lowest of the low within himself, works on himself each day, develops and transforms himself spiritually as a human being, he becomes enlightened. When the person evolves spiritually, he encounters questions from his mind. Experience in spiritual practices makes him aware of the fact that his material brain is limited in its perception and is a part of the body; the body is perishable and finite. As for the Soul dwelling inside him, it is invisible, yet eternal. He understands that it is impossible to precisely express the experience of his feelings in the words of the mind. After all, spiritual practices are only tools that help to reveal, know and unfold the deepest human feelings, through which his communication with the Superiors from the Beyond takes place in their language, the language of the deepest feelings. That is why the divine cannot be spoken of directly, since any thought would be just an allegory. For the divine is a different language, a language not of the mind but of the deepest feelings which is understood by the Soul of any person. It is the universal language of human Souls. This is exactly the language of Truth...

...let us look at the **mechanism of origination of a feeling**. The initial impetus of any feeling comes from the deepest inner force which comes from the Soul. Since the Soul is a very powerful particle from the nonmaterial world, it always has one vector of movement, one wish — to escape from this world into its own world which people call the spiritual world, the world of God. This initial impetus from the Soul is the basic principle of generation of the powerful deepest feelings. If one uses this power purposefully on the spiritual course, then it will be sufficient for the person, regardless of the past, to leave the cycle of rebirths during his or her life...

Anastasia: Only the one who is not attached to visible things takes care of the Soul... That is really so. It is precisely the visible which, to a large extent, tempts people in their thoughts. The discovery of invisible facets, which are present in them and which are perceived through the deepest feelings, helps them not only to feel the world of the Soul but also to desire it more than anything in the material world. I've met many people who are walking the spiritual path without surrendering to their Animal nature...

Rigden: As I have already mentioned, there are significant differences between the surface feelings emanating from the Animal nature and the deepest feelings emanating from the Spiritual nature (the true feelings of manifestation of the highest Love). For example, in order to immerse yourself into the state of convergence with the Soul during the spiritual practice "Lotus Flower" and to experience the deepest

feelings, first of all, your sincerity and your openness to God are needed; you must simply go towards the light of the Soul, no matter what. In this meditation, you build up the deepest feeling of Love for God. In other words, the force emanating from the Soul is used for its intended purpose. Note that a genuine and correct spiritual practice is work with the deepest feelings and not with thoughts. During these moments, the only thing that dominates in a person is the spiritual desire, same as in the Soul.

Anastasia: For the Personality, it is contact with a pure flow of force coming from the Soul that is important.

Rigden: Of course, this gives more spiritual powers to the current Personality; it begins to feel more of the world of the Soul, the world of God, and to understand the essential difference between this world and that one. Incidentally, this is also reflected at the physical level — at the level of the body; because when in this state, a burst of energy takes place, there is a strong surge of endorphins and other hormones of “happiness”, and the person’s physical and psychological conditions improve substantially.

This is especially noticeable during deep meditations when all of the person’s masks and images fall away and when an exchange of information between the Personality and the Soul takes place. I call your attention to the fact that this does not happen in every meditation but only in those that are connected to the work on the deepest sensory level and are aimed at awakening the Soul (for example, the “Lotus Flower” spiritual practice). The person gets filled with the feelings of the world of the Soul, of the world of God. Ideally, the meditator gets so deeply immersed into a spiritual practice at the level of feelings, by virtue of turning off all his thought-form perception and completely abstracting his mind from all the thoughts, that he starts to directly perceive the flows of the force emanating from the Soul.

During such deep meditations, the Personality feels that world and the processes which have no analogues in the material world. This is why that world (the world of God, the world of the Soul) cannot be described in words, it can only be felt. In such a deep meditative state, one begins to understand and feel what true Freedom is, he becomes internally independent from the purposes of the Animal nature and from the aggressive influence of the surrounding material world. He becomes stronger spiritually and begins to realise that this material world is not his home world, that it is an aggressive and dangerous environment for his Soul. But of course, all this happens only when a person does spiritual practices in a responsible way, when he systematically monitors his Animal nature, controls his thoughts, does good things in the outside world; that is, when he is thoroughly

engaged in developing himself internally and in accumulating the baggage of good deeds, thoughts, and feelings. But as a rule, such people are very few.

Most of the people who try to do spiritual practices are faced with a certain distortion that occurs at the level of the material brain, or rather, consciousness. This is exactly what I spoke of earlier. Apart from the "subpersonalities" that serve as optical filters through which information flows pass from the Soul, there are also, so to speak, associative "optical filters" of the brain. Essentially, these are our associations that are kept in the memory's cupboard which stores our life experiences, impressions, and so forth. The overwhelming majority of them are related to the three-dimensional world. The thing is that human consciousness from the time of birth of the body is tuned to perceive this world, although it is programmed for different states and modes. By changing the state of consciousness, a person can switch to other programmes of perception.

So, associative distortions occur as the brain processes the information received during a meditation. If a person is not at all prepared for such a perception of information in an altered state of consciousness (due to sporadic spiritual work of this Personality, just from time to time), the brain while interpreting the received information will give output at the level of associations, which are available in the memory, and of the overriding priorities of the familiar world. In other words, the received information, upon processing, will be distorted by the associations of the material world. A similar thing, but of a lesser degree of distortion, happens to those who are trying to meditate systematically but do little self-development as far as tracking the thoughts of the Animal nature goes...

THE MULTIDIMENTIONALITY OF MAN

Human is something far greater than just matter. In his structure, he is very complex, not only on the physical level, but also on the level of energy. Observing human's physical structure, even with modern equipment, we can see only a part of its construction which exists in three dimensions. Moreover, if we consider the overall structure of human, the majority of whose construction relates to the invisible world, we can find that at the physical level it has a much weaker protection than at the level of subtle energies.

The overall structure of human is designed in such a way so that the Soul is protected better than the body. The body is just an additional removable material

shell created for certain conditions of existence in the Universe in the geometry of the three-dimensional space. It is temporary and mortal. It is a kind of a bio-machine controlled by the Personality; in other words, by the one who is constantly making choices reflected in the events of his life as well as his spiritual development in general. Changing bodies during the reincarnation is like a renewal of this additional outer shell; figuratively speaking, it is like regeneration of the skin in the physical body or a change of clothes in everyday life. Naturally, an interaction occurs between the energy and physical parts of human construction, different processes of exchange of energy and information.

As I have previously said, everything in the world is interconnected. The world is multidimensional and has different parallels. **Human in the invisible world is an informationally complex space-oriented entity that exists consistently in six dimensions simultaneously.** It is difficult for a modern person to understand, but I hope that with the development of qualitatively new physics and biophysics, science will discover this fact as well. **Human steadily and simultaneously exists in six dimensions that constantly influence each other. But a human has a chance during his life to unite his Personality with the Soul, to gain spiritual maturity and escape into the 7th dimension (Nirvana, heaven), i.e. to achieve spiritual liberation, and even to know higher dimensions if he wishes to.**

MEDITATION “CHETVERIK”

(INTRODUCTION)

Human, like other information objects of the material world — from giant stars to the smallest particles — has certain projections, kind of his “mirror” reflections at the energy level. Different peoples at different times have denoted them differently, describing or recording the invisible structure of man in the chronicles of secret knowledge, sacred texts, and pictures. **Let us conditionally call these live projections “Essences”** as they are quite sentient (even more so than people suppose) and have their own characteristics. By their nature, these Essences represent energy structures, certain local centres. In the invisible structure of human these are the same inseparable parts of him like the head, arms, and so on are in the physical body. In the centre of the structure (in the middle of all the projections of a person) is the Soul.

The Essences are energy and informational structures, and they play an important role both in the life of man and in his after-death destiny. They have great capabilities and are connected with other dimensions where interaction takes place on a subtle energy level. Thanks to them, a person can influence the world from the perspective of higher dimensions of the material world, up to the sixth dimension. **Man's Essences are named according to their location around the structure as well as the conditional orientation relative to his physical body: The Front, the Back, the Right, and the Left Essences.** They represent the main fields, so to speak, the "living sides" of a four-sided truncated pyramid in the overall human structure. They are approximately located at an arm's length from the physical body of a person in the directions corresponding to their names: in the front, in the back, and at the sides (on the right and on the left side).

The knowledge about them has been considered sacred since ancient times. There exist many various references to them in the mythology of peoples of the world, from antiquity to the present day. For example, this information can be found in cosmological myths and legends of the peoples of the world, in rituals of sorcerers, shamans, priests, and exorcists. In particular, the descriptions of the latter often say that a person addresses the four elements or directions of the world, the four spirit aids of man, and so on while performing a certain traditional ritual. In many cases, the connecting link is the centre: in the sacred legends, this is the Soul as the centre of man's energy structure, the "fifth centre" (in other cases, it is referred to as the "first centre"); in practical rituals, it is the Personality's consciousness.

So, the external actions of such a spell-caster are, as a rule, either a theatrical play designed for the public, imitation of the lost knowledge without understanding the essence, or a mere concealment of it. In reality, the main action takes place in a person, in his inner world. With help of certain knowledge and practices, he simply gathers himself into a single whole and operates these Essences. The Personality is the "control centre." Thanks to such joining, the person's capabilities in the invisible world greatly expand. I draw your attention to the fact that these Essences are not the astral doubles of man.

Each of the four Essences represents, let us say, a certain energy field. Figuratively speaking, this is a "transparent cluster" which can turn into any thought form that a person sets: a mirror image of the person himself or some image of an animal, spirit, and so on. We can say that a person, while doing certain meditation techniques in an altered state of consciousness, assigns to one of the Essences a certain thought-form and, focusing his attention on it, materialises that Essence.

Anastasia: So, in essence, it is a transition from the state of an energy wave into a material particle: as soon as the Observer focuses on the Essence, the process of transformation of energy into subtle matter takes place. Accordingly, it acquires a thought form (the image put into it by the person).

Rigden: Yes, at that, its connection with the invisible world is fully preserved. As I have already said, each of the four Essences has its own characteristics and manifests a certain connection between the visible and the invisible world.

The Front Essence is located in front, at an arm's length from the physical body of a person. It is connected to the person's life here and now (both in the third and in higher dimensions) and with his movement from the present to the future. This is a kind of a vector and an indicator of the life's way. If a person chooses the spiritual, then this path has one vector and a focused direction of striving forward to a higher and the final result — merging the Personality with the Soul, that is, to spiritual liberation. This Essence is responsible for the person's self-development, for spiritual movement. It carries a peculiar emotional colour — that of faith, spiritual love, and hope for the future. If a person's intentions on the spiritual path are stable, then it also serves for him as a very good protection against the external invisible influence of others' or alien aggressive Essences. Its activation can be seen by the state of person himself: when he feels inspired and when a surge of positive emotions and the deepest spiritual intentions can be observed in him.

In legends of the peoples of the world, the Front Essence was often designated as a unicorn as well as the element (spirit) of the sky, air. It was depicted in the form of a free bird (a falcon or the mythical thunderbird, the phoenix). In many cultures, the bird served as the symbol of the Soul, the divine Essence, the spirit of life, the spirit of the sky, freedom, ascent, inspiration, prediction, prophecy, and a connection between "space zones."

Anastasia: Indeed. In fact, birds were depicted already in the Upper Palaeolithic era, and sometimes with emphasis on the sacred character of these designations. In the Neolithic age they were also painted along with the solar (sun) signs which were placed above the birds.

Rigden: Quite true, which points to the special significance of these paintings, if, of course, the person possesses knowledge about secret signs. So, getting back to the Front Essence... The knowledge about the operation of the four Essences greatly expands human capabilities. Frequent losses of sleepers happen due to lack of basic knowledge in these matters. For example, majority of sleepers act through their Front Essence without even realising it. And thus, make a big mistake which

leads to poor performance in their work, waste of time, and high energy consumption which often results in the rapid lethal outcome for the operator. More experienced sleepers act through their Left Essence. But more about it a bit later.

Anastasia: Sleepers are largely unknown to society. This is a secret Special Forces unit in the national security structures of civilized countries. It is quite surprising that the policy of "materialisation of consciousness of the population" takes place everywhere in the global community and that the very "seditious thought" of creating a science to study the human energy body, the existence of which has already been known for a very long time, is ridiculed. In this context, an increase in the development of such Special Forces takes place in almost all civilized states which compete with one another. After all, their specialists are able to extract information without leaving the room, influence certain individuals at the energy level, or protect the top officials of these countries.

Rigden: Because the key word in this matter is "politics". That is why this knowledge is not available to nations. By the way, do you know the origin of this special term "sleeper"? As they say, as you name a ship, so it will sail. The word sleeper was borrowed from the Norse mythology. The supreme god there was Odin. He was the god of wisdom and the father of witchcraft, magic spells, connoisseur of runes and legends, a priest, a bearer of magical power; he had a shamanic "intuition", knew magical arts, was cunning and insidious, and was the "ruler of people". He later acted as the patron of military alliances and as the sower of military discord. So, Odin possessed an eight legged steed Sleipnir (the slipper). He could carry his owner with lightning speed from the world of gods (Asgard) to another "dark world", the world of the dead (Niflheim), the world of humans (Midgard); in other words, was able to slide between the worlds. It is on Sleipnir, according to legends, that Odin took part in the "equestrian competition" with the giant.

Anastasia: Well, nothing changes in the people's world, the same political and priestly competitions at the expense of power and people's necks are still going on. I pity those people who work for this priestly structure and squander their unique powers on nothing, on whims of the human mind enslaved by the Animal mind.

Rigden: What can you do, people themselves make their choices. As they say in the East, "Wisdom never becomes perfect in one whose mind is not steadfast, who knows not the Truth, and whose faith waivers." But let us get back to the topic of our conversation.

...**The Back Essence** is located at the back, at arm's length from the physical body. This is a kind of an observer of the present and a "chronicler" of the past. It is connected with the present and the past of the person, with the accumulated information, and not only during this life. For it, the past is a database of information, the present is the control and tracking of information, so to speak, in the real-time mode, that is, here and now. The Back Essence is a kind of a portal. It is an "Observer" which is directly linked to the pineal gland (epiphysis). Thanks to this portal, after mastering certain meditative techniques, it is possible to carry out a "tunnelling" into any point in the past. The Back Essence is usually depicted in the form of a fish, seal (for example, in the traditions of the Northern peoples), lizard, elephant, turtle; it is denoted by the element of water, that which immerses into the depths of the past. The Siberian peoples have preserved mythological references about some kind of opposition of the bird and the mammoth, and it was the bird and the fish with the Sumerians. The Back Essence may also be depicted as a spirit with a human face symbolising the human past.

The Right Essence is located at an arm's length to the right of the physical body of a person. This is, in essence, one of the constituent parts of the Animal nature in man. More precisely, the Right Essence has several qualitatively different functions, the manifestation of which depends on which is dominant in man: The Spiritual nature or the Animal nature. The Right Essence is closely related to this world. The main emotional characteristics of its manifestation in man when dominated by the Animal nature are aggression, despondency, or fear. If it is not controlled by a person in a proper way, then he often becomes subject to its "attacks." The latter are felt as a flow of bad thoughts or thoughts that provoke negative feelings and as a sudden surge of the state of depression. Its attacks are characterised by the narrowing of consciousness to the level of a certain problem as well as by such emotional states as despondency, anger, greed, resentment, self-blame, manifestation of any fantasy or illusion, looping of thoughts on the same problem. But this happens when a person gives the power of his attention to these thoughts.

I must point out that all four Essences simply trigger the "birth" of certain thoughts which correspond to various surges of certain emotional states. But the Essences keep alive and amplify (especially when the Animal nature dominates, twisting a situation beyond recognition, making a "mountain out of a molehill") only those thoughts that the Personality chooses. Man has a choice, the thoughts of which Essence to give preference and his attention to, simply put, whom to listen to. But as soon as he makes his choice, that is, as soon as he gives preference to certain thoughts, an active work of this or that Essence, which has triggered these thoughts, begins.

Anastasia: By the way, you once mentioned that the processes of so-called secret influence, mental manipulation, infection of the masses with ideas that stimulate aggression, anger, and negative emotions in people are associated with activating the Right Essence in people.

Rigden: That is so. The inhibition of the Front Essence in people and the activation of their lateral Essences are carried out by specialists experienced in these things. Such influence is similar to hypnosis.

In a meditation, one can feel and observe the influence of the Right Essence, understand where and how this flow goes: it is felt as a downward pressure from the right (from the outside to the inside). However, if a person disciplines this Essence, that is, if he exercises strict control over his thoughts and emotions, avoids negative feelings, strictly adheres to the Spiritual direction, he will get an effective helper that is well-oriented in the world of subtle matter and has a multi-dimensional connection with the same Essences of other people. And, I repeat, this connection happens regardless of time and space.

In their sacred paintings, different peoples generally portrayed the Right Essence as some strong or aggressive totem animal, for example, the white tiger (the Kyrgyz shamans), bear, lion, leopard, monkey, and so on, or a mythical Guardian, spirit. Mentions of this are recorded in archaic mythical and ritual traditions whenever aggression, fear, or unusual force is mentioned. They usually indicated fire as the element that symbolised this Essence.

The Left Essence is located at an arm's length to the left of the physical body. This Essence is connected with the world of Ahriman, the world of the sacred knowledge of the material principle. It is endowed with a great number of features and functions. But again, their use by the Personality depends on what is dominant in person: The Spiritual or the Animal nature. When the Animal nature dominates, the Left Essence is characterised by guile, pride, deceit, and seduction. This is a clever and cunning Essence which will present everything in the best possible light, its only aim being the distraction of a person from the main aim — from the spiritual path. If the Personality does not control this Essence in a proper way, it triggers doubts in a person and leads away from the spiritual path. While the Right Essence is associated with blunt aggression and anger, the Left Essence, on the other hand, can win with its logic, show the clarity of consciousness in building a logical chain from the Animal nature. Just like the Front Essence, it pushes a person to search for something new, but in the material direction, suggesting that a person deserves more or that he is more significant than others. In general, the idea of megalomania and the thirst for secret power

over others are the basis of its attacks on the Personality when the Animal nature dominates in consciousness.

When such thoughts visit a person, then in the state of meditation one can also trace pressure from the outside: it will be felt as downward and pressing from the left side. If a person disciplines himself and his thoughts more often, steadily adhering to the spiritual path, then the Left Essence also becomes a personal assistant and a private “informant” on sacred matters. In ancient treatises, the Left Essence is commonly referred to or portrayed either as a terrifying beast or a clever and cunning animal, such as the wolf, jackal, a mythical monster, dragon, snake, or as a Guardian and a spirit. As a rule, the indicated element is earth or, rather, the ashes as a symbol of temporal values in this world.

Anastasia: I will clarify for the readers that the Front Essence and partially the Back Essence (in the mode of control and the tracking of information here and now) are active helpers in the spiritual self-development of a person. At the same time, the lateral Essences (the Left and the Right ones) as well as the Back Essence (with its database of information about the past) perform more of the sleeper’s functions working with other people’s Essences of the same name, and they also play a key role during the activation of the Animal nature in man.

Rigden: That is right. The Left Essence in particular is the most informative one; it is the champion at retrieving information and manipulating the mood and desire of the object. When it is activated, it is difficult to resist it externally. However, it is also dangerous for the host of such activation as it can lead him astray as well. If we’re talking about aggression, despondency, or suppression with fear — the Right Essence is responsible for that. But all of this works under the dominant of the Animal nature of the observed object. So, if people do not want to be in the position of a rabbit in front of a boa, it is very important for them to learn to live on the spiritual wave, to live according to their Conscience. Otherwise, as they say, “when Conscience is asleep, the devils whisper.”

These Essences are convenient for fulfilling specific goals and objectives in the invisible world. These Essences are a kind of “intelligent, living instruments” of the invisible world which help a person in his spiritual development if, of course, he knows how to use and control them. If he does not exercise such control which is, first of all, related to purity of his thoughts, then these lateral Essences control him; in other words, they gain control over him through domination of Animal nature. To learn how to control and handle one’s lateral Essences, to start with, it is necessary to learn to understand what they are and how they work. You must be able to track their manifestations in you, their maximum activation. The latter is

usually manifested in the form of one and the same "mental habits", psychological "hooks" of the Personality that are based on a negative and selfish way of thinking. Under the domination of the Animal nature, the lateral Essences do not care what negative or flattering thoughts they can activate in the consciousness and what external images they can use for this purpose (that is why usually people blame everyone else for their mental troubles but never themselves). The most important thing for the lateral Essences is the power of attention of the person himself, thanks to which they are increasing their influence over him; figuratively speaking, they lull him into dependency on them.

Most people do not know and do not understand how their Essences function in daily life because of the material veil of the usual three-dimensional world. And this despite the fact that people are often faced with their manifestation. After all, when we think about other people -- our acquaintances, friends, relatives, and so on (about people with whom we have had personal contact and, therefore, came in contact with their auras), then we are actually making contact directly with their Essences. If we think in a spiritual vein, in a positive way, then our Front Essences correlate, and if we think in the material line, in a negative way, then the corresponding lateral Essences come in contact with each other. How does this happen? No sooner has a person had a thought, focused his thought on a certain person, then an information exchange at the level of subtle energies takes place between his and the corresponding Essences of the person about whom he is thinking. For example, we just thought of someone whom we have not seen in ten years, and he calls us literally immediately or visits us the same day. Or it can happen that sometimes during a conversation, a person knows in advance exactly what the interlocutor is going to say, he feels his mood and the flow of thoughts before he says anything. What is the reason here? This is exactly a manifestation of interaction of Essences. It is just that one of our Essences has come into contact with the corresponding Essence of another person. After all, for Essences, neither time nor space exists in our understanding. They live by different laws. These are a kind of intermediaries of the Personality in its connection with other worlds.

It often happens that a person who does not particularly care about the purity of his thoughts (who is open to influence from the outside) is busy with his daily chores and all of a sudden he gets angry or feels inexplicable fear for no reason. Actually, the reason for this lies in the exchange of information. This exchange can be of different kinds including in the form of informational manifestations of subpersonalities about which we have already spoken, the interaction of the lateral Essences of a person with the corresponding Essences of people, and for other reasons as well. It may also be a manifestation of the will of the Animal mind (for a reason which the person does not even suspect) through its system of activation of

the Animal nature in a particular individual or in many people regardless of where they are and whether they know each other or not. That is why it is important for any person walking the spiritual path to be aware of these manifestations, to be able to control his thoughts, and not to allow any interference of the Animal mind's will, which is alien to him, in his life.

Anastasia: In many cases, people do not understand or even suspect the existence of such mechanisms of influence from the invisible world although they themselves suffer greatly from this in everyday life.

Rigden: Yes, people may not be aware of it or know about it, but it is they who choose which thoughts to give preference to. And mechanisms of influence from the invisible world can vary greatly. If a person is in the state of domination of the Animal nature, then it is quite easy to provoke him in such an invisible way as to trigger a negative surge in him (aggression and fear) in such an invisible way with the help of the lateral Essences so that he opens up and got out of balance. In other words, to enter into resonance with him. And then, using his own energy, to directly influence his lateral Essences which control him. By the way, the Kandouks, whom you mentioned in the book *Ezoosmos*, act in the same way. They trigger negative feelings in people and then they get control of their consciousness. This knowledge has also been used by priests in the ancient times, and the Archon priests of today use these techniques to their utmost as a tool of the invisible influence over people. But it is not only Archons who possess this knowledge. Some sleepers also use these techniques in their work. After all, this is just a tool. It all depends on who uses it, how, and for what purpose.

Anastasia: Please explain to the readers what happens to the Front and Back Essences when the lateral Essences are active like this?

Rigden: In general, it can be said that when the lateral Essences are actively working in a person under the dominance of the Animal nature (which is visible by the manifestation of negative thoughts or emotional outbursts by a person in conversation with other people), the Front and Back Essences are simply being exploited by the lateral Essences for their needs instead of serving their true purpose — assistance in the spiritual self-development of a person. And the needs of the Animal nature, just like of all matter, are one and the same and can be reduced to the struggle for domination. As a result, the Back Essence begins to actively rake the moments in memory about different life situations where there was an activation of the struggle for influence, aggression, manipulation, focus on self-interest, and so on. And the Front Essence practically does not work for its intended purpose during this time, only occasionally activating a sense of hope for

the future which is successfully twisted by the consciousness (thought templates of the material way of thinking) of a person into the hope of a future well-being in the material world. But person himself is to blame in this situation because it is he who chooses which thoughts in his mind to give preference to.

Anastasia: And if Spiritual nature dominates in man?

Rigden: Then, everything happens in a qualitatively different way. The person is more focused on controlling his thoughts, on self-training, spiritual development, and self-perfection. The Front Essence works actively in him and, thanks to the discipline of thoughts, the lateral Essences, let us put it this way, perform an additional function of some sort of Sentinels. Then, even if aggressive, manipulative information, which the Back Essence reads, comes from outside, it does not bother the person because his Front Essence is activated. Mentally, he simply ignores this information. At the same time, the lateral Essences which are controlled with the discipline of thoughts, besides taking part in prevention of unwanted developments, in fact, help in cognition of the invisible world, thanks to their capabilities and interconnection with other dimensions. That is why it is important to be a Real Human and live by the positions of the Spiritual nature.

Anastasia: I know from my own experience and from that of our group that when people are faced with cognition of their Essences in practice, different emotions may arise in them initially (from surprise to fear) from, so to speak, meeting themselves in the invisible world. Maybe this is just because of the habit from childhood to see ourselves from the perspective of three-dimensional space and because of the surprise of beholding yourself in an entirely different way and volume from the perspective of other dimensions.

Rigden: This is natural. Since at the early stages of cognising his Essences, man has not yet overcome the habit fixed in his consciousness by his life experience in a three-dimensional world when any new phenomenon causes a mixture and struggle of two emotions in him: fear and extreme curiosity. Whichever wins in him, so will the result of cognition be. This kind of fear is just a wrong choice, an emotion from the Animal nature, into which a person invests the power of his attention, and thus, materialises it. One must have spiritual freedom in cognising the world; that is, one must be liberated from such fears through firm choice, self-knowledge, and pursuit of a higher spiritual world. The person who is more experienced in spiritual cognition does not fear the invisible world which is unfolding before him. He starts to simply use this knowledge, realising that

the Essences observed by him are his own integral parts. In fact, it is himself in various manifestations of complex reality.

Anastasia: Yes, as they say: “God does not give anything unnecessary”.

Rigden: Quite right. The existence of these Essences is related to human choice or rather, to creating conditions for it and to giving a certain degree of freedom to the Personality. That’s the point of all this multi-dimensional structure of man. Had the lateral Essences not existed, there would be no freedom of choice between the desires of the material world and the spiritual aspirations, between “good and evil.” So a person, despite his existence in limited circumstances (imprisoned in matter), would still feel the Soul and walk towards God by intuition. However, with these different Essences he has an alternative choice: to choose anger, aggression, envy, pride, and infinite desires of matter or not to give the power of his attention to all of this, to stand on the side of the spiritual, and desire one thing only — spiritual liberation and movement towards God.

Spiritual development of man can be figuratively compared with movement of a car with recurring slippages. At first, the human consciousness switches from one emotional state to another frequently and uncontrollably. This can be compared to an inexperienced driver who still confuses the acceleration pedal with brakes. Discipline of thoughts and control of his state of consciousness is exactly an attempt of a person to learn to control himself, his emotions, wishes and thoughts, while at the same time keeping a clear direction of his overall movement — his view of life and the main choice. That is, to live life consciously and with full responsibility, clearly focusing on the spiritual direction and continually keeping it in focus of his attention. Figuratively speaking, this is an intention to drive the car to the goal despite any small slips. Naturally, the more often you control yourself and the more attentive you are on your way (and not just stand gaping, paying attention to the thoughts and emotions of the lateral Essences), the higher the speed of your movement (spiritual development) will be.

Anastasia: This is a good example. If you think about it, indeed, the majority of people live their lives unconsciously in the spiritual sense, paying attention to the thoughts from their lateral Essences. They set small everyday goals and material tasks before themselves; for example, to save, steal, buy, assert temporary importance in the family, at work, in the society, and so on. Figuratively speaking, they drive their cars in circles, uselessly burning their fuel (life energy).

Rigden: It is just that they live their lives according to their own inner choice -- in fact, they live limited, empty lives which the system of the Archons has prepared for them: be a "robot" from morning till night with limited consciousness and a narrow range of interests and everyday worries. But these are all conventions which have been hyped in the world enough to make a human believe in them and work for this made-up system which is one of the programmes of the Animal mind. In fact, it is human who chains himself to this three-dimensional world because it is easier for him to be a slave in this system of material values than, with his spiritual labour, to earn true Freedom as a personal pass into Eternity. Man's life is in his own hands, in his right of choice, in his desire to perfect himself and work on himself.

Anastasia: Yes, especially since in our age of information technology, a variety of information becomes available to people about the spiritual heritage of different nations. Seek and you shall find.

MEDITATION "CHETVERIK"

(TECHNIQUE)

The very first steps in spiritual direction have been described in your previous books. And before telling the readers about the next stage of more in-depth work on yourself, which is the "Pyramid" meditation, I should first talk about a simple but useful meditation intended for knowing your four Essences. Different peoples called it differently at different times. For example, in ancient times the Slavs, long before the advent of Christianity and introduction of this religion into the consciousness of this nation, called it Chetverik, and it was one of the basic initial practices in the process of self-perfection along man's spiritual path...

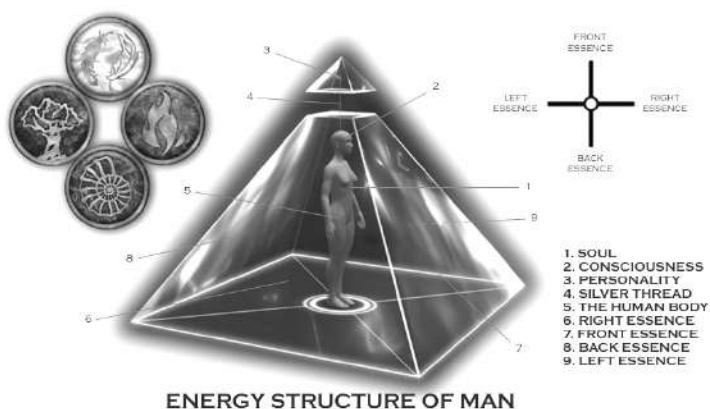
Anastasia: Do you mean the meditation intended for conscious perception of one's four Essences?! This is indeed a rather effective meditation which is

aimed at knowing yourself, revealing particular qualities of daily work of one's Essences and their influence on consciousness through thoughts and emotional states.

Rigden: This simple meditation is, in fact, the first step towards getting consciously acquainted with your Essences. While mastering it, a person learns not only to control his emotional states, but also to understand the real cause of their emergence. As a rule, in usual life, the person does not notice or keep track of why he is suddenly overwhelmed by various, changeable like the weather, moods and emotions: anger, or aggression and slowness accompanied by selfishness, or fear, or sudden memories of the past with their burden of negativity, and so on. At best, the person identifies such states in himself as an evident manifestation of the Animal nature which has already fully captured his consciousness. He begins to suffer from this vicious circle of thoughts and emotions, at the same time strengthening them with his attention. In other words, he does not trace the initial provocation from the lateral Essences. Whereas this meditation helps to develop skills, which make it possible not only to track this process but also to stop it in time; that is, to terminate it before this state completely engulfs man. So, this meditation is not only very effective but, what is equally important — especially for beginners, it is easy to learn since it is similar to a psychotechnique.

The purpose of this meditation is to learn to understand the moments of activation of each of the four Essences, feel them deeply, identify emotional surges accompanying this activation, and also to understand the nature of manifestation of various thoughts which have been caused by this process and which subsequently affect the change of mood.

The meditation is done in the standing position. The meditator imagines himself standing in the centre of the base of a small four-sided pyramid; that is, he is located in the median centre of the space divided in the form of a diagonal cross and each part of that space will, in fact, represent a field of one of the four Essences. I shall make some clarifications. The square base of the pyramid is conditionally divided with diagonal lines; that is, in the form of the letter "X", by a diagonal cross, into four equal parts. The meditator is located at the centre of the intersection of the lines of the cross which conditionally divides the space around the person into four parts that have volume. In short, in front of the meditator as well as behind and on each side of him, there are triangular-like spaces. This is approximately how the fields of the four Essences will look like in the human understanding...



Now, I shall specify the location of the centre of each Essence. The centres of these Essences in these triangular spaces are located approximately at a distance a little further than an arm stretched out in the horizontal direction towards each of the four sides. The energy centre of each Essence conditionally represents a kind of a bundle, let us say, which resembles a ball or a small sphere in form and in consistency; figuratively speaking, something like a gas planet. A small sphere is a symbolic representation of the centre of each Essence, to better learn and easily understand this meditation. Actually, this is a complex structure. Such a figurative comparison with a sphere is similar to perceiving the human structure in the first dimension when it looks like a dot. But from the highest dimensions, the human structure is already perceived, in all its multidimensionality, as a complex energy structure. It is the same thing with the centres of these Essences: they are spheres conditionally for the resident of a three-dimensional world's understanding.

So, we calm our thoughts, emotions, and immerse into a meditative state. Breathing is regular and easy. We open the hand chakrans which are located in the centre of the palms. We breathe in, letting in the Qi (Chi - translator's note) energy (the energy of air) through the hand chakrans, and raise it along the arms to the shoulder level. When we exhale, we move the Qi (air) energy from shoulders down along the lateral meridians (located approximately at the sides of the body) and join the two flows in the "Hara" chakran (located approximately three fingers' widths below the navel), filling our lower abdomen with this energy like a bowl with water. Then, after filling

it (some people will imagine it mentally at the first stages while others will have a sensation of slight heaviness in the lower abdomen), we move the accumulated energy from the lower abdomen up along the spine into the head, particularly into the hypothalamic region of the betweenbrain (diencephalon - translator's note) (the "ancient structures" of the brain which are located almost in the centre of the head). This place (the centre of the head) will be a kind of a median centre, to which the meditator will be constantly "returning" in this meditation.

Anastasia: Here, I would like to mention two interesting points, which you once told us about. First, it is no coincidence that filling the Hara chakran is often associated with filling a bowl with water. When translated from Japanese, the word "Hara" means "stomach." While the earlier Sanskrit word "harā", as you said, represented in ancient Indian treatises one of the names of the supreme creating power of the feminine principle — the goddess Shakti. Water and a bowl in the context of the primordial knowledge about man had an allegorical meaning which indicated the powers and processes acting in spiritual practices. Secondly, regarding this meditation in particular. Back then, you drew our attention to the fact that the meditator concentrates on breathing only in the beginning as everyday process that is usual to him, before filling the lower abdomen with energy. However, later he simply shifts his attention to the energy moving along the spine and to tracking the subsequent process of the meditation while breathing already takes place naturally, automatically. At the time, these clarifications helped me to understand the first steps related to mastering this meditation.

Rigden: Correct. During the meditation, breathing must be relaxed and natural, and all the attention must be focused on the processes that are happening at this moment... So, naturally, at the beginning, just like in any other meditation, all feelings must be in balance, in a state of peace. Accordingly, all four Essences of a person will also be in the "neutral", unexcited state. The meditator senses them as if simultaneously. The centres of the Essences are like big balls, suns, planets, and so forth — you can imagine all this however you like at the beginning. Over time, while practicing this meditation, the person will learn to feel how they work according to his own inner sensations. And having gained his own relevant experience, it will no longer be necessary for him to have these images, for another stage of knowing yourself will then begin.

Anastasia: Yes, I've noticed such a peculiarity based on my initial experience of mastering spiritual practices: when you listen for the first time

how to do a new meditation, "a thousand questions" from the mind arise about how exactly to do it. Now I understand why you always give such diverse associative comparisons and clarifications while explaining a new meditation. These are clarifications for the mind so that the material brain could at least understand something at first and simply grasp a general scheme of meditation. In other words, this is an attempt to explain to a person (whose consciousness is currently operating in the mode of perception of three-dimensional space) those phenomena which will take place during the meditation when his consciousness switches to the mode of perceiving other dimensions, or rather, the parts of his structure which are located in other dimensions. After all, when you do the meditation itself, everything turns out to be very simple and clear, because you do it with your deepest feelings. Moreover, in an altered state of consciousness when you have an extended perception of the world and typical self-analysis of a resident of the three-dimensional space is switched off.

Rigden: Undoubtedly, all the dimensions are interconnected and influence one another. This is also true for the six dimensions in which the "multilayer" human energy structure is located. In order to understand the phenomena that take place in dimensions higher than the third, a person needs meditative experience and real changes — shall we say, at least in his basic worldview and daily work on himself. Only then will he be able to understand what the world really is and what secrets it hides in itself. When man gets his own experience, he will no longer need "thousands of words" or different explanations from the mind; hinting at a manifestation of this or that phenomenon will be enough for him to identify it and understand what happens and how.

By the way, I shall note another piece of information as food for thought regarding the structures of the brain that are involved in this meditation. The betweenbrain is a kind of collector of all types of sensitivities. It participates directly in the processes of regulating memory, sleep, instinctive behaviour, psychical reactions, correction of different kinds of sensitivity, and so on. For instance, what does the hypothalamus represent, which is a part of the betweenbrain, weighing only about 5 grams? The hypothalamus contains the most important centres of the vegetative nervous system. In general, it is there that the coordination of functions of the sympathetic and the parasympathetic centres of the vegetative nervous system takes place, on which, one can say, the whole body is based. The hypothalamus controls main processes of homeostasis; that is, it supports the dynamic equilibrium of the internal environment during changes of external conditions by means of coordinated reactions. Moreover, medulla oblongata, among other things, also contains the centre of the main

nerve of the parasympathetic nervous system, the longest of all the cranial nerves — the vagus nerve (*nervus vagus*), the branches of which participate in the formation of the solar plexus as well.

But let us get back to the meditation... *It is from the centre of the brain (the conditional, median centre), from the above-mentioned hypothalamic area of the betweenbrain, and further through certain points of his head, that the meditator carries the energy (which he had accumulated in “Hara” and moved along the spine to the brain) to the centre of each Essence.* So, a person artificially activates his Essences, thus generating in himself different initial emotional surges, and studies them at the same time.

The task of the meditator is to learn to recognise the work of each of his Essences, the result of which is manifested in daily life as certain emotional surges and thoughts. Let us take a closer look at the process of a person’s interaction with each of his main Essences during the meditation.

At first, the meditator works with the Right Essence. *In the process of the meditation, the Qi energy goes from the hypothalamic area of the betweenbrain through the right amygdaloid nucleus located deep inside the temporal lobe of the brain. Next, through the point located above the right ear, the energy goes directly to the sphere centre of the Right Essence.*

For those who do not know the structure of their brain, I shall note that the human brain contains two amygdaloid nuclei located on the right and on the left sides. This is a very interesting subcortical brain structure, which is related to the formation of various kinds of emotions.

Anastasia: Yes, as of today, science is already aware of the fact that amygdaloid nuclei are responsible for the human ability to read information from faces of surrounding people. Thus, a person subconsciously understands how these people feel at that moment. But the information reading mechanism itself is still not entirely clear to scientists.

Rigden: Understandably, since this reading, like many other functions of the amygdaloid nuclei, is connected to the work of the lateral Essences of human in his energy structure. In the physical body, the functions of amygdaloid nuclei are related to vegetative emotional reactions, provision of defensive behaviour, and motivation of conditional reflex behaviour. Moreover, as of today, it has been established scientifically that damaging the amygdaloid nucleus can cause partial disappearance of the structures responsible for rage and aggression, as well as for the memory of danger. In other words, this may lead to a partial disappearance of fear in a person which will expose him to constant danger, of

which he will be unaware. Medicine has even known attempts of treating fears and uncontrolled surges of aggression by means of surgical destruction of the amygdaloid nucleus. I want to note that the end does not always justify the means of achieving it. Victory over oneself is much more important than any surgical intervention. Especially, since a person still won't be able to get rid of all his fears and manifestations of the Animal nature. Actually, the human body has no "extra parts", so one should not remove anything from it unless it is absolutely necessary.

And, a couple more words about the point above the ear. This area also has the structures (which are connected to the human structure at the level of energy) that take part in the process of perception by a person in an altered state of consciousness of spatial correlations... or, more precisely, of his orientation in the spaces of different dimensions. The four Essences are also involved in this process. Although a certain phenomenon is present here. For these Essences, space and time do not exist in the way in which they are perceived by the resident of three-dimensional space. Yet it is thanks to the work of the Essences that a person conceives an intuitively accurate sense of orientation in time and space.

Of course, earlier people did not know such details about the connection between the human energy structure and physical structures of the brain. Nevertheless, those who practiced this meditation in ancient times did it just as successfully. Ancient people simply imagined "a breath of wind" at this stage of meditation pass first through the centre of the head, then through its external points to specific places in space, thanks to which certain actions took place there. For instance, in the ancient Russian spiritual practices, this process was presented as *spinning of a vortex*, as a contact with the masters of the four winds that *were endowed with properties of the four seasons: winter, summer, autumn, and spring (the last one, endowed with characteristics of the Front Essence, was revered the most by the ancient Slavs)*.

Anastasia: Are you saying this means that a person doesn't have to know the structure of the brain thoroughly in order to do this meditation well?

Rigden: Yes, but for overall intellectual development, this knowledge is useful... Afterwards, the practical experience of doing this meditation can simply be used in everyday life to observe in yourself the initial processes of origin of negative thoughts and emotions and, consequently, to prevent their undesirable development in time. Eventually, this process of work on yourself becomes like a habit, for instance, like walking. After all, at first person learns to keep his balance, then to move legs, and then this process becomes a part of a daily habit. As a result, he no longer pays attention to how he moves in space. He simply uses the result of his earlier work to do certain everyday

tasks. The same applies to the experience of practicing this meditation. By controlling the emergence or surge of his emotional states in each day, a person preserves his attention and life energy unspent for more significant spiritual tasks. And without such control, he usually unconsciously wastes this energy on programmes and the will of the Animal mind, allowing negative thoughts and emotions to dominate in his consciousness.

So, here is how the inner work with the centre of the Right Essence happens. Usually in his everyday life, a person does not notice any of his Essences activate, though he certainly feels the result of such activation. When the lateral Essences start working, the person's mood can suddenly change, moreover, for no apparent reason. Person becomes depressed, or the feeling of fear, disappointment, grief, and apathy washes over him, or, on the contrary, aggression and long standing grudges begin to emerge, and so on. Why does this happen? Because the lateral Essences activate; in this case, it is the Right Essence. Then, the Essence triggers formation of thoughts that correspond to this emotional surge and captures person's attention with them. Like a skilful manipulator, it catches him at the point of hypersensitivity, so to speak, "offering" him a choice of different versions of thoughts, though in one and the same emotional tone.

In other words, when Animal nature dominates in a person, the lateral Essences in their usual mode of operation provoke such emotional surges in the Personality. And what do such surges mean for the human brain? They are basically a sort of a code which activates certain blocks of memory which store the once gained experience of such mental worries, emotions, and states. Having opened the memory "storerooms" and captured the person's attention with their contents, the lateral Essences thus pull the person into a negative state. Then the process of strengthening the mood in this direction ensues, a kind of a looping on one and the same thoughts.

As a result, the person himself, by his choice of applying the power of attention, wastes the life energy on thoughts of the Animal nature, thus nourishing one or the other of his Essences which had triggered these emotional surges. And the Essence, for its part, strengthens its influence on the person through his own resource of attention. So, even though the person seems to want to escape such, for example, depressive or aggressive state; however, in reality he is just not able to get rid of it. Why? Because he has already allowed this state inside himself with his own choice — by mulling over these thoughts which kept him looped in this state. And he cannot abandon it because he does not actually want to give up these negative thoughts, ignore them in his consciousness, and avoid them in the future. For they deeply affect his pride,

megalomania, the feeling of his own significance, or other "soup kit" from the standard repertoire of the Animal nature.

When the Animal nature dominates in human consciousness, the lateral Essences constantly try to distract the Personality's attention from the main thing —focusing on spiritual liberation. And if we take this frequently recurring process on the scale of the entire life, then it turns out that such "trifles" of psychological excessive self-blame constantly draw man's attention away from attaining the main goal of his life. Moreover, they contribute to the fact that a person falls into an illusion of existence and does not understand the real reason of why he is actually living here and now, in these conditions, why he is "imprisoned" in this temporary, mortal body. Unfortunately, it often happens that life flies by very quickly, and a person does not even have time to understand why he was actually born, what the power of his attention has been spent on, and on what trifles and trinkets (empty desires, arguments, struggle for leadership, and so on) he has wasted his precious reserve of life energy.

Anastasia: Yes, previously I would also often experience such a looping of thoughts and worries in this regard, such an unnoticeable, or rather, usual for me, focus of attention on some empty little things of life, resentments, disappointments, aggression, or satisfaction of feeling of self-significance, which at that point of time seemed very important to me. But later I realised that the main thing for me was to know myself and my nature in order to understand at the right time what exactly is happening to me and how to prevent or adjust this process. As you once advised, in practice what helps to abandon this "pettiness of existence" is a global view from the perspective of your Observer from the Spiritual nature, a real understanding of the transience of life and of the priority of certain questions for your true self, that is, for your Spiritual nature.

Rigden: To put it simply, an expanded state of consciousness... That is right. And a narrowed state of consciousness is exactly typical for the work of the Animal nature, so to speak, of "materialisation" of one's consciousness. For example, why does depression arise? Because of active work of the Right Essence. In such cases, a person tries to seclude himself, to run away from society; as they say, he whimpers alone. And if such stereotypical influence continues long enough, it can even drive a person to suicide which, by the way, is what the Kandouks make use of. And no antidepressants will help here! How can the situation be helped by chemical substances which influence only the processes of the coarse matter of three-dimensional world if the whole point is about a similar influence

taking place at the level of subtle energies? On the other hand, it is quite within the power of each person to stop these phenomena in himself. And it is not that difficult to do if, of course, one knows how.

But let us get back to the meditation technique itself... *So, the meditator takes a breath and upon exhalation, the energy goes from the centre of the head ("the ancient structures" of the brain) through the point located above the right ear to the spherical centre of his Right Essence. The spherical centre of the Right Essence starts rotating counter-clockwise.* Let me emphasise that the movement of the centres of the Right and the Left Essences happens namely counter-clockwise. This is simply physics. Person's notion that they rotate clockwise is already a game of his imagination. At first, spinning the sphere counter-clockwise occurs at the level of imagination. But subsequently, the meditator begins to feel both the rotation of this centre and a clear sense of the "sphere" of the Right Essence as *dense and hot*.

Thus, a person artificially activates the centre of the Right Essence. The latter starts its usual work, the one that takes place when the Animal nature dominates in an individual's consciousness. Each person has had moments in life when, while experiencing fear or great concern, he felt feverish or, the opposite, he felt too cold. Physiologists attribute this to a reaction of the vegetative system. But the nature of this phenomenon lies much deeper — at the level of the physics of the invisible world.

So, the objective of the meditator is to feel various emotional surges, which are typical for the work of this Essence, in order to recognise them later on in everyday sensations and to stop them at the very beginning of their emergence. During this meditation, a person, on the one hand, kind of relives this full range of sensations anew and, on the other hand, he observes the situation in its initial stages as an Observer from the Spiritual nature. That is, he sees the Animal nature's activation which is hidden from him in the usual daily routine; so to speak, he sees preparation for an offensive, for an attack. In other words, the meditator keeps track of the situation: what particular emotional surges trigger the emergence of an oppressive state of consciousness, what feelings arise then, what thoughts awaken anger and aggression, what life episodes and associations come up in this connection, and so on. All this takes place through re-living this negative state. Of course, sensations will hardly be pleasant. At first, a sense of mild anxiety will appear; then anger, aggression, or fear may arise, or a state of oppression, or a sense of past resentment. The more energy (the "Qi" during breathing) the person will put into the centre of the Right Essence, the more heat he will sense from this sphere, and the stronger the negative feelings will become.

Anastasia: It should be mentioned that the people who do this meditation for the first time often make the following mistakes. Knowing what kind of unpleasant emotions are expected to manifest (and everyone is usually aware of their "skeletons in the closet"), at the first stages of learning this meditation, they can block themselves from such emotions consciously or subconsciously. As a result, at their first attempts, people practically do not sense anything, or at best they sense warmth or cold from the sphere centres themselves during their rotation.

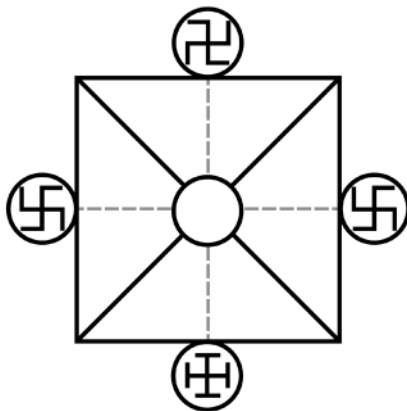
Rigden: That is correct. It is just that when a person understands that he is about to experience an unpleasant state, the person may subconsciously block himself from manifestation of these sensations. The Animal nature does not like to give up its key positions. The meditator should be aware of this and try to do the meditation as diligently as possible, and not engage in passing the time by lulling himself into a false sense of security with the thoughts that probably "I'm such a good, highly spiritual individual, and nothing negative happens with me."

This meditation is performed in order for a person to actually feel those states at the physical and psychological levels, feel those emotional surges that each of his Essences generates. Thus, he will learn to recognise the very moment of the beginning of an attack of his Animal nature, the emergence of these emotional surges, their influence and manifestation in everyday life. He will begin to understand "where the root of all evil" and the negative state, which has suddenly washed over him, come from. He will learn to detect and identify this state in himself and, most importantly, to control and prevent such attacks as well as the situation going from bad to worse. And if while learning this meditation in practice, instead of really working on himself, a person is going to be lazy or will simply find comfort in the illusion of his megalomania, then it will be very difficult for him in his daily life. Because the Animal nature will be fully prepared to use its entire secret arsenal while the person will not know how to resist it.

Many people, in such cases, attribute all these attacks to their external circumstances or to other people, thus only intensifying the uncontrolled activity of their Animal nature. But time passes, people and circumstances change in their lives, while attacks remain the same. Why? Because all the problems are inside the person. As man gets to know himself, he gets rid of his mental problems. The cause is not in the outer but in the inner. While studying yourself, you need to learn to understand also the people around you which means to learn to be kind.

Anastasia: It is an irrefutable fact: when you yourself change, your attitude towards the world around you changes, too... Yes, there is a big difference between what a person expects in his ideas from the mind at the beginning of practicing meditation techniques and what happens in reality. This is like in the example with a lemon. If a person imagines a lemon, this can at best cause increased salivation in him. But if he tastes it, he will have a whole range of sensations.

Rigden: That is right, it is the same thing here: one should not just imagine a hypothetical presence of these emotions but really feel them. But let us go back to the meditation itself. *After the meditator has felt the influence of his Right Essence, he calms his thoughts and feelings once again. There is a very important point that needs to be learnt: the person mentally stops the movement of this rotating spherical centre of the Right Essence.* At the first stages of learning, he can imagine this process as he likes; for instance, that he mentally stops the spinning of this sphere “with a hand” or by a thought command. *Then the meditator, as the Observer, returns to the conditional median centre in his head. There, he once again feels the state of peace and quiet, the neutral position of all four Essences simultaneously.* At this time, residual phenomena may still be felt, which will manifest themselves both at the physical level as unpleasant heat from the right sphere (as if from fire) and at the level of sensory-emotional surges, such as, for instance, anger and irritation. This background, after some time, quickly fades away as soon as the person purposefully switches attention to the subsequent processes of the meditation.



Anastasia: Yes, it is one thing to conscientiously spin this sphere, but it's more important to learn to stop it. I know from practical experience that in everyday life, until a person masters and starts noticing the beginning of the Animal nature's attack, it is important for him to at least learn to prevent its further development. That is, once you notice already an obvious manifestation of the Animal nature, then at least you shouldn't focus your attention on strengthening obsessive emotions, feelings and thoughts. In other words, one must not get involved in this process, stimulated by the Animal nature, or participate in this battle against yourself at the expense of your own power and resources.

Rigden: That is true. **Any battle begins on the battlefield of the human mind. One who can tame his anger is like a sage who has won his battle before it even began...** So, the next stage of the meditation. *After the meditator has restored the state of inner calm, he once again switches his attention to breathing and repeats the scheme of the beginning of the meditation; that is, he fills "Hara" (lower abdomen) with Qi energy through the chakras of his hands. Then he once again moves this energy along the spine to the ancient centre of the brain (the conditional median centre). But now he directs the energy from this centre to the left amygdaloid nucleus through the point located above the left ear to the spherical centre of the Left Essence. And then he begins to work with his Left Essence, artificially rotating the centre of the Left Essence counter-clockwise by means of focusing his attention and thought.* The task is to feel the beginning of activation of this Essence, what emotional surges it generates, which create the corresponding mood.

As a rule, the person gets the following range of surges: **a sense of false pride**, self-love, temptation, increased libido, a desire to have secret power over others, and so on. There may appear corresponding images related to these feelings, to megalomania, lack of restraint, sexual desires from the perspective of domination of the "alpha male" (or the "alpha female") of the so-called lust based on egocentrism, greed, the desire to possess someone or something. While during the rotation of the centre of the Right Essence, sensation of heat may be felt, then during the rotation of the spherical centre of the Left Essence, one will be able to feel an increasing sense of cold coming from it.

After experiencing all the emotional surges of his Left Essence, the meditator calms his emotions once again, he mentally stops the rotation of the spherical centre of this Essence. Then he returns as an Observer to the conditional median centre of his consciousness (to the neutral position). He focuses on the state of calm and silence and feels the neutral position of all four Essences simultaneously. The physiological sensation of cold, the residual

unpleasant emotions, and the feelings generated by the activity of the Left Essence may still “issue background activity” for some time.

After this, the meditator proceeds to studying the emotional surges generated by **the Back Essence**. To do this, he first *switches his attention to breathing and focuses on the process of filling “Hara”*; then he turns his attention to the movement of Qi energy from “Hara” along the spine into the ancient centre of the brain (the conditional median centre). However, now he directs Qi energy already through the occipital area to the spherical centre of the Back Essence, activating this centre. I draw your attention to the fact that the spherical centre of the Back Essence can rotate in different directions: both to the right (clockwise) and to the left (counter-clockwise). This depends on the feelings that appear (which arise in one’s memory or which dominate at that moment). They are usually connected with some past experience, a significant emotional surge during the domination of this or that Essence. And this experience directly links to the activation of a certain Essence at that moment, most often the Left or the Right (in which case the rotation of the spherical centre of the Back Essence will be counter-clockwise) or the Front Essence (in this case, the spherical centre of the Back Essence will rotate clockwise). These can be feelings from the person’s past or present, or various visions, depending on the power of emotional surges of the past. Sensations coming from the centre of the Back Essence may also be different, from deadly cold to a range of warm, pleasant sensations.

By the way, upon intensive spinning of the spherical centre of the Back Essence in counter-clockwise direction, what is created is... let us put it this way, favourable conditions for domination of the material thinking. This is merely physics of the multi-dimensional human structure. The counter-clockwise rotation of the spherical centre of the Back Essence almost always produces a feeling of longing, hopelessness, worthlessness, and scepticism; generates thoughts along the line of “you’re nobody, and you’ll remain such until your death”, of transience of time and doom. However, if the spherical centre of the Back Essence started spinning clockwise, this, as a rule, activates the experience of emotional surges generated by the Front Essence. The latter, in turn, is connected to the Soul and the spiritual development of man. In this case, entirely different sensations arise from the Back Essence. Quite often, when the meditator practices this meditation, while in such an “elevated state”, he is, as if “ejected” from the Back Essence to the Front Essence, and the meditation continues with a totally different quality. But for now we are talking about the standard scheme, according to which, *after working with the Back Essence, person stops the spinning of this spherical centre also and returns with his consciousness to his conditional median centre of the head. Again,*

he calms his thoughts and emotions, restores the state of peace, quiet, and the neutral sensation of all four Essences simultaneously.

Then the meditator proceeds to working with the Front Essence. This is the most pleasant part of the meditation. *At first, as usual, we switch our attention to breathing, repeating the scheme of filling “Hara” with Qi energy through hand chakrans and the subsequent movement of this energy along the spine into the ancient centre of the brain (the conditional median centre). Only now Qi energy goes from the centre of the ancient brain through the point located in the centre between the eyebrows into the spherical centre of the Front Essence.*

*We concentrate on the spherical centre of the Front Essence, rotating it **clockwise**. At this time, one will sense a clear interconnection with the solar plexus area, or rather, with the centre of the human energy structure — the Soul. As for feelings, there will be a surge of energy, a sensation of comfort, pleasant warmth, joy, detachment from the material world, and contact with the spiritual world. The more the centre of the Front Essence spins, the more one will be filled with these feelings. It is like a kind of an emotional outlet for a person. In this meditation, it is important to work with the Front Essence after all the others in order to acquire the state of stability, balancing of mood, and generation of a spiritual surge. It is with this comprehensive, blissful state of expanded perception that the meditator not only leaves this meditation, but also preserves it in his usual state of consciousness. In this meditation, just like in life, it is important not only to stop the negative activation of the back and lateral Essences but also to learn to activate your Front Essence and to switch to the positive state of consciousness and thinking in a timely manner.*

The meditator ends this meditation as usual with a command to himself: “Inhale-exhale, clench-unclench fists with force.” This meditation takes 20-30 minutes. At the first stages, it may take a little longer for some people. It can be done in the morning and in the evening, or during the day —whichever is convenient. It helps to control the flow of thoughts and feelings and understand yourself and your emotional states. It is important not only to learn the technique itself but also to recognise your spontaneously arising emotional surges throughout a regular day. While practicing this meditation, one will be able to see its effectiveness in everyday life after one learns to understand which of his Essences triggers one or another emotional and sensory surge. After all, he will then be able to timely disrupt a negative flow by stopping the activation of the centres of the back and the lateral Essences and switch to the Front Essence, to a positive emotional surge and the corresponding mood and thinking.

This meditation is like a step to subsequent development and attainment of more significant spiritual goals. It is only a tool in order for a person to learn to control himself instead of being controlled by the Animal nature. Thanks to this meditation, man learns to easily orientate himself in his sensations and emotional surges, just like a good musician, for whom it is enough to only see sheet music in order to understand what the melody is and how it will sound. In daily life, such control helps one to maintain the dominance of the Spiritual nature and the habit of living like a human being, according to one's Conscience. Generally speaking, as they say, to always be in good shape.

Anastasia:...Even regarding this meditation, when a person is focused on serious daily work on himself, on his own spiritual development, in general, if he learns to be on a qualitatively different wave of perception, then his Essences will begin to work differently. They will simply be switching more often to a new mode of operation of this dominant perception, manifesting, in fact, their other qualities and abilities, including the so-called phenomenal abilities of man. As they wrote in ancient Indian treatises: "Act, but renounce the fruits of your labour!" That is, act unselfishly and not out of self-love.

This meditation, in my view, contains a very important aspect of understanding the nature of man and his complex structure. The meditation makes it possible to understand from personal experience the mysterious process of emergence of emotional surges and human thoughts. After all, chemical and physical process in the brain are already a consequence of the "primary ezoosmos", that is, of the initial impetus of energy. I remember you making an excellent associative comparison of function of the betweenbrain with a kind of a receiver which converts energy fluctuations (signals coming from the Essences) into the subtle matter of feelings and emotions.

Rigden: If the associations related to technology are more appropriate for comprehending this process, then I can surely give such examples as well. For ease of understanding, the function of the ancient structures of the brain may be figuratively compared to a television set (by the way, the word television is derived from the Greek word "tele" meaning "far" and the Latin word "visor", which stands for "observer", and "viso" meaning "I look", "vision"). Or rather, to a cathode-ray tube (kinescope) in the TV set which converts the electric and light signals that are invisible to the human eye into visible images in the frequency range perceived by us.

In the betweenbrain, just like in the main blocks of the analogue kinescope TV set, there is, figuratively speaking, its own signal receiver. By its functions, it is

conditionally similar to another device in the TV set — the channel selector which not only amplifies but also singles out the signal of the corresponding necessary “channel” and then converts it to a standard intermediate frequency. Besides, there are, associatively speaking, a certain “signal decoding unit”, a “sound and video signal detector”, an “intermediate frequency amplifier”, an “audio power amplifier”, and a “cathode ray tube”. That is, the same physics, but at the level of subtle energy processes which take place in the human microcosm and its complex structure.

The betweenbrain is one of converters of energies into coarse matter. And the Essences may be compared to television towers that broadcast their programmes on various channels with the help of their transmission antennas. Let us take, for instance, the Left, the Right, and the Back Essences. For them, a person’s attention to their programmes is, speaking in technical language, a “power supply unit”, “voltage amplifier of vertical and horizontal deflection”, an amplifier of image channels in the form of illusions imposed upon the person, and a remote control unit of managing the person and his mood. So either a thriller about his own pride appears in the person’s head, or a horror movie made of his own fears, or a melodrama titled “the wailing wall about the lost past.” That is, these Essences will very skilfully draw any plausible illusion, “make a mountain out of a molehill”, and force the person to deeply experience different negative emotions while using his own, so valuable for his spiritual development, attention.

However, if the person switches to perceiving the “television broadcasting” of his Front Essence, he will be able to see and feel an entirely different perception of the world, one that is useful for his spiritual growth. For example, a “documentary” about real life and about the inner spiritual world which is reflected in the outer. Thanks to such a contact and empathy, the Personality receives a powerful positive charge which allows it to concentrate all its attention in the spiritual direction. The truth is that after such a “film”, the regular human life will seem sheer acting. So, it only depends on the person, what he will give attention to in his head and which signals he will receive and amplify. Figuratively speaking, the person holds in his own hands not only the remote control of his “TV set” but also the opportunity to control all the “television towers” along with their TV and radio companies.

Moreover, thanks to this meditation technique, a person will be able to understand both himself and other people. When you are able to clearly identify in yourself the moments connected with activation of one or another Essence, it will be easy for you to also feel a hidden influence upon you by other people. How? For example, you are talking to a person or listening to certain information on television or radio. At the moment of the conversation or receiving information from an external source, you simply focus on your neutral median position as an

Observer surrounded by your four Essences. Or rather, you enter into the state of the Observer that is detached from circumstances and trace in yourself which of your Essences is activated by this information. After all, besides verbal exchange of information between people, there is also an interaction of their Essences. Thanks to such tracking of influence of this information on you, you will understand what has been the original emotional foundation of it and for what actual hidden purpose it is being communicated to you. For example, if your interlocutor is telling lies or practices deceit, your Left Essence will definitely be activated. If he provokes aggression in you, the centre of your Right Essence will start spinning. And if he awakens in you a surge of positive emotions, Love, and Good, then your Front Essence activates. Thus, you can follow the real situation and not that illusion which is being constantly imposed upon you from the visible and the invisible worlds for the purpose of controlling your consciousness.

Anastasia: Yes, if many people master this meditation technique, the need to lie and control each other will disappear in society. There will be no point in it, for everyone will know the Truth about each other.

Rigden: That is so. But this will happen only if majority of people in society want to change for the better. Then, humanity will have a chance to follow an entirely different, a qualitatively new way of civilized spiritual development. But what will modern mankind choose — that is the question. After all, this meditation technique had been given to people previously. Moreover, it was brought into the life of society at different times. I would not say it was given in such detail, but it was quite understandable for people's way of thinking in those days. But people are people, and many of them, unfortunately, enjoy modernising and complicating the pure knowledge and the simple Truth. Nevertheless, echoes of this practice can still be found in the secret knowledge of different nations of the world. Only today, it has been camouflaged to the point of absurdity into the rituals that are accompanied by singing, dancing, and fancy shows with tambourines and drums. And all this is done for the purpose of “switching” into an altered state of consciousness for a “disciple” or a “high priest” and listen to “a talking spirit” from the right or the left side and so on. Although while doing this practice in its pure form, such complexities are not needed — this is all human, superficial. Here, at first stages you simply learn to reconfigure the perception of consciousness, and track and control your states. And later there are simply working moments... Generally speaking, I should note that since ancient times such basic spiritual practices related to the fundamental knowledge and human spiritual growth have, as a rule, been recorded *in certain signs and symbols...*

THE HUMAN STRUCTURE IN AN INVISIBLE WORLD

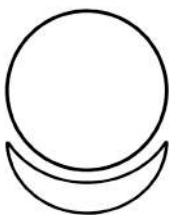
For the Observer from higher dimensions, any person in the first dimension represents, speaking in human associations, an ordinary dot, in other words, nothing. It is important to note that a person who does not develop spiritually (despite the fact that his structure is much more sophisticated in the material world and in the sixth dimension it has the shape of a pyramid), in the seventh dimension, his energy structure looks like a nebula, or rather a blurred spot which becomes further simplified in the subsequent higher dimensions. And finally, in the 72nd dimension, a spiritually undeveloped person represents, just like in the first dimension, only a dot, nothing. **And in this lies the answer to the most important question of any human!** I hope that intelligent people will understand it.

Observing from the seventh dimension of the material world is already like, so to speak, contemplating the muddy waters of a swamp by the One who is standing on the shore. Just like the material world, the swamp is a natural cleaner of the system, a filter for cleaning water; in other words, that which forms the basis of life. Complex processes take place in its depth, but the Observer is only interested in their result which appears on the surface of the murky waters. Many people who have lived their lives in vain, unable to succeed in using their spiritual chance, are like bubbles floating to the surface, filled with the void of desires of the material world. Their fate on the surface of the water is sad and predetermined. Upon touching a qualitatively different environment, the bubbles burst, turning into "nothing". But there are those who, having merged with their Soul during life, are like a beautiful lotus bud appearing on the surface out of the murky waters. This snow-white flower captivates the Observer's attention with its purity and novelty. The Observer admires the beauty of the flower and gives it his attention, watching the process of unfolding of each petal. A lotus flower is qualitatively different from an empty bubble of air, for it has already become an integral part of another world.

Another way of saying it is if a person develops spiritually and his aspirations and desires are connected with the world of God, in other words, the Spiritual nature dominates in him, then eventually he will be able to escape the restrictions

of the material world (six dimensions) during his life and enter **the seventh dimension**. In this case, his energy **structure becomes more complex in the seventh dimension**. If we speak about these complex energy processes in associations that are understandable for the mind of a “resident“ of a three-dimensional world, then a person’s structure **transforms from the pyramidal shape to the shape of a cube set on one of its corners**. In other words, the energy structure of such a spiritually liberated person is qualitatively different from the pyramid-shaped energy structure of an ordinary person in the sixth dimension. And the further a person delves into the spiritual self-development, the more complex his energy structure becomes.

Such a transformed energy structure of a human is impossible to miss for those who have a true spiritual vision. The pyramidal energy structure of man occupies much more space than the physical body, and the cubic one occupies ten times as much. This unique phenomenon is hard to miss at the level of energy, even from the perspective of the Observer of higher dimensions. As they say, the true holiness of Human will not escape the sight of the Observer from the Spiritual nature. But, unfortunately, in the human society, such a transformation is very rare. By the way, in the ancient times, *the people who attained the seventh dimension and received spiritual liberation during lifetime were symbolically portrayed in the shape of a cube, often with a mark painted on one of its corners. A Supreme Being from the spiritual world was also marked with the same symbol.*



MEDITATION “PYRAMID”

Spiritual practices during which contact of the Personality with the spiritual world happens and the understanding of what the real spiritual joy is, just like everything new for the living Personality, requires, first of all, active practice from it. Also diligence, patience, belief in oneself, and a sense of purpose.

Rigden Djappo (from the book “AllatRa”)

Anastasia: So it happens in life. In practice, I have already more than once come across cases when the person tries to do a whole range of different meditations but doesn’t want to change himself, remaining egocentric in nature and wishing to satisfy his own significance in everything and to gain personal power over everything. Such people are often visited by doubts, pride, and incomprehension of simple truths. But I’ve also seen other people who try to work on themselves each day, and they get an entirely different result from the same meditations. While aspiring to be Human in each day, developing themselves, and doing spiritual practices, they begin to understand the silent Knowledge, gaining true faith. For such people who have spiritual diligence, I would appreciate it if you could tell us about one of the fundamental meditations — the “Pyramid.”

Rigden: In this respect, there is an ancient Eastern wisdom: if one man during his life has defeated many people many times in battles, and another man has conquered only himself, the latter has won a greater victory than the former. It is much more important for a person to conquer himself rather than all the other people.

I hope that in view of the already available knowledge, people will better understand the meditation “Pyramid.” So, as I have mentioned before, from the perspective of the Observer of a higher dimension, the human structure does not look the same as it looks in the three-dimensional world (with arms, legs, a head, and a torso). It looks as a complex shape which more than anything resembles a four-sided truncated pyramid with its top detached. This is, of course, if we pick the closest association understandable for the thinking of a resident of a three-dimensional world. Thanks to the “Pyramid” meditation, a person can feel his energy structure, which is connected to the four Essences, expand his perception, and, most importantly, feel his Soul.

It is advisable to do the **“Pyramid” meditation** while sitting in the lotus position or simply in a cross-legged position “Indian style”, placing your hands on your knees, palms down. However, if for some reason, a person is unable to sit in such a position for a long time, this meditation can be done, for example, while sitting on a chair. The main thing is the inner, spiritual processes taking place in a person.

So we close our eyes, tune in, calm down, relax the body, free our mind from thoughts, all our worries, and emotional surges. In general, we fully enter into an altered state of consciousness — a meditation. While in the state of meditation, we start examining our energy structure which is connected to the four Essences. That is to say, it is necessary from the perspective of the Observer located inside the truncated pyramid to feel the Right, Left, Back, and Front Essences as “live sides” of the truncated pyramid. These sides are located approximately at an arm’s length from the physical body of the person.

Anastasia: Figuratively speaking, in front of the meditating person at an arm’s length, there is a live energy field, conditionally in the form of the front wall of a truncated pyramid. It’s the same on both sides and in the back. These fields form a quadrangle base, in the middle of which there is a meditating person sitting in the lotus position.

Rigden: Yes. These four Essences are like frontier guards of our energy field or, in other words, of our personal space.³ Between the physical body and the four Essences, there is space ranging from the critical 7 centimetres up to 1 metre. Personal space looks like an oval with a blurred outline (as it was called in the ancient times, “an egg” or “a fish bubble”), which in volume is larger than the human body. As a rule, in the secret writing of signs and symbols, it is conditionally designated with the symbol of an oval.

I will just say that the personal space of each individual is unstable; it constantly varies within certain limits of its volume. This depends on many factors, even on a change of an individual's mood. But usually people do not notice this, they do not understand and, what is more, they do not see it with their physical sight, let alone control it and, consequently, control their states. But this is not our topic now. It is worth noting that the distribution of energies in the human pyramidal structure is slightly different from how a person would perceive it from the perspective of the Observer of the third or the fourth dimensions — through the energy meridians of the body, arms, and legs. Here, energies are distributed on the cross-sections of the pyramid according to the physics and the geometry of spaces of higher dimensions.

So, the conditional sides of the truncated pyramid are our four Essences. The Soul is confined in the middle of this structure in a kind of light cocoon. It is located approximately in the lower third part of the structure, and if one uses the physical body as a reference point, then it is at the level of the solar plexus and the upper part of the abdomen. By the way, in the East, since ancient times, *the Soul* in a cocoon has been symbolically depicted as *a pearl in a shell*. It was a symbol of human's spiritual development, which is hidden from the eye, inside his structure. It was a miracle of Revival. Its nacreous whiteness symbolised spiritual purity, wisdom, perfection, and sacred knowledge. It should be noted that this associative comparison of the Soul with a pearl can be traced in all the religions of the world. For Hindus and Buddhists, the pearl is an image of spiritual enlightenment. Christians combine the “priceless pearl from the waters of baptism” with the concept of the Soul and the Mother of God and Her spiritual purity. Islam has a legend that the pearl is one of the names of God and that in the other world it is pearls that form spheres around holy souls. Such associations are partly related to spiritual vision because the meditating person during certain spiritual practices sometimes *sees processes taking place in the area where the Soul is located, which he associates with a shining, a play of bright light coming from the Soul, which looks like the glitter and sparkling of the pearl's nacre in the sunlight*.

Anastasia: Once you gave another good association when you were describing the shell of the Soul during reincarnation, that it looks like an iridescent film on a soap bubble. I wrote this knowledge down in the *book Ezoosmos*.

Rigden: That is right... Now that we have outlined the human structure as a truncated pyramid, let us move on to its top which is detached from the base. It is in this place, in the pyramid's conditional top which is located above human's head, that his thoughts are born. That is approximately half a metre from the top of the head (the distance is approximate because it is individual). That is

what the energy structure of an ordinary person looks like in the understanding of a citizen of the three-dimensional world. It looks like a four-sided truncated pyramid with a conditionally detached top.

But let us get back to the technique of this meditation... *So, it is necessary to feel all the four Essences.* This feeling is like you are surrounded by four absolutely different people standing close to you. If you close your eyes and relax, you can feel their presence as certain pressure on your personal space. *Once we have felt the four Essences, we move to the top of the pyramid. There, we observe the primary process of “formation” of our various thoughts (which later get transformed through the cacodemon and the agathodaemon centres which you mentioned in the book Birds and Stone; one might say, they acquire material characteristics), how these energies appear, and ways of their movement, interaction, and blocking. We differentiate their impact; simply put, we track all these processes and then we either calm them down or completely abstract our mind from them.*

Then we leave the top of the pyramid, move up higher, and reach the level of the Observer that is detached from the material world. In other words, we rise above thoughts, above matter, and we reach the state of detachment from the earthly, from what, in one way or another, binds us as a Personality to matter. Often in the early stages of mastering this meditation, it helps to imagine that the meditating person goes with his consciousness out of his pyramidal structure, hovering and observing it from the bird's eye view. Using modern associations, consciousness is kind of located at this height, as if in vacuum, in zero gravity. This state of the Observer from the Spiritual nature helps to obtain complete inner stillness, an expanded state of consciousness, impartiality of the very process of observation of ongoing processes, helps to abstract the mind from the material body and thoughts, and explore one's energy structure from the perspective of a new vision. *Then, we remain in such a state of consciousness and observe our pyramidal structure and the Soul enclosed in it from the outside.*

Next, the most important part of the meditation takes place. *We make the best possible direct approach of consciousness (the Personality) to the Soul, and we do it at a level of the deepest feelings. That is, we immerse ourselves (as an Observer) through the top of the pyramid, through the inner energy structure of the pyramid itself into its very centre — the Soul.* At this stage of meditation, the brain often gives an associative perception as if a person dives, just like when diving into the water but without the pressure that is typical for this physical process. During such an immersion, people who are inherently very sensitive to energy processes, especially those with a well-developed intuitive perception, notice even phases of a gradual switching of the operation mode of

their consciousness to new levels of sensory perception, which have previously been unknown to them.

So it is necessary to come as close as possible to the glowing cocoon in the centre of the pyramid, where this particle from the spiritual world is located. And then to touch it at the level of the deepest feelings. Of course, it is impossible for the person to fully feel the Soul and comprehend its spiritual depth until he has spiritually matured and united with it. But even this contact of feelings begets the state which Buddhists, for example, call a touch of Nirvana, and other people describe as a state of goodness, divine bliss, achieving harmony, and so on.

Thanks to this meditation, it is possible to understand yourself and your complex multi-dimensional structure better and to become aware of the fact that many thoughts appear and disappear not of our own "will." But we can observe and influence them, abstract our mind from them, and block them. The most important thing is that with this meditation, a person as a Personality will gain an experience of not only a sense of divine presence but also of a connection with his Soul, develop skills of a constant contact with it, and realise in practice that the Soul is the main and the most important part of the whole human structure. The Soul is you, but the real you. The rest of the energy structure in six dimensions is built around it. In this meditation, the person acquires experience of an entirely different perception of his reality and learns to perceive himself from the perspective of the Observer from the Spiritual nature.

The duration of this meditation is individual, just like with any other spiritual practice. To begin with, I recommend doing it for 20 minutes. It could be done once a day or several times a day, as you prefer. The main thing is to do it thoroughly. Later on, the time of the meditation can be increased, for example up to 30 minutes. But again, the most important part in this process is not the duration but precisely inner sensations and the development of a spiritual deep connection of feelings with the Soul.

Anastasia: This meditation is truly unique. I can say from personal experience that there's a significant difference in sensations when you are just starting to learn this spiritual practice and when you already have experience of doing it. At first, the technique itself seemed unusual to me because the understanding of how to do a spiritual practice, let's say, in the "geometry of space", was new to me. After all, it didn't involve any work with chakras or a sensation of energy movement along the energy meridians of the body and so on, to which at that moment I was already used. But that's what makes it interesting.

At first, everything happened for me only at the level of imagination, but probably that was because at that time I couldn't yet fully get into an altered

state of consciousness. Later on, as I practiced this meditation at home every day, wonderful sensations appeared. For example, I started catching the moment of switching the state of consciousness, of a deep immersion, and unusual sensations of the Soul's presence appeared, which are hard to describe with words. You are absolutely right, it is necessary to get personal experience of the meditation in order to understand the whole inexpressible range of sensations.

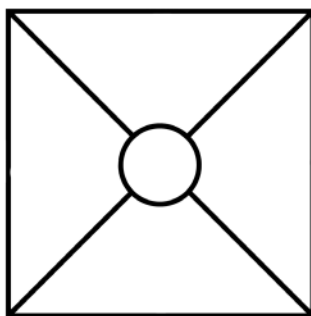
And I have several other observations about the sense of time during the process of meditation. Earlier, when we just started doing the first spiritual practices, it was quite challenging for me to sit in a meditation for 20-30 minutes. Now I understand that you pay attention to the body during the process only when you are in the mode of usual thinking, when, in fact, you are in the waking state. In this state, you feel your body and the surrounding environment well, and stray thoughts appear in your head from time to time, which distract you from the meditation. The meditation itself is carried out nominally as your imagination is at work for the most part. Now, many years later, when I do the "Pyramid" and really get into an altered state of consciousness, then time, space, and, generally speaking, all this crude reality of the three-dimensional world kind of cease to exist. You only start this process, go towards the Soul, and you are kind of picked up from the other, spiritual side, the Front Essence starts working actively...

What happens already at this stage of work in this meditation is, obviously, incomparable to the results of the very first attempts of its exploration. Besides, there's no monotony in this spiritual work: every time this spiritual practice gives one a new awareness, a richer range of sensations, and a clear understanding of the processes and changes taking place at the invisible level. You already live by this state, and when you finish the meditation, it seems that you leave something near and dear and wait again for that moment when you can feel it once more. Because of this, you get an urge and an active wish to practice it more, since you want to stay there longer. For in this wonderful state, you begin feeling something very dear and intimate, an extraordinary comfort; you clearly become aware of the deepest processes which are impossible for the brain to understand in the usual state of consciousness. Importantly, when you leave this meditation, you feel a significant difference between that subtle world and the world of matter of three dimensions. You start feeling many processes in our reality as the work of rough material energies. Surprisingly, in the state of meditation, you gain a clear and precise meaning of your existence, and many things, which used to trouble you in worldly life, appear to be empty and ridiculous. There, you fully realise that the real life values are values for the Soul. This phenomenal experience in a way leaves a certain spiritual mark on your life in three dimensions. This, in its turn, allows you not to lose your spiritual and life's reference points, encourages you to work on yourself harder, track your

thoughts and states, and ward off provocations from the Animal nature. The spiritual experience helps to understand where the true happiness lies, which begets feelings of peace and comfort of the Soul, and why you shouldn't chase after a ghostly illusion of this world. Most importantly, you gain an understanding of who you really are and what the meaning of your existence here, in this world, is.

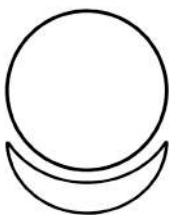
Rigden: Space and time in this world have an intermittent (cascading) nature. Everything material is intermittent and uneven; everything is ezoosmos. This material world is unstable and temporal. The world of God, however, the spiritual world, is stable and eternal. After this meditation, it is really possible, even in the usual state of consciousness, thanks to the experience gained, to feel these deepest feelings coming from the Soul, this subtle connection with it, the feeling of boundless spiritual Love, the feeling of native home — Nirvana and Eternity.

A long time ago, this meditation was a commonly known technique of self-perfection in the human society, one of the basic techniques used to develop the deepest feelings and a sensual connection of the Personality with the Soul. However, gradually, as the process of materialisation of society's consciousness developed, people started forgetting and losing this meditation technique, just like, by the way, many other grains of spiritual Knowledge. Sometimes, even mentions of it got deliberately destroyed. As long as true spiritual Knowledge was present in society, it was passed to next generations in the form of symbols as the most important and obvious thing in a person's worldview. For example, the symbolic designation of the “Pyramid” meditation (the full version of the symbol) was a square with a diagonal cross and an empty circle in its centre.



**Symbolic designation
of the “Pyramid” meditation**

Anastasia: You know, as you were explaining this meditation to us for the first time and saying that energies are distributed along the sections of the pyramid, out of curiosity, I later looked into geometry textbooks and read, now with great interest, that which had slipped my attention at school. For example, that the plane which intersects the pyramid and is parallel to its base, cuts off a similar pyramid. If one cuts a four-sided pyramid with several planes which are parallel to the base, and then projects these sections onto the same plane of the base, then as a result, we'll get a series of squares inscribed in each other. And the square, as it is known, is a symbol of all that is material. Generally speaking, thanks to this additional information, I later started to understand more also about the processes taking place in the meditation. Still, it's important for a person to have all-round basic knowledge



WHAT IS SPIRITUAL LIFE?

*If the human is filled with the true Love for God by which he **lives** in every day, then there is no room for any doubt in him. He has only one goal — victory for the sake of liberating his Soul!*

Rigden Djappo (from the book “AllatRa”)

What is spiritual life? Life is a sequence of events where each moment is like a link in a chain, like a film frame of the footage that captures all the thoughts and deeds of a person. Sometimes you watch a good movie and get positive impressions from it as most of the frames in it are bright and vibrant. And sometimes you watch another film and it creates a depressing mood because most of its frames are dark and gloomy. So it is important that your life film is full of light and brightness and that it has as many good film frames as possible. And every frame is a moment here and now. The quality of each frame of your life film depends solely on you because you make your life either bright or dark with your thoughts and deeds. Each moment lived by you cannot be erased or cut, and there will be no second take. Spiritual life is precisely the saturation of each frame with Kindness, Love, good thoughts and deeds.

The main thing is to clearly orient your life towards the Spiritual nature, to do spiritual practices, to expand your horizons of Knowledge, not to yield to provocations of the Animal nature, and to create in yourself a feeling of true Love for God. And, of course, to do good deeds more often and live in good Conscience. This is daily work and a gradual victory over oneself. All of this makes up your path which no one will walk for you, and no one will do this spiritual work for you.

Anastasia: Yes, once you said words that got etched in my memory, “No one will save your Soul for you, and no one other than you will do this spiritual work.” Please tell the readers how a person should approach spiritual practices if he sincerely wishes his spiritual salvation.

Rigden: For the person seeking to unite with his Soul, it is important to treat each meditation as the biggest and the most important celebration in his life. Also, even while doing a well-practiced meditation, it is necessary to dive into it to the maximum and each time to try to reach a new level of cognising it. Then the person will develop rather than mark time, and each meditation for him will be interesting and new in the range of feelings and enthralling in cognising and mastering it.

Many people mistakenly believe that it is enough just to learn how to do a certain meditation technique and that is all — something good should happen to them like in a fairy tale. No, this is a mistake. A person will change for the better only when he himself aspires for it, when he makes the spiritual a top priority of his life, when he controls his thoughts each second, tracks manifestations of his Animal nature, does as many good deeds as possible, lives with only one main goal — to come to God as a mature Spiritual Being. Meditation is just a tool with which you must toil for a long time to make something “good” out of yourself. Besides, this tool is many-sided. For example, man will not be able to fully comprehend, that is, to thoroughly know the “Lotus Flower” spiritual practice — an entire life will not be enough. Any meditation, just like Wisdom, is limitless in cognition. Meditating is boring only for those who are lazy or exalt themselves out of pride, “I have mastered this meditation — I want another one.” I repeat that meditation is a tool and one who sincerely wants to reach spiritual heights and is not lazy to work on himself, can attain the maximum even during this life.

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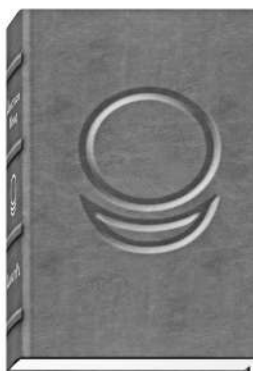
“But even a great spiritual journey starts with little, with the first steps. You must practice spiritual awareness and not the understanding from egoism and the mind filled with dreams of fulfilment of the earthly desires. If a person wishing to develop spiritually limits himself only to such desires as “I want“, “I’ll become“, “I will“, but in reality, does nothing and does not change in his daily life, then no good will come of it. But if a person is really engaged in self-education and self-development, constantly refining himself with discipline, self-control, and spiritual practices, then eventually he learns how to control his emotions, his behaviour, and his thoughts. It is only when a person masters an altered state of

consciousness that is new to him and stabilises in taming his Animal nature that the invisible world will start revealing its secrets to him. Spiritually refining himself further and learning about the processes of the complex world of the Universe from the perspective of the Observer from the Spiritual nature, a person unfolds like a many-petalled lotus flower enriching himself with Wisdom and Knowledge. When he realises the complexity of this world, he simultaneously comprehends its simplicity in the light of the unfolding eternal Truth. Evolving spiritually, man may waver in his choice until he passes the sixth dimension in his spiritual development. In the seventh dimension, he loses all doubt as a new Spiritual Being, and only the Truth remains and just one — the spiritual vector of further development."

(Quotes from the book "AllatRa")

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The book "AllatRa"

Anastasia Novykh

This is a live encyclopedia of primordial spiritual Knowledge of the world, society, and human being. It does not just speak to everyone about the innermost. It answers the most secret, deeply personal, and disturbing questions that a person hides inside and does not reveal even to close friends. AllatRa book immerses one into a wonderful state of versatile knowledge of Truth; it quenches the thirst for the search of the meaning of life from the eternal, vivifying Source. It is a foundation of primordial Knowledge for the spiritual awakening and radical transformation of a Person and the society as a whole.

- Soul is most precious in a Human being
- Sensations in science
- The meaning of a person's spiritual development
- The meaning of human life
- Multidimensional structure of a human being
- What unites all religions?
- Ancient spiritual practices and meditations
- Society of the future - free of politicians and priests
- What happens after death of the physical body?
- Active signs
- Untypical children's behavior
- Sacral symbolism of the icons
- What is the System of the Animal Mind
- The structure of the Universe
- What is hidden behind the supernatural powers
- Dialogue with God
- Holy Grail
- Ancient parables

This book, as well as other books by Anastasia Novykh, has been translated by volunteers – ALLATRA IPM participants. If you have suggestions to improve the book translation, please send your comments and ideas to info@allatra.com.ua

♦ The books by Anastasia Novykh are well-known all over the world as spiritual, intellectual bestsellers that give answers to exclusively personal questions of every person, that give a deep understanding of the world and oneself, strengthen the best human qualities, inspire to inner self-knowledge, inspire to broaden one's outlook, gain victory over oneself and do real good deeds. The books of the writer - "Sensei. The Primordial of Shambala" (four volumes), "Ezoosmos", "Birds and a Stone", "Crossroads" and "AllatRa" are translated into many languages. They have become a handbook for people of different ages, nationalities, religions, living on different continents, in various countries.

♦ The phenomenon of the works of Anastasia Novykh is that everyone sees in them something innermost. It is a mine of knowledge about the world and human being, about his meaning of life and practical ways of self-knowledge and self-improvement. These books have united many people on the planet by their universal knowledge and by novelty of perception of the world and oneself. All books are freely available to everyone on the Internet on the official website of the author

schambala.com.ua
books.allatra.org/en
allatra-book.org

The unique books by Anastasia Novykh have become the basis for a large-scale association of like-minded and kind people all over the world. Thanks to these books, good people from all over the world who want to apply their skills and abilities towards creative actively unite. These people implement large-scale projects that develop and strengthen morality, spirituality and culture in the world community. The example of such an association of kind, unselfish people is ALLATRA International Public Movement, which global international activity plays today an invaluable role in the formation of spirituality, morality and humanity all over the world.

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ALLATRA

INTERNATIONAL PUBLIC MOVEMENT



ALLATRA IPM is a global association of those who actually do Good and maintain Peace for all people. ALLATRA movement unites people all over the world regardless of status, social categories, political and religious views. In a short period of time hundreds of thousands of like-minded people in more than 180 countries around the world have become active participants of the movement.

Our strategic goal is to induce people to actively participate in life of the society and together with people of good will from various countries be involved in useful activity for the world community.

We are outside of politics and outside of religion.

Thanks to the initiative and unselfish actions of active participants of the ALLATRA International Public Movement, various creative projects and good deeds aimed at creating conditions to unlock the creative potential of people and at revival of universal human spiritual and moral values in the whole global community are implemented around the world.

Among the projects are: the nationwide initiative - "ALLATRA Global Partnership Agreement"; international Internet TV - "ALLATRA TV"; international web portal for bringing people together in common socially important affairs - "ALLATRA - Crowdfunding with Conscience"; creative media space - "ALLATRA RADIO"; "ALLATRA SCIENCE" - modern innovative research in the spheres of climatology and physics; International portal of global positive information space - "ALLATRA News" and many others.

We do not divide people into leaders and executors, every one of us is a leader and an executor, and together we are force.

Our General Manager is CONSCIENCE.

We invite everyone who would like to show kindness and to help the international community to take the path of spiritual and cultural development through socially important joint projects. Everyone who wants, who is able and who acts is with us.

It is timely and fashionable to be a good person!

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**ALLATRA TV – International Volunteer Internet TV
of the ALLATRA International Public Movement**

Official website: allatra.tv

ALLATRA TV is the international, nationwide Internet TV with relevant and interesting videos on various subjects: science, good news, information and analysis programs, interviews with famous people, friendly humor, educational animated videos, family programmes, and many other sincere and positive programmes which increase humaneness, kindness, and unity in the society. The reality that affects us all!

The ALLATRA TV shows are interesting to all people who are striving for self-improvement, spiritual and cultural development, and strengthening of the best qualities in themselves and the society around them.

Join the ALLATRA IPM international team of volunteers and realize your creative ideas and projects through the new national television format!

Especially popular among the audience are “The Truth is One for Everyone” series of programmes and a new film "CONSCIOUSNESS AND PERSONALITY. From the inevitably dead to the eternally Alive".

CONSCIOUSNESS AND PERSONALITY

From the inevitably dead to the eternally Alive

This is an alive conversation with Igor Mikhailovich Danilov. It is an alive book. It is a beginning of global events that will inevitably have a further development. It is a consequence of what happened on December 21, 2012. It is the next step after the book “AllatRa”.

It is an unmasking of the system. It is the Knowledge lost in the centuries. The instruments with the help of which many people can gain real Freedom from the enslavement of the system which secretly acts through consciousness. It is a unique experience and practice of being in touch with the Spiritual World. It is an alive conversation for those who want to become a part of the Boundless World.

Here, the instruments are given so as not only to resist the Evil in oneself but also to bring here, into this world, something that has been missing for a long time - it is more sincere, real God's Love and that Freedom which is like fresh waters washing away the filth and lie of the consciousness and quenching the Personality's Spiritual thirst. The alive conversation is a Key for the Personality and a Path of person's transformation from the inevitably dead to the eternally Alive.

THE TRUTH that reveals the system AND CHANGES YOU FOREVER!

IN THIS ALIVE CONVERSATION:

- practical experience of self-cognition;
- what a Personality is as a Spirit;
- what the difference is between autogenic training, meditation, and a spiritual practice;
- what the Prophets had faced;
- a human being was created twice;
- how it was: “a human being was created in the image and likeness”;
- what is the original sin? You are not sinful!;
- the consciousness as an instrument of the system;
- until the eighth day, there is no difference between a human being and an animal;
- how the system works, what people do not see;
- how the system speaks with people;
- tricks and substitutions of the system in practice: peace and power;
- how to get in touch with the Spiritual world: experience and practice;
- physics of the supernatural
- unity is a new format of the person and the society;
- magic of the consciousness; the whole truth about magic
- predictions become true: the end and the beginning.

The programme's text version edited by Anastasia Novykh and translations of the text version of the programme into various languages of the world can be found at allatra-book.org

**To purchase and distribute the books
by Anastasia Novykh,
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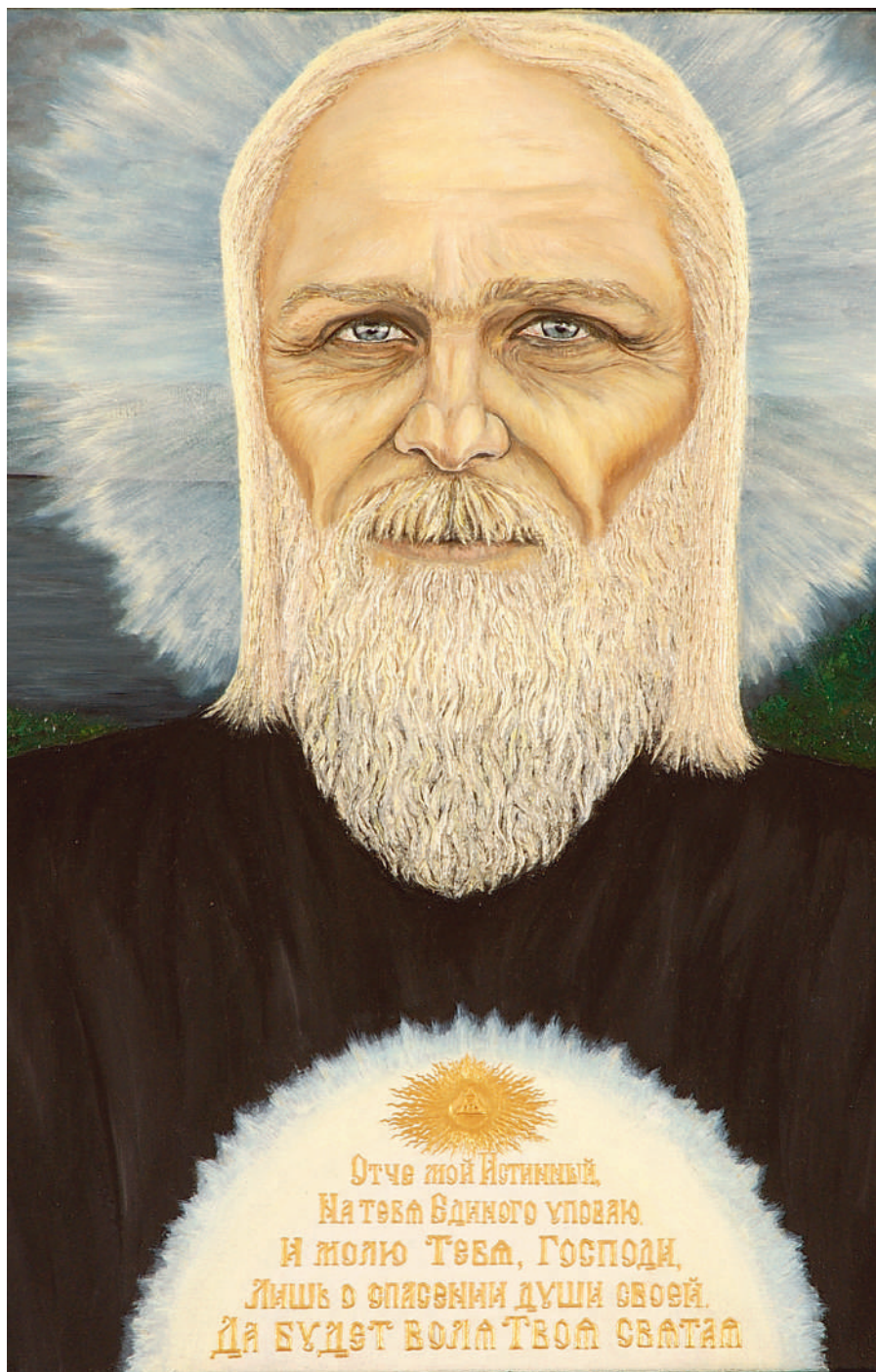
Anastasia Novykh
SPIRITUAL PRACTICES AND MEDITATIONS

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