

FOR YOU, Children of Light!

I gift you my book "On the Path of Light," which was helped to be written by our Lord and those who cared about the essence of the Teachings of Jesus Christ. Perhaps this book will help you navigate the value system of this world, so that you do not get lost in the darkness. This book is dedicated to those who are disillusioned with Christianity. I long for you to understand WHY this has happened. When you read the book and its additional texts (in virtual form), you will realize that Christianity as a religion is not identical to the Teachings of Jesus Christ. Jesus Christ was not a Christian, but a Teacher. Just like Buddha, who was not a Buddhist, but a Teacher. Religion is a collection of dogmas and ecclesiastical laws created by priests. The Word of Jesus Christ has been "corrected" over the millennia by all who have wielded the power and authority of the church. Now we see what they have done. The churches have emptied. The priests themselves claim that "Christianity is not needed for Europe," but they remain silent about the answer, "WHY IS IT NOT NEEDED?" Priests have created many different churches and still do not agree on many dogmas. The Word of Jesus has remained alive in the church's "subrogated," non-canonical gospels, apocrypha, and the writings of mystics. With the thoughts of Jesus Christ, I begin my book from the first cover. These are the most important themes for reflection on what GOD you believe in, to whom you pray, and what you worship. Jesus Christ said that He does not need the glory of this world. He needs your

So, with this introduction, I want to pique your interest in the book "On the Path of Light!"

I decided to organize all the texts into "shelves" and leave you my archive. Perhaps someone will stumble upon it one evening and read it. I know one thing: that which has been studied for a long time must be archived. Maybe someone will add to it, maybe someone will discover it like a treasure. How cold and dull would the history of Christianity be without the Nag Hammadi library, which was discovered in 1945 in a small town in Upper Egypt? Thirteen leather-bound papyrus codices were found buried in sealed clay jars.

Thanks to those people who felt responsible for the Word of the Lord and decided to leave it for us. These are the works of early Christians (Gnostics). It was the Gnostics who allowed thousands of people to hear the Living (Secret) Teaching of Christ. They proclaimed that the path to liberation goes through *gnosis*, which is the knowledge of the spiritual world. They taught that every person is an heir of the divine spark. Remember that Jesus proclaimed the TRUTH to people about their

Spiritual nature. Think about it: if a person were only a body, our lives would have no meaning or value. God's Truth is not in the Bible, as claimed by Christian orthodoxy, but within US. This is where the great conflict between the Gnostics and the Pharisees-Orthodox arises and persists.

For the vast majority of people, spiritual experience is "some kind of mysticism."

Yes, indeed, it is attributed to mysticism, but it should not be confused with witchcraft, occultism, or shamanism. Mysticism is not a deviation from mental norms or a wandering off course. It is a path to the experience of Spiritual Reality.

If your mind rejects this, you will never know WHAT IT IS, WHO YOU ARE.

Describing spiritual experience is impossible with any words. One can live (the vast majority of people do live this way) in a fog of selfish interests, or one can "push them aside" and check, WHO AM I? What is this world in which I live?

Once, something strange happened to me: I "stuck" to a light-emitting book, and for 24 years now, I have been "working" on that topic... theoretically and practically. Everything is described in the book. After its publication, I continued to work, that is, I conducted a philosophical, historical, spiritual "revision" to find out WHAT blocked my/our path to the Light that Jesus Christ called God. I discovered that there were many holy people, mystics, and laypeople who believed in the Spirit's Light as TRUTH. Their thoughts and works shine like diamonds in the history of Christianity. However, for some reason, the church does not like to talk about their mystical experiences. Therefore, few Christians know the names of Meister Eckhart, Jacob Böhme, or St. Teresa of Avila, as well as many others. The pursuit of Light (enlightenment) was not only sought by Christians but also by yogis and Buddhists. All Gnostics know that SPIRIT-GOD is one for all, and no one can deny that. Perhaps it seems to you that Jesus lived on Earth a long time ago? However, when you analyze the history of Christianity, you realize that everything is alive, just like YESTERDAY. Its history has not ceased – it excites even today. With my book, I did not intend to teach you or lead you anywhere...I simply wanted to reveal one invisible, inner life direction, which, when followed, becomes dearer, brighter, fuller, and more beautiful. I have read many books whose authors dedicated their lives, in the fullest sense of the word, to the search for That Light.

I presented some of those authors in the book. I am immensely grateful to them!

I secretly hope that they will also "infect" you with the search for Light within yourself. That "work" is not exhausting, sometimes even very pleasant. I started writing my book

Christ: cover, on which I wrote the most important words of Jesus

This is the message we have heard from Him and declare to you:

that God is light and in Him there is no darkness at all. /1 Jn 1:5

For you are all children of light, children of the day.

We do not belong to the night or to the darkness. /1 Thessalonians 5:5

Jesus spoke again: "I am the light of the world. Whoever follows me
will never walk in darkness, but will have the light of life."

.....

LIGHT PATH
Happy reading!

Celestina

ŠVIESOS KELIU

*Tai yra žinia, kurią išgirdome iš Jo ir skelbiame jums,
kad dievas yra šviesa ir Jame nėra jokios tamsybės. 1 Jn 1,5 5*

*Juk jūs visi esate šviesos vaikai, dienos vaikai.
Mes nepriklausome nakčiai nei tamsai. 1 Tesalonikiečiams 5:5*

*Jėzus vėl prabilo: „Aš – pasaulio šviesa. Kas seka manimi,
nebevaikščios tamsoje, bet turės gyvenimo šviesą“. Jn 8, 12*

Vilnius
2024

THE GOSPEL ACCORDING TO THOMAS

3 JESUS SAID:

If the leaders say to you, 'The kingdom is in heaven,'
then the birds of heaven will precede you;
if they say to you, 'It is in the sea,'

But the kingdom is within you and outside you.

**When you know yourselves, then you will be known and
you will know that you are the sons of the living Father.
But if you do not know yourselves,
then you are in poverty, and you are poverty.**

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INTRODUCTION

LIGHT AS A PHENOMENON OF NATURE?

Sometimes, what is closest to us, what accompanies us every day and throughout our lives, without which we could not live at all, we do not consider a special value. We are so accustomed to the light that we regard it merely as a natural phenomenon and nothing more. It is our daily companion.

As soon as we get out of bed, we say: "Ah, how bright it is! There is a lot of sunshine today, we will go to nature." Or conversely: "What a cloudy day, the sun

ar someone say:

I wish you bright days. May your thoughts be bright.



Peace

I believe you will agree that without light, our life would be unimaginable. However, scientists claim that we see only a very narrow spectrum of sunlight and cannot see all the light. Our eyes would not allow it. Even looking at the sun is not advisable. From physics, we know that light can be white or colored. It has been discovered that sunlight is white, and its ray, passing through a glass prism, is dispersed into a spectrum of light consisting of seven colors: red, orange, yellow, green, blue, indigo, and violet. What we see, we consider an objective empirical truth. Is that knowledge enough for you? For others – it is not.

People like to "dig" into esoteric knowledge. And who can forbid them?! Some create their own theories while ignoring even scientific knowledge. And that's not a bad thing. It's in this way that science has moved forward, satisfying the curiosity of the mind. Although today esoteric theories about

The theories have already been disproven, but that word is still used. There are still many unanswered questions: what is consciousness, how does the mind work? The human desire to understand the surrounding nature, the cosmos, the depths of the seas, oneself, and the structure of one's body down to the cells and atoms has been and still is immense and unstoppable.

The worldview of the German mystic Hildegard, in which "the divine manifests in trees, waters, clouds, winds, sunlight, and throughout the universe."

Hildegarda perceived our planet as a living, breathing organism, characterized by intellect and the ability to sustain life.* She was not a pagan, but a Christian. This "mystical view of the Universe" is supported today by many renowned scientists. One of them is quantum physicist, philosopher, and computer engineer Bernardo Kastrup**, who worked for many years at CERN, and today he writes books and claims that Reality is fundamentally mental. He calls his view "objective idealism," which radically changes our understanding of ourselves and the universe, while he refers to materialism as "foolishness."

Bernardas is not the only scientist thinking this way. There is already a whole array of them. Thus, the studies of the Universe and Light continue. Is there light within us? A strange question? Perhaps you know what light is? I have asked many physicists, but I did not receive a direct answer. It simply does not exist. It is easy to call light light, but to say WHAT it is... That is something science does not know. People have worshipped the Sun, our main source of light, since ancient times in various nations, but only quite recently, perhaps 200 years ago, did physicists become interested in light as a physical phenomenon. Unfortunately, they have not been able to answer the posed question, which greatly troubled the father of the theory of relativity, A. Einstein. He calculated the speed of light, but could not say what light is. Not everyone is interested in modern physics, although its luminaries have discovered astonishing things, such as that the particle of light, the photon, is both a particle and a wave at the same time. Unfortunately, this discovery has not changed human worldview. Are you not surprised that there are not only elementary atomic particles but also antiparticles, not only matter but also antimatter? Do you not wonder whether it is dark or light inside a stone? What is happening there?

Many questions without answers. The arguments of the mind sometimes mislead. Sometimes it happens that a person begins to intuitively seek answers within themselves... and the light itself helps to answer difficult questions. After all, it is said that "Light is Truth. " Well, first of all, I will tell you why I became so fascinated by it and how light brought me back from "sleep."

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*Dr. Wilghard Strehlow. "Hildegard of Bingen's Spiritual Medicines," p. 209.

**bernardokastrup.com

I Part

INTRODUCTION TO AN UNKNOWN AUTHOR

I cannot tell you the exact date, but it happened in the late autumn of 2002. It was a cold November evening. Sad and dark. So dark that it was probably darker than ever. I was sitting on the floor, indifferently pondering whether it was worth treading this earth. Outside, a snowstorm was raging. There was emptiness in my heart and mind. I no longer had any desire to be here. I won't bore you with stories from my previous life – everything is endlessly banal: I lived like everyone else, studied a lot, worked hard, trying to survive, lost an immense amount of health by taking on a "hobby-business" beyond my means. There were greedy and malicious people on my path, they "twisted" me so that I lost everything. After a few years, I mentally thanked those people. It is not my place to judge them - they taught me a valuable lesson. It was precisely they who led me to that evening.

And what saved me?

So, that evening was brutally sad. I did not cry. My mind was *empty* from apathy towards this life. I do not know what force "threw" a strange question and a memory of a long-read book into my head, a book that a colleague once lent me to read. I couldn't immediately recall either the author's name or the book's title. The book was in Russian. The content, as much as I could remember then, was vague, about everything and nothing. About *s*, about life. But then, for some reason, I thought that it was *a book about light*. Yes, precisely about light.

I will confess – I am not a physics specialist, although I was once very interested in it and even considered studying it. However, that thought was enough to awaken my curious mind.

Later, my memory returned, and I recalled the author's name. I got up from the floor, turned on the computer, and checked who he was. After googling his name, I was incredibly surprised to find hundreds and thousands of pages dedicated to him. I considered myself a well-read intellectual, a literature specialist, yet I did not know him. I did not know him because "esoteric topics" had never interested me. I was a person spoiled by science.

I chose one website that had a large library of that author's books.

I selected the last one on the list and decided to print it out. In the introduction of the book, the author wrote about Zen, Suzuki, a Japanese Buddhist. I had heard something about him with one ear. I started reading...



Photo: Just Jacx

I read and laughed, I read and cried. ·Lord! · I sometimes exclaimed in my mind, where was I that I missed this? It was a book touching me and all of us. Indeed, it was a book teaching how to find some light within ourselves that changes our mind. Since that day, the "magic" of light firmly settled in my tired head and heart. I thought this way: if what is written is true, it needs to be checked. The mind, inclined to analyze and weigh everything, sometimes leads to darkness. I was not afraid of anything.

I knew nothing about meditation. The author wrote precisely about it... Later, when I finished the book, I gradually began to perform one action or another as it was written. I learned to breathe differently, to relax my body and mind. My enthusiasm w I could dedicate all my time solely to that "work." The problems of this world f

Well, it's time to reveal the "secret." That evening, I picked up a book by the famous Indian mystic Osho, titled "Manifesto of Zen" (Osho.). This book was composed of his last conversations with his followers before his death. From then on, I began to fill my mind with completely new ideas. Osho's name was very well known in the world. Just not to me. Osho intrigued me greatly. By the way, he was a philosopher by education, so one could say he was a colleague.

I already mentioned that that evening everything was "dzin" for me... I simply So when I read that there is a "technique" to get rid of one's "self," and I understood it literally – to die, it was very appealing to me. I didn't know where to start. Osho wrote something like this: when you "go" beyond the limits of the mind, even the idea of "I am" disappears, and you feel included in existence without limits. Then "zen begins to bloom." Zen is a state of awakened consciousness that has no "I" within it. The mind will resist, trying to preserve itself from destruction, because after that, there will be no "I" left. The ego will die. "How wonderful," – I thought. Osho wrote something like this: when the mind surrenders and there is o longer any ·I,· when you are ·nothing,· that ·nothing· begins to radiate light. So many unknowns! Let's try to find out what happens when one "goes beyond the limits of reason

What's happening? We should check if this is true. Why does that strange "I" irrationally start to spread light?



My workplace.

I read a lot of books and texts on various topics last night: light, spirit, atom, man, truth, love, meditation, Buddhism, mysticism, God, time, space, psychology, philosophy, health, spiritual practice, quantum physics, and many others. A new library has emerged at home. Now I sit and think: ·How can I convey to you what I have discovered and understood? If I were to summarize, · I understood that words such as God, love, spirit, and light are identical words, overshadowing each other and complementing one another, the content of which the human mind has over millennia contrasted in all religions and cultures. Such is the nature of the mind. It is creative to the point of absurdity. I will try, perhaps I will succeed, to separate the chaff from the grain. And here is what has come out after many years... Since I had sworn to that Light, if I remain alive, to proclaim it to everyone. Thus, this book was born.

Ošo immediately showed me the direction I needed to move in. How to calm the mind. I became a diligent student. And I liked it. I learned to relax my body and breathe differently, to dive with my eyes closed into my inner silence and emptiness, to think of nothing... I became curious about what paranajama means. I found additional literature. Every day, in the evening, and sometimes even during long hours in the daytime, I did nothing but ·crawl· through my

inner emptiness. My thoughts gradually began to obey my will. In the first weeks, I didn't experience anything special. I saw no light...

However, one evening something happened that shook me, frightened me, and then I had to acknowledge that "inside, something is indeed happening without my will, without my permission." That is, without the mind interfering.

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STEP INTO THE UNKNOWN

So, that November evening, it was cold and uncomfortable at home. Wrapped in a thick blanket, I lay down on my mattress, hoping to warm up and doze off. It was very dark.

I remember it as if it were today; I lay on my right side and closed my eyes. Soon, right before my closed eyes, a bright point of light appeared, and that point began to grow and expand. I was surprised, but I didn't lose my composure; I was fully aware. The point approached and began to descend from above downwards. It's like in the theater when the stage curtains open in the dark. A sense of unease was born, but I couldn't change anything. The curtain opened. I saw a long gray tunnel in front of me, and I felt my whole body being drawn into it and began to rush. I flew into some room, it was dim. I recognized the room where I lived with my ex-husband. More than 30 years had passed since then. I had completely forgotten about it. And there it was! I recognized the wide "tachta" where we used to sleep. I see my husband (at that time he was probably living with his third wife), he starts to lean against me, to get close... I shrink away from him, push him, push him, free myself, and in fear, I suddenly return to the present and open my eyes.



Photo: Wallhere

This was not a fantasy. It was an experience I had as if I were "drawn" into the past.

I have never used any calming medications, and there were no external stimuli.

Therefore, I say it was a real experience. There is no point in fantasizing. I do not like fantasies. So here I want to warn you as well: if you plan to travel inward, keep in mind that the first experiences may scare you.

I was not scared. It became even more interesting. However, I did not see any light; there was only twilight.

It has been about three weeks since that day. My "training-meditations" c

December 8, 2002. The evening will be etched very deeply not only in my memory but also in my eart.

On that cold evening, as always, I lay down on my mattress and covered myself warmly, deciding to meditate: I closed my eyes and "looked" straight ahead. I relaxed. For some time, I breathed calmly according to pranayama. Later, I felt a very pleasant warm wave rising from below to above. I knew that the chakras had awakened. I allowed the energy to rise; it felt very good. The energy intensified, and I tried to relax even more, not to think of anything, constantly reminding myself of Osho's words: "I am not the body and not the mind" ... After a while, I was suddenly shaken by a very strong electric discharge. I cannot name this phenomenon any other way – a "screen of light" flashed before my eyes, as if someone had turned on a television. After the shaking, the energy turned gentle and incredibly pleasant. So pleasant that I have never experienced before. Waves of bliss were rippling above the back of my head. As I let them spread, everything gradually calmed down, and my mind became active again. That evening, I realized that I was heading in the right direction towards the light. Osho was right: THE LIGHT IS IN A HUMAN. Of course, people with significant spiritual experience can go even deeper, to the complete "loss" of their own self... I never sought that. There were enough similar experiences for me to understand what happens or can happen to anyone when the mind calms down...

Of course, not everything became clear and understandable right away: there were days when the energy (for now, I will call it that scientific term, even though it is not the correct word) would be stuck somewhere and wouldn't rise. You wait and wait, but it feels lifeless. After many years of meditation, I began to understand and learned to not expect anything. Psychological tension especially hinders the awakening of energy. And how can it not hinder? After all, you can't lie down all the time; you need to get up and fulfill your duties to this world, to your family.

I was and still remain a person spoiled by science. On one hand, it saved me because it is very easy to slip into the unknown. Some even lose their sanity from incorrect meditations. Thus, thinking is very necessary. Perhaps that is why meditation is advised at an older age. When I started meditating, I was already 57 years old. My philosophical education encouraged me to delve into such topics: What is Light? What

does not hinder thinking, but purifies it. I realized that the words spirit, god, love, truth are fundamental, which for millennia various religions and ideologies have manipulated human beings, blackmailed them, played with their consciousness. This is perhaps the greatest crime against humanity, and it continues to this day.

First, I decided to find out what light is. What have mystics, the most prominent teachers of various religions, philosophers, and finally physicists said and written about light?

I lived a long and interesting life between meditations and scientific research. Of course, there was also daily life, a miserable material existence, where one carrot had to be divided into two parts for soup. Then I realized that poverty can be light when the mind is not whining. Moreover, I will add that living with a sense of inner warmth and light is very good and very complicated. Even for an awakened mind, it is very difficult to avoid the attacks of this world. I tell the truth, I used to have a "thicker skin" against all kinds of stress, and then I became much sensitiver to sharp, angry words, injustice, lies, and hypocrisy. Life becomes complicated. One must live...

I warn you all: it might not be worth reading further... It may no longer be interesting. What do you need those philosophies about "everyday" light for? It was an incredibly interesting and useful journey for me! As much as I have read, may God grant everyone the same! So I don't think I missed anything important. I won't elaborate much. I will present everything as concisely as possible. Many questions will be answered by scientists, famous thinkers, spiritual leaders, meditation masters, so I won't explain much myself - their authority will prevent errors and deviations, which often happens to those who write "about rgies" in the plural. Back then, I also didn't know that this "energy" is called Spirit.

So, what secrets does light "hide"?

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Part II

WHAT IS EVERYTHING MADE OF?

SECRETS OF THE ATOM

Thus, the world is made up of indivisible mysterious elements, as first proclaimed by the Greek philosopher Empedocles (492-432 BC), later by Democritus (460-370 BC) and others. At that time, everyone believed that these elements were very small, solid spheres invisible to the eye. Meanwhile, in ancient India, it was held that everything is made of 5 elements: earth, water, fire, air, and space. The Chinese believed that everything is made of earth, water, fire, wood, and metal. Unable to explain complex natural phenomena, the thinkers of those times resorted to the concepts of "spirit," "soul," and "ideas," which supposedly govern everything. Plato claimed that objects are merely a deceptive reflection of the ideas from a higher world. And this theory of his became the foundation of religion. Was the world described by ancient philosophers erroneous, "narrow," or was Plato mistaken? Both yes and no, but let's try to figure it out.

People continued to believe in the existence of small spheres in matter until they learned to examine the material with complex instruments and looked into the interior of the atom. Only then did the transformation of science begin, which had a tremendous impact on people's worldview: many distanced themselves from

They began to think/believe that science would now answer all the important questions of the religious world. The belief in science, in a way, changed religion. However, after a while, it became clear that not everything is so simple with that material "reality" that we see, touch, and investigate.

In 1803, the English physicist John Dalton (1766-1844) revived the idea of the a

He presented a theory that can be tested in the laboratory. He formulated the concepts of atoms, molecules, elements, and chemical compounds. He proved that, although the total number of atoms in the universe is very large, the number of individual types of atoms is quite small. Dalton convincingly presented his theory, which was accepted by many scientists over the course of twenty years. This was the prologue to modern physics.*

The real breakthrough in the field of physics began when the English physicist John Thomson (1856–1940) proved through experiments in 1897 that atoms are not just compressed spheres and that they contain even smaller charged particles. Later, scientific experiments demonstrated that atoms consist of a small, dense positively charged nucleus and negatively charged electrons (e-) orbiting around it. I will not recount the entire history of physics. There are books, articles, and Wikipedia written by scientists and specialists in atomic physics that can be studied without any problems. I am not a physicist, as I have already mentioned, so I rely on the knowledge of scientists rather than creating my own "theories." Very valuable for self-education are the books written by Academician Jonas Grigas, a physics professor of international renown.

To grasp the scientific worldview with the mind requires considerable effort. Even to superficially review the main scientific theories takes a lot of strength. To some outsiders, it seems that nothing is sacred in science: what was true yesterday is dismissed today. However, those achievements cost science a great deal.

Today we know that inorganic materials, despite their variety, are quite simple compared to living organisms. You know this from your school physics or chemistry courses. We also know that there are many similarities and commonalities between inorganic and organic materials. Today, high school students know that all living organisms, like dead organic materials, are made up of electrons, protons, and neutrons. Our bodies are too. This is the essence.

All materials are composed of three types of particles! Only these particles create such a huge variety!

Understanding and explaining all this is aided by mathematics. It is now known that everything is made up of elementary particles, which are indivisible. Dictionaries indicate that there are already over 300 elementary particles. The abundance of elementary particles has led to the question: "Are there even smaller particles? Sub-elementary particles, from which the most elementary particles are composed?" Who knows...?

Let's take a look at the atom. The modern structure of the atom looks like the picture: electrons are constantly moving around the nucleus. The nucleus is made up of protons and neutrons,

which are made up of quarks. The inside of the atom is empty. Thus, the atom is hollow. And our bodies are "hollow," yet for some reason, we do not fall apart.

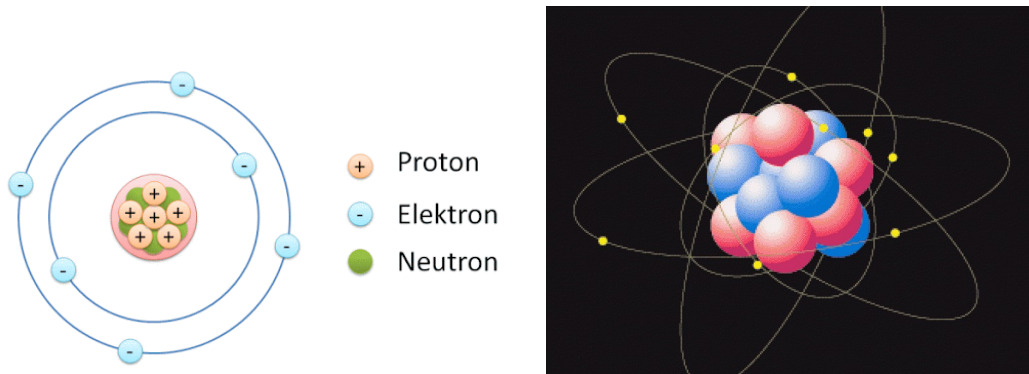


Photo: Wikipedia.

Pictures depicting atoms are somewhat inaccurate. If the size of an atom were about 10 km, then the protons and neutrons that make up the atomic nucleus would only be 10 cm in size, while quarks and electrons would be smaller than 0.1 mm.

99.9999...% of the volume of an atom is occupied by empty

If you line up 100 billion atoms, you would get a chain 1 mm long, and its nucleus is 10,000 times smaller. Quarks and electrons are 10,000 times smaller than the nucleus.

At the beginning of the 20th century, E. Rutherford (1871 – 1937) proved that almost the entire mass of an atom is concentrated in its nucleus - in a very small space (compared to the atom itself): The diameter of the nucleus (which has mass) is about 100,000 times smaller than that of the atom itself. At that time, the neutron had not yet been discovered. Elementary particles combine into various structures.

It is believed that elementary particles are indestructible, eternal, and immortal. From elementary particles, a multitude of different forms can be created. They give rise to worlds and everything within them. So I ask you again, is this not wonderful? Can all of this be considered "cold dead matter"? Matter, which is today referred to as compressed energy, is sacred. It is not of our making. We are made of it. And most importantly – it shines. Moreover, if matter is indestructible, eternal, and immortal, how can we die? It is unproven, but it is inclined to think that some particles hold the information of our consciousness. We cannot be born "from nothing" with zero consciousness. That would be illogical.

WITHIN THE ATOM - LIGHT?

Let us continue our scientific investigations based on what has been proven. One of the most important properties of an atom is its luminosity. Light is emitted by photons. Just imagine: we are all made of atoms, and we also shine. This is not fantasy, but pure physical truth. A question may arise: does only living matter shine, or does inanimate matter, such as stone, also shine?

When you look at a cold stone, you think it is lifeless, that all its atoms are frozen, and that it is dark inside...? No. It is not dark. Even if nothing from the outside affects the stone, there is life happening in its atoms. Electrons are constantly jumping in orbitals around the nuclei.

Even in a *dead* environment, electrons are active. But if a heat source appears, something will affect the stone... the life of the electron will be filled with the light of photons, they will start to jump from orbitals, create electric currents, and by releasing their energy, will heat the stone from the inside.

Now you already know that atoms are not solid lifeless spheres. You know that inside there is a nucleus, around which even smaller particles – electrons – orbit. Electrons form the shells of all atoms, surrounding the nucleus. All of this was discovered *recently*. The existence of the electron as a subatomic particle was discovered by J.J. Thomson in 1897, while studying cathode ray tubes.

When free electrons move, a flow of charge occurs, which is called electric current. An electron is not elementary; it is made up of photons.

A photon (in Greek means light) is considered an elementary particle. There are two of them in one electron. A photon or light particle has no electric charge, rest mass, and exists only while moving at the speed of light. About 200 years ago, people did not know what light was. Light is emitted by the Sun, stars, and artificial light sources, these are shining objects. Stones, trees, grass, and other things around us do not shine, but we see them because they reflect light from the illuminating source (our eyes) into the observer's eyes. Thanks to light, our eyes receive a lot of information about the environment and get to know the world.

In various objects, invisible but very complex phenomena of light interaction with matter occur, providing us with a lot of information not only about the properties of light but also about the very material onto which the light falls.

The first to formulate the basic laws of light propagation and reflection were the thinkers of Ancient Greece: Aristotle, Plato, and Euclid. In 1590, Z. Janssen constructed the first compound microscope, and in 1609, G. Galileo invented the telescope.

Around 1660, Isaac Newton developed the concept of the corpuscular nature of light, claiming that light rays are particles and proving that white light consists of all the colors of the spectrum. His experiment with a prism split white sunlight into a rainbow, and another prism recombined that rainbow back into white light. Newton believed that light is a stream of infinitely small particles of different sizes emanating from luminous bodies.

He created the corpuscular theory. Later, the Dutch scientist C. Huygens laid the foundations for the wave theory of light. However, he did not create a coherent theory that could compete with Newton's corpuscular theory. Only later works by T. Young and A.J.

Fresnel convincingly supported the wave nature of light and equated it with the corpuscular theory of light. Such is the complex nature of light!

In 1860, the Scottish physicist D.K. Maxwell, while studying electricity and magnetism, realized that electromagnetic waves propagate through space at the speed of light. He concluded that light is also an electromagnetic wave. However, the electrodynamic theory, which underpinned the concept of light as an electromagnetic wave, still failed to explain the laws of light absorption and emission. It was only in 1900 that M. Planck concluded that light is absorbed and emitted in quanta, i.e., in certain packets that are proportional to the frequency of light. This seemed to contradict D. Maxwell's theory, leading M. Planck himself to doubt these quanta. It was A. Einstein who gave momentum and mass to light quanta, restoring the particle nature of light.

In 1923, Louis de Broglie transferred Einstein's idea of the dual nature of light, the particle-wave dualism, to matter. De Broglie was awarded the Nobel Prize for the wave nature of the electron.

Thus, quantum physics deepened the debate over whether light is a particle or a wave. When wood burns or an electric bulb shines, photons arise from the changing energy of electrons. In space, it propagates as a wave, but when interacting with matter, it behaves like particles. This duality makes light even more mysterious. In the 20th century, the particle and wave nature of light were unified into a coherent theory based on quantum mechanics and quantum electrodynamics. When describing certain properties of light, it is more convenient to treat light as electromagnetic waves, while in other cases, the concept of light as a particle is more appropriate. When the flow of electromagnetic radiation interacts with matter, the effect is determined by the energy of the photon. Thanks to quantum physics, we now know that electrons have properties associated with both particles and waves. Since the movement of electrons in space is difficult to define, it is considered that an electron is "nowhere" or "everywhere at once," and the location of the electron is described as the probability of finding that electron in the "cloud" created by its movement. Do you understand?

Light is electromagnetic radiation,

that is sensed by the human eye and forms the basis of our visual perception

Many properties of light, which manifest when it interacts with material bodies, are described by wave parameters. They indicate the wave-like origin of radiation. An electromagnetic wave is understood as two variable fields propagating in space, electric and magnetic. In short, today light is understood as both a wave and a particle. And understand now, human, what it is! Wave or particle?! Herein lies the mystery of the phenomenon of light. And

atoms, within which such wonderful plays of light occur.

The term "light" is most commonly used to refer to the visible light region, which covers wavelengths from 400 to 780 nm. But remember, visible light constitutes only a small part of the electromagnetic radiation spectrum. The light of different wavelengths in the visible light range is perceived by the eye as different colors. The human eye can distinguish colors very individually, in ranges from 20 nm to 160 nm.

Thus, colors are not a property of light, but a subjective physiological and psychological response to light. We do not think with our eyes; our eyes deceive us. It is not us who see the light, but THE LIGHT itself enters our eyes and helps us see not the true image of the world, but rather an inverted or even colored one, although in reality it might even be colorless. The true color of light is white. It contains all the colors of the rainbow.

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NEMATOMA LIGHT

Physics says that matter, unfortunately, does not have a clear definition: it is approximately described as physical reality from which the UNIVERSE is made. An important property of matter is its uncertainty and variability. The exact position of elementary particles, such as electrons, in space (and their number) cannot be determined not due to technical problems, but because, being also waves, they fundamentally do not have this position. In philosophy, matter (Latin: materia · material, substance) is objective reality, known through the senses, existing independently of consciousness and reflected by it, or some material essence. Unfortunately, modern physics says that the former "materialism" has lost its footing...



The Sun – the source of life

But who still believes in "matter"? Let's see how it exists with its invisible atoms, which somehow become visible to our eyes?

Physicists claim that those invisible atoms are connected by gravity – these are such "mystical glues" (a term beloved by esotericists). What is gravity, what happens in the structure of all living and non-living bodies, including the smallest particles (atoms, electrons)? A person does not feel gravity, yet even poorly educated people know that everything in nature...

Everything interacts, connects, and forms molecules in a specific way and not
The word for science (from wikipedia org):

In 1687, I. Newton published that gravity is the law of universal attraction, which states that any two material points exert (attract) a force on each other that is proportional to their masses and inversely proportional to the square of the distance between them.

This is a LAW that cannot be questioned. It should be noted that all "material points," even those invisible to the eye, attract each other with a certain force. Gravity consists of waves, which can be strong or weak. So if a lady no longer attracts you, you can consider that your gravitational attraction has weakened, and there's nothing you can do about it.

Everything that exists on a physical level also occurs in our body, our psyche, and spiritual level. Do all objects in the universe interact with each other through some force? Yes. All bodies in the universe interact through the force of gravity.

However, the further apart two separate bodies are from each other, the weaker the gravitational force they interact with. The force of interaction is inversely proportional to the square of the distance between the bodies. The more massive an object is, the greater force it will exert on other objects. Double the mass means double the force. Thus, it can be said that only the most massive objects in the universe create a gravitational field that affects other bodies.

Definition to memorize: gravity

attract each other. It is one of the four fundamental interactions in nature. All cosmic objects are influenced by the gravitational force of the center. There are four fundamental interactions: gravitational, electromagnetic, strong, and weak. Every observed physical phenomenon can be explained by these interactions.

From the perspective of quantum mechanics, material particles (fermions) do not interact directly with each other, but exchange interaction bosons, which are the carriers of interactions (mediators). The deeper into the atom, the more complex it becomes. Photons, the quanta of light, are the

mediators of color charge interactions. How does gravity occur? Gravity is caused by + and - elementary charges, which are weakly asymmetric, i.e., not identical (one charge is heavier than the other). Charges in a vacuum create polarization

in *electrostatic phenomenon*. When there are no bodies (particles) in a vacuum or only

very small amount, antigravity occurs, and therefore the Universe expands rather than contracts. In the solar system, planets are attracted to the Sun by the force of gravity.

Atoms operate under electrostatic force – Coulomb's force. Š.O. Coulomb established that all charged bodies of any size, as well as atomic and even subatomic charged particles, attract and repel each other according to Coulomb's law. The Coulomb electrostatic force and the Newtonian universal gravitational force both decrease equally as the distance between bodies increases.

There are many charged particles in space (electrons, various ions), that is, light. These particles are attracted with great force to charged bodies. The particles adhere to the bodies and neutralize the charge. Particles inside the atom and in space, in free form, sometimes shine, sometimes fade, sometimes receive information, sometimes give it, sometimes are born, sometimes die.

Gravity plays a lesser role in the structure of the atom: it is too small compared to the electrostatic force (the force of light). Only "charged" light particles and bodies have a significant impact on other bodies and on us, humans.

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THE MYSTERIES OF CONSCIOUSNESS

The "material" human is no exception. He is also full of those light photons. However, a human is not just a collection of atoms; he possesses consciousness. What does science say about consciousness? Science says: we cannot say anything about it. It is a blank spot in science. How would enlightened yogis, Buddhists, or Christian mystics respond to that question? They would say in unison: **CONSCIOUSNESS IS LIGHT** hidden in the silence of the mind. Here is the *great secret*.

Let's look at our body through the lens of science. Do you see the picture?
Do you know what this is? I present to you:

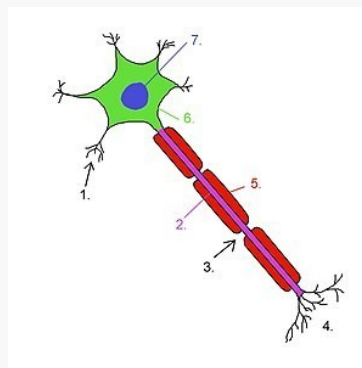


Photo from Wikipedia

This is a neuron. That word should be capitalized. It is special. A cell, thanks to which various phenomena occur in our body throughout our lives. Both pleasant and unpleasant. Neurons, or nerve cells, are the main cells of the nervous

system, which are characteristic of both vertebrates and invertebrates. There are various types of them.

A sensory neuron – is a neuron that receives signals from the environment (touch, taste, smell, light, sound) through a receptor, transforms it into a nerve signal, and transmits it to *interneurons* in the central nervous system (CNS). The latter, in turn, connect with *motor neurons* in the same segment of the nervous system or transmit the impulse to higher CNS segments. From the CNS, the signal is transmitted through the *efferent (motor) neuron* to effector (e.g., muscle) cells.

There are four types of neurons. I won't describe all of them. Everything is described on Wikipedia. It is believed that neural impulses are electrical. However, scientists are now doubting this. It is considered that those impulses are – not electrical, but the work of photons. -paws, -elongated chains, light photons constantly buzz around. More about this is below.



Photo from Wikipedia

I have written that the entire material world, both visible and invisible, is made up of the most diverse "particles," which attract each other with relentless force and also move away from each other when influenced from the outside or when various changes occur within them. **Every action of yours, every stream of consciousness causes changes in your body, as neurons travel through your body like electric currents at the speed of light.**

Thus, it is precisely through neurons that signals of light (photons) are transmitted. Thanks to them, or rather thanks to Light, various organs of our body exchange information. It is through Light that we see this world. One could talk endlessly about the action of Light at every point of matter and in the infinite cosmos. The essence is one - LIGHT lies at the core of everything. In ancient times, thousands of years ago, believing people began to realize that Light is the Source of all that is alive, that without Light, there is nothing.

Answer, could you move your little finger, speak, sit on a chair, or generally move... without the help of neurons? Aha. You don't know. But you know the saying that "all diseases come from the nerves." This is no joke. There are millions of neurons in your body.

A more detailed description of a neuron can be found on the website ligos.lt. We read: "A neuron is the most important cell of nervous tissue. Depending on the function performed, there are two types of nervous tissue cells: neurons, which are excitatory cells transmitting electrical impulses, and supporting cells, which do not participate as the electrical impulse spreads. The reception, creation, and transmission of a nerve impulse, which is essentially an electrical impulse, are the main properties of neurons. The activity of a neuron is accompanied by electrical phenomena (in a resting state, it is negatively charged in relation to the environment; when excited, this negative charge temporarily disappears)."

What is an *elektrical impulse*? Here is the description: "An electrical impulse is a *elektronų* current (i.e., electric current) generated by a potential difference (usually from a negative charge point to a positive charge point) through a solid, liquid, or gaseous material. But

and this is not all that is written here. We are looking further. What is *elektronų current*? Here is a good explanation, –

does not move. Flowing electricity is called current electricity. Billions of electrons rush through a wire creating a current. And that current can also spark. Then we see light because photons are released from electrons. And this is true in all bodies. The same is true in our body. This is what is an electrical impulse in our neuron. Finally, is it clear now? The final result of the electrical impulse is the light carried by the photon. Light conveys information that

you need to get up, move, wiggle your fingers, etc. Do you understand what you are dealing with? Again, it's light!

Did you know that a photon, when it hits the black screen of a monitor, starts to write and display images? Without the help of photons, we would see nothing – just a black fog. We do not see our photons until something happens. The light of photons can unexpectedly flash in the brain, and consciousness lights up. This is the essence of meditation. A calm mind shines, and the thinking machine begins to operate consciously. There is exactly such a connection between mind and consciousness. Do not be surprised that even the most renowned neuroscientists in India cannot find an answer to what consciousness is. They talk a lot, research, but actually ignore the experience of yogis. Let's read on:

Since the topic of consciousness encompasses a wide range of phenomena, modern neuroscience divides consciousness into the content of consciousness and the state of consciousness. The state of consciousness is characterized by human alertness. If while reading this article you have become more drowsy, then your state of consciousness has changed slightly. The states are categorized into different categories. For example, a person in a coma loses alertness, along with all consciousness

On one side of the state scale is the usual daily functioning, providing

a subjective experience. How the state of consciousness changes depends on the evolutionarily ancient brain system – the communication between the nerve centers of the brainstem and the thalamus.

The states of consciousness can be compared to a laptop: when the computer

The battery is full – all programs operate normally; when the battery level drops and the battery-saving mode activates · the programs do not run as quickly; finally, when the battery is depleted – all programs shut down. The computer's battery cannot tell us which of the computer programs are currently running, and the state of consciousness does not provide information about the current content of a person's consciousness · what they are thinking, what they see, how they feel.

Receiving a light impulse, surprised and somewhat confused, the mind begins to think differently ...He begins to *bserve himself as if from the outside*. This is how you become more aware. I believe that the mind is static electricity, while consciousness is the electricity that flows. Or maybe the other way around? I don't know. When neurophysiologists finally figure out what consciousness is, we will know a more precise definition. In the meantime, it is advised to meditate so that we don't go crazy.

This is not all yet. I am indeed constantly interested in scientific achievements, especially in quantum physics and neurophysiology. Reading good texts enriches and enlightens me. Here's what I found in one scientific journal. I still can't get enough of it. For over 20 years, I have been waiting for this information. I had no doubt that light lives in our nervous system; otherwise, there would be no yoga, no enlightened people or mystics. There would be no homo sapiens. Nothing would exist. Today, I asked a very famous physics professor on FB:

I: Do you agree that photons run through neurons and carry information?

Professor: In the brain, it is not photons that run around, but electrical signals. ...the body emits *electromagnetic vibrations*.

Indeed, knowledge ages. One day this year (2024), I entered certain words into Google search and received an answer I did not expect. It turns out that the same light photons play a role not only in monitors but also in our nervous system. They receive and transmit nerve impulses, in other words, information. The light coming from the Sky (the Sun) reflects off objects and enters our retina, we We suggest "saving" and "storing." Thanks to light, we remember images and the content of texts (information). This is how artificial light works in the electronic devices we create. In computers, photons bounce off the monitor's walls and write to us, drawing various images. In short, what we "save" from the environment never disappears. It has been proven that energy (information) is eternal and does not vanish. This was also confirmed by the professor I mentioned. So remember what you have put in your head – it will never disappear anywhere. Neither your thoughts nor your experiences. And I have learned this:

Canadian scientists believe that neurons are connected to each other not only through electrical and chemical connection systems, but also through photon (light) tunnels. Calgary

Researchers from Albert's universities have published a preprint article stating that the neurons forming our nervous system can emit photons and ensure an additional, light-based connection with each other.

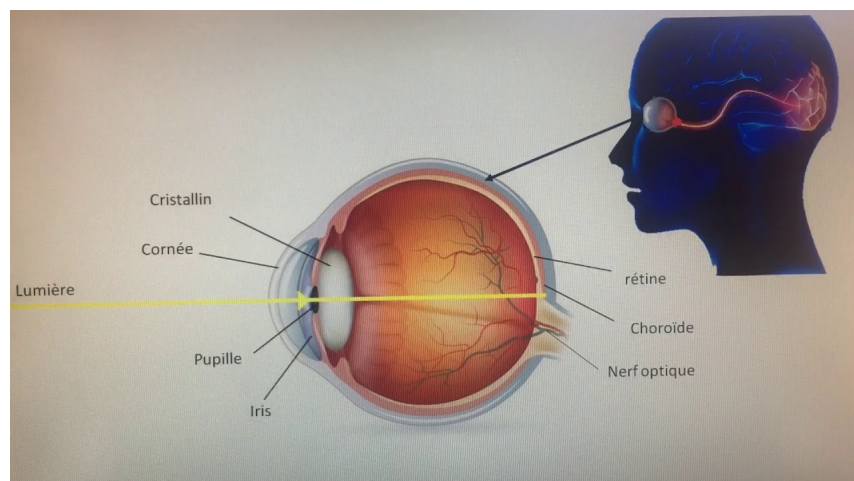
But I found out: for a photon to act as a communication medium, it must enter a broadband waveguide that directs it from the source to the receiver. Using computer simulation, biologists have demonstrated that bio-photons can use the myelin ** sheath of neurons as a waveguide. Now scientists are trying to answer the question of whether photons can get *entangled in the brain*. If the answer is positive (although I have no doubt about it), we can assume that our brains are a very powerful quantum computer.

I know that physicists may criticize me for publishing unverified hypotheses. And then let them say, are all scientific truths confirmed by experiments? Do we not sometimes live only in the tales of hypotheses? Human experience is not a hypothesis. Enlightenment has been confirmed by Buddha, Jesus Christ, and many mystics. What is still unclear, esteemed professors? The light of consciousness lives in our neurons and performs miracles!!! It is unfortunate that even the most renowned scientific institutions in the world cannot experimentally prove this. And they will never prove it, because it is impossible to "catch" that neuron's "micro-light" with instruments.

Let's look at ourselves. From physics textbooks, we know that various light-induced chemical and biological reactions occur in the human body. The most important of these is vision, based on the ability of photoreceptors in the eyes to absorb light. Each of our eyes has about 125 million light-sensitive sensors – rods and cones, with one-fifth of our brain processing the information received by the eyes. The sun emits the

About half of the electromagnetic energy emitted by the sun is visible light.

The other half is invisible to the eye. We cannot see all the light because our bodies simply could not handle it. Plants also "see": their chlorophyll absorbs light and thus gains energy for photosynthesis.



The trajectory of light through the eyes into our brains. Photo Wikipedia

The miraculous composition of the atom does not end with the phenomenon of light. A very significant discovery was made in the early 19th century by the Englishman Paul Dirac, and later by other scientists. The hypothesis was raised that for every particle of an atom, there must exist an anti-particle. What does this mean? In 1932, K. D. Anderson discovered the first anti-particle - the positron. By the 1950s, the anti-proton and anti-neutrino had already been discovered. Now, the science of physics speaks of matter and antimatter. What does this mean? It means that we know very little with our senses. Learning more is only aided by special equipment, laser microscopes. However, my goal is not to explain the secrets of physics.

I believe that every person should reflect more deeply on their "matter." Indeed, the thought is astonishing: if matter has another existence - antimatter, it suggests that there is also a transcendent world. And we keep doubting it.

As you noticed, I have significantly deviated from my story about how one dark evening, while meditating, I experienced an "electrical discharge" that deeply shook me and eventually taught me to look at myself and the world differently. Yes, Light is my Teacher. The impact of such a "small event" on my consciousness was enormous. Previously, I somehow lived only with "my" mind, and the results of my actions were nothing but tears and stress. You know how

Where to look for it? Why are some considered or consider themselves spiritu

Joking aside, this is an important question. When we run, when we walk, when we talk to someone, when we argue or rejoice, in all cases, we expend "our" energy, but we do not think about who gave it to us. We waste it without brakes. Science has found electrons jumping in our body that can create electric currents. There is no specific "bioenergy" (as esotericists claim) in our body. The energy that allows us to move and live, which we finally feel as warmth, and sometimes as fire, should be called spiritual energy.

After all, it was not created in a laboratory, but by the Creator Himself.

Moksliniai terminai lai lieka pas mokslininkus, o mes vadinkime tai taip, kaip Ji visada buvo vadinama t-kstantme-iais. Kai verdame vanden- ant duj-, lau-o ugnies ar ant elektrin-s virykl-s...mes -inome, kad virdulys u-verda d-ka ugnies, elektros. O mes? Kai smarkiai bėgame irgi užkaistame. Užkaisti galima ir nieko nedarant. Jei pam-gintum-t nuraminti prot-, mintis ir koncentruotis tik, pavyzd-iui, - savo kojos

big toe, pamatytum-te kaip jis u-kaist-, imt- tr-k-ioti, o v-liau u-kaist- ir visa k-nas: pajaustum-te kaip ir a- t- -elektros srov-s i-krov-. T- ties- puikiai i-mano jogai, budistai.

Taigi, nustatyta, kad visa m-s- -med-iaga- t-ra koncentruota energija. Fizikai sako, kad energijos rūšys skiriasi, bet ne iš esmės. Yra mechaninė, cheminė, elektromagnetinė, gravitacinė, branduolinė ir kitos. Kokiai rūšiai priklauso mūsų kūno energija? Pripažinkime, kad metas kalbėti aiškiai, juk gyvename ne antrame tūkstantmetyje prieš mūsų erą. Ne tik religija turi teisę į tiesą. Mokslas papildė -monijos prot- svarbiais atradimais, kurie ne paneigia, o sustiprina tik-jim- -vent-ja Dvasia arba -viesa. -od-i- gausa supainioja m-stym-. I-sigryninkime. Studijuodami šiuolaikinę fiziką ar biofiziką įsitikiname, kad esame „elektros energijos“ pilni sutvėrimai. **Šventuose raštuose įprasta žmogaus energiją vadinti** kuri pripildo vis- organizm- dievi-ka palaima ir meile. Ir -vyksta Stebuklas.

We are similar to God.

Our reality, our life, our visible and invisible world is full of Light.

Jesus Christ did not call us "children of light" for nothing. Thus, the world and we are created from Light. Our respected science has confirmed this. One cannot look at light only through scientific lenses. Everything is much more complex. But let us begin the journey from the very
ll "dark," when they believed in myths, fantasies... as
atheists sometimes claim.

I invite you to travel through time to the worlds of antiquity and the present, searching for the traces of consciousness's light. Let us look at the development of world religions through the prism of Light. First - to Egypt, whose civilization dates back more than 5000 years, and let us answer the question, why the pharaohs worshipped the Sun. How is this related to us?

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* mokslosriuba.lt

**The German pathologist Rudolf Virchow was the first to use the term "myelin." It comes from the Greek word "myelós," which means "bone marrow," signifying something central or internal. He believed that myelin is found inside the nerve fiber. He incorrectly compared it to bone marrow.

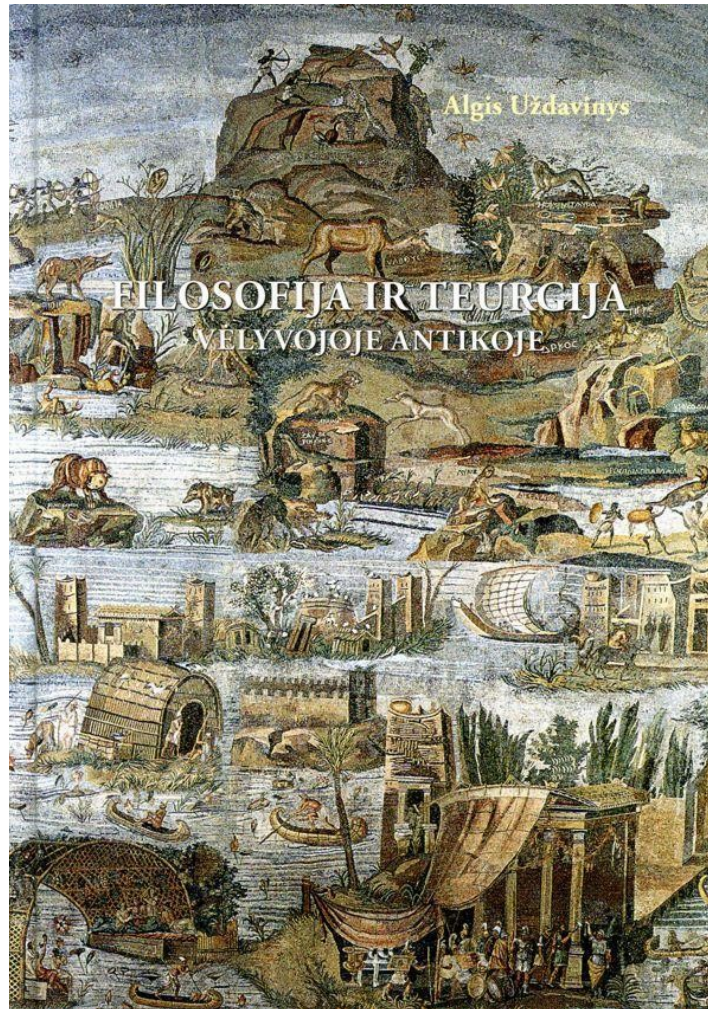
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PART III

SEARCH FOR ONE GOD

What did the ancient Egyptian philosophers who lived 2,000 years B.C. believe?

I want to share with you a special book. It will answer some of the questions that troubled the thinkers of that time. This is a monograph by the famous Lithuanian philosopher Algis Uždavinys (born 1962 – 2010).
-PHILOSOPHY AND THEURGY IN LATE ANTIQUITY.-



I read this book in a state of euphoria. I learned that the ancient Egyptian pharaohs, priests, and nobles were devout philosophers. They believed that philosophy could transform the soul and lead a person to a "better fate." The Egyptian elite practiced philosophy not only to cultivate the soul but also to explore the nature of the Universe. The author of the book boldly asserts that ancient Egyptian philosophy had a tremendous influence **helenams, later those ideas were adopted by the Neoplatonists, Christian theology . It** I realized that such distant and different civilizations, despite traditions and cultural differences, astonishingly come closer with kindred forms of spirituality over huge spans of time.

that in ancient times philosophers pursued a single goal - a close connection

philosophical lifestyle of Egyptian mystics (similar to Buddhist meditation) led

Goodness, or the Neoplatonic One," which is "beyond Being and Intellect." The author argued that the roots of Greek philosophy are fundamentally Egyptian.

ancient thinkers, the very goal of philosophical life, meant the possibility of living well here and now, that is, in the One, which is inexpressible in words, but is always and directly existing. The pursuit of unity with the One is the pursuit of spiritual Light. How sensitive. Isn't it true?



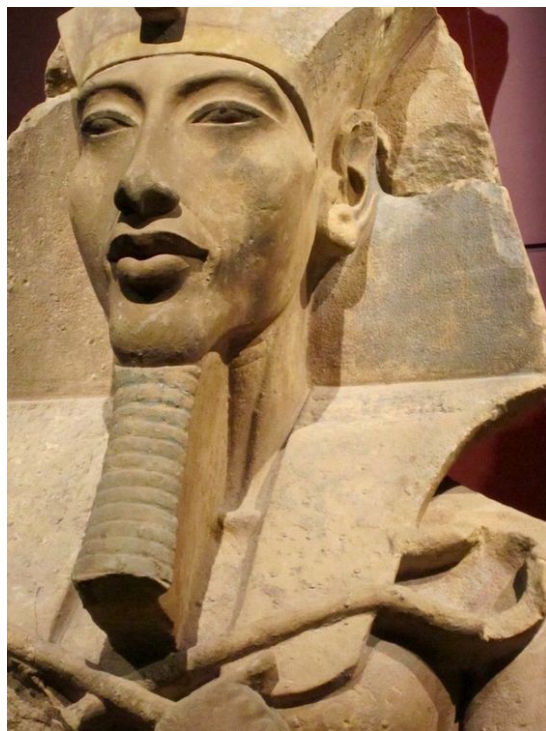
I believe that pyramids, like Gothic churches, are a spiritual ascent to the "other world," a material image of the One-Light-Absoluteness and nothing more. Photo by Hernán Ariel Ferro.

Philosophy is often understood as the writing of texts, speaking, the use of terms, and certain logical constructions. Such philosophy is aimed at cultivating the mind. However, in ancient times, philosophy was considered a multifaceted and particularly demanding *life art*, which "heals human diseases and purifies souls..." –

wrote A

initiated through theurgical rites, during which theurgical hymns were sung, statements of priests were read, symbols were used, and magical incantations were performed, contemplation. The philosopher had to become a theurgist and only then could teach others. Becoming a theurgist was not easy. The theurgist had to strive for the purification of the soul, a living unity with divine Intellect and Goodness. This required asceticism, practice, i.e., spiritual work, as spiritual truths lie deep within a person. How similar this is to Buddhism, isn't it?

Having adopted the experience of the Egyptians, Greek philosophers and Neoplatonists also sought to purify their souls, enlighten them, and separate them from the simulacrum (the body), so that they could rise to "divine peace, more fitting for a god than for a human." / p.31/ The philosopher had to become a silent person - he had to meditate.



The cult of the Sun god Aton flourished during the reign of the Pharaoh Akhenate

Farmer Homer photo

No matter what rational philosophy tells us about ancient myths, rituals, and miracles, it is important to know that for people back then, all of this was real. Myths were the basis of their reality. The ancient Egyptians' neighbors, the Greeks, were simply fascinated by Egyptian mysticism and theurgy. They absorbed everything and reprocessed it according to their own understanding. Even by the 6th century AD, the Egyptians' theurgical traditions were developed by Neoplatonists living more in the eastern part of the Roman Empire, while a rationalist approach to reality, humanity, and nature prevailed in Athens and Rome. This is what we adopted from them. The experiences of Neoplatonic philosophers were little different from those of Eastern mystics and Buddhists. Both sought to break all mental ties with attachments, to abandon habits, and to experience

a sense of holiness, peace, "more fitting for God than for man."

Remember. This will need to be recalled when discussing the Christian tradition and its roots. The merging with the One God was practiced by Christians in ancient times as long as the traditions of Neoplatonism were active. The Neoplatonist Iamblichus asserted that "the light of the gods illuminates the object transcendently," and this light permeates the visible cosmos. The unique, indivisible light of the gods is one and the same everywhere; it is accessible to everything that can exist within it, filling everything with its perfect power. Divine light is also considered the divine spirit.

Later, Christianity, having drawn inspiration for theology from Neoplatonism, rejected all aspects of Hellenistic philosophy that competed with it. The first Christian Gnostics (about whom we will speak separately) were physically annihilated by the hands of the Christians themselves, and later the "ekklesia turned away from Plato." Pagan spirituality was fiercely rejected, especially where it opposed integration into Christian mysticism.

Ancient sages, through the help of theurgy and contemplation, understood the structure of the world no worse than modern scientists. The Neoplatonist Proclus insisted that rational philosophy and the ultimate knowledge, which is above science, must be distinguished.

According to Proclus, "the exercises of dialectics are a preparation for the rush into the One, but they themselves are not the rush." /p. 195/ Paraphrasing, one could say that thinking helps to know the soul, to know oneself, but that is not enough. Special methods are needed for a deeper understanding of everything.

In ancient times, the worship of the Sun was closely associated with solar theology, practiced by the elite - kings, magi, theurgists, philosophers. Philosophers represented the last chain of the chosen ones, who "complete the secularization of solar hierophanies, transforming them into ideas." "Despite attempts to reject myths," writes A. Uždavinys, "philosophy turned towards the 'divine light,' asserting that we cannot be happy unless we gain and contemplate the true essence of being through philosophy's ancient wisdom." /p. 202/

Today, it would be difficult to find a philosopher who lives like theurgists, - writing, speaking, and acting in the direction of the unity of God's Light. Since the One is the ineffable foundation of everything, it is not beyond (...) those things of which it is the measure. Reality is ineffable. Man is weak; he can only achieve limited and merely probable knowledge, tending to rely on unreliable descriptions of sensory phenomena. All the Orphic myths and complex and abstract metaphysical constructions of the Neoplatonists, which aimed to *explain Reality*,

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all of this expre

as it IS. The visible and invisible Reality has become a true philosophical confusion,

the greatest riddle of the mind. I believe that this riddle, which has troubled the human mind for millennia, can be explained by the LIGHT FACTOR. Later, by studying the psychology of yoga and the works of other authors, we will return to the idea that Reality is what is beyond the limits of the mind and belongs to the realm of consciousness.

Reality, or more precisely – God-One-Spirit-Light-Consciousness (its d names) is the undivided Reality that the mind has become accustomed to naming in various ways. Light is what REFLECTS and connects EVERYTHING (in the language of physicists, “absorbs and radiates”).

Mums, Christians living in the 21st century, it is important to recognize the spiritual roots of our faith. Ancient thinkers contributed to the philosophical foundation of Christianity, creating its spiritual basis. The mythical mind of that time, like the modern scientific mind, seeks the same Unity with which the soul longs to merge. Unity-Light-Consciousness is Reality, beyond the limits of reason, perceived in a state of awareness.

I agree with A. U-davinio's thought that the boundary of philosophical discourse is the complete rejection of any statements or proofs about reality. This boundary is "unconditional silence."

It is impossible to reach nirvana, complete silence, Light, if there remains even one thought in the mind, · a person practicing silence would say, not necessarily a Buddhist. This is what I realized while practicing meditation. Those who love to philosophize a lot about reality will never know it "from the inside." For them, Light will only be a metaphor to beautify thoughts about goodness.

Light is in everything. It does not hide from us. It is we who hide from It behind the fog of words. A wise, or rather, an insightful relationship with Reality should be based on the knowledge gained by exploring both the visible reality and ourselves, · our Reality.

The ancient world understood that the world is one, unified. The multitude is a distraction of our mind, fond of creating texts, philosophizing, and reproducing thoughts, which does not nourish the spirit, does not calm the mind, and does not help intuitively grasp that everything is Unity-Light. When I returned to the studies of the New Testament after many years, I read with new eyes that Jesus Christ called us "children of light."

·The modern philosophical discourse has completely forgotten, ridiculed, misunderstood, and denied the original objective of philosophy, considering *telos (silence)* a religious fantasy that belongs to the area of irrationality and despotism," – writes A. Uždavinys. /p. 65/ The late neoplatonists knew that the philosopher and theurgist imitate God, although sometimes they utilize different methods to achieve the same or similar goals. The same is sought by Buddhists. True knowledge means that *we know nothing*, and this *nothing* is primordial silence. *Telos* – he ultimate goal of philosophy. This *holy silence* can only be interrupted by the sacred aughter of the gods. It is very healthy to laugh at one's scientific knowledge.

Algis U-davinis' book showed that in ancient times, thousands of years before Christ, people felt, intuitively knew that it is precisely Light that is in everything, that without it life is impossible, that it is the primary organizing force of everything, to which one should bow down. And although the Sun was worshipped, in it, man saw something more, felt its magical effect on all that is alive. And of course, they deified it.

I remember that after about seven years of meditation, my fascination with Eastern philosophy began to fade, as various new questions arose, – one day I asked myself: "What did JK say about light?". I returned to the Gospels and the legacy of Christian philosophy, as while studying philosophy, I had not paid attention to some aspects of Christianity. A new old study began, only of a completely different quality. How much had been missed. How much new had been discovered.

Interestingly, in the traditions of death and rebirth rituals of ancient Egypt, they tried to create a "spiritual man, a man of light." And for that, it was necessary to "kill" the body, to purify it and to change it "with the help of descending divine rays." In other ancient world regions, during initiations, "death" was imitated, or real death was considered a ritualized trial aimed at blessed immortality, as a reward for those who longed to live righteously and be reborn in the solar world of the gods Agni, Ra, or Apollo-Helios. The Egyptians' "Book of the Ascension to Light," known as the Book of the Dead, was not a book about burial procedures. Since it was believed in Egypt that the king of the sun and moon, Ka permeates the entire country and is at the center of the collective consciousness, he lives in every individual being. Ka, which is sometimes understood as "the double, the twin," is a principle that symbolizes physical, social, moral, and spiritual stimuli and

dependencies, such as the life-sustaining creative power of food, nourishment, strength, greatness, magic, enlightenment, and and so on, – writes A. U-davinis.

When I read those lines, I remembered that Christ spoke like this to his apostles

“Once you were darkness, but now you are light in the Lord. So behave as children of light.” (NT.Ephesians)

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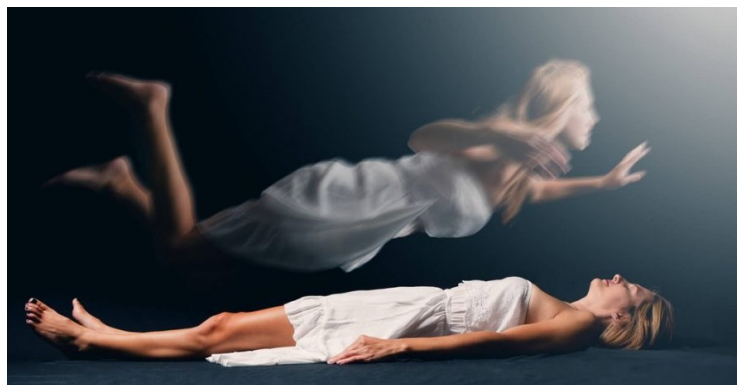
Since I have touched on the topic of death, I will share another story from my experience. I read that people who practice meditation sometimes experience a “death” state. This intrigued my mind. One time, overcoming my fear, after years of meditation experience and with the necessary knowledge, I decided to check how it works and what it practically means to exit the body. Since such experience

was not available, I boldly began to do special breathing exercises. I didn't believe that I would succeed.

As a science-damaged person, I went to where it was scary, where one could experience adventure and learn something, purely out of curiosity. Books are great, but if you don't experience it yourself - reading won't teach you anything. I want to share something with you. It's good that I have my diary notes left. I will be able to verify.

So, after about seven years, when I learned to dive deeper and deeper "into myself" (a misleading term), I decided to explore the problem of death. I was afraid of that topic, but I didn't want to ignore it. I found A LOT of information online about meditative practices on how to "exit the body" in a conscious state. I began to study. I created a "technique," a step-by-step guide on what to do to succeed in rising to the heavens. This is related to a special breathing technique. I will not explain the essence of that technique. It is not my task. Moreover, it is not without danger. Only a mature, responsible person with sufficient meditation experience should engage in it. I took a risk. I didn't have time.

As for what happened, I believe I can assert that the fear of death is hypertrophied. This is constantly affirmed by all mystics, especially Osho. However, there is something to be afraid of. Leaving the body by oneself, without the help of a guru, not knowing what will happen afterward, is inadvisable.



elearning.lk photo

Not once before That Experience at dawn, as indicated in the rules, did I start to meditate. And once, after performing the necessary breathing exercises, I somehow "sank," but my consciousness remained alive. I felt as if I were standing on a high shore before the ocean. Suddenly, that shore began to recede, it became frightening, the ground slipped from under my feet, and a huge van-de-ny-nas opened up before my eyes. I see it, easily rise up and fly... No. I am flying at a tremendous speed over the water. Below, I see the waves and

The flight is indescribably pleasant, a divine bliss. However, the mind "stuck" to those waves and began to observe them more actively, admiring the endless space and its beauty... gradually, active consciousness returned, and I "fell" back into the body.

That was the first time. The next was not so pleasant. I remember that after the morning meditation, the body began to behave strangely, an inhuman noise started in my head, I heard real screaming, shrieking voices, something shouting directly into my ears.

The body began to tremble like it was being shaken by an electric current. It was terrifying, but my consciousness did not sleep. Since I had learned the "lessons" well, that I should not pay attention to all of this, that I must not worry, fear nothing, and move only in one direction towards the light, - I managed to get rid of all the "monsters" and rise again into the space of light. Full of divine peace and bliss. Thoughts always ruin everything: "Oh, how good it is..." After that, it was always sad that it was all over and I had to return.

I remember another episode when, after meditation, I immediately rose above the ocean, but I felt like I was lying on the back of a gigantic bird. It was a huge mountain eagle, and lying on its wings, I flew at an enormous speed... This is not fantasy. No. It was a vivid, deeply ingrained reality in my memory. That time, I heard wonderful music. It was SUCH music that vibrated every cell of my body. The melody was divine. I heard the angelic choir singing. The state of bliss was indescribable in words. But again, unable to control the overwhelming feelings, I felt myself descending and opened my eyes. The melody echoed in my ears all day long. I heard it the next day as well, and when I returned to the reality of this world, I began to cry. That time, I regretted not being a composer; I could have written down that melody.

Since then, the fear of death has disappeared. At the moment of real death, I would like my body not to betray me, that my consciousness does not fade, and that I do not fall into a coma. I would like to die consciously and use the "received instruction".

I no longer continued that practice consciously. My goal was achieved. Others continue to practice, hearing all sorts of voices after leaving their bodies, meeting with loved ones... I do not know if this is possible, as I have no experience. But anything is possible. Souls are immortal. That they can meet in the Afterlife - is real.

If such an event were to happen to you and you are "thrown out of your body," do not be afraid. It is important to remember one thing: there is no need to fear all those terrifying howling voices and phantoms, the scarecrows at the threshold. Do not react to them in any way, but focus on "looking" only ahead, "grabbing" onto the light flicker in front of you and "shooting" towards it. And then everything will instantly disappear, and your soul will enter a wonderful space. It is good there, bright. **The light is always and everywhere. I did not see any tunnel.**

Indeed, during meditations, I "saw" (I truly saw) various images, I heard various sounds, when it was said directly into my ear: "Don't worry, I will take care of everything for you. You were a good girl." And sometimes I would simply hear "I love you."

I didn't guess who could have said something to me, but I was happy with every strange contact "with someone." Psychologists or psychiatrists would explain it in their own ways. But if they don't have *such* experience, what could they say?

There have been very difficult moments in my life, but I have never lost my mind, never been hopelessly excited. On the contrary, the harder it gets, the calmer I become in solving the emerging problems. And after learning to meditate, I began to look at problems "from above." I often wave my hand, pushing the clouds aside. In life, I do what needs to be done, and if necessary, I help myself and help others. It's hard to throw me off balance.

I cherished those bright meditations when the space would suddenly illuminate before my closed eyes (Buddhists would say that the third eye opened) and then I would see huge glowing flowers appearing from somewhere, flowers that do not exist on earth, or a tower choir would rise before my closed eyes, with clouds swirling around it at great speed. Sometimes I would see ancient manuscripts, handwritten texts, written with a quill and even corrected by hand, with crossed-out lines. After returning from the meditation, I was filled with joy that I had seen the "miracle" again.

While reading A. Uždavinio's book, I was convinced that all those called mystics saw similar things, experienced similar states of bliss, bursts of light. Often, people who have experienced this, depending on their education and cultural level, interpret their experience in various ways. Sometimes they even start to worship themselves, turning into "teachers," and begin to profit from their "spirituality."

We can philosophize and argue as much as we want in the body, but there, inside ourselves, in that "other reality," where there is no noise of thoughts, everything changes. Philosophical discourses have nothing to do with spirituality. Texts written "from the head," without spiritual experience, are often simply misleading and worthless. Although I have tried to describe my spiritual journeys, my words cannot say anything special. I would very much like to wish you to fear nothing. Let your inner Light guide you. It is the Spirit.

There is nothing else in us and beyond us. Remember the words of Jesus: "God is Spirit," "you – children of light." Now you know this. Those who know ca responsibility for their thoughts and actions.

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YOU WILL BE MY FRIEND IF...

The age of Gnosticism counts in millennia. Persecuted and tormented, it is still alive, its roots nurtured. Gnostics believe that the teachings of Jesus are, in a certain sense, gnostic. Why? Gnostics are convinced that Jesus taught the apostles

He proclaimed a "secret faith" (internal, spiritual), while speaking to others in metaphors, many of which they did not understand. Jesus knew that our souls are different and require different paths to God. The spiritual life of mystics and gnostics is difficult for the average Christian to comprehend. The Catholic Church chose metaphors. Over the millennia, they have turned into tales, more precisely dogmas about the good Jesus and His miraculous works. Now the church weeps that people are turning away from it. There were Christians who sought God within themselves. What thoughts of Jesus' teachings are close to the Gnostics?



Jesus Christ*

John. Jesus spoke to His disciples:

15The vine and the branches

1-I am the true vine,
and my Father is the vinedresser.

2 Every branch of mine that
does not bear fruit, he
takes away,

an s,
that it may bear more fruit.

3 Already you are clean

because o en to you.

**4 Abide in me,
and I in you.**

How branch

**You cannot bear fruit by yourself,
without remaining in the vine;
so neither can you bear fruit,**

I am a vine, and you are branches.

**What remains in me and I in it,
th it;
apart from me,
you can do nothing.**

On the 6th of November,
it will be thrown out
and wilt like a twig.

Then he collects the twigs,
throws them into the fire, and they will burn.

**7 If you remain in me
and my words remain in you, -**

**you will ask for whatever you wish,
and it will be given to you.**

8 Tuo bus pa-lovintas mano T-vas,

th it
and be my disciples.

**As the Father loved me,
so have I loved you.
Keep it in my email!**

If you keep my commandments,

**as I have kept my Father's
commandments.**

I keep it in my email.

**11 I told you this,
that my joy may be in
you**

and that nothing would

be missing for your joy.

**12 This is my commandment,
that you love one another,
as I have loved you.**

**There is no greater love
than to lay down one's life for friends.**

14 You will be my friends if

15 I no longer call you servants,

The servant does not know

W g.
I call you friends,

because I have made known to you
everything that I heard from my Father.

**16 You did not choose me,
but I chose you and appointed you,
so that you might go and bear fruit**

**and that your fruit should remain—
so that whatever you ask the Father**

he may give you.

to love one another!-

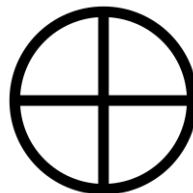
The main source of faith for Christian mystics was the inner God. To better understand these words of Jesus, let's examine (and you can find and read for yourselves) two books: the book by Tau Malachi " The Secret Teachings of Christ " and the book by Evelin Anderchil " Mysticism ".* I will briefly summarize them.

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Gnosticism is a very ancient religious direction, whose roots trace back to ancient civilizations such as Egypt, ancient Greece, Buddhism, early

Christianity, and others. Gnosticism, although brutally suppressed, has remained alive.

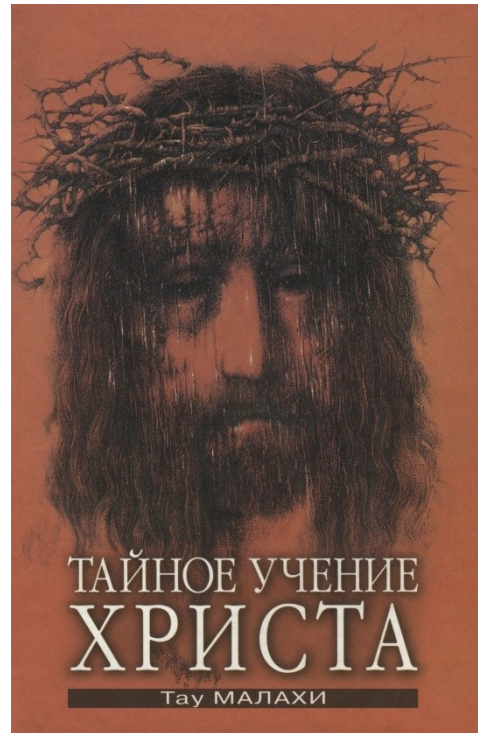
The majority of modern Gnostics have rejected the dualism of the world and the image of the demiurge, and have recognized the Gnostic Christian gospels discovered in 1945 in the village of Nag Hammadi, which has strengthened the foundation of Gnosticism.



The Gnostic symbol



Courtesy of Midnight Ink Books



TAU MALACHI and the book “ THE SECRET TEACHING OF CHRIST“

Tau Malachi is a religious leader and writer of American neognosticism. Currently, he is the bishop of *Ecclesia Pistis Sophia* , also known as the *Brotherhood of Sophia* .

Tau Malachi was born in the United States. He was 8 years old when he met his spiritual leader, Tau Elijah. In the 1980s, as a disciple of Tau Elijah, he received the spiritual name Tau Malachi eben Ha-Elijah. In 1983, Tau Malachi founded the *Brotherhood of Sophia* . In addition to Christianity and Gnosticism, he has also studied Vajrayana Buddhism, Vedanta, Sufism, and Native American shamanism. Tau Malachi currently lives in California. Thus, the Buddhist returned to Christ.

I am not a Gnostic (Gnostics are only made through initiations) , I can only refer to the mentioned book, from which I translated separate paragraphs from the specified source. When I said that I am not a Gnostic , I wondered, is that true? All believers and seekers of God in their inner selves are, in a sense, Gnostics and mystics. When we communicate with the Lord Jesus Christ with all our soul and heart, He hears us, supports us, blesses us, and guides us. I believe that. He gives us the necessary knowledge *on the Path to the Light*. There is no other way. And what does Tau Malachi, who has great spiritual experience in other mystical systems, say?

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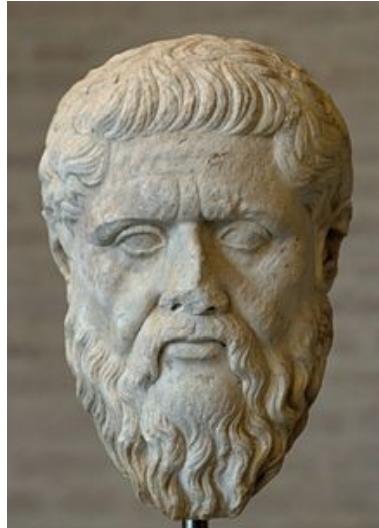
KELIAS · ·VIES·

When I started this work, I knew nothing about modern neognosticism. Only after a decade did I learn that Such a Path actually EXISTS. The book "Malachi" is, according to

Gnosticism is a spiritual path of self-knowledge. It is an inner path,

requiring practical action. In Gnostic Christianity, this path to consciousness is called "the Essence of Light" or "the Light of Christ."

The concept of "gnosis" (Ancient Greek: γνῶσις) was introduced by the ancient Greek philosopher Plato. Gnosis was sought by Islam, Judaism, Buddhism, paganism, Sufism, Kabbalah, Zen, and other traditions. Thus, gnosis is not a discovery of Christianity.



Plato

The term gnosis describes spiritual understanding, wisdom (Sophia), and knowledge, directly acquired through personal experience rather than through intellectual learning or the study of theoretical knowledge. Although minimal theoretical foundations were necessary in the aforementioned traditions, the essential emphasis is placed on personal spiritual enlightenment, through which a person realizes the meaning of their life, their own SELF, the essence of being, and the path to liberation from the earthly existence that limits them.

The term "Christian Gnosticism," writes Tau Malachi, is associated by many with Catholicism, Orthodoxy, or Protestantism. However, the author clarifies that long before the formation of these orthodox branches of Christianity, there existed numerous different sects of the Christian movement that relied on the oral legacy of Christ's teachings. This was a powerful movement aimed at enlightenment and spirituality. After the Resurrection of Christ, many mystical and Gnostic sects emerged, along with secret beliefs. People sought to know the gnosis of Christ's consciousness. In the very beginning, Christianity was purely an oral tradition, spreading from the lips of the first apostles and followers. There was no unified canon.

However, over time, the old followers and apostles were replaced by others, most of whom were killed, ...and gradually the teachings of Christ became intertwined with new forms of faith and drifted a further distance from the original Source. Over time, the oral tradition began to be replaced by the written one. Later, the written tradition started to be systematized, formalized, and eventually the strongest of them were

The canonized. The wide initial spectrum of beliefs in Christ has narrowed. Even the number of the most popular versions has gradually decreased...

With the onset of the persecution of Gnostics and the killing of other believers, many Gnostic currents persisted in Christianity for several more centuries, but the Council of Nicaea in 325 AD determined the future of Christianity. Emperor Constantine the Great, who allegedly had a "spiritual experience," proclaimed

brutal repression of other believers. Christianity destroyed the idea of the inner

emerged, which was given immense powers that had a decisive influence on Western civilization and culture. Rome was merciless to "heretics," and millions of people perished in the fires of the Inquisition. The Gnostic-mystical tradition has little in common with dogmatic Christianity. In 1945, when very important documents of the inner tradition were discovered in the village of Nag Hammadi in Egypt, Gnosticism revived once again. Nowadays, no one could destroy, hide,

St. John said the truth: "The light shines in the darkness, and the darkness has not overcome it." (Jn 1, 5)

We should rejoice that the tradition of the inner god has revived, as with the onset of secularization, believers began to distance themselves from the external "god," theatricalized, ritualized, and dogmatized.

If a person builds a wall between themselves and the god present in the church or in Heaven, they will never find Him and will only believe in myths. Moreover, just by reading the texts of the Gnostics, we will not find the inner god either: gnosticism is a practice, not a theory.

It is impossible to describe the happiness of befriending the One who truly lives in Man. The Gnostics call it the Light of the Spirit. There are no words to convey that state of bliss and all-encompassing joy when He comes into the heart opened to Him. Tears of gratitude flow, and infinite love for the Creator arises. That experience is unforgettable. This is my gnosis. It is sad that people do not know this. One wants to shout: You are deceived. Enough of rituals! Enough of fairy tales! Give your hearts to Christ. Reject earthly games. Times are changing. Not the climate. Shine forth. Read the history of Christianity. Let us reflect on the path we have taken. How much we lose by hurrying to ...

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*Jesus Christ. freepik.com photo.

**I highly recommend reading these books. The excerpts are translated from a Russian publication. See psylib.org.ua. You can also find the book by Tau Malachi on the website klex.ru. It is availab

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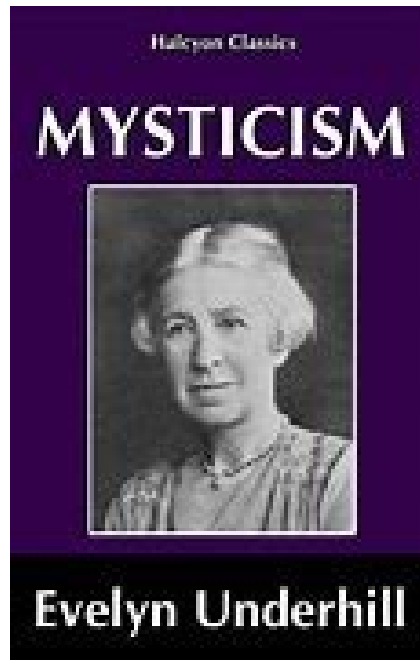
PROTO GAMES OR PEACE?

-Peace, to you, peace!- · Jesus constantly repeated to his followers. And u
Instead of the peace of mind, we let it play... with our lives and souls.
Sometimes we go to church to pray, but we do not find peace. We do not
We do not know where it is. How to calm the mind – a difficult task. Jesus did not
promise a easy path. If mystics found that path, · you can find it too. Your time, your
ife, – is in your hands. Let's examine the book " *Mysticism* " by the famous English
mystic and theologian Evelyn Underhill. It contains almost the entire history
of Christian mysticism. It is a systematic historical account of those who sought
the Peace of God. Mystics were and are the true apostles of Christ. To say that it is a
ery interesting book – means to say nothing. Will it be difficult to read in Russian?
Read it, finding that book in another language. It was not easy for me either, but I did not
dismiss it, I overcame it and I know how much it enriched and inspired me. So, this
book is about those who sought Peace. And if you ONLY read that book and
put it on the shelf, · your reading will be in vain. Mysticism is a practice, not
a theory.

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Some strokes about the book "Mysticism" author EVELYN ANDERCHIL

Evelyn Anderchil is renowned for her fundamental knowledge of spirituality, particularly
Christian mysticism. Her most famous work, "Mysticism," published in 1911, became
one of the most popular works until 1946, when Aldous Leonard Huxley released his
book "The Perennial Philosophy" / "Eternal Philosophy".



Evelyn Underhill. *Mysticism*.

Evelyn Underhill was born on December 6, 1875. She was educated at home, except for three years at a private school in Folkestone. She studied history and botany at King's College London, and she was awarded a Doctor of Divinity degree from the University of Aberdeen. Evelyn Underhill became the first woman to teach Anglican clergy and officially lead retreats. She was also the first woman to establish ecumenical relations between different churches and one of the first female theologians to lecture at colleges and universities in England. Evelyn was a master bookbinder, learning from some of the most famous bookbinders of her time. She studied ancient literature, had a deep understanding of Western spiritual practices, and, in addition to theology, was knowledgeable in the philosophy, psychology, and physics of her era. Evelyn Underhill was the editor of the prestigious politics, culture, and current affairs magazine "The Spectator".

She described her early mystical insights as "sudden experiences about the calm, undifferentiated boundary of reality - similar to a 'silent desert of the unknown,' where there is no need to explain anything." Understanding the importance of such experiences, she spent her life trying to expand the boundaries of her mystical experiences, and her "personal existential anxiety" prompted her to begin new research and writing.

Her father and husband were lawyers. Evelyn had known her future husband, Hubert Stuart Moore, since childhood. They married on July 3, 1907. The couple had no children. She regularly traveled across Europe, primarily to Switzerland, France, and Italy, where she was interested in art and Catholicism, and also visited numerous churches and monasteries. Neither her Protestant husband nor her parents were interested in spiritual life. Many friends simply referred to her as "Mrs. Moore." There were also rogues in her life. She was a prolific author, having published more than 30 books under her maiden name or the pseudonym John Cordelier.

An agnostic, Evelyn gradually began to lean towards Neoplatonism, and later, towards Catholicism.

Her spiritual mentor from 1921 to 1924 was Baron Friedrich von Hügel, who appreciated her writing but was cautious about mysticism. He encouraged Evelyn to adopt "a more Christocentric perspective," although she had previously held a theistic and rationalist viewpoint. She describes her teacher as "the most wonderful man... so holy, just, sane, and tolerant." After his death in 1925, Evelyn increasingly began to write about the Holy Spirit. She became a prominent figure in the Anglican Church as an assistant chaplain, leading spiritual practices. She was a spiritual guide to hundreds of people, a radio host, and a promoter of contemplative prayer, and she was invited to give lectures.

During the reign of Edward VII, Evelyn, like many of her contemporaries, interest in "mystical,
psychic, psychological, occult, and other spiritual pursuits.

Anglicanism seemed absurd to Evelyn compared to her own inner world. She was not searching for the "meaning of life," as both she and many of her generation had stopped practicing orthodox religion and began to "look into their hearts." This "age of spirit" was a period when the sudden weakening of social taboos encouraged individual emancipation and the desire to pursue a mystical El Dorado, which was scorned by the old, "gloomy and insensitive" previous generations. Evelyn Anderchil died in London on June 15, 1941. The most famous work of Evelyn is "Mysticism: A Study of the Nature and Development of Spiritual Consciousness" (1911). In this work, the author rejected William James's 1902 study "The Varieties of Religious Experience" due to its indifference. James himself admitted that his own ideas completely blocked his access to mystical states. malonumo.

Evelyn constantly emphasized: mysticism is a practical activity, not a theory. It is absolutely a spiritual activity. The essence, content, and methods of mysticism are love.

Mysticism is related to a certain psychological experience. Before unveiling this famous English mystic's masterpiece, I would like to quote the words of the Swiss mystic, priest, thinker, and theologian Maurice Zundel (1897–1975), which resonate with Evelyn Anderchil's invitation to know the *inner god*: "Religion is not a passive waiting for bliss, forgetting to think."

Religion is participation in God's work, aiming to create a bright, happy, and beautiful world in His image. We are immersed in accusations against one another, but we are not all to blame. Most of all, we, the mediocre Christians, are to blame, multiplying the signs of the cross wherever possible, but forgetting the infinite pain caused by the refusal to love, the reason for the suffering of the cross. Each of us harbors a mystical calling, of which we are often unaware. Our "self" burdens us, and we need to "heal" from ourselves. We are truly happy only when we lose sight of ourselves, when we dissolve in things that transcend us.

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WHAT IS MYSTICISM?

The author of the book "Mysticism" writes about those people full of secrets: "A mystic is a very specific type of personality; such a person cannot be satisfied with what others call life experience, and is inclined, as the detractors of mystics claim, to 'deny the world in order to reach Reality. ' We encounter such people in the East and the West, in ancient, medieval, and modern times. Their only passion is the pursuit of some intangible, spiritual goal: the search for an 'exit' or 'return' to a desired state in which they could satisfy their thirst for absolute truth. This search is the meaning of their entire life. For it, they easily make sacrifices that seem horrifying to others. An indirect confirmation of the relevance of such searches is that wherever these people appeared, their goals, doctrines, and methods were essentially the same. Their experiences ultimately form a powerful body of evidence, remarkably consistent and often mutually explanatory; this cannot be ignored if we wish to understand the energy and potential powers of the mystic's spirit or comprehend their relationship with the unknown world that lies beyond the limits of sensation."

"Mystics are pioneers of the spiritual world, and we have no right to dismiss the value of their discoveries because we lack the opportunity or courage to conduct our own research." E. Anderchil attempted to describe and validate their experience. Mysticism is so far from daily thinking that understanding and appreciating it requires ·cleansing one's mind·.

We need to approach this matter (mysticism) consciously, clearing our thoughts of preconceived notions and agreements, consciously rejecting our entrenched habit of considering the ·visible world· as the truth, which arises from the laziness of the mind, that science s "real," and metaphysics – not. In criticizing the constructs of visionaries, poets, and saints, we must break down our houses of cards, descend, as mystics say, into ·our nothingness· and tudy the foundations of every possible human experience ourselves.

The most prominent features of mysticism.

·The spiritual history of humanity demonstrates two distinct fundamental positions regarding the Invisible and correspondingly two ways in which humans attempt

We will refer to these methods here as ·magical· and ·mystical·. However, having said this, we must immediately add that while in their extreme manifestations, these two methods are significantly They contrast, and the boundary between them is not so clearly defined. Based on the same principles, they often mislead the researcher, as they use the same language, tools, and methods. Therefore, a large part of what is actually magic is completely unjustly

attributed to mysticism. In fact, both currents represent two opposing poles of the same thing – *transcendent human consciousness*. Between them – religions... at one end of the scale, pure mysticism smoothly transitions into religion or, from another perspective, grows out of it. Every deeply religious person is, in a sense, connected to mysticism, and no mystic can be irreligious, at least not in a theological sense, if not in a psychological sense of the word. At the other end of the scale, as we will see later, religion also approaches magic in the same way.

The essential difference between magic and mysticism is that magic seeks to receive, while mysticism seeks to give – immortal and antagonistic positions that always appear in one form or another. Both magic and mysticism, ... use the entire psychic mechanism, conscious and unconscious, to achieve their goals - and both claim to empower seekers with abilities that ordinary people do not possess.

The will in mysticism merges with emotions in a passionate desire to rise above the sensory world, so that the Self may achieve a union of love with the One, the Eternal, and the Ultimate Object. This is a poetic and religious temperament that operates on the true levels of existence.

In magic, the will merges with an intellectual passionate desire for transcendent knowledge. Here, the intellectual, aggressive, scientific temperament seeks to expand the boundaries of consciousness to encompass the supersensory world – clearly opposed to mysticism.

Thus we see that... mysticism and magic correspond to two eternal passions of the Self - the desire for love and the desire for knowledge, separately reflecting the heart's and intellect's yearning for ultimate truth. The third... the position of transcendental philosophy is hardly necessary to include in the spectrum of our examined themes, as it is purely an academic perspective, while magic and mysticism are based on practice and experience.

sense reality mystics, just as we do not call every person who can play the piano a musician. A true mystic is a person who can transcend a purely artistic or visionary state and rise to the level of genius; his transcendent consciousness is capable of grasping the ordinary, and he himself resolutely strives into the embrace of Reality.

perceiving rhythms and discovering truths and beauty hidden from others, so too is a true mystic in a certain relationship with the transcendent world, where he feels a genuine tension and pleasure that we cannot even imagine. The mystic's consciousness is in a way transformed; he lives at a completely different level of perception compared to other people, and this, of course, means that he sees a glance at reality, but a complete system of life with its rights and responsibilities. As

Some people are immersed in natural or intellectual life and respond to it, just as a mystic immerses himself in spiritual life and responds to it. He seeks the ultimate to align with the interests of this life, which he calls "Union with God."

Mystics were called lonely souls, but more accurately they could be referred to as lone bodies, as their extremely friendly souls send and receive signals from all directions.

The true mysticism is active and practical, rather than passive and theoretical. It is an organic living process, what the whole Self is truly engaged in, not something that its intellect has an opinion about. The goals of the mystic are entirely transcendent and spiritual. He does not intend to add, explore, or improve anything in the visible universe.

According to Anderchil, mystics seek to "dissolve" in the living object of Love, but do not investigate the object. A living union with the One - the ultimate goal of the mystic - is a certain state or form of life. This cannot be achieved either by intellectually grasping its benefits or through the most intense emotional desire. A difficult psychological and spiritual process is required - the so-called mystical path - which involves a complete transformation of the personality and the liberation of a new or quite latent form of consciousness, shifting the Self into a state sometimes inaccurately referred to as "ecstasy," but which would be better described as "Union of Oneness."



Mystics St. Bernard of Clairvaux

Therefore, mysticism is not an opinion or philosophy. It has nothing to do with the search for occult knowledge. On one hand, mysticism is the ability to contemplate Eternity; on the other hand, it cannot be identified with any manifestations of religious extremism.

Mysticism, writes Evelyn, is the perfect embodiment of Love for God, the art of establishing a conscious connection with the Absolute. The life of a mystic on earth is a true mystery.

Although he lives among people, he seems not to belong to this world... Anderchil writes that the mystic's "life in Unity often takes place among people, but he does not belong to this world."

It belongs to other levels of existence that are inaccessible to words...and to the mind. We, the inhabitants of the "valley of the earth," can only catch a glimpse of the lives of those few chosen ones who have transformed themselves. They are far from us and breathe a different air. Their

experience's significance for humanity is truly immeasurable. They are our envoys to the Absolute.

Through their works and destinies, mystics have shown that a transcendent life is possible. Essentially, in their example, writes Anderchil, we see nothing other than a promise and a testimony that souls can transform and open to God's Love. Seek the inner God within yourself, not in the fairy-tale church! We can also call Buddhists mystics. Of course not all...

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UNIFIED UNION

Buddhist Joseph Goldstein (we will elaborate on this author in the next chapter) presents two Christian saints in his book "Unified Dharma": SAINT JOHN OF THE CROSS and SAINT FRANCIS OF ASSISI. They are both Christian mystics. But do not let this surprise you! The Author dedicated the thirteenth chapter of the book to them. When I read this, I realized: all mystics, wherever they live and whatever they believe, together belong to the UNION OF LIGHT, which works for the benefit of all people. Join it too! Do not think that you are different. You can also shine.



Saint John of the Cross

In the writings of some Christian mystics, we find teachings that correspond to our practice. Here is what Saint John of the Cross wrote: "It is not from a lack of desire that I have refrained from writing to you, for I truly wish you all good, but because I thought that I had already said enough of what is necessary, and what is needed (if it is truly needed) is not the scattering of writings or words, which we often sow more than necessary, but silence and work. Where spoken words distract attention, – silence and work gather thoughts and strengthen the spirit.

Therefore, when a person has already understood what has been said for their benefit, there is no longer a need to listen or continue discussing. One simply needs to start seriously practicing what has been learned, and do so quietly and attentively...

This is what Saint Francis of Assisi (1182-1226) wrote:

“If your heart wanders and strays [from the topic of thought], gently bring it back... And even if during the lesson hour you did nothing else but return to the topic of thought again and again, and each time it strayed off to the side, – then in this case, the hour that has ended was spent usefully.” He simply teaches a meditation technique. And sincerely advises:



Saint Francis of Assisi

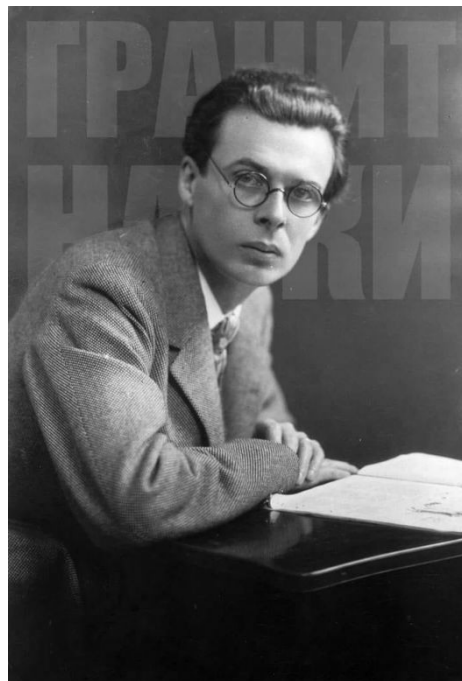
·Do not be discouraged if, despite your efforts, your thoughts wander and occasionally succumb to daydreams. Each time you realize that your mind is wandering, gently bring it back to your breath or bodily sensations. And no matter how many times this happens during that hour, if you bring your thoughts back each time, consider that you have spent that hour well. Be gentle with yourself. And be persistent.” Saint Francis warns that “a great and important transformation will take place in this work.”

Buddhist Joseph Goldstein's book shows that mystics always find common ground, as this language is the pursuit of Light, the essence of silence and bliss. Christian and Buddhist mystics always understand each other.

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STABMELDYST.

Although it is claimed that the book "The Perennial Philosophy" by the English writer Aldous Leonard Huxley surpassed E. Anderschil's book "Mysticism," this is not the case. They complement each other with new aspects of spirituality. They change as humanity moves forward. In the mentioned chapter of O. Huxley's book titled "Stabmeldyst-," we learn how easily Christians have cooled off from the teachings of Jesus and have fallen back into comfortable and non-committal idolatry.

Aldous Huxley notes that " For educated people, the most primitive forms of idolatry lose their appeal. They easily resist the temptation to think that certain natural objects are gods or that certain symbols and images represent forms of divine beings that should be worshipped and believed in. However, many fetishistic superstitions have persisted to this day. Although these superstitions remain, they have lost their reverence. Primitive forms of idolatry are treated similarly to drunkenness and prostitution - they are tolerated but not endorsed. In the usual hierarchy of values, they occupy one of the lowest places."



Aldous Leonard Huxley

But it turns out that more modern forms of idolatry are already noticeable! The philosopher laments that "the education system denies the very primitive forms of idolatry, but at the same time condemns or, at best, ignores the Perennial Philosophy and spiritual practice." While visiting university libraries, Aldous Huxley noticed that books on spiritual religion were much less in demand there than in public libraries, where men and women who have not experienced the advantages or disadvantages of long-term academic studies frequent.

Philosophers suggest that all forms of idolatry can be divided into three main technological, political, and moral. According to him, "the technological group includes the most naive and primitive forms of idolatry; its supporters, like those of lower forms of idolatry, believe that repentance and liberation depend on material objects – in this case, technological innovations. Technological idolatry is a religion whose doctrines are disseminated directly or indirectly from the advertising pages of newspapers and magazines."

O. Huxley proclaimed as a prophet at the time that the belief in technological idols is so sincere that in the modern man's thinking it is impossible to find (despite all the lessons of mechanized warfare) any traces of the old and very realistic teachings of pride and inevitable retribution. When it comes to technological innovations, the widespread belief that we gain something from them and give nothing in return – that is, we can enjoy all the advantages of complex, highly specialized, and constantly improving technologies without losing anything."

O. Huxley criticizes moral idolaters, who are partially realists, as they understand that technical innovations and various organizations cannot guarantee the triumph of virtue and the growth of happiness by themselves; the individuals who make up society and control the machines become arbiters, determining whether human relationships will be decent and whether there will be order in society." "Champions of morality," according to the philosopher, lose their sense of reality and succumb to idolatry, beginning to worship not God, but their moral ideals, perceiving them as an end in themselves, rather than as a necessary condition for knowing God and loving Him."

O. Huxley sincerely indignantly criticizes fanaticism as a form of idolatry, as it contains moral evil, because it is the fanatic who worships what is generated by his own desires. It seems that idolatry is a moral defect, as it "represents the closest idea to our mind that takes the place of Christ, the only one who cannot turn into an idol and sow idolatry, because He harmoniously unites in Himself all ideas of perfection."

Oldos states that "only in Christ are there truth, justice, and all other qualities...

The narrowness of thought leads to sin, as it suppresses the vigilance of our moral nature, from which sin arises. How many examples of this narrowness of thought do we observe in these times!!! "Virtue, which arises from perfect love for God and His knowledge, is completely unlike the 'righteousness of the scribes and Pharisees,' which Christ attributed to the greatest moral evils... In the era of O. Huxley, unrestrained fanaticism, spiritualism, and Blavatsky's

"The frenzy of the 'butterflies'. Indeed, it is impossible to disagree with the thinker that the highest forms of moral idolatry prevent the discovery of God and the understanding of Reality.**

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*Quoted from: Aldous Huxley. THE PERENNIAL PHILOSOPHY. Idolatry. My highlights.

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THE LIGHT IN GOD'S WORD AND WITHIN YOU!

For the second time in my life, I fell seriously ill. It was a flare-up of an old disease. Twelve years ago, I had healed that illness without medication, practicing a healthy lifestyle, exercise, nutrition, and meditation, but then... I had to sacrifice everything to help my loved ones. There was no more peace, no meditation. I had to come to terms with what is. Now, with the most important work done, peace has returned, thanks to which I can focus on my work. Every day I ask God to help me complete that work. I fulfilled what I had promised. As I knew how - that's how it was. Perhaps someone will supplement or correct me. I will be grateful. That was my path. I do not urge anyone to follow the same path. I am not teaching anything - I am just sharing.



My favorite icon of Jesus Christ hangs above my bed.*

It was not only meditation that taught me. In search of the answer to what light is, I read a lot. I knew about the manuscripts that were discovered in 1945 in the village of Nag Hammadi in Egypt. Among them was the Gospel of Thomas. However, back then, even though I was studying philosophy, I read them superficially. My soul was still asleep. And I forgot. After many years, I returned to the history of Christianity and began to search for "elements of light" within it. Those who are well acquainted with it know how, over the centuries, church hierarchs and lay philosophers irresponsibly interpreted God's Word and other sacred texts. Neoplatonists, and later Aristotelians, supplemented it with their philosophies. Neoplatonism and Gnosticism disappeared around the 6th century; they were declared heresies, and the works of the early Christians were gradually forgotten. Augustinianism lasted until about the 14th century, until St. Thomas Aquinas spoke his word. The Church intended to condemn him for spreading heresies, but then changed its mind. The mind was rehabilitated as a useful instrument for the knowledge of God and practical life. This was an extremely serious transformation of Christianity from spirituality to rationalism, the consequences of which we feel in our times. One might say even more strongly – this was the beginning of the sunset of Christianity.

The Roman Empire, during the Crusades, encouraged the growth of cities, the arts flourished, the wealth of conquered pagan lands flowed into the Eternal City, and it thrived. The churches became even more beautiful, more ornate, and the faith became even more dogmatic. The servants of the Church completely let themselves go. People were outraged by their lives. The time had come to reform the Church. Thanks to Luther and Calvin, new churches were born, although Jesus spoke ONLY about One Unique Church. Christianity had completely distanced itself from the Light of the Word.

In my youth, the dogmas of the catechism were difficult for me to comprehend. The studies of philosophy gave me much more. I began to critically evaluate everything that was proclaimed. I started to seek answers myself. The most serious impetus that brought me back to Christ was the question: *what is light?*

I want to remind you that the gospels were formed nearly 300 years after the Resurrection of Christ. Who and how they were formed, what was rejected, and why - remains a mystery. I was more interested in what happened immediately after the Resurrection of Christ? And this can be traced. There were many testimonies. The apostles who accompanied Jesus and witnessed the Resurrection spread in all directions and began to proclaim the Good News. After the Resurrection, Christ would return to His disciples from Heaven and teach them, spiritually strengthen them, and prepare them for apostolic work. Christ answered the questions of His disciples. At that time, there were very few literate people. Those who could wrote down what they heard from the lips of the Living God. Christ had not only 12 apostles but also thousands of followers. They also listened to His sermons and lived alongside Him. After the Resurrection, some followers began to send messages and letters to each other, maintaining connections.

Thus, a considerable number of testimonies emerged, which were later, by th

collected, systematized, "filtered," and from them, the well-known four canonical gospels / according to Matthew, Mark, Luke, and John / were created. The works of the first Christians and the testimonies of the Gnostics were considered apocryphal and heretical by the Church. The unification of the Roman Empire required a strong one God and religious dogma. Pagan Rome ceased to fight against Christians, to persecute and torture them. Christianity was built on the blood of Jesus' apostles and followers. The hierarchs of the emerging church systematized the writings of the apostles, some of which perished, and as I mentioned, some were discovered in 1945. Nang Hamadi kaime.

The Gospel of Thomas is not yet classified as part of the New Testament,

it is non-canonical. This gospel is authentic. The most important thing, as I mentioned, is that it was written based on the words of the Living God, who returned to His disciples after the Resurrection. It was then that the apostles received the baptism of the Holy Spirit, they were given special powers (e.g., the ability to speak in the languages of other nations) and they went out to all corners of the world, to the ends of the earth, to proclaim the Teaching of Christ. They were all killed and martyred as "heretics" and pests. The word of God was brought to us with a sword in hand, not by them, but by the Crusaders.

There is no account of Jesus' life in the Gospel of Thomas, – only the recorded responses of Jesus to specific questions from the disciples. I proclaim it here because I am convinced that every Christian must hear the Word of God authentically, not edited. To draw your attention to certain parts of the text, I have highlighted them. The Gospel of Thomas inspired me. After several years of various explorations and meditations, it was good to return to what is True, to the beginning, – that is, to the Word of Light. It is that Word that dominates in the Gospel of Thomas. Then I finally realized that Light is Spirit, It lives in us, and we in It. I understood that the Kingdom of God is not in Heaven, but in our hearts. This lesson was the most important to me. The Gospel of Thomas put all the dots on the "i". The Word of Christ, which the twelve heard with their ears, is an invaluable Gift to Man. It is that Word that all who have heard it carried into the world. They did not know who Plato or Aristotle were. Now we are racking our brains on how to separate the wheat from the chaff... searching for the definition of the Absolute.

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Some thoughts from the "GOSPEL OF THOMAS"

(From the Nag Hammadi library)

Here are the secret words that the living Jesus spoke and that Didymus Judas Thomas wrote down.

And He said: Whoever finds the meaning of these words will not taste death.

Jesus said: Let the seeker not cease seeking until he finds, and when he finds, he will be disturbed, and when he is disturbed, he will be astonished and will rule over all.

Jesus said: Recognize what is before your eyes, and what is hidden from you will be revealed; for there is nothing hidden that will not be made manifest.

Jesus said: Perhaps people think that I came to bring peace to the world, and they do not know that I brought division to the earth: a sword, fire, war. Indeed, there will be five in one house – three against two and two against three: father against son and son against father, and they will stand alone.

Jesus saw nursing babies. He said to his disciples: These nursing babies are like those who enter the kingdom. They said: Then will we enter the kingdom, becoming like babies? Jesus said to them: When you make the two one, and when you make the outside like the inside, and the above like the below, and when you make the male and the female one, so that the male will not be male, and the female will not be female, and when you make an eye instead of an eye, and a hand instead of a hand, and a foot instead of a foot, and an image instead of an image, then you will enter the [kingdom].

His disciples said: Show us the place where you are, for it is necessary for us t

He said: Whoever has ears, let them hear! The light is the light of the human within, and he becomes light for the whole world. If he does not become light, darkness is he.

Jesus said: Love your brother as your soul; guard him as the pupil of your

Jesus said: You see the speck in your brother's eye, but do not notice the log in your own eye. When you remove the log from your eye, then you will see how to remove the speck from your brother's eye.

Jesus said: If you do not refrain from the world, you will not find the kingdom; if you do not celebrate the Sabbath as the Sabbath, you will not see the Father.

Jesus said: I stood in the middle of the world and appeared to them in the form of a body. I found them all drunk and did not find a single one thirsty, and my soul was saddened for the children of men, because they are blind in their hearts and do not see that the world has come. Being empty; they strive and leave the world empty. But now they are drunk. When they throw away their wine, they will begin to regret.

Jesus said: If the spirit was the cause of the body, then – it is a miracle. But if the body (was) the cause of the spirit, then – it is the miracle of miracles. Yet I marvel: how did this great wealth rise in such poverty.

Jesus said: The Pharisees and scribes received the keys of knowledge (and) hid them. They did not enter themselves and did not allow others who wanted (to enter). But you be wise as serpents and innocent as doves.

His disciples said to him: Who are you, who tells us this? (Jesus said to them): Do you not know who I am from what I say? But you have become like the Jews, for they love the tree (and) hate its fruit, (or) love the fruit and hate the tree.

Jesus said: Whoever blasphemes against the Father will be forgiven, and whoever blasphemes against the Son will be forgiven; but whoever blasphemes against the Holy Spirit will not be forgiven either on earth or in heaven.

Jesus said: Blessed are the solitary and the chosen, for you will find the kingdom, for you are out of it (and) will return to it again.

Jesus said: If they ask you from whom you were born, say: We are born of the light, from the place where the light was born from itself; it [rose] and appeared in their image. If they ask you who you are, say: We are her sons and we are the chosen of the living Father. If you what is the sign of your Father, who is in you, say: It is movement and peace.

His disciples asked him: On which day will peace come to the dead, and on which day will the new world arrive? He said to them: The peace you are waiting for has come, but you do not recognize it.

His disciples asked him: Twenty-four prophets proclaimed in Israel, and all of them spoke about you. He said to them: You have left the living one who is in your presence and have spoken about the dead.

Jesus said: Blessed are the poor, for theirs is the Kingdom of Heaven.

Jesus said: Look at the Living One while you are alive, so that you do not die and do not try to see him without being able to see him.

Jesus said: Two will rest in one bed - one will die, the other will live. Salome sa

Man, who are you and whose (son) are you? You came to my bed and ate from my table. Jesus said: I am the one who was born of the one who is whole; I have been given what belongs to my Father. (Salome said): I am your disciple. (Jesus said to her): Therefore I say: When he is whole, he will be full of light, but when he is separate, he will be full of darkness.

Jesus said: You will be blessed when they begin to despise and persecute you, and they will not find a place there where they persecuted you.

Jesus said: I am the light that is above you. I am everything; everything came from me, and everything returned to me. Split the wood: I am there; lift the stone, and there you will find me.

Jesus said: Whoever is near to me is near to the fire, and whoever is far from me is far from the kingdom.

Jesus said: Images are revealed to man, and the light that lies within them is hidden in the image of the Father's light. He will appear, and his image will be concealed by his light.

Jesus said: Come to me, for my yoke is easy, and my lordship is gentle, and you will find rest for yourselves

Jesus [said]: Whoever seeks will find, [and to whoever knocks], it will be opened.

[Jesus said]: If you have money, do not give it for interest, but give [...] to those from whom you will not receive.

Jesus said: The kingdom of the Father is like a woman who, taking a little yeast, [put it] into the dough and made large loaves from it. Whoever has ears, let them hear!

The disciples said to him: Your brothers and your mother are standing outside . He said to them: Here are my brothers and my mother; those who do the will of my Father are my brothers and my mother; they will enter the kingdom of the Father.

Jesus said: When you make two into one, you will become the son of man , and when you say: Move from the mountain, – it will move.

Jesus said: Woe to the body that depends on the soul; woe to the soul that depends on the body.

His disciples said to him: On what day will the kingdom come? (Jesus said): It will not come when you expect. They will not say: Here it is. Or: There it is; but the kingdom of the Father is spread upon the earth, and people do not see it.

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When you read the Gospel of Thomas a couple of times, you will understand that the text is like coded. It is difficult to comprehend without spiritual experience. For example, these words: "His disciples said: Show us the place where you are, for we must find him (the person). He said: Whoever has ears, let them hear! The light is the light of the human within, and he becomes light for the whole world. If he does not become light, darkness is in him."

It seems that back then, as well as now, many do not understand the Word of Christ. Perhaps they did not believe what they heard. At that time, it was simply impossible to understand. And you, dear ones, who see the Light, do you also ignore it? Darkness is not in the eyes, but in the heart. The kingdom of light is in your hearts.

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***Photo: ru.wikipedia.org. This icon is from the Monastery of St. Catherine.**

**** What is the Nag Hammadi library? The Nag Hammadi Library consists of a collection of 13 ancient Gnostic texts discovered in 1945 in Egypt, near the town of Nag Hammadi. These texts were hidden in the 4th century and were only found in the mid-20th century. The collection includes various Gnostic treatises, gospels, and philosophical texts that were banned and forgotten by Christian orthodoxy. In Lithuanian, this collection is often referred to as the "Nag Hammadi library" or "Nag Hammadi texts." Among the most important texts are the "Gospel of Thomas" and the "Gospel of Egypt." In the latter, these words can be found: "What you **matote, tai yra netikras. Tik tas, kas yra nematomas, yra tikras. Ir kas nežino to, kas yra nematomas, tas nežino, kas yra tikra.**" Kita mintis: „Pistis Sophia“: „**Aš esu pirmas ir paskutinis, vienintelis tikras. Aš esu šviesa, ir ta šviesa nebus prieinama tiems, kurie neieško tiesos. Tiesos ie-kotojai matys -vies- ir pa-ins j-, nes ji yra visame kame ir visiems duota kaip šviesa, tačiau tik tie, kurie ieško, galės ją suprasti.**" Daugiau rasite čia: lt.wikipedia.org/wiki/Nag_Hamadžio_biblioteka.**

*****Tomo evangelija.lt. wikisource.org/wiki**

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FOLLOW ME!

It was a real discovery! While studying Osho, I found a book called -Come and follow me-*, written based on the four canonical gospels of the New Testament! This surprised and delighted me greatly. Did Osho really believe in Christ? Osho did not write the books himself; his students recorded his speeches on tape recorders at that time and formed books from them. Reading Osho is very interesting: for me, it was a living study that filled my soul with warmth and strengthened my faith in the Word of God. Yes, yes. That Buddhist led me, or rather brought me back to Christ. After seven years of meditation, I had a question: what did Jesus say about the light? The question was not naive, but essential. Osho helped me answer it. Thanks to this, I returned to the study of sacred sources - I wanted to know more and deeper. Osho helped me navigate the spiritual sciences.



The four-volume book by Osho, "Come and Follow Me," created based on the four gospels, had to be read in Russian. You can find it online or in libraries.

Many may wonder: why did the witnesses of Jesus' life, the apostles, who ate bread and fish with Him and saw His miracles, doubt Him? Why did all His disciples betray Him? And yet, this is the truth! They did not understand His words! Could not believe what they heard? Even now, many find it difficult to understand Him due to His very unusual manner of speaking - speaking in metaphors. Even philosophers, who have delved well into the history of Christianity, for some reason stray into the "search for God" in the recesses of the mind, where He is certainly not. The constructs of the mind belong only to the mind. I came to another conclusion: Jesus' words were too open and clear that it was even hard to believe them! It is hard to believe because we have a terrible "veil" within us! The name of that veil is the mind. It is precisely this that incorrectly "sifts" - it keeps the chaff and throws out the grain. Can we negotiate with the mind to correct itself? Yes, we can. It is necessary to know how to calm it. For that, a meditation of peace is needed. After all, you remember how Jesus repeated to His followers: Peace be with you.

Peace! We can trust our mind for earthly matters, but when it comes to communicating with God and knowing God - the mind is not a counselor. Why did Jesus sometimes have to hide from persistent persecutors? Did He need to be alone with His God the Father? Perhaps He was hiding something? He "hid" the Light, which, when seen, caused the disciples to cover their eyes. Here are their testimonies:

NT. Mt 17 *The Transfiguration of Jesus*

¹ After six days, Jesus took Peter, James, and his brother John and led them up a high mountain by themselves. ² There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. ³

I want to quote the thoughts of a Catholic woman** about the Transfiguration of Christ from an article I once read. It was written by a truly great expert on the New Testament, who did not introduce herself by name.

I do not want to impose just my perspective on you. The same questions arise not only for me:

·Thus Christ · true God and true man · reveals Himself on Mount Tabor as the truest Light, *which has been with God from the very beginning (cf. John 1:2), but the world did not recognize Him, as it was engulfed in darkness. On Tabor, Jesus revealed Himself to us as the powerful God shining with infinite beauty, as the true Light living among us (cf. John 1:14). Christ · the true Light enlightens us, comforts us, teaches us, brings us closer to the one God and to one another. Illuminated by His Light, we can perceive God, ourselves, and the world anew."*

The author rightly notes: · As we explore the Old Testament, we will discover that God's power overcomes the darkness surrounding us and manifests to us

revelation to man, fire and the light it carries are mentioned. God revealed

from Egypt were led by a pillar of fire in the wilderness, and when God gave the

God made a covenant with Abraham. Man sensed that through the magnificent phenomena of nature, God Himself was speaking. However, that fire and light, through which God spoke to people, did not overcome the great distance separating the Creator from the creation. Moses was simply warned not

o approach the bush, and the Israelites were also warned not to approach Sinai. The man of the Old Testament could not yet see God I

·Meanwhile, on Mount Tabor, this infinite distance between God and man see

On one hand, the transfiguration of Jesus was accompanied by the manifestation of God's greatness. Therefore, His *disciples were frightened and astonished. The apostles fell on their faces upon hearing God's voice from the bright cloud (cf. Mt 17:6). But Jesus did not allow them to remain afraid.*

He approached the disciples, touched them, and said, "Get up, do not be afraid

Natural, frightening manifestations of God have ended. The fullness of His revelations is *Christ Himself, the divine light radiating from Him, in which it is "good to be" (Lk 9:33). God's revelation does not instill fear, as it flows from the loving heart of Christ.*

Jesus, who called Himself "the light of the world," often repeated to othe

"I AM." As if asking: are you blind that you do not see? In that "I AM" – lies the whole

"mystery." Let us finally understand that LIGHT IS, was, and will be. It is eternal. If philosophers

seek some kind of Absolute, – He is Light. It is regrettable and laughable that Jesus' disciples,

who saw Him and His works, did not believe in Him. Is it surprising? No. Eyes see only the light

emanating from the surface of things, not the inner light of themselves and others.

Until the Light flashed before my eyes, I also did not believe that It was w

This veil (the mind) does not allow the rays of consciousness' light to pass through. The mind needs to agree to withdraw, to calm down. It needs peace, silence. One simply needs to BE. Not to reason. When you realize your "I AM," no words will be needed. Try it.

In communicating with God – the mind is not an advisor. Even Jesus felt the need to hide from the disciples and the crowd that pursued Him, so He could be ALONE. Such was His prayer to God the Father. We can call this Christian meditation, if a definition of that state is needed.

Protas, laikantis ·vies· tik ·gamtos rei·kiniu·, demonstruoja tik savo nei·manym·.

Imagine a pompous person standing in the presence of God and saying, ·There is no God·. Jesus

The mind called the ·devil·. Light is the body and blood of God, the Living Spirit. Light

is real and there is nothing more real than It.

·In Him was life,

and that life was the light of men.

Light shines in the darkness,

and the darkness has not overcome it.

·The true light was,

which gives light to every man,

and it came into this world." // Jn 1, 1-18

Let us rid ourselves of the abundance of words. GOD, WORD, SPIRIT, LIGHT, LOVE, RUTH, REALITY, BEING – they are all related words, almost synonyms. When we distinguish them – we divide the Unified World, straying from the TRUTH. Everything that surrounds us is LIGHT. It is our CONSCIOUSNESS. Meditating, the mind illuminates and encounters the LIGHT OF CONSCIOUSNESS. Whoever believes in the Word of God is blessed, for he knows the Truth. Light can even be heard. Physicists say that light vibrates, emits waves, and even ·noise·. Perhaps Light can speak in a human voice? The Word of God was heard not only by Jesus Christ. There were others who heard it as well. Light is Reality. There are not two realities. The world is not dual, but whole and unified in Light.

Since God created everything from Light, He Himself is Light. All Light is invisible to us. We see only as much as we are allowed. From God's Light, a person would be blinded and even burned. Moses saw only the "burning bush," which he was afraid to approach. Only Jesus Christ beheld God's Light:

**“ No one has ever seen God, the only Son, who is in the bosom of
he Father, he has made him known.” Jn1,18.**

Jesus is the witness of the Light. The Light is so evident that faith in It requires neither scientific, nor religious, nor philosophical reasoning. You can contemplate the lines below, repeat them many times to remember well that:

-In the beginning was the Word.

The Word was with God,

In the beginning, there was the Word, and the Word was with God.

It came into being through him,

and without him, nothing came into being,

th g.

There was life,

and that life was human light.

Light shines in the darkness,

and the darkness has not overcome it.

There was a man sent by God,

whose name was John.

He came as a witness,

that he might bear witness to the light

and that all through him might believe.

This was not the light,

but it had to bear witness to the light.

There was the true light,

which enlightens every person,

and it came into this world.

He was in the world,

and the world was made through him,

but the world did not know him.

He came to his own,

yet his own did not receive him.

To all who received him,

he gave the power to become children of God,

to those who believe in his name,

who were born not of blood

nor of the will of the flesh,

no n,

but of God.

The Word became flesh

and dwelt among us;

**we beheld his glory,
the glory of the only Son from the Father,
full of grace and truth.”
NT, Jn, 1-14**

Jesus Christ hid nothing from us. On the contrary, He was sent to reveal to us the whole truth about the Light, which is Spirit, Love, and God Himself.

Since time immemorial, people from the Eastern lands, including Buddhists of all kinds, have sought only the Light. Their greatest aspiration is Nirvana or enlightenment. The ancient inhabitants of Tibet, who practice the Bon and Dzogchen religions, also seek the same. These are practiced by the Dalai Lama. He, like Jesus, spreads the Light Word to the world. Millions of people listen to him. He teaches everyone peace and love, which arises only from inner light. Not from the mind. We will talk about Eastern religions and more, in detail.

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*The mentioned Osho book *“Come and Follow Me”* you can find online in English or Russian. You will see how lovingly the Indian mystic, a master of Buddhist meditations, teaches the teachings of esus Christ. For Christians– it is a great lesson.

** zodistarpmusu.lt

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Part IV

TIME FOR PEACE!

So, let's get started! Waiting and waiting for something, until the sky clears, until there is time, until the children grow up, until the business is sorted out, until you finish your studies... time will pass, you cannot stop it. **It needs to be consciously and decisively halted. Time is slippery, deceptive, alluring, and false. What we need is Authenticity. Night** is not suitable for meditation. At night, one needs to sleep, but early morning, when the sun is already about to rise from its bed – is the right time. I wish you a successful start. **Patience. Never give up on the Path for the Trail. Meditation is true wealth. Until the church teaches us this, let us learn ourselves. I learned, as I wrote, from Osho's books. I really liked his book "The Esoterics of Psychology" *(Osho somewhat mockingly referred to "esoterics" as "exotics"). I cannot translate those books, so I prepared a short annotation.**

Someone from the Master's disciples asked, what is the secret of meditation? Osho replies, that meditation is not an Indian method, it is "growth", the growth of

meditation. Beloved Osho's words, which he constantly repeats, that meditation is

trying to meditate, it is impossible to understand anything. Our mind, Osho says, is not meditative, so before meditating, the mind needs to be *completely changed*. And this is where all the difficulties begin. How to change the mind? What nonsense is this? First of all, it is necessary to know that the mind creates thoughts, i.e., it constantly verbalizes. The mind can turn any phen

omenon into words, and those words become an obstacle, a prison. Osho asserts that the constant translation of objects and existence

Therefore, the first necessary condition is to stop the mind. Let's just look at objects, but do not name them. Let's practice. Let things exist, let people exist, but do not name things, people, or phenomena with any words and do not add our emotions to what we see. This is entirely possible, it is natural. I understand that the current state of humanity is unnatural; we have become so accustomed to it that we constantly name all sensations with words. We pour them out and that's it. But we should be silent.

Do not say "I feel good" when you are with your loved one, but simply feel the sense of being. Without words. When you are in love, you feel the presence, not the word. "If lovers do not remain silent," notes Osho, "it means love is dead. And then they fill the emptiness with words. When love is alive, there are no words, because the very existence of love is so all-encompassing and all-consuming that there are no words left.

Osho does not forbid speaking: "When you exist as a social being, you need to speak, but when you are alone with existence, you must be able to turn off language. If you do not know how to turn it off, language keeps turning on and on, and you become powerless, you become slaves. " When the mind is the master, a non-meditative state is created. Conversely, when you are the master, your state becomes meditative. Meditation occurs when you become the master of your mind. That is the whole secret.

Indeed, life is always new, while words are always old, the same ones. Through them, we escape from life, from existence. "An educated theologian," jokes the Master, "is completely dead, as he does nothing more – just talks and talks."

Since Osho was a philosopher, he often quotes Western thinkers: "Sartre named his autobiographical book 'Words.' We live by words. That is, we do not live. As a result, only words accumulate and nothing more. Words are like photographs. You capture something alive and take a photograph. The photograph is dead

into an album. A person who has not lived in meditation is like a dead album. It contains only verbal snapshots, just memories. Nothing alive, everything is just words."

Osho says that meditation is life in silence. Silence is not a loss of consciousness. Osho himself used every free minute for meditation. He did not recognize mantras that can "hypnotize," as the repetition of words can lead to boredom and the mind simply falls asleep. If you sing "Ram-Ram-Ram" all the time, your mind will fall asleep. The language barrier will disappear, but you will become unconscious. One needs to be CONSCIOUS in silence. Autohypnosis is not meditation; in such a state, one can only regress.

Osho encourages you to explore yourself, to feel your psyche. The quieter you become, the more conscious you will be, and the better you will perceive the difference between experience and words. There is always a gap between two words, no matter how small it may be. Otherwise, there would not be two words, but one. The most important thing is the gaps... not only between words but also between inhalation and exhalation. **When you do not breathe, you cannot think. In that gap, there is silence. The more conscious you become, the slower your mind will become. If you focus on the intervals between inhalation and exhalation, on the gaps between words, thoughts and words will fade away, and you will be thrown into meditation.**

Remember that you must become observers of yourself, and words are the objects of observation. When there are no words, you become the interval, but you know that you are in an existential situation. That is what meditation is – to be one with existence, to be totally in it and at the same time to be conscious.

Understanding of silence will come with experience. If you do not try to stop the words, you will not feel the silence. Understanding cannot be conveyed. Neither I nor any master can give you your understanding. I can tell you about it, Osho can tell you, but the work and experience can only be done by you yourself. That is when the "meeting with the divine, meeting with existence" will happen. **. sako Osho.**

When such an encounter happens, do not run away from it. Be with it. At first it should be that way. When we face the unknown, fear arises because the unknown reminds us of death. Therefore, you will feel the approach of death at every interval. Then die! (Osho likes to scare) When you are in that state – die. And you will be resurrected. By experiencing your death in silence, you will be reborn to life. Believe that these words are true and do not fear the truth.

Osho also advises to be a seeker, but not to become a disciple. Do not become

Spiritual teaching arises not from words, but from the silence surrounding us. Even in the marketplace, in a crowd, among people, seek silence, seek the spaces of silence within and outside, and one day you will find yourself in meditation.

I believed in these Osho's teachings when I knew nothing about meditation, and I must say it was a discovery of the path for me.

Try it yourself. Meditation will come to you on its own; it cannot be forced. Be open and accessible to it. Meditation will come just as it came to Buddha, it came to Jesus, it came to everyone who is ready, open, and seeking. However, do not learn this from words, for you will be deceived. The mind always seeks something easy. **Tai tampa išnaudojimo šaltiniu. Tada atsiranda guru ir užnuodytas dvasinis gyvenimas. Pavojingiausias žmogus yra tas, kuris išnaudoja dvasinius ieškotojus. Jei kas nors tave apiplėšia, tai nėra taip rimta, bet „jei kažkas nu-udo arba sustabdo tavo meditacijas, dievi-kum-, ekstaz-s tro-kim-, tai yra nuodėmė, didelė ir neatleistina“**, – stipr-s ir teisingi O tamsoje, jei nieko daugiau negali padaryti. Pa-ios klaidos tave atves · supratim-, kuris i-ves i- tamsos. J-zus pasak-: ·Tiesa yra laisv-·. Suprask ·i- laisv-·. Tiesa visada ateina per supratimą“.

When you disappear into silence, – you are no longer there and you meditate. When you are “drowned” in your “abyss,” meditation exists, then the ego ceases to be. Then there is Life. **“This is what God means in religion: the Supreme Being. but it cannot be found anywhere in a complete form, remember this if anyone denies it. Follow your feelings and do not fear failures. Acknowledge failures, but do not repeat the same mistakes. One mistake is enough. To a person who keeps making mistakes in search of truth, forgiveness is always granted. This is a promise from the very depths of non-existence.” Osho speaks here like Christ. Doesn't he?**

I am just retelling Osho's thoughts with my own interjections, and you need to read it yourself, paying attention to each word, accepting it into your heart and mind. Then there will be a result.

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*I recommend reading the entire book - Osho Rajneesh. "The Psychology of Esotericism", p

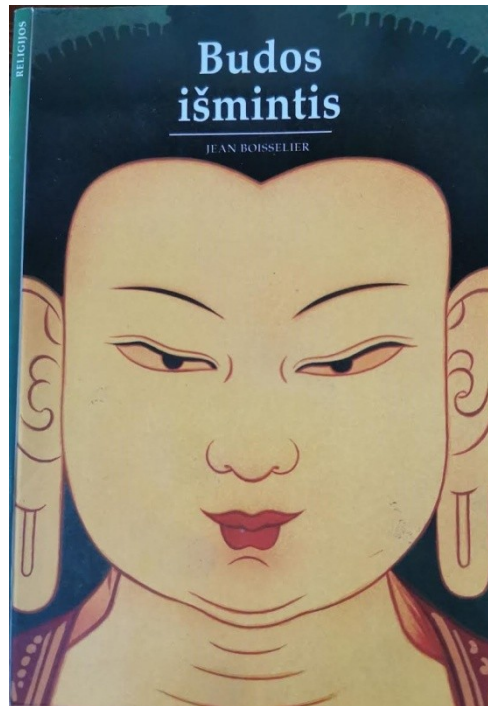
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LAST WORDS

·The visa that is created is temporary; work diligently for your own salva

In those words lies the entire philosophy of Buddhism, wonderfully suitable for representatives of any religion. I discovered them in a small, richly illustrated book titled "The Wisdom of Buddha" by a Frenchman, Dr. Jean Boissellier, who specializes in the humanities and Indology. J. Boissellier, using history and legend, narrates about

life To the one who wished to free people from suffering and whose doctrine illuminates almost half of humanity today.



VI- In the 6th century BC, when Buddha appeared and his religion spread, intense spiritual activity was already taking place over a vast area – from Greece to China. In India, the stirrings of thought began even earlier: at the beginning of the 2nd millennium BC, considerations about the structure of the osmos, self-knowledge, and the emergence of life came to the forefront. In the 6th century BC. Prince Siddhartha, hailing from Northern India, left his parents and wealth in search of an answer to the universal riddle of suffering and death, became Nubudusiuoju, Buda, Palaimintuoju, kuris atnešė Gerąjį Mokymą milijonams žmonių. Jis tapo religijos, kuri per du su puse tūkstantmečio prisitaikė prie tautų, vietovių, kultūrų ir klimatų, pradininkas. J. Boissellier pasakoja apie paskutines Budos dienas žemėje: „Žinodamas, kad jau artėja pabaiga, jis kiek įmanydamas stengiasi skleisti Mokymą, patarti vieniems ir kitiems, ypač Bendruomenei, kuri netrukus neteks savo vadovo...Buda sakė:

“I have already become a frail old man; I have reached the end of the road... be your own saviors; let there be no other beacon and no other refuge for you but the Teaching.”

That Teaching showed the way to inner enlightenment.

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THE TAMING OF PASSIONS, DETACHMENT, WISE ACTIONS

Grįžkime vėl prie Oldoso Hakslio. Nors jis pristatomas kaip anglų rašytojas fantastas, bet man jo knygos į fantastiką nepanašios. Jo knyga „Amžinoji Filosofija“ pilna i-minties, tik-jimo Dievu ir kriti-ko -vilgsnio -moni- ydas.

The thinker draws our attention to the manifestations of idolatry, which we often fail to notice. He was perhaps the first to observe that in the civilized world, culture becomes an object of idolatry. The thinker asks: -You are still convinced that culture will save the world? It will not! No! No Van Goghs and Raphaels, no Beethovens or Mozarts will save us, no most beautiful Gothic churches or cons, – will not save us. Do not deceive yourselves. Let culture remain, – it brings much joy to the creative soul and to the consumers of art. But it is not an dol for worship.” Is it not true?

It is true that God recommends us to admire His artistic creations, which are abundant around us. God observes our hearts. We ourselves are His artistic creations. How could it be otherwise? His Light penetrates us like X-rays: every fiber of our body, every emotion we have. And who is He to us? That God? Very close and beloved? He is needed only sometimes: when there is time, when something happens, when something is wrong... You know very well how and how much you love Him, your Lord, your Neighbor.

There is no point in being hypocritical. We are naked before Him. The relationship with God is not religion.

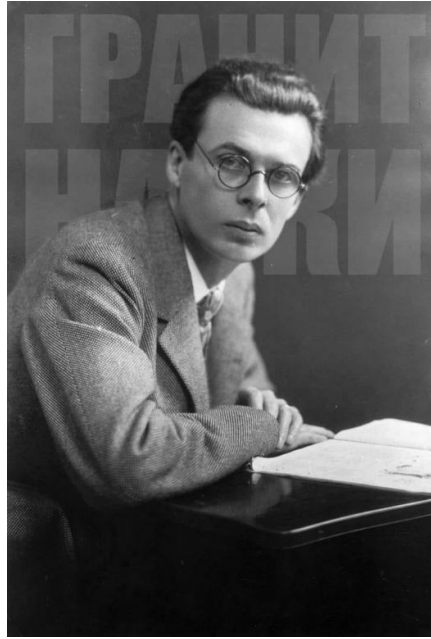
O. Huxley talks about this in his book.

O. Huxley notes that a person tends to cling to something they like. Unbeknownst to ourselves, we easily fall into idolatry. By uncritically evaluating our daily "rituals," cravings, and habits, we live like "soldiers"... But we should diversify our days with new experiences.

For example, go to a children's theater, paddle a kayak on the Neris River through all of Vilnius, sit in a secluded square and simply observe the "ant hill" of people without identifying with it, visit a church of a "foreign" religion... and so on. You will see how many fresh emotions you will experience and how enriched you will become. Just don't get stuck on your daily "rituals": coffee breaks, having lunch at a set time, visiting the exhibition center...

“A person who seeks to become an artist, philosopher, or scientist often chooses a life of poverty and low-paid hard work, - a sacred truth, isn't it? However, this is by no means the only trial to which he dedicates himself, notes the thinker. The artist must renounce the common tendency to view things selfishly and utilitarianly. The skeptical philosopher must restrain his common sense, while the researcher must stubbornly fight the temptation to think in a standard and simplified way in order to learn to obediently pursue the Mysterious Thought. What applies to creators also applies to the consumers of their work. Indeed, we follow the artist when we are at an exhibition, sticking to a famous painter's painting. We want to feel like great connoisseurs of art. And we become snobs.

Huxley invites us to remember Socrates, who tamed his mind and drank, proving his righteousness, the cup of poison offered to him by his fellow citizens, who were unable to restrain their passions.



Aldous Leonard Huxley

Oldos recalls the heroic efforts of Galileo and his contemporaries against Aristotelian clichés, about such equally heroic efforts now required of any scientist convinced that there is something more in the universe than what has been discovered based on Descartes' recipes. "Such mastery over passions is rewarded with a certain state of consciousness, which is almost equivalent to the perception of spiritual beauty. The artist, as well as the philosopher and scientist, are artists who know the bliss of aesthetic contemplation, discovery, and understanding. The fruits of intellectual, emotional, and imaginative work are the true fruits; but they are not absolute good, and if we evaluate them as an end in themselves, we will fall into idolatry. To harness will, desire, and toil to creativity is not enough; it is necessary to harness knowledge, thought, feelings, and imagination," summarizes Oldos.

O. Haksli's application, when the word "culture" is German and written with the letter "K" (Kultur), During the years of the First World War, it faced mocking disdain. Now everything has changed. In Russia, literature, art, and science have become a new humanistic holy Trinity. However, the Soviet Union is not the only country where the cult of Culture exists. Most intellectuals in capitalist democracies also worship culture. Intelligent journalists, who have overcome water and fire, writing about everything with a certain cynicism, knowing everything about God, Man, and the Universe, and seeing through the absurdity of the world's meaninglessness, literally swoon with joy when it comes to culture. With enthusiasm that sometimes seems downright ridiculous, they invite us to share their *purely religious view of High Art*, represented by the latest examples of mural painting. They assure the audience that as long as some lady X is writing her unique novels, and Mr. Y is writing critical articles, the world remains intelligently structured, despite obvious signs to the contrary. The same overly enthusiastic attitude towards Culture, the same belief that Applied Art and literature are self-sufficient and can thrive in isolation from the intelligent and

The philosophy of realistic life has penetrated even into schools and universities. Among progressively thinking educators, there are those who probably believe that everything will be fine as long as teenagers are given the opportunity to "express themselves," and young children are encouraged to "create" in art clubs. But, unfortunately, plasticine and self-expression will not solve educational problems. In fact, when you realize how much culture surrounds us, and how little of it we experience directly in our lives, how fiercely chauvinism intrudes into all relationships, – it is not worth discussing the impact of culture and art on the soul. Neither technology nor the "One Hundred Best Books" series has the healing effect on the soul, - adds Huxley. By the way, such strong criticism of education was expressed more than two and a

In terms of elevated culture, it severely hurt the hearts of snobs and healed so

There is also another perspective on happiness that everyone strives for: "The happy one will be the one who, detached from all kinds of images, focuses on himself and directs his thoughts to God, ultimately leaving behind and forgetting everything that hinders him. Only in this way, with his bare, pure, simple emotions and mind, will he, within himself, seek contact with the purest and closest object – God. Therefore, know that your entire relationship with God depends solely on the purity of your mind and emotions, and your will. Indeed, this relationship cannot be maintained by any bodily organs or external factors. It can only be experienced through what constitutes the essence of a person - through perception and love. Therefore, if you long for a quick and safe path to true bliss, cleanse your heart and mind sincerely and with focus. Add to all this complete tranquility and emotional balance, directing the impulses of your heart upwards. Work humbly only with your heart and, remaining firm and unreachable by any empty fantasies, you will be able to hold on more firmly to God within yourself - so firmly that your soul would already have entered the eternal "now" – that is, into the state of divinity."

These are truly wonderful thoughts from the spiritual experience shared by the author. To rise to God means to enter into oneself, - this could only be said by a gnostic. Huxley continues, that one who enters into oneself and rises above oneself rises to God. Therefore, the mind must rise above itself and say:

- He who stands above all, ...is above all that I know.-

Diving into silence, into this all-encompassing good, the mind learns to calm down and, with all its passion, clings to the highest good within itself, to be eternally established in it. Continue this spiritual journey to become strong and deeply understand the true life, which is God Himself. And then you will live peacefully, feeling no change in time and space in the quiet spheres of divinity, hidden from the eyes of outsiders," – Huxley from Albert the Great. Does this not resemble a lecture on Christian meditation? To me, it seems very similar. Thus, being in God is above the contemplation of images in exhibition halls.

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* Quotes translated from Aldous Huxley's book "The Perennial Philosophy," sixth chapter of the Russian edition. You can find that book online. It is a pity that there are no translations of this author into Lithuanian.

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EVOLUTION AND US*

Now, as the world is mired in wars and conflicts, many are wondering, where is humanity headed? Why is it not progressing? Osho's thoughts on our spiritual state and evolution are **very important and enlightening. Osho asserts that we are solely responsible for the evolution of our souls. Not God in heaven and not our neighbor. Only we ourselves are responsible for the consequences of our behavior. Development either occurs or declines, a person either degrades or spiritually rises – it depends on the individual. No one cares about our evolution. Evolution is a personal concern. Of course, help us. More on that later. Osho, as always, answers the questions of his followers.**

·It is sometimes said that evolution is the process of expanding consciousness. Trees have more consciousness than rocks, humans have more consciousness than animals, Buddha has much more consciousness than an ordinary person. Nirvana, Moksha, “realization of the highest self,” “enlightenment,” and so on. It is said that if physical matter is completely unconscious, then, for example, Buddha is completely conscious; an ordinary person occupies an intermediate level – he is neither this nor that. Will humans, as a species, be able to achieve complete consciousness in the future? And how would you describe the point of evolution at which it currently stands?” The question to the enlightened master is indeed very serious...

The answer from Osho, I remember, amazed me. He speaks like a biology specialist. ·With the emergence of man, the spontaneous stage of evolution has ended. Man is the final product of unconscious evolution. With him begins conscious evolution, which represents the development of man himself. Unconscious evolution is unintentional and natural. It happens on its own. In the course of it, consciousness arises. With the emergence of consciousness, unconscious evolution ends, as its goal has been achieved. Man is conscious. In a sense, he has risen above nature. Nature can no longer change anything in him; the final product of natural evolution has become a reality. Man is free to decide whether to continue evolving or not. Secondly, unlike the unconscious, conscious evolution is individual; it is not a universal phenomenon: it does not encompass the entire species. From now on, evolution becomes an individual process. Consciousness creates the individual. Until its emergence, the individual did not exist; only the species existed. As long as evolution is unconscious, the process occurs automatically; it is certain. Existence is mechanical, predetermined. However, with the emergence of man and consciousness, uncertainty arises. Predestination disappears.

Evolution can continue or not. The potential for development exists, but its realization is each of our personal business. The possibility of choice arises.” Osho is convinced that the necessity of choice has caused the phenomenon of anxiety, as other species do not know what anxiety is. Neither your dog nor your cat sleeps or runs around peacefully and certainly

It is assumed that they do not worry. Animals are observers. They see everything with their eyes and whiskers. And we relax and completely forget about safety.

Indeed, the choice is irreversible; we cannot cancel it, forget it, or refuse it. It determines our fate. Then the question arises, what should I do? Even the inability to choose has the same consequences as any other choice. Both choosing and not choosing can end badly. It seems to me that at this moment the world is beginning to realize that choice no longer saves. When, for example, climate change occurs, when everything is submerged in water, what choice can we talk about? We need to save ourselves. But how? Who will save you? And where have you been until now? Why didn't you seek help earlier? It was nice to live by the riverbank and admire the panorama. And that turned into a disaster. This situation is a consequence of how we lived when we could choose... But then our consciousness was asleep.

Evolution can be universal and spontaneous, individual and conscious, and when it comes to humans, Osho claims it is better to use the term "revolution." With the emergence of humans comes the possibility of revolution, when conscious evolutionary efforts occur responsibly. Generally, a person tries to evade responsibility for their evolutionary development...

A person is very afraid of freedom. "A slave does not ans life, – writes Osho. others decide everything for him. In this regard, the positio is very comfortable: there is no burden of responsibility. A slave is free in the sense that they avoid the necessity of making conscious choices."

This is a difficult question, *kā man daryti*?, it causes an internal conflict and then a person uvokia that there is no choice – to choose or not to choose. The unconscious evolution baigėsi. You can artificially immerse yourself in an unconscious state for a while, but you will not be able to emain in it for long. It contradicts your human essence. A person has consciousness; and he annot reject it. In fact, the evolution of consciousness does not begin on its own. You have to choose it yourself. If you do not choose it (and that is exactly what most people choose), you will live in great tension. Thus, the world appears before us, filled with so many people who do not now the way or the purpose.

So, dear ones, while you can choose the path of consciousness that is taught by meditation. All Osho's texts lead to THAT, to the understanding of consciousness. And it cannot be developed without conscious efforts. We cannot return to the unconscious phase of evolution. The doors are closed, the bridge has already collapsed behind us. Therefore, it is better to listen to the dvice of the enlightened master: Conscious development requires effort. Essentially, it is the only ath worthy of a human being. The human path and paths are inevitably related to the possibility

of getting lost, as there is nothing clear in advance. Those paths lead into the fog, not into the light. Such a situation causes a feeling of inner discomfort. Often, lost people choose the worst option – suicide. Osho says tha

of humans due to their inability to choose. If you do not choose *conscious evolution*, you are left with all the options to choose...the worst variant. That is why I write this book, as I am grateful to that Hand that stopped me and led me to the search for the Path of Light.

Osho warns that if you lack courage and awareness (which meditation teaches you), you will live a slow, lifelong suicidal existence, dragging your days while waiting for death as a release.

We alone are responsible for our development. However, in order to avoid the responsibilities imposed on us by life and evolution, we create stability and seek refuge in exotic (esoteric - my note) beliefs. We try to shift our responsibility to others.

If you try to escape responsibility by using alcohol and other consciousness-altering substances, this childish method of avoiding responsibility will only postpone the moment when you have to face the problem head-on. So what is better, God, Silence, the Light of Consciousness, or the risk of losing the opportunity to choose Life?

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* These thoughts of Osho are translated from the book Osho Rajneesh "Psychology of Esotericism".
Read online - psylib.org.ua. Highlights - mine.

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THE LIGHT AND SHADOWS OF LOVE*

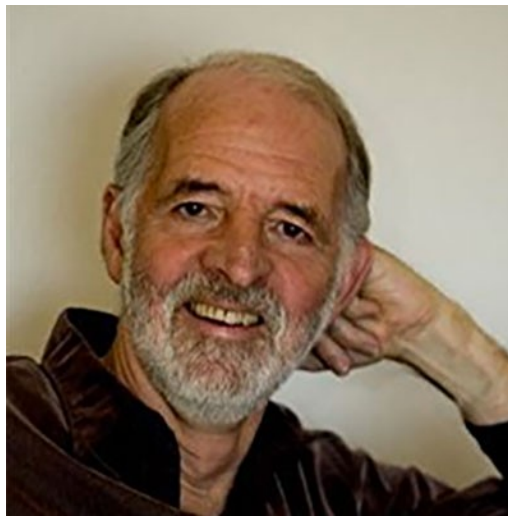
We all seek to love and be loved, yet there is much pain and conflict in our intimate relationships. Psychologist John Welwood* states that, just as in Buddhist teachings there is a distinction between absolute and relative truth, we should learn to distinguish between absolute and relative love in our lives. Only a sincere desire to see and heal our wounds of non-love can encourage us to be mindful not only during meditation – it is much more important to practice this in relationships. We live spontaneously, as it comes... If we meet an attractive being, we fall in love, but then we do not know what to do next. And there are many options... No one taught us HOW to love.

In his article - The Perfect Love We Seek and the Imperfect Love We Live *ith*", John Welwood acknowledges that most of us remember moments when we loved freely and openly, but often we found it difficult

to maintain such love where it matters most, that is, in relationships with

Why is there a difference between that “absolute love, the ideal love we know in our hearts” and what is called “relative love,” which manifests very imperfectly in everyday life? If love is so beautiful and powerful, then why are human relationships so difficult and require us to endure great stress? ·If love is a source of happiness and joy, why is it so hard for us to fully open ourselves to it?” – asks John Welwood.

I believe many people face a similar problem, so it is worth exploring.



John Welwood

Now that life is almost behind me, and all the wounds have healed, I wouldn't want to go back to my younger days and experience everything all over again. Going through the journey of life without the knowledge of “how to love” is very risky and confusing. Neither family, nor school, nor church taught that. The church still strictly opposes what is called “sex education.” And for no good reason! Children need to know what happens in human relationships.

Johnas Welwoodas says that "at the core of almost all our relationship problems, we find a deep 'heart wound' that affects not only our personal relationships but also the quality of our entire life. This wound manifests as a pervasive feeling of unlove, a deep conviction that we, as we are, are truly unworthy of love. We feel separated from love, and this shuts down our ability to trust. So, even if we seek love or believe in it, we still find it difficult to open ourselves to it and let it flow through us."

It is indeed true that when you fall in love, the presence of that person is such a wonderful and joyful beauty in your life that it literally captivates your heart. For a while, everything shines.

The sunlight of first love pours over you in such a way that you melt with bliss... O how does it end? After dating for a few years, couples break up... sometimes peacefully, while at other times one side suffers the torments of hell due to the separation or seeks revenge. There are plenty of such examples in everyday life. Not everyone consults psychologists.

Johnas writes that absolute love is not something we should or could playact or imitate. It naturally manifests when we are completely open to another person, to ourselves, to life... The light of unconditional love awakens the dormant seeds of possibilities within us, helps them ripen, bloom, and bear fruit; it allows us to reveal our unique gifts that we would like to offer to life. I think that as long as souls are untainted, i.e., untraumatized, they are open to love.

Absolute love is love *on the level of being*,

do not comprehend things like "being". When two people meet each other at the "open level of Being", they rush into each other's arms and think little about what will come next.

But if fear, lurking in our pre-experiential state shaped by

our relatives, school, and church, blocks the way, it can also cool that initial feeling of love.

The eyes of fear are large. If someone disregards those prohibitions and experiences how "the light flowing through us remains within us, in our hearts, a different experience will form. We

naturally long for this perfect food of love, which is also our deepest essence, the blood of our life." Not everyone is granted such happiness.

Isn't it this kind of experience that Osho speaks of when discussing the power of meditation? After all, it is meditation that teaches us about Such Love, such unconditionality in relation to Reality? When we are "vaccinated" with fear, we will never experience SUCH love.

I agree with John that absolute love helps us connect *with what we truly re*. And therefore, it is vitally important. It is a great sin to prevent such experience.

But how does the so-called "relative love" form? We are well familiar with it. Although John speaks of "clogged channels" that prevent experiencing that absolute love, in my opinion, the reason lies in ingrained fear and ego. I had that fear too. I got rid of it when I reached a mature age. But, unfortunately, that "absolute love" remained unrealized. I found it through meditation.

Correct psychologist's words: "When our pain is hidden, it festers" and then "we face relative love." Relative love can indeed be compared to clouds and sunlight, when "the sky is overcast with clouds, relative love is incomplete, unstable, and imperfect. It is a constant play of light and shadows. The brilliance of absolute love can penetrate through shadows only in its

·We experience fleeting moments of clarity.· Not all of us are psychologists, and we cannot see ourselves from the outside. Although we sometimes manage to control ourselves, how often do our good intentions get killed by our ego? Happy children grow up experiencing unconditional love from their parents. But what if that love was absent? I do not remember the love of either my mother or father. I lived "spontaneously." Children who experience parental love later long for it and begin to think that love must be given by someone else.

Johnas Welwoodas emphasizes that "this is where one of the fundamental illusions of humanity is born – the thought that the source of our happiness and well-being lies somewhere outside and depends on the approval, acceptance, and care of others." And if there was no love from those around us, called "loved ones," in childhood, how then to live with the wound of love? It is indeed frightening when "children encounter conditional love, a love that cannot be relied upon or is manipulated, a knot of fear forms in their hearts."

Tai **pagrindinė meilės žala**, kuri psichoanalizėje vadinama ·narcistinė ·aizda·, nes ·aloja m-s·, kaip individo, jausmus ir geb-jim· myl-ti save. ·i trauma tokia skaudi, kad vaikai bando ją išstumti iš sąmonės. Taip gimsta nepasitenkinimas ir nepasitik-jimas kitais. ·gyjame ·arvus· ir j· ·d-ka· mes tampame bejausmiai. I-viso to gimsta mūsų pasipiktinimas, kuris tampa galingiausiu ginklu mūsų gynybiniame arsenale. ·B-tent ne-inojimas, kad esame verti meil-s ir mylimi · tokie, kokie esame – neleidžia šiai žaizdai užgyti. Manome, kad tai priklauso nuo kitų žmonių“. Iš tiesų, tada pradėdame kaltinti kitus. O kas gi mus tokius gydo?

Johnas ra-o, kad reikia surasti meil-s ·altin·. Taip, sutinku. Tas ·altinis ne kituose, o kaip tik priešingai · mummyse, tik jis buvo aklinau u-darytas. Ne visi susigaužo, kur yra tas Meil-s ·altinis. Kurioje m-s vietoje? Kas mums parodo pir-tu · tai, kas padeda? Niekas. Angl- ra-ytojo D. H. Lawrence mintis: ·Tie, kurie eina ie-koti meil-s, atranda tik savo nesugeb-jim· myl-ti·, mane li-dina. Gaila ir skaudu, kad taip nutinka. Bet taip netur-t b-ti, jei mes, suaugusieji, tai ·inodami, imtume savo vaikus mokyti meilės ieškoti savo širdelėje.

The idea that *others are the source of love*, but not me, misleads us. It condemns us to ·wander in the desert of pain.· But let us not blame our children: what we did not teach them, we will not receive from them.

Beautiful words from the Danish philosopher Søren Kierkegaard, that true love accepts the other despite their flaws, as if rising above them. And his great advice to love others along with their weaknesses, mistakes, and imperfections... We should not distance ourselves from the beloved because of their weaknesses. However, we must start with ourselves: "The first step we can take to free the monster from this burden is

to acknowledge that our heart is blocked. And looking beyond this fence, you may find a wounded space within yourself, cut off from others, where the feeling of unlove has taken hold. If we can treat it carefully, without pressure and denial, we will discover a great gentleness lying at the very core of our humanity.”

The heart can only be healed through unconditional devotion to the God of love. That is what meditation teaches.

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*Quoted with permission from the editor of eroskosmos.org.

** More about the author at theSophiaInstitute.org/ and here: johnwelwood.com

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MEDITATION

THE SEARCH FOR

Once again about meditation. Is it not the most important topic in today's anxious world, which is sinking who knows where and no one is seriously inclined to save it...?

And what remains when the leaders of the largest states (and some small ones as well) are honor-thirsty narcissists, madmen, and representatives of various mental illnesses? There are many of them, their hands hold corporations, banks, and weapons, power, and even the church

Now it is written on the internet that the President of the USA was mostly elected by Protestants. And The Russian Orthodox Church (.....) is led, as reported in the press, by some former bandit, who now, dressed in golden robes, blesses weapons intended to kill the people of Ukraine. Such clergymen commit crimes against humanity, and no one can stop them. They cannot be stopped because they are supported by their analogs – called the “masses.” Oh! To hell with them! Maybe someday they will shine...

Let's better talk about calming the mind and your soul's salvation. When after a while of living in silence the mind calms down – a person changes: reactivity disappears, and they become a thinker, observing everything that happens within them and around them. A person becomes conscious. A person who does not practice peace will always be unpredictable, intermittently “reactive” and dangerous both to themselves and to others. As long as a person does not know how to control their “inner content,” they can harm their health, life, and relationships. They can lose everything and not notice threats, dangers. Many painful examples from our lives are broadcast daily by the internet and the press.

How to dare to meditate if even a meditation master like Osho "scared" that the meditator would lose their "self"? Is the ego that "I," or do we have another "I" that is like a god within us? Osho liked to joke. If you fear everything, you will understand nothing, you will experience nothing. Meditation is your choice. If you fear everything, if your mind is sensitive, then it's better not to try. Look for other calming "medications," such as reading books or finding bliss in nature.

Some question whether a Catholic can meditate without betraying their Christian faith. But how could one betray their inner god if a person practices ego tranquility? THERE IS no betrayal in that. Stop talking nonsense!!! The Church invented a horror story to scare priests and us. Over the years, meditation has not only not separated me from faith in Jesus Christ, but on the contrary, it has strengthened my faith in His Word. Otherwise, this book would not exist. I have noticed that Christians are not really interested in Christianity; they only have a prayer book, and not everyone truly understands what is written in it.

Those seeking God analyze the Word of Christ more deeply, are interested in the works of mystics, and other forms of faith. THIS IS NOT a sin. Jesus, the Teacher of Peace, sought a quiet place where He could be alone with His God the Father - no, TO BE IN GOD.

·To dissolve· In Him, in the Holy Spirit... His transfiguration story testifies to this.

As long as we are guided only by the fears imposed on us, we will never free ourselves from the ego, which seeks to survive and dominate at any cost. It is pointless to fight against it. Let it exist, and I can temporarily disconnect from it. Close my eyes and sink into my silence.

It is VERY bad that the church does not teach either priests or believers HOW TO BECOME ONE WITH GOD THE FATHER, and even frightens them. Meditation/contemplation (we will return to this topic) must be a mandatory spiritual practice for all priests. First of all for them, so that they can properly share that experience with the believers. After all, meditation is a powerful way to solve the problem of celibacy. Experiencing the Living Love of God within themselves - a priest will not seek physical love through a woman's body, sometimes even through the exploitation of a child. A priest will be protected from the sin of pedophilia. Modern priests, as reported in the press, hide their ·love affairs· beside the church. What did Jesus say? In the Spirit, a man becomes a woman, and a woman becomes a man, water becomes wine. This is not my fantasy. This is the secret of Jesus' metaphors. Two thousand years have passed, and the church is still asleep or pretends to be asleep? We need to knock on its ·doors·. Priests must be taught Unity with God the Father in the example of Jesus. This is what the evangelist Thomas proclaimed:

·3 Jesus said: If the leaders say to you, 'The kingdom is in heaven,' then the birds of heaven will precede you; if they say to you, 'It is in the sea,' then the fish will precede you. But the kingdom is within you and around you. When you recognize

save, then you will also know and you will find out that you are the son of the living Father. And if you do not recognize yourself, at that moment you are in misery and you yourself are misery.*"

How can we complain when we can turn life into joy! A lot of contradictory things have been written about meditation, and this confuses people. Meditation training has become a type of business. It is difficult to choose good teachers without experience. Many "gurus" invite you, bind you, and sometimes scare you... Their services come at a high price. Not everyone can afford that. It is possible and necessary to try it yourself. Osho advocated for meditation without any gurus. It is worth trusting those masters who are trained in monasteries and have a long meditation practice. I would include vipassana meditation masters among them.

Sincere trust that God, who created you and gave you the Light of the Spirit, is watching over you, is the most important landmark in life and meditation. Meditation is a state of peace and silence that will refresh the body and soul. Your chakras, about which you know nothing (the glands in our body that produce hormones and enzymes, heal without medication from female and male diseases). Meditation is such a *dzin state* that anyone can learn. It is necessary to learn it to avoid the dangers of the "intelligent" world, to become conscious, free, physically healthy, virtuous, and loving towards both close and distant people. To live this way is *good*. This is how Jesus and Buddha commanded us to live.

No need for ashrams, no need for religions," taught Osho before leaving his body. He instructed his students to leave his ashram in Pune, travel to their own countries, live actively among people, and meditate there. He said, "It will be difficult." But that is how you need to live. Long-term separation from people is dangerous, vicious, and selfish. When I realized this, I no longer respect "meditators" who only love themselves.

How to meditate among people? Very easy. You walk down the street and navigate through the crowd with full awareness. You see everything around you and yourself walking. You walk on a beautiful path. You walk and breathe: four steps inhaling, four steps exhaling, and eight steps ·

you're not breathing, but you're walking. You will see how much energy you save while walking, how easy it will be to fly in the air. You will feel like formless beings. You can meditate anywhere. At work, when you want to rest, at a bus stop, or while traveling. Wise business leaders create great conditions for employees to rest in peace.

Just disconnect for a moment and say to yourself with a smile: I am not the body, I am not the mind. This is how Osho taught me. Such meditations, without seeking nirvana or complete relaxation, are very necessary to lighten the burden of life and reduce stress.

Every day is full of stress. From the moment you open your eyes in bed, you start to worry: "Oh, I need to hurry to work. Oh, I need to make breakfast for the family..."

Oh... oh... oh..." But you can do the same calmly, joyfully, and easily.
You just need to "turn off the ego's fears."

Deep meditation is something entirely different. It requires preparation. You need to make sure that you can truly take time just for yourself and that no one from your loved ones will miss you, no one will call you on the phone. It must be turned off.

relax my whole body using the "yoga death" method. Do this: tense the muscles of your right leg and relax, feel that "the leg is no longer there." Tense the muscles of your left leg and relax, then relax your arms, buttocks, back, abdomen, chest, neck, and finally your head. "Move" your inner gaze through your whole body and feel if you are really "dead." If so, calmly gaze with your eyes closed into the space in front of your third eye (between your eyebrows) and observe your thoughts. Try to calm them with the effort of your will. Without tension, gently. Breathe according to pranayama. Learn this. It is a very simplified method. But for starters, it is very suitable for trying. I remind you: when you are not breathing · you cannot think.

automatically. Then you will understand what these "encoded" words mean:

·22 Jesus saw nursing babies. He said to his disciples: These nursing babies are like those who enter the kingdom. They said: So, will we enter the kingdom by becoming babies? Jesus said to them: When you make the two one, and when you make the inside like the outside, and the outside like the inside, and the above like the below, and when you make the male and the female one so that the male is not male, and the female is not female, when you make eyes instead of an eye, and a hand instead of a hand, and a foot instead of a foot, an image instead of an image, then you will enter the [kingdom].*"

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Try to answer for yourselves why those nursing babies are like those who enter the kingdom? I will give you a hint: babies are pure souls, untainted minds, little beings with a clean consciousness, · and we should become like them... No one will help you become like that? The Church teaches only piety, and with fears, we won't get far. Unless it's to the famous Summer Street... Fear is easy to manipulate. It's better for you to believe the teachings of Jesus, mystics, saints, and enlightened ones, – such people exist in all religions.

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*The Gospel of Thomas

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WHERE DOES LOVE HIDE?

/skipped chapter/

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Part V

NIRVANA

-Nirvana- is a sacred word in Buddhism. I really wanted to introduce you to perhaps the most famous Western Buddhist meditation master, the American Joseph. Goldstein, who will explain the meaning of this word to you. He is the author of the famous book "Unified Dharma." To Christians and all people of the world, he says: follow the path of mental peace and you will reach the heart of Christ. The Holy Spirit is ONE and UNIFIED. I was delighted by this author's words about meditation, which he compared to "...a sudden flash of lightning that illuminates the sky."

When I read in the press and online about the spiritual crisis of Christianity, I

"How wonderful it would be if Christian meditation emerged in the church, for example, as a spiritual act of quiet contemplation after mass." When I later came across the books of the Buddhist J. Goldstein, that thought was further reinforced. Indeed, the East and the West are united by ONE and UNIFIED SPIRIT. Only the mind divides the world into various parts. All religions contribute to this. Buddhism is not a religion, but a school of spirituality. In the West, it is emphasized that a person is a free individual who decides their own relationship with the world and God. But is it really free? Rather, it is left to a free life. From a Buddhist perspective, a Westerner is burdened by many different views of the world and of themselves. Rationalist thinking has not liberated a person but has imprisoned them to separate fragments of this world. Psychologists have created over a hundred concepts about humanity! But who will "gather" them into one Human? Who will connect Humanity to the Living God?

The Buddhist path leads to that Source, for there is no other. The Inner Light or Nirvana should be our ultimate goal.

J. Goldstein has traversed all the major schools of the Buddhist path, summarizing them and revealing insights from his experience. The path to oneself liberates a person from the stigmas of the mind, helping them to live harmoniously and spiritually in the world. Sharing spirituality is a Buddhist duty.

Since J. Goldstein mentions and quotes Christian mystics in his books, it indicates that our paths lead to unity in Spirit, the field of Dharma. I believe it would be beneficial to consider the possibility of learning meditation from Buddhist monks. They understand it better than Catholics. It would be wonderful to invite Buddhists for joint prayer-meditation under the church roof. However, this requires a different kind of church. Catholics will not allow Buddhists in. What a pity. This would revitalize the church. The practice of peace has nurtured many Christian mystics. This has been written about before. The Indian mystic Osho has created about a hundred meditations from which one can choose the right one for themselves. In Osho's book "The Art of Inner Ecstasy," there are meditations designed for groups. Christians would do well to remember Jesus' words more often:

Jn 14:15. "When the day comes, you will understand that I am in my Father, and

you are in me, and I am in you."

²¹ Whoever acknowledges my commands and obeys them,

that person truly loves me.

And whoever loves me will be loved by my Father,

and I too will love them and show myself to them."

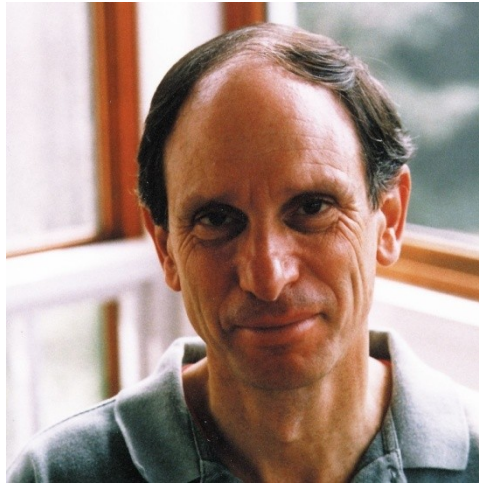
HOW, in what way could I BE IN HIM, who will teach me THAT? The priests cannot teach that. They do not know. But do you know that Pope Francis has long and openly encouraged Christians to engage in meditation or contemplation? Further in the book, you will find His Holiness's words. The discord and moral crisis in the Christian world indicate that spiritual unity is not being sought by all Christian churches, which have closed themselves behind thick doors. Soon, the overall situation on Earth may worsen due to climate change and other global challenges. How will we survive this? We need to teach young people spiritual strength. This would be the church's duty.

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WESTERN BUDDHISM IN THE CHRISTIAN WORLD

Western Buddhism teacher and researcher Joseph Goldstein (1944) was one of the first to practice and spread the vipassana method throughout the world in America. Together with Jack Kornfield and Sharon Salzberg he founded Insight Meditation Society (IMS). He is the author of many popular books on Buddhism. He is the guiding teacher of IMS, leading vipassana meditations held worldwide. In the book "*One Dharma* · (·Unified Dharma·), published in 2002, he presented an integrated system of Theravada, Tibetan, and Zen traditions.

“Unified Spirit.” And indeed, it is unified and ONE. Who can claim it as their own? Buddhists certainly do not have such an aim; on the contrary, they share their spiritual experiences.



Joseph Goldstein

In another book, “ Mindfulness: A Practical Guide to Awakening ,” J. Goldstein introduced the idea of the emerging Unified Dharma , which connects various Buddhist traditions and practices. J. Goldstein asserts that the main feature of Western Dharma is the focus on wisdom and genuine experience, rather than on the doctrines of specific teachings. The Vipassana Association operates in the world (and in Lithuania), strictly adhering to established behavioral and Dharma guidelines, and never changes them. The author examines the fundamental principles of Buddhism that are common to all traditions, analyzes the dangers of Western Buddhist practice, and provides an understanding of the unity of Dharma, not as a haphazard mixture of any traditions and practices, but as a fruitful and enriching dialogue.

Since 1967, J. Goldstein has studied and practiced various forms of Buddhist meditation, guided by renowned teachers from India, Myanmar (Burma), and Tibet, and since 1974, he has been leading meditation retreats worldwide, focused on Vipassana practice and loving-kindness. J. Goldstein is the author of the books “ *Mindfulness: A Practical Guide to Awakening*,” “ *Calm Heart*,” “ *Meditation on Enlightenment*,” and “ *Experience of Enlightenment*.” It is impossible to talk about Buddhism without mentioning His Holiness the Dalai Lama. He has acknowledged J. Goldstein's contributions and wrote a preface for his book. It reflects Buddhism's relationship with the world. I have received permission to quote texts from the magazine eroskosmos.org. I am glad to share that preface with you.

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H.H. DALAI LAMOS PRATARM-

Buddhism developed differently at various times and in different regions, but the essence of Dharma remains the same. The main goal of the Buddha was that all beings

find peace and free themselves from suffering. His teaching that, whenever possible, we must help each other or at least avoid harming other beings applies everywhere, regardless of national, linguistic, religious, and cultural boundaries.

The essence of Buddhist teaching is the idea that every person has the potential to achieve awakening and perfection, and the realization of this potential is a matter of personal effort.

Buddha asserted that each individual controls their own destiny, while also emphasizing that everyone can attain enlightenment. The journey towards this goal requires us to be compassionate, to care for others, and to avoid being egocentric. Regardless of whether you are a Buddhist, it is worthwhile to cultivate these qualities in any case.

In recent decades, due to the development of transportation and communication, our world has become more open. This has also allowed many people living in the West to become better acquainted with Buddhism. As a result, we have seen the flourishing of Buddhist traditions in new regions, which not only enabled students to discover different forms of practice but also provided opportunities for Buddhist

living in Tibet, I had only a vague understanding of how the Dharma was practiced

other Buddhists. This greatly helped me to better understand their traditions while also fostering greater respect for other religious teachings. I saw that a deeper understanding of other spiritual practices and traditions can enrich the experience, as it is more likely that we will treat each other with respect. In other traditions, we often notice things that help us to appreciate our own more comprehensively.

Josephas Goldsteinas has dedicated most of his life to Dharma and is the founder of the Enlightenment Meditation Society. He demonstrates a new example of Buddhism that is being born in the West today. He is not a strict adherent of one tradition; rather, he learns from different teachers, integrating aspects of various Buddhist lineages into his practice. This approach is known to us from history. Buddhism often received a new impetus for development when a new synthetic direction formed from existing traditions. Buddhist practice, wherever it originated, includes certain essential elements such as mindfulness, loving-kindness, compassion, non-attachment, and wisdom. It is these universal themes that Joseph explores in his aptly titled book "Unified Dharma."

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So, what is NIRVANA?*

J. Goldstein shares that one thing that inspired him to write this book is that teachers from different traditions speak differently about liberation, and he realized that these opposing views can and should be maintained within one context. Indeed, who hasn't heard the word "Nirvana"? Joseph smiles as he recounts that "nirvana" has long become a part of popular culture. He "boasts" that he has dined at a restaurant of that name, listened to the music of the band "Nirvana," and that "United Airlines" has an advertising slogan, "Every day I fly to Nirvana, buy your ticket today!"



In India, the word *nibbana* is also used everywhere just like the word nirvana in the West or Tibet. Joseph *nibbana* means a state of mind free from passions, free from the obscuring fire, and the loss of it is to *nibbana*." Joseph advises to observe how "during the day your mind sometimes falls into a relatively passionless state," to notice the difference between "the state engulfed by passion and the state when passionless, i.e., freedom from the chains of passion even when desire

method

of meditative living. Then we will see that the state of open-heartedness is accompanied by courage and awareness, while the qualities

Agreeing with another Buddhist, Joseph says that the passionlessness of nibbanas constantly nourishes and sustains our life, as it extinguishes the flames of greed, anger, and delusions in the mind. Life would be impossible if this flame raged constantly. Temporary nibbana is the temporary disappearance of obscuration. The highest state of nibbanas is achieved when all obscuring forces are extinguished. The master advises that it is useful to see and experience

It experiences a temporary state of being, as it directs us towards the experience of absolute reality, unconditional · absolute peace ·. What prevents a Christian from experiencing those states? Did not Jesus wish the same peace for his apostles?

Unfortunately, words are limited and it is impossible to describe a state characterized as *immortal, absolute peace, freedom, and so on*. According to Buddha, as quoted by Joseph, ·the ultimate goal of the spiritual path is a holy life...without the aim of seeking privileges, honor, and glory...Unshakeable and ultimate liberation of the mind is the goal of this holy life, its essence, its crown.

In the book, Joseph discusses very complex and, for a non-Buddhist, difficult to comprehend descriptions of various Buddhist traditions. I noted this thought from Joseph: ·when the mind is focused and firmly fixed on the meditation subject, obstacles cannot arise. **Concentration is like a fence that protects us from unexpected guests; they do not disappear anywhere, but can no longer enter our homes. Since concentration temporarily clears the mind of obstacles and disturbances, we can perceive reality more clearly, thus this stage lays the foundation for the development of wisdom. When the mind can remain steady and dispassionate for a long time, consistently attentive and focused, it is easier to transition to the next stage...**" This is how spiritual ascent occurs...I immediately recalled the image of Plato and the Orphics' "ascent." Ultimately, all those meditative states and goals lead to ascent towards God, Inner Light, enlightenment . There is nothing else.

It is worth learning meditation. The author warns that the state of bliss, which many "Buddhists" emphasize, is not yet enlightenment. More ecstatic states of mind are not the path leading to liberation, writes Joseph. Tibetan Dzogchen teachings emphasize the experience of conditionality of bliss, clarity, and the absence of thoughts.

Joseph warns meditators that during the learning process, an unexpected period of "fear, bitterness, and disgust" occurs, when the meditating person sees the complete unreliability of conditional phenomena. This is a kind of disgust phenomenon with this world. But doesn't it happen to you too, when in everyday life, observing what is happening in the world, it truly becomes disgusting, and hope disappears? No one can give us absolute happiness and complete security. This experience is called the "rolling up the mat stage," when meditators stop their practice, roll up the mat, and leave. This period has many similarities to the state that St. John of the Cross called "the dark night of the soul." However, it is not advisable to stop the practice. One should continue to deepen their meditation experience through new insights until eventually reaching a stage where "the mind achieves perfect balance and remains calm amidst changing phenomena," where there are no longer desires, goals, or even the desire to continue breathing or feeling.

The master explains that Buddhism no longer prioritizes pleasant experiences over unpleasant ones. It is important to reach a state where the mind attains a subtle and light condition. This is happiness that surpasses everything we knew before. When a traveler crosses a dry and barren desert, they unexpectedly discover a rich, fertile oasis. At that point, practice no longer requires effort. Not every brave soul can reach such a peak.

Joseph also talks about the stages of enlightenment, when the mind reaches such a perfect balance where there is no longer any craving or resistance, and the flow of consciousness can suddenly cease. At that moment, the mind opens, perceives, and attains "nibbana, unconditional, unoriginated"... This is the final stage of the journey – suffering ceases.

Buddha described this unconditional experience as follows:

“There is a sphere where there is neither earth, nor water, nor fire, nor wind... neither this world, nor the next world, nor sun, nor moon. And there, I tell you, there is no form, no movement, no existence, neither disappearance nor appearance: [it is] unestablished, unconditioned, without support. This alone is the end of suffering (Nibbana Sutta).”

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* Here I provide only a brief annotation of Joseph Goldstein's book "One Dharma," and I recommend that you read the entire book: Джозеф Голдстейн „ЕДИНАЯ ДХАРМА. ЗАРОЖДЕНИЕ АПАДНОГО БУДДИЗМА “. My highlights. Quotes translated from the journal eroskosmos.org.

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I·TIKIMYB· TIESAI*

We continue the conversation with Joseph Goldstein, who claims that faith or trust – is one of the spiritual abilities and a powerful support chosen path. What we do with faith, all the annoying doubts that could weaken our efforts, lose their power. J. Goldstein

in his book "The Experience of Enlightenment" teaches to rely on our inner light, the spiritual experience, which is the path to freedom. I recommend to you a small excerpt from the aforementioned book, which I liked for the Buddha's teaching: just a few sentences reveal the essence of Buddhism.

J. Goldstein writes that there are various types of faith. The lowest faith is equivalent to trust or loyalty to someone or something, which arises solely from a sense of security and comfort. Trust in another strengthens and calms us. But a deeper faith or devotion can blind us. A higher type of faith arises when we can witness and appreciate certain qualities of a person worthy of our faith, such as

wisdom, love, compassion. Such trust greatly helps in those we trust, because high appreciation is the recognition of healthy mental qualities, which encourages us to develop the same qualities within ourselves. But how often are we disappointed by another person, whom we trusted, or a political leader we elected, or a religion we believed in, yet lost faith not because of it itself, but because of the behavior of its "clergy"... Why? How to distinguish what is worth following and what is not?

Džozefas says that "there exists a belief and devotion that arises from our own experience of truth. When our experience becomes deeper, and when our mind and body begin to act, we start to feel greater joy and unwavering confidence in the truth of Dharma. This belief is not based on blind emotion or the evaluation of someone else's qualities, but arises from verified experiences of enlightenment. This, in turn, leads to the greatest confidence in the truth of Dharma. Christians know about the Spirit of Truth from the Gospels.

Often we, like blind kittens, follow the "heroes" of this world, forgetting ourself

When a person does not know themselves, they believe in others. Now reflect on the words of the enlightened master and read the press... There you will find huge groups of quarreling people who follow their own little gods and fight among themselves. When Buddha was near death, his beloved disciple Ananda asked who should be his teacher from now on. Buddha replied to his disciple:

"Be your own light. Be your own refuge.

Do not seek external refuges. Hold firmly to the truth like a light in the nig

Hold firmly to the truth, for it is your refuge. Seek refuge only within yourself. And those, O Ananda!, who now or after my death become their own light - let them never choose external refuges, let them hold firmly to the truth, seeing their light in it, let them hold firmly to the truth, seeing their refuge in it, and let them not seek refuge anywhere else but within themselves, then they will reach the greatest heights and peaks, shining like a diamond. However, they must burn with the thirst for knowledge and maintain the freedom of inner searching.

Thus, INNER LIGHT connects all the people of the world, but unfortunately, not everyone is yet free from their "gods" and religious dogmas.

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*I recommend the wonderful book by D. Goldstein in Russian, There is no Lithuanian translation.

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TO BE A SPIRIT WARRIOR

Kariauti ego m-gsta. -iuo metu pasaulis tiesiog panir-s - karus. Kalb-ti TOKIU laiku apie dvasin- kov- su savo ego - puiki tema pokalbiui. Argi ne nuo to ego ir prasideda visi karai? Jums jau pa-stamas budistas D-ozefas Goldsteinas knygos „Vieninga Dharma“ skyriuje „Karys“ teigia, kad meditacija yra natūralus

The spiritual need of a person. When life circumstances become extremely difficult, one must learn to endure all challenges calmly, quietly, and non-confrontationally. This is not easy. In such cases, one needs to gather *all willpower for calmness* and...become a "warrior of the spirit." Only such a "warrior" can overcome the ego's resistance to take up arms. When you are attacked, no weapon will help you escape. Jesus himself walked to the cross without fear, even though he was innocent. He was a true Warrior of the Spirit. How to learn this? We seek strength, a Catholic would say, in the Holy Spirit. But how does a Buddhist act in such a case?

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ve you had the chance to read the books of Carlos Castaneda? I have. But it was a while ago

Soviet era. Then one colleague organized a printed book titled "Journey to Iktlan." The pages were blackened, but how precious they were! Many people's minds began to move in the opposite direction to the system... Its main hero, Don Juan, spoke about the necessity for men and women* with knowledge and thinking experience to become like warriors. J. Goldstein confirms that "this idea - to be a warrior - perfectly fits the practice of meditation. A warrior accepts everything in life as a personal challenge and reacts to everything that happens without disdain, without complaint, and without regret."

For most people, the most important thing is whether others will approve of them, as they themselves are afraid to take responsibility, while for the "warrior," the most important thing is impeccable behavior towards oneself.

"Impeccability is a life illuminated by demands on oneself down to the smallest details and their comprehensive coverage. What we do here is an attempt to understand ourselves, which is the noblest work of all. It is the removal of greed, hatred, illusions, and dullness from our minds; it is the cultivation of wisdom and loving compassion. This is difficult and happens rarely in life, but it is possible only by strongly focusing on perfection."

Joseph, like Osho, says that there is no need to go "somewhere into the Mexican desert or settle in a cave in the Himalayas." The whole work is to focus on oneself, to develop the qualities of one's mind so that it can change, so that it can "wake up." Joseph quotes Hermann Hesse's book "Siddhartha," which describes the "becoming of a warrior" in a different context than Castaneda's warrior.

“Sidharta said that practice gave him three abilities: the ability to think, the ability to wait, and the ability to endure long periods without food. Three mental qualities – three qualities of a warrior. The ability to think in this context means clarity in everything and the ability to avoid getting caught up in what is happening and not to get stuck in it. Clarity regarding the body – is the constant awareness of posture, breathing, and the interaction of physical elements, as well as a sense of moderation in sleep and food. Ultimately, it is the ability to balance all kinds of bodily energies. Clarity of mind – is the tracking of emotions, thoughts, and all mental states – the ability not to get involved in the empty whirlpool of consciousness, maintaining balance and clarity of vision above the entire flow.”

Therefore, shooting rockets from a cannon – does not require great spiritual strength: it is enough to hate the nemy. However, having the courage to remain open and sensitive in the face of any possibilities, – is not easy. Sidharta did not accept the beliefs of his friends, parents, or teachers. He wanted to discover the truth for himself, and the courage of this pursuit revealed to him the broadest spectrum of experience. Well, I do not want to tell the story of that book, as I only aim to pique your interest. Sidharta taught to be open and brave, to take the consequences of all his experiences upon himself with a smile on his lips and calmly prepared for suffering. The strict requirement to adhere to the system's rules did not scare Sidharta or turn him into a slave. The power of spiritual courage means the determination to experiment, explore, and test for oneself what makes sense to him.



Katmandu. Buddhists love both Buddha and Jesus. Photo by Neringa Kuznecov

Such courage, the courage of a warrior, is essential in the sincere practice of meditation, in the process of which it develops. It requires spiritual strength to sit despite the pain and, with all inner honesty, not to try to mask it. You simply sit and accept all of it without losing sight of it, overcoming it by conquering your fear. This state of mind is necessary when diving into the abyss of your existence, where the deepest elements of our mind and body unfold.

At first, this can be very disturbing and anxiety-inducing. Those who have meditated know and have experienced this.

“It takes courage to die,” writes Joseph. And everyone, without exception, will have to look death in the eye. During meditation, one will have to experience the death of the concept of “I,” to live through one’s death while remaining alive - this certainly requires the courage and fearlessness of a warrior, armed with the virtue of impeccable integrity,” writes an experienced Buddhist.

The experience of a Buddhist can be summed up in this formula: Siddhartha knew how to think, wait, and fast. We should learn this too. I wish you to find that book and try the spiritual bread of the -warrior,- who kills nothing. A meditating person knows what a wonderful smell it is and how sweet that bread can be!

Achieving enlightenment is a wonderful and inspiring accomplishment. However, no one, not even the best teacher, can do it for you. Everyone who walks the path of enlightenment must do it themselves. Maintain a state of awareness from moment to moment, encompassing everything that happens within your sight. This is achieved through the effort of will. The practice of meditation ultimately leads to the - Spiritual Light.

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*In Buddhism, people are not categorized by gender; both men and women can achieve the highest spiritual attainment. Only systematic religions categorize people by gender and set them against each other.

** Karloso Kastanedos knyga „Kelionė į Iktlaną“ (Journey to Ixtlan: The Lessons of Don Juan
I read about a book printed in the 1980s during the dark Soviet era in 1972, and it actually shook me quite a bit. Such books were banned at that time, but someone translated and circulated them. There were brave soldiers even then. Castaneda was born in Peru. In the 1960s, he moved to the USA and studied anthropology at the University of Los Angeles. He obtained his bachelor's degree in 1962. In 1973, he became a Doctor of Philosophy. While studying, he began writing a series of autobiographical books about his experiences with the Indian Yaqui shaman Don Juan. Based on this material, he defended his doctoral dissertation. Castaneda's books gained significant popularity. In the last decade of the 20th century, Castaneda re-emerged in public, explaining the Toltec wisdom of Tensegrity. His ideas Cleargreen Incorporated was founded to popularize.

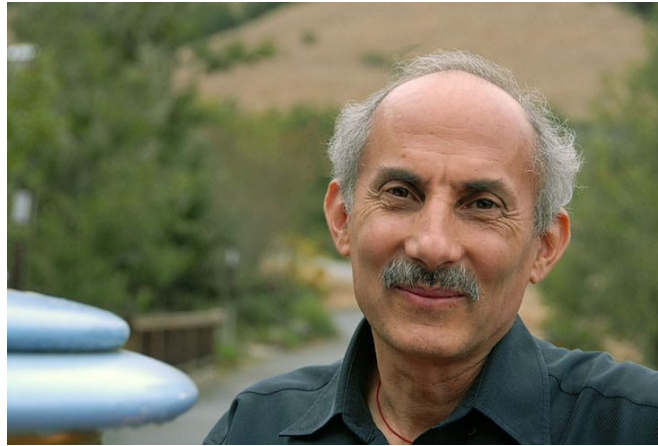
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WISE HEART

It would be a great disservice to my readers if I did not share another inspiring book. Every book that teaches spirituality is invaluable.

I have read more similar books, but unfortunately, my book options are limited. Another very famous and respected Western meditation and Buddhism teacher, JACK KORNFELD, discusses the Theravada tradition in his book "WISE HEART." * He was a student of Ajahn Chah. He was a Buddhist monk in Thailand, Myanmar (Burma), and India. Since 1974, Jack has taught meditation in various places around the world. For many years, his work has focused on integrating the great Eastern spiritual teachings and presenting the teachings to Western students and the public. He earned a doctorate in clinical psychology. Jack is a man, a father, a teacher, and the founder of the "Insight" meditation society

and the "Spirit Rock Center." He has written several books: "The Path with Heart," "Buddha's Teachings," "After Ecstasy - the Laundry," and so on. Now I will briefly refer to Jack Kornfield's life and the book "Wise Heart."



Jack Kornfield

For over 2500 years, the psychology of Buddhism has provided invaluable insights into the nature of the heart and mind and encourages an inner transformation that changes our response to the challenges of life. Jack Kornfield, drawing on his experience as a Buddhist monk who studied in the monasteries of Thailand, Burma, and India, as well as his practice as a psychologist, offers this guide to Buddhist psychology for both Buddhists and non-Buddhists. This important work provides practical tools to help manage modern life and overcome difficult emotions such as fear, anger, and shame. Kornfield also shares illustrative stories of his students, other practitioners, or his own journey on the spiritual path. This is a rare treasure that reveals to the reader the hidden beauty found both within and beyond the human experience.

Teachings of Buddhism are not a religion, but a science of the mind. Dalai Lama XIV

Jack Kornfield tells his stories openly, simply, and sincerely: "...when I co-led a conference on mindfulness and psychotherapy with Thich Nhat Hanh at the University of California, Los Angeles, as I stood at the podium looking out at nearly two thousand people gathered, I wondered what had drawn them all to this three-day event. Perhaps it was the need to breathe more deeply and find a wiser way to address the conflicts, stress, fears, and fatigue that plague us in modern life? Perhaps it was the desire to find a psychology that would include a spiritual dimension and the highest potential of human beings in its healing vision? Perhaps it was the hope of finding a simple way to calm the mind and open the heart?"

“The participants of this conference were seeking the same inspiration and support as the students who come to the Spirit Rock Meditation Center near San Francisco. Those who enter our bright meditation hall are not running away from life, but are seeking a wise path through it. Everyone comes with their personal problems, sincerely seeking happiness.

They often worry about a world where wars rage constantly, and environmental problems worsen, as well as their fate. These people are concerned about what will remain for their children's generation. They have heard about meditation and hope to discover the joy and inner freedom promised by the teachings of Buddhism, as well as a wiser way to care for the world.



“Spirit Rock” meditation center. Bing.com photo

Jack remembers the beginning of his journey... when he arrived at a monastery in the forest in Thailand forty years ago in search of his happiness. He was a troubled young man with a painful family history. He had already completed his Eastern studies at Dartmouth College and requested the Peace Corps to send him to a Buddhist country. Jack admits that he was trying to escape from his family's pain, from the materialism and suffering that emerged during the Vietnam War. There, working alongside others, he took care of the health of villagers in the provinces along the Mekong River and heard about the meditation master Ajahn Chah, who welcomed Western students. He had already heard about the teachings of Buddhism and hoped they would help him on his path to enlightenment. After several months of traveling to Ajahn Chah's monastery, he was ordained as a monk. Over the course of three years.

He was introduced to the practice of mindfulness, generosity, loving kindness, and honesty, which is the foundation of Buddhist teachings. This turned into a lifelong journey with the teachings of Buddhism.

Jack remembers those times: "Ajahn Chah would sit every day on a wooden bench at the edge of the forest clearing and greet everyone: local rice farmers, devoted pilgrims seeking spirituality, soldiers, young men, government officials and ministers from the capital, and Western students. They all brought with them their spiritual questions and conflicts, sorrows, fears, and aspirations. Ajahn Chah could gently hold the head of a man who had recently lost his son, and the next minute, he could laugh with a world-weary shopkeeper at the arrogance of people. In the morning, he could teach ethics to a corrupt government official, and in the afternoon, meditate on the nature of immortal consciousness with a devoted old nun."

The Vietnam War had ended, but Jack remembers that among these completely unfamiliar people, there remained a wonderful atmosphere of safety and trust. "We were all enveloped by the master's compassion and teachings, guiding us through the journey of birth and death, joy and sorrow. We sat together as one human family."

Ajahn Chah is one of the great masters of Buddhism, practicing living psychology – one of the greatest healing and understanding systems existing on earth. This psychology does not separate worldly and spiritual problems. Ajahn Chah's anxieties, traumas, financial issues, physical difficulties, medical woes, and community conflicts were forms of suffering, for which the remedy was the teachings of the Buddha. He was prepared to respond to a wide range of human troubles and, thanks to deep meditation and many other clever tools he learned from his teachers, sought to awaken the qualities of integrity, balance, gratitude, and forgiveness in his visitors.

Ajahn Chah relied on the ancient teachings of the Buddha as well as various s

The written tradition of the Buddha is a vast repository of wisdom, containing deep explorations of the human mind that are little known to Westerners.

Whenever I read about this, it always squeezes my heart that only "fragments" of Jesus' teachings have survived. The Buddha lived as much as 500 years before Jesus, and how many written texts he left behind, and none have disappeared! It is unclear how many of Jesus' sermons and teachings were "subrogated" in those ancient times when the Roman emperor decided to stop persecuting Christians (!), and to create a necessary religion for the sake of a strong empire. Horrible, but it is the truth. The teachings of Christ were used for secular purposes. Why were some evangelists called "apocryphal"? Why do they remain inaccessible to this day?

to the builders. Why do we, Christians, so leniently accept what the priests tell us, or do they know everything themselves? Who had, has the right and takes responsibility to decide "on their own" what to publicize and what to hide, which Christian documents to declare canonical and which to consider second-rate? By what right could one behave this way with the texts recorded by the followers of Christ? And then we wonder why our church is so impoverished, not nurturing spiritual warriors, but only church "officials" or fanatics with a well-edited "Catechism" in hand? I'm sorry if my words hurt sincerely believing individuals, as I too believe only in Jesus. I write because I realized that something was wrong with the legacy of Jesus Christ. How many Christian churches are there, and who allowed them to create "their teachings"? Was that allowed?

Jack recounts how long and sincerely he studied classical texts from many important historical schools of Buddhism: "The Comprehensive Abhidhamma Guide," a long version of the Heart Sutra consisting of eight thousand lines, explaining the Tibetan text on consciousness created by Longchenpa. Gradually, I learned to appreciate these texts as great treasures and know that they are full of pearls of wisdom. And yet, the Abhidhamma (or in Sanskrit, Abhidharma), considered a masterpiece of early Theravada and a complete compendium of Buddhist psychology, is one of the most difficult books to understand in the world. The Heart Sutra, in turn, is revered in India as a sacred Mahayana Buddhist text, a fantastic mixture of mythology and almost unsolvable Zen-style riddles. Moreover, for most readers, Longchenpa's teaching on the self-existing primordial empty consciousness can be compared in complexity to the analysis of a biochemically life-saving drug.

Like his teacher Ajahn Chah, Jack Kornfield tries to convey the essence of these texts through a lively, unprocessed, direct logic and, together with other Buddhists, helps introduce the West to Buddhist teachings without categorizing them into Theravada, Mahayana, and Vajrayana teachings, but rather carrying the buddayana – the living root principles of awakening.

Upon returning home, Jack became interested in Western psychology and encountered problems that were not present in the monastery. "Even as a young man, I had issues with girls, family, money, earning a living, and finding my path in the world. I realized that I could not rely solely on silent meditation to change my problems. I couldn't cut corners, and I couldn't find spiritual solutions to avoid integration and the application of principles learned during daily meditations at work." It is only surprising that upon returning home, Jack enrolled in a psychology graduate program and began studying and practicing various therapeutic methods: Reichian, analytical, Gestalt, psychodrama, and Jungian therapies, engaging in the evolving dialogue between Eastern and Western psychology.

Together with colleagues, he worked at Naropa University of Buddhism and the Esalen Institute, organizing conferences around the world. Jack is pleased to teach people to overcome suffering through nobility, compassion, and non-religious ways, and to maintain our sacred connection with life." Currently, Jack says, based on thousands of years of experiments and observations, the principles and teachings of Buddhism complement Western psychology excellently. "They have already contributed to our understanding of perception, stress, healing, emotions, psychotherapy, human potential, and consciousness itself."

Džeko experience is familiar to me as well. In fact, "the true psychological practice (both eastern and western) makes me more open, freer, and, strangely enough, vulnerable in life." Instead of the word "enlightenment," which carries too many ideas and misconceptions, Džeko uses terms like "inner freedom" and "liberation" to explain the entire spectrum of awakening that can be achieved through Buddhist practice.

Džeko Kornfield emphasizes one thing that the Dalai Lama has said many times

"The teachings of Buddhism are not a religion; they are a science of the mind." This statement does not negate the fact that for many people around the world, Buddhism has also become a religion. Like most religions, it offers its followers a rich practice of devotion, a tradition of communal rituals and sacred stories. However, this is not where Buddhism originated, or is it its essence. The Buddha was a human, not a god, and provided his followers with fundamental teachings and practices based on personal experience, a revolutionary way to understand suffering and liberate oneself from it. Through his inner experiments, he created a systematic and extraordinary set of practices leading to happiness and the highest stages of human development. Today, it is precisely this path of practice and liberation that attracts most Western students to Buddhism.

Džeko Kornfieldo mokymai drįsiai meta iš ankuro didįjį vakarų psichologijos dalį ir materializmui, cinizmui ir nevilčiam, aptinkamus vakarų kultūroje. Suprasti ir išugdyti aukščiausius žmogaus tapimo potencialus yra neatidėliotinas šių laikų psichologijos uždavinys. „**Tiek individuali, tiek kolektyvinė kančia ir džiaugsmas mūsų pasaulyje priklauso nuo mūsų sėmės.** Turime rasti išmintingą būdą gyventi“.** Džeko Kornfieldo mintys įkvepia siekti Dvasios šviesos. Tikiuosi, kad jūs patys susirasite jo knygas.

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*quoted verses from the book: Jack Kornfield. WISE HEART. TO THE UNIVERSAL TEACHINGS OF BUDDHIST PSYCHOLOGY. You can read it in English: Jack Kornfield. THE WISE HEART

Visit the DK Meditation Center: dharma.org/teacher/joseph-goldstein/

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PABUDIMO ETAPAI

Christopher Wallace, also known as Harishas, became interested in Indian spiritual practices at the age of just seven, and at sixteen he began practicing yoga meditation. Later, he obtained a bachelor's degree in classical religion (a somewhat unclear specialization) from the University of Rochester. He also obtained a master's degree in Sanskrit and defended his dissertation "The Tradition of Shiva Tantra" at the University of California. Currently, he teaches yoga philosophy, tantric philosophy, Sanskrit, the science of mantras, and provides spiritual counseling. Harishas is the founder and head of the Mattamayura Institute. His teachers, mentors, and gurus (in chronological order) are as follows: Gurumayi Chidvilasananda (deeksha guru and mula guru); Paul Müller-Ortega (Shiva Tantra and classical yoga); Alexis Sanderson (Shiva and Shakta Tantra, Sanskrit); Marshall Rosenberg (nonviolent communication); Somadeva Vasudeva (Shiva Tantra); Dharmabodhi Saraswati (Tantric yoga); as well as Adyashanti (meditation). Harishas is the author of the book "Tantra Illuminated: The Philosophy, History and Practice of a Timeless Tradition."

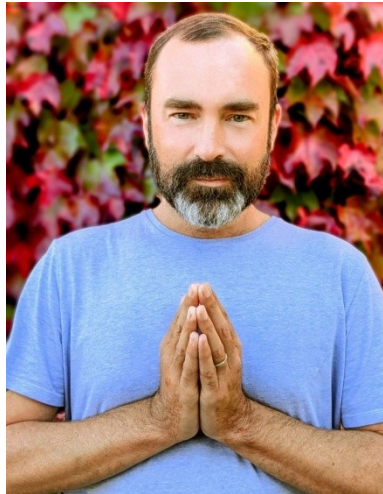
Psychology of games is the most valuable science in the world. I would very much wish for my grandson to pursue this science, so that it would be taught in all universities. Why? Because this psychology transforms a little person into a Human. The term "enlightenment" is surrounded by legends. In his article *"Awakening"* etapai Harishas speaks about the path to enlightenment. Blessed are those who learn it. You can choose your specialty later, but spiritual sciences are the most im

I cannot say how much spirituality is gained by representatives of the world's religions, but from what I have seen in my long life journey, I have encountered only a few spiritual priests. It seems to me that for priests, the most important thing is service to the church, not to the individual. No sermons and no masses transform a person. Mystics and all saints have proven through their experiences that only personal effort, concentrating all the spirit and willpower into one goal – devotion to God, can turn a person into a "child of light." It is necessary to read books, they motivate, but to understand the psychology of yoga more deeply, one can only do so through practice with a very experienced master. Thus, the words "awakening" or "enlightenment" are the key to spiritual life. It is certainly not the Sun Circle at a gym.

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STAGES OF AWAKENING

Christopher Wallis states that those walking the spiritual path use the word "enlightenment" particularly inappropriately and understand it very poorly, which can become an obstacle on the spiritual path. The word "awakening" is better, - it leads to an understanding of the goal of spiritual practice.



Christopher Hareesh Wallis

The definition of the word "enlightenment," in a spiritual sense, differs from the rationalist perspective in the Oxford Dictionary, meaning "the action or state of achieving or acquiring spiritual knowledge or a sudden illumination of thought." According to this definition, this word, according to the Author, is the "closest enemy of truth."

Christopher explains that if knowledge could be expressed in words or symbols, it could be transmitted directly and would lead to enlightenment... -If such knowledge did not exist, it would have already been discovered, and the vast majority of humanity would already be enlightened; and the noun -enlightenment- is understood as a state in which a person has achieved ultimate enlightenment and knows the secret of existence... In this misinterpreted paradigm, there are only two states: either you are enlightened, or you are not. If you believe that this is the case, you will likely strive with all your might to reach the Absolute, even though the very pursuit and the concept of striving undermine the possibility of spiritual awakening. Moreover, you will likely come to believe that this imagined achievement will elevate you above others, and such hierarchical thinking is the opposite of spiritual awakening.

This kind of explanation should be provided so that a beginner can grasp the essence: you will not receive anything for free and quickly, even if you desire it greatly and wait a long time. So if you also adhere to the aforementioned definition of enlightenment, and believe that "it can be achieved in this life," you only need to strive... you are gravely mistaken. Such a "state of enlightenment is so exalted and mythologized" that many who practice yoga or meditation believe in such.

the possibility for oneself. Unfortunately, the Author disappoints, – it is merely a state of “*inflated ego.*” Figures like Buddha or Ramana Maharshi are placed so high on a pedestal that some people simply do not see the possibility of achieving such a result for themselves. So what should one do and what should one believe?

Christofer presents a unique formula for all who believe in enlightenment: “the word ‘enlightenment’ is a true enemy of truth, which I (...) prefer to call abiding awakening.’ The term ‘Abiding awakening’ – means stable, constant wakening. It is a spiritual state. The essence is not in the correctness of the word.

It is important to understand what we mean by these words and why the use of one term is more beneficial than another. I have also tried to translate those statements of the Author in a way that makes it clear to you what the matter is.

According to Christofer, -spiritual awakening is a spectrum of many points on it, and therefore it is possible for every person, and even more so for those who are already awake. The first thing to do is to define what we mean by the word ‘awakened’ (wakening – stable, constant awakening, i.e., such a spiritual state) and its related forms, such as ‘awakened’ (*awakeness* – being awake, being in a state of awakening). The word ‘awakening’ (and related words) has become so common that we easily forget that it is actually a metaphor, meaning that we do not have an original word in English (or any European language). This metaphor means that everything being talked about is equivalent to waking up from sleep.

I do not intend to teach you the art of awakening, – but it is juggling those metaphors related to enlightenment and awakening is inappropriate. It is better not to mention them at all. The time will come, from practical experience

When you no longer vote for a person who has committed a crime and “washed their hands” like Pontius Pilate, – you can already consider yourself awakened. Then you will realize what kind of people vote for such “pilots”...

The author further clarifies: this misunderstanding of terms arises because people confuse *understanding* and *belief in spiritual philosophy with awakening*, which happens very often. Awakening is

is confused with a certain experience or event, as this paradigm shift is often

These elements of experience are volatile, while awakening leads to a stable state. “Buddha taught that nirvana is a stable state, but not because it is a discovery of something,

. rather, it is a loss of something. A loss of delusions and confusion about reality and/or one's nature. **“Everything that arises, of course, passes away, but what has ceased to be can disappear forever. That is why nirvana literally means**

-The withdrawal.- Misconceptions have been interrupted, and their departure signifies a different paradigm of existence.

Christopher seems to comfort that not everything happens suddenly, but gradually... However, there are also sudden illuminations at times... Life is unpredictable and certainly does not depend on the ego. Misconceptions fade away gradually, exhausted thanks to (correct) spiritual practice. The author discusses various stages of awakening. This may be interesting to those who are dedicated to walking the spiritual path towards the Light.

The author himself acknowledges the contradictions of this teaching: -Awakening can be both sudden and gradual by nature. Insights and realizations are a pleasant part of this process. Integration is the hardest part for many. However, it is the process of integrating these deep insights about the nature of reality that has the greatest impact on life. Without integration, even powerful insights can simply... disappear. Without a teacher and (or) therapist supporting the integration, your understanding may be assimilated by the mind and turned into beliefs that reinforce an inflated image or the -spiritual ego.- It is crucial to know (for those who care about the well-being of others) that without integration, your awakening is unlikely to provide significant benefits to anyone.

It seems that you have discovered within yourself the most wonderful source of blissful light, but it cannot effectively flow to uplift you and be beneficial to others until your own psyche is aligned with that light. Of course, this is just a metaphor. Therefore, everything needs to be reconsidered in light of what you have understood at each significant stage of awakening. This reassessment of values in some relationships can be very subtle, while in others it can be quite obvious, depending on the individual.

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* I presented the article by Christopher Wallace based on the publication in Russian titled «Этапы прозрения» ("Stages of Awakening") in the journal eroskosmos.org. Highlights are mine. Photo from hareesh.org.

**** Abiding awakening** – stabilus, nuolatinis pabudimas (i.e., such a spiritual state);

awakeness – buvimas pabudusiu, buvimas pabudimo būsenoje;

enlightenment – nušvitimas.

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EXPERIENCE AND MISTAKES

To turn the poor Indian boy Jiddu Krishnamurti into a counterpart of Jesus Christ was not only flawed but also criminal. That idea

The International Theosophical Society was founded by the famous Russian émigré Mrs. J. Blavatsky. The activities of her society caused immense harm to Christianity and the spiritual tradition of India. The book by the English scholar and historian Peter Washington, "Mrs. Blavatsky's Baboon," is shocking: a group of avant-garde thinkers planned to "train" and declare the Indian boy Jiddu Krishnamurti as the Messiah. However, despite the artificially created fame surrounding him, Jiddu's life was filled with suffering and hypocrisy. Recently, the true life of this spiritually wounded individual among his "guardians" has come to light.

The teaching history of how unscrupulous "gurus" harm people and create chaos in society for the sake of fame and money. It is very strange; I wondered why that book had not been translated into Lithuanian until now. When I read it, I understood: it is uninteresting to our public, as it is overshadowed by the cult of those Russian con artists and impostors, which is acceptable even to philosophers with a scientific degree.

FORCEFUL ENLIGHTENMENT IS IMPOSSIBLE!



The book by the English scholar Peter Washington is a profound study of one layer of spiritual life that has undoubtedly influenced contemporary European and American culture. The author examines a sociocultural phenomenon, based on various, sometimes scandalous, life facts, documents, and testimonies of contemporaries related to the "Western guru" (as J. Krishnamurti was called).

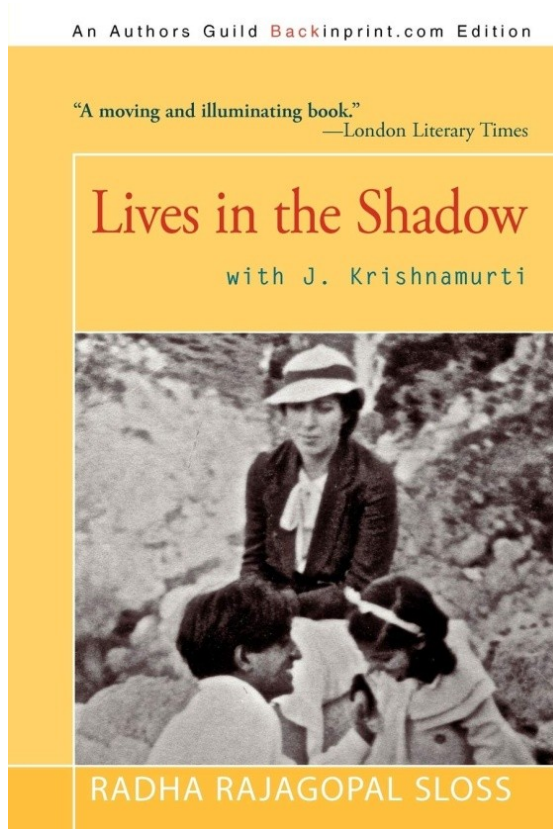


Džiddu Krišnamurtis

The book, based on historical facts, tells the story of the Theosophical Society**, founded by the Russian emigrant Helena Petrovna Blavatsky (HPB). The book narrates the story of Jiddu Krišnamurti's life analyzes the development of his personality, the affairs of the Theosophical Society, in an attempt to create a version of the Second "Coming of Christ." Fortunately, the human wisdom of Jiddu restored his sanity, and he rejected the role of World Messiah.

Ch. Leadbeater (1854-1934) and A. Besant (1847-1933) declared that Jiddu Kri-namurti was the person into whom the coming World Teacher would incarnate. In 1911, the International Theosophical Society (ITS) was established, and J. was appointed as its leader. Kri-namurti. In 1922, he began to distance himself from theosophy, and in 1929 he dissolved the society, rejecting any organization, nor professing any faith or dogma, nor philosophical understanding or psychological technique leads to truth, and that it can only be perceived by understanding the content of one's mind. Jiddu's story teaches how carefully one should choose their "guru," of which there are quite a few.

A new book has recently appeared, which starkly "stripped" this guru and revealed the secret side of his life, which included many women, much sex, hypocrisy, and inhuman greed for wealth. That book was written by the daughter of his patroness, based on letters found from her mother and her own memories. Although the name of this "mystic" still appears and is often quoted, there is no point in commenting further. It seems that the activities of the theosophists have been dissected to the bone and no longer evoke any emotions, yet still "hangs" some kind of ezotericism, despite Blavatsky's astonishing ambition to encompass the whole world... If you are curious, you will find the author of the book below and read it yours



Do you think it was a long time ago and all that theosophical activity is forgotten? No, theosophists are still alive today. The followers of Vyd-nas, ** a great admirer of theosophy, still gather a group of fantasists, especially from the neopagan crowd, and although they have little influence on

the worshippers of folk cultural traditions support them. If some naive

young person were to get caught in their net, it would be hard to escape...

Let the readers verify for themselves the "charms" of theosophical fantasies and see how the "heavenward" inclined mind longs to reshape Reality according to its own desires. Many like to use the history of Christianity and create a decent well-being for themselves at the expense of the naive. "Prophets" and "saviors" appear in various forms in different countries around the world. And we have them too. I have prepared a slightly shortened version of the chapter from Peter Washington's book "Madame Blavatsky's Baboon" for you as a note. You can easily find the book online in Russian or English.

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One chapter of the mentioned book is titled "Boys and Gods". Peter Washington defines "teosophy" as a spiritual science in two meanings of the word. It is very important to note that the religious knowledge or dogmas of theosophy are obtained "through occult methods" and are intended for TTD obedience, as well as the development of mental abilities.

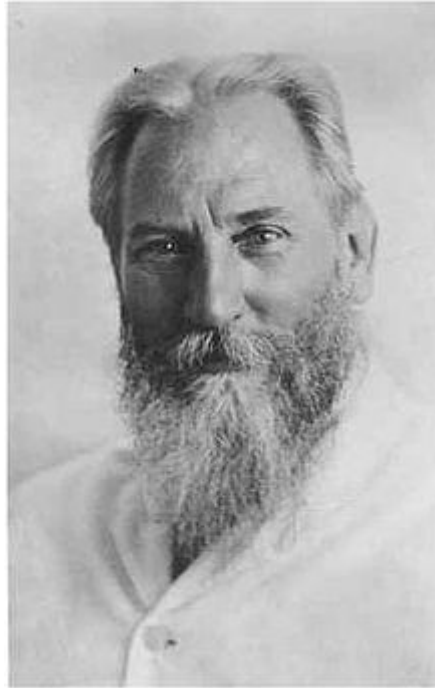
members to

The essence of that teaching was the idea of a path that a person can follow

JPB tended to emphasize how difficult it is for an ordinary mortal to follow the "path," while her follower Leadbeater cleverly turned this formula upside down and stated that "no one closely associated with him can be an ordinary mortal, and therefore everyone from his environment is actually on that 'path'. In this way, a peculiar system of spiritual virtues emerged among the theosophists, towards which Leadbeater's friends and pupils were to move." Leadbeater's companion Annie Besant accepted this, but also encouraged her teacher in every possible way.

Annie Besant herself devoted herself to her passion for creating new organizations in the society, writes the author of the book. From her election as president in 1907 until the outbreak of World War I in 1914, Annie Besant founded or actively supported the following societies: The Theosophical Service Committee, "Sons of India," "Daughters of India," "Theosophical Activities Committee," "Order of the Rising Sun," "Order of the Eastern Star," "Committee for Assistance to Underprivileged Indian Students," "Temple of the Rose and the Cross," Theosophical Sanjasa Order, Preparatory League of Healers, St. Christopher League, "Blind Servants," "League of Modern Thought," "World Peace Order," "Brotherhood of Arts," "League of Prayer," "Redemption League," "League of Human Studies," as well as at least a few Buddhist schools and the Theosophical Bank in Finland.

A massive flow of theosophical symbolism spread thanks to the orders and rituals of Annie Besant and Charles Webster Leadbeater. The foundation of theosophical thinking was very weak, as the proclaimers themselves enjoyed earthly life just as much as the "heavenly" one, and everyone mocked Annie Besant, who exalted "the inner development of man," while she was very attentive to her appearance. She adorned herself with the theosophical orders that she and Leadbeater created. They passionately loved ceremonies, ceremonial clothing, and rituals for self-exaltation.



Charles Webster Leadbeater

Mr. Leadbeater behaved similarly with "heavenly miracles and prophecies."

JPB herself never tired of creating occult phenomena. She cleverly "predicted" her prophecies about great spiritual events. She stated: "No master of Eastern wisdom will appear in Europe or America, nor will send anything there... until 1975." (The date of her preliminary Memorandum), i.e., already after her death. And no one could accuse her of an unfulfilled prophecy.

However, Leadbeater was much bolder than his teacher and declared that Lord Maitreya*** (identified with Jesus) would soon appear to people, announce the beginning of a new era, and that he, Leadbeater, was looking for a suitable instrument for the manifestation of the World Teacher. This gave him the opportunity to test many attractive boys. Homosexual Leadbeater tested several candidates for the role until he finally found the most promising "vessel" that the Messiah had to fit into. And that was Jiddu Krishnamurti.

Leadbeater and his assistants, Ernest Wood and Johan van Manen, while swimming in the sea, witnessed a miracle - a special aura glowing around a boy playing in the water.

He was dirty, neglected, and did not behave very nicely towards others. Nevertheless, the choice was quick, and Leadbeater informed his followers that this child was destined to become the great Teacher - even greater than Mrs. Besant herself.

D-iddu was the son of a civil servant, a poorly living pensioner, and a devoted theosophist.

Leadbeater called him by the name Krishna. He would place his hand on the boy's

He would examine his "past incarnations." After a while, he announced a sensation, that a new boy had been discovered – the avatar of Lord Maitreya. Jiddu was washed, neatly dressed, and taught the theosophical tricks.

To help you understand the absurdity of theosophical fantasies, I will quote:

Francesca Arundale in Peru, and their children were Bertrand Keightley and A. P. Sinnett. In other epochs, Mrs. Besant had twelve husbands, to whom she served roasted rats for dinner; and Julius Caesar was married to Jesus Christ. In short, Leadbeater gave birth to a vast cosmic soap opera with more than contradictions and inconsistencies sometimes occurred." However, very often members, as some claims contradicted each other, and it ultimately became but were simply products of JPB and Leadbeater's imagination.

By the way, all members of the Theosophical Society were involved in that soap opera with their roles. Leadbeater also allowed a special magazine for propaganda purposes, which was initially distributed and had a large readership. Later, interest in it waned and faded. Scandals within the society also did a disservice. Only Leadbeater's enthusiasm for Krishnamurti did not fade. There were several teachers for the boy, and they would strictly punish him for his foolishness and inattentiveness, and once Leadbeater struck him. "Krishnamurti remembered this episode for the rest of his life. He clearly did not have any special abilities for science. Twenty years later, he admitted that he had never been able to read a single theosophical book from beginning to end, let alone understand its content."

Nevertheless, Krishnamurti's occult abilities developed "extraordinarily quickly." After less than five trial months, he became a full-fledged student of the Theosophical Society. In 1909, Annie Besant also took on Krishna's education. Since Jiddu had no mother, he became attached to gentle women. Eventually, Jiddu's guardians decided to adopt the boy. Annie took him away from his family, from his father's embrace, which caused the father to grieve for a long time. The old father began to regret what he had done and started to complain about his children's excessive dependence on Leadbeater...

Moreover, in order to "successfully complete the mission" (to develop the Memsija), Annie decided to take the boys to London. This required their father's permission. Annie approached him with such a request. Reluctantly, the father agreed to let the children go to a distant country, wishing them well.

the well-being of the jiems, but on the condition that "they will be as far away as possible from the questionable influence of Leadbeater. Annie Besant agreed to his conditions, but almost immediately broke them".

Nepasakosiu, kas vyko toliau, bet tie teosofijos draugijos lyderiai siek tik vieno tikslo, kuo grei-iau pristatyti b-sim-j- Maitr-j-. In December 1911, at the meeting of the 'Order of the Eastern Star', it was announced that Krishnamurti, as the first president of the Society, was to present membership certificates to the gathered members. According to Leadbeater, those present witnessed a miraculous transformation, similar to the descent of the Holy Spirit upon the apostles on Pentecost; and the ordinary earthly community became involved in divine mysteries."

...Krišnamurti was "destined to become one of the millions who lost their usual way of life but also did not cling to any other. He lost his mother in childhood, and now he had to part with his father, family, and homeland. Later, he would become a free man, without any particular attachments or sense of responsibility towards others. Such conditions were meant to become the source of his immense moral and spiritual authority. They became the source of his mistakes and endless emotional experiences."

Džiddu began to take under his wing the famous architect Edwin Lutyens' wife, Lady Emily. Lady Emily was born in 1874. She was the daughter of the first Earl of Lytton, the Viceroy of India, and great-granddaughter of Bulwer-Lytton, whose novels once inspired Madame Blavatsky herself. Thus, she was predisposed to become a follower of occultism with an Indian f

This second "mother," a devout Christian, believed that the Second Coming would occur during her lifetime. Later, she became involved with the Theosophical Society and became "body and soul devoted to theosophy." Upon seeing Krishnamurti at the station, she fell in love with him passionately. "Although this love was mostly maternal and romantic, it also contained erotic elements, though it took several years for Emily to admit this to herself. She was not satisfied with her husband – a charming, witty, worldly, and rather simple man, beside whom she had to play the role of a devoted wife. Krishnamurti was dark-skinned, exotic, vulnerable, beautiful, commanding, demanding respect, and at the same time blessing."

In short, the boys pursued their studies, although Krishnamurti did not succeed; he failed the exam... Meanwhile, Leadbeater and Annie Besant continued to organize the support needed to carry out Krishnamurti's mission. "The Esoteric Branch had already strengthened its positions – its members had to report directly to the president and thus prepare for the coming of the World Teacher. Previously, the goals of the Branch had not been specifically explained, but now, when it became known who this Teacher was, the Branch had to dedicate its work to him; for this purpose, appropriate initiation stages were created with their distinctive symbols, ribbons, and medals. The Order of the Eastern Star grew, and the overall

The number of members of the Society grew from thirteen thousand in 1907 to sixteen thousand in 1911, when new candidates were accepted weekly. It soon became clear that the figure of the World Teacher had a stunning impact on the popularity of Theosophy. In 1920, Krishnamurti's fame helped increase the number of members of the Theosophical Society to thirty-six thousand, and by 1928, there were forty-five thousand.

Annie Besant, encouraged by Leadbeater, turned the Society into a kind of theater with luxurious decorations, elaborate rituals, splendid costumes, and glittering adornments. However, in 1914, Leadbeater, who was fiercely criticized and attacked by the Hindu press, had to leave India and... he settled in Australia. In Sydney, Leadbeater reconciled with an old adversary and "founded the Temple of the Rose and the Cross," based on Rosicrucian traditions, with rituals inspired by the mystic Count Saint Germain. There were constant scandals between the Theosophists and the church supporters. Leadbeater became involved in Masonic activities. Together with the same associate, he established the Liberal Catholic Church. In 1916, he became its priest, and after seven days (!) he was consecrated as a bishop. "From then on, he preferred to call himself 'Bishop.'

Leadbeater began to wear purple clothes, a huge cross on his chest, and an amethyst ring." JPB did not like this. However, some theosophical leaders liked that church, and after World War I, its branches appeared in Europe. However, Leadbeater himself was no longer interested in Europe. The author of the book recounts that the bishop's glory was short-lived. Some theosophists, urging to return to Blavatsky, made him the main target of their attacks. They also recalled his poor reputation.

Theosophists began to criticize Leadbeater's intention to interpret JPB as a kind of John the Baptist, proclaiming the coming of Christ. The battle within the theosophical society heated up to redness. Only one naive "Annie paid no attention to the criticism. She calmly shrugged off the attacks and continued her affairs in India, where in November 1913 she met with Master Rishi Agastya, a member of the Great White Brotherhood responsible for India. He took her to Shambhala and arranged a meeting with the World Teacher. The Teacher asked Mrs. Besant to seek self-governance for India, and she agreed." This decision only increased the dissatisfaction of those theosophists who opposed Annie's leadership... But while the struggle was going on there, rumors reached them from Australia that Leadbeater was again facing allegations of immoral behavior, and this time the police took an interest in him."

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*** Peter Washington. The Baboon of Madame Blavatsky. The history of mystics, mediums, and charlatans who opened spiritualism in America. You can find this book at: azbyka.ru. It**

is worth reading to understand the harm done not only to Krishnamurti but to Christianity by the self-proclaimed "spiritual teachers," whom I call "esoterics."

**Vilhelmas Storosta (pseudonym Vydūnas, Ger. *Wilhelm Storost* writer, publicist, cultural figure.

*** Maitreya (*Maitreya, Pali= Metteyya*) – the future Buddha in Buddhist eschatology. From the perspective of Buddhism, this is a bodhisattva who will manifest on earth, attain enlightenment, and teach the dharma. Buddhist manuscripts indicate that Maitreya will be the successor of Buddha. Prophetic hints can be found in the canonical literature of all Buddhist schools (Theravada, Mahayana, Vajrayana). This prophecy, as a statement about an event that will occur when the teaching of dharma is forgotten, is accepted by many Buddhists. Wikipediija.com.

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PART VI

THE PAST, UNHEALED WOUNDS AND HOPE

Let us return to our religious matters. For more than 2000 years, we have been waiting for the return of Christ. Have Christians been faithful to Him during that time, rightly and sincerely fulfilling His Law, that One:

·LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, WITH ALL YOUR SOUL
WITH ALL YOUR MIND. LOVE YOUR NEIGHBOR AS YOURSELF!·

.....

The history of Christianity (I do not intend to publish all of it here – that has already been done) is full of pain, cruelty, violence, lies, hypocrisy, deception, empty talk, and insensitivity.

The first Christians, among whom there was no spiritual unity, interpreted Christ's Teaching in their own way. The followers of Christ, who diligently spread the Teacher's Word from mouth to mouth, were persecuted, tortured, and killed. After the establishment of the Church – everything changed radically.

I will quote historians: "In the early centuries of Christianity, there were several competing sects that called themselves Christians. But after the reign of Emperor Constantine I, Christianity and local governance hierarchies became intertwined. Constantine the Great legalized Christianity with the Edict of Milan in 313 and convened the Council of Nicaea in 325, which formulated and systematized the fundamental truths of faith. The rise of Christianity was aided by Emperor Theodosius, who declared Christianity the state religion in 392. Theodosius banned the Arian sects and began to persecute pagans." * It was then that the church hierarchs, having received a blessing from the secular authority and under its supervision, began to behave ·Imperial·. The power of authority, glory, wealth, and... fanaticism trampled the Love for one's neighbor remained only in the scriptures... Cloaked in the ·wor

instilled hatred towards heretics. The word heretic became a curse for anyone who was denounced, who believed in God in any other way. That terrible word became a weapon against women, herbalists, and non-believers. Complaints, the desire to ingratiate oneself with the priest, to gain benefits from the heretics' wealth, jealousy of a neighbor's beautiful wife – fueled the spread of heresy. Abuse of power brought profit to the church, it grew like yeast. However, unfortunately, it never became the Bread of Life. It did not become so because the church did not teach LOVE. For millennia, priests taught to hate the foreign and the distant. The Law of Christ was trampled.

The early centuries of Christianity recall terrible cruelty, when different Christians were physically destroyed – Arians, Cathars, Albigensians, Gnostics. In the popular view, they were called the perfect and the believers, who sought the purity of the soul, living according to Jesus. They preached, healed people, did not eat meat, and adhered to chastity.

The Cathar movement spread in Southern France (called Albigensians), Italy, Spain, and Germany, as well as Eastern Europe. The views of the Cathars were influenced by Gnostics and Manichaeans (III - XIII centuries). The latter proclaimed religious dualism, and their views contained elements of Gnosticism, Buddhism, Zoroastrianism, and other religions. Christianity violently cleansed itself of all influences, but it did not become any purer. The Renaissance era brought the time to reform it.

The Church strengthened (enriched and gained power) thanks to the Crusades. Armed with swords, the crusaders brought the word to the pagans. Were those feudal lords from Italy, Germany, or France messengers of God? Of course not. They were occupiers, like the hordes our ancestors had seen in the past. Even after occupying pagan lands, the situation did not improve. The history of the Crusades has already been written and organized. The conclusion is this: the word of God was used for predatory purposes. It was certainly not the Word of God.

Consequences of the Crusades:*

- Trade and crafts flourished, and the cities of Northern Italy strengthened.
- The number of medium vassals decreased, and their lands were transferred to the lords.
- Social processes accelerated. Feudal lords introduced monetary rent. Serfdom began to decline.
- Many serfs gained their freedom.
- The Crusades were predatory, but they invigorated culture. There was an introduction to Eastern plants, and changes occurred in daily life.
- Moral values and ideals faded.

Tokia istorija. O iandien? Pastaruoju metu pastebiu, kad kai kuriems kunigams artimesni tapo Moz-s statymai: nevok, ne-udyk, nemeluok...ir t.t. Jie leid-ia pilstyti vanden-l-, t.y. moralizuoti apie dor- gyvenim-. Ne dvasin-. Moral-s normos be Meil-s yra tu-ias burbulas. Moralizavimu galima pridengti net pa-ius juod-iausius ketinimus ir veiksmus. Dvasingas (ne religingas) -mogus pats atsakingas prie- Diev-. The secular moral norms are no longer needed. The question is what the church could have been,

If she had followed Christ, it now seems too late. It is what it is. However, that question is not empty when we talk about meaning and spirituality, about the spiritual state of the modern church. Christianity could have become a source of spirituality for the whole world. Now, its place is gradually being taken by Buddhism and other religious currents. The spirit of the Roman Empire – to fight and conquer – has infected the church with a power syndrome and ...

Why is the church today not as solid as a "rock," but weak and wicked? It has never acknowledged historical mistakes, just like all conquerors! It has not repented for the consequences of the Crusades, the atrocities of the Inquisition, the burning of "witches," or for pedophilia. And what about psychological violence! Apparently, it is more convenient for the church's servants to live this way. They still dare to teach us, educate us, scold us, and blame us... However, inviting God's children to a dialogue of love, to community, to openness of hearts, to reconciliation – no. The Word of God was brought to our land through violence, not love. It took more than another hundred years after the Baptism of Lithuania for Christianity to become a "native religion." Perhaps the Pykts have disappeared, but historical grievances remain to this day. Lithuanians still cannot forget the religion of their ancestors. Recently, neopaganism has begun to expand its boundaries. Smart politicians rushed to use it for their own purposes. Pagan ritual worshippers should think about this more seriously. There is nothing stopping anyone from honoring God's creation, trees, plants, or animals, but ignoring God, who created everything, is naive and inhumane. Recently, priests have even become accomplices of dubious political entities. I won't post photos from their joint gatherings. Those who have eyes will find them.

Looking at the panorama and state of the world, there is no sign of spiritual progress. The rational mind, wounded by the religion of science, is as always angry, greedy, full of pride, and desperately seeking to prove its correctness. Such a mind has no need for God. Who is to blame for that pride? Who set the example? The division between large and small groups of people is so great that it is simply inappropriate to speak of unity in God. Egoism destroys everything that is sacred, and the contempt of a self-assured mind for the Word turns "children of light" into the ignorant. The Church would like us to be similar to each other like wooden sculptures. However, God loves diversity, and it is important to coexist properly with that diversity, rather than to be angry.

It is easy to reject a person, but almost impossible to bring them back. Among people, the spiritual connection is dominated not by spirituality but by calculation and benefit. One wants to say to the priests: go out into the streets, to the people, as Jesus did, talk to everyone, invite the youth to meditate and socialize together. Jesus did not leave his sheep without care. This is not the Church that Jesus created. Some are beginning to understand all this and are starting to seek spirituality in their own ways.

Atidus žvilgsnis į tai, kas vyksta mūsų visuomenėje (ne tik Lietuvos), leidžia pastebėti, kad kai kuriems kunigams ir politikams, labiau patinka remtis Dekalogu, o ne „sunkiųjų“ Jėzaus Kristaus Įstatymu. Kas jaučiasi esantis aukščiau virš tavęs, – tas tave moko, tau draudžia, tave bara, bet niekas iš tų „viršuje“ esančių nekalba apie meilę ŽMOGUI. Tame įžvelgiu Dekalogo

Hypocrisy. Being a hypocrite has become fashionable. I won't remind you, – everyone knows what they did to Him who proclaimed the TRUTH and LOVE. Every such sermon of "being above" makes one cringe: "Here's another hypocrite!" It is very easy to scold, teach, and judge others. (Mea culpa. Everyone stumbles.) It is right to fight against evil. However, it is also important to understand what evil you are fighting against? Christ was also a fighter. But He was forgiving. He forgave believers. Those who follow the Fundamental Law, living only by HIM, solve all the problems that linger in our minds. Love is a sacred keyword. Whoever touches it, all weapons aimed at others fall from their hands. If someone attacks you with all their anger, – that is a hypocrite. Forgive him... He is a poor sinner. So, let's return to that Law and turn back.

Is there a goal for the Church to renew itself from within.

Who among the priests would lead people to the Living God? The paintings and sculptures on the Church's walls have become an expression of idolatry to attract tourist flows. It is strange that Christians do not notice this. They pray and leave. Who would dare to speak about it publicly? Who will be the first to invite the faithful to a Love meeting? Who would dare to go against the Church's authority without fear of being cast out from the ranks with curses? I tend to believe in miracles. And I do not put a period. I know well that the Church was created for us, not for the priests. The Church belongs to US, not to them. Our taxes pay the priests' salaries. Meanwhile, Buddhist monks, even those who are married and have families, earn their living

I would like to see a priest asking for alms, without a big belly and with a proud

The Spirit of Truth has not gone anywhere. It is not in the heavens. It remains not only among us but also in us. By clearing the clouds of the mind - Its Light would appear to everyone. Hope is alive. Let us simply love our Lord with all our heart, all our soul, and all our mind! He tells us:

**¹⁸ Children, let us not love in word or tongue,
but in deed and truth.**

**¹⁹ We will recognize that we are from the truth,
and in its presence, we will calm our hearts,**

²⁰

God is greater than our hearts and knows everything.

**²¹ Beloved, if our heart does not condemn us,
we have confidence before God**

²² and receive from him whatever we ask,

because we keep his commandments

and do what pleases him.

²³ And this is his commandment:

**to believe in the name of his Son Jesus Christ
and to love one another, just as he commanded us.**

²⁴ Whoever keeps his commandments,
remains in God, and God in them.

ains in us
by the Spirit he gave us.**

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I write this to encourage everyone to boldly step into YOUR Church, which IS in our Hearts. From those hearts, the Kingdom of God can be built.

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*Source: Wikipedija.com

**THE FIRST LETTER OF JOHN. 1Jn 3 THE LIFE OF GOD'S CHILDREN

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THE CHURCH and US

Just as parents should love, care for, and nurture God's children, so should the church, rather than push them away, despise them, and constantly be angry with them. Children flee from such a church, just as they do from bad parents, and some even take their own lives. The church has many means to penetrate the believer's heart. Besides the Mass and public rituals, there is also Christian meditation/contemplation. This spiritual method is not publicly practiced by the church. **There is a reason for that. No one taught the priests. The Church did not cultivate such teachers. It requires spiritual experience, not just catechism. This is a relevant topic.** There are no sincere public conversations with the believers about this. It is only satisfied with frightening: God forbid, do not associate with those Buddhists, their meditations cause psychoses, they are dangerous, they will separate you from Jesus Christ, and so on.



Contemplation

What is meditation/contemplation?

The definition is as follows: it is a process in which one consciously focuses on specific thoughts (e.g., a passage from the Bible) and reflects on its meaning in the context of God's love. Christian meditation is a form of prayer in which one systematically seeks to understand and reflect on God's revelations. The word meditation comes from the Latin word *meditārī*, meaning reflection, study, or practice. A person learns meditation on their own or receives instruction through Revelation.

The theme of the Living God is neglected and ignored. Let us look at the spirit in which the famous mystics lived in ancient times. During the period from the Resurrection of Christ to the 13th century. Many wonderful things happened in the silence of the monasteries. Back then, believers saw "hidden" words of Jesus about the Living God in the texts of the Gospels, with whom direct communication is possible. In the Gospel of John, we find the Teacher's confirmation that "God is spirit." The spirit is not separate from man, – it is within him, not somewhere "in heaven." Therefore, the Church had to teach God's children direct communication with God through the Holy Spirit. Since God Himself wished to reveal to humanity His graceful Plan, to make all people participants in divine life, the Church had to carry out that Plan. It was precisely the mystics in the monasteries who lived in the living spirit. They not only meditated, prayed, and wrote, so we have testimonies of their spiritual experience.

Little was known about the life of the mystics among laypeople. The Church was not concerned with the dissemination of the living God's mystery to everyone. It suggests the conclusion that this was consciously hidden. The priests apparently thought (and still think) that society is naive, that it can still be manipulated. They talk about love for one's neighbor, while they themselves select people into the righteous and the "debauched." Jesus, as you know, did not reject anyone. Sometimes one wants to remind the Church that it is not an independent structure in the state, but a dependent entity supported by citizens. It has no right to engage in the selection and rejection of believers. Apparently, Pope Francis said that all work should start from *Love for one's neighbor.*



Oh, my Jesus, be merciful! A metal portrait of Jesus, which hung in my childhood by my father's birthplace next to my bed. I took it as a keepsake. And here, after many years, I share with you that dear relic.

Thank God, not all priests behave according to the "canons". Among the priests, there are countless bright personalities. I believe that, urged by the Pope, they will take on this challenging spiritual work - to learn and teach others about meditation and contemplation.

Christian meditation is a state of Peace when you are alone with God the Father without any intermediaries, without any distractions. The form of spiritual communication is not important. I believe that the experience of Christian mystics will provide knowledge and strengthen faith in the "living God".

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LET US MAKE GOD A REALITY!

In the Gospel of Matthew, we read how Jesus spoke to His disciples: "If anyone wants to follow me, let him deny himself, take up his cross, and follow me." This is a clear reference to meditation. It is a way to follow Jesus by denying oneself. If even one thought from the "natural" sphere remains in your mind, you will not establish a spiritual connection with Him. The characteristic of Christian meditation is that it is dedicated to the love of God. **As the apostle St. John testified: "We love because He first loved us."**

In Christian meditation, strong personal relationships dominate, based on God's love and dedicated to the worship and glorification of God. Thomas Merton described the goal of Christian meditation as a deep grace and unity of love with the Incarnate Word, who is the One Mediator between God and man.

Sometimes it is said that the aim of Christian meditation is to fill the mind with Bible passages or Christian prayers, but how such meditation could take place while engaging the mind is unclear. It is rather contemplation than meditation. Meditation is a total devotion to the Holy Spirit, so that She herself binds the soul to Christ. Learn to meditate. There is a lot of information online.*

St. Teresa of Avila associated her legendary meditative ecstasy with the goal of "seeking the guidance of the Holy Spirit, beyond a small phenomenon of ecstasy." Mystics are humble; they avoid demonstrating their feelings and boasting about their spiritual achievements. American Catholic monk Thomas Merton believed that Christianity had abandoned its mystical tradition and opted for the Cartesian importance of rationality and concepts. In Merton's view, Eastern traditions were not tainted by such thinking and therefore had much more to offer for a person to understand themselves. After studying Christian mystics, Merton found many parallels between the language of Christian mystics and Merton believed that non-Christian meditation could not harm Christian doctrine in any way.

Meditation and prayer mean different things depending on the religion, sect, school, or individual, although some believe that meditation and prayer can mean the same thing. In her article *·Meditation and Prayer: A Comparative Study·*, researcher Rita Gross notes that there is a false stereotype that Buddhist meditation is only a silent and solitary practice, while in reality, many Tibetan Buddhists use the word "prayer." Prayer and meditation are intimate and sacred topics. Both refer to actions aimed at achieving goodness: for Buddhists, it is Dharma, and for Christians, it is God.

It is unfortunate when Christian clergy say that believers in Christ should not practice Eastern meditation and that they should focus solely on seeking the meaning of the Bible. If we seek meaning only with our minds, we will end up with fanaticism. However, this is said by those who do not understand the essence of meditation or wish to turn us into slaves. The goal of Buddhist meditation is to promote spiritual unity with all people, regardless of their religion, beliefs, or nationalities.

Ignatius of Loyola (1491–1556), the founder of the Jesuit order, used meditative mental images in his spiritual exercises aimed at getting to know Christ more closely and loving Him fervently. To this day, his *·Spiritual Exercises·* remain an integral part of the Jesuit order's Novitiate training.

St. Teresa of Avila (1515-1582) taught her nuns to contemplate specific prayer

The meditations described in the book *· The Path to Perfection ·*, encompassing reflections on the mystery of Jesus' life, are based on the belief that "*God is within .*" This truth is emphasized by St.

Teresè said she learned from St. Augustine. St. Teresa considered Christian meditation as the first of four steps towards "unity with God." In her autobiography, St. Teresa wrote that at the peak of the meditation experience, "...the soul neither

As time goes on, no sense perceives or knows what is happening. This describes the fourth stage, which he called "Devotion of Ecstasy," when the awareness of being in the body disappears. Saint John of the Cross (1542–1591), a close friend of St. Teresa, regarded Christian meditation as a necessary step towards unity with God and wrote that even for spiritually advanced individuals, it is always essential to regularly return to meditation.

It is worth reminding that Saint Thomas Aquinas (1225-1274) said that meditation is essential for devotion, and the Second Vatican Council urged to "faithfully reflect on the word of God" as part of the spiritual formation of seminarians.

Pope John Paul II, in his 2002 encyclical *Rosarium Virginis Mariae*, placed the rosary at the very center of Christian spirituality, emphasizing that the ultimate goal of Christian life is to be "transformed" into Christ; he stated that the rosary helps the faithful draw closer to Christ by contemplating Him. Pope John Paul II asserted that the rosary unites us with the prayer of Mary herself, who prays with us and for us in the presence of God: "To recite the rosary is nothing other than to contemplate the face of Christ with Mary."*

In the early 18th and 19th centuries, meditation was devalued in some branches of Western Christianity. In the early 20th century, a revival of meditation began in Christianity, and by the middle of this century, books and articles on methods such as *Lectio Divina* appeared for the general public. *Lectio Divina* is a deep spiritual reading and prayer method, which, through the contemplation of Scripture, helps believers experience God's presence and grow in their spiritual life. This practice fosters spiritual sensitivity to God's word, encourages prayer and contemplation. According to church teaching, *Lectio Divina* aims not only to understand God's Word but also to transform the believer's heart and life, so that it becomes more like Christ."* In 1965,

one of the main documents of the Second Vatican Council, the dogmatic constitution *Dei verbum* (Latin for The Word of God), emphasized the use of **Lectio Divina**, and in

005, marking the 40th anniversary of *Dei verbum*, Pope Benedict XVI reaffirmed its importance.

The Word of God is still waiting for new listeners...

In 1989, a document from the Holy See was published addressing aspects of Christian meditation, the Holy See's position on Christian and Eastern

The differences in meditation styles. In a document released as a letter to all Catholic bishops, the differences between the Christian and Eastern meditative approaches are emphasized. It warns of the danger that arises from attempting to mix Christian meditation with Eastern perspectives, as this can be a confusing and misleading practice, potentially losing the essential Christocentric nature of Christian meditation. The letter cautions that the states of euphoria obtained through Eastern meditation should not be confused with prayer or regarded as signs of God's presence.

The Catholic Church, as always, instills fear in us - such is its "policy." This is an empty warning and a division of the spiritual world. The Spirit is ONE AND UNIFIED. This is what we should constantly meditate on, so that there may be more unity, deeper dialogue, and joy in the world.

The Catechism of the Catholic Church also encourages meditation as a form of prayer:

"Meditation is primarily a quest. The mind seeks to understand why and how Christian life is to be lived, in order to adhere to and respond to what the Lord is asking" (Catechism section No. 2705) and that a Christian owes it to themselves to cultivate the desire to meditate regularly. Indeed, Christian prayer should lead to the love of Jesus. the recognition. the union with him.

Pope Francis says that meditation is necessary for everyone. Since St.

The authority of the Word of the Father is very important for Catholics, I will publish a Vatican document reflecting the true perspective of Pope Francis on meditation. This perspective is completely different from what was previously announced.

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In order to better understand the unity of the spiritual world and not to create fairy tales and horrors, that supposedly Catholic spirituality is at a higher level than the spirituality of other religions, I will conclude this text with the words of the famous Sufi mystic Inayat Khan (1882-1927), a professor of music in India, singer, poet, and founder of the Sufi order, who operated in Western Europe and North America:



Inayat Khan

Inayat Khan proclaimed that the mystic has only one morality - that is love.

His religion has only one goal - to make God a reality.

For the mystic, God becomes greater than the God of millions of people who only imagine God somewhere out there. For the mystic, God is real. His inner life's work is to make God a reality, so that He is no longer imagined. Why is there more faith in God among simple and illiterate people than among intellectuals? The answer is this: Intellectuals rely on reason. They do not believe in what they cannot see. Yet, it is wiser to first idealize God and then comprehend Him. Out of a million believers, there is hardly one who has turned God into reality, as for many, He is merely an image. For many, He exists in a mosque, a church, a temple. Many question whether God is real. Others think that God is good, but He is separate from humanity. Although He is the highest, purest, and most beautiful, He is far from us and difficult to reach. Many people naively think: since it takes a long time to reach distant planets, God must be even further away.

Remember: the purpose of human life is to turn God into reality.

We await His return and do nothing... He is always HERE and Now.

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*About meditation in American churches: wccm-usa.org/christian-meditation or christianmeditationcenter.org

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IT WAS COMMANDMENT TO LOVE! WHY DON-T YOU LOVE

Although Buddhism is not considered a religion, it attracts Western people. What draws young people to ashrams, even though there is a very strict order, mandatory fasting, long periods of sitting in silence, and isolation from the "temptations" of the world? Christianity, on the other hand, is undemanding, I would even say tolerant: you go to church whenever you want, you pray whenever you want. No one commands, nothing is forbidden. Prohibitions are a thing of the past. However, in church, you can still hear everything, depending on the priest. Some priests speak gently, others are angry and even very fierce: they threaten with hell and God's judgment. Buddhists never speak harshly. They invite you to meditation sessions, open discussions about spirituality. Buddha is an enlightened person, a mystic, but not a god. Do Christians need to meditate? Enlightenment could become a spiritual goal not only for Buddhists but also for Christians. After all, it has been said that we are not children of light.

It is regrettable that Christians did not seek the Holy Spirit within themselves, except for the saints and mystics. Similar to Buddhists, they would fast, isolate themselves from those around them, and completely devote themselves to God. The Church did not encourage believers to meditate. Perhaps they feared something, as the enlightened become independent of any external leaders. They take action with all their energy, guided only by God. Although in Christianity, a person is considered a source of love, at the same time, they are compared to dust. If I am worthless, why should I have that faith, why should I have that love of God? If I die, if I live only once, why should I strive to live according to someone else's rules? This contradiction creates an inner conflict. It is frightening when a person lives their whole life and finds not a drop of love for themselves or for others. It is frightening when the relationship with God and with another person is created formally, adhering to "moral norms," to some "decalogue" created by someone long ago, not by Christ. A person longs for love, walks around sad and angry, until they finally become a skeptic, a nihilist.

The Christian tradition of regarding God as the Lord of Heaven has not brought anything good to the Christian soul. We see this from the flood of bad news: the crisis of Christianity, empty churches... Yes, this crisis is already old. Christians have waited too long for the promised Kingdom of God. Instead of seeking It within themselves, they spent their whole lives waiting for the Return of Christ. And He still does not return.

Having become weary from the workload, engaged in various activities, distributing sacraments, baptizing, conducting wedding ceremonies, and even blessing cars, of course, they have no time left for anyone and are angry at everyone. For priests, meditation should become a "spiritual medicine" in their hard work. However, not everything is simple: meditation also requires time. Overcoming mental resistance, "crucifying" it is not easy, and one has to sweat quite a bit. When I learned to meditate, I lost a lot of weight; after meditation, all my clothes would be wet.

I see that many priests are overweight, but not from a good life, rather from stress. This shows that there is no time left for spiritual work. A meditating person will always be light, lean, and very vibrant. Meditation is not a game of the mind; it is a completely different state, but it is worth working on. Talking about meditation will not yield anything. A person who has experienced a deep transformation will love God, themselves, and their neighbor without dividing people into the righteous and the unrighteous.

I would recommend reading another book, "The Cloud of Unknowing," written in the 14th century by an unknown author, a contemplative monk. The book states: "...contemplation, which begins in this life and continues into eternity, is a way to know God through love by renouncing rational considerations." The

perfection, warns about the dangers lurking on the path, and accurately mocks various mistakes. It is believed to be the most useful and practical guide ever written for those seeking spiritual unity with God, surprisingly relevant even today... I would very much like to present this book in more detail, but it would be better if you read it yourself. And I will quote a passage: "...every intelligent being, angel or human, possesses the ability to know and the ability to love.

**The first, the power of cognition, cannot comprehend Him, while the second, the power of love, can know Him to the end. Therefore, only a loving soul is capable of knowing the one who fills it and, without There is no doubt, it is greater than her, filling all human souls and all ang
Tai begalinis ir nuostabus meil-s stebuklas, nes Dievas visada mus myl-s ir niekada nesiliaus myl-j-s.**

Many are unaware of the deep roots of meditation in Christian heritage. From the moments of Jesus' communion with God to the practices of the desert fathers and mothers in the 3rd century · meditation was practiced in the lives of hermits, ascetics, and monks. These men and women influenced leaders such as St. Augustine and St. Gregory the Great. Throughout history, there have been many witnesses who practiced and wrote about Christian meditation. Throughout its rich history, this spiritual practice has been known by various names: the Prayer of Jesus, centering prayer, silent prayer, restful prayer, contemplative prayer, and so on. Despite the variety of opinions, the spiritual experience leads to the core of one's being, where one encounters the presence of God.

meditation centers for a larger audience, except for small groups that conduct private business. No one has analyzed what kind of training takes place there, and nobody cares. No psychological surveys are conducted. These are simply "esoteric groups" working "with energies".

its open

portal states that it contains "inspiring stories, poems, and various information that you can share, read, listen to, or watch to support

to live in Christ, our Lord. This center develops a library that is created by Christians themselves, members of the Christian meditation center community." I liked the thought: "As soon as we accept and acknowledge the Salvation that comes through Jesus Christ, we are invited into a process of transformation and renewal that involves the transition from living in our own kingdom to living in God's kingdom. The Holy Spirit will carry out those changes. The truth is our guide; It brings us fullness and freedom.



The Christian Meditation Center in America* However, in my opinion, it is really impossible to meditate in such an uncomfortable chair. A person cannot relax. Their chest is constricted, and their breathing is shallow.

**-Meditation - it is not the time for words, no matter how beautiful and sin
Our words are completely ineffective when we come into this deep and
mysterious communion with the living Word of God within us, we must**

linguistic abilities. We must listen, concentrate, participate, and not think,

**discovers the living God within themselves, they are unprotected against
sins such as anger, greed, hatred, cruelty, violence, and lust, as their soul
is hungry and wicked. Only the Living God can satisfy and calm a person.**

Psychological tricks will not heal the human soul.

HOW TO BE IN CHRIST?

¹⁰ Do you not believe ,
that I am in the Father and the Father is in me?!
The words that I speak to you are not of myself .
The Father who is in me does His works.

¹¹ **Believe me** ,
that I am in the Father and the Father is in me.
Believe at least for the very works!

¹⁹ A little while I see me no more.
You will see me,
because I live and you will live.

When the day comes, you will understand,

**that I am in my Father,
and you in me, and I in you.**

²¹ He who acknowledges and follows them,
truly loves me .

**“He who loves me, my Father will love; and I will
love him and will manifest myself to him.”**

Ask any believer if they will answer the question, HOW TO BE IN CHRIST?

The Christian does not know, does not understand. However, believers should not be blamed for this sin,
· they need to be explained HOW to love. Although Christ repeated his words many times
· be in me, · he did not explain HOW to be · no one understood, or perhaps consciously
ignored that Essential Word of Christ. TO BE. After the Resurrection of Christ, the holy fathers
got entangled in philosophies...and completely obscured the meaning of sacred words. Only Christian
mystics, through God's Grace or intuition, discovered God WITHIN THEMSELVES.

Kunigai per mi-ias skaito -ventra-io tekstus, o -od-iai -irdies nepalie-ia.

**After being in church, we all go our separate ways... The church is only needed for the calming
of the conscience: I was there. Is the church for psychological comfort? It is sad and painful
that the Spirit of Christ has not become the essence of a Christian, the BEING.**

THE CHURCH HAS NOT LEARNED HOW TO FIND GOD IN THEIR HEART

If she did not teach us this, let us learn by ourselves. We can ask for help from Buddhists
to overcome the greatest obstacle on the path to God · the mind. How our lives would
have changed if we had known this earlier, from a young age... Despite the losses and
mistakes, I did not become a Buddhist. Through meditation, I realized that I cannot seek
peace only for myself, as if there were no One who created me. The Light experienced
during meditation led me to Christ, whom I did not know. A Buddhist may not need God.

I need it. I bow my head before all the apostles and Christian mystics who helped preserve the Living God and passed the living words to us.

My life is coming to an end. I tell you: learn Love now.

Do not postpone that work until tomorrow. May the Divine Light accompany you. Do not waste your days on vanity. Calm down. Read books about meditation. Do not be angry with the church, for it is just like us. Change yourselves, and the church will change. Do not succumb to indifference - the greatest evil. If the Catholic Church does not open its doors to you, knock on other churches; there are many. Someone will welcome you, perhaps teach you the art of meditation or contemplation. Such churches already exist in many other countries. We are lagging behind.

BELIEVERS MUST MEDITATE

Those who wish to learn meditation do not need to change their faith or become a Krishna devotee. To know the Living God, first calm down. Do not let your mind constantly buzz about the problems of this world. Read, be curious. There is a lot of literature on this subject. Meditation is not the property of any religion. Neither Buddhism, nor Christianity, nor Islam. It is your treasure, a gift for connecting with the One God. Read books. If you do not put in personal effort, if you do not strive - you will not experience. God is within you, just as you are in Him. He will fill your hearts with light and love.

Meditation without God is selfish, false. TO BE in unity with Everything - is to BE IN CHRIST. There is no contradiction between Zen and Christian meditation.

Before meditation, one should pray. The Gospel of John contains many wonderful thoughts that can become your prayer. Learn by heart:

**Jn. 1 In the beginning was the Word. The Word was with
od, and the Word was God.**

All things were made through him,
and without him nothing was made

In him was life,
and that life was the light of all mankind.
The light shines in the darkness,
and the darkness has not overcome it.

There was a man sent from God,

whose name was John.
He came as a witness ,
to testify concerning that light
so that all might believe through him.

**He himself was not the light,
but came to testify to the light.**

**9 There was the true light,
that gives light to every person,
and it came into this world.**

10 He was in the world,
and the world was made through him,

b

11 He came to his own,

and his own did not receive him.

**12 But to all who received him,
he gave the right to become children of God –
to those who believe in his name,**

13 who were born not of blood
nor of the will of the flesh

no n,
but of God.

14 **The Word became flesh
and dwelt among us;
we have seen his glory –
the glory of the only Son from the Father,
full of grace and truth.**

12 -I am the light of the world.

Whoever follows me,
will not walk in darkness,
but will have the light of life.”

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POPE FRANCIS ON MEDITATION**

·MEDITATION IS FOR EVERYONE·

BET KRIK--IONIS JI TURI VESTI PAS J.Z.

Pope Francis stated during the general audience at the Apostolic Palace library in the Vatican on April 28, 2021. The Pope reflected on the theme of meditation, continuing his series of talks on prayer.

Dear brothers and sisters, good morning!



Pope Francis

Today we will talk about a form of prayer called meditation. For a Christian, to "meditate" means to seek meaning: it means to stand before the great miracle of Revelation, trying to make it one's own and fully accept it. And a Christian, having received the Word of God, does not keep it closed within, because that Word needs to be met with "another book," which the catechism calls the "book of life" (cf. Catechism of the Catholic Church, 2706). This is what we strive to do every time we reflect (meditate) on the Word. The practice of meditation has received much attention in recent years. This is not only spoken of by Christians: the practice of meditation exists in almost all world religions. However, this practice is also widespread among people who do not have a religious outlook on life. We all need to meditate, reflect, and find ourselves - this is the human dynamic. Especially in the insatiable Western world, people seek meditation, as it is a great protection against the daily stress and emptiness that prevail everywhere. Here is the image of young people and adults sitting in a meditative position, in silence, with half-closed eyes... But what are these people doing, we may ask? They are meditating. It is a phenomenon that should be viewed favorably: indeed, we are not created to constantly fly somewhere. We have an inner life that cannot always be ignored. Therefore, everyone needs to meditate.

Meditation means to pause and breathe life in. To stop and be still. The methods of meditation are the paths to travel in order to meet Jesus, but if you stop along the way, you turn the path into a "god." However, we understand that in the Christian context, this term takes on a distinctiveness that cannot be dismissed.

Meditation is an essential human dimension, but in the Christian context - among us Christians - meditation goes further: it is a dimension that cannot be eliminated.

The great doors through which the prayer of a baptized person passes - let us remember ourselves once again - are Jesus Christ. For a Christian, meditation enters through the doors of Jesus Christ. This is the path that the practice of meditation also follows.

“To meditate,” says the Holy Father, “means to go, guided by a phrase from Sacred Scripture, from the Word, to meet Jesus within us. Throughout history, the term ‘meditation’ has been used in various meanings.”

For a Christian, meditation enters through the doors of Jesus Christ. This is the path that the practice of meditation also follows. And here the travel companion, the guide, is the Holy Spirit. Without the Holy Spirit, Christian meditation is impossible. It is she who leads us to meet Jesus. Jesus said to us: ‘I will send you the Holy Spirit. She will teach you and explain things to you. She will teach you and explain things to you.’ In meditation, she is also the guide accompanying us on the path to meeting Jesus Christ.

The Pope warns why it is always important to remember that the method is a way, not a goal; but what prayer method, if it is a Christian method, is part of *Sequela Christi* and is the essence of our faith. Meditation methods are paths to travel in order to reach a meeting with Jesus, but if you stop on the way and just look at the path, you will never find Jesus. You will turn the path into a “god.” “God” is not waiting for you there; Jesus is waiting for you. And the path is meant to lead you to Jesus.

For us Christians, meditation is a way to connect with Jesus. And in this way, only in this way do we discover ourselves. Thus, the grace of Christian prayer in this regard is this: Christ is not far away, but is always in relationship with us.

Spirit-led Christian meditation leads us into this dialogue with Jesus. There is no page of the Gospel where we do not have a place. For us Christians, meditation is a way to connect with Jesus.

And in this way, only in this way do we discover ourselves. However, this is not a retreat into oneself, no, no: it is a journey to Jesus and from Jesus, discovering ourselves healed, resurrected, and strengthened by the grace of Jesus. It is a meeting, also my meeting, with Jesus, the Savior of all. And all this is achieved through the guidance of the Holy Spirit.

Thank you.

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The book was already prepared for publication, and unexpectedly I saw joyful information online: Jesuit priest Mindaugas Malinauskas is leading Christian meditation evenings at St. Casimir's Church. You can find more information on the priest's

On Mindaugas Malinauskas' SJ page. The Jesuits have always led Christian Sect example for Catholics.

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*Text shortened. CNS photo/Vatican Media

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POST SCRIPTUM

I wrote those long-known words and for some reason decided to clarify what they mean. It turns out that this Latin phrase is used at the end of a text to mention an important thought that has been forgotten... Hm. Did I forget to say anything after what I wrote? I thought for a long time, looking out the window at the darkening day... Maybe I didn't forget, but I still wanted to add and supplement a lot, but there is no more time. A lot still remains on my "hard drive." If God allows, I might be able to supplement my first publication. Today I am still alive, but I can no longer do certain things, my strength is waning. After writing, I felt a relief: I did what I promised. This is for the Light. I have loved Her so much that for 23 years now I think about Her every day. I do not claim Her as my own. I share Her.

We unnecessarily call everything, even Love, thinking that It belongs to us. Oh no! We belong to It! It belongs to the Light of the World, which has come to proclaim Its Word about Love.

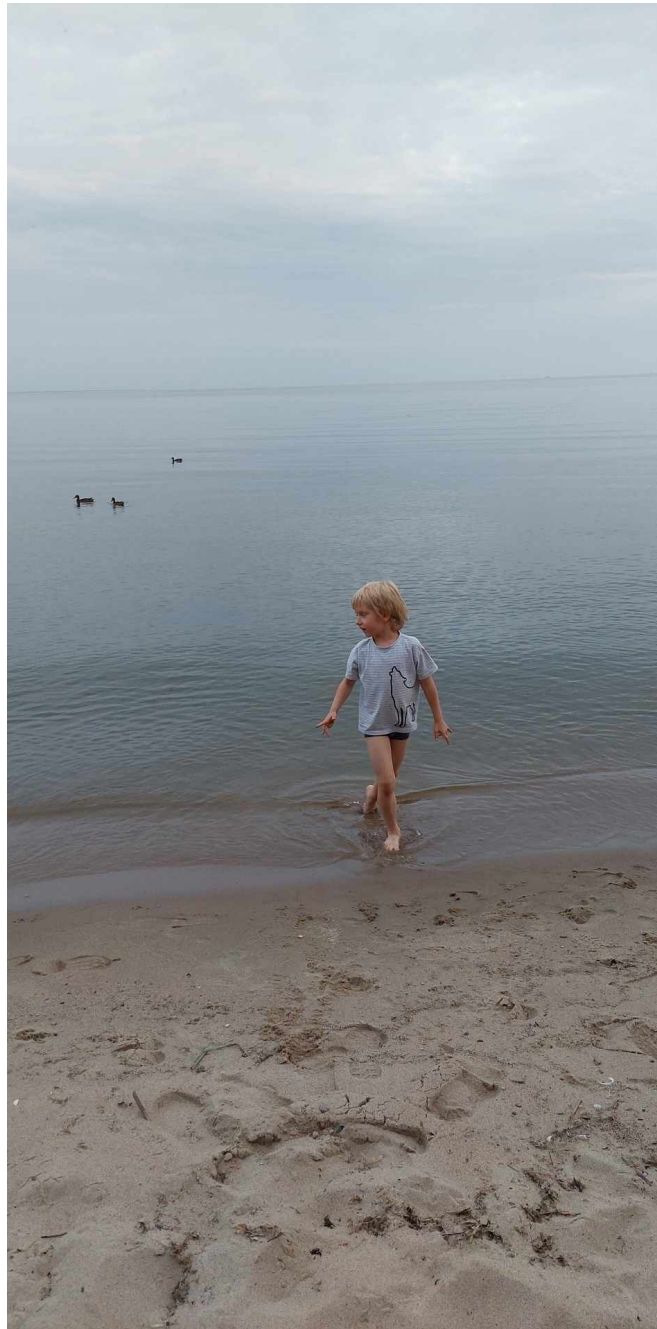
Light and Love are synonymous words; they can be replaced with the Holy spirit or God. He is not our possession! We belong to Him Alone. We receive everything from Him with the first breath of air. We learn to use Him and even to not believe in Him... God spoils us with His Light, gifting us new days. Light has no price.

Agree that the most pleasant moments in life are those when our hearts are dizzy with love. How many such moments have you experienced? One, two, or a few? Not enough! We should constantly live in Love, drowning in It. This Source is inexhaustible.

Why do we feel empty, abandoned, and unloved?

I will repeat once more: because we carry within us a rival to Love, a terrible jealous one, an egoist, a narcissist, a glory seeker, a self-lover, and a hypocrite: our ego, which relies only on its own mind and emotions. It must be trained to behave

**differently! Is it the church's duty to teach us that? You decide for yourselves. As we are, so
s the church and the priests. Let us take care of OUR soul ourselves.**



Justinas Teofilis

When I see children playing in the yard or park, and my grandchild, it sometimes squeezes my heart: will they also be destined to travel so hard through life searching for Something that will save their souls? I have Hope that the Love Church created by Jesus will be reborn and will lead us on the PATH OF LIGHT to the LIVING GOD. There is simply no other way.

So many years after the Resurrection of Jesus, and His children of light still live in darkness, because those who were supposed to teach and enlighten us have deceived us. We have waited too long

We have been their pawns in fairy tales. And today we still are. That's what I wanted to say in conclusion: let us not be naive and passive like slaves. Let us be reborn and demand that those who kept us in their "spells" no longer hinder us from living in the Light. You and I know that they will resist this, that they will blame us: they will say that we are unhealthy, angry, wicked... But let us no longer listen to those accusations. We have many great historical books, we have the internet, we have hands and feet, love-thirsty hearts, we have Freedom, so let us take what belongs to us and... live differently . There will be teachers who have found the Light within themselves and will help us. Just be careful in choosing spiritual guides, so we do not end up again like a lamb in the wolf's jaws.

The church belongs to us, not to a group of priests. We have the right to it. Let us transform the church into a sacred place where we can celebrate our Union with God. Let us not run away from the church. Let us return and demand the Truth. Let us remember what Jesus said: "Whoever is not with me is against me." That is against us! The church of Jesus was created for us, not for them. Let us revive It! Let us fill the Church with the Spirit of Truth and Peace! LIGHT·LOVE·GOD·SPIRIT comes naturally when you give yourself entirely without any intentions of receiving something in return.

STRIVE FOR AWARENESS. Consciousness will free you from the dependency of the ego (body), which is the hardest work in life to overcome. **CONSCIOUSNESS IS LIGHT.** And let neither quantum philosophers nor all sorts of self-proclaimed "gurus" mislead your soul anymore. The LIGHT from which the world and you are created is **CONSCIOUSNESS.** It is immortal. Just like you. Here one can say: **AMEN.**

I regret one thing, that I did not manage to create a list of the books I have read, which I would like to recommend to you as well. But perhaps I can do it in another way. If allowed. .. I never plan anything. Well then... I have said everything.

Goodbye.

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Celestina. ON THE PATH OF LIGHT.

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