

## **IT'S BETTER TO KNOW than TO BE AFRAID!!!**

**Science states that nothing in nature disappears and is not reborn. Matter does not disappear and does not appear, and life is not destroyed and does not appear. Matter, energy and life are eternal. Man, in whom matter, energy and the principle of life are cosmically concentrated, has not linked his essence with the passing events of life.**

**forms, but with that which does not disappear, which always exists: Eternal Matter, Eternal Energy and Eternal Life.** Thus, the Teaching of Jesus Christ about Eternal Life has already been confirmed by science. N. Roerich wrote in his time: "Every end is only the beginning of something even greater and more beautiful." The great philosopher associated these words with what is called death on earth, which is actually only a person's transition to the spiritual (some call it "energetic") level of existence.

### **WITHOUT PHILOSOPHY, THERE WOULD BE NO DEATH!**

The sin of philosophy (especially Christian) in spreading the fear of death is particularly great, criminal. And how to prove that death does not exist? **How to refute that millennia-old the lie that we only live once and die forever? How?**

It is not difficult to prove this *to yourself* personally . For this there is meditation, voluntary practices of leaving the body (called "astral travel" in esoteric literature)

"traveling"), and there are other forms and methods of self-knowledge. Fear of death *a different experience* helps to destroy it forever : coma, clinical death, from which

A person returns with a different knowledge of the afterlife and brings with them visions of THAT LIGHT. And a divine state of bliss.

It is interesting that there is Light everywhere: both here and there. LIGHT is "that material, real, visible-invisible Reality (GOD), eternal and indestructible. It is not for nothing that yogis devote themselves to difficult meditations in order to transform themselves into *bodies of light*. The skepticism, reeking of death, which is aroused by our "misfortunes" on earth, has given much food to the mystifiers of death, the adepts of religious and secular "philosophies". **Return**

**For a person to trust in his Creator is not an easy task, but it is not hopeless.**

**Death is an illusion, said OSHO.**

And what to do with Kierkegaard's "sickness unto death"? How to respond to his "trembling and fear"? What to do with Fichte's monsters? These are their personal fears and theories - you don't have to believe them. They didn't know that there was no death and, perhaps, if they had lived in Tibet, they would have realized all their genius in the search for the Light within themselves. Moksha is the knowledge that everything is an illusion, maya, a game. Science is the reduction of the knowledge of the mind into one closed system, which is based only on experiences gained by the mind-body, and that knowledge There is only one method for verification: *cogito ergo sum*. That method has long since gone bankrupt. If it were as Descartes taught, we rationalists would have to create

Paradise on Earth, and now we are clearly moving towards the gates of Hell. Humanity is approaching the brink of self-destruction. Who will stop us? Reason? No. It is not given that. If reason were able to accurately and reliably verify (evaluate and check) everything, it could not be wrong?

And he is constantly wrong. **The mind cannot be a standard of verification simply because its knowledge is unreliable, changing, that is, dying. It is they who infect us with the fear of death.**

Only consciousness, intuitive knowledge never deceives. A person must learn to control his mind (thoughts). Unable to control his thoughts, he becomes dangerous to himself. He becomes a hostage, a fur coat, a patient of his "mind constructs". All phobias, schizophrenia, neuroses are the consequences of the mind. It is enough to "turn on" the Light of Consciousness and look at your phobias from the outside and the "deathly illness" disappears. Then trust is born

Self, as a Spiritual Being. A conscious person becomes the true blacksmith of his own life, he no longer poses a danger to others. **A person who**

**ignores self-knowledge is dangerous to himself and others.**

**This is what Jesus Christ said:**

**"When you know yourself, then you too will be known and  
you will know that you are a son of the living Father.**

**And if you don't know yourself,**

**"At that time you are in trouble and you yourself are trouble."**

My journeys to the "beyond" began with R. Monroe's books. I recently saw a link, that one of his books will soon be published in Lithuanian! **The book review reads:**

"Monroe's first book, *Journeys out of the Body*, was published in 1971. Since then, according to Dr. Charles Tart, one of the leading researchers on human consciousness and psychic abilities, "many people have

breathed a sigh of relief when they learned that they were not alone in this Universe, but that they were on their way out of the body experiences are not signs of madness." In this book and its follow-up, *Far Journeys*, Robert Monroe recounts his out-of-body journeys, which spanned more than thirty years. He was the first to

the still unsolved mystery of human consciousness. In his third book, "**The Final**

**"The journey"** the author takes us to even deeper layers of consciousness, but he

himself is reluctant to admit that he has managed to reach the final limit...perhaps every reader

will understand that **a new direction is available to absolutely everyone**, as long as a person is ready to abandon limiting beliefs and look at everything with a new, open eye."



Robert Monroe Institute, USA

And this is the most difficult thing. I noticed that all the Lithuanian references about **Robert Monroe** is with "viruses", so look for information about him in Russian or English.

You will definitely find it. There is a scientific research institute in the USA named after him.

When we get sick, when we are deeply disappointed with "life", this is a state that needs to be used for a new leap into a DIFFERENT stage of life. "Spiritual crises"

The problem has been studied by such famous psychologists as **Stanislav Grof, Carl Gustav Jung, Roberto Assagioli, John Perry** and others. They all agree that crises are an inevitable stage of human evolution and that **crises, experienced correctly and fully, provide an opportunity to "die to the old self so that a new, more perfect self can be born."** Thus, we can say that **a spiritual crisis is actually an initiation into a new stage.**

It is not some taboo to be interested in death. **It is better to know than to die not knowing.** I tried **pranayama anuloma**. It was a long time ago, maybe 15 years ago, when I started to explore the topic of death from various aspects. Since all mystics deny death, I was curious to check something. I checked. I wrote about it in my book "On the Path of Light". Maybe some people thought that this was my fantasy. No, brothers, no fantasy, but pure truth. I will not teach you that pranayama, I will only provide links below. Study it yourself. However, I must say that it is not available to someone who does not have meditative experience. After what happened, and more than once, I was no longer afraid of death.

If you don't know how to meditate, maybe Hemi-Sync will help you. All links in the comments.

Because I was a mature person, I didn't rush into the unknown like a madman. I had read a number of fundamental books before that. So first, read carefully WHAT IT IS.

Don't rush. You have to prepare, calm down, accept.

**So, do not be afraid of priests or philosophers - they often do not know what they are talking about...**

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1. Robert Monroe's book "The Final Journey" in Lithuanian. <https://mayagrey.com/roberto-monroe-knyga-jau-ir-lietuviskai>

2. Try to find books: **Seraphim Rose. SOUL AFTER DEATH.**

**Larry Rosenberg (with the participation of David Guy).** yyyyy y yyyyy yyyyy. yy yyyyyyyy  
yyyy yyyyy.

3. [Stanislav Grof - Wikipedia](#)

4. I highly recommend reading a psychologist's perspective on spiritual crisis, which often leads to a new leap in consciousness. <http://psichologas.eu/?id=91>

5. [HemiSync - Binaural Beat Brainwave CDs - Patented alternative therapies from Hemi-Sync - Monroe Products](#)

6. Follow the books on It – Stanislaus Grof's book "**Holotropic Breathwork: New Perspectives on Self-Analysis and Its Therapy**" will be published soon.

7. I have already written about "**Life in the Light after Death**" - it is published on the website.

<https://sviesoskeliu.lt/temos-tesinys/#1743146229026-31d46515-bdf6>

**8. The Robert Monroe Institute website states:** For over 50 years, the Monroe Institute has welcomed consciousness researchers from around the world. Our non-dogmatic, experiential approach allows you to explore human consciousness on your own. Monroe programs combine the application of Monroe's sound science with exercises designed to cultivate specific states of consciousness. <https://www.monroeinstitute.org/lt>