Anastasia NOVYKH

Spiritual practices and Meditations



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SPIRITUAL



Simple meditations from the books by Anastasia Novykh offered in this broshure are easy for everybody even for those who has never tried spiritual practices. Their effectiveness will be also interesting fro those who have been self-improving his phenomenal abilities for long and seriously. And of course these spiritual practices are a unique source for those who want to cognize themselves and to find their spiritual way.

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Foreword

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

Rigden Dzhappo

Meditation is one of the ancient ways of cognizing the world and spiritual development of a human. Despite the fact that the word meditatio (reflection) is a term of Latin origin this way of spiritual training was known from times immemorial in the East. During thousand of years civilizations and preferences of the society have been changed. But a human, his physiology and spirituality are still the same. Therefore the issues of physical and spiritual health and respectively effective ancient ways of his self-improvement are still of great importance.

At modern stage of scientific and technological progress scientist only start to examine the impact of meditation at the human body, but it's done mostly at primitive physical level. Due to modern equipment they have found out and registered that meditation significantly strengthens immunity, favourably influences nervous and endocrine systems and is quite effective for treatment of many diseases. Some prominent physicians use ancient techniques of meditations for rending help to their patients thus managing to recover not only physical but also psychological health of a patient and his emotional balance. However despite these results details of influence of meditation at all systems of the human body remain still a secret for the science. Nevertheless it doesn't prevent people for many thousands years to use this

ancient way of cognizing the world and self-cognition both in spheres of physical and, what is especially important for people, spiritual self-improvement.



What is altered state of consciousness?

Thanks to meditations and spiritual practices, 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 Dzhappo

Anastasia: But before you proceed with the technique of doing this unique meditation, I would like to clarify some significant moments with you for the readers, first of all the ones related to understanding what an altered state of consciousness during meditation is. You know, I faced such cases when people, even after reading the books, did meditations, to put it mildly, simply with imagination. In 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 waking 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 these conditional classes. 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 work day 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 work day, they, in fact, did not see any results.

Rigden: These people need to understand what altered states of consciousness are, what they can be and what the difference between them is. Such altered states of consciousness, such as a dream or a meditation, are characterized by a complete relaxation of the body, by 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 the same! In other words, people lack a real practical understanding of what a true meditation is and how it really takes place.

Rigden: I would advise these people to, first of all, 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 become familiar with the basic meditation techniques that you described in the first book Sensei and in the other books in the series and then 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 work in different states of consciousness. I know that you possess unique knowledge in the field of neurophysiology and the 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 the knowledge that can be announced in public?

Rigden: Well, perhaps, solely within the limits of the modern scientific understanding of the functioning of the brain so that it could be clearer for the people what is meant and in which direction one should conduct their research. As is it known, the functioning of the brain is associated with electromagnetic waves. The brain can operate in different modes, each of which is characterized by a certain psychic and physiological state of consciousness. The human being as a Personality, thanks to concentrating his attention, can control several of such states of consciousness. In everyday life, he is most often present in one of the states which in the scientific circles is called the waking state. Scientists, while measuring the brain's electrical activity over time, conditionally indicate the state of active wakefulness as betarhythm (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 work 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 functioning of the brain when a person works mentally,

is emotionally stressed and under the influence of different irritants. It should be noted that, generally, such a notion as fatigue is not typical for the brain. You must simply understand how it works, switch from one activity to another timely and be able to change the quality of the states of consciousness at the proper time. Everyday life is constantly linked to the person's psychological selftuning, on which, incidentally, the overall condition of the body also depends. 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 to 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 different 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 entirely reaches the state of complete relaxation. Thus, a person readjusts the working pattern 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: The discipline of thoughts opens great opportunities for man. In the state of meditation, he can control those mechanisms of his complex energy structure that are not available in other states (including the waking state). Naturally,

when a meditative technique is done correctly, he observes a spiritual surge, insight, the development of intuitive knowledge as well as the "side effects" of such work: a burst of energy, good mood, increase in creativity, which in its turn has a positive effect on the general condition of the person.

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 a 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 (training flight) simulator on the ground, simulating a plane flight. This can be compared to the 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 chakrans, or energy movement along the arms and so on. This stage can be conditionally called the primary one: from only the theoretical ideas about meditation to getting the first practical skills.

The second stage in learning the meditative practices is similar, figuratively speaking, to getting practical experience of the pilot immediately in the air when he gets into a fighting machine and trains in flight. Here, he comes to understand that controlling a fighting machine 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 essential difference between that theoretical knowledge and practice when he works on himself daily and controls his Animal nature. The person begins to change. And this is the important thing because a meditation is only a tool! In other words, in everyday life, he begins to control his thoughts, 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 much, teaches everyone without practicing what he preaches and so on. But when the person begins to work on himself, he turns his attention not on the external but on 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 can divert his attention from his multiple egocentric desires, instances of resentment and aggression of the Animal nature, how to switch it to the Front aspect 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 an easy time 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 go deeply into this process, which is unusual for him. The human being learns to stay in a completely different state of consciousness, which is different from the waking 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 the 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 is the human being 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 realize that it is impossible to accurately communicate what you felt on that side through familiar images and associations. Thanks to this, you realize 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 realize 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.

(Extracts from the book by Anastasia Novykh „AllatRa“)



The deepest feelings - the basis of spiritual practices

When a person stays on the spiritual wave and 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 the 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 Dzhappo

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

...The deepest feelings are exactly the special language that is different from the human one. When a person overcomes the vile things 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 temporal and finite. As for the Soul dwelling inside him, it is invisible, yet eternal. He understands thatit is

impossible to precisely express the experience fromhis 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. Because the divine is a different language, a language not from themind but from the deepest feelings, which the Soul of any person can understand. It is the universal language of human Souls. And this is exactly the language of the Truth....

...Now let us look at the mechanism of origination of a feeling. The initial impetus of any feeling comes from the deepest force, which comes from the Soul. Since the Soul is a very powerful particle from the non-material 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 in 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....

(Extracts from the book by Anastasia Novykh „AllatRa“)



Meditation „Concentration of attention“

Thought is a real power.
A lot greater than humans
can imagine.

Sensei

– Now we will practice the simplest meditation on the concentration of attention, so that you can learn how to control the Qi energy. But before that I would like to repeat again for those who came late. Except the material body, the human has also the 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 later in detail about all of them, 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… like a diaphragm in a camera. Have you seen it?

We nodded assent.

– 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 with water. After all a human being is an energy and 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 inside of yourselves the movement of air, the movement of Qi. You all consider that you perfectly understand and feel yourselves. 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, and now make yourselves comfortable and relax. Calm down 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 out, I recalled a pile of tiny household chores. "Gosh! Those impudent thoughts again, – I thought, – You were told to get dissolved". My person again tried not to think about anything.

– Concentrate on the tip of your nose…

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

– Now deeply breathe in, slowly and gradually. First, with the bottom of the stomach, then with the stomach, 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 your tip of the nose is like a small light bulb or small flame, and it flames up with your every breathing 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. There was such a feeling as if I were filled with something material, like a jug with water. Later it seemed to me that in the area of the nose tip appeared a dark distant contour of a purple tiny spot. At first, I couldn't clearly focus on it. Finally, when I was able to get it fixed, it started to lighten up from inside. Moreover, when breathing in,

the light narrowed, when breathing out, it widened. But when I used to breathe this way, I heard the words of Sensei.

– Now switch your attention to another part of meditation. Raise slightly your hands a little forward, palms facing the earth. Breathe in as usual: through the bottom of the stomach, then through stomach and chest. Your breath out direct through the shoulders, hands, to the center 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, there it is split up in 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 it 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 center to the periphery. And what astonished me most of all, I really felt how tiny warm streamlets were pouring through my shoulders. In the region of elbows they weakened, but I felt them very well during their overflowing through my palms. Deep in these new, unusual feelings, I asked myself a question: "How am I doing this?" While I was thinking it over, I lost the feeling of the steamlets. I had to concentrate again. In general, it worked with variable success. After one of my next attempts I heard again the voice of Sensei.

– Close the palms of your hands in front of you, firmly grip them so that the chakrans of the hands would be closed and the movement of energy stopped. Make 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 of it she felt some kind of light movement through her hands. Andrew had shiver in his legs and light dizziness. Kostya shrugged his shoulders and answered:

– I didn't feel anything special, except that feeling of some kind of formication. But that is quite a normal reaction resulting from the oversaturation of the body with oxygen.

– After the third, fourth breath in, maybe, – answered the Teacher. – But at the beginning the brain becomes fixed by the thought, in particular before the movement of the Qi. And if to listen to yourselves, to relax and to deeply breathe in, you will feel right away a widening or feeling of formication in the head, or in other words, a certain process that develops there. That is exactly what you need to understand, what is moving there, and to learn to control it.

– Why didn't I feel anything? – asked disappointed Slava.

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

As it turned out later, the guy didn't know himself what he had been expecting, maybe some kind of a miracle. Therefore Sensei replied:

– Right, that's the reason why 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 when you breathe correctly or concentrate on something. No. **The biggest miracle is you, yourself, as a Human!** After all, where does all great spiritual Art lead? It helps you to become a Human, so that you would gradually wake up and recall this knowledge, which was given to you primordially. These meditations are only the means of awakening from spiritual lethargy and recalling all long hidden and forgotten what you knew and used once upon a time.

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

– Well. For example, everybody knows how to read, write,

count, if, of course, he is normal, without mental disorders. Right?

– Right.

– But first he had to be taught. While later he already easily reads, counts and so forth. That is, he already exactly knows that, for example, one plus one equals two, two by two equals four. It seems later to him so simple and real! But at the beginning he was taught all this, although in reality he simply recalled. 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. While it was many times proven and confirmed by deliveries in the water that a newborn baby, when lowered into pool, swims like any other animal. Does it 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 which he doesn't even suspect he has.

But… all of this works only with a positive factor. And if some mercenary interests prevail in him, for example, to learn in order to cheat somebody or to be able to hit someone with energy from a distance, or he will be able to bend everyone's spoons, and they will throw him money for that, he will never achieve anything. Only when a human will learn to control his thoughts, then he'll really become a Human, and only then he'll be able to achieve something.

– So, does it mean that spiritual practice is a method of awakening a human? – asked Andrew.

– Absolutely right. Spiritual practice is only an instrument for repairing your mind. And the result depends on how you will use this 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 chakrans of 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 will regard this energy as real power, then in reality it will be real power.

– It's strange, but why?

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

We remained silent for a moment, while Nikolai Andreevich asked:

– And from the point of view of psychology, is it nevertheless an objective factor or a subjective feeling? For example, I clearly felt the concentration on the tip of the nose. But movements through the arms I felt only partially, where I was focusing my attention.

Sensei started to explain something to the psychotherapist, using terms unknown to me, probably, from his professional language. And as I understood from their speech they touched later on the problems of sensitiveness, including healing and diagnostics of different diseases. The latter interested me very much.

During this discussion, while the other guys were listening, Slava carefully was examining the palms of his hands. And as soon as a lengthy pause appeared in the discussion, a guy hurried to ask:

– I do not 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 there is nothing like that.

Eugene, standing next to Slava, couldn't help it, turned his hands around and seriously asked like a doctor:

– Well, patient. Do you see bones and tendons there?

– No, – replied Slava, still puzzled.

Eugene smacked his lips and mournfully said:

– He is hopeless!

The guys laughed.

– You see, chakrans are certain zones on the human body which are more sensitive to warmth, – patiently explained the Teacher. – They, of course, can't be seen, but this is real and 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. While 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... Then you will be able really to guide Qi moving inside of your body.

* * *

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

– I felt again this formication, – Kostya said. – Is this all right?

– Of course. What is the main point in it? You have to feel these ants which appear with first breathes in your head. You have to feel how they "run" inside of your arms and the most important how they "jump out" of the centre of your palms to 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, they start coming to my head catching on each other. And the most amazing is that I even do not notice when they appear.

– Right you are. It means that we are not used to control our thoughts in our daily life. That is why they guide us to any direction they want confusing us in their "logical" chains. And the uncontrolled thought may lead mainly to negative things as it is managed by the animal nature of people. That's why there are different spiritual practices and meditations that are given so that to learn to control the thought first of all.

We talked a little more about the stiking points of our home practice. And then it came to 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 try to reach it in your individual trainings. Well, and now take a comfortable position…

Later following his words we relaxed as usually and concentrated ourselves on the meditation practice. First, we concentrated on the tip of the nose as the last time. Then the Teacher said:

– Do not distract your attention and vision from the tip of the nose, make an inward breath through the bottom of your stomach, through your stomach, breast… Outward breath – through shoulders, hands, chakrans of the palms to 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…

And there I was completely confused. As soon as I have been well concentrated on "the streamlet" which was clearly felt as partial movement through the arms, I have immediately lost the control over the nose tip. And as soon as I have concentrated on the "flashing" nose tip, my "streamlet" has disappeared. And it happened all when my "outside" thoughts came to me. So, I was not able somehow to unite all together. During one of my next attempts I have heard the voice of Sensei who informed us about the end of the meditation. As it turned out later, this incident happened not only with me but with my friends as well.

– It is natural, – Sensei said. – You should not think it over, just observe. Then you will succeed.

It seemed to me completely unreal. 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 not everything is so hopeless, – I reassured myself. – If they can do it, why can't I do the same? I just also have to practice hard. That is the point". There I have caught myself on the fact that even in my thoughts I started to speak with the words of Sensei. When I was reflecting on it, one of the guys asked a question.

– So you want to say that a way to the self–cognition starts with observing yourself and your thoughts?

– Of course. Self–observance and control over your thoughts can be little by little practiced during the everyday trainings. And for this you need the elementary knowledge base. It's a natural way of any training both physical and spiritual. Just a simple example. A man lifts a weight of 20 kg. If he trains, he will lift in one month easily a weight of 25 kg and so on. The same is at the spiritual level. If you will be prepared, it will be much easier for you to master more difficult techniques.

– But there are a lot of different meditations and their modifications in the world. It's difficult to understand which one leads to the peak, – Kostya made as usually a show of his erudition.

– It's too far to reach the peak. All these meditations that exist in the world practice are just "an alphabet" which has been never a secret. And the real knowledge leading to the peak starts from the ability to put together "words" from this alphabet and to understand their meaning. And the reading of "the books" is so to say a priviledge of the chosen ones.

– Not so bad! Everything is so complicated, – Andrew said.

– There is nothing complicated in it. You just need a wish.

– And if you have a wish but hesitate? – Slava asked.

– And if you have doubts one should beat your head with a

heavy hammer for you to understand that it's your dunderhead, that is it means that this person is very much stuck in the material world, in logic and egoism of his thoughts, his mind... if he possesses such a one at all...

The guys smiled with these words and Sensei went on:

– If you sincerely strive to the self–cognition, with pure belief in your soul, you will for sure manage with it. It's a law of nature... And the spiritually developped individual will succeed even more.

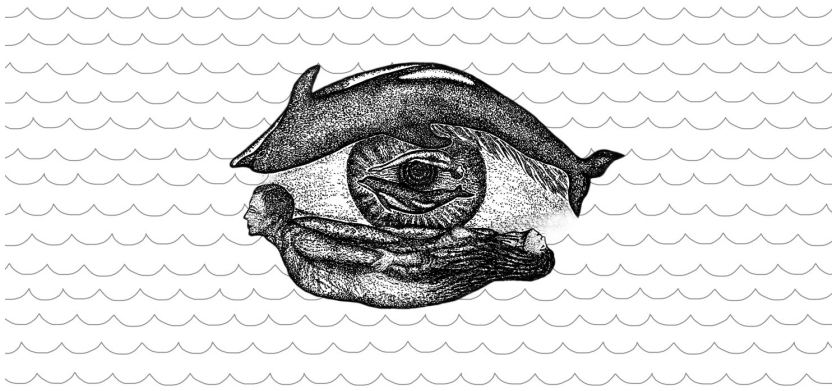
Andrew said with a thoughtful view:

– Well, it's clear with "the alphabet", but not quite clear with 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 to work not only with the consciousness but what is more important with unconsciousness. There is a set of certain meditations that lead to a respective spiritual level... It's simple. The main point is that an individual should overcome his Guard, his material thinking with ever the same wishes to glut himself, to put on rigging and to conquer the whole world... The same eternal truth as usual, and the same eternal stumbling–block. If an individual will be able to overcome it – he will become a Human.

(Extracts from the book by Anastasia Novykh „Sensei of Shambala")





Cognize yourself

The quality of instants lived by you in this life are much more important than senseless years of existence. How you lived, and not how many years you lived, is important

Sensei

– ...**As the law says: spiritual for spiritual**... And if you, guys, will strive for learning the Art for material profits 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 will be lucky enough, you will gain at leat schizophrenia.

– Yes, it's a nice future, – Ruslan said smiling.

– Well, there is no such a threat for you, – Eugene said chuckling.

– But we are not going to kill anybody, – Andrew was looking for excuses.

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

– And what should we do now?

– Control your thoughts, and namely every second.

And keeping silence for a while Sensei added looking at Andrew:

– Have you ever thought over who are you in fact? Who are you in essence? Have you thought 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.

And already addressing to the guys Sensei said:

– Have you ever thought at all about the infinity of your consciousness? About what is the thought? How is it born and where does it go? Have you thought about your thoughts?

– Well, – Andrew became confused, – I think all the time, reflect on something.

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

– And whose else? The body is mine, therefore the thoughts are mine as well.

– Try to analyze them, if they are yours, at least one day. Where do they come from and where do they disappear? Dig your thoughts thoroughly and what will you see there except of shit? Nothing. Just violence, just ugly things, just the only wish to gorge yourself, to put on a fashionable rigging, to steal, to earn, to buy, to raise your megalomania. And that's all! You will see yourself that all thoughts generated by your body will finish by one thing – the material supply around yourself. But is it you real inside of yourself? Look into your soul... and you will face the beautifual and eternal, your true "I". And all this external vanity around is just seconds... Are you aware of it?

We stood keeping silence. Suddenly this scene seemed very familiar to me. It has already once happened to me, exactly the same to the smallest details: this word–for–word discussion, and this glade, and these bright stars, and the most important, this familiar to the innermost of my heart soft voice, this kind face... I knew exactly that it has already happened. But when, where? However I tried to exert my memory I was not able to recollect it. I shook my head a little in order to get out of this deadlock situation of my mind in front of the emerged fact. And Sensei went on:

– You lived 16, 22, 30 years, well, you – about 40 years. But each of you, do you remember how did you live? No, it's just some miserable scraps connected with emotional splashes.

– Yes, – Nikolai Andreevich said in a thoughtful way, – the life passed so quickly that I didn't manage to notice it. All the time studying, working, in some insignificant family endless problems... And there was not time to think about myself, about my soul, every time there come some urgent matters.

– Exactly, – Sensei agreed. – You think about the future and about the past. **But you live in this very moment which is called "now". And what is "now" – it's a precious second of life, it's a gift of God that should be rationally used. As tomorrow is a step to the uncertainty. And it's not improbable that it may be your last step in this life, a step to the abyss, to the infinity. And what will happen there?**

Each of you believes that he has plenty of time on the Earth, that's why you don't think over about the death. But is it true? Each of you may die any second, by any reason, at the first glance not depending on you 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. Having realized it, you will understand that all your Fate is in your hands, a lot of things in it depend 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 the space, who moves your extremities? How your emotions do arise in you, why do they arise? And do not shift the blame onto someone who bothered you, offended you, or vice versa, if you envied, gloated, gossipped. Is it your spiritual nature in you?

Find a crystal source of your soul in you and you will understand that all this material glare – cars, flats, villas, social status – all this material welfare you spend your conscious life to reach for, will turn into dust. Dust which immediately will be transformed in this source 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 sense of life, have you ever thought of it? The highest sense of life of each individual is the cognition of his soul. Other things are all temporary, through–passing, just dust and illusion. The only way to cognition of your soul is through your internal Love, through moral purification of your thoughts and through the absolutely firm self–confidence to reach this goal, that is through the internal faith… Until you have a glimmer of life in you, it's not still late to cognize yourself, to find your basis, your holy life–giving spring of your soul… Get know yourself and you will understand who you are in reality.

* * *

Sensei said: It's a good result. To catch a thought of your animal nature is hard and to fight with it, even more so. It is impossible to fight with this category of thought in principle. Because violence generates violence. And the more you'll try to kill it, the more intensively they'll appear in you. The best way to defend against it is to switch to positive thoughts. In other words, the principle of Aikido of smooth withdrawal should be used here.

– And if they are chasing me all the day. Can't I just chop them off with some swear word? – asked Ruslan.

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

– And why can sometimes thoughts be absolutely the opposite of each other? It happens to me also sometimes that I get confused in my thoughts.

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

– And who am 'I', if thoughts are alien?

– Not alien, but yours. And you are the one who's listening to them. And which one you choose will be your nature. 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, it will be pleasant for other people to be around you. The choice is always yours, you are either despot or saint.

– And why did my admiration of taming my anger lead to

pride or something like that, to the growth of megalomania? Because it seemed like I did a good deed, but the thought got carried away in different direction? – I asked.

– You turned to the soul, your desire was fulfilled. And when you weakened your control over yourself, you were pulled over by the animal nature, and insensibly for you, with your own favorite egoistic thoughts. You liked that you were complimented from all sides that you were so smart, so judicious and so forth... There is a permanent war of two natures inside of you. And your future depends on the decision which side you choose.

I pondered a little and then specified:

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

– Absolutely correct.

– But there is an entire pile of these thoughts there!

– Yes, – confirmed Sensei. – An entire legion. That's why it's impossible to fight with them. It's not a Gong–fu, it's much more serious. To fight is possible with the one who shows 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, I repeat again, shift your mind to the positive and good thinking. But always stay vigilant, listening what your brain thinks about. Observe yourself. Pay attention to the fact that you don't do anything but the thoughts in you are constantly swarming. And not one thought. There at once can be two and three or more.

– It's like in Christianity, they say, on left side of man's 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.

– When I discovered this division of thoughts in myself I thought that maybe I caught schizophrenia, because it also has to do with the splitting of consciousness, – I said more bravily.

Sensei smiled and jokingly answered:

– There is no genius without a sign of madness.

Nikolai Andreevich laughed.

– Yes, indeed. I observe in me something similar, as well.

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 means thoughts generated by the power of love, in a broad sense of this word. While the animal nature means thoughts about the body, our instincts, our reflexes, megalomania, desires, entirely devoured by material interests, and so forth.

– Well, then we should live in a cave, – Ruslan expressed his opinion, – So that to have nothing and to wish nothing.

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

– Nobody forbids you to have all of this, – continued Sensei. – If you want, please, follow the modern world, use all the goods 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. This goal is an indicator of 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 already told you that all these high technologies that are given to the mankind are given so that humans would free up more time for their spiritual perfection. But certainly not for a man to collect a pile of these iron things at home and to blow up his megalomania because he possesses all that dust.

And, keeping silence 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 predominates more of the animal nature than one from God. I was thinking the other day and decided to give you one ancient practice, which will help you balance these two natures, so that the animal won't burden you so much. It exists just as long as humans exist. This spiritual practice is not just for work on yourself, on your thoughts, but what is very important, is for the awakening of your soul. In relation to life it can be compared to a dynamic meditation because it is constantly functioning, regardless of where human is located or what he does. A part of this human should be always in this state, controlling all that happens around or inside.

(Extracts from the book by Anastasia Novykh
„Sensei of Shambala")





Spiritual practice „Lotus Flower“

– ...**This spiritual practice is called „the Lotus Flower“**. *It consists of the following: imagine that you plant a lotus seed inside you, in the area of the solar plexus, and this small seed grows due to the power of Love generated by your positive thoughts; thus, controlling the growth of this flower, a person artificially gets rid of the negative thoughts that are constantly swirling in his head.*

– Do we really think of negative things all the time? – asked Ruslan.

– Of course, – Sensei answered. – Just follow your thoughts carefully. People spend a lot of time visualizing various conflict situations and negative memories of the past; they picture themselves arguing with someone or proving something to someone, how they cheat or hit back. They worry about their illnesses, material deprivations and so on. In other words, they always have a negative mindset.

However, during this practice, a person intentionally, by means of internal control gets rid of all these negative thoughts.

The more often he has a positive mindset, the faster this seed of Love grows in him. First of all, imagine this seed starting to grow, and a small stalk appears. It grows further, leaves cover the stalk, and then comes a small flower bud. Finally, after receiving of the power of Love more and more, the bud blossoms into a lotus flower. The flower is golden at first, but as it grows it becomes dazzling white.

– How long does it take for the flower to sprout? – I asked.

– Actually, it depends on the person. For some people it takes years, for others just months, or days, or even seconds. It all depends on your desire, on the efforts you make. You need not only to grow this flower, but also to continuously take care of it with the power of your Love so that it doesn't wither and die. This constant feeling of nurturing should be kept at the subconscious level or, to be more precise, at the level of controllable, remote consciousness. The more Love one gives to this little flower, cherishes it in his mind, takes care of it, protects it from the negative surrounding influence, the more it grows. This flower is nourished with the energy of Love, and I emphasize, your inner energy of Love. And the more a person is present in this state of Love to the whole world, to everyone and everything around him, the bigger the flower gets. But if a person gets angry, the flower becomes weak; if he flies into a rage, the flower withers, falls ill. Then you need to make every effort to revive it. It is a kind of control.

So, when the flower blooms and starts getting bigger, it begins to radiate vibrations instead of fragrance, the so-called leptons or gravitons, call them as you like, in other words, the energy of Love. You feel its moving petals that make your whole body and the space around you vibrate, radiating Love and Harmony to the world.

– Is it somehow felt on the physical level? – Eugene asked.

– Yes. The Lotus can be felt as a burning in the area of the solar plexus, spreading heat. That is to say, these feelings arise

in the area of the solar plexus where, as legends say, the soul resides. Heat starts spreading from there. The whole point is that no matter where you are, whomever you may be with, no matter what you do or think about, you must always feel this heat, the heat, which, figuratively speaking, warms not only your body but your soul as well. This inner concentration of Love is located in the flower. Ultimately, the more one takes care of it, praises this love, the more he feels this flower expanding and completely surrounding his body with its petals until he is standing inside a huge lotus.

And then it comes to a very important point. When you reach the stage when the Lotus petals surround you from all sides, you feel two flowers. One of them is inside you under your heart, it warms you all the time with the feeling of inner Love. The other flower, the bigger one, is like an astral shell of this flower -- it surrounds you and, on the one hand, radiates the vibration of Love to the world. On the other, it protects you from the negative influence of other people. The cause and effect law works here. Translating it into the language of physics, a wave effect takes place. Putting it simply, man radiates the waves of the good, greatly amplifying them through his soul and thus creating a blissful wave field. You feel this wave field all the time and support it with your heart and soul, your Love. At the same time, it has a positive impact not only on you, but also on the surrounding world.

This is what happens when you practice it daily. To begin with, a person constantly controls his thoughts, learns to focus on the positive, so by default, he cannot wish ill to anyone or be bad because this is a daily practice for every single moment of your whole life. It is a sort of a distraction technique as you you mustn‘t use force against negative thoughts. Love cannot be forced; therefore you switch your attention. If a negative or an unwanted thought comes, concentrate on your flower, start giving your Love to it, and therefore, you artificially forget about all the negativity, or you can think of something else, something positive. But you

must feel the flower all the time: going to bed, getting up, at night, during the day, whatever you do, when you study, work, do sports, etc. You feel Love flaring up, feel the currents of Love moving in your chest and speading through your body. You feel the flower warming you from the inside; it is a special kind of warmth, the divine warmth of Love. The more of this Love you give away, the bigger it grows. When he is constantly radiating this Love, man sees people from the position of Love, so, secondly, which is very important - **you tune in to the frequency of the good.**

The good means luck; it is success and health. It means everything! You start feeling happier, which has a positive impact on your mind. And it is the central nervous system that is the main regulator of the body‘s vital activity. That‘s why, first of all, this spiritual practice improves your health. Besides, your life gets better as you start finding reconciliation with everyone. Nobody wants to argue with you, you are welcome everywhere. You won‘t have any major problems. Why is it like that? Because even if things happen, as life is life, you start looking at them from a completely different point of view than ordinary people. You get a new vision of life that helps you find the optimal decision for your situation. Because life‘s wisdom awakens in you.

Thirdly, most importantly, the soul awakens in the person. He **starts feeling like a Man who begins to understand what God is, that is, an all-encompassing substance,** and not just a fantasy of a few idiots. **You start feeling the divine presence in yourself and you strengthen this power with your positive thoughts and feelings. You do not feel alone in this world anymore as God is within and with you, you feel His real presence. There is a saying, ‚If you are in Love, you are in God, and God is in you as God is Love.’** It is also very important that you start feeling the aura of the flower that is inside and outside of you.

– How is the aura felt around the body? – Stas asked.

– Over time, you will see this vibration around you as glowing light. The air will seem to be brighter and clearer, and the surrounding world will turn more intense in its colours. The most fascinating thing is that people will start noticing these transformations in you. There is a common expression, „a man glows, shines". That is actually the glow of this wave field generated by the person's Love. People around him also start feeling this field. They are glad when this Man is near them; they also start feeling joy, an inner excitement. Many people recover. They feel better in his mere presence, however sick they are. Everyone is attracted to this person and opens their hearts and souls to him. That is, **people feel Love.** It is the heart's open gate towards God. This is what all the great souls said and what Jesus meant when he said, ‚Open your heart to God.'

‚The Lotus' has been practiced since the beginning of time. Since the days of old it has been believed to give life to the gods and that god awakens in the Lotus. This means the divine essence - the soul - is awakened in the ‚Lotus Flower', in the Harmony and Love within you, because a person is always taking care of his flower, continuously monitoring his thoughts and feelings so that the flower does not wither.

– So, does a real flower grow there? – Slava asked surprised.

– No. The material flower does not exist there, of course. It is a work of imagination. This process has other names: awakening to divine Love, reaching enlightenment, full union with God - ‚moksha', ‚tao', ‚shinto'. Call it as you like. But all of this is just words and religion. **While here you simply create a certain force field with your positive thoughts and feelings of Love. On the one hand, this field affects the world around you, and on the other, it alters an individual's frequency of brain perception.**

– What about the soul? – I asked.

– The soul is you, you can call it a kind of eternal generator of divine power, if you like, but it needs to be activated by your

constant thoughts of Love... One day I will tell you about the soul and its purpose in detail.

Then Kostya joined the discussion,

– You said that this spiritual practice is ancient. How old is it?

– I have already mentioned that it has existed as long as man has existed as a conscious being.

– Ok, well, how long, seven, ten thousand years?

– That‘s too short of a period. Mankind in the civilized version has existed many times before, even with much more advanced technologies than now. Another thing is why these civilizations disappeared. Someday I‘ll tell you about that, too.

– If this practice is so old, there should be some memory of it in our civilization.

– Certainly. The fact that the spiritual practice of ‚the Lotus Flower‘ has existed for so long can be proven by various ancient sources. The Lotus was given, for example, to some Pharaohs of Ancient Egypt. And if you do a research here, 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 central themes. In particular, regarding the three main male incarnations of God – Brahma the Creator, Vishnu the Protector, and Shiva the Destroyer – they say the following, ‚The body of God Vishnu gave life to a giant golden lotus with the „lotus born“ Brahma the Creator on it. The golden thousand petal lotus grew, and the Universe expanded with it.‘

In China and India, this flower stands for purity and chastity. The best human qualities and aspirations are associated with the lotus flower. 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 flower blossoms, otherwise, the flower withers.

In Greece, the lotus plant is dedicated to the goddess Hera. Hercules made his voyage in a golden solar lotus shaped boat.

However, all these are legends and myths, though they have their basis. They appeared because of the real facts of people's self-improvement, thanks to this ancient spiritual practice. The thing is that previously when the animal nature dominated the majority of people, „the Lotus Flower" was made known only to the chosen ones, spiritually mature individuals. It is natural that others later saw these people as gods. Since the person with a blooming „Lotus" is an awakened soul, he actually becomes godlike, because he creates in Love with just his thought.

When the time was right to spiritually enlighten a great number of people, the Bodhisattvas of Shambala gave this spiritual practice to Buddha. It is while practicing the Lotus technique that Siddhartha Gautama reached enlightenment sitting under the Bodhi tree. With Rigden's permission, Buddha gave it to his disciples for further dissemination among people. Unfortunately, later the teachings of Buddha were distorted, and a whole religion was created based on this practice. This led to Buddhists imagining their paradise as an unusual place where people are born like gods on the lotus flower. They are searching for this place, though it is always inside them. They made God out of Buddha, but in reality he was just a man who had learned the truth through this spiritual practice. So this is how the Lotus became the symbol of Buddhism and the expression, 'Buddha sits in a lotus' or 'Buddha stands in a lotus' appeared. His example simply showed to people what an individual can reach by defeating his animal nature. He really did a lot for the spiritual evolution of mankind by spreading this spiritual practice among people in its original form.

A similar prayer was given to people by Jesus Christ to awaken to divine Love.

– Does it mean that prayer and meditation are the same thing?" Tatyana asked.

– Actually, yes. Jesus' prayer „Our Father" is the same. Things are quite ordinary there, people ask for bread and so on, but the main point is the same: man grows spiritually on his own, he nurtures his soul by controlling his thoughts, with his desire, his firm Belief and Love.

In general, Buddha, Jesus, Mohammed, and all the great souls possessed the knowledge of this spiritual practice, as they used the same source. This helped them not only to become themselves but also help others know their divine nature. Why was it so pleasant for all to be near Buddha, Jesus, Mohammed? Why are saints said to shine? Why when we sometimes meet a total stranger we don't want to leave them? Because they radiate this Love. Because they have always strengthened this power, the power of good, the power of Love, the power of this divine presence in man. They say that God is in this man. And so it is.

– So, you just need to think of this flower with Love?" Andrew asked.

– No. You should not only concentrate and think about it, but most importantly, generate this feeling of warmth in the area of the solar plexus and maintain it at all times with your positive thoughts. Not everyone will be able to do it right away. Because you need to get to the core of it all, to imagine in a more realistic way, awaken all those feelings. Why do I draw your attention to this? Because when a person evokes these feelings, he starts supporting them not just with his mind but also on the level of his sub-mind, or his subconscious. This leads to the awakening of the soul. It is sure to awaken. The more Love you give to it, the more it will unfold, the more you will become yourself like you have always been inside, and not in your external mortal shell.

After a pause, Sensei added,

– Life is too short, and you'd better hurry to praise the spiritual essence in your heart.

* * *

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

At home I quickly finished with all my petty things. And when my parents settled down to watching the TV, I sat comfortably in the lotus pose. Finally came the long–awaited minute. Having concentrated, I thought: "Let's begin with planting..." I got panicked a bit. First, I didn't know how the lotus seed looked like. I have seen the flower in a book, but not its seeds. And I didn't know either, how would this planting look like, and what namely would I plant it in? I saw 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 day I saw how my mother was couching kidney beans by placing them in a wet cotton wool. I liked a lot this method. "Then let it be a bean, – my person thought. – 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, as if I placed inside of myself, in the area of the solar plexus, a small white bean, immersing it into something soft and warm. Afterwards, I started to repeat inwards endearing words, nursing my small seed. But no feelings followed. Then I started to recall all the good words, which I only knew. And here my person was astonished to discover that I knew much less good, beautiful words than bad and swearing ones. This was because I heard them everywhere on the street and in school and they enriched my vocabulary more often than the good ones. My thoughts again unnoticeably switched onto the calculation of some conclusions, logically clinging to each other. Discovering this, I again tried to

concentrate on the flower, but nothing happened. In about twenty minutes of my fruitless efforts, my person thought that I was doing something not 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 color. And a thought came to my mind: "our world is really so illusory. It just seems to us that we really live. While in fact, we imagine like children a game and play in it. But unlike children, adults don't grow up, because they get used so much 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 imagination and vanity. But, as Sensei said, "The real you is the soul, that eternal reality which exists in actuality. You need only to wake up, to awaken from illusion, and then the whole world will change..."

As soon as I went deeper into the contemplation of the eternal, I began to feel somehow light and good. And I felt how something started to warm up in my chest and even to tickle pleasantly. Small ants started running through my whole body from the coccyx to the back of the 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 like in a fairytale because when I woke up in the morning, I felt such inspiration, such lightness, which I had never experienced in life.

* * *

In a few days, when we were going all together to the training, the guys started to share their impressions and results. It turned out that everybody understood Sensei and grew this internal love in a different way. Kostya imagined that he planted a lotus seed, as he said, "into some kind of a live substance of the universe". And he has done it right yesterday, while all these days he was

diligently searching through the literature looking for proof of Sensei's words. He didn't have any kinds of feelings; he simply imagined this process and now waits 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.

Andrew tried all these days to concentrate purposefully 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 he felt a slightly noticeable, light warmth, not 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 company waited out a moment when Sensei wasn't busy and came up to him with questions. We started to tell him about our feelings. And Tatyana broke into 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 God in my heart…

And then she spoke with more details about the awakening of her divine Love.

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

– Well, I read that when Kuandalini begins to awaken there, some kind of snake crawls along the spine, – Kostya bragged a little with his erudition.

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

– And in general how does it look in reality? Tell us, please, one more time, specially for dummies, – Andrew asked jesting.

– You simply feel the fibers, growing the internal power of love. Let's say, you feel like as if you were waiting for something very, very good. For example, you are waiting for some huge, long–awaited present, which you've dreamt about. And now you receive it, you are happy, you are overfilled with gratitude. You feel formication in all 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 waiting for that. You should have a feeling like this, which you evoke artificially and permanently 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's not necessary to have a flower there or something. These are just images for an easier perception.

– And the flower that will be around the body. How is that?

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

– Yes.

– So, when this power field of good expands in you, then you start to feel a kind of multi–layer petals. You feel that you are covered, protected, that you flourish in lotus. And at the same time you feel that you are like the sun over the world, you warm everything with the warmth of your vast love.

This is a permanent meditation, wherever you are and whatever you do, you evoke these fibers, these feelings, these flows of energies. The main sense is that the more you practice, the stronger they become. Finally, this process becomes material and you'll be really able to have a positive effect on people. In other words, you'll be able to do it only then **when you completely change yourself internally in thoughts, and externally in actions.**

* * *

The next days I tried also to evoke these feelings while doing different things. But it worked well only when I specifically concentrated on the "lotus flower", doing some kind of physical work. Furthermore, I began at least a little bit to keep track of my thoughts. One day, while sitting at home and doing homework, I tried to recall all I had thought about that day but could not do it, not just thoughts, but even all of my actions. I was able to recall some general things while details surfaced with difficulty. And most importantly, my good deeds went under the category "that's the way it should be", and I hardly remembered them. However, negative moments, negative emotional upsets were engraved in my memory in detail. That was the case when I deliberately felt the power of the influence of the animal nature. Sensei's words recurred to my memory 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 a human**. One day I will tell you about it in greater detail, about how your thoughts are born and why their power is so strong over you". I thought, "Why doesn't Sensei say everything at once but keeps postponing it until an indefinite "later". This "later" may never happen for some of us... And on the

other side, the way how I perceived his words at the first trainings and now is completely different. Before I simply listened, and only now I begin to understand something because I started to practice and to work on myself. I have already some results, some experience and, therefore, I have now concrete questions. And Sensei always gives detailed answers to the concrete questions. And suddenly I had an insight: "He just simply waits for us to understand his words, so to say, when we let them work through ourselves, when our minds will conceive everything on its own and will 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 work constantly 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 seized with apathy.

(Extracts from the book by Anastasia Novykh
„Sensei of Shambala")

* * *

It was high time to put my thoughts to order. As an "emergency help" I tried to distract my attention from that "turbulent torrent" and to concentrate on the meditation of Lotus flower. First it didn't work, because one or another phrase from Ariman's speech constantly diverted my thoughts. And I couldn't get rid of that obtrusiveness unless I understood that that thoughts flow didn't distract my attention but attracted. It meant that I wanted to listen to it, or if to put it correctly, not me, but my Animal nature. So what's the matter? My wishes are up to me! Having realized my mistake, I began to make my practice of Lotus flower more

purposefully since all my wishes and intentions united in one flow of concentration, ignoring all the rest.

Though the Ariman's speech calmed down, it continued to remain on some second background of my thoughts. Well, Ariman is Ariman! That's why I decided to use as big guns a new meditation of Lotus flower which was last time told us by Sensei during one of the meditation trainings when he narrated about the endless variety of Lotus. Before that my attempts to master the new meditation were obviously fruitless though Sensei emphasized many times that all depends on the human himself, on his inner nature. But this time evidently due to purity and sincerity of my intentions, the Lotus flower showed itself in a completely unusual way.

When I achieved the clear concentration on the solar plexus, suddenly I saw with some internal vision my Lotus flower! I clear saw it, and not imagined as usually. This flower was beautiful. I have never seen this in my life! Snow-white petals irradiated bright but at the same time very soft light. And the center of the flower gleamed with some golden glow. And what was most striking 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 by waving its very tender and pure little petals. First this waving was slightly noticeable, very alive, I would call it "breathing". And then the flower began like waking up and showing itself more and more. At some instant it seemed to me but then I really heard very pleasant sound outgoing from one of the waving petals, it was as if sweet singing of a light breeze. Following it another petal sounded its way, producing by vibration a wonderful sound which wasn't alike any of sounds I knew before. After it the third petal "showed" itself in this increasing melody. And just in a few instants I fully sank into the charming symphony of Lotus which consisted of harmonious, delicate, very pleasant to hear sounds. This music just enchanted by its divine sounds. And the more I sank into it, the more I had increasing feeling of internal all-embracing

joy and endless freedom. But the most striking was the feeling when this outstanding sound emanated from Lotus began to turn to the bright soft light which wrapped me up from all the sides filling inside by its wonderful purity. It generated such a feeling of complete joy I never felt before that I dissolved in it fully sinking to the undescribable bliss. As if I disappeared with my body. Only Lotus remained and the cognition of the huge universal Love!

Leaving the state of meditation I felt myself so splendid that I wanted to embrace the whole world. I was in the perfect mood. And what was most striking, there reigned in my thoughts absolute clarity and purity of consciousness.

(Extracts from the book by Anastasia Novykh
„Sensei of Shambala“, Book IV)



Spiritual practice „Lotus flower“: Love and gratitude

(concentration on positive)

– This meditation also belongs to the Lotus ones. It's very helpful and effective in such cases. And the main thing, it's easy for every "drowning" man in the ocean of the Animal nature. It's like this. *First, as usual, you concentrate on the solar plexus, show there a lotus flower and concentrate all your love on its growing, that is, you practice the meditation of Lotus flower. When you more or less calm down your thoughts and concentrate on positive side, you start imagining that your body consists of many little balls, or atoms, or cells, in general, as many as you have imagination. It's very important to see the structure of your body, to visualize each cell. Having seen all this conglomeration of cells you take each ball or cell, as you wish, and visually write on it, as if writing carefully each letter, a very strong spiritual formula which consists of two simple words, "Love and Gratitude". The language, you are writing these words on, does not matter, because that's the essence which is important. This formula works the same way as the Grail. Since Love and Gratitude are the only two things that a human being is able to give God.*

Thus during this meditation, you gradually fill billions of your cells with these inscriptions, and as a result your thoughts are concentrated on this powerful formula and improve both your physical and spiritual health. The cell, on which you leave such an inscription, will forever stay under the protection of this effective and strong formula, like under protection of a talisman or tamga. When you fill yourself with this formula, you don't only cleanse yourself from the dirt of negative thoughts, but you also

reveal the inner light coming from these cells. It's as if you light up a lot of tiny light bulbs, and it becomes so bright inside of you that even shadows disappear... It's important also that you concentrate during this meditation only on these words and switch off all the other, irrelevant thoughts.

– Irrelevant?! – Ruslan said, either answering himself, or asking Sensei... though, Sensei was talking directly to Eugene.

– Of course. When we are just thinking about something, even then a few thoughts simultaneously teem in us, jumping from one subject to another. During the meditation this process is surely decelerated but we all are different. Sometimes, because of poor concentration, it happens that uncontrolled thoughts emerge in the background. So, while meditating, you can unwittingly switch to thinking about something else. But, exactly in this meditation it is extremely important to purposefully concentrate, without any needless thoughts.

– Got it, – said Eugene contentedly. – So, I have simply to properly concentrate and imagine.

Ruslan shrugged his shoulders, probably being not fully able to catch the essence of the meditation, – Hmmm... Is everything so simple? Use your imagination, that's all?

Sensei replied, – Though, at first glance, this meditation may seem too simple and kind of naïve, as Ruslan says "use your imagination, that's all", but... it is far from being simple... Because apart from the influence of this powerful formula, a person also involves the power of his thought. And, the power of the thought serves as a stimulus to realize the program defined by an individual. Results of this program are later reflected both in his physical and spiritual health. As the majority of people are constantly tuned to the wave of their animal nature, a large quantity of their both psychological and physical problems are, first of all, the results of their negative thoughts. This meditation is good not only for those people who want to establish an internal order, but also for those who already suffer from different illnesses. Because almost 80% of

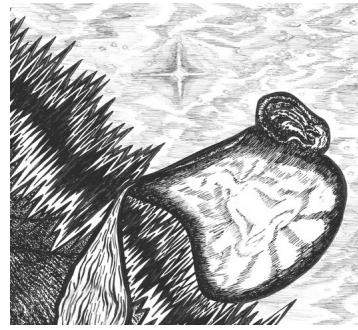
the illness depends on mind. The more a person thinks about the illness, the more he suffers from it.

– That's right, – agreed our psychotherapist. – Sometimes it happens that a person imagines his disease so well, that he can not get rid of it just because he routed in himself the thought that exactly in his case this illness is incurable. At this point, Sensei, I absolutely agree with you. For people who experience problems with their nerves, this meditation will be indeed much a better cure that all the modern pills altogether. Because drug therapy is incapable of curing human thought. Drug therapy is good only as an emergency for the body. – He made a short pause and continued, – Indeed, human brain still remains a quite mysterious substance and is far from being explored. – And, with a smile, he added. – It's amazing that even in the very ancient times people, in certain questions, knew a little bit more then present-day mankind.

– And you can not even imagine how significant, in reality, was this "a little bit"! – Sensei specified.

(Extracts from the book by Anastasia Novykh „Sensei of Shambala", Book IV)





Meditation „Jug“

(for cleaning thoughts from negative)

– Today, we will do the same meditation, as last time, to purify thoughts. For those who were absent, I will repeat. *So, stand more comfortably, legs as wide as shoulders. Hands should touch each other with tips of bristling fingers on the level of the belly. Tip to tip, in other words, thumb to thumb, forefinger to forefinger and so forth. Like that.*

Sensei showed me this connection.

– It is necessary to relax by taking away all thoughts, and concentrate only on normal breathing. Then, when you reached a state of full relaxation of all extremities and a feeling of internal peace, you 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 the whole body and, in the end overfills it, spilling over the edge of the jug, streaming down the body and into the earth. During the process, when it fills the body and flows out into the earth, all bad thoughts, all problems leave you with it, in other words, all that dirt and unease, which are present in your mind. It looks

like you cleanse yourselves inside. And when you do it, then you begin to feel a clear division of soul and thought. Besides, the soul located inside of him, and the soul located above the jug, which observes the process. And finally, practicing everyday this meditation, you cleanse your thoughts of the negative and further learn to control them, all the time keeping your mind in a "clean" state. Any questions?

– And 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 about them later. While the tips of the fingers enclose this circle. Moreover, there is an irritation of the nervous skin receptors located on tips of fingers, which positively and calmingly affects the brain... Are there any more 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 half-way, because my mind just couldn't agree with this definition. Then I stopped proving anything to myself and simply thought, "I am a jug", and concentrated on the "internal source of water". And here appeared an interesting feeling 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 gradually to widen while crystal clear water revolved spirally in it. Finally, there was so much water that it boiled over, filling my entire body with its pleasant moisture. Filling the "vessel" this way, this pleasant feeling flew over the edge. A wave of small ants started to run over my body from top to bottom, as though going into the earth. I imagined that my body was 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 huge Love to His children. In the next moment, I suddenly found out that my consciousness, in other words, my real "I", was as if above my body. While the body didn't look like a body at all. From its jug-like head emanated thousands of thin, multicolored threads, which constantly moved and went into the earth. While in the depth of the jug something bright was shining transforming these threads into more vivid colors. The beauty was of course simply charming. But then I heard the melodious voice of Sensei, reaching me from somewhere far:

– *And now make two deep, quick breathes in and out. Quickly close and open 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 one of the guys experienced this state differently. The senior guys, made it better than me, while my friends practiced it only in their bare imagination. But Sensei told them that at first, it often happens this way with many people. But if they train intensively every day at home and if they have a desire to improve their moral qualities, then in a certain time they would reach some feelings and later will learn to permanently control their thoughts. The most important is to believe in themselves, in their powers and not to be lazy.

* * *

The days flew by in the twinkling 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 by one. 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 even very useful because then a human works

more on himself spiritually, while the “Flower of lotus” also awakens the soul. “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 the 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.“

* * *

he cleansing of our intentions. The “water” streaming over edge of the “jug”, has been already felt more clearly, with some kind of wavy movements. After the training, the Teacher reminded us that we should permanently learn to control our thoughts and “fish out” negative “parasites of consciousness”. He also emphasized that we wouldn’t give in to our aggression, if it appeared. And the most important, we should constantly cultivate in ourselves the divine Love, by performing the “Flower of lotus”.

(Extracts from the book by Anastasia Novykh
„Sensei of Shambala“)





Meditation „Ka restoration“

(good for health)

– ...the meditation on Ka restoration which is very good for health...

– Good for health? – Nikolai Andreevich roused himself and asked at once with accentuated politeness, – I would really like to hear about it in details.

– No problem, – Sensei answered friendly. – When Imhotep explained the basics of the Teaching about Ka... That is, if to put it in modern language, it's a teaching about the human energy structure which included notions of human biofield, his aura, astral double. So, when Imhotep revealed the basics of the Teaching of Ka he gave people as practice the ancient meditation on Ka restoration, so to say its 'recharging'. What does it mean? I will explain it to you usign modern terminology so that you would understand it better.

– A human is not just a chemical plant which constantly works and fullfils complicated multiple operations each second. It's a whole Universe with manifestation of different forms of life and correspondingly energy and wave states. And all of that is interconnected, interdependent, interinfluenced. The

chemistry is tightly bound with energy that is with profound physics. Simply saying, chemical processes are the consequences of interaction of energies, and the very chemical elements are a certain 'programme record' of fixed wave states of more dense materialized energies. That is if these 'programme records' will be changed under the influence of certain forces, this chemical element will cease existing in this form and will be transformed into another 'programme' state. Due to different combinations of chemical elements interconnected in a certain way with different energies, the 'organic' and 'inorganic' form of matter is born. The decisive role is played in that by namely those types of energies which connect these chemical elements in this form.

For example, in fact only a dozen of main chemical elements which compound a plant, and namely carbon, hydrogen, oxygen, nitrogen, potassium, calcium, phosphor, sulfur, magnesium and iron, make possible that the green ocean flourishes on our planet. These are the main bricks for building. And all the plant variety from grass to giant trees are forms of life created due to type variety of different energies. Or for example, as you know the human body consists of 65% of oxygen, 17% of carbon, 10% of hydrogen, 5% of nitrogen and 2% of other chemical elements. In general, the very bricks which are already interconnected and function due to other types of energy differ from the 'frame' of plants. That is both in plants and in a human almost the same chemical elements are used, however the form of life is different due to differenet energy... By the way, as far as the question concerned which we discussed yesterday with you, – Sensei addressed to Nikolai Andreevich. – It's not without reason that there are only left forms of amino acid molecules in the body of humans and animals which are necessary for construction of protein molecules. They have such a direction. And as you remember from our conversation, there are few natural phenomena on Earth which have certain direction, let's take for example the turning of Earth around its axis or direction of certain winds.

– What does it mean, 'left forms'? – Victor asked.

– Amino acid molecules exist in so called left and right forms. Simply saying, they seem to consist of the same elements but in different combination, for example like you right and left hand, – Sensei explained it to Victor.

Nikolai Andreevich replied to Sensei somehow enigmatically for us:

– Yes, now I understand.

Sensei nodded and continued:

– So, the primary determining factor for form of life and the life itself in any material structure is the energy frame, phantom, astral body, biofield, call it as you wish. Simply saying, it's a 'matrix' of combination of certain energies. And depending on the state of this 'energy matrix' or Ka the physical state of this form of life depends directly. I hope it's clear now.

Nikolai Andreevich nodded together with seniour guys. Unlike them our young company exchanged puzzled looks caused by this information. Frankly saying, I also nodded. Though in fact I understood maybe only one third of what I had heard. It might have happened so because I was more concentrated with writing down of this dialogue than with its substance.

– Life, including our body as well, is a great work of infinite multitude of molecules which fundtion due to subtle energies, – Sensei went on telling. – As you know from chemistry lessons, for a molecule to start a reaction it always need energy, that is an inner impulse (ezoosmos) like a car needs energy to start moving, – Sensei pointed out towards the cards. – Even our light excitement is a result of interaction and certain splash of subtle energies and correspondingly the work of chemical elements of the body, that is molecules responsible for reaction of our body. The human is himself a generator of different kinds of energies and their corresponding fields. Distortions in energies will lead inevitably to distortions and chemical bugs of the physical body.

Therefore the physical health of the human depends first of

all on energy state of his body. The physical body plays protective role, it protects from mechanical damages, the so called rough contact. But the energy body, let's say, protects from undesirable energy contact, intrusion and attacks of foreign energies. The same way as you take care of you body, for instance, you take shower, do morning exercices, different prophylaxis directed against diseases in order to maintain your body in healthy physical state, you should take care also of your energy body. Moreover, you should take care of it even more than of the physical body. Why? Because many diseases of the physical body are caused by fails in energy caused by the contacts with foreign energies.

There exists a very effective meditation, known from the ancient times, which helps to maintain your physical and energy body in a healthy and harmonious state. This is the meditation for the restoration of your Ka and it is easy to practice for any person familiar with primary principles of meditation.

– Primary principles? Do you mean a meditation of 'Lotus flower'? – asked Slava.

– 'Lotus flower', too, – Sensei nodded. – So, here it is. First, you sit into the lotus position. You get into the state of meditation as you usually do it: you calm down your thoughts, relax your legs, stomach, chest, hands, and head. You fully concentrate your attention on the performing of the meditation. And, now the meditation itself. You artificially evoke excitation in the depth of your pelvis, that is, in the lower branches of your vegetative system. Then you lift this wave of excitation through the internal part of coccyx, sacrum up to the spine, that is, to the lower parasympathetic ganglions and cauda equine of the spinal cord. Further on, the excitation goes up through sympathetic and parasympathetic systems of the spine to the ancient structures of the cerebrum, which you've already heard about. While performing all this you imagine that this excitation goes like an electric current, from the positive charge to the negative. This so to say 'electric' wave activates ancient structures of the cerebrum, which, in its turn,

causes the response of Ka. When stimulating ancient structures of the cerebrum, Ka becomes much easier to feel, that is, it becomes more tangible. So, further on, you spread this – electric – wave from your head all over your Ka shell. This shell usually encloses human's body at a distance of 10 to 30 centimeters from the skin (some people might have it up to 50 centimeters). In such a way you keep on performing the meditation, that is, you keep sending new 'electric waves' from the lower branches of the vegetative system while increasing frequency and power of these 'waves', until your Ka shell becomes dense and uniform. It is important to achieve real physical feelings, so it will not be only your imagination or hallucination.

If you do this meditation systematically, it will become for you a very effective aid in restoring your health and energy you have spent. You should do it at least twice per day, in the morning and in the evening. Also, it's recommended to do it after visiting public places with high density of people, especially where material values dominate. These are markets, stores, public transport, places of mass events etc. Why? Because when a man is in the crowd, he constantly 'touches' extraneous fields and others' Ka. He does not only himself interferes private space of other people, the so called 'Ka territory', but he himself also becomes a subject to attack from other people, who don't even realize it. Naturally, when such a contact happens and fields interact, especially in the places where material values are prior, it violates normal work of Ka and thus causes malfunction of the body. For example, a person goes to a market in a cheerful mood, but returns exhausted as if all his energy was 'taken away'. Later he has headaches and breakdown. This is the result of interaction with others' Ka. In order to restore body's strength and normal work capacity individual's Ka must be restored. This can be done either by natural self-regulation, that is, during night rest, or by more effective artificial way – during this meditation. –

– It's quite interesting, – Nikolai Andreevich said. – May we

try this meditation right now?

– If you have such a desire, you are welcome!

– Do we have have such a desire? – Eugene asked, surprised. – Sensei, it's needless to ask such questions! I can't wait to start it!

Our entire group gladly supported the idea of Nikolai Andreevich. We sat into lotus position and started to do the meditation under Sensei's guidance. At the beginning, I started to imagine how my imaginary wave lifts from the depth of pelvis up to the backbone. However, in reality, I felt nothing. But, because Sensei made an emphasis that the meditation must be clearly felt, I purposefully started to evoke a feeling of, as Sensei described, 'some kind of light discharge of the 'electric current' inside the pelvis'. However, all my attempts were in vain again. At this time, Sensei said that those who don't succeed should increase their concentration at that place. I did so and after few ineffective attempts I finally succeeded!

In the depth of my pelvis I felt a light tension. By the power of my will and muscles, I started to move this feeling of tension and excitement upwards. But, this small wave only somehow reached the coccyx and faded. I increased my concentration. Second time, I was creating the new wave of excitement more persistently. The results were much better, however, the feelings quickly vanished away. But, when I was trying the third time, I suddenly remembered, that during one of our previous spiritual lessons, we had been doing a meditation for the awakening of 'Kuandalini snake'. So, the next wave I tried to lift with the same enthusiasm. And this wave moved up to the 'thousand-petaled lotus' so clearly that I physically, even with my skin, felt 'shiver' it left on its way. It was such a delightful feeling, as if some kind of Gate has opened! From the next wave, this 'shiver' spread all over my body, including legs and stomach. That is, the area of these physical feelings became larger. And, when this wave reached the head, I felt such a peaceful state of some kind of pleasure and drowse, that it caused me to relax even more and to plunge into

a meditative state even deeper. And, at this moment, first time in my life, I suddenly felt my aura! And though I felt it only partly, anyway, I experienced the feeling of some kind of overall density and light pressure.

I continued to lift up the waves and spread them even more over my Ka. And, maybe because of the success I finally achieved, maybe because of such a pleasant, peaceful, and safe state, but I enjoyed evoking these waves and spreading them over my external Ka so much, that I did not have any desire to leave this state and finish the meditation. But, as it's said, I had to. Nevertheless, even when I finished the meditation with all our group, this state of peace has not fully disappeared but rather changed into some feeling. It was so good, so great and so inspiring, that I, frankly, even lack words to describe it! Simply wonderful!

– That was cool! – Victor was first to share his impressions after this meditation.

– Aha! – Eugene echoed. – I feel as if my batteries were recharged!

– Or rather as if they supplied us with big amount of electrical energy, – Nikolai Andreevich expressed his opinion. – It's very interesting. I really feel as if I had a good rest… – And already addressing to Sensei he added, – I found it interesting that I immediately felt some gaps and nonhomogenicity of my field. And right after a few of such exercices with parasympathetic ganglion I noticed homogenicity and general excitation. As if my magnetic field intensified or how it is called… And what stroke me also was the fact that my consciousness began to fade out along with the general excitation. I felt so comfortable! It's so stunning but I feel as if I became fifteen years younger!

Eugene turned to him with impatience, – No wonder, doctor, that you feel rested and younger after almost a week of rest on the sea coast together with a company of young people.

All of us laughed together with Nikolai Andreevich, – It's too early for you to consider me to be a pensioner, – the doctor uttered

with a smile. – I'm not that old!...

Eugene immediately asked Sensei, – Does this meditation have any by-side effects by chance?

The seniour guys roared with laughter even more together with Sensei and Nikolai Andreevich.

– That's alright, – Volodya answered Eugene in a low voice. – I also feel so!

– It's clear now that the by-side effects declare themselves only selectively at those who are older than 30 years, – Eugene made his conclusions.

His words caused everybody laugh.

– Well, but if to speak seriously, – Nikolai Andreevich uttered with curiosity addressing Sensei. – Does this effect of brain work appear only in the state of meditation?

– Of course, – Sensei answered. – Both psychics and energy function differently in meditation than in the normal state. Namely in this half-dozing state of meditation (note that it's not a hypnosis, nor an auto-suggestion or any other state, I emphasize it again, it's meditation) this effect of Ka manifestation appear, that means that ancient brain structures get excited with a certain energy through the inhibition of cerebral cortex (young structures of the brain). It's the same as if you open a door to the control panel of your Ka with a key of the unknown origin.

– It's interesting, – Nikolai Andreevich uttered. – Since despite I know a lot of scientific information on meditation studies, even of that very sleep, I haven't come across such a striking effect anywhere. – And after thinking for a while he added, – Although... I have found something distantly similar about the sleep in the writings of Pavlov. Do you remember his works on therapeutic...

Harldy Nikolai Andreevich finished a sentence, Sensei nodded and continued his thought, – and protective inhibition. Of course, I remember. Ivan Petrovich Pavlov was an outstanding physiologist, and he came quite close to understanding the importance of certain physiological processes in the cerebral cortex for people,

in particular of the sleep. And by the way he successfully cured with the sleep method different psychic diseases, including epilepsy. However he used traditional methods. But if he knew that time about such possibilities of control over the human body, he would advance in his researches much further.

What is the main sense in it? The sleep is needed by a man in order to restore and balance namely his energy structure. Since our everyday life is a constant information, excitation, contacts to other people, animals etc. All of it effects in a certain way energy structures of a man. During the sleep when the body has a rest, they restore themselves, that is there happens something like a 'recharge of accumulator'. That's why the process of sleep is so important and it's not recommended to decrease the time devoted to the nornal rest of the body.

However, if during the sleep the body is 'automatically' recharged, this meditation leads to artificial, that is 'manual' recharge which can be regulated by the man himself. Moreover this 'manula' recharge is much more effective since it uses not reserve forces of the body but external sources.

– External sources? What kind of sources are they? – Nikolai Andreevich asked.

– Hem, – Sensei smiled. – Those ones which are not known yet. Modern people use electicity without knowing for sure what it is in reality, so the same way these energies are used during thousands of years in meditations, without knowing what they are. And note it, it doesn't hamper self-improvement.

– But still, – Nikolai Andreevich insisted.

– 'But still' I will tell you one day, it's a too time-consuming topic. – Nikolai Andreevich nodded with satisfied air as he got what he wanted and Sensei went on telling. – So, unlike automatical recharge from your own reserves, you have a possibility here to recharge manually from alternative external sources. Therefore this meditation enables quick and effective restoration of Ka, stabilization of a good and strong biofield. And that, in its turn,

means strong health and good immunity... Since any pathogens like bacteria, viruses are also living organisms which have their polarity and function at certain frequency. But if you have a stong energy field, foreign energy will not penetrate through this powerful barrier. And there is nothing extraordinary. These are just laws of... let's say it so, of the profound physics.

Moreover, this meditation is very useful and effective when curing different diseases. In fact, it's universal. To say it in terms of medicine, there almost no contra-indications to its use. Since it restores first of all the immunity and internal reserves of the organism as it influences its chemical structure through the energy. The main thing is the accurate concentration on meditation, materialization of feelings and regular practice. Everything is simple.

– Does it help at posttraumatic diseases? – Nikolai Andreevich asked.

– Sure. It helps both at chronical and posttraumatic diseases. And it's quite effective at infantile cerebral paralysis. It also helps well at hypertension, hypotonia, enables effective restoration of the body after strokes, infarctions, as vessels become to function normally. However the most important is that it restores well the immunity, relieves a stress and recreates. I would recommend it in particular not only for those who have some diseases but also for those who treat diseases, the physicians, – Sensei said addressing to Nikolai Andreevich, – That is to people who contact often patients. When a man is sick, his Ka is distorted. Unwillingly he distorts Ka of healthy man. That's why the timely prophylaxis of Ka will be quite useful. As Nikolai Ivanovich Pirogov used to say, 'It's easier to prevent a disease than to cure it'.

(Extracts from the book by Anastasia Novykh
„Sensei of Shambala", Book IV)

Spiritual practice „Chetverik“

(Getting to know the terminology)

Man, like other information objects of the material world – from giant stars to the smallest particles – has certain projections, a kind of his “mirror” reflections at the energy level. Different peoples at different times have called 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 *“Aspects”***, as they are quite sentient (even more so than people suppose) and have their own characteristics. By their nature, these Aspects represent energy structures, certain local centres. In the invisible structure of man 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 Aspects are energy and information structures, and they play an important role both in the life of man and in his afterdeath 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 Aspects 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 Aspects.** 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, 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, 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 the help of certain knowledge and practices, he simply gathers himself into a single whole and operates these Aspects. 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 Aspects are not the astral doubles of man. Each of the four Aspects 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 man, while doing certain meditation techniques, being in

an altered state of consciousness, setting one of the Aspects to a certain thought-form, and focusing his attention on the latter, materializes the Aspect.

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 Aspect, 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 Aspects has its own characteristics and manifests a certain connection between the visible and the invisible world.

The Front Aspect is located in front, at an arm's length from the physical body of a person. It is related 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 Aspect 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 someone's or alien aggressive Aspects. 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 aspect was often described 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 the knowledge about secret signs. So, getting back to the Front aspect. The knowledge about the operation of the four Aspects greatly expands human capabilities. The frequent losses of sleepers happen due to lack of the basic knowledge in these matters. For example, the majority of sleepers act through their Front aspect even without realising it. And they make a big mistake, which leads to poor performance in their work, waste of time, high energy consumption, which often results in the rapid lethal outcome for the operator. More experienced sleepers act through their left Aspect. But I will say 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 "materialization 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 figures of these countries.

Rigden: Because the key word in this matter is "politics." That is why this knowledge is not available to peoples. 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 *O*din. 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 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 world of people, the same political and priestly competitions at the expense of power and people's neck are still going on. It's a pity there are 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, "He who knows the Truth not, whose thought is unstable and whose faith wavers, his wisdom

does not become perfect." But let us get back to the topic of our conversation.

The Back aspect 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 online mode, that is, here and now. The Back Aspect is a kind of a portal. It is an "Observer" which is directly linked to the pineal gland (epiphysis). Thanks to this portal, knowing certain meditative techniques, it is possible to carry out a "tunnelling" into any point in the past. The Back aspect 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 aspect may also be referred to as a spirit with a human face symbolizing the human past.

The Right aspect 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 aspect 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 aspect 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 characterized 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 say that all the four Aspects simply trigger the "birth" of certain thoughts, which correspond to various surges of certain emotional states. But the Aspects uphold 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, to the thoughts of which Aspect to give preference and his attention, 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 Aspect, which has triggered these thoughts, begins.

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

Rigden: That is so. The inhibition of the Front aspects in people and the activation of their lateral aspects is 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 aspect, 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 Aspect, that is, if

he exercise strict control over his thoughts and emotions, avoids negative feelings, strictly adheres to the Spiritual direction, he will get an effective helper which is well-oriented in the world of subtle matter and which has a multi-dimensional connection with the same Aspects of other people. And, I repeat, this connection happens regardless of time and space. In their sacred paintings, different peoples generally portrayed the Right aspect 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 symbolized this Aspect.

The Left aspect is located at an arm's length to the left of the physical body. This Aspect 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 man: the Spiritual or the Animal nature. When the Animal nature dominates the Left aspect is characterized by guile, pride, deceit and seduction. This is a clever and cunning Aspect, 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 Aspect in a proper way, it triggers doubts in a person and leads away from the spiritual path. While the Right aspect is associated with blunt aggression and anger, the Left aspect, 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 aspect, 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, 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 aspect also becomes a personal assistant and a private "informant" on sacred matters. The Left aspect 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 aspect and partially the Back aspect (in the mode of control and the tracking of information here and now) are active helpers in the spiritual self-development of man. At the same time, the lateral Aspects (the Left and the Right ones) as well as the Back aspect (with its database of information about the past) perform more of the sleeper's functions working with other people's Aspects 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 aspect in particular is the most informative one, it is the champion at retrieving information and manipulating the mood and the 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 aspect 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 the Conscience is asleep, devils whisper."

These Aspects are convenient for fulfilling specific goals and objectives in the invisible world. These Aspects 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 the purity of his thoughts, then these lateral Aspects control him, in other words, they gain control over him through the domination of Animal nature. To learn how to control and handle one's lateral Aspects, 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 Aspects 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 Aspects 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 Aspects function in daily life because of the material veil of the usual three-dimensional world. This is 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 the people with whom we have had a personal contact

and, therefore, came in contact with their auras), then we are actually making contact directly with their Aspects. If we think in a spiritual vein, in a positive way, then our Front aspects correlate, and if we think in the material line, in a negative way, then the corresponding lateral Aspects come in contact with each other. How does this happen? No sooner has a person thought, focused his thought on a certain person than an information exchange at the level of subtle energies takes place between the corresponding Aspects of this person and the person about whom he thinks. For example, we just thought of someone whom we have not seen in ten years, and he literally calls us almost 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 Aspects. It is just that one of our Aspects has come into contact with the corresponding Aspect of another person. After all, for Aspects, 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 cleanliness 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, and also in the form of informational manifestations of subpersonalities, about which we have already spoken, and the interaction of the lateral Aspects of a person with the corresponding Aspects 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 about 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 trigger a negative surge in him (aggression and fear) in such an invisible way with the help of the lateral Aspects so that he opened 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 Aspects, 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 aspects when the lateral Aspects are active like this?

Rigden: In general, it can be said that when the lateral Aspects 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 of a person in conversation with other people), the Front and Back aspects are simply being exploited by the lateral Aspects for their needs, instead of serving their true purpose – help 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 aspect 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 aspect 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 patterns and the material way of thinking) of a person into the hope of a future well-being in the material world. But man himself is to blame in this situation because it is he who chooses which thoughts to give preference to in his mind.

Anastasia: And if the 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 aspect works actively in him and, thanks to the discipline of thoughts, the lateral Aspects, let us put it this way, perform an additional function of some sort of Sentinels. Then even if aggressive, manipulative information comes from the outside, which the Back aspect reads, the former does not bother the person because his Front aspect is activated. Mentally, he simply ignores this information. At the same time, the lateral Aspects, which are controlled with the discipline of thoughts, besides taking part in

preventing unwanted developments, in fact, help in knowing the invisible world, thanks to their capabilities and interconnection with other dimensions. That is why it is important to be a Real Man and live on the positions of the Spiritual nature.

Anastasia: I know it from my own experience and from that of our group that when people are faced with knowing their Aspects in practice, different emotions may arise in them initially (from surprise to fear) from meeting, so to speak, 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 knowing his Aspects 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 between two emotions in him: fear and extreme curiosity. Whichever wins in him, so the result of cognition will 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, materializes it. One must have spiritual freedom in cognising the world, that is, one must be liberated from such fears through your 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, realizing that the Aspects 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 Aspects is related to human choice, or, rather, to creating conditions for him and to giving a certain degree of freedom to the Personality. That's the point of all this multidimensional structure of man. Had the lateral Aspects 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 Aspects he has an alternative of 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 wish for just one thing – his spiritual liberation and movement towards God.

The spiritual development of man can be figuratively compared with movement of a car with recurring slippings. 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 keeping it in the focus of his attention all the time. 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 Aspects), 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 Aspects. They set small everyday goals and material tasks before them, for example, to save, steal, buy, assert temporary importance in the family, at work, in the society, and so on. Figuratively speaking, they drive cars in circles, uselessly burning their gasoline (life energy).

Rigden: They just 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 man believe in them and work for this made-up system, which is one of the programmes of the Animal mind. In fact, it is man 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 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 peoples. Seek and you shall find.

(The Spiritual practice)

...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 at first talk about a simple but useful meditation intended for knowing your four Aspects. 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 in the consciousness of this people, called it Chetverik, and it was one of the basic initial practices in the process of self-perfection on man's spiritual path...

Anastasia: You mean the meditation intended for conscious perception of one's four Aspects?! This is indeed a rather effective meditation, which is aimed at knowing yourself, revealing particular qualities of daily work of one's Aspects, and their influence on consciousness through thoughts and emotional states.

Rigden: This simple meditation, in fact, is the first step towards getting consciously acquainted with your Aspects. While mastering it, a person learns not only to control his emotional states but also to understand the real reason of their emergence. As a rule, in usual life, the person does not notice or keep track of why he is suddenly overwhelmed by different by moods and emotions, which are changeable like weather, such as anger, aggression, slyness 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, man does not trace the initial provocation from the lateral Aspects. 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 Aspects, feel them deeply, identify emotional outbursts accompanying this activation, and understand the nature of manifestation of different 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 Aspects. 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", with a diagonal cross, into four equal parts. The meditator is located at the centre of 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 triangularlike spaces. This is how the fields of the four Aspects will approximately look like in the human understanding...

Now, I shall specify the location of the centre of each Aspect. The centres of these Aspects in these triangular spaces are located approximately at the distance of a little further than an arm stretched in the horizontal direction towards each of the four sides. The energy centre of each of the Aspects 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. The small sphere is a symbolic representation of the centre of each Aspect to better learn and easily understand this meditation. This is actually 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 point. 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 Aspects: they are spheres conditionally so that the resident of a three-dimensional could understand them.

So, we calm our thoughts, emotions, and get immersed into a meditative state. The breathing is usual and quiet. We open the hand charkans located in the centre of the palms. We breathe in, letting in the Qi 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 on each side of the body) and join the two flows in the Hara chakran (located approximately at three fingers' thickness 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 (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. You then drew our attention to the fact that the meditator concentrates on the breathing only in the beginning, as on the 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 tracing the further process of meditation, while breathing already takes place naturally, automatically. In due time, these clarifications helped me to understand the first steps related to mastering this meditation.

Rigden: Correct. During the meditation, the breathing must be relaxed and natural, and all the attention must be focused on the processes that are happening at this moment. So, at the beginning, of course, just like in any other meditation, all the feelings must be in balance, in the state of quiet. Accordingly, all the four Aspects of man will also be in the "neutral", unexcited state. The meditator senses them as if simultaneously. The centres of the Aspects are like big balls, suns, planets and so forth, you can imagine all this whatever 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 begin here.

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 the typical self-analysis of a resident of 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 one, a person needs a meditative experience and real changes, let us 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 a collector of all types of sensitivity. It directly takes part 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 portion of the betweenbrain, weighing only about 5 grams? The hypothalamus contains the most important centres of the vegetative nervous system. In general, it is in it 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 the main processes of homeostasis, that is, it supports the dynamic equilibrium of the internal environment during changes of external conditions, through coordinated reactions. Moreover, medulla oblongata, among other things, contains the centre also 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 take part also in the formation of the *solar plexus*.

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 Aspect by turn.* So, a person artificially activates his Aspects, thus generating in himself different initial emotional outbursts, and studies them at the same time. **The task of the meditator is** to learn to recognize the work of each of his Aspects, the result of which is manifested in daily life as certain emotional outbursts and thoughts. Let us take a closer look at the process of a person's interaction with each of his main Aspects during the meditation.

At first the meditator works with the Right aspect. *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 aspect. 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 different 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 the faces of the people around. Thus, a person subconsciously understands how these people feel at the moment. But the information reading mechanism itself is still not entirely clear to scientists.

Rigden: Understandably, because this reading, like many other functions of the amygdaloid nuclei, is connected to the work of the lateral Aspects of man 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 conditioned reflexes. Moreover, as of today, it has been established scientifically that damaging the amygdaloid nucleus can cause a partial disappearance of the structures responsible for rage, 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 outbursts 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. All the more so because man will still not 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 relationships... or, more precisely, of his orientation in the spaces of different dimensions. The four Aspects are also involved in this process. Although a certain phenomenon is present here. For these Aspects, no space and time exist in the way in which they are perceived by the resident of threedimensional space. But it is thanks to the work of the Aspects that an intuitively accurate sensation of orientation in time and space appears in man.

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, the ancient Russian spiritual practices presented this process as *spinning a vortex*, as a contact with the masters of the four winds that were endowed with the *properties of the four seasons: winter, summer, autumn and spring (the last one, which was endowed with characteristics of the Front aspect, was revered the most by the ancient Slavs).*

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

Rigden: Yes, but for general intellectual development, this knowledge is useful... Later, 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 timely prevent their undesirable development. With time, this process of work on yourself becomes like a habit, for instance, like walking. After all, at first man learns to keep his balance, then to move legs, and then this process becomes a part of a daily habit. As a result, man no longer pays attention to how he moves in space. He simply uses the result of his earlier work to do certain everyday tasks. So is with the experience of practicing this meditation. By controlling the emergence of his emotional states in each day, man preserves his attention and life energy unspent for more significant spiritual tasks. And without such a control, he usually unconsciously wastes this energy on programmes and the will of the Animal mind, allowing negative thoughts and emotions dominate his consciousness.

So, how does the inner work with the centre of the Right aspect take place. Usually in his everyday life, a person does not notice any of his Aspects activate, but he feels the result of such a process very well. When the lateral Aspects start working, the person's mood can suddenly change, moreover, for no apparent reason. Man 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 Aspects activate, in this case it is the Right aspect. Then, the Aspect triggers the formation of thoughts that correspond to this emotional outburst and captures man's attention with them. Like a skilful manipulator, it catches him on the state of hypersensitivity, so to say, "offering" him a choice of different versions of thoughts but in one and the same emotional tone.

In other words, when the Animal nature dominates man, the lateral Aspects in their usual mode of operation provoke

such emotional outbursts in the Personality. And what do such outbursts 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 Aspects thus pull the person into a negative state. Next comes the process of strengthening the mood in this direction, a kind of a looping on one and the same thoughts.

As a result, the person himself, with his choice of applying the power of attention, wastes the life energy on thoughts of the Animal nature, thus nourishing one of his Aspects, which has triggered these emotional outbursts. And the Aspect in its turn strengthens its influence on the person through his own resource of attention. It turns out that the person kind of wants to abandon, for example, a depressive or aggressive state, but actually he cannot get rid of it. Why? Because he has already allowed this state in himself with his own choice – by thinking over these thoughts, which loop him on this state. And he cannot abandon it because he actually does not want to give up these negative thoughts, ignore them in his consciousness, and avoid them in future. For they deeply affect his pride, megalomania, the feeling of his own significance or other "soup kit" from the standard package of the Animal nature.

When the Animal nature dominates human consciousness, the lateral Aspects try to always distract the attention of the Personality from the main thing – from focusing on spiritual liberation. And if we take this frequently recurring process on the scale of the whole 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 the illusion of existence and does not understand the real reason of why he actually lives 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, focus of attention, or rather, it was usual for me, on some empty little things of life, resentment, disappointments, aggression or satisfaction of the sense of 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 you and how to prevent or adjust this process. As you once advised, what helps well in practice 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 of the work of the Animal nature, so to say, "materialization" of your consciousness. For example, why does depression arise? Because of active work of the Right aspect. In such cases, a person tries to seclude himself, run away from society and, as they say, he "whines" alone. And if such one-type impact continues long enough, it can even drive a person to suicide, which, by the way, is what the Kandouks use. 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. Besides, this 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 aspect. The spherical centre of the* ***Right aspect starts rotating counter-clockwise.*** I draw your attention to the fact that the movement of the centres of the Right and the Left aspects occurs exactly counter-clockwise. This is mere physics. The idea that they rotate clockwise is already a game of 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 sphere and a clear sense of the "sphere" of the Right aspect as *dense and hot.*

Thus, a person artificially activates the centre of the Right aspect. 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 during fear or an intense emotion he as if experienced heat or vice versa he got 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 task of the meditator is to feel different emotional outbursts, which are typical for the work of this Aspect, in order to recognize them later on in everyday sensations and to stop them at the very beginning of their emergence. During this meditation,

a person, on one hand, kind of relives all this range of sensations, 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 follows the situation: what particular emotional outbursts trigger the emergence of an oppressive state of consciousness, what feelings arise at that, 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 aspect, the more heat he will sense from this sphere, and the stronger the negative feelings will become.

Anastasia: It must 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 be manifested (and everyone is usually aware of their "skeletons in the closets"), at the first stages of learning this meditation they can block themselves from such emotions consciously or unconsciously. 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 can unconsciously block himself from these sensations manifesting. 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 well and not pass the time idly, 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 so that a person could actually feel those states at the physical and psychological level, feel those emotional outbursts that each of his Aspects 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 outbursts, their influence and manifestation in everyday life. He will begin to understand "where the root of all evil grows from", this negative state, which has suddenly washed over him. He will learn to 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 will be lazy or 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 man. As man knows himself, he gets rid of his mental problems. The cause is not in the outer but in the inner. While knowing yourself, you need to learn to understand also the people around you, which means to learn to be kind.

Anastasia: This is an undeniable 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 needs not to imagine a hypothetical presence of these emotions but to really feel them. But let us go back to the meditation itself. *After the meditator has felt the influence of his Right aspect, 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 aspect.* 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 with an order of thought. *Then the meditator as the Observer returns to the conditional, median centre in the head. There, he once again feels the state of peace and quiet, the neutral position of all the four Aspects 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 outbursts, such as, for instance, anger and irritation. This background will quickly fade away after some time as soon as the person intentionally 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, not to get involved into this process

stimulated by the Animal nature and not to carry out 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. Who can tame his anger, he is like a sage who has won his battle without even starting it...** *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 the "Hara" with the Qi energy through the chakrans of hands. Then he once again moves this energy through 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 aspect.* ***And then he begins to work with his Left aspect,*** *rotating the centre of the Left aspect counter-clockwise artificially,* with the help of focusing attention and thought. The task is to feel the beginning of activation of this Aspect, what emotional outbursts it generates at that, which form the corresponding mood.

As a rule, the person gets the following range of outbursts: **a sense of pride**, self-love, temptation, increased libido, desire of having secret power over others and so on. Corresponding images may appear related to these feelings, to megalomania, lack of restraints, 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. If one senses heat during the rotation of the centre of the Right Aspect, during the rotation of the spherical centre of the Left aspect one will be able to feel an increasing sense of cold from it.

Having experienced all the emotional outbursts of his Left aspect, the meditator calms his emotions once again: he mentally

stops the rotation of the spherical centre of this Aspect. 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 the four Aspects simultaneously. The physiological sensation of cold, the residual unpleasant emotions and the feelings generated by the activity of the Left aspect may still be "issuing background activity" for some time.

After this, the meditator proceeds to studying the emotional outbursts generated by **the Back aspect**. For this, he first of all *switches his attention to breathing and focuses on the process of filling the "Hara"; then he turns attention to the movement of the Qi energy from "Hara" along the spine into the ancient centre of the brain (the conditional, median centre). However, now he directs the Qi energy already through the occipital area to the spherical centre of the Back aspect, activating this centre*. I draw your attention to the fact that the spherical centre of the Back aspect can rotate in different directions: both in the right (clockwise) and in the left one (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 outburst during the domination of this or that Aspect. And this experience directly links to the activation of a certain Aspect at that moment, most often the Left or the Right one (in which case the rotation of the spherical centre of the Back aspect will be counter-clockwise) or the Front aspect (in this case, the spherical centre of the Back aspect will rotate clockwise). These can be feelings from the person's present or the past, or various visions, depending on the power of emotional outbursts of the past. Sensations from the centre of the Back aspect may also be different, starting from the deadly cold and ending with a range of warm, pleasant sensations.

By the way, during intensive spinning of the spherical centre of the Back aspect in the counter-clockwise direction, what is created here is... let us put it this way, favourable conditions for the domination of the material thinking. It is mere the physics of the multi-dimensional human structure. The counter-clockwise rotation of the spherical centre of the Back aspect almost always gives the feeling of longing, hopelessness, worthlessness, scepticism, generates thoughts in the line that "you're nobody, and you'll remain such until your death", transience of time and doom. And if the spherical centre of the Back aspect started spinning clockwise, this, as a rule, activates the experience of emotional outbursts generated by the Front aspect. The latter, in its turn, is connected with the Soul and the spiritual development of man. In this case, entirely different sensations arise from the Back aspect. Quite often when the meditator practices this meditation, being in such an "elevated state", he in a way is "ejected" from the Back aspect to the Front aspect, and the meditation continues with a totally different quality. But for now we are talking about the standard scheme. According to it, *after working with the Back aspect, man also stops the spinning of this spherical centre and returns with his consciousness to his conditional, median centre of the head. He calms thoughts and emotions once again, restores the state of peace, quiet, and the neutral sensation of all the four Aspects simultaneously.*

Then the meditator proceeds to working with the Front aspect. 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 the 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 the 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 aspect. We concentrate on the*

spherical centre of the Front aspect, 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 aspect will be spinning, 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 aspect 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 he 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 Aspects but also to learn to activate your Front aspect and to timely switch to the positive state of consciousness and thinking.

The meditator ends this meditation as usual with an order to himself: "Inhale-exhale, clench-unclench fists with force." This meditation takes 20-30 minutes. At the first stages, it make 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 outbursts throughout a usual day. While practicing this meditation, one will be able to see its effectiveness in everyday life after one learns to understand which of his Aspects triggers one or another emotional and sensory outburst. 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 Aspects and switch to the Front aspect, to a positive emotional outburst, and the corresponding mood and thinking.

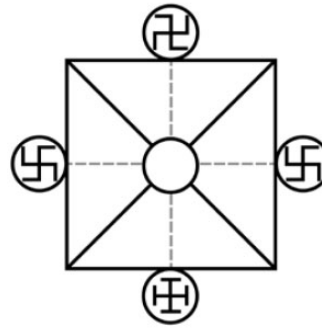
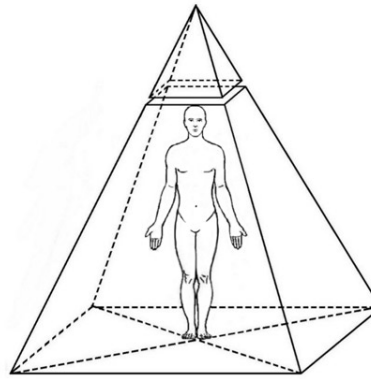


Figure 15. ***Symbolic image of the Chetverik meditation. This meditation is a like step to subsequent development and attainment of more significant spiritual goals.***

It is only a tool for a person to learn to control himself instead of being controlled by the Animal nature. Thanks to this meditation, man learns to easily navigate in his sensations and emotional outbursts, 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. Such a control helps one in daily life 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 be always in shape.

(Extracts from the book by Anastasia Novykh „AllatRa")



Spiritual practice „Pyramid“

So it happens in life. In practice, I have repeatedly come across cases when the person tries to do a whole range of different meditations but doesn't want to change himself, remaining selfish in nature and wishing to satisfy his own significance in everything and gain personal power over everything. Such people are often visited by doubts, pride, and incomprehension of the simple truths. But I've also seen other people who try to work on themselves each day, and they have an entirely different result of the same meditations. Aspiring to be Human in each day, developing themselves and doing spiritual practices, they begin to understand the silent Knowledge, gaining the true faith. For such people who have spiritual diligence, I would appreciate it if you could tell more 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 first one. Because 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 as in the three-dimensional world (with arms, legs, a head, and a trunk). 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 Aspects, expand his perception, and, most importantly, feel his Soul.

It is desirable to do the **"Pyramid"** meditation while sitting in the lotus position or simply in a cross-legged position in the "Indian style", placing your hands on your knees, palms down. However, if due to 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 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 outbursts. 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 Aspects. 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 aspects 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 behind. 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 Aspects are like frontier guards of our energy field or, in other words, of our personal space. What is personal space? Between the physical body and the four Aspects, 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 float"), 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 the 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 mood of an individual. 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 Aspects. The Soul is confined in the middle of this structure in some kind of a 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 man'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 glitter and sparkling of the pearl's nacre in the sunlight.*

Anastasia: Once you gave another good association, as you were saying about 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 man's head, that his thoughts are born. Approximately that is half a metre from the top of the head (the distance is approximate because it is individual). This is what the energy structure of an ordinary person looks like in the

understanding of a citizen of a three-dimensional world. It looks like a foursided 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 Aspects.* 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 due to certain pressure on your personal space. *Once we have felt the four Aspects, we move to the top of the pyramid. There, we observe the primary process of "formation" of our different thoughts (which later get transformed through the cacodemon and the agathodaemon centres, which you mentioned in the book Birds and a 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 or completely abstract our mind from them.*

Then we leave this 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 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. *Further, we remain in such a*

state of consciousness and observe from the outside our pyramidal structure and the Soul enclosed in it.

Next, the most important part of the meditation takes place. *We make the best possible direct approximation of consciousness (the Personality) to the Soul, and we do it at a deep level of 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 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 the 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 time for 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 time 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 only start learning this spiritual practice and when you already have an experience of doing it. At first, the technique itself seemed unusual for me because the understanding of how to do the spiritual practice, let's say, in the "geometry of space", was new to me. After all, it didn't involve any work with chakrans 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 a personal experience of the meditation yourself 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 2030 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 becomes symbolical, 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, and the Front aspect starts working actively...

What happens already at this stage of work in this meditation is, obviously, incomparable with the results of the very first attempts to practice it. 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, an intention and an active wish appears to practice it more, since you want to stay there longer.

For in this wonderful state, you begin feeling something very dear and near, an unusual 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 very many processes in our reality as the work of rough material energies. Surprisingly, in the state of meditation, you gain a clear 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 to work on yourself harder, track your thoughts and states, and prevent provocations from the Animal nature. The spiritual experience helps to understand where the true happiness lies, which begets the feeling of peace of mind 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 (cascade) 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 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 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 things of the spiritual Knowledge. Sometimes, even mentions of it got deliberately destroyed. As long as the true spiritual Knowledge was present in society, it was passed to next generations in the form of symbols as the most important thing which was also taken for granted in man'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.

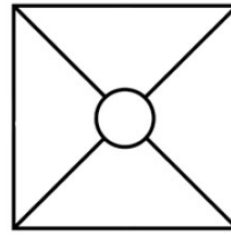
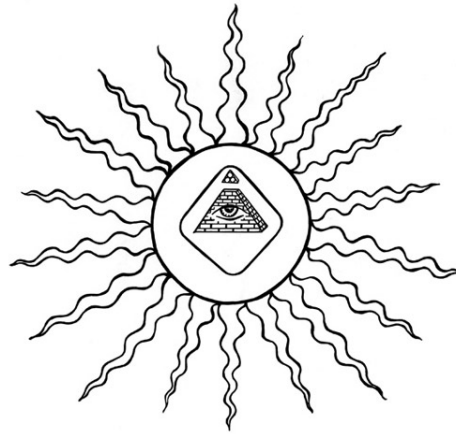


Figure 68. ***Symbolic designation of the "Pyramid" meditation.***

(Extracts from the book by Anastasia Novykh „AllatRa")





Complex „Ancient techniques“

During our trainings you will have a possibility to master serious spiritual practices and psychological techniques. Right now we will learn a whole complex of ancient techniques which were used not only as psychological anaesthetics but also favoured inner spiritual self-development and self-cognition of a human. These techniques were successfully used in their spiritual practices by many great masters of martial arts and their students. Due to their simplicity and effectiveness they are accessible almost to every person who got this knowledge. As they say, you just need to have a desire. Therefore they can be practiced successfully even by those who came today to our training for the first time. But before doing the techniques themselves let's clarify first what is pain and how our mind and body reacts to it.

Pain consists of eighty percent of our emotions and only twenty percent of functional disorders of the body. Therefore nobody in the world can objectively measure sensation of pain. Pain can't be measured by blood pressure, nor by scanning or any other analysis and diagnostic methods. The only one thing which can be done

by doctors is to listen to your complaints and respectively based on your subjective feelings to make out a preliminary diagnosis, to prescribe an additional examination and then to institue the following therapy.

How does our body react to pain? There are a lot of free nerve endings all around our body, the so called nociceptors. They react to each stimulation – pressure, change of temperature, electric charge etc. They are present in all tissues. Only our brain doesn't contain them. Therefore the brain itself is insensible to pain.

There is a following route of pain signals. After stimulation of nerve endings pain signals go through nerve fibers to the spinal cord. From there they are transmitted to the thalamus, the control point of the brain. They are sorted into incoming and outgoing signals there. Then they go to the limbic system which forms emotional response to pain. Therefore here is actually our dog (those eighty percent) who barks and yelps each time. That's why you have always heard an advice from me: if you want to ease strong pain you have to switch a dominant of mind, that is to distract your attention. But this act of will will not be sufficient for most people for long time, especially if pain is acute. Therefore there is a more effective psychotechnique.

I would like to specify that there are different types of pains. One thing is a simple injury, the other thing is an avulsed wound or an acute chronic disease. Therefore you shouldn't rely fully on and limit yourselves only with anaesthetic effect of those psychotechniques which I will give to you. You should always remember that any pain is first of all a signal of the body that there are some serious malfunctions. Blocking pain in your mind you eliminate the consequence but not the reason. That's why if your pain is connected with some serious disorders in the body you have to call for a doctor. If these are insignificant wounds which can be cured by yourselves without any medical help you have to follow all the steps we discussed at our trainings before. I mean the first aid,

that is to stop bleeding, to protect the wound with antisepsis from secondary pollution by microbes and to put a dressing on it. And then you can anaesthetize it by psychotechniques. I guess, it's clear.

So, the complex of ancient psychotechniques consists of three steps or if to say it with modern language of three stages. The first stage is to do the ordinary psychotechnique. It's a certain will training of the mind and preparation to the second stage – to the meditation. You don't need any special skills or breathing for that. Everybody can get results and take off pain. Unlike the method known by you you need not just to distract your attention but to shift your attention from physical body to your spiritual, or you might call it energy body. You may do any exercices at each position of the body. For example, a human sits, with his hands on knees. He tries, without lifting his physical hand but using only his astral hand, to touch with a finger to a tip of nose or to make some other movements: to put astral hands together, to lift to the side ect. Then he can make it more complicated: lying on his back in bed he has to lift up his physical hand, with his palm upwards. Like that. Meanwhile he concentrates all his attention at the astral hand and puts it comfortably – in the bed or under his head. The main thing is that he should concentrate on his astral hand so much that he forgets about the physical one. If you want you may set up the internal timer, for example to 'forget for 5 minutes', then to 'forget for 20 minutes', for one hour etc. Later you might leave your physical hand in this state for the whole night. And in the morning you will not be tired or feel any discomfort with your physical hand.

– What if it will grow numb and the circulation of blood will be broken? – the stout man around fifty expressed his doubts.

– It won't happen if you do everything in the right way. Because the energy body will be in its natural state. While the physical body without the astral one is just a robot which can be programmed by

your mental orders even for more interesting phenomena. Sure, if someone doesn't have enough of knowledge and will start to torture his body he won't stand such a pressure. The real physical abilities of the physical body are limited. So in order to get the above-mentioned result one needs first of all spiritual trainings... Thus by practicing this psychotechnique you won't feel your physical body while the energy body doesn't hurt since there is no pain there at all, there is a completely different physics. Here you have your own first aid!

Next, the second stage is to practice a very effective meditation. Wherever you are, whatever problems you have – physical pain, nervous disorder or some problems at work, at study, at home which require a solution in the quietness – imagine clearly the following. You sit on the top of a rock with a very comfortable sitting place either in a lotus pose, or in any other, even with legs lowered. But you sit on the rock and observe your body which is at the moment under the rock, for example it stays before your boss or sits during the lecture, or trains in the gym, or lies at home on the couch... You not only contemplate your body from the outside, but mentally concentrate only on good thoughts. The well known to many of you meditation of 'Lotus flower' is the best one to practice on the rock. It will help your mind to switch to the positive thinking. When the mind is tuned positively, even more so in the meditative state, you will have a good intuitive perception. And it knows about the world much more than your limited logical mind, therefore it will suggest to you the best and the most optimal decision of any of your problem.

Moreover, when contemplating the physical body from the rock, you will listen everything what is said to it, and your will see not with eyes of the body, with their limited visual angle, but the three-dimensional integral picture from different sides. You may choose any point, for example behind the shoulders of your body or near your friends, from above, from below, from side, etc, as you wish. And what is more important, the body upon receiving this complete

information will be much wiser. Because its stupid thoughts will not work. Because the body is just the body. If it is not controlled, it will be guided by instincts of the animal nature. Thus like in the previous psychotechnique you moved your astral hand, you learn to separate your physical and astral bodies in this meditation. Your main task is to learn to feel yourselves on the rock and to contemplate your body from outside.

And finally the third stage is the same meditation, but now you learn to control your body beyond the body. That is when on rock you contemplate your body under the rock, you wish for example to lift up the right hand of the physical body. You feel well your astral body on the rock. But you don't feel your physical body under the rock, you just see how the hand is raised upon your order. Then you teach your body to walk, to make more complicated movements and very complicated movements. And then, for example, your body is actively training in the gym while you calmly observe from outside the whole complete picture of the training. Finally when your body participates in the fight, you sit on the rock and observe the fight in full scope, from all the sides. And you not only observe it but quickly react giving necessary orders to the body. Since you see in the first turn what the others don't see. You see the energy hand of the opponent which is going to strike, and only then the physical hand follows it. It means that you foresee any blow and can counteract immediately. The energy hand of the opponent who didn't learn some special techniques is not a problem for any man. In this case it has too little power. But the physical hand is a problem for a physical body. Therefore you will always have time to block it, or to make a counter-blow, and your body will move much more quickly than anybody's else. Since it's proven, and I have shown to you many times that a man in a special state can work miracles, quickly react during the fight, lift heavy things which exceed his weight, move very fast without harm to health etc.

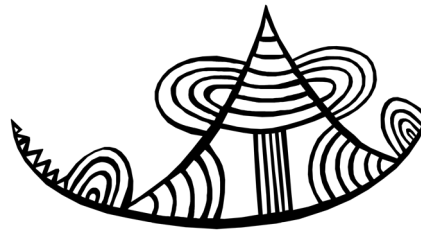
All this complex of ancient techniques is very simple and very

effective, you just have not to be lazy. This is an everyday practice. Beside your work on the 'lotus flower' on growing the inner power of Love, you improve your inner world and physical body through spiritual trainings.

These ancient practices are useful not only for those who practice martial arts but also especially for those people who can't physically move – bedridden invalids. It's a chance for them since they get a completely new life. Even if they don't have extremities, they can learn observe anything by moving astrally and thus overcoming obstacles which are not under control of even the physical body. Moreover, invalids and paralyzed people despite the fact that their nerves don't function can learn to control their muscles and their body will move freely. And it really will do it! Since there is no force which might resist the power of God or the will of God. Everything depends on your sincere Belief and inner spiritual world. Since any disease is first of all a result of your weak faith and strength of mind. If a human brings to order his inner world, his physical body will have nothing to do but to follow the spiritual one. Since, I repeat it again, a body is just a body, it's a carriage. And you are a driver in it. It's up to you to bring this carriage to a proper state and to drive it in that direction you will choose yourself.

(Extracts from the book by Anastasia Novykhby "Crossroads")





Technique „Control of surrounding space“

(Focus on the positive)

Was it possible to undertake something over there? – Volodya argued hotly. – We had to work mostly at night, in complete darkness, and often in cellars. There you can't light not only a flashlight but even a cigarette or you would instantly get a lead bullet. So many our guys died because of that! The only thing you try to do under such circumstances is to fire back on every sound in the darkness.

– But you are supposed to have special equipment for night vision, – said Stas.

– Aha, they only show that in movies. But in reality, maybe they have it in anti–terrorist units but where can we get it from?

– Why do you need special equipment? – Sensei asked shrugging his shoulders. – The human is a lot more perfect than any piece of iron.

Volodya reflected and remaining silent for a little while he added:

– Well, I think I've tried all there. I tried to narrow my eyes, so vision would adopt faster, with guys we tried to train in the darkness in order to improve the perception of sounds. But all in vain. Still in most cases we were caught by surprise despite the fact

that we seemed to be ready.

– Vision and hearing here are absolutely irrelevant, – ascertained Sensei. – Humans have a completely different level of perception, due to which you can control all your surrounding space at desirable distance around you.

* * *

After the training, almost at the very end of the additional training, we again heard something interesting.

— Sensei, is there such a technique to control the surrounding space that can be taught in a simpler form, so that it could be understood and practiced by the guys of my sub-unit? — asked Volodya.

The Teacher thought for a little while and replied:

— Yes, there is such a technique, although you will need a partner for it. Best of all is to practice it sitting in the lotus pose. You should do the following: on the level of your head suspend a soft tennis ball on a rope, so that during its swinging or pushing by a partner the trajectory of its flight would coincide with the location of your head. Your objective is simply to learn to dodge it without using your common organs of control in the surrounding space, and to rely more on intuition. You should perceive the ball in its spiritual interpretation. Try to feel the object approaching the back of your head and, guided by your internal intuition, move your head before it hits you. The most important thing is to train your mind, and again we got back to our subject, — smiled Sensei. — Speaking frankly, you should bring your mind to a complete calmness so that it reminds you of the mirror-like surface of a lake. And in that full silence of your consciousness, the approaching object, in our case the ball, will be like a pebble thrown into that glassy surface, causing ripples, or like a boat, call it as you wish. But it will be cleaving your space. All the rest that

is located farther, such as people standing in the circle, will be like trees or people on the shore, whatever you prefer. And you are the center of that lake. You should learn to feel any vibration on your surface, any penetration in your space. Finally you will learn to feel the approaching alien object and all that's happening around.

Andrew, who stood with us next to Sensei, asked, — Can we also train in this way?

— If you have such a desire, certainly, train yourselves, answered Sensei.

— And in this case, what kind of a perception will it be? Volodya asked.

— Almost the same as the one during this demonstration. The most important thing is to come out with your consciousness over the boundaries of your body.

— And how is that?" Andrew didn't grasp the idea.

— Well, I'll give you this simple example. Any human, when he sits down, relaxes, and tries to calm his thoughts, will start to feel that his consciousness is widening and comes far out over the boundaries of his body. Consciousness becomes three-dimensional. It covers enormous spaces. In this case, you simply limit it with a certain place. In the example that I showed you, it was the sports hall. Although, if you train hard enough, you will be able to feel what is going on at the other end of your district. Actually, it's not that difficult.

— In other words, the most important thing in the exercise with the ball is to achieve a complete calmness of the mind, like in the example with the lake? — Andrew asked again.

— Absolutely correct, and make an effort so that not a single thought could enter that space.

— That's hard.

— Hard, but possible.

(Extracts from the book by Anastasia Novykh „Sensei of Shambala")



Technique „Shifting the centre of gravity“

(increasing rate of movement)

At the next additional training we were learning the new kata with interest and diligence. The “speedy guys” never ceased to impress us with their mastery. With captivating beauty and thunder-like speed, they conducted sparring with each other. Andrew, just another time observing their movements, complained to the Teacher:

– How do they move so quickly? It seems like we do same kata, but no matter how hard I try, I still fall behind much. They move practically twice as fast as I. Why?

– It has to do with balance. This is the trick, – answered Sensei.

– But I keep the balance as it should be, as I was taught earlier, still with my first steps in karate. In my opinion, I follow all the rules; the center of gravity is distributed as it should be. But it doesn’t work like with them.

– Because you move the center of gravity while they follow the center of gravity.

– And how is that? – Andrew was surprised.

– Well. In "Hara", or how it's also called, the point of Dan-Tian, which is located three fingers lower than the navel, is the center of gravity. Remember, one time I told you about this. Everybody is taught to rightly hold it, to step, to move and so forth. You were told that, for example, a standing man doesn't fall down until his plumming line from the center of gravity is located inside a platform limited by the edges of his feet. Walking is a series of falls forward, prevented by timely moving the supporting leg. Running is a series of jumps from one leg to another with a corresponding shift of weight of the body and the center of gravity. Right? Right... In other words, everyone is speaking and teaching to follow the general rules of moving the center of gravity. **But that is why they lose in speed. Because in order to increase speed and to teach the body to move, one needs to learn, first of all, to move the center of gravity**.

– And can I learn it or am I hopeless? – Andrew asked with a smile.

– Only the fools and the lazy fellows are hopeless, – Sensei replied with some kind of irony. – Otherwise, everybody can learn it. There is an elementary technique to shift your center of gravity. In other words, it's almost the same dynamic meditation. At first, you learn the breathing technique. In any arbitrary movements, when your hands move away from you, make an inhale. When hands come to you, exhale; step forward inhale, step back, exhale. You exhale into the bottom of the belly, into the "Hara", which is similar to how we exhaled through our hands in meditation. In other words, during the exhale concentrate your attention and completely concentrate on this point of the belly, as if slightly straining it exactly in the area of "Hara". In the end, you begin to control your derived breathing in this way. And the most important is to feel this place, to feel in particular your center of gravity.

– And what kind of movements does one need to perform? Is there any sequence?

– Any, whatever you want, it doesn't matter. If you want, warm-up or polish kata, or simply walk in circles, or make bows, it doesn't matter. The important work is done by your thought and concentration. This is the first phase: to find exactly your center of gravity and to feel it during any movement.

The second phase is aimed at increasing the point of gravity, concentrated in the "Hara". In other words, you mentally send Qi to it. At this point, due to the concentration of the energy of air, it spreads and becomes round and dense. And now it turns into a small ball, in whatever you like or imagine. The important thing is that you almost feel it physically, as if something is there, for example, such a big, round ball from bearing or so forth.

And the third phase is the most important. With the power of your will, you move this center of gravity and everything follows it. Wherever you are and whatever you do, you constantly perform this dynamic meditation.

– Just like the "Flower of lotus"?

– Absolutely right. Just like that. Besides, to practice one meditation doesn't mean to neglect another. No matter how you move, wherever you go, first, you should move with your mind not the body, but your center of gravity. While later, the body already should learn to keep up after it. That is all. Everything is simple.

Andrew reflected and started to move with breathing.

– Look here, – Sensei drew his attention, – that's how you move usually. You bring forth at first the shoulder, the leg, the head, and so forth. In other words, at first you bring forth some part of the body while later the center of gravity. And now look at the guys. See, they start all movements exactly from the point of "Hara", the bottom of the belly first goes forward, while later the body follows it, no matter how they move around, quickly or slowly.

– Aha, now it's clear, – Kostya caught up, carefully listening to the Teacher together with us. – And we couldn't get why your unusual walk differs so much from other people.

Sensei shrugged his shoulders and said with a smile:

– It's a habit.

Our first attempts ended with loud laughter because everyone tried to learn everything at once. But all that we were able to do was to walk like penguins. That's why Sensei remarked:

– Guys, I told you, you at first need to learn to breathe, to feel you center of gravity and later to move it.

– And how do they accelerate their movements? – asked Andrew, nodding towards the "speedy guys". – Do we need to do something special then?

– Actually, no. You can accelerate just with exhale, in other words, with the power of your thought pushing forward the center of gravity. Just like you move your hand just by thinking about it. It is the same with it: you should freely move your center of gravity by mentally sending it an order. And when you learn to move your center of gravity at the speed of thought, you will be able to move so quickly as your physical condition will permit. You'll only need to have time for your body to catch up with your center of gravity.

– Great! – pronounced Andrew. – Any sprinter competition can be won in this way.

– That's for sure. If this technique were known to sportsmen, they would have won the gold at world championships, – Sensei answered half in jest.

– And doesn't anyone of them know about this?

– Unfortunately, not.

– I have never heard about this and even never read about this, – Kostya confessed honestly, to our surprise, – Why?

– Well, this is a very ancient technique for the development of human abilities and it is the secret knowledge of superiors of ancient monasteries. They don't tell about it even to their

disciples and save it for their own use as a peculiar, secret technique. Though, in reality, there is nothing special about it. It's not even the Art. An ordinary technique easy to learn by anybody, although it is more effective among others and that's all...

(Extracts from the book by Anastasia Novykh „Sensei of Shambala")



What is spiritual life?

If he 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 just one goal – victory for the sake of liberating his Soul!

Rigden Dzhappo

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 the 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 yourself. 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 the words that got etched on my memory, “No one will save the 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 who seeks to merge with his Soul, it is important to treat each meditation as the largest 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 cognizing 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 cognizing 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 seeks it himself, when he makes the spiritual the 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 get to know to the end the “Lotus Flower” the spiritual practice – an entire life will not be enough. Any meditation, just like Wisdom, has no limits in learning it. 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 he who sincerely wants to reach spiritual heights and is not lazy to work on himself, he can attain the maximum already during this life.

* * *

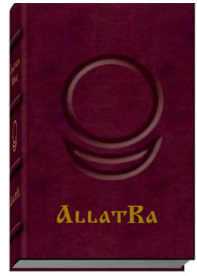
Even a great spiritual journey starts with little, with the first steps. You must practice spiritual awareness, and not the understanding from egoism and the mind filled with dreams of fulfilment of the earthly desires. If a person wishing to develop spiritually limits himself only to such desires as "I want", "I'll become", "I will", and does nothing for real 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 untiringly working on himself with the help of discipline, self-control and spiritual practices, then eventually he learns how to control his emotions, his behaviour, and his thoughts. It is only when the person masters an altered state of consciousness, which is new to him, and steadies himself in taming his Animal nature that the invisible world will start revealing him its secrets. Spiritually refining themselves 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 realizes the complexity of this world, he simultaneously comprehends its simplicity in the light of the unfolding eternal Truth. Evolving spiritually, man can waver in his choice until he passes the sixth dimension in his spiritual development.

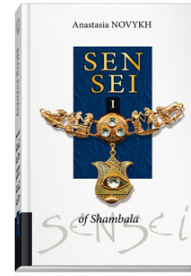
(Extracts from the book by Anastasia Novykh „AllatRa")

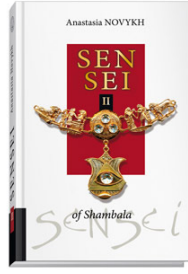
The Soul-saving Prayer

My True Father,
In You alone I trust.
And I pray to you, Lord,
Only for the salvation of my Soul.
May Your Holy will
Strengthen me on this path,
For life without You is but an empty instant.
And only in service to You is life Eternal.
Amen.

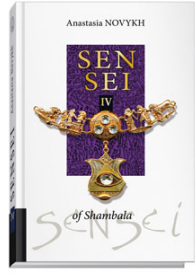
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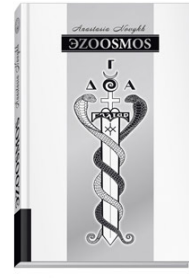




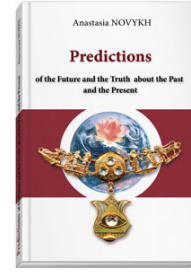






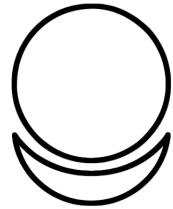








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