

TO YOU, Children of Light!

I give you my book “The Path of Light”, which our Lord and those who cared about the essence of the Teaching of Jesus Christ helped me write. Maybe this book will help you to get your bearings in the value system of this world, so that we do not get lost in the darkness. I dedicate this book to those who are disappointed in Christianity. I want you to find out WHY this happened. When you read the book and its additional texts (in virtual form), you will understand that Christianity as a religion is not identified with the Teaching 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, church laws created by priests. The Word of Jesus Christ has been “corrected” over the millennia by all who used the authority and power of the church. Now we see what they have done. The churches have emptied. The priests themselves claim that “Europe does not need Christianity”, but they are silent about the answer, “WHY DOES IT NOT NEED IT?”* The priests founded many different churches and still disagree among themselves on many dogmas. The Word of Jesus has remained alive in the church’s “scrapbooked”, non-canonical gospels, apocrypha and writings of mystics. With the thoughts of Jesus Christ, I begin my book from the first cover. These are the most important topics for reflection on WHAT GOD you believe in, WHO you pray to, WHO you worship. Jesus Christ said that He does not need the honor of this world. He needs your LOVE. So, with this introduction, I want to interest you in the book “The Path of Light”.

I decided to put all the texts on “shelves” and leave you my archive. Perhaps someone will stop by here one evening and read it. I know one thing that things that have been studied for a long time must be archived. Maybe someone will add to them, maybe someone will discover them as a treasure. How cold and boring the history of Christianity would be without the Nag Hammadi Library, which was discovered in 1945 in a small town in Upper Egypt. Thirteen papyrus codices bound in leather were found buried in sealed clay jars. Thanks to those people who felt responsible for the Word of God and decided

to leave It to us. These are the works of the early Christians (Gnostics). It was the Gnostics who allowed thousands of people to hear the Living (secret) Teaching of Christ. They preached that the path to liberation lies through gnosis, that is, knowledge of the spiritual world. They taught that every person is the heir to the divine spark. Remember that Jesus preached to people the TRUTH about their Spiritual nature. Think: if a person were only a body, our life would have no meaning and value. God's Truth is not in the Bible, as Christian orthodoxy claims, but IN US. This is where the great conflict between the Gnostics and the Pharisees-Orthodox arose and continues to exist.

For the vast majority of people, spiritual experience is “some kind of mysticism.” Yes, indeed, it is attributed to mysticism, but it cannot be confused with witchcraft, occultism, or shamanism. Mysticism is not a deviation from mental norms or a mistake. It is a path to the experience of Spiritual Reality. If your mind rejects it, you will never know WHAT IT IS, WHO YOU ARE. It is impossible to describe spiritual experience in any words. It is possible to live (the vast majority of people do) only in the fog of egoistic interests, or you can “push them aside” and check WHO I AM? What is the world in which I live?

A strange thing happened to me once: I “stuck” to a book that sheds light and for 24 years now I have been “working” on that topic every day... theoretically and practically. Everything is described in the book. After it was published, I continue to work, that is, I conduct a philosophical, historical, spiritual “revision” in order to find out WHAT paved the way for me/us to the Light, which Jesus Christ called God. I found out that there were many holy people, mystics and laypeople who believed in the Light of the Spirit as the 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 Böhmes or St. Teresa of Avila and many others. Not only Christians, but also yogis and Buddhists sought light (enlightenment). All Gnostics know that the SPIRIT-GOD is one for

all and no one can deny this. It may seem to you that Jesus lived on Earth a long time ago? However, when you analyze the history of Christianity, you become convinced that everything is alive, as if YESTERDAY. Its history has not stopped - it is still exciting today. I did not intend to teach you with my book, nor to lead you somewhere... I simply wanted to reveal one direction of invisible, inner life, in which direction it becomes sweeter, brighter, fuller, more beautiful when moving. I have read a lot of books whose authors have dedicated their lives, in the full sense of the word, to the search for That Light. Over the 24 years of my life, I have accumulated a considerable library. I have also presented some of those authors in the book. I am extremely grateful to them! I secretly hope that they will “infect” you with the search for the Light within yourself. That “work” is not tiring, sometimes even very pleasant. I started writing my book from the cover, on which I wrote the most important words of Jesus Christ:

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 John 1:5 5

For you are all children of light and children of the day. We are not of the night or of darkness. /1 Thessalonians 5:5

Then Jesus spoke again, saying, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” /John 8:12

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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 OF THOMAS

3 JESUS SAID:

If the rulers say to you, ‘Behold, the kingdom is in heaven,’
then the birds of the air will flee before you;
if they say to you, ‘It is in the sea,’
then the fish of the sea will flee before you.

**But the kingdom is within you and near you.
When you know yourselves, then you too 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 trouble and you yourselves are trouble.**

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INTRODUCTION

IS LIGHT A NATURAL PHENOMENON?

Sometimes we do not consider the closest thing, the thing that accompanies us every day and throughout our lives, without which we could not live at all, to be of special value. We are so used to light that we consider it only a natural phenomenon and that is all. It is our everyday friend.

As soon as we get out of bed, we say: “Oh, how bright! There is a lot of sun today, we will go to nature.” Or the opposite: “What a gloomy day, the sun is not visible...dark, sad.” And so on. Many times a day you say or hear people say: I wish you bright days. May your thoughts be bright.



Peace

I think you will agree that our life would be unimaginable without light. 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. It is not even advisable to look at the Sun. From physics we know that light is white or colored. It was discovered that the light of the Sun is white, and its beam, passing through a glass prism, is split into a light spectrum consisting of seven colors: red, orange, yellow, green, blue, indigo and violet. We consider what we see to be an objective empirical truth. Is that knowledge enough for you? For others, not so.

People like to "poke" around esoteric knowledge. And who will stop them?! Some create their own theories, ignoring even scientific knowledge. And that is not bad. Only in this way has science moved forward, satisfying the curiosity of the mind. Although today esoteric theories about the ether have already been refuted, the word is still used. There are still many unanswered questions: what is consciousness, how does the mind work. Man's desire to know the surrounding nature, the cosmos, the depths of the sea, himself and the structure of his body down to the cells and atoms was and is enormous, unstoppable.

I am close to the worldview of the German mystic Hildegard, for whom "divinity manifests itself in trees, waters, clouds, wind, sunlight and the entire universe. Hildegard perceived our planet as a living, breathing organism, characterized by intelligence 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 famous scientists. One of them is the quantum

physicist, philosopher and computer engineer Bernardo Kastrup**, who worked at CERN for many years, and today he writes books and claims that **Reality is essentially mental**. He calls his view “objective idealism”, which radically changes our understanding of ourselves and the universe, and calls materialism “stupidity”.

Bernardo is not the only scientist who thinks this way. There is already a whole galaxy of them. So, the research of the Universe and Light continues. Is there light in us? A strange question? Maybe you know **what light is**? No matter how many times I asked physicists, I didn't get a direct answer. It simply doesn't exist. Calling light light is easy, but saying WHAT it is... People in science don't know that. The sun, our main source of light, has been worshipped by people from ancient times in various nations, but only recently, maybe 200 years ago, did physicists become interested in light as a physical phenomenon. Unfortunately, they fail to answer the question raised, which also greatly worried the father of the theory of relativity, A. Einstein. He calculated the speed of light, but he couldn't say what light is. Not everyone is interested in modern physics, although its luminaries have discovered amazing things, for example, that the light particle photon is both a particle and a wave at the same time. Unfortunately, this discovery has not changed the human worldview. Are you not surprised that there are not only elementary particles of an atom, but also antiparticles, not only matter, but also antimatter? Don't you wonder whether it is dark or light inside a stone? What is happening there? **Many questions without answers. The mind is sometimes misled by the arguments of the mind. Sometimes it happens that a person begins to intuitively search for answers within himself...and the light itself helps to answer difficult questions. After all, it is not for nothing that they say that "Light is Truth". Well, first I will tell you why I became so interested in it and how the light woke me up from "sleep".**

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

**bernardokastrup.com

Part I

MEETING AN UNKNOWN AUTHOR

I won't say the exact date, but it happened in the late fall of 2002. It was a cold November evening. Sad and dark. So dark that it probably

doesn't get darker. I sat on the floor and indifferently considered whether it was worth walking on this earth. A blizzard was raging outside the window. There was emptiness in my heart and mind. I had no desire to be here. I won't bore you with stories from my previous life – it's all extremely banal: I lived like everyone else, studied a lot, worked a lot, and in my efforts to survive, I lost an enormous amount of my health by taking on a "hobby-business" beyond my means. There were greedy and evil people on my path, they "scooped" me up so much that I lost everything. A few years later, I mentally thanked those people. It's not my place to judge them – they taught me a good lesson. They were the ones who brought me to that evening. And who saved me?

So, that evening was terribly sad. I didn't cry. My head was empty from apathy towards this life. I don't know what force "threw" a strange question and memory into my head about a book I had read a long time ago, which a colleague had once given me to read. I didn't even remember the author's name or the title of the book right away. The book was in Russian. The content, as far as I could remember at the time, was vague, about everything and nothing. About us, about life. But then for some reason I thought that it was a book about light. Yes, about light.

I'll admit – I'm not a physicist, although I was once very interested in it and I even intended to study it. However, that thought was enough to wake up my curious mind. Later, my memory returned and I remembered the author's name. I got up from the floor, turned on my computer and checked who it was. When I googled his name, I was extremely surprised to find hundreds and thousands of pages dedicated to him. I considered myself a self-made intellectual, a literary specialist, but I didn't know him. I didn't know him because "esoteric topics" never interested me. I was a person spoiled by science.

I chose one website that had a large library of books by that author. I chose the last one on the list and decided to print it out. In the introduction to the book, the author wrote about Zen, Suzuki, a Japanese Buddhist. I had heard something about him in one ear. I started reading...



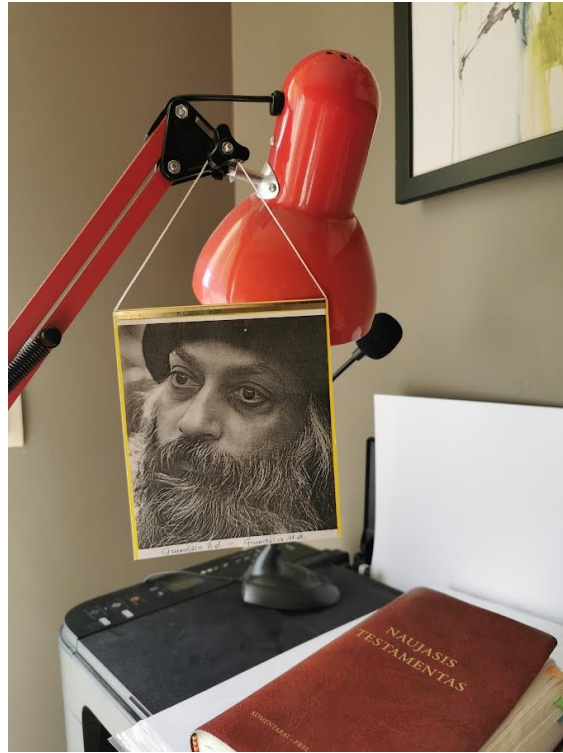
photo: Just Jacx

I read and laughed, I read and cried. “Lord! – sometimes I would cry out in my mind, where was I that I missed this? It was a book that touched me and all of us. Indeed, it was a book that teaches us to discover some kind of light within ourselves that changes our minds. From that day on, the “magic” of light firmly settled in my tired head and heart. I reasoned like this: if it is true, what is written must be verified. The mind, inclined to analyze and weigh everything, sometimes leads into darkness. I was not afraid of anything.

Then I knew nothing about meditation. The author wrote about it exactly... Later, when I finished the book, I gradually began to do one action after another as it was written. I learned to breathe differently, to relax my body and mind. My zeal was endless. I could devote all my time only to that “work”. The problems of this world receded.

Well, it remains to reveal the “secret”. That evening I picked up a book by the famous Indian mystic Osho, called “Manifest Zen” (Ошо. Манифест Дзен). This book was composed of the last conversations with his followers before his death. Since then, I began to fill my head with completely new ideas. Osho’s name was very well known in the world. But not to me. I was very hooked on Osho. By the way, he was a philosopher by education, so, you could say, a colleague.

I have already mentioned that that evening everything was “dzin” for me... I simply did not want to live anymore. Therefore, when I read that there is a “technique” for how to get rid of your “I”, and I understood it literally – to die, it was very attractive to me. I did not know where to start. Osho wrote something like this: when you “go” beyond the boundaries of the mind, even the idea “I am” disappears and you feel included in an existence without boundaries. Then “zen begins to bloom”. Zen is a state of awakened awareness that has no “I” in it. The mind will resist, it will try to save itself from destruction, because after that there will be no “I”. The ego will die. “How cool,” I thought. Osho wrote something like this: when the mind surrenders and there is no “I”, when you are “nothing”, *that “nothing” begins to emit light*. How many unknowns! I decided to try, what will happen “when you go beyond the mind”? What is fiction? How does it happen? It should be checked, is it true? Why does this strange “I” without a mind begin to emit light?



My workplace

Since that evening, I have read a great many books and texts on a wide variety of topics: 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 appeared at home. Now I sit and think: "How can I convey to you what I discovered and realized? If briefly, **I realized that such words as God, love, spirit, light are identical words, overshadowing each other and complementing each other, the content of which the human mind has taken and contrasted over the millennia in all religions and cultures.** Such is the nature of the mind. It is creative to the point of absurdity. I will try, maybe I will succeed, to separate the wheat from the chaff. And this is what happened after many years... Because I had sworn to that Light, if I only stay alive, to announce it to everyone. That is how this book was born.

Osho immediately showed me where I should move. How to calm the mind. I became a diligent student. And I liked it. I learned to relax my body and breathe differently, to immerse myself with my eyes closed in my inner silence and emptiness, to think of nothing... I wondered what pranayama meant. I found additional literature. Every day, in the evening, and sometimes for long hours during the day, I did nothing else but "dive" into my inner emptiness. My thoughts gradually began to obey my will. For the first few weeks, I experienced nothing special. I saw no light... **However, one evening something happened that shocked me, frightened me, and after that I had to admit that "there, inside,**

something is really happening without my will, without my permission". That is, without the interference of reason.

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STEP INTO THE UNKNOWN

So, that November evening at home it was cold, uncomfortable. I lay down on my mattress, covered with a thick blanket, hoping to warm up and fall asleep. It was very dark.

As I remember today, I lay down on my right side and closed my eyes. Soon, a bright point of light appeared right in front of my closed eyes, that point began to grow and expand. I was surprised, but I was not lost, I was fully conscious. That point came closer and began to descend from above. This is what happens in the theater, when the stage curtains open in the dark. Anxiety was born, but I could not change anything. The curtain opened. I saw a long gray tunnel before my eyes, and I felt my whole body being drawn into it and started to run. I “flew” into some room, it was dark there. I recognized the room where I lived with my ex-husband. More than 30 years had passed since then. I had completely forgotten about him. And here it is! I recognized the wide “throne” on which we used to sleep. I see my husband (at that time he lived with his third wife, perhaps), he starts to lean towards me, cling to me... I pull away from him, push him, push, free myself, scared, suddenly return to the present and open my eyes.



Photo: Wallhere

It was not a fantasy. It was an experience that I experienced as if I was being “pulled” into the past. When I returned to reality, I thought that this is how souls travel in time. I never took any sedatives, there were no external stimuli. That is why I say, it was a real experience. There is no point in fantasizing. I do not like fantasies. Therefore, I want to warn you here: if you decide to travel inside yourself, keep in mind that the first

experiences may scare you. I wasn't scared. It became even more interesting. But I didn't see any light, it was only twilight.

About three weeks had passed since that day. My "meditation-training" continued. The evening of December 8, 2002 will be etched very deeply not only in my memory, but also in my heart.

That cold evening, as always, I lay down on my mattress and, having wrapped myself warmly, decided 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 the bottom up. I knew that my chakras had awakened. I allowed the energy to rise, it was very good. The energy intensified, I tried to relax even more, not to think about anything, I constantly reminded myself of Osho's words: *I am neither the body nor the mind...* After a while, suddenly, unexpectedly, I was shaken by a very strong electric discharge. I can't call this phenomenon anything else - a "screen of light" flashed before my eyes, as if someone had turned on the TV. After the shaking, the energy turned soft and incredibly pleasant. So pleasant that I have never experienced it before. Waves of bliss rippled over the back of my head. I let them spread until everything gradually calmed down, my mind became active again. That evening I realized that I was going in the right direction towards the light. **Osho was right: THE LIGHT IS IN MAN.** Well, of course, people with great spiritual experience are able to go even deeper, to the point of complete "loss" of their own self.. I never sought that. There were enough similar experiences to understand what happens or can happen to everyone when the mind calms down...

Of course, not everything became clear and understandable right away: there were days when *energy* (for now I will call it that scientific word, although it is not the right word) was stuck somewhere and did not rise. You wait and wait, and it is as if lifeless. After many years of meditation, *I began to understand and learned not to wait for anything.* Psychological stress is especially hindering the awakening of energy. And how can it not hinder it? After all, you cannot 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 the one hand, it saved me, because it is very easy to slip into the unknown. Some people even lose their sanity from incorrect meditations. So thinking is even very necessary. Maybe that is why meditation is advised at an older age. When

I started meditating, I was already 57 years old. Philosophical education encouraged me to delve into such topics as: **What is Light? What is God? What is Truth? What is Love? What is Spirit? And so on. Meditation does not hinder thinking, but purifies it.** I realized that the words spirit, god, love, truth are basic, with which for millennia various religions and ideologies have manipulated man, blackmailed him, played with his consciousness. **This is perhaps the greatest crime against man and it continues to this day.**

First of all, I decided to find out *what light is?* What did mystics, the most famous teachers of various religions, philosophers and finally physicists say and write about light? And so I lived a long and interesting life between meditations and scientific research. Of course, there was also everyday life, a poor material existence, when one carrot had to be divided into two parts for soup. **Then I realized that poverty can be easy when the mind is not dull.** I will also add that living, feeling inner warmth and light within oneself, is very good and very difficult. Even for an awakened mind, it is very difficult to avoid the attacks of this world. To tell the truth, I used to have a "thicker skin" for all kinds of stresses, and then I became much more sensitive to sharper, angry words, injustice, lies, hypocrisy. Life becomes complicated. You need to live...

I warn you all: maybe it's not worth reading further... Maybe it won't be interesting anymore. Why do you need that philosophy about "everyday" light? It was an incredibly interesting and useful journey for me! As much as I read, God grant everyone! So I don't think I missed anything important. I won't go into too much detail. I'll explain everything as concisely as possible. Many of your questions will be answered by scientists, famous thinkers, spiritual leaders, and meditation masters, so I won't explain much myself – their authority will prevent you from making mistakes and going astray, which very often happens to those who write "about energies" in the plural. At that time, I myself 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? THE SECRETS OF THE ATOM

That the world is made up of indivisible mysterious elements was probably first announced 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 hard balls invisible to the eye. Meanwhile, in ancient India, the view was held that everything was made up of 5 elements: earth, water, fire, air and space. The Chinese believed that everything was made up of earth, water, fire, wood and metal. Unable to explain the complex phenomena of nature, thinking people of those times resorted to the concepts of “spirit”, “soul”, “ideas”, which supposedly control everything. Plato argued that things are only a deceptive reflection of the ideas of a higher world. And this theory of his became the basis of religion. Was the world described by ancient philosophers false, “narrow,” or was Plato wrong? And yes, no, but let’s try to find out.

People believed in the existence of small balls in matter until they learned to study matter with complex devices and until they looked inside the atom. Only then did a scientific transformation begin that had a huge impact on people’s worldview: many moved away from the mythical religious world and began to think/believe that science would now answer all their questions. Belief in science, in a sense, replaced religion. However, after a while it became clear that not everything was so simple with the material “reality” that we see, touch, and study.

In 1803, the English physicist John Dalton (1766–1844) revived the idea of the atom. He set out a theory that could 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 world is very large, the number of individual types of atoms is quite small. Dalton presented his theory so convincingly that it was accepted by many scientists within twenty years. It was the prologue to modern physics.*

A real breakthrough in the science of physics began when in 1897 the English physicist John Thomson (1856–1940) experimentally proved that atoms are not just compressed balls and that they are inhabited by even smaller electrically charged particles. Later, scientific experiments proved that atoms consist of a small but dense positive nucleus and negative electrons (e-) revolving around it. I will not give the entire history of physics. For this, there are books, articles, and Wikipedia written by scientists, specialists in atomic physics, which can be studied without any problems. I am not a physicist, as I have already written, so I rely on the

knowledge of scientists, and do not create my own "theories". Books written by Acad. Jonas Grigas, a world-renowned professor of physics, are very valuable for self-education.

It takes a lot of effort to mentally grasp the scientific picture of the world. Even a superficial overview of the most important scientific theories requires a lot of strength. Some outsiders may think that there is nothing sacred about science: what was true yesterday is rejected today. However, those achievements cost science itself a lot.

Today we know that inorganic substances, despite their diversity, are quite simple compared to living organisms. You know this from your school physics or chemistry course. We also know that there are many similarities and commonalities between inorganic and organic matter. Today, senior school students know that all living organisms, like inanimate organic matter, are composed of electrons, protons, and neutrons. Our bodies are too. Here is the point.

All substances are composed of three types of particles! Only so many particles make up such a huge variety!

Mathematics helps to understand and explain all this. It is now known that everything is made up of elementary particles, its indivisible. Dictionaries indicate that there are already over 300 elementary particles. The abundance of elementary particles made us think: "Or maybe there are even smaller particles? Subelementary ones, which are the most elementary particles?" Who knows...?

Let's look at the atom. The modern structure of the atom looks like in 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 very inside of the atom is empty.* So, the atom is hollow. And our bodies are "hollow", but for some reason we don't fall apart.

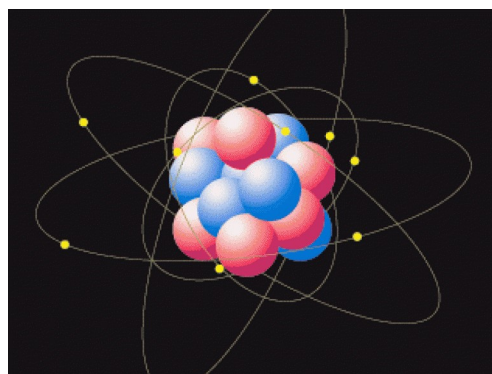
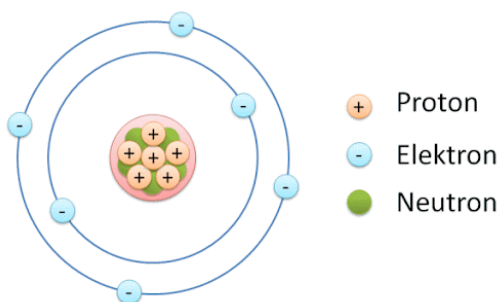


Foto: Wikipedia.

The pictures of the atom are a bit inaccurate. If the size of the atom were about 10 km, then the protons and neutrons that make up the nucleus of the atom would be only 10 cm in size, and the quarks and electrons would be smaller than 0.1 mm.

99.99999...% of the volume of the atom is empty space!!!

If 100 billion atoms were put in a row, they would form 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 (compared to the atom itself) space: the diameter of the nucleus (which has mass) is approximately 100,000 times smaller than the atom itself. At that time, the neutron had not yet been discovered. Elementary particles combine into various structures.

Elementary particles are considered indestructible, eternal, immortal. Many different forms can be created from elementary particles. Worlds and everything in them are created from them. So I ask you again, isn't it amazing? Can all this be considered "cold, lifeless matter"? Matter, which today is called compressed energy, is sacred. It is not the work of our hands. We are made of it. And most importantly - it glows. And yet. If matter is indestructible, eternal and immortal, how can we die? It is not proven, but it is tempting to think that some particles store information about our consciousness. We cannot be born "out of nothing" with zero consciousness. That would even be illogical.

IS THERE LIGHT INSIDE THE ATOM?

Let us continue our scientific research based on what has been proven.

One of the most important properties of an atom is luminescence. Light is emitted by photons. Just imagine: **all of us, made of atoms, also glow.** This is not fantasy, but pure physical truth. The question may arise: does only living matter glow, or also inanimate matter, such as stone?

When you see a cold stone, do you think that it is lifeless, that all its atoms are frozen, and it is dark inside...? No. It is not dark. Even if nothing acts on the stone from the outside, *life takes place in its atoms*. Electrons "jump" around the nuclei in orbitals without stopping. Even in an *inanimate medium*, electrons are active. But if there is any heat source,

something affects the stone... the life inside the electron will be filled with photon light, they will start jumping out of their orbitals, creating electric currents and, releasing their energy, heating the stone from the inside.

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

When free electrons move, a flow of charges appears, it is called an *electric current*. An electron is not elementary, it consists of photons.

A photon (Greek for light) is considered an elementary particle. There are two of them in one electron. **A photon or a particle of light** has no electric charge, no rest mass and exists only when 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, that is, luminous objects. Stones, trees, grass and other objects around us do not shine, but we see them because they *reflect* the light illuminating them into the eyes of the viewer (our eyes). **Thanks to light, our eyes receive a lot of information about the environment and learn about the world.**

Invisible, but very complex phenomena of light interaction with matter occur in various objects, which provide us with a lot of information not only about the properties of light, but also about the very material on which light falls.

The first basic laws of light propagation and reflection were formulated by the ancient Greek thinkers Aristotle, Plato and Euclid. In 1590. Z. Jansen constructed the first two-lens microscope, and in 1609. G. Galileo invented the telescope. Around 1660. Isaac Newton developed the concept of the corpuscular theory of the nature of light, *stating that light rays are particles and proving that white light consists of the colors of the entire spectrum.* His experiment with a prism split white sunlight into a rainbow, another prism reassembled that rainbow into white light. I. Newton believed that light is a stream of infinitely small particles of different sizes emanating from luminous bodies. He developed the corpuscular theory. Later, the Dutch scientist C. Huygens laid the foundations for the concept of wave light. But he did not develop a consistent theory that could

compete with I. Newton's corpuscular theory. Only the later works of T. Jung and A.J. Fresnel substantiated the wave nature of light and, equivalently, *the theory of the corpuscular nature of light. Such is the complex nature of light!*

In 1860, the Scotsman D.K. Maxwell, studying electricity and magnetism, realized *that electromagnetic waves propagate in space at the speed of light. He concluded that light is also an electromagnetic wave.* However, the electrodynamic theory, based on the concept of light as an electromagnetic wave, was still unable to explain the regularities of light absorption and emission. Only in 1900 did M. Planck conclude *that light is absorbed and emitted in quanta*, i.e. in certain portions that are proportional to the frequency of light. This seemed to contradict D. Maxwell's theory, so M. Planck himself doubted those quanta. And only A. Einstein gave momentum and mass to light quanta, returning the image of a corpuscular nature to light. In 1923, Louis de Broglie transferred Einstein's idea *of the dual nature of light*, corpuscular-wave dualism, to matter. De Broglie was awarded the Nobel Prize for his discovery of the wave nature of electrons.

Thus, quantum physics has deepened the debate about whether light is a particle or a wave. When burning wood or lighting an electric bulb, photons are found in the energy of electrons. It travels through space as a wave, but when interacting with matter it behaves like a particle. *This duality makes light even more mysterious.* In the 20th century, the corpuscular and wave natures of light were combined into a single theory based on quantum mechanics and quantum electrodynamics. When describing some properties of light, it is more convenient to treat light as electromagnetic waves, but in other cases the concept of light as a particle is more appropriate. When a stream of electromagnetic radiation interacts with matter, the effect is determined by the energy of the photon. Thanks to quantum physics, we know today 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 the same time”*, and the location of an electron is described as the possibility of finding that electron in the “cloud” formed by its movement. Do you understand?

Light is electromagnetic radiation, which is felt by the human eye and on which our visual perception of the universe is based.

Many properties of light, manifested when it acts on material bodies, are described by wave parameters. They indicate the wave origin of radiation. An electromagnetic wave is understood as two alternating fields propagating in space, electric and magnetic. Briefly speaking, *today light is understood as a wave and a particle*. And understand now, man, *what is it! A wave or a particle?! Here lies the secret of the phenomenon of light*. And so far no one can say anything more. *It is exactly like that*. Our body is made up of atoms, inside which such wonderful games of light take place.

The term “light” is most often used to refer to *the visible light* region, which includes wavelengths from 400 to 780 nm. But, remember, visible light is only a small part of electromagnetic radiation. The eye perceives light of different wavelengths in the visible light region as light of different colors. The human eye can distinguish colors very individually, in intervals from 20 nm to 160 nm.

So 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. We do not see light, but the *light ITSELF enters our eyes and helps us see not the true picture of the world, but the reverse and even colored one, although in reality it may even be colorless*. The true color of light is white. It contains all the colors of the rainbow.

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INVISIBLE LIGHT

Physicists say that matter, unfortunately, does not have a clear definition: it is roughly described as a *physical certainty* that makes up the UNIVERSE. An important property of matter is its uncertainty and variability. It is impossible to determine the exact position (and number) in space of elementary particles, such as electrons, not because of technical problems, but because, being waves as well, they do not have this position in principle. In philosophy, matter (Latin *materia* – substance, thing) is an objective reality, known by the senses, existing independently of consciousness and reflected by it, or some kind of material principle. Unfortunately, unfortunately, modern physics says that the former “materialism” has lost its legs...



The Sun – the source of life

But who still believes in “matter”, let's look at how it exists with its invisible atoms, which somehow become visible to our eyes?

Physicists claim that these invisible atoms are connected by gravity - this is such a "mystical glue" (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, but even poorly educated people know that in nature everything interacts with everything, connects and forms molecules, not just with anything and not with anything. A word for science (from wikipedia org):

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

This is a LAW that cannot be questioned. And you need to know that all, even invisible to the eye, "material points" attract each other with a certain force. Gravity is waves, they can be strong and weak. So if the lady is no longer attracted to you, you can assume that your gravitational pull has weakened and there is nothing you can do about it.

Everything that exists on the physical level also happens in our body, in our psyche, on the spiritual level. Do all objects in the Universe

affect each other with some kind of force? Yes. All bodies in the Universe interact with the force of gravity.

However, the further apart two separate bodies are from each other, the less 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 the force it will exert on other objects. Twice the mass means twice the force. So we can say that only the most massive objects in the Universe create a gravitational field that affects other bodies.

A definition that you need to know by heart: *gravity is the ability of all physical bodies to attract each other.* This is one of the four fundamental interactions in nature. All cosmic objects are affected 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 point of view of quantum mechanics, particles of matter (fermions) do not interact with each other directly, but exchange interaction bosons, which are the carriers (mediators) of interactions. The deeper into the atom, the more complicated it is. Photons, quanta of light, are mediators of the interaction of electric charges. Other particles, gluons, are mediators of the interaction of color charges. How does gravity work? 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 (+ –), which attracts all bodies to each other. *Gravitational attraction is an electrostatic phenomenon.* When there are no or very few bodies (particles) in a vacuum, antigravity occurs and therefore the Universe expands rather than contracts. In the solar system, the planets are attracted to the Sun by the force of gravity.

An electrostatic force acts on the atom - the Coulomb force. S.O.

Coulomb determined: 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 force of universal gravitation decrease equally with increasing distance between bodies.

There are a lot of charged particles (electrons, various ions) in space, i.e. light. These particles are attracted by charged bodies with great force. **The particles stick to the bodies and neutralize the charge. Particles**

inside the atom and in space, in a free form, are either illuminated, extinguished, receive information, give it away, are born, or die.

Gravity does not play a major role in the structure of the atom: it is too small compared to the electrostatic force (the force of light). Only particles and bodies "charged" with light have a significant effect on other bodies and on us, humans.

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SECRETS OF CONSCIOUSNESS

The “material” man is no exception. He is also full of those photons of light. But man is not a collection of atoms, he is characterized by awareness. What does science say about consciousness? Science says: we cannot say anything about it. This is a blank spot in science. How would enlightened yogis, Buddhists or Christian mystics answer that question? They would say in unison: **CONSCIOUSNESS IS LIGHT** hidden in the silence of the mind. *That is the great secret.*

Let's look at our body with the “eyes” of science. Do you see the picture? Beautiful? True? Do you know what it is? I present:

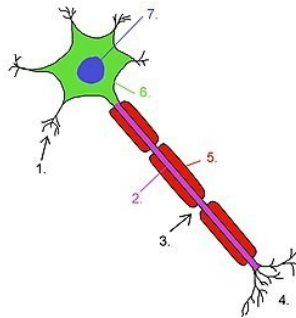


Photo from Wikipedia

This is a neuron. That word should be written with a capital letter. It is special. A cell thanks to which all sorts of 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 a signal from the environment (touch, taste, smell, light, sound) through a receptor, transforms it into a nerve signal and transmits it *to intermediate neurons*, the central nervous system (CNS). The latter, in turn, connect with motor neurons in the same segment of the nervous system or transmit an impulse to higher segments

of the CNS. From the CNS, the signal is transmitted through *an effector (motor) neuron* to effector (e.g. muscle) cells.

There are four types of neurons. I will not describe them all. Wikipedia describes everything. It is believed that **neuronal impulses are electrical.** And now scientists are already doubting this. It is believed that these impulses are not the work of electricity, but of photons. ***Photons of light are constantly buzzing through the "paws" of neurons, in elongated chains.*** **More about this below.**



Photo Wikipedia

I have already written that the entire material world, visible and invisible, consists of a wide variety of "particles" that attract each other with a merciless attraction and move away from each other in the same way when they are affected from the outside or when various changes occur in them. **Your every action, the flow of consciousness causes changes in your body, because neurons run through your bodies like an electric current at the speed of light.**

So, it is through neurons that light (photon) signals are transmitted. Thanks to them, or rather thanks to Light, various organs of our body exchange information. Thanks to Light, we see this world. One can talk about the action of Light at every point of matter and in the infinite cosmos for an infinitely long time. The essence is one - LIGHT lies in 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, move in general in any way...without the help of neurons. Aha. You don't know. But you know the saying that "all diseases are from nerves". This is not a joke at all. There are millions of neurons in your body. We found a more

complete description of a neuron on the website ligos.lt. We read: "A neuron is the most important cell of nervous tissue. Depending on the function performed, two types of nerve tissue cells are distinguished: neurons, which are excitable cells that transmit an electrical impulse, and supporting cells, which simply do not participate in the propagation of an electrical impulse. "The reception, creation and transmission of a nerve impulse, which is essentially an electrical impulse, are the most important properties of neurons. The activity of a neuron is accompanied by electrical phenomena (in a state of rest, it is negatively charged with respect to the environment, when excited, this negative charge disappears for a short time)".

And what is an *electrical impulse*? Here is the description: **“An electric impulse is a current of electrons** (i.e., an electric current) generated by a potential difference (usually from a point of negative charge to a point of positive charge) through a solid, liquid, or gaseous material.” But that’s not all. Let’s keep looking. *What is an electron current?* Here’s a good explanation – electricity comes in two forms: *electricity that flows and static electricity that doesn’t move*. Flowing electricity is called current electricity. Billions of electrons travel through a wire, forming a current. And that current can also spark. Then we see light because photons are emitted from the electrons. And that’s the case in all bodies. It’s the same in our bodies. That’s what an electric impulse is in our neuron. Is it finally clear? The final result of an electric impulse is light, which is carried by a photon. Light transmits information that you need to get up, move, wiggle your fingers, etc. Do you understand what you’re dealing with? Light again!

Did you know that a photon, having bounced off the black screen of a monitor, begins to “write” and display images. Without the help of photons, we would see nothing – only a black haze. We do not see our photons until something happens. The light of photons can suddenly flash in the brain and consciousness is illuminated. That is the essence of meditation for you. When the mind is calm, it is illuminated and the “machine” of reasoning begins to function consciously. **There is exactly such a connection between the mind and consciousness.** Do not be surprised that even the most famous Indian neuroscientists do not find an answer to what consciousness is. They talk a lot, they research, but in fact they ignore the experience of yogis. We read further:

“Since the topic of consciousness covers a wide range of phenomena, modern neuroscience divides consciousness into the content of consciousness and the state of consciousness. The state of consciousness is described as a person’s alertness. If you have become more sleepy while reading this article, then your state of consciousness has changed slightly. The states are divided into different categories. For example, a person in a coma loses alertness, and at the same time all consciousness. On the other side of the state scale is normal everyday functioning, which provides subjective experience. How the state of consciousness changes depends on an evolutionarily old brain system – communication between the nerve centers of the brain stem and the thalamus. States of consciousness can be compared to a laptop: when the computer’s battery is full – all programs work in the usual way; when the battery is low and the battery saving mode is activated – the programs no longer work as quickly; finally, when the battery is gone – all programs are turned off. The computer’s battery cannot tell us which of the computer’s programs are currently running, and The state of consciousness does not provide information about the current content of a person's consciousness - what he thinks about, what he sees, how he feels.*

Having received a light impulse, surprised and slightly confused, *the mind will start thinking differently...* It begins to observe itself as if from the side. This way you will become more aware. I think that the mind is static electricity, and consciousness is 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. And for now, it is advised to meditate so that we don't go crazy.

That's not all. I am really constantly interested in scientific achievements, especially quantum physics and neurophysiology. Reading good texts enriches and enlightens me. Here is what I discovered in one scientific journal. I can't be happy about it until now. I have been waiting for that information like a spell for over 20 years. I had no doubt that light lives in our nervous system: otherwise there would be no yoga, no enlightened people and no mystics. There would be no homo sapiens either. There would be nothing. Today I asked a very famous physics professor on FB:

Me: Do you agree that photons run through neurons and transmit information?

Professor: It's not photons that run through the brain, but electrical signals. ...the body emits electromagnetic vibrations.

Unfortunately, knowledge is getting old. One day this year (2024) I typed certain words into a Google search and got an answer I didn't expect. It turns out that the same photons of light are actually at work not only in monitors, but also in our nervous system. They receive and transmit nerve impulses, in other words, information. Light coming from the Sky (Sun) is reflected from objects and enters our retina, we "absorb" and "absorb" it. Thanks to light, we remember images, the content of texts (information). This is how artificial light works in the electronic devices we have created. In computers, photons bounce off the walls of the monitor and write to us, draw various images. In a word, what we "absorb" from the environment does not disappear anywhere. It has been proven that energy (information) is eternal, does not disappear. This was also confirmed by the professor I mentioned. Therefore, remember what you put into your head - it will never disappear anywhere. Neither your thoughts, nor your experiences. And I learned this:

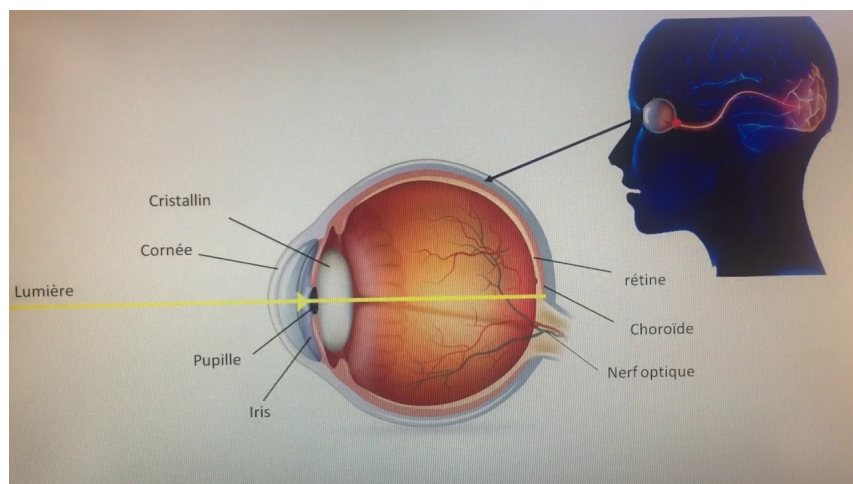
“Canadian scientists believe that neurons are connected to each other not only by electrical and chemical communication systems, but also by photon (light) tunnels. Neuroscientists from the universities of Calgary and Alberta have published a preprint article stating that neurons that make up our nervous system can emit photons and provide an additional, light-based connection to each other.”

I also found out: in order for a photon to act as a means of communication, it must enter a waveguide that directs it from the source to the receiver. Using computer simulations, biologists have shown that biophotons can use the myelin sheath** of neurons as a waveguide. Now scientists are trying to answer the question *of whether photons* can be entangled in the brain. If the answer is yes (which I have no doubt about), we can assume that our brain is a very powerful quantum computer.

I know that physicists can criticize me because I publish unconfirmed hypotheses. And then let them tell me, are all scientific truths confirmed by experiments? Don't we sometimes live only in fairy tales of hypotheses? Human experience is not a hypothesis. Enlightenment was confirmed by Buddha, Jesus Christ and many mystics. What else is not clear, respected professors? The light of consciousness lives in our neurons and works miracles!!! It is disappointing that even the most famous

scientific institutes in the world cannot prove this experimentally. And they will never prove it, because it is impossible to "catch" that "microlight" of a neuron with instruments.

Let's look at ourselves. From physics textbooks we know that various chemical and biological reactions caused by light occur in the human body. The most important of them is vision, based on the ability of photoreceptors in the eyes to absorb light. Each of our eyes has about 125 million visible light sensors - rods and cones, photon-sensitive cells, a fifth of our brain processes the information received by the eyes. The Sun emits the entire spectrum of electromagnetic waves – from radio waves to gamma quanta. 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 organisms simply cannot handle it. Plants “see” it too: their chlorophyll absorbs light and thus receives energy for photosynthesis.



The trajectory of light through the eyes to our brain. Photo from Wikipedia

The miraculous composition of the atom does not end with the phenomenon of light alone. A very significant discovery was made at the beginning of the 19th century by the Englishman Paul Dirac, and later by other scientists. The hypothesis was put forward 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 antiparticle – the positron. By the 1950s, the anti-proton and anti-neutrino had already been discovered. Now the science of physics talks about matter and antimatter. What does this mean? This means that we know little with our senses. Only special equipment, laser microscopes, help us learn more. However, my goal is not to explain the secrets of physics. I think that every person should think more deeply about their “matter”. The thought is truly astonishing: if

matter has another existence – antimatter, it makes us believe that there is an afterlife. And we still doubt it.

As you have noticed, I have moved far from my story about how one dark evening, while meditating, I experienced an “*electrical discharge*”, which deeply shocked me, and over time 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 activities were only tears and stress. You know how many texts have been written about spirituality! And what is spirituality? What is its essence? Where to look for it? Why are some considered or consider themselves spiritual, and others. Unspiritual? Just kidding, but this is an important question. When we run, when we walk, when we talk to someone, when we are angry or happy, in all cases we waste “our” energy, and we do not think about who gave it. We waste it without stopping. Science has found electrons in our body jumping in quanta, which can cause electric currents. There is no specific “*bioenergy*” (as esotericists claim) in our body. That energy, thanks to which we move and live, which we finally feel as heat, and sometimes as fire, should be called spiritual energy. After all, it was not created in a laboratory, but by the Creator himself. Let scientific terms remain with scientists, and let us call it the way It has always been called for millennia. When we boil water on gas, a campfire or an electric stove... we know that the kettle boils thanks to fire, electricity. And we? When we run hard, we also get hot. You can get hot without doing anything. If you tried to calm your mind, thoughts and concentrate only on, for example, your big toe, you would see how it would heat up, start twitching, and later your whole body would heat up: you would feel that "electric discharge" like me. Yogis and Buddhists know this truth very well.

So, it has been established that all our "matter" is just concentrated energy. Physicists say that the types of energy differ, but not in essence. There are mechanical, chemical, electromagnetic, gravitational, nuclear and others. What type does the energy of our body belong to? Let's admit that it's time to speak clearly, after all, we do not live in the second millennium BC. Not only religion has the right to the truth. Science has enriched the human mind with important discoveries that do not deny, but strengthen the belief in the Holy Spirit or Light. The abundance of words confuses thinking. Let us purify ourselves. Studying modern physics or biophysics, we are convinced that we are creatures full of “electrical energy”. **In the sacred scriptures, it is customary to call human energy spiritual energy,**

which fills the entire organism with divine bliss and love. And a Miracle occurs. We become like God.

Our reality, our life, our visible and invisible world are full of Light. It is not for nothing that Jesus Christ called us “children of light”. So, the world and we are created from Light. Our respected science has confirmed this. We cannot look at light only through the glasses of science. Everything is much more complicated. But let's start our journey from the very beginning, when people were still “dark”, when they believed in myths, fantasies... as atheist scientists sometimes claim.

I invite you to travel back in time through the ancient and modern worlds in search of traces of the light of consciousness. Let's look at the development of world religions through the prism of Light. First of all – to Egypt, whose civilization dates back more than 5000 years and let's answer the question of why the pharaohs worshiped the Sun. How does this relate to us?

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* mokslosriuba.lt

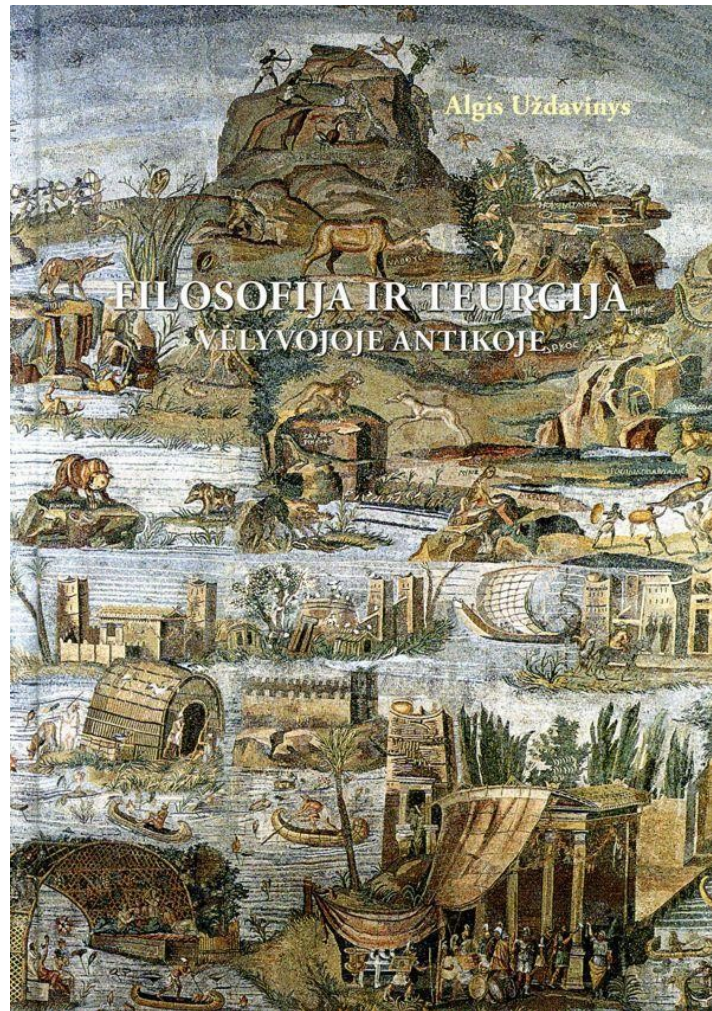
**German pathologist Rudolf Virchow was the first to use the concept of “myelin”. It comes from the Greek word "myelós", which means "bone marrow", meaning something central or internal. He believed that myelin was inside the nerve fiber. He incorrectly compared it to bone marrow.

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Part III

SEARCH FOR ONE GOD

What did the ancient Egyptian philosophers who lived 2 thousand years BC believe in, what did they say? I want to share with you one special book. It will answer some of the questions that worried the thinking people of those times. This is the monograph “PHILOSOPHY AND THEURGY IN LATE ANTIQUITY” by the world-famous Lithuanian philosopher Algis Uždavinis (died 1962 - 2010).



I read this book with euphoria. **I learned that the pharaohs, priests and nobles of ancient Egypt were devout philosophers.** They believed that philosophy could transform the soul. lead a person to a “better fate”. The Egyptian elite practiced philosophy in order not only to cultivate the soul, but also to study the nature of the Universe. The author of the book boldly claims **that ancient Egyptian philosophy had a huge influence on the Hellenes, and later these ideas were adopted by Neoplatonists and Christian theology.** After reading it, I realized that such distant and different civilizations, despite the differences in traditions and culture, amazingly converge in related forms of spirituality over huge time intervals.

Algis Uždavinys, who himself lived as the ancient philosophers lived in Egypt, explains that in ancient times, **philosophers pursued one goal - a close connection with the One - God-Light!!! Egyptian philosophers, like Eastern Buddhists, sought enlightenment!!!** This amazed me. According to the author, the philosophical way of life of Egyptian mystics (similar to Buddhist meditation) led "the soul to a living, vividly experienced unity with the divine Intellect and Good, or the Neoplatonic One", which is "beyond Being and Intellect". The author argued that in

general the origins of Greek philosophy are Egyptian. This was another discovery that surprised me. *The “love of wisdom” of ancient thinkers, the very goal of philosophical life meant the opportunity to live well here and now, i.e. in the One, which is not expressed in words, but is always and directly existing. The pursuit of unity with the One is the pursuit of spiritual Light.* How sensitive. Right?



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

Often philosophy is understood as writing texts, speaking, using terms and certain logical constructions. Such philosophy is intended to develop the mind. However, in ancient times, philosophy was considered a versatile and especially demanding art of life, which “*cures human diseases and purifies souls...*”, wrote A. Uždazavins. **Egyptian philosophers were initiated through theurgic rites**, during which theurgic hymns were sung, statements of the clergy were read, symbols, magical incantations were used, and contemplation was practiced. **The philosopher had to become a theurgist and only then could he teach others.** Becoming a theurgist was not easy. The theurgist had to strive for purification of the soul, living unity with the divine Intellect and Good. *This required asceticism,*

practice, i.e. spiritual work, because spiritual truths lie deep within a person. How similar is this to Buddhism, right? The Greek philosophers, the Neoplatonists, who adopted the experience of the Egyptians, also tried to purify their souls, enlighten them, and separate them from the simulacrum (body) **in order to ascend to “divine peace, more befitting a god than a man.”** / p.31/ **The philosopher had to become a silent person – he had to meditate.**



During the reign of the Egyptian pharaoh Akhenaten, the cult of the Sun god Aten flourished.

Farmer Homer photo

No matter what rational philosophy tells us about ancient myths, rituals and miracles, we need to know that all this was true for people back then. Myths were the foundation of their reality. The Greeks, the neighbors of the ancient Egyptians, were simply fascinated by Egyptian mysticism and theurgy. They absorbed everything into themselves and processed everything according to their own. Even until the 6th century BC, Egyptian theurgic traditions were developed by Neoplatonists who lived more in the east of the Roman Empire, and in Athens and Rome a rationalist approach to reality, man and nature prevailed. This is what we have adopted from them. The experiences of Neoplatonist philosophers differed little from Eastern mystics and Buddhists. **Both sought to break all mental ties with attachments, to abandon habits, and during meditation to experience a sense of holiness, peace, “more befitting a god than a man.”** Note. This will need to be remembered when talking about the Christian tradition, its origins. Merging with the One God

was practiced by Christians in ancient times as long as the traditions of Neoplatonism were active. The Neoplatonist Iamblichus claimed that **“the light of the gods illuminates the object transcendently,” and the light permeates the visible cosmos. The single, indivisible light of the gods is one and the same everywhere, it is accessible to everything that can be in it, it fills everything with its perfect power. Divine light is also considered the divine spirit“.**

Later, Christianity, having received theological nourishment from Neoplatonism, rejected all aspects of the Hellenistic philosophy that competed with it. The first Christian Gnostics (we will talk about them separately) were physically exterminated by the hands of the Christians themselves, and later the “ekklesia turned away from Plato”. Pagan spirituality was fiercely rejected, especially where it resisted integration into Christian mysticism.

The ancient sages, through theurgy and contemplation, knew the structure of the world no worse than the scientists of the New Age. The Neoplatonist Proclus insisted that rational philosophy and ultimate knowledge, which is higher than science, should be separated. According to Proclus, “the exercises of dialectics are a preparation for the striving towards the One, but they are not the striving itself”. /p. 195/ To paraphrase, one can say that thinking helps to know the soul, to know oneself, but this is not enough. Special methods are needed for a deeper knowledge of everything.

In ancient times, **the worship of the Sun was closely connected with solar theology**, which was practiced by the elite - kings, magicians, theurgists, philosophers. Philosophers represented the last link of the chosen ones, who "complete the secularization of solar hierophanies, turning them into ideas. "Despite attempts to reject myths, - writes A.Uždavinys, **philosophy turned towards the "divine light"**, asserting that we cannot be happy if we do not acquire and contemplate the true wisdom of the essences of being with the help of philosophy." /p. 202/

Today it would be difficult to find a philosopher who would live like the theurgists, who would write, speak and act in the direction of the unity of the Light of God. Since the One is the ineffable basis of all things, he is not beyond (...) those things of which he is the measure. **Reality is inexpressible.** Man is weak, he can only achieve limited and only probable knowledge, he is inclined to be guided by unreliable descriptions

of sensory phenomena. All the Orphic myths and the complex and abstract metaphysical constructions of the Neoplatonists, which sought to explain Reality, all this expresses what is Inexpressible, and Reality must be accepted as It IS. Visible and invisible Reality has become a real philosophical confusion, the greatest riddle of the mind. I believe that the riddle that has troubled the human mind for millennia could be explained by the LIGHT FACTOR. Later, studying the psychology of yoga and other authors' works, we will return to the idea that Reality is that which is beyond the mind and belongs to the realm of consciousness.

Reality, or rather – God-One-Spirit-Light-Consciousness (its different names) is an indivisible Reality, which the mind is accustomed to naming in different ways. **Light is that which reflects and connects EVERYTHING** (in the language of physicists, it “absorbs and radiates”).

For us, Christians living in the 21st century, it is important to know the spiritual roots of our faith. Ancient thinkers contributed to the philosophization of Christianity, the creation of its spiritual foundation. The mythical mind of that time, like the modern, scientific mind, is looking for the same One with whom the soul longs for fusion. The One-Light-Consciousness is Reality, beyond the mind, perceived in a state of consciousness.

I agree with A. Uždādinis's idea that the limit of philosophical discourse is the complete rejection of any statements or evidence about reality. This limit is "unconditional silence". It is impossible to achieve nirvana, complete silence, Light, if even one thought remains in the mind, - a person practicing silence, not necessarily a Buddhist, would say. This is what I realized while practicing meditation. Those who like to philosophize a lot about reality will never know it "from the inside". Light will be just a metaphor for them, to embellish 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 reasonable, or rather wise relationship with Reality should be based on the knowledge that one manages to acquire by studying both visible reality and ourselves, - our Reality.

The ancient world understood that the world is one, integral. The many - the workhorse of our mind, which loves to create texts, philosophize, and replicate thoughts - does not feed the spirit, does not calm the mind, and does not help us intuitively understand that everything is One-Light. **When, after many years, I returned to studying the New Testament**

with different eyes, I read that Jesus Christ called us "children of light".

"Modern philosophical discourse has completely forgotten, ridiculed, misunderstood, and denied the primary goal of philosophy, considering *telos (silence)* a religious fantasy that belongs to the realm of irrationality and despotism," writes A. Uždavinys. /p. 65/ The late Neoplatonists knew that the philosopher and theurgist imitate God, although sometimes they use different methods to achieve the same or similar goals. Buddhists also strive for the same. True knowledge means that we know nothing, and this nothing is the primordial silence. *Telos is the ultimate goal of philosophy. This sacred silence* can only be broken by the sacred laughter of the gods. It is very healthy to laugh at your own scientific knowledge.

Algis Uždavinis' book showed that in ancient times, thousands of years before Christ, people felt, intuitively knew that it was Light that was in everything, that life was impossible without it, **that it was the main organizing force to which it was right to bow.** And although the Sun was worshiped, man saw something more in it, felt its magical effect on everything that is alive. And of course, he deified it.

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

Interestingly, **the ancient Egyptian death and rebirth ritual traditions aimed to create a "spiritual man, a man of light."** This required the body to be "killed," purified, and "transformed by the descending divine rays." In other regions of the ancient world, "death" was simulated during initiations, or real death was seen as a ritualized test for the purpose of achieving blissful immortality as a reward for those who desired to live virtuously and be reborn in the solar world of the gods Agni, Ra, or Apollo-Helios. The Egyptian **"Book of Ascent to Light," known as the Book of the Dead,** was not a book about funeral procedures. Since the Egyptians believed that the sun and moon king, ka, permeated the entire country and was the focus of the collective consciousness, **he resided in each individual being.** Ka, which is sometimes understood as "second,

twin”, is a principle symbolizing physical, social, moral and spiritual stimuli and tendencies, such as the life-sustaining creative power of food, nourishment, strength, greatness, magic, enlightenment, etc., - writes A. Uždaviny.

When I read those verses, I remembered that Christ also spoke this way to his apostles: **“For you were once darkness, but now you are light in the Lord. Therefore walk as children of light.”** (NT.Ephesians)

.....

Since I have already touched on the topic of death, I will tell you another story from my own experience. I read that people who practice meditation sometimes experience a state of “death”. This irritated my mind. Once, having overcome my fear, after several years of meditation experience, having the necessary knowledge, I decided to check how it works and what leaving the body means in practice. Since there was no such experience, I boldly began to do special breathing exercises. I did not believe that I would succeed.

As a person spoiled by science, I went out of pure curiosity to where it was scary, where you could experience an adventure and learn something. Books are great, but if you do not experience it yourself, read, because you will not learn anything. I want to tell you something. It is good that my diary entries remain. I will be able to check.

So, after about seven years, when I learned to dive deeper and deeper “into myself” (a misleading term), I decided to look into the problem of death. I was afraid of that topic, but I didn’t want to ignore it either. I found a LOT of information on the Internet about meditation practices on how to “leave the body” in a conscious state. I started studying. I developed a “technique” of what needs to be done step by step in order to succeed in ascending “to heaven”. It has to do with a special breathing technique. I will not explain to you 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 could do this. I took a risk. I did not have time.

After what happened, I think I can say that the fear of death is hypertrophied. All mystics, especially Osho, constantly affirm this. However, there is something to be afraid of. Leaving the body on your own, without the help of a guru, without knowing what will happen after that, is not advisable.



elearning.lk photo

More than once before That Experience, at dawn, as indicated in the rules, I began to meditate. And once, after performing the necessary breathing exercises, I “drowned” somewhere, but my consciousness remained alive. I felt as if I was standing on a high shore in front of the ocean. Suddenly, that shore began to recede, it became scary, the ground slipped from under my feet, a huge wa-de-ny-n opened before my eyes. I see it, I easily rise up and fly...No. I fly at tremendous speed over the water. Below I see the waves, I admire them. The flight is indescribably pleasant, a divine bliss. However, the mind "clung" to those waves and began to observe them more and more actively, to admire the endless space and its beauty... gradually the active consciousness returned and I "fell" into the body again.

That was the first time. The next one was not so pleasant. I remember that after the morning meditation the body began to behave strangely, an inhuman noise began in my head, I heard real screaming, screaming voices, shouting something directly into my ears. The body began to tremble as if being shaken by an electric current. It was scary, but the consciousness did not sleep. Since I had learned the "lessons" well that there was no need to pay attention to all this, that I had to not worry, not be afraid of anything and move in only 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. Everything is always ruined by the thought: “Oh, how good...” After that, it was always sad that it was all over and I had to go back.

I remember another episode when, after meditation, I immediately soared above the ocean, but I felt like I was lying on the back of a giant bird. It was a giant mountain eagle and, lying on its wings, I was flying at tremendous speed... This is not fantasy. No. For me, it was a living reality, deeply embedded 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 a choir of angels singing. The state of bliss was indescribable. But again, unable to control the overwhelming feelings, I felt that I was going down and opened my eyes. That melody rang in my ears all day. I heard it the next day, and when I returned to the reality of this world, I started to cry. At that time I regretted that I was not a composer, I could have written that melody down.

Since then, the fear of death has disappeared. During real death, I would like my body not to lead me, so that my consciousness would not be darkened, so that I would not fall into a coma. I would like to die consciously and use the “instructions I received”.

I did not continue that practice consciously later. My goal was achieved. Others continue to practice, and when they leave their bodies, they hear all kinds of voices, meet their loved ones... I do not know if this is possible, because I have no experience. But anything is possible. Souls are immortal. That they can meet in the Beyond is real.

If such an event were to happen to someone and you are “cast out of your body”, do not be afraid. You should remember one important thing: all those terrible howling, howling voices and ghosts, scarecrows in the hallway are not worth fearing. There is no need to react to them in any way, but with concentration, "look" only forward, "cling" to the light in front of your eyes and "shoot" at it. And then everything will disappear in an instant, and your soul will enter a wonderful space. It is good, bright there. **Light is always and everywhere.** I did not see any tunnel.

True, during meditations in general I “saw” (really saw) various images, I heard various sounds, when someone said directly to my ear: “Don’t worry, I’ll fix everything for you. You were a good girl”. And sometimes I just heard “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 start to 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, I have not been hopelessly excited. On the contrary, the more difficult it is, the calmer I begin to solve the problems that arise. And after learning to meditate, I began to look at problems “from above”. I often wave my hand, I push the clouds aside. In life I do what needs to be done, if necessary I help myself, help others. It is difficult to knock me off balance.

I loved those bright meditations, when during them the space before my closed eyes would light up and become brighter (Buddhists would say that the third eye had opened) and then I would see huge glowing flowers emerging from somewhere, the likes of which do not exist on earth, or the spire of a tower would appear before my closed eyes, with clouds spinning around it at great speed. Sometimes I would see ancient manuscripts, handwritten texts, written with a pen and even corrected by hand, crossed out lines. When I returned after meditation, I would be overcome with joy that I had seen a “miracle” again.

Reading A. Uždavinios’s book, I became convinced that all so-called mystics saw similar things, experienced similar states of bliss, flashes of light. Often, people who have experienced this, depending on their education and level of culture, interpret their experience in different ways. Sometimes they even begin to worship themselves, turn into “teachers”, and start to earn money from their “spirituality”.

While we are in the body, we can philosophize and argue as much as we want, but there, inside ourselves, in the “other reality”, where there is no noise of thoughts, everything changes. **Philosophical discourses have nothing to do with spirituality. Texts are written “from the head”, without spiritual experience they 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 not to be afraid of anything. **Let the inner Light guide you. It is the Spirit. There is nothing else in us and behind us. Remember the words of Jesus: “God is Spirit”, “you are children of light”. Now you know this. Those who know bear great responsibility for their thoughts and actions.**

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YOU WILL BE MY FRIEND IF...

The age of Gnosticism is thousands of years old. Persecuted and tortured, it is still alive, its roots are cherished. Gnostics believe that the Teaching of Jesus is in a certain sense Gnostic. Why? Gnostics are convinced that Jesus preached a “secret faith” (inner, spiritual) to the apostles, and spoke to others in metaphors, which many never understood. Jesus knew that our souls are different and need different paths to God. The spiritual life of mystics and Gnostics is difficult to understand for an ordinary Christian. The Catholic Church chose

metaphors. Over the millennia, they turned into tales, or rather dogmas about the good Jesus and His miraculous works. Now the church is crying that people are turning away from it. There were Christians who sought God within themselves.

What thoughts of Jesus' Teaching are close to the Gnostics?



Jesus Christ*

Jn. Jesus said to his disciples:

15 The Vine and the Branches

- 1 "I am the true vine,
and my Father is the vinedresser.
 - 2 Every branch in me that does not bear fruit he takes away,
and every branch that does bear fruit he prunes,
that it may bear more fruit.
 - 3 You are already clean
because of the word that I have spoken to you.
 - 4 **Remain in me,
and I in you.**
- Just as a branch cannot bear fruit by itself,
unless it remains in the vine,
neither can you bear fruit,
unless you remain in me.**
- 5 I am the vine,
and you are the branches.

**Whoever remains in me,
and I in him,
the same one bears much fruit;
without me,
you can do nothing.**

6 Whoever does not remain in me,
is thrown out
and withers like a branch.

Then they gather the branches and throw them into the fire, and they are
burned.

7 If you remain in me
and my words remain in you,
ask whatever you wish,
and it will be given to you.

8 In this my Father is glorified,
that you bear much fruit
and prove to be my disciples.

9 As the Father has loved me,
I have loved you.

Remain in my love!

10 If you keep my commandments,
you will remain in my love,
just as I have kept my Father's commandments
and remain in his love.

11 I have spoken these things to you,
so that my joy may be in you, and that your joy may be complete.

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

13 Greater love has no one than to lay down one's life for one's
friends.

14 You are my friends if you do what I command you.

15 I no longer call you servants,
for the servant does not know what his master is doing.

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

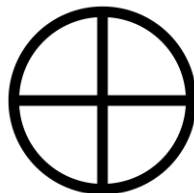
16 You did not choose me,
but I chose you and appointed you,
that you should go and bear fruit
and that your fruit should remain,

**so that
whatever you ask the Father in my name,
he may give it to you.
17 These things I command you,
that you love one another.**

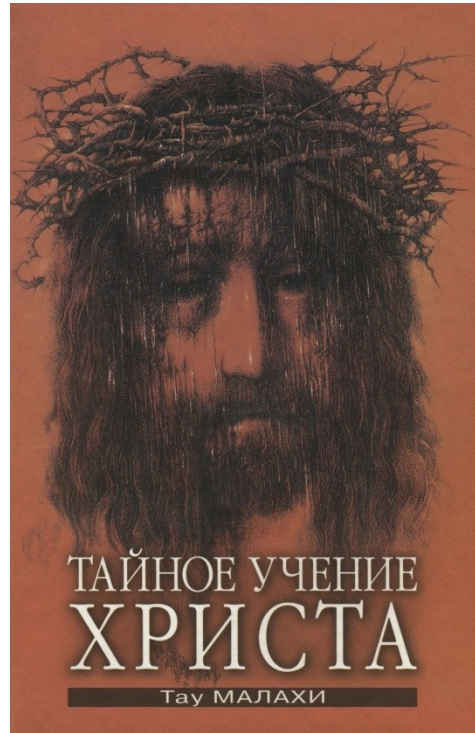
The main source of faith for Christian mystics was the inner God. To better understand these words of Jesus, let us examine (and you yourself find and read) two books: Tau Malachi's book "The Secret Teachings of Christ" and Evelin Anderchil's book "Mysticism".* I will briefly summarize them.

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Gnosticism is a very old religious movement, the roots of which go back to ancient civilizations, such as Egypt, ancient Greece, Buddhism, early Christianity, etc. Gnosticism, although brutally destroyed, has survived. Most modern Gnostics have rejected the dualism of the world and the image of the demiurge, and have recognized the Gnostic Christian gospels discovered in the village of Nag Hammadi in 1945, and this discovery has strengthened the foundation of Gnosticism.



Gnostic symbol



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

Tau Malachi is an American neo-Gnostic religious leader and writer. He is currently the bishop of the Ecclesia Pistis Sophia, also known as the Sophia Brotherhood. Tau Malachi was born in the United States. He was 8 years old when he met his spiritual leader, Tau Elijah. While a disciple of Tau Elijah in the 1970s, he received the spiritual name Tau Malachi eben Ha-Elijah. In 1983, Tau Malachi founded the *Sophia Brotherhood*. In addition to Christianity and Gnosticism, he also studied Vajrayana Buddhism, Vedanta, Sufism, and Native American shamanism. Tau Malachi currently lives in California. So, a Buddhist returned to Christ.

I am not a Gnostic (one becomes a Gnostic only through initiations), so I can only summarize the aforementioned book, individual paragraphs of which I translated from the indicated source. When I said that I was not a Gnostic, I wondered if this was true? All believers and those seeking God within themselves 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 in that. **He gives us the necessary knowledge on *the Path to the Light*.** It cannot be otherwise. And what does Tau Malachi, who has extensive spiritual experience in other mystical systems, say?

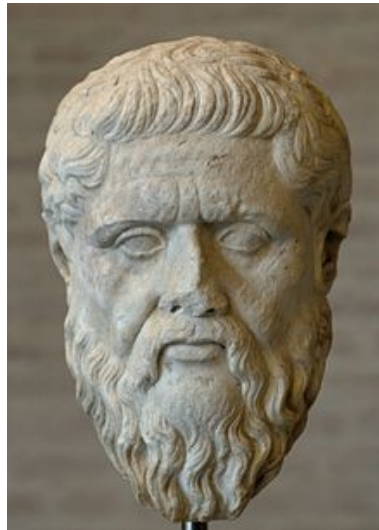
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THE PATH TO LIGHT

When I started this work, I knew nothing about modern neo-gnosticism. It was only a decade later that I learned that Such a Path actually IS. The book of Malachi, according to the Author, is a practical guide for those who desire spiritual experience.

Gnosticism is a spiritual path of self-knowledge. It is an inner path that requires practical action. In Gnostic Christianity, this path to consciousness is called “Being in Light” or “The Light of Christ”.

The author of the term “gnosis” (ancient Greek γνῶσις) is the ancient Greek thinker 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 acquired directly 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 on *personal spiritual enlightenment*, thanks to which a person realizes the meaning of his life, his own SELF, the essence of being and the path to liberation from the earthly existence that limits him.

The term “Christian Gnosticism”, writes Tau Malachi, is associated with Catholicism, Orthodoxy or Protestantism by many. **However, the Author clarifies that long before the formation of the aforementioned orthodox varieties of Christianity, there were many different sects of**

the Christian movement that relied on the oral heritage of the Teachings of Christ. It was a powerful movement in pursuit of enlightenment and spirituality. After the Resurrection of Christ, many mystical and gnostic sects and secret beliefs arose. People sought to know the gnosis of the Christ consciousness. At the very beginning, Christianity was only an oral tradition, it spread 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 them were killed, ... and gradually the Teaching of Christ overgrown with new forms of faith and moved away from the original Source. Over time, the oral tradition began to be replaced by the written one. Later, the written tradition began to be systematized, formalized, and eventually the strongest of them were canonized. The rich initial spectrum of beliefs in Christ narrowed. Even the number of popular versions gradually decreased...

Despite the persecution of the Gnostics and the killing of those who believed differently, many currents of a gnostic nature remained in Christianity for several centuries, but in 325 the Council of Nicaea determined the future of Christianity. Emperor Constantine the Great, supposedly having received a "spiritual experience", **declared Christianity the state religion of the Roman Empire. And then followed a brutal crackdown on those who believed differently. Christianity with its own hands destroyed the idea of an inner god in the name of order in the empire. Thus arose the Roman Catholic Church, which was given very great powers that had a decisive influence on Western civilization and culture.** Rome was merciless towards "heretics", and millions of people died 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. Nowadays, no one can destroy them, hide them, and prevent their spread in the Christian world.

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

We should rejoice that the tradition of *the inner god* has been revived, because with the onset of secularization, believers began to move away from *the external "god,"* theatricalized, ritualized, dogmatized. If a person builds a wall between himself and the god in the church or in Heaven, he

will never find Him and will believe in myths. *By the way, we will not find the inner god by simply reading the texts of the Gnostics: Gnosticism is practice, not theory.*

It is impossible to describe what happiness it is to make friends with the One who really lives in Man. The Gnostics call it the Light of the Spirit. There are no words that can convey that state of bliss and all-encompassing joy when He comes to a heart open to Him. Tears of gratitude and endless love for the Creator flow. That experience is unforgettable. This is my gnosis. It is sad that people do not know This. So I want to shout: You have been deceived. Enough rituals! Enough fairy tales! Give your hearts to Christ. Give up earthly games. Times are changing. Not the climate. Enlighten yourself. Read the history of Christianity. Let's think about where we have gone. How much we lose by rushing to...

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*Jesus Christ. freepik.com photo.

**I highly recommend reading these books. Excerpts are translated from the Russian edition. See psylib.org.ua. You can also find the book Malachi on the website klex.ru. It is available on amazon.com in English.

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MIND GAMES OR PEACE?

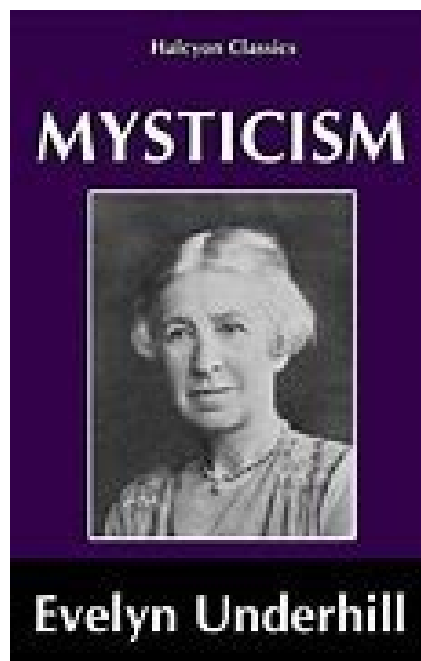
“Peace, peace to you!”, Jesus constantly repeated to his followers. And we? Instead of peace of mind, we let it play...with our lives and souls. Sometimes we go to church to pray, but we don’t find peace. We don’t look for it. We don’t know where it is. How to calm the mind is a difficult task. Jesus did not promise an easy path. If the mystics found that path, you can find it too. Your time, your life, are 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 systematized historical knowledge about those who sought the God of Peace. Mystics were and are the true apostles of Christ. To say that this is a very interesting book is to say nothing. Will it be difficult to read it in Russian? Read that book in another language when you find it. And it was not easy for me, but I did not reject 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 this book and put it on the shelf, your reading will be in vain. Mysticism *is practice*, not theory.

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**A few notes about the author of the book "Mysticism"
EVELYN ANDERCHIL**

Evelyn Underhill is famous for her fundamental knowledge of spirituality and especially Christian mysticism. Her most famous work "Mysticism", published in 1911, became one of the most popular works until 1946, when Aldous Leonard Huxley published his book "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 was awarded a doctorate in divinity at the University of Aberdeen. Evelyn Underhill became the first woman to teach clergy in the Church of England and to officially lead retreats. She was also the first woman to establish ecumenical relations between different churches and one of the first women theologians, lecturing at English colleges and universities. Evelyn was a master bookbinder, having learned from some of the most famous bookbinders of the time. She studied ancient literature, was well-versed in Western spiritual practices, and, in addition to theology, was knowledgeable in the

philosophy, psychology, and physics of her time. Evelyn Anderchil was the editor of the prestigious political, cultural, and current affairs magazine *The Spectator*.

She described her early mystical insights as "sudden experiences of a calm, undifferentiated edge of reality - akin to a 'silent desert of the unknown' where there is no need to explain anything." Realizing the importance of such experiences, she worked throughout her life to expand the boundaries of her mystical experience, 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 traveled regularly in Europe, primarily to Switzerland, France, and Italy, where she became interested in art and Catholicism, and visited many churches and monasteries. Neither her Protestant husband nor her parents were interested in the spiritual life. Many friends simply called her "Mrs. Moore." She had her share of misfits. She was a prolific author, publishing more than 30 books under her maiden name or under the pseudonym John Cordelier. An agnostic, Evelyn gradually turned to Neoplatonism and later to Catholicism.

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

During the reign of Edward VII, Evelyn, like many of her contemporaries, became "infected" with the sentiments characteristic of Romanticism. At that time, there was interest in "mystical, psychic, psychological, occult and other spiritual quests. Anglicanism seemed absurd to Evelyn compared to her own inner world. She was looking for "the meaning of life", because both she and many people of her generation had stopped practicing orthodox religion and began to "look into their hearts". This "age of the spirit" was a period when the sudden weakening of social taboos led to the

emancipation of the individual and the desire to strive for the mystical El Dorado, which was despised by the old, "gloomy and insensitive previous generations". Evelyn Underhill died in London on June 15, 1941. Evelyn's most famous work is "Mysticism. An Inquiry into the Nature and Development of the Spiritual Consciousness of Man" (1911). In this work, the author rejected William James's 1902 study "The Varieties of Religious Experience" for its indifference. James himself admitted that his own ideas completely blocked his access to the pleasure of mystical states.

Evelyn constantly emphasized: mysticism is a practical activity, not a theory. It is an absolutely spiritual activity. The essence, content and methods of mysticism are love. Mysticism is associated with a certain psychological experience. Before opening this famous masterpiece of English mysticism, I would like to quote the words of the Swiss mystic, priest, thinker and theologian Maurice Zundel (1897–1975), which resonate with Evelyn Underhill's call to know the inner God: "Religion is not a passive expectation of bliss, forgetting to think.

Religion is participation in the action of God, striving to create a bright, joyful and beautiful world in His image." "We are immersed in accusations against each other, but we are all guilty. And the most guilty of all are we, Christians of mediocrity, who multiply the signs of the cross wherever possible, but who forget that infinite pain caused by the refusal to love, the cause of the suffering of the cross." "In each of us lies a mystical calling, which we are usually unaware of. Our "I" weighs us down and we need to be "healed" 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 A MYSTIC?

The author of the book "Mysticism" writes in her story about these mysterious people: "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 say, "to deny the world in order to reach Reality." We meet such people in the East and the West, in the ancient, medieval and modern worlds. Their only passion is the pursuit of some intangible, spiritual goal: the search for a "way out" or a "return" to the desired state in which they could satisfy their thirst for absolute truth. This search is for them the meaning of their

whole life. For its sake, they easily make sacrifices that seem terrible to other people. As an indirect confirmation of the relevance of such searches, it is that wherever these people appeared, their goals, doctrines and methods were essentially the same. Their experience ultimately constitutes a powerful body of evidence, surprisingly consistent and often mutually explanatory; it cannot be ignored if we are to grasp the energy and potential powers of the mystic's spirit or to understand his relationship to the unknown world that lies beyond the senses."

"The mystics are pioneers of the spiritual world, and we have no right to reject the value of their discoveries simply because we do not have the opportunity or the courage to carry out our own research." E. Auerbach has tried to describe and confirm their experience. Mysticism is so far removed from everyday thinking that its understanding and appreciation require "purifying one's mind." One must look at this subject (mysticism) consciously, having purged one's mind of prejudices and conventions, consciously abandoning one's fixed habit of considering the "visible world" as truth, which arises from the laziness of the mind, that science is "true" and metaphysics is not. Criticizing the constructs of visionaries, poets, and saints, we must tear down our houses of cards, descend, as mystics say, into "our nothingness," and study for ourselves the foundations of every possible human experience."

The most striking features of mysticism.

"The spiritual history of mankind demonstrates two different fundamental positions in relation to the Invisible and, accordingly, two ways in which man tries to understand it. We will call these methods here "magical" and "mystical." However, having said this, we must immediately add that although in their extreme manifestations these two methods contrast sharply, the boundary between them is not so clearly defined. Based on the same assumptions, they often mislead the investigator, because they use the same language, means, and methods. Therefore, much of what is really magic is completely unjustifiably attributed to mysticism. In fact, both currents represent two opposite poles of the same thing — *the transcendental consciousness of humanity*. Among them are all the great religions...at one end of the scale, pure mysticism "flows smoothly" into religion or, in another sense, grows out of it. Every deeply religious person is in some sense related to mysticism, and no mystic can be irreligious, if not in the theological, then at least in the psychological sense of the word.

At the other end of the scale, as we shall see later, religion approaches magic just as closely.

The essential difference between magic and mysticism is that magic wants to receive, and mysticism wants to give—immortal and antagonistic positions that always appear in one form or another. Both magic and mysticism...use the entire psychic machinery, conscious and unconscious, to achieve their goal—and both claim to give the seeker powers that the average person does not possess.

In mysticism, the will unites with the emotions in a passionate desire to rise above the world of the senses, so that the Self may attain a loving union with the One, Eternal, and Ultimate Object. It is a poetic and religious temperament that operates on the true levels of being.

In magic, the will is combined with an intellectual, passionate desire for supersensible knowledge. Here, the intellectual, aggressive, scientific temperament seeks to expand the boundaries of consciousness to encompass the supersensible world - the obvious opposite of 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, reflecting separately the desire of the heart and the intellect for the ultimate truth.** The third position...transcendental philosophy hardly needs to be included in the spectrum of topics we are studying, since this is a purely academic approach, while magic and mysticism are based on practice and experience.

According to Anderchil, we do not call mystics everyone who is able to partially or artistically sense reality, just as we do not call everyone who knows how to play the piano a musician. A true mystic is a person who is able to transcend a purely artistic or visionary state and rises to the level of genius; his transcendental consciousness is able to master the ordinary, and he himself resolutely strives for the embrace of Reality. Just as the artist is in a certain relationship with the world of phenomena, perceiving rhythms and discovering truth and beauty hidden from other people, so the true mystic is in a certain relationship with the transcendental world, in which he feels real tension and pleasure. which we, however, cannot imagine. The consciousness of the mystic is transformed in a certain way, he lives on a completely different level of perception compared to other people, and this, of course, means that he sees a different world... Therefore,

mysticism is not a separate vision, not a fleeting glimpse of reality, but a complete system of life with its own rights and duties. Just as other people are immersed in and respond to natural or intellectual life, so the mystic is immersed in and responds to spiritual life. He seeks ultimate identification with the interests of this life, which he calls "Union with God." Mystics have been called lonely souls, but they might more accurately be called lonely bodies, for their extremely friendly souls send and receive signals from all sides.

True mysticism is active and practical, not passive and theoretical. It is an organic process of life, something that the whole Self is really engaged in, not something that his intellect has an opinion about. The mystic's aims are entirely transcendent and spiritual. He does not intend to add, explore, or improve anything in the visible universe.

According to Anderchil, the mystic seeks to "dissolve" in the living object of Love, but does not explore the object. Living union with the One—the ultimate goal of the mystic—is a certain state or form of life. It cannot be achieved either by intellectual realization of its benefits or by the most intense emotional striving. This requires a difficult psychological and spiritual process - the so-called mystical path - involving a complete transformation of the personality and the liberation of a new or rather latent form of consciousness, transferring the Self to a state sometimes inaccurately called "ecstasy", but for which the "Union of Unity" would be more appropriate.



Mystic St. Bernard of Clairvaux

Thus, mysticism is not an opinion or philosophy. It has nothing to do with the search for occult knowledge. On the 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 real mystery. Although he lives among people, but as if not in this world... Anderchil writes that the mystic's "life in Oneness often takes place among people, but it does not belong to this world. It belongs to other levels of existence that are inaccessible to words... and reason. We, the inhabitants of the "valley of the earth", can only glimpse the life of those chosen few who have transformed themselves. They are far from us and breathe a different air. The significance of their experience for humanity is truly immeasurable. They are our messengers to the Absolute.

By their works and destinies, mystics have shown that a transcendental life is possible. In essence, in their example, Anderchil writes, we see nothing but a promise and testimony that souls can transform and open themselves to the Love of God. Look for the inner god within yourself, and not in a fairy-tale church! We can also call Buddhists mystics. Of course, not all...

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UNITED UNION

The Buddhist Joseph Goldstein (we will dwell on this author in more detail in the next chapter) presents in his book “Unified Dharma”* two saints of Christianity: SAINT JOHN OF THE CROSS and SAINT FRANCIS OF ASSASSIN. They are both Christian mystics. But let this not surprise you! The Author has devoted the thirteenth chapter of the book to them. When I read this, I understood: all mystics, wherever they live, whatever they believe, all together belong to the UNION OF LIGHT, which works for the good of all people. Join it too! Do not think that you are different. You too can become enlightened.



St. 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 for lack of desire that I have refrained from writing to you, for I truly wish you all the best, but because it seemed to me that I had already said enough of everything that is necessary, and what is needed (if it is really needed) is not the scattering of writings and words, which we often sow more than is necessary, but silence and work. Where spoken words distract attention, silence and work gather the thoughts and strengthen the spirit. Therefore, when a person has already understood what has been said for his benefit, there is no longer any need to listen and continue to discuss. All that is needed is to begin to seriously practice what has been learned, and to do so quietly and attentively...”

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

“If your heart wanders and wanders away [from the topic of thought], bring it back very gently... And even if you have done nothing else during the lesson, you have only returned again and again with the heart [to the subject of thought], and each time it deviated again and again to the side, then in this case too the hour that has passed has been spent profitably”. He simply teaches the technique of meditation. And he sincerely advises:



St. Francis of Assisi

“It is not worth getting upset if, despite your efforts, your thoughts wander and occasionally give in to daydreams. Each time you realize that your mind is wandering, gently bring it back to the breath or the sensations of your body. 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”. St. Francis warns that “a great and important transformation will take place in this work”.

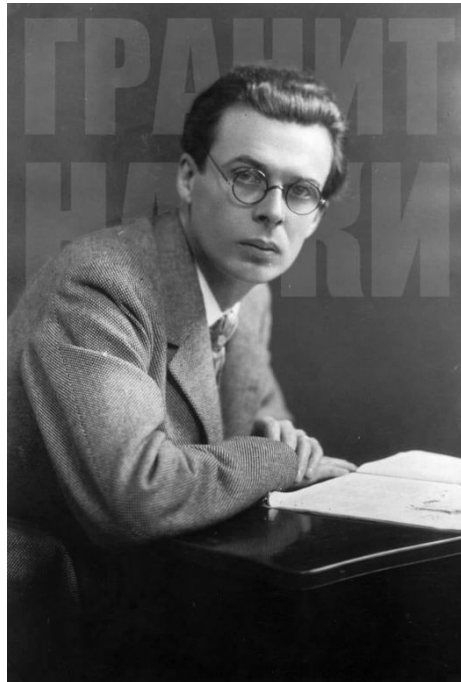
Buddhist Joseph Goldstein’s book shows that mystics always find a common language, because that language is the aspiration for Light, the being of silence and bliss. Christian and Buddhist mystics always understand each other.

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IDOLATRY

Although it is claimed that the book “The Eternal Philosophy” by the English writer Aldous Leonard Huxley has surpassed the book “Mysticism” by E. Anderchil, this is not the case. They complement each other with new aspects of spirituality. They change as humanity moves forward. In the chapter of the aforementioned book by O. Huxley, entitled “Idolatry”*, we learn how easily Christians cool off from the teachings of Jesus and fall back into convenient and non-binding idolatry.

Aldous Huxley observes that “For educated people, the most primitive forms of idolatry lose their appeal. They easily resist the temptation to believe that certain objects in nature are gods, or that certain symbols and images represent the forms of divine beings, and therefore must be worshipped and believed in. But many fetishistic superstitions have survived even to this day. Although these superstitions remain, they have lost their respectability. Primitive forms of idolatry are treated in the same way as drunkenness and prostitution - they are tolerated but not approved of. In the usual hierarchy of values, they occupy one of the lowest places.”



Aldous Leonard Huxley

But, it turns out, more modern forms of idolatry are already noticeable! The philosopher is indignant that “the educational system denies the most primitive forms of idolatry, but at the same time condemns or, at best, ignores the Eternal Philosophy and Spiritual Practice.” Aldous Huxley, visiting university libraries, noticed that books on spiritual religion were in much less demand there than in public libraries frequented by men and women who had not experienced the advantages or disadvantages of long-term academic study.

The philosopher proposes dividing all forms of idolatry into three main groups: technological, political, and moral. According to him, “the technological group includes the most naive and primitive forms of idolatry; their adherents, like those of the lower idolatry, believe that repentance and liberation depend on material objects—in this case, technological innovations. Technological idolatry is a religion whose

doctrines are spread directly or indirectly from the advertising pages of newspapers and magazines.”

As O. Huxley, a prophet, declared at the time that “the belief in technological idols is so sincere that it is impossible to find in the thinking of modern man (despite all the lessons of mechanized warfare) any trace of the old and very real teachings of pride and inevitable retribution. As for technological innovations, the widespread belief is that we get 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 denounces moral idolaters who are “partly realists, because they understand that technical innovations and all kinds of organizations cannot in themselves guarantee the triumph of virtue and the growth of happiness; the individuals who make up society and control the machines become the arbiters on whom depends whether human relations will be decent and whether there will be order in society.” **“The champions of morality,” according to the philosopher, lose their sense of reality and succumb to idolatry, begin to worship not God, but their own moral ideals, perceiving them as an end in themselves, and not as a necessary condition for the knowledge of God and love for Him.”**

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

Aldous argues that **“only in Christ are there truth, justice and all other qualities... Narrowness of thinking leads to sinfulness, because it suppresses the vigilance of our individual moral nature, from which sinfulness arises.”** And how many examples of that narrowness of thinking do we observe in our time!!! “Virtue, which arises from perfect love for God and knowledge of Him, is completely unlike the “righteousness of the scribes and Pharisees,” which Christ ranked among the greatest moral evils... **In the era of O. Huxley’s life, unbridled fanaticism, spiritualism, and the frenzy of Blavatsky’s “friends” flourished. Indeed, it is impossible not to agree with the thinker that the highest**

forms of moral idolatry do not allow us to discover God and the knowledge of Reality.**

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*Quoted from: Aldous Huxley. ETERNAL PHILOSOPHY. IDOLPHONIC.

**My emphasis.

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LIGHT IN THE WORD OF GOD AND IN YOU!

For the second time in my life, I got seriously ill. It was an exacerbation of an old illness. A dozen years ago, I had cured myself of that illness without medication, practicing a healthy lifestyle, exercise, nutrition, meditation, and then... I had to sacrifice everything to help the people closest to me. There was no peace, no meditation left. I had to accept what is. Now that the most important work is done, peace has returned, thanks to which I can concentrate on work. Every day I ask God to help me complete that work. I did what I promised. As I knew how, yes. Maybe someone will supplement me, correct me. I will be grateful. That was my path. I do not encourage you to follow the same path. I do not teach anything - I only share.



My most beloved icon of Jesus Christ hangs above my bed*

Not only meditation taught me. In search of the answer *to what light is*, I read a lot. I knew about the manuscripts that were discovered back in 1945

in Egypt in the village of Nag Hammadi. Among them was **the Gospel of Thomas**. However, even though I was studying philosophy, I read them superficially. My soul was still asleep. And I forgot. Many years later, I returned to the history of Christianity and began to look for “elements of light” in it. Anyone who is well acquainted with it knows how, over the centuries, church hierarchs and secular philosophers irresponsibly interpreted the Word of God and other sacred texts. Neoplatonists, and later Aristotelians, supplemented it with their own philosophies. Neoplatonism and Gnosticism disappeared around the 6th century, they were declared heresy, and the works of the first Christians were gradually forgotten. Augustinism held out until about the 14th century, until St. Thomas Aquinas spoke his mind. The Church was going 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 a very serious transformation of Christianity from spirituality to rationalism, the consequences of which we feel in our time. I want to say even more strongly - this was the beginning of the sunset of Christianity.**

The Roman Empire, during the Crusades, promoted the growth of cities, the arts developed, the wealth of conquered pagan countries flowed to the Eternal City and it flourished. Churches became even more beautiful, even more ornate, and faith even more dogmatic. Church servants completely let themselves go. People were outraged by their life. The time had come to reform the church. "Thanks" to Luther and Calvin, new churches were born, although Jesus spoke ONLY about the One and Only. Christianity completely moved away from the Light of the Word.

In my youth, the dogmas of the catechism were difficult for me to understand. The study of philosophy gave me much more. I began to be more critical of everything that is preached. I began to look for 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 almost 300 years after the Resurrection of the Lord. Who formed them and how, what they rejected, why - remains a mystery. ***I was more interested in what happened immediately after the Resurrection of the Lord?*** And this can be traced. There was a lot of evidence. The apostles who accompanied Jesus and saw the Resurrection scattered to all four directions and began to preach the Good News. After the Resurrection, Christ returned to his

disciples from Heaven and taught them, strengthened them spiritually, and prepared them for apostolic work. The Lord answered the disciples' questions. At that time, there were very few literate people. *Those who could write down what they heard from the mouth of the Living God.* Christ had not only 12 apostles, but also thousands of followers. They also listened to His sermons and actually lived next to Him. After the Resurrection, some followers began to send each other messages, letters, and maintained contact. This resulted in a considerable amount of testimonies, which were later, by order of the Roman emperor, collected, systematized, "sifted," and from them were created the well-known four canonical gospels /according to Matthew, Mark, Luke, and John/. The Church considered the works of the first Christians, the testimonies of the Gnostics, to be apocryphal, heresies. The unification of the Roman Empire required a strong one God and religious dogma. Pagan Rome stopped fighting Christians, persecuting and torturing 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 them were lost, and as I mentioned, some were discovered in 1945 in the village of Nang Hamadi.**

The Gospel of Thomas has not yet been included in the New Testament, i.e. not canonized. 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, were given special powers (e.g. the ability to speak in other people's languages) and they traveled to all corners of the world, to the ends of the Earth, to preach the Teaching of the Lord. They were all killed and tortured as "heretics" and pests. It was not they who brought the word of God to us with a sword in their hands, but the Crusaders.

The Gospel of Thomas does not contain a description of the life of Jesus - it only contains the answers of Jesus Christ to specific questions of the disciples. I publish it here because I am convinced that every Christian must hear the Word of God authentically, not edited. In order to draw your attention to some parts of the text, I have highlighted them. The Gospel of Thomas inspired me. After several years of all sorts of self-exploration and meditation, 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 the Gospel of Thomas. Then I finally realized that the Light is the 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 for me. The Gospel of Thomas dotted all the “i’s”. The Word of Christ, which the twelve heard with their own ears, is a priceless Gift to Man. It is that Word that all those who heard it brought into the world. They did not know who Plato or Aristotle were. Now we are racking our brains, trying to separate the chaff from the grain... in search of a definition of the Absolute.

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**Some Thoughts from the “GOSPEL OF THOMAS”
(From the Nag Hammadi Library)**

These are the secret words spoken by the living Jesus and recorded by Judas Thomas the Greater.

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

Jesus said: Let the seeker not cease from seeking until he finds, and when he finds, he will have no peace, and when he has no peace, he will be greatly astonished and will begin to rule over all.

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

Jesus said: Perhaps people think that I have come to give peace to the world, and they do not know that I have brought division on the earth: 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 the infants being suckled. He said to his disciples, “These infants are like those who enter the kingdom.” They said, “So we, as infants, will enter the kingdom?” Jesus said to them, “When you make the two one, you will make the outside like the inside, and the top like the bottom, and when you make the male and female one, so that the male will not be male and the female will not be female, when you make an eye for an eye, and a hand for a hand, and a foot for a foot, an image for an image, then you will enter [the kingdom].”

His disciples said to him, **“Show us where you are, for we must find him.”** He said, **“Whoever has ears, let him hear!”** **The light is in a man of light, and he becomes the light of the whole world. If he does not become darkness, he is darkness.**

Jesus said: **Love your brother as yourself; guard him as the apple of your eye.**

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 own eye, then you will see clearly how to remove the speck from your brother's eye.

Jesus said: **If you do not abstain from the world, you will not inherit the kingdom;** if you do not keep the Sabbath as the Sabbath, you will not see the Father.

Jesus said: I stood in the midst of the world and appeared to them in the form of a body. **I found them all drunk and found no one thirsty, and my soul grieved for the children of men, because they are blind in their hearts and do not see that they came into the world empty; they strive to go out of the world empty.** But now they are drunk. When they drink their wine, then they will repent.

Jesus said: If the spirit was the cause of the body, then it is a miracle. And if the body (was) the cause of the spirit, then it is a miracle of miracles. **But I am amazed: how [this] great wealth was found in such poverty.**

Jesus said: **The Pharisees and the scribes received the keys of knowledge (and) hid them.** They did not enter themselves, and they did not let others in who wanted (to enter). **But be as shrewd as serpents and innocent as doves.**

His disciples said to him: **Who are you that tells us these things?** (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, neither on earth nor in heaven.

Jesus said: **Blessed are the solitary and the chosen, for you will find the kingdom, for you have come out of it (and) into it you will return.**

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

His disciples said to him: When will the rest of the dead come, and when will the new world come? He said to them, **“The peace you are looking for has come, but you do not know it.”**

His disciples said to him, “Twenty-four prophets have spoken in Israel, and they all preached about you.” He said to them, **“You have abandoned the living one in your presence and spoken of the dead.”**

Jesus said, **“Blessed are the poor, for yours is the kingdom of heaven.”**

Jesus said, **“Look to the living one while you are alive, so that you may not die and seek to see him, and not be able to see him.”**

Jesus said, “Two will lie in one bed; one will die and the other will live.” Salome said, “Man, who are you and whose son are you? You came to my bed and ate at my table.” Jesus said, **“I am the one who was born of the one who is the only one; what my Father has given me has been given to me.”** (Salome said, “I am your disciple.”) (Jesus said to her): **Therefore I say: When it is whole, it will be full of light, and when it is divided, it will be full of darkness.**

Jesus said: **Blessed are you when they insult you and persecute you, and where they persecuted you they will not find a place for you.**

Jesus said: **I am the light that is above you. I am everything; everything came from me, and everything returns to me. Break the rock: I am there; lift up the stone, and there you will find me.**

Jesus said: He who is near me is near the fire, and he who is far from me is far from the kingdom.

Jesus said: Images are to reveal man, and the light that is hidden in them is first in the image of the light of the Father. He is not, and his image will be hidden by his light.

Jesus said: Come to me, for my yoke is easy, and my kingdom is gentle, and you will find peace for yourselves.

Jesus [said]: He who seeks finds, [and to him who knocks] it will be opened.

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

Jesus said: The kingdom of the Father is like a woman who took a little yeast and [put it] in kneading dough (and) made a large loaf of bread. He who has ears, let him hear!

The disciples said to him, “Your brothers and your mother are standing outside.” He said to them, “Those who do the will of my Father are my brothers and my mother; they will enter the kingdom of my Father.”

Jesus said, “When you make two of them one, you will become the Son of Man, and you will be told, ‘This mountain, move,’ and it will move.”

Jesus said, “Woe to the body that is dependent on the soul; woe to the soul that is dependent on the body.”

His disciples said to him, “On what day will the kingdom come?” (Jesus said): “It will not come when you expect it. It will not say, ‘Look, here it is.’ Or, ‘Look, there it is.’ But the kingdom of the Father is on earth, and people do not see it.”**

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When you read the Gospel of Thomas at least a couple of times, you will understand that the text is like a code. It is not easy to understand it without spiritual experience. For example, these words: “His disciples said to him: Show us where you are, for we must find him

(the person). He said: He who has ears, let him hear! The light is in the light, and he becomes the light of the whole world. If he does not become the light, he is darkness.”

It seems that then, and now, many do not understand the Word of Christ. Maybe they did not believe what they heard. It was simply easier to understand then. 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 in 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 noticed in the 4th century and were only discovered in the middle of the 20th century. The collection contains various gnostic treatises, gospels and philosophical texts that were banned and forgotten by Christian orthodoxy. In Lithuanian, this collection is often called the “Nag Hamadi Library” or the “Nag Hamadi Texts”. The most important texts include the “Gospel of Thomas” and the “Gospel of Egypt”. The latter contains the following words: “What you see is false. Only what is invisible is true. And whoever does not know what is invisible does not know what is true.” Another thought: “Pistis Sophia”: “I am the first and the last, the only true one. I am the light, and that light will not be for those who do not seek the truth. Those who seek the truth will see the light and know it, because it is available to all, given as light, but only those who seek can understand.” You can find more here: lt.wikipedia.org/wiki/Nag_Hamadžio_biblioteka.

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

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COME AND FOLLOW ME!

It was a real discovery! While studying Osho, I found a book called “Come and Follow Me”*, written according to the four canonical gospels from the New Testament! This surprised and delighted me very much. Did Osho believe in Christ? Osho did not write the books himself - his students recorded his speeches on tape recorders of that time and formed books from them. Reading Osho is very interesting: for me, these were living studies that filled my soul with warmth and strengthened my faith in the Word of God. Yes, yes. That Buddhist brought me, or rather returned me to Christ. After seven years of meditation, the question arose in me: what did Jesus say about light? The question was not naive, but essential. Osho helped me answer it. Thanks to him, I returned to studying sacred sources - I wanted to

know more and deeper. Osho helped me get a grip on spiritual sciences.



Osho's four-volume book "Come and Follow Me", based on the four Gospels, was read in Russian. You can find them online or in libraries.

Many people may wonder: why did the witnesses of Jesus' life, the apostles, who ate bread and fish with Him, saw His miracles, doubt Him? Why did all His disciples betray Him? And it's true! They did not understand His words! They could not believe what they were hearing? Even now, many people find it difficult to understand Him because of His very unusual manner of speaking - speaking in metaphors. Even philosophers, who have delved into the history of Christianity, for some reason deviate into the "search for God" in the recesses of the mind, where He really does not exist. 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 difficult to believe them!** It is difficult to believe because we have a terrible "cover" within us! The name of that cover is the mind. It is he who "sifts" incorrectly – he keeps the chaff and throws away the wheat. Is it possible to make an agreement with the mind so that it will improve? It is possible. You need to be able to calm it. This requires meditation on peace. After all, you remember how Jesus repeated to his followers: **Peace be with you. Peace!** We can trust the mind, and not always, with earthly matters, but when it comes to communication with God and the knowledge of God – the mind is not an advisor. Why did Jesus himself sometimes have to hide from obsessive persecutors? He needed to be alone with his God the Father? Maybe he was hiding something? He "hid" the Light, which the disciples, having seen, covered their eyes. Here are their testimonies:

NT. Mt 17 Transfiguration of Jesus

1 After six days Jesus took with him 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 white as light. ³

I would like to quote to you the thoughts** of a Catholic woman about the Transfiguration of Christ from an article I once read. It was written by a truly excellent New Testament scholar who did not introduce herself by name. I do not want to impose only my point of view on you. The same questions arise for me and not only me:

“So Christ – true God and true man – reveals himself on Mount Tabor as the truest Light, who was with God from the very beginning (cf. Jn 1:2), but the world did not know Him because it was immersed in darkness. On Tabor, Jesus revealed himself to us as the mighty God shining with infinite beauty, as the true Light who lives among us (cf. Jn 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 understand God, ourselves and the world anew.”

The author rightly observes: *“As we study the Old Testament, we will discover that the power of God overcomes the darkness surrounding us and reveals itself to us as the true Light. Wherever it is spoken of God’s encounter with man, His revelation to man, fire and the light it brings are mentioned. For example, God revealed himself to Moses in a burning but unburnt bush, a pillar of fire accompanied Israel in the desert as they fled Egypt, lightning flashed on Mount Sinai when God gave the Ten Commandments, and a flame passed through when God made a covenant with Abraham. Man sensed that God himself was speaking through the magnificent phenomena of nature. However, the fire and light from which God spoke to people did not overcome the great distance separating the Creator from creation. Moses was simply warned not to approach the bush, and Israel was also warned not to approach Sinai. Man in the Old Testament could not yet see God living among people and personally addressing him.”*

*“Meanwhile, on Mount Tabor, this infinite distance between God and man seems to disappear. On the one hand, **the Transfiguration of Jesus was also accompanied by a manifestation of God’s majesty.** That is why his disciples were terrified and astonished. The apostles fell prostrate when they heard God’s voice from the bright cloud (cf. Mt 17:6). But Jesus did*

*not allow them to remain terrified. He approached the disciples, touched them and said: "Get up, do not be afraid!" (cf. Mt 17:7). The natural, terrifying manifestations of God have come to an end. The fullness of his manifestations is Christ himself, the divine light emanating from him, in which "it is good to be" (Lk 9:33). The revelation of God is not fearful, because it comes from the heart of the loving Christ. "***

Jesus, who called himself "the light of the world," often repeated to others (as to the blind): "I AM." As if asking: are you blind that you cannot see? In that "I AM" is the whole "mystery." Let us finally realize that LIGHT IS, was and will be. It is eternal. If philosophers are looking for some Absolute, then He is Light. It is disappointing and ridiculous that Jesus' disciples, having seen Him and His works, did not believe in Him. Is that surprising? No. The eyes see only the light emanating from the surface of things, and not the inner light of themselves and others. Until the Light flashed before my eyes, I also did not believe that It is within me.

That curtain (the mind) does not let the rays of light of consciousness through. You need to make an agreement with your mind to withdraw, to calm down. It needs peace, silence. You just need to BE. Not to reason. When you realize your "I AM," no words are needed. Try it. In communication with God, the mind is not an advisor. Even Jesus felt the need to hide from his disciples and the crowd that persecuted him, so that he could be ALONE. This was His prayer to God the Father. We can call this *Christian meditation*, if you need a definition of that state.

The mind, considering light only a "natural phenomenon," only demonstrates its ignorance. Imagine a conceited person who stands before God and says, "There is no God." **Jesus called the mind "the devil."** **Light is the flesh and blood of God, the Living Spirit. Light is real and there is nothing more real than It.**

**"In Him was life,
and the life was the light of men.
The light shines in the darkness,
and the darkness did not overcome it.
"The true light,
which enlightens every man,
was come into the world." // John 1:1–18**

Let's get rid of the abundance of words. GOD, WORD, SPIRIT, LIGHT, LOVE, TRUTH, REALITY, BEING - they are all related words, almost synonyms. When we separate them - we divide the Unified World, we stray from the TRUTH. Everything that surrounds us is LIGHT. It is our CONSCIOUSNESS. During meditation, the mind is illuminated and the LIGHT OF CONSCIOUSNESS visits. Whoever believes in the Word of God is blessed, because he knows the Truth. Light can even be heard. Physicists say that light vibrates, emits waves and even "noise". Can Light speak with a human voice? Not only Jesus Christ heard the Word of God. There were more who heard. Light is Reality. There are no two realities. The world is not dual, but integral and united 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. The Light of God would blind a person and even burn them. Moses saw only the "burning bush," which he was afraid to approach. Only Jesus Christ saw the Light of God:

"No one has seen God at any time; the only begotten Son, who is in the bosom of the Father, he has declared him." John 1:18.

Jesus is the witness of the Light. The Light is so obvious that belief in it requires neither scientific, religious, nor philosophical reasoning. You can contemplate the verses below, repeat them many times so that you remember them well:

**"In the beginning was the Word.
The Word was with God,
and the Word was God.
He was in the beginning with God.
All things were made through him,
and without him nothing was made that was made.
In him was life,
and the life was the light of men.
The light shines in the darkness,
and the darkness did not overcome it.
There was a man sent from God,
whose name was John.
He came as a witness,
to bear witness to the light,
so that all might believe through him.
He himself was not the light,**

but came to bear witness about the light.

**The true light,
which enlightens every man,
was coming into the 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,
and his own did not receive him.

To all who received him,
to them he gave the right 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
nor of the will of man
but of God.

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

John, 1-14

Jesus Christ did not hide anything 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 in the East, Buddhists of all sects, have also sought only the Light. Their greatest aspiration is Nirvana or enlightenment. The inhabitants of ancient Tibet, practicing the Bon and Dzogchen religions, also seek the same. The Dalai Lama practices them. He, like Jesus, spreads the Word of Light to the world. Millions of people listen to him. He teaches everyone peace, love, which comes only from the inner light. Not from the mind. We will talk about Eastern religions and even more, separately.

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*You can find the aforementioned Osho book "Come and Follow Me" on the Internet in English or Russian. You will see with what love the Indian mystic, a master of Buddhist meditations, teaches the Teaching of Jesus Christ. For Christians, this is a great lesson.

** zodistarpmusu.lt

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Part IV

A YEAR FOR PEACE!

Well, let's start! Waiting and waiting for something, until the sky clears up, until there is time, until the children grow up, until the business is in order, until you finish your studies... time will fly by, you will not stop it. It must be stopped consciously and decisively. Time is slippery, deceptive, seductive and fake. And we need Certainty. Night is not suitable for meditation. You need to sleep at night, and early morning, when the sun is about to rise from the bed, is the time. I wish you a successful start. Patience. The determination to never give up the Path for the sake of the Path. Meditation is a real asset. While the church does not teach us this, let's learn it ourselves. I learned, as I wrote, from Osho's kigali. I really liked his book "Esoteric Psychology" *(Osho somewhat mockingly called "esotericism" "exotics"). I cannot translate those books, so I have prepared a short annotation.

One of the Master's students asked what is the secret of meditation? Osho answers that meditation is not an Indian method, it is "growth", the growth of your entire life process, throughout your entire life, you need to grow towards meditation. Osho's beloved words, which he constantly repeats, that meditation is the "blooming of personality". Those words are "coded" and it is impossible to understand anything without trying to meditate. Our mind, Osho warns, is not meditative, so before meditating, the mind must be completely changed. And this is where all the difficulties begin. How to change the mind? What is nonsense? First of all, you need to know that the mind creates thoughts, i.e. constantly verbalizes. The mind is able to turn any phenomenon into words and it is these words that become an obstacle, a prison. *Osho claims that the constant translation of objects and existence into words is an obstacle to the meditative mind.*

Therefore, the first necessary condition is **to stop the mind**. Let's just look at the objects, but do not name them. Let's practice. Let things exist, let people exist, but let's not call things, people, phenomena by any words and do not add our emotions to what we see. It is quite possible, it is natural. I understand that the current state of man is unnatural, we are so used to it that we constantly name all sensations with words. We pour them and that's it. And we should be silent.

Do not say "I feel good" when you are with your beloved, but simply feel the feeling of presence. Without words. When you are in love, you feel presence, not words. "If lovers are not silent," observes Osho, "love is dead." And then they fill the void with words. When love is alive, there are no words, because the very existence of love is so all-encompassing and all-encompassing that there are no words left.

Osho does not forbid speech: "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 speech. If you do not know how to turn it off, speech keeps turning on and on, you become helpless, you become a slave." When the mind is the master, a non-meditative state is created. And on the contrary, 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, and words are always old, the same. Through them we escape from life, from existence. "An educated theologian," jokes the Master, "is completely dead, because he does nothing else—he only speaks and speaks."

Since Osho was a philosopher, he often quotes Western thinkers: "Sartre called his autobiographical book "Words". We live in words. That is, we do not live. As a result, only words accumulate and nothing else. Words are like photographs. You see something alive and take a picture. Photography is dead. Then you put the dead photographs in an album. A person who has not lived in meditation is like a dead album. Only verbal snapshots remain in it, only memories. Nothing alive, everything is just speech".

Osho says that meditation is a 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", because repeating words can cause boredom and the mind will simply fall 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. And you need to be CONSCIOUS in silence. Self-hypnosis is not meditation, in such a state you can only regress.

Osho calls for exploring yourself, feeling your psyche. The quieter you become, the more conscious you will be, the better you will see the

difference between experience and words. There is always a gap between two words, no matter how small it is.

Otherwise, there would be not two words, but one. The most important thing is the gaps...not only between words, but also between inhalation and exhalation. When you are not breathing, you cannot think. In between there is silence. The more conscious you are, the slower your mind will become. **If you concentrate on the intervals between inhalation and exhalation, on the gaps between words, thoughts and words will disappear, you will be thrown into meditation.**

Remember that you have to become the observer of yourself, and words are the object of observation. When there are no words, you become an 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.

The understanding of silence will come with experience. If you do not try to stop words, you will not feel silence. Understanding cannot be conveyed. Neither I nor any master can give you my understanding. I can tell you this, Osho can tell you, but only you can work and experience it yourself. That is when *“the encounter with the divine, the encounter with existence”* will happen, says Osho.

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

Osho also advises to be a seeker, but not to become a disciple. Do not become a disciple of any guru. Spiritual teaching does not come from words, but from the silence that surrounds you everywhere. Even in the market square, in the crowd, among people, look for silence, look for silence in the gaps inside and outside, and one day you will find yourself in meditation. I believed these Osho tips when I did not know anything about meditation yet and I must say that for me it was a discovery of the path. Try it too. Meditation will come to you by itself, it cannot be brought. Be open to it, accessible. **Meditation will come as it came to Buddha, it came to Jesus, it came to everyone who is ready, open and**

seeking. But do not learn it from words, because you will be deceived. The mind always seeks something easy. It becomes a source of exploitation. Then comes the guru and the poisoned spiritual life. The most dangerous person is the one who exploits spiritual seekers. If someone robs you, it is not so serious, but “if someone kills or stops your meditations, your divinity, your desire for ecstasy, it is a sin, great and unforgivable,” are strong and true words of Osho. “Wander in the darkness, if you can do nothing else. Your own mistakes will lead you to understanding, which will lead you out of the darkness. Jesus said: “Truth is freedom.” Understand this freedom. Truth always comes through understanding.”

When you disappear into silence, you are no longer there and you meditate. When you are “drowned” in your “abyss,” meditation is there, then the ego is gone. Then there is Life. **“This is what God means in religion: the Supreme Being. This is the essence of all religious searches, but it cannot be found anywhere in a complete form, remember this if someone denies this. Follow your feeling and do not be afraid of failures. Admit failures, but do not repeat the same mistakes. One mistake is enough. A person who continues to make mistakes in search of truth is always forgiven. This is a promise from the very depths of existence.”** Osho speaks here like Christ. Isn't it?

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

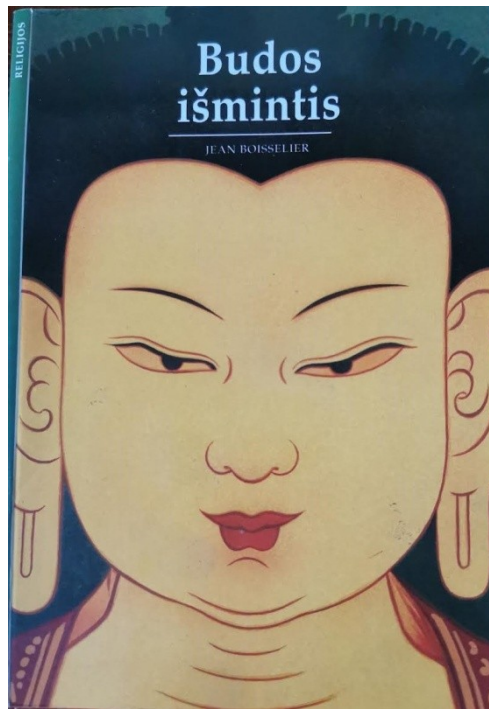
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*I recommend reading the entire book - Osho Rajneesh. “Psychology of Esotericism”, psylib.org.ua.

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THE LAST WORDS OF THE BUDDHA

“Everything that is created is temporary, work hard for your own salvation.”

In those words, the entire philosophy of Buddhism, wonderfully suitable for a representative of any religion. I discovered them in a small, richly illustrated book “The Wisdom of the Buddha” by a Frenchman, doctor of humanities and Indology, Jean Boissellier. J. Boissellier, using history and legend, tells about the life of the One who

wanted to free people from suffering and whose doctrine today enlightens almost half of humanity.



In the 6th-5th centuries BC, when the Buddha appeared and his religion spread, intense spiritual activity was already brewing in 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 cosmos, self-knowledge and the emergence of life came to the fore. VIa. BC. a prince from Northern India, who left his parents and wealth in order to find an answer to the universal riddle of suffering and death, Siddhartha Gautama became the Awakened One, the Buddha, the Blessed One, who brought the Good Teaching to millions of people. He became the founder of a religion that over two and a half millennia has adapted to peoples, places, cultures and climates. J. Boisselier tells of the Buddha's last days on earth: "Knowing that the end is approaching, he tries as much as he can to spread the Teaching, to advise one and another, especially the Community, which will soon lose its leader... The Buddha said:

"I have become a sickly old man; I have already reached the end of the road... be your own saviors; let there be no other lighthouse and no other refuge for you than the Teaching."

That Teaching showed the way to inner enlightenment.

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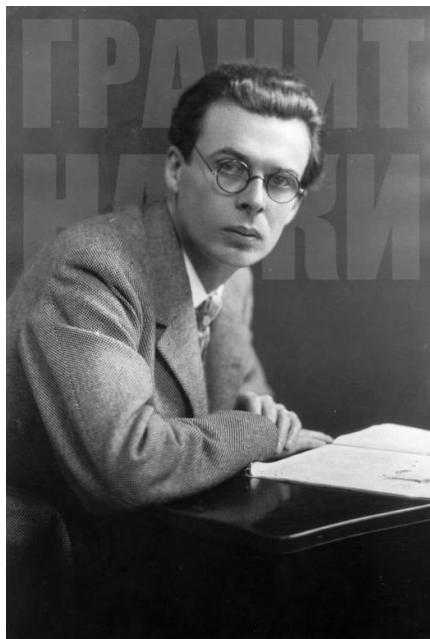
PASSION CONTROL, RELAXATION, WISE WORKS

Let's go back to Aldous Huxley. Although he is presented as an English fantasy writer, his books do not resemble fantasy to me. His book "The Eternal Philosophy" is full of wisdom, faith in God and a critical look at human vices. The thinker draws our attention to manifestations of idolatry, which we often do not notice. He was perhaps the first to notice that in the civilized world, culture becomes an object of idolatry. The thinker asks: "You, apparently, are still convinced that culture will save the world? It will not save! No! No Van Goghs and Raphaels, no music by Beethoven or Mozart will save us, no most beautiful Gothic church or icon - it will not save. There is no need to deceive ourselves. Let culture remain - it gives a lot of joy to the creative soul and consumers of art. But it is not an idol to worship." Isn't that right?

And it is true that God recommends us to admire His *artistic works*, which are full of them all around us. God watches our hearts. We ourselves are *His artistic works*. How could it be otherwise? His Light shines through us like X-rays: every fiber of our body, every emotion. 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 yourself know very well how and how much you love Him, your Lord, your Neighbor. There is no point in hypocrisy. We are naked before Him. A relationship with God is not religion. O. Huxley talks about this in his book.

O. Huxley observes that a *person tends to become attached to something that he likes*. Without noticing it ourselves, we easily fall into idolatry. By uncritically assessing our daily "rituals", inclinations, habits, we live like "soldiers"... And we should diversify our days with new impressions. For example, go to a children's theater, go kayaking on the Neris River throughout Vilnius, sit on the side of some square and simply observe the "anthill" of people without identifying with them, visit a church of a "foreign" religion... and so on. You will see how many fresh emotions you will experience and become enriched. Just do not get stuck in your daily "rituals": coffee, lunch at a set time, visiting the exhibition center... "A person who aspires 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 test to which he dedicates himself, -

the thinker notes. The artist must abandon the common tendency to look at things selfishly and utilitarianly. The skeptical philosopher must curb his common sense, and the researcher must persistently fight the temptation to think in a standard and simplified way, in order to learn to obediently strive for the Mysterious Thought. What is true for creators is also true for consumers of the fruits of their labor. Indeed, we follow the artist when we are at an exhibition and cling to a picture of some famous painter. 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 rightness, the cup of poison offered to him by his fellow citizens who had not restrained their passions.



Aldous Leonard Huxley

Aldous recalls the heroic efforts of Galileo and his contemporaries against Aristotelian clichés, about the equally heroic efforts that are now required of any scientist who is convinced that there is something more to the universe than what has been discovered on the basis of Cartesian prescriptions. “Such control of the passions is rewarded with a certain state of consciousness that is almost equivalent to a sense of spiritual beauty. The artist, and the philosopher and scientist too, are artists, knowing the bliss of aesthetic contemplation, discovery and perception. The fruits of intellectual, emotional and imaginative work are the true fruits; but they are not absolute good, and if we value them as an end in themselves, we will fall into idolatry. Subordinating will, desire and labor to creation is not enough; one must also subordinate knowledge, thinking, feelings and imagination,” Aldous concludes.

O. Huxley reminds us that “the word “culture” is German and is written with the letter “K” (Kultur), during the First World War it was met with mocking contempt. Now everything has changed. In Russia, literature, art and science have become the 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 pray to culture. Smart, seasoned journalists, who write about everything with a certain cynicism, who know everything about God, Man and the Universe and who see through the absurd meaninglessness of the world, literally faint with joy when it comes to culture. With an enthusiasm that sometimes seems simply ridiculous, they invite us to share *their purely religious attitude to High Art*, represented by the latest examples of murals. They assure the audience that as long as some Mrs. X writes her unique novels, and Mr. Igrek writes critical articles, the world continues to be intelligently organized, despite obvious signs to the contrary. The same overly enthusiastic attitude towards Culture, the same belief that Applied Arts and Literature are ends in themselves and can flourish in isolation from a reasonable and realistic philosophy of life, has even penetrated 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 circles. **But, unfortunately, plasticine and self-expression will not solve the problems of education. Indeed, when you realize how much culture surrounds us, and how little we experience it directly in our lives, how fiercely chamism invades all relationships, it is pointless to talk about the impact of culture and art on the soul. Neither technology nor the "One Hundred Best Books" series have any effect on the healer's soul,** - adds Huxley. By the way, such a strong criticism of education was expressed more than two and a half centuries ago, but it is just as relevant today. The author's skepticism towards the culture being exalted deeply wounded the hearts of snobs and healed society.

But there is another approach to happiness, which everyone strives for: “Happy will be the one who, having detached himself from all kinds of images, will focus on himself and direct his thoughts to God, and will finally leave and forget everything that hinders him. Only in this way, with his naked, 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 only on your mind, the purity of emotions and will. Indeed, this relationship cannot be maintained by any bodily organs or external factors. It can be experienced only through what

constitutes the essence of man - through perception and love. Therefore, if you desire a quick and safe path to true bliss, purify, with sincere concentration, your heart and mind. Add to all this complete peace and balance of feelings, direct the impulses of your heart upwards. Work humbly only with your heart and, remaining firm and inaccessible to any empty fantasies, **you will be able to cling more firmly to God within you**, - as firmly as if the soul had already entered the eternal "now" - that is, the state of divinity".

These are truly wonderful thoughts from the spiritual experience shared by the author. **"To ascend to God is to enter into oneself"**, - only a Gnostic can speak like this. Huxley continues that he who enters into himself and rises above himself, rises to God. Therefore, the mind must rise above itself and say:

"He who stands above all, ... is above all that "I know". By plunging into silence, into this comprehensive good, the mind learns to calm down and, clinging with all passion to the highest good within itself, to establish itself in it forever. "Continue this spiritual journey, so that you may become strong and deeply know the true life, which is God himself. And then you will live peacefully, without feeling the change of time and space, in the silent realms of divinity, hidden from outside eyes," Huxley quotes Albert the Great. Doesn't this sound like a lecture on Christian meditation? To me, it sounds very much like it. So, being in God is higher than contemplating paintings in exhibition halls.

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

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EVOLUTION AND US*

Now, when the world is mired in wars and contradictions, many people wonder where humanity is heading? Why is it not progressing? Osho's thoughts about our spiritual state and evolution are very important and instructive. Osho claims that only we ourselves are responsible for the evolution of our soul. Not God in heaven and not our neighbor. Only we ourselves are responsible for the consequences

of our behavior. Development occurs or disappears, a person degrades or spiritually rises - it depends on the person himself. No one cares about our evolution. Evolution is a personal concern. Of course, the church should help us. More on this later. Osho, as always, answers the questions of his followers.

“It is sometimes said that evolution is a process of expansion of consciousness. Trees have more consciousness than rocks, humans have more consciousness than animals, Buddha has more consciousness than the average person. Nirvana, Moksha, “realization of the supreme self,” “enlightenment,” etc. It is said that if physical matter is completely unconscious, then, say, a Buddha is completely conscious; the average person occupies an intermediate level—he is neither one nor the other. 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 he is now?” The question for an enlightened master is indeed very serious...

Osho’s answer, I remember, stunned me. He speaks as a specialist in biology. “With the emergence of man, the spontaneous stage of evolution ended. Man is the final product of unconscious evolution. With him, conscious evolution begins, which represents the development of man himself. Unconscious evolution is involuntary and natural. It happens by itself. In its course, consciousness arises. With the emergence of consciousness, unconscious evolution ends, because its goal has been achieved. Man is conscious. In a certain sense, he has risen above nature. Nature can no longer change anything in him; the last product of natural evolution has become reality. Man is free to decide whether to develop further or not. Secondly, unlike unconscious, conscious evolution is individual, it is not a universal phenomenon: it does not cover the entire species. From now on, evolution becomes an individual process. Consciousness creates the individual. Before its emergence, the individual did not exist, only the species existed. As long as evolution is unconscious, the process occurs automatically; it is real. Existence is mechanical, predetermined. However, with the emergence of man and consciousness, *uncertainty* also appears. Predestination disappears. Evolution may continue or not. The potential for development exists, but its implementation is a personal matter for each of us. The possibility of choice arises. **Osho is convinced that the necessity of choice has caused the phenomenon of anxiety**, because other species do not know what anxiety is. Neither your dog nor your cat sleeps or runs around peacefully

and certainly does not appear to be worried. 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 abandon it. It determines our fate. Then the question arises, **what should I do? Even the possibility of not choosing has the same consequences as any other choice. Both choice and non-choice can end badly. It seems to me that it is at this moment that the world is beginning to realize that choice no longer saves. When, for example, climate change is happening, when everything is drowning in water, what choice can we talk about? We need to save ourselves. And how? Who will save you? And where were you before that? Why didn't you seek help earlier. It was nice to live on 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 is universal and spontaneous, individual and conscious, and when it comes to man, Osho argues, it would be better to use the term "revolution." With the emergence of man, the possibility of revolution arises, when conscious evolutionary efforts are carried out responsibly. **Usually man tries to evade responsibility for his evolutionary development... Man is very afraid of freedom. "A slave is not responsible for his life," writes Osho. others decide everything for him. In this respect, the slave's position is very convenient: there is no burden of responsibility. A slave is free in the sense that he avoids the need to make a conscious choice."**

That difficult question, **what should I do?**, causes an internal conflict, **and then a person realizes that there is no choice - to choose or not to choose.** Unconscious evolution is over. You can artificially immerse yourself in an unconscious state for a while, but you will not be able to stay in it for long. **This contradicts your human essence. Man has consciousness; and he cannot reject it.** And after all, in fact, the evolution of consciousness does not begin by itself. 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, a world appears before us, filled with so many people who know neither the path nor the goal.

So, dear ones, while you can - choose the path of awareness, which meditation teaches. All Osho's texts lead to THAT, to the awareness of

awareness. And That cannot be developed without conscious effort. We cannot return to the unconscious phase of evolution. The door has slammed shut, the bridge behind us has already collapsed. Therefore, it is better to listen to the advice of the enlightened master: **"Conscious development requires effort. In essence, this is the only path worthy of a person."** The human path and paths are inevitably associated with the possibility of getting lost, because there is nothing clear in advance in it. Those paths lead into the fog, not to the light. Such a situation causes a feeling of inner discomfort. Often, lost people choose the worst choice - suicide. Osho says that such an act is characteristic only of man due to his inability to choose. *If you do not choose conscious evolution, you are left with all the possibilities of choosing...the worst option.* That is why I am writing this book, because 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 do not have the courage, awareness (I will add from myself: which meditation teaches), you will experience a slow, lifelong suicidal existence, dragging out your days waiting for death as liberation.

We and only we ourselves are responsible for our own development. However, in order to avoid the responsibility that life and evolution impose on us, we idolize and seek refuge in exotic (esoteric - my note) beliefs. We try to shift our responsibility to someone else, to others. You will try to evade responsibility by using alcohol and other mind-numbing means, this infantile method of avoiding responsibility will only delay the moment when you will have to face the problem face to face. 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. Emphasis is mine.

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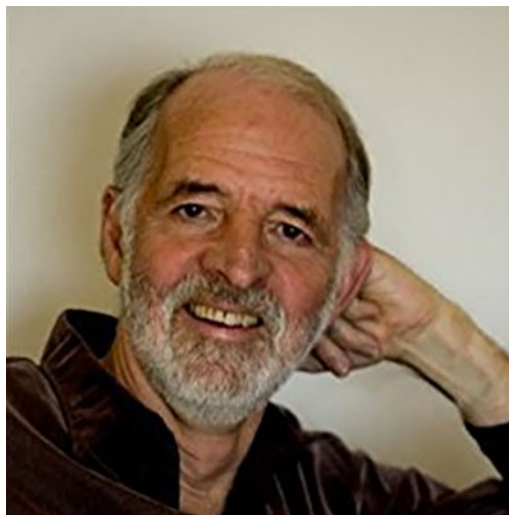
LOVE LIGHT AND SHADOWS*

We all strive to love and be loved, but in our intimate relationships there is a lot of pain and conflict. Psychologist John Welwood* argues that, just as in Buddhist teachings there is a difference between absolute and relative truth, so we should learn to distinguish between

absolute and relative love in our lives. And only a sincere desire to see and heal *our wound of unlove* can encourage us to be attentive not only during meditation, but much more importantly to practice it in relationships. We live spontaneously, as it happens... If we meet some attractive being, we fall in love with her, but then we don't know what to do next. And then... many options. Nobody taught us HOW to love.

In his article "*The Perfect Love We Aspire to and the Imperfect Love We Live With*,"* John Welwood acknowledges that most of us can recall times when we loved freely and openly, but we often have had difficulty maintaining that love where it matters most, in our relationships with our partners. Why is there a difference between that "absolute love, the ideal love we know in our hearts" and the so-called "relational love" that is so imperfectly manifested in everyday life? If love is so beautiful and powerful, why are human relationships so difficult and demanding of us? "If love is the source of happiness and joy, why is it so difficult for us to open ourselves completely to it?" asks John Welwood.

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



John Welwood

Now that life is almost over, and all the wounds have healed, I would not want to go back to my younger days and experience everything all over again. Going on the Path of Life without knowing "how to love" is very risky and confusing. Neither family, nor school, nor church taught this. The church still strongly opposes the so-called "sex

education”. And without reason! Children must know what is happening in human relationships.

John Welwood says that “at the root 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 lives. 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 have a hard time opening up to it and letting it flow through us.”

It is 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, the bright sunlight of all-embracing love pours down on you in such a way that you melt with bliss.”...And what does it end up like? After a few years of being together, couples separate...sometimes peacefully, and sometimes one party suffers hellish torments or takes revenge for the separation. Everyday life is full of such examples. Not everyone goes to counseling.

John writes that absolute love is not something we should or can pretend or imitate. This naturally occurs **“when we are completely open to another person, to ourselves, to life... The light of unconditional love awakens the seeds of potential that lie dormant within us, helps them ripen, bloom, and bear fruit; allows us to reveal our unique gifts that we would like to offer to life.”** I think that as long as souls are not damaged, that is, not traumatized, they are open to love. **Absolute love is love at the level of being, says John. But young people do not understand such things as “being.”** When two people meet each other “at the level of open Being,” they throw themselves into each other’s arms and think little about what will happen. And if fear, which is present in our pre-experiential state, formed by our loved ones, school, and church, gets in the way, it can also chill that first feeling of love. Fear has big eyes. If someone disregards those prohibitions and experiences how **“the light that flows through us remains in us, in our hearts,** a different experience will form. We naturally crave this perfect food of love, which

is also our deepest essence, our lifeblood.” Not everyone is given such happiness.

Isn't this the experience that Osho tells us about when he talks about the power of meditation. After all, meditation teaches us Such Love, such unconditionality towards Reality? When we are "vaccinated" with the vaccine of fear, we will never experience SUCH love. I agree with John that absolute love helps us to establish a connection with who we really are. And therefore it is vital. It is a great sin to prevent such an Experience.

And how does the so-called "relational love" form? We are well acquainted with it. Although John speaks of "blocked channels" that prevent us from experiencing that absolute love, in my opinion, the reason is the installed fear and ego. I had that fear too. I got rid of it when I was already mature. But, unfortunately, that "absolute love" remained unrealized. I found it through meditation.

The correct words of the psychologist: "When our pain is hidden, it festers" and then **"we encounter relative love." Relative love can indeed be compared to clouds and the light of the Sun, when "the sky is obscured by clouds, relative love is incomplete, unstable and imperfect. It is a constant play of light and shadow. The radiance of absolute love in all its fullness can penetrate the shadows only in rare fleeting moments"**. We are not all psychologists and do not see ourselves from the outside. Although we sometimes control ourselves, how often all our good aspirations are killed by the ego. Children who experience unconditional parental love grow up happy. What if they did not? I do not remember the love of either mother or father. I lived "spontaneously". Perhaps those who experience parental love and then long for it begin to think that love must be given by someone else.

John Welwood emphasizes that it is here that "one of the most fundamental human illusions is born – the idea that the source of our happiness and well-being lies somewhere outside and depends on the approval, acceptance and care of other people". And if there was no love from those around us, called "relatives," in childhood, how can we live with a wound of love? It is a terrible fact that when "children are faced with conditional love, love that cannot be relied on or that is manipulated,

a knot of fear forms in their hearts. **This is the main damage of love, which in psychoanalysis is called a “narcissistic wound,”** because it damages our feelings as individuals and our ability to love ourselves. This trauma is so painful that children try to push it out of their consciousness. This is how dissatisfaction and distrust of others are born. We acquire “armor” and “thanks” to it, we become insensitive. From all this, our resentment is born, which becomes the most powerful weapon in our defensive arsenal. “It is precisely the ignorance that we are worthy of love and are loved – just as we are – that prevents this wound from healing. We think that it depends on other people.” Indeed, then we begin to blame others. And who heals us like this?

John writes that we need to find the source of love. Yes, I agree. That source is not in others, but on the contrary – in us, only it has been blindly closed. Not everyone realizes where that source of Love is. Where in us? Who points the finger at us, who helps us? Nobody. The thought of the English writer D. H. Lawrence: “Those who go in search of love, find only their inability to love,” saddens me. It is a pity and painful that this happens. But it should not be so if we, adults, knowing this, begin to teach our children to look for love in our own hearts.

The idea *that others are the source of love*, but not me, misleads us. It condemns us to “wander in the wilderness of pain.” Just do not blame our children: what we have not taught, we will not get from them.

Beautiful words by the Danish philosopher Søren Kierkegaard that true love accepts another despite his shortcomings, as if rising above them. And his advice to love others with their weaknesses, mistakes and imperfections is great... We should not distance ourselves from our loved one because of his weaknesses. However, we must start with ourselves: “The first step we can take to free the monster from this burden is to admit that our heart is fenced off. And if we look behind this fence, we can find a wounded space within ourselves, cut off from others, where a feeling of unlove has taken hold. If we can handle it carefully, without pressure or denial, we will discover a great tenderness hidden at the very core of our humanity.”

The heart can only be healed through unconditional surrender to the “God of love.” This is what meditation teaches.

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

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

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MEDITATION – SEARCH FOR SPIRITUAL TRUTH

And again about meditation. Isn't this the most important topic in the modern nervous world, which is sinking to the bottom knows where and no one is seriously disposed to save it...? When the leaders of the largest states (and some small ones too) are honor-hungry narcissists, lunatics and representatives of various mental illnesses, what is left? There are many of them, in their hands are corporations, banks and weapons, government and even the church with bishops. Now the Internet says that the US President was elected mostly by Protestants. And the Russian Orthodox Church (Русская православная церковь) is led, as the press writes, by some former bandit, and now, dressed in golden clothes, he consecrates weapons intended to kill the people of Ukraine. Such "clergy" commit crimes against humanity and no one can stop them. They can't, because they are supported by their analogues - called "the masses". Eh! Bala didn't see them! Maybe someday they will also enlighten...

We should talk about calming the mind and saving our soul. When after a while in the silence of life the mind calms down - a person changes: reaction disappears, and he himself turns into a thinker, observing everything that happens in him and around him. A person becomes conscious. A person who does not practice peace will always be unpredictable, at times "reactive" and dangerous both to himself and others. As long as a person does not know how to control his "inner content", he can harm his health, life, relationships. He can lose everything and not notice threats, dangers. Many painful examples from our lives are broadcast daily on the Internet and in the press.

How to decide to meditate, if even such a meditation master as Osho "scared" that the meditator would lose "himself"? Is the ego that "I", or do we have another "I", which is like a god in a person? Osho liked to joke. If you are afraid of everything, you will not understand anything, you will not experience anything. Meditation is your choice. If you are afraid of everything, if your psyche is sensitive, it is better not to try it. Look for other "medicines" for calming down, for example, reading books, bliss in nature.

Some people ask whether a Catholic can meditate and not betray the Christian faith? And how could he betray his inner god if a person practices the peace of the ego? **There is NO betrayal in that.** Quite a bit of nonsense!!! The Church came up with a terrible punishment for priests and to scare us. Over the past dozen years, meditation not only did not separate me from faith in Jesus Christ, but on the contrary, it strengthened my faith in His Word. Otherwise, this book would not have existed. I noticed that Christians are not at all interested in Christianity, they only have a prayer book and certainly not everyone understands what is written there.

Those who seek God analyze the Word of Christ more deeply, are interested in the works of mystics, other forms of faith. THIS IS NOT a sin. Jesus, the Teacher of Peace, himself 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... The story of His transfiguration testifies to this.

As long as we are guided only by the fears imposed on us, we will never be free from the ego, which seeks to survive and dominate at any cost. Fighting it is pointless. Let it exist for itself, *and I can temporarily disconnect from it. Close my eyes and drown in 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 scares them. Meditation/contemplation (we will return to that topic later) must be a mandatory spiritual practice for all priests. First of all, for them, so that they can properly share that experience with believers. Finally, meditation is a powerful way to solve the problem of celibacy. Having experienced

the Living Love of God within himself, the priest will not seek physical love through a woman's body, and sometimes even the exploitation of a child. The priest will be protected from the sin of pedophilia. Modern priests, as the press writes, hide their "love affairs" on the sidelines of the church. What did Jesus say? In the Spirit, a man becomes a woman, and a woman becomes a man, water becomes wine. These are not my fantasies. This is the secret of Jesus' metaphors. 2,000 years have passed, and the church is still sleeping or pretending to be sleeping? We need to knock on its "door". Priests must be taught Unity with God the Father by the example of Jesus. **Here is what the Evangelist Thomas preached:**

"3 Jesus said: If the leaders tell you that the kingdom is in heaven, then the birds of the sky will fly away from you; if they tell you that it is in the sea, then the fish of the sea will fly away from you. But the kingdom is within you and near you. When you know yourself, then you will be known and you will know that you are the son of the living Father. But if you do not know yourself, then you are in trouble and you yourselves are trouble.*"

Why should we have this trouble when we can turn life into joy! Many contradictory things have been written about meditation and this is misleading. Meditation teachings have become a kind of business. It is difficult to choose good teachers without experience. Many "gurus" invite you, tie you up, sometimes scare you... You have to pay a lot for their services. Not everyone can afford it. You can and should try it yourself. Osho was for meditation without any gurus. It is worth trusting those masters who are trained in monasteries, who have a long practice of meditation. I would include vipassana meditation masters among them.

Sincere trust that God, who created you, who gave you the Light of the Spirit, is taking care of you, is the most important landmark in life and meditation. Meditation - a state of peace and silence will rest the body and soul. Your chakras, which you know nothing about (the glands of our body that produce hormones and enzymes, treat female and male diseases without medication). Meditation - this is such a jinn state that anyone can learn. It is *necessary* to learn it in order to avoid the dangers of the "smart" world, to become conscious, free, physically healthy, virtuous, loving

people close and far away. **This is how to live. This is how Jesus and Buddha commanded to live.**

No ashrams, no religions are needed, - Osho taught before leaving the body. He told his disciples to leave his ashram in Pune, travel to their countries, live actively among people and meditate there. He said: "It will be difficult." But that's the only way to live. Long-term separation from people is dangerous, flawed, selfish. When I realized this, I no longer respect "meditators" who love *only themselves*.

How to meditate among people? It's very easy. You walk down the street and maneuver through the crowd with full awareness. You see everything around you and yourself walking. You walk along a beautiful path. You walk and breathe: four steps you inhale air, four steps you exhale and eight steps you don't breathe, but you walk. You will see how much strength you will save on walking, how easy it will be *to fly through the air*. You will feel like disembodied beings. You can meditate anywhere. At work, when you want to rest, at a bus stop or on a trip. Wise business leaders create excellent conditions for employees so that they can 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. That's what Osho taught me. Such meditations, without striving for nirvana, complete relaxation, are very necessary in order to lighten the burden of life and reduce stress. And every day is full of stress. From the moment you open your eyes in bed, you start to worry: "Oh, I have to rush to work. Oh, I have to cook breakfast for the family...oh ...oh... oh..." And you can do the same calmly, joyfully, easily. You just need to "turn off the fears of the ego."

Deep meditation is completely different. You need to prepare for it. You need to make sure that you can really devote time only to yourself and that none of your loved ones will miss you, no one will call you on the phone. It must be turned off.

I am used to meditating while lying down on a firmer mattress. When I lie down, I relax my entire body using the "yogic death" method. Do this: tense the muscles of your right leg and relax, feel that "the leg is gone." Tense the muscles of your left leg and relax, then relax your arms, buttocks, back, abdomen, chest, neck, and finally your head. "Pass" your

inner gaze through your entire body and feel if you are really “dead.” If so, calmly look with your eyes closed at the space in front of your third eye (between your eyebrows) and observe your thoughts. Try to calm them down with an effort of will. Without tension, gently. Breathe according to pranayama. Learn it. This is a very simplified method. But it is very suitable for a start, for a try. I remind you: when you are not breathing, you cannot think. When you learn to observe your thoughts like clouds in the sky, peace will come by itself. Then you will learn what these “coded” words mean:

“22 Jesus saw the babies suckling. He said to his disciples: These babies suckling are like those who enter the kingdom. They said: So we will enter the kingdom as babies? Jesus said to them: When you make the two one, and when you make the inside as the outside, and the outside as the inside, and the top as the bottom, 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 an eye for an eye, and a hand for a hand, and a foot for a foot, an image for an image, then you will enter [the kingdom].*”

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Try to answer for yourself *why those babies suckling are like those who enter the kingdom?* I'll give you a hint: babies are people with pure souls, unpolluted minds, and clean consciences, and it behooves us to become like that... Will nothing help you become like that? The church teaches only godliness, and we won't get far with fear. Except to the famous Vasaras Street... Fear is easy to manipulate. You'd better believe in the teachings of Jesus, mystics, saints, and enlightened ones - there are such people in all religions.

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*Gospel of Thomas

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WHERE IS LOVE HIDDEN?

/omitted 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 “The One Dharma”. He says to Christians and all people of the world: follow the path of peace of mind and you will reach the heart of Christ. The Holy Spirit is ONE and ONE. This author delighted me with his words about meditation, which he compared to “...a sudden flash of lightning that illuminates the sky”.

When I read in the press and on the Internet about the spiritual crisis of Christianity, I often think: “How wonderful it would be if Christian meditation appeared in the church, for example, as a spiritual act of silent concentration after mass”. When after some time I came across the books of the Buddhist J. Goldstein, this thought became even stronger. And 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 personality who decides his own relationship with the world and God. But is he really free? Rather, he is left to a free life. From the Buddhist point of view, a Westerner is engaged in many different views on the world and himself. Rationalistic thinking has not freed a person, but imprisoned him in separate fragments of this world. Psychologists have created over a hundred concepts about a person! And who will “gather” him into one Person? Who will bind a Person to the Living God? The Buddhist path leads to that Source, because there is no other. Inner Light or Nirvana should be the goal of all of us.

J. Goldstein went through all the most important schools of the Buddhist path, summarized them and revealed the insights of his own experience. The path to oneself frees a person from the stigmas of the mind, helps him

live in the world harmoniously and spiritually. Sharing spirituality is the Buddhist duty.

Since J. Goldstein mentions and quotes Christian mystics in his books, this shows that the path of all of us leads to unity in the Spirit, the field of Dharma. I think it would be good to think about the possibility of learning meditation from Buddhist monks. They know this better than Catholics. It would be wonderful to invite Buddhists to a joint prayer-meditation under the roof of the church. However, this requires a different church. Catholics will not let Buddhists into their homes. What a pity. This would revitalize the church. The practice of peace has developed more than one Christian mystic. This has already been written about. The Indian mystic Osho has created about a hundred meditations, from which you can choose the right one for yourself. Osho's book "*Meditation. The Art of Inner Ecstasy*" contains meditations for groups. **Christians should often remember the words of Jesus:**

**John 14:15. "When that day comes, you will know that I am in my
Father,**

and you in me, and I in you.

21 Whoever has my commandments and keeps them,

he truly loves me.

And whoever loves me will be loved by my Father,

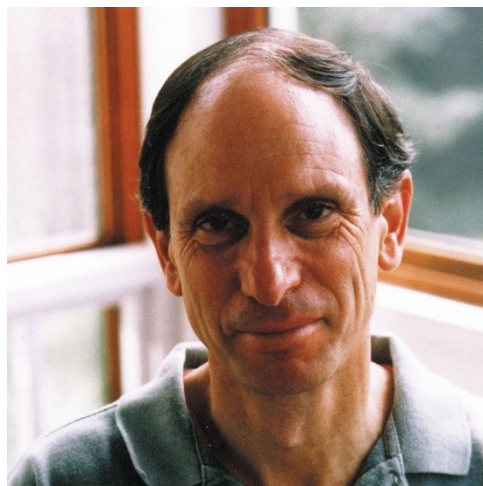
and I will love him and reveal myself to him."

HOW, in what way can I BE IN THEM, who will teach me THAT? Priests cannot teach this. It is free. But did you know that Pope Francis has long and openly called on Christians to engage in meditation or contemplation. Below in the book you will find the words of His Holiness. The discord and moral decline in the Christian world show that not all Christian churches, closed behind thick doors, are striving for spiritual unity. The general situation on Earth may soon 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

The Western Buddhist teacher and researcher Joseph Goldstein (1944) was one of the first in America to practice and spread the Vipassana method throughout the world. Together with Jack Kornfield and Sharon Salzberg, he founded the Insight Meditation Society (IMS). He is the author of many popular books on Buddhism. He is the leading teacher of IMS, the leader of Vipassana meditations held around the world. In his book “One Dharma”, published in 2002, he presented an integrated system of Theravada, Tibetan and Zen traditions. “One Dharma” is “One Spirit”. And after all, It is indeed one and ONE. Who can appropriate It? Buddhists do not really have such a goal - on the contrary, they share their spiritual experience.



Joseph Goldstein

In another book, “Mindfulness. A Practical Guide to Awakening”, J. Goldstein introduced the idea of a **Unified Dharma** that is emerging today, uniting various Buddhist traditions and practices. J. Goldstein argues that the main feature of **Western Dharma** is its focus on wisdom and real experience, rather than on the doctrines of certain teachings. There is a **Vipassana association** operating in the world (and in Lithuania), which strictly adheres to the established rules of conduct and Dharma and never changes them. In the book, the author examines the basic principles of Buddhism common to all traditions, analyzes the dangers of Western Buddhist practice, and presents an understanding of

the unity of Dharma, not as a scattered mixture of any traditions and practices, but as *a fruitful and comprehensively enriching dialogue*.

Since 1967, J. Goldstein has studied and practiced various forms of Buddhist meditation under the guidance of renowned teachers from India, Myanmar (Burma), and Tibet, and since 1974 has been leading meditation retreats around the world dedicated to the practice of Vipassana and loving-kindness. *J. Goldstein is the author of the books “Mindfulness. A Practical Guide to Awakening”, “A Quiet Heart”, “Enlightenment Meditation” and “The Experience of Enlightenment”*. It is impossible to talk about Buddhism without mentioning His Holiness the Dalai Lama. He appreciated the merits of J. Goldstein and wrote a foreword to his book. It reflects the relationship of Buddhism to the world. I have received permission to quote texts from the journal eroskosmos.org*. I am glad to be able to publish that foreword for you as well.

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H.H. THE DALAI LAMA’S FOREWORD

Buddhism has developed differently in different times and regions, but the essence of the Dharma remains the same. The main goal of the Buddha was that all beings should find peace and be free from suffering. His teaching that, whenever possible, we should help each other or at least avoid harming other beings is valid everywhere, regardless of national, linguistic, religious and cultural boundaries.

The essence of the Buddha’s teachings is the idea that every person has the potential to achieve enlightenment and perfection, and that realizing this potential is a matter of personal effort. The Buddha argued that each individual controls his own destiny, while emphasizing that everyone can achieve enlightenment. Moving towards this goal requires us to be compassionate, caring for others, and not self-centered. It does not matter whether you are a Buddhist or not, these qualities are worth cultivating in any case. In recent decades, our world has become more open due to the development of transportation and communications. At the same time, this has allowed many people living in the West to become better acquainted with Buddhism. As a result, we have seen the Buddhist tradition flourish in

new regions, which has not only allowed students to discover different types of practice, but also provided Buddhist teachers with the opportunity to get to know each other and share experiences. As a young person living in Tibet, I myself had only a vague idea of how the Dharma was practiced in other parts of the world. Over the years since I became a refugee, I have met many other Buddhists. This has helped me to understand their traditions better, while at the same time developing a greater respect for other religious teachings. I have found that a deeper understanding of other spiritual practices and traditions can enrich the experience, as we are more likely to treat each other with respect. We often see things in other traditions that help us to fully appreciate our own.

*Joseph Goldstein has dedicated much of his life to the Dharma and is the founding teacher of the Enlightenment Meditation Society. He exemplifies a new model of Buddhism that is emerging in the West today. He is not a strict adherent of one tradition, but rather, he studies with different teachers, combining aspects of different Buddhist lineages in his practice. This approach is familiar to us from history. Buddhism has often received a new impetus for development when a new synthetic direction has emerged from existing traditions. Buddhist practice, wherever it originates, 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, *The Unified Dharma*.*

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So what is NIRVANA?*

J. Goldstein says that one thing that inspired him to write this book was that teachers from different traditions talk about liberation differently, and he realized that these opposing views should and can be kept in one context. Indeed, who has not heard the word “Nirvana”? Joseph says with a smile that “nirvana” has long become part of popular culture. He “brags” that he has visited a restaurant with that name, listened to the music of the band “Nirvana”, and “United Airlines” has an advertising slogan “Every day I fly to Nirvana, get a ticket today!”.



In India, the word nibbana is used everywhere, just as the word nirvana is used in the West or Tibet. Joseph clarifies that **“nibbana means a dispassionate state of mind, free from the fire of eclipses, and the colder the mind, the closer it is to nibbana.”** Joseph advises to observe how **“during the day our mind sometimes falls into a relatively dispassionate state”**, to observe the difference between **“a state of passion and a state when desire has ceased”**. You need to see for yourself whether you are able to feel dispassion, i.e. freedom from the bonds of passion even when desire is pleasant? Osho also taught himself to observe. This is a universal method of meditative life. Then we will see that the state of openness of the heart is accompanied by courage and awareness, and the properties of nibbana are lightness, freedom, peace.

Agreeing with another Buddhist, Joseph says that the dispassion of nibbana constantly nourishes and supports our life, because it extinguishes the flames of greed, anger and delusion in the mind. Life would be impossible if this flame raged constantly. Temporary nibbana is the temporary disappearance of the eclipse. The highest state of nibbana is reached when all the forces of obscuration are extinguished. The Master advises that it is useful to see and experience the momentary state of nibbana, because it directs us to the experience of absolute reality, unconditional **"absolute peace"**. What prevents a Christian from experiencing these states? Isn't this the same peace that Jesus wished for his apostles?

Unfortunately, words are limited and it is impossible to describe a state *described as immortal, absolute peace, freedom, etc.* According to the

Buddha, whom Joseph quotes, "**the ultimate goal of the spiritual path is a holy life...without the goal of seeking privileges, honor and glory**"...The unshakable and final liberation of the mind is the goal, its core, its crown.

In the book, Joseph discusses very complex and difficult to understand descriptions of various Buddhist traditions. I captured this thought of Joseph: "**when the mind is concentrated and firmly fixed on the subject of meditation, obstacles cannot arise. Concentration is like a fence that protects us from unexpected guests; they do not disappear anywhere, but they cannot enter our home. Since concentration temporarily clears the mind of obstacles and disturbances, we can perceive reality more clearly, so this stage lays the foundation for the development of wisdom. When the mind is able to remain steady and dispassionate for a long time, constantly attentive and focused, it is easier to move on to the next stage...**" This is how spiritual ascension occurs... I immediately remembered the image of Plato and the Orphics' "ascension". After all, all those meditative states and goals ultimately lead **to ascension to God, the Inner Light, enlightenment**. There is nothing else.

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

Joseph warns meditators that in the process of learning, there is an unexpected "**period of fear, bitterness, and disgust**" when the meditator sees *the complete unreliability of conditioned phenomena*. This is a kind of phenomenon of disgust with this world. But doesn't this happen to you too, when in everyday life, observing what is happening in the world, you become truly disgusted, hope disappears? Nothing can give us absolute happiness and complete security. This experience is called the "mat-rolling stage," when meditators stop practicing, roll up their 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, you should not stop practicing. One should continue to deepen one's meditation experience through new

insights, until one finally reaches a stage where "the mind attains perfect balance and remains calm amidst changing phenomena," when there are no longer any desires or aspirations, not even the desire to continue breathing, to continue feeling.

The master explains that Buddhism no longer prioritizes pleasant experiences over unpleasant ones. What is important is to reach a state where the mind acquires a subtle and light state. This is happiness that surpasses everything we knew before. When a traveler crosses a dry and barren desert - he unexpectedly finds a rich, fertile oasis. Then the practice no longer requires effort. Not every brave person can reach such a peak. Joseph also talks about the stages of enlightenment, when the mind reaches such a perfect balance, in which there is no longer any attraction or resistance, when the stream of consciousness can suddenly stop. At that time, the mind opens, realizes and reaches "nibbana, unconditioned, unborn"... This is the last stage of the journey - suffering stops.

The Buddha described this unconditional experience as follows:

“There is a realm in which 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 being, no passing away, no arising: [it is] unattached, inactive, unsupported. This and this alone is the cessation of suffering (Nibbana Sutta).”

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* Here I give only a brief annotation of Joseph Goldstein’s book “The One Dharma,” and I recommend that you read the entire book: Джозеф Голдстейн “ЕДИНАЯ ДХАРМА. ЗАРОЖДЕНИЕ ЗАПАДНОГО БУДДИЗМА” . My emphasis. Quotes translated from the magazine eroskosmos.org.

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LOYALTY TO TRUTH*

We continue our conversation with Joseph Goldstein, who argues that faith or trust is one of the spiritual abilities and a powerful support on our chosen path. What we do with faith, all annoying doubts that can weaken our efforts lose their power. J. Goldstein in the book “The Experience of Enlightenment” teaches us to rely on our inner light,

spiritual experience, which is the path to freedom. I recommend you a small excerpt from the aforementioned book, which I liked because of the teachings of the Buddha: just a few sentences reveal the essence of Buddhism.

J. Goldstein writes that there are different types of faith. The smallest 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 us, calms us. But deeper faith or devotion can blind us. A higher type of faith arises when we can witness and appreciate certain qualities in a person who deserves our faith, such as wisdom, love, compassion. Such trust is very helpful to the one we trust, because a high assessment is a recognition of the qualities of common sense, which encourages us to develop the same qualities in ourselves. But how often are we disappointed in another person we trusted, or in a government leader we elected, or in a religion we believed in but lost faith in, not because of them themselves, but because of the behavior of their “celebrants”... Why? How do we distinguish who is worth following and who is not?

Joseph says that “there is such a faith and devotion that arises **from our own experience of the truth**. As our experience becomes deeper and deeper, and as our mind and body begin to function, we begin to feel greater and greater joy and **unshakable confidence in the truth of the Dharma**. This faith is not based on blind emotion or an assessment of someone else’s qualities, but comes from the verified experience of enlightenment. This, in turn, leads to the greatest confidence in **the truth of the Dharma**. Christians know about **the Truth of the Spirit** from the Gospels.

Often, like blind kittens, we follow the “heroes” of this world, forgetting ourselves. When a person does not know himself, he believes in others. And now ponder those words of the enlightened master and read the press... There you will find huge groups of angry people who follow their idols and fight among themselves. When the Buddha was about to die, His beloved disciple Ananda asked who should be his teacher from now on. The Buddha answered his disciple:

“Be your own light. Be your own refuge.

Do not seek external refuges. Hold fast to the truth as a lamp in the night. Hold fast to the truth, for it is your refuge. Seek refuge only in yourself. And those, O Ananda!, who now or after my death will become their own light - let them never choose external refuges, let them hold fast to the truth, seeing in it their lamp, let them hold fast to the truth, seeing in it their refuge, and let them not seek refuge anywhere else except themselves, then they will reach the greatest height and peak, shining like a diamond. However, they must burn with the desire for knowledge and adhere to the inner freedom of search.

Thus, the INNER LIGHT unites all the people of the world, but, unfortunately, not all are yet free from their “gods” and religious dogmas.

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*I recommend the wonderful book by J. Goldstein in Russian, “Experience of Enlightenment.” There is no Lithuanian translation.

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BEING A SPIRITUAL WARRIOR

The ego loves to fight. The world is currently immersed in wars. Talking AT SUCH a time about the spiritual struggle with your ego is a great topic for conversation. Isn't that the ego that all wars begin with? The Buddhist Joseph Goldstein, whom you already know, states in the book "The United Dharma" chapter "Warrior" that *meditation is a natural spiritual need of a person*. When life's circumstances become very difficult, you need to be able to endure all the challenges calmly, quietly and non-warlike. This is not easy. *In such cases, you need to gather all your will for peace and...become a "spiritual warrior"*. Only such a "warrior" can overcome the ego's resistance to taking up arms. When you are attacked, no weapon will help you save yourself. Jesus himself went to the cross without fear, although he was innocent. He was a true Warrior of the Spirit. How do we learn this? We seek strength, as a Catholic would say, in the Holy Spirit. And how does a Buddhist act in such a case?

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Have you ever read Carlos Castaneda's books? I have. Only a long time ago. In Soviet times. Then a colleague organized a roto-printed book called "Journey to Ixtlan". The pages were blackened, but how precious they were! For many, then the mind began to move in the opposite direction to the system... Its main character, Don Juan, spoke about the need for men and women* with knowledge and thinking experience to become like warriors. J. Goldstein confirms that "this idea - to be a warrior - is perfectly suited to meditation practice. A warrior accepts everything in life as a personal challenge and responds to everything that happens without boredom, without complaint, and without regret." For most people, the most important thing is whether others will approve of them, because they themselves are afraid to take responsibility, and for a "warrior" the most important thing *is impeccability towards oneself.*" **"Impeccability is a life illuminated by demands on oneself down to the smallest detail and all of their scope. What we are doing here is an attempt to understand oneself, this is the noblest work of all. It is the removal of greed, hatred, illusions and dullness from our minds; it is the development of wisdom and loving compassion. This is difficult and rarely happens in life, but it is possible only with a strong focus on perfection."**

Joseph, like Osho, says that you do not need to go "somewhere to the Mexican desert or settle in a Himalayan cave." The whole work is to focus on yourself, to develop the qualities of your mind so that it changes, so that it can "wake up." Joseph quotes Hermann Hesse's book "Siddhartha," which describes "becoming a warrior" only in a different context than Castaneda's warrior.

"Siddhartha said that practice gave him three abilities: the ability to think, the ability to wait, and the ability to go without food for a very long time. The three qualities of the mind are the three qualities of a warrior. The ability to think in this context means clarity in everything and the ability not to get involved in what is happening and not get bogged down in it. Clarity in relation to the body is a constant awareness of posture, breathing, the interaction of physical elements, and a sense of moderation in sleep and food. Finally, it is the ability to

balance all types of energies in the body. Clarity of the mind is the ability to follow emotions, thoughts, and all mental states - the ability not to get involved in the empty vortex of consciousness, maintaining balance and clarity of vision above the entire flow.”

So, to fire rockets from a cannon - it does not take great spiritual strength: it is enough to hate the enemy. But to have the courage to remain open and sensitive in the face of any possibilities - is not easy. Siddhartha did not accept the faith of his friends, parents, or teachers. He wanted to discover the truth for himself, and the courage of this pursuit opened up to him the widest range of experience. Well, I don't want to tell you about that book, because I only want to interest you. Siddhartha taught us to be open and courageous, to accept the consequences of all our experiences with a smile on our lips and calmly prepared for suffering. Siddhartha was not intimidated or enslaved by the strict requirement to follow the rules of the system. The power of spiritual courage means the determination to experiment, explore, and test for ourselves what has meaning for us.



Kathmandu.

Buddhists love

both Buddha and Jesus. Photo by Neringa Kuznecovaitė.

“It is precisely this kind of courage, the courage of a warrior, that is necessary in the practice of sincere meditation, in the process of which it develops. It takes spiritual strength to sit despite the pain and with all inner honesty not to try to mask it. To simply sit and accept it all without letting it out of your sight and to conquer it by overcoming your fear. This presence of mind is necessary for diving into the depths of the abyss of your being, where the deepest elements of our mind and body are revealed.” At first, this can be very disturbing and alarming. Anyone who has meditated knows and experienced this.

“It takes courage to die,” writes Joseph. And after all, everyone, without exception, will have to look death in the eye. During meditation, we will have to experience the death of the concept of “I” that is so dear to us, to experience our own death while remaining alive, which certainly requires “the fortitude and fearlessness of a warrior, armed with the virtue of impeccability,” writes an experienced Buddhist.

The Buddhist experience fits into 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 smell of the spiritual bread of the “warrior” who does not kill anything. A meditator knows what a wonderful smell it is and how sweet that bread is!

Becoming a warrior is a great and inspiring achievement. However, no one, not even the best teacher, can do it for you. Everyone who follows the path of enlightenment must do it themselves. Maintain a state of awareness from moment to moment, embracing everything that happens in your field of vision. This is achieved by an effort of will. All meditation practice ultimately leads to that - Spiritual Light.

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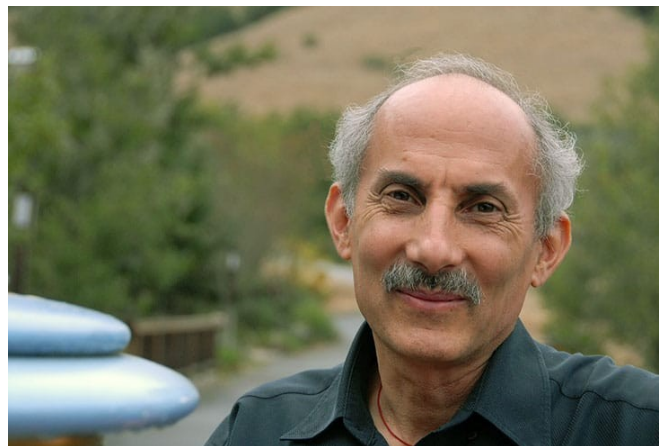
*for men and women – in Buddhism, people are not divided by gender, both men and women can achieve the highest spirituality. Only systematic religions divide people by gender and contrast one with the other.

*I read Carlos Castaneda’s book “Journey to Ixtlan: The Lessons of Don Juan” (1972), printed on rotaprint in the Soviet era in the 1980s, and it really shocked me. Such books were banned then, but someone translated and reproduced them. There were brave warriors even then. Castaneda was born in Peru. In the 1950s, he moved to the USA, studied anthropology at the University of Los Angeles. In 1962, he received a bachelor’s degree, and in 1973, he became a doctor of philosophy. While studying, he began writing a series of autobiographical books about his experiences with the Yaqui Indian shaman Don Juan. He defended his doctoral dissertation on this material. Castaneda's books became very popular. In the last decade of the 20th

century, Castaneda again emerged into the public eye, explaining the Toltec wisdom of Tensegriti. To popularize his ideas, he founded the company Cleargreen Incorporated.

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A WISE HEART

It would be a great injustice to my readers if I did not share another inspiring book. Every Book that teaches spirituality is invaluable. I have read many more similar books, but, unfortunately, the possibilities of my book are limited. Another very famous and respected Western meditation and Buddhist teacher, JACK KORNFIELD, in his book “A WISE HEART” * talks about the Theravada tradition. 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 parts of the world. For many years, his work has focused on integrating the great spiritual teachings of the East and presenting the Teaching to Western students and the public. He has a doctorate in clinical psychology. Jack is a husband, father, teacher and founder of the Insight Meditation Society and the Spirit Rock Center. He has written a number of books: “The Path of the Heart”, “The Teachings of the Buddha”, “After Ecstasy - Washing”, etc. Now I will briefly summarize the life of J. Kornfield and the book “The Wise Heart”.



Jack Kornfield

For more than 2500 years, Buddhist psychology has provided invaluable insights into the nature of the heart and mind and promoted inner transformation that changes our response to life’s challenges. Drawing on his experience as a Buddhist monk who studied in monasteries in Thailand, Burma and India, and as a practicing psychologist, Jack Kornfield offers this guide to Buddhist psychology for Buddhists and non-Buddhists. This important work offers practical tools to help manage modern life and overcome such difficult emotions as fear, anger and shame. Kornfield also shares illustrative stories of his students, other practitioners and his own journey on the spiritual path. This is a rare treasure that reveals to the reader the hidden beauty that lies both inside and outside of a person.

**The Buddhist teaching is not a religion, but a science of the mind.
Dalai Lama XIV**

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

“The participants in this conference sought the same inspiration and support as the students who came 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. They all come with their own personal problems, sincerely seeking happiness. They often have to worry about the fate of a world where wars are constantly raging and environmental problems are getting worse. These people are wondering what will be left 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.”



Jack remembers the beginning of his Journey...when he arrived at a monastery in the forest of Thailand forty years ago in search of his happiness. He was a troubled young man with a painful family history. He had already graduated from Oriental Studies at Dartmouth College and asked the Peace Corps to send him to a Buddhist country. Jack admits that he was trying to escape the pain of his family, the materialism of the Vietnam War, and the suffering all around him. There, working with others, he cared for the health of villagers in the provinces along the Mekong River and heard about the meditation master Ajahn Chah, who was taking in Western students. He had already heard of the teachings of Buddhism and hoped that they would help him on his way to enlightenment. After several months of traveling to Ajahn Chah's monastery, he was ordained a monk. Over the course of three years, he was **“introduced to the practices of mindfulness, generosity, loving-kindness, and honesty, which are the foundation of Buddhist teachings. This turned into a lifelong journey with Buddhist teachings.”**

Jack recalls those days: **“Every day, Ajahn Chah would sit on a wooden bench at the edge of a forest clearing and greet them all: local rice farmers, faithful pilgrims seeking spirituality, soldiers, young men, government officials and ministers from the capital, and Western students. All of them brought with them their own spiritual questions and conflicts, their own sorrows, fears, and aspirations. One minute, Ajahn Chah could be gently holding the head of a man who had recently lost his son, and the next minute, he could be laughing at human arrogance with a disillusioned shopkeeper. One morning, he could be teaching ethics to a corrupt government official, and in the afternoon, he could be meditating on the nature of immortal consciousness with a devoted old nun.”**

The Vietnam War was over, but Jack remembers that a wonderful atmosphere of safety and trust remained among these complete strangers. **“We were all embraced by the compassion and teachings of the master, who guided us through the journey of birth and death, joy and sorrow. We sat together as one human family.”**

Ajahn Chah and other Buddhist masters **practice living psychology, one of the most powerful systems of healing and understanding on earth.**

This psychology makes no distinction between worldly and spiritual problems. For Ajahn Chah, anxiety, trauma, financial problems, physical hardships, medical afflictions, and conflicts in the community were forms of suffering for which the Buddha's teachings were the cure. He was ready to respond to a wide range of human afflictions and, through deep meditation and a host of other skillful means that he had picked up from his teachers, sought to awaken in his visitors the qualities of wholeness, balance, gratitude, and forgiveness.

Ajahn Chah drew on the ancient teachings of the Buddha as well as various studies and commentaries. The written tradition of the Buddha is a vast repository of wisdom, containing profound explorations of the human mind that are little known to Westerners.

When I read about this, it always breaks my heart that only "fragments" of Jesus' Teachings have survived. Buddha lived even 500 years before Jesus, and how many written texts he left behind and none of them have disappeared! It is unclear how many of Jesus' sermons and teachings were "destroyed" in those ancient times, when the Roman emperor decided not to persecute Christians (!), *but to create the necessary religion for the sake of a strong empire.* It is terrible, but it is true. Christ's Teachings were used for secular purposes. Why were some of the Gospels called "apocrypha"? Why do they remain inaccessible to believers to this day. Why do we, Christians, so leniently accept what our priests tell us, do they know everything themselves? Who had, still has the right and assumes the responsibility to decide "on their own" what to publish and what to hide, which Christian documents to declare canonical and which second-rate? What right did they have to treat texts written by the followers of Christ in this way? And then we are surprised that our church is so poor, not educating spiritual warriors, but only church "officials" or fanatics with a well-edited "Catechism" in their hands? **I apologize if my words offend sincere believers, because I myself believe only in Jesus.** I write because I realized that someone did something wrong with the legacy of Jesus Christ. How many Christian churches are there, and who allowed them to create "their own teachings." Was this allowed?

Jack tells how long and earnestly he studied the classic texts from many of the major historical schools of Buddhism: „**The Comprehensive Guide to the Hidhamma, a long version of the Heart Sutra, consisting of eight thousand verses and explaining the Tibetan text on consciousness compiled by Longchenpa. I have gradually learned to appreciate these**

texts as great treasures and know that they are full of pearls of wisdom. And yet the Abhidhamma (or Abhidharma in Sanskrit), considered the masterpiece of early Theravada and the complete compendium of Buddhist psychology, is one of the most difficult books in the world to understand./.../ The Heart Sutra, in turn, revered in India as a sacred text of Mahayana Buddhism, is a mixture of fantastic mythology and almost insoluble Zen-style riddles. Furthermore, for most readers, Longchenpa’s teaching on the self-existent primordial empty consciousness can be compared in complexity to the biochemical analysis of a life-saving drug.”

Like his teacher Ajahn Chah, Jack Kornfield attempts to convey the essence of these texts through living, raw, direct logic and, together with other Buddhists, helps to introduce Buddhist teachings to the West, without dividing them into Theravada, Mahayana, and Vajrayana teachings, but to *bring Buddayana*—the living, root principles of awakening.

After returning home, Jack became interested in Western psychology and encountered problems that were not present in the monastery. “Even when I was young, I had problems with girlfriends, family, money, and making money, and finding my way in the world. I realized that I could not use silent meditation alone to change my problems. I could not cut corners, I could not find spiritual solutions to avoid integrating and applying the principles learned in my daily meditations to my work.” It is only surprising that upon returning home, Jack enrolled in graduate school in psychology and began to study and practice various therapeutic methods: Reich, analytical, Gestalt, psychodrama and Jungian therapies, and became involved in the developing dialogue between Eastern and Western psychology. Together with colleagues, he worked at the Naropa Buddhist University and the Esalen Institute, and organized conferences around the world. Jack is happy **to teach “people noble, compassionate, non-religious ways to overcome suffering and maintain our sacred connection to life.”** And now, says Jack, based on thousands of years of experiments and observations, Buddhist principles and teachings perfectly complement the science of Western psychology. “They have already contributed to our understanding of perception, stress, healing, emotions, psychotherapy, human potential and consciousness itself.”

Jack’s experience is familiar to me. Indeed, **“real psychological practice (both Eastern and Western) makes me more open, free, and, oddly**

enough, vulnerable in life.” Instead of the word “enlightenment,” which carries too many ideas and misconceptions, Jack uses terms like “inner freedom” and “liberation” to explain the full range of awakening that can be achieved through Buddhist practice.

Jack 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 deny the fact that for many people around the world, Buddhism has also become a religion. Like most religions, it offers its followers a rich tradition of devotional practices, communal rituals, and sacred stories. But that is not where Buddhism originated, nor is it at its core. **The Buddha was a man, not a god,** and he gave his followers fundamental teachings and practices based on personal experience, a revolutionary way to understand suffering and to be free from it. Through his inner experiments, he developed a systematic and extraordinary set of practices that lead to happiness and the highest stages of human development. Today, it is this path of practice and liberation that attracts most Western students to Buddhism.”

Jack Kornfield’s teachings boldly challenge much of Western psychology and the materialism, cynicism, and despair found in Western culture. Understanding and developing the highest potentials of human becoming is an urgent task for psychology today. **“Both individual and collective suffering and joy in our world depend on our consciousness. We must find a wiser way to live.”**** Jack Kornfield’s thoughts inspire us to seek the light of the Spirit. I hope you will find his books for yourself.

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*quotes translated from the book: Jack Kornfield. A WISE HEART. GUIDE TO UNIVERSAL TEACHINGS OF BUDDHIST PSYCHOLOGY. You can also read in English: Jack Kornfield. THE WISE HEART. A GUIDE TO THE UNIVERSAL TEACHING OF BUDDHIST PSYCHOLOGY.

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

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STAGES OF AWAKENING

Christopher Wallace, also known as Harish, became interested in Indian spiritual practices at the age of seven, and at the age of sixteen he began practicing yoga meditation. He later received a bachelor's degree in classical religion (a vague specialization) from the University of Rochester. He also received a master's degree in Sanskrit, with a thesis on the "Shiva Tantra Tradition" from the University of California. He currently teaches yoga philosophy, tantric philosophy, Sanskrit, mantra science, and spiritual counseling. Harish is the founder and head of the Mattamayura Institute. His teachers, mentors, and gurus (in chronological order) include: Gurumayi Chidvilasananda (deeksha guru and mula guru); Paul Müller-

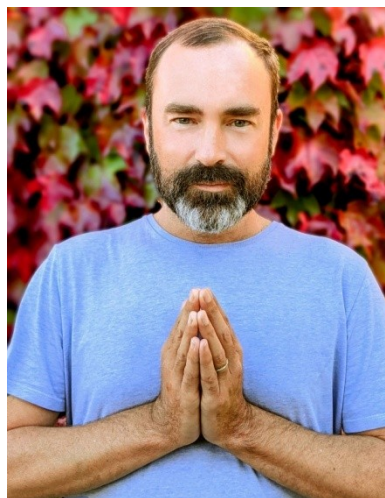
Ortega (Shiva Tantra and classical yoga); Alexis Sanderson (Shiva and Shakta Tantra, Sanskrit); Marshall Rosenberg (nonviolent communication); Somadeva Vasudeva (Shiva Tantra); Dharmabodhi Saraswati (Tantric Yoga); also Adyashanti (meditation). Harish is the author of the book "Tantra Illuminated: The Philosophy, History and Practice of a Timeless Tradition".

Yoga psychology is the most valuable science in the world. I would very much like my grandson to pursue this science, for it to be taught in all universities. Why? Because this psychology transforms a person into a Human. The term "enlightenment" is shrouded in legends. In his article "Stages of Awakening", Harish talks about the path to enlightenment. Happy are those who learn it. You can choose a specialty later, but spiritual sciences are the most important. I cannot say how much spirituality is acquired by representatives of world religions, but from what I have seen on my long journey of life, I have seen only a few spiritual priests. It seems to me that the most important thing for priests is service to the church, not to man. No sermons and no masses transform a person. Mystics and all saints have proven through their experience that only personal effort, concentrating all the forces of the spirit and will into one goal - devotion to God, can turn a person into a "child of light". Reading books is necessary - they motivate, but a deeper understanding of the psychology of yoga can only be achieved through practice with a very experienced master. Thus, the words "awakening" or "enlightenment" are the key to spiritual life. This is definitely not the Sun Wheel in a sports club.

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STAGES OF AWAKENING

Christopher Wallis claims that those who follow the spiritual path use the word "enlightenment" particularly incorrectly and perceive 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 the spiritual sense, in contrast to the rationalist view, in the Oxford Dictionary means *“the act or state of attaining 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 in some symbols, then it could be transmitted directly and would lead to enlightenment... **“If such knowledge existed, it would have been discovered by now, and the greater part of humanity would already be enlightened; and the noun “enlightenment” is understood as a state in which a person has reached final enlightenment and has known 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 so, you will most likely try with all your might to strive for the Absolute, although the very aspiration and the concept of aspiration undermine the possibility of spiritual awakening. In addition, you will most likely begin to believe that this imaginary achievement will elevate you above other people, and such hierarchical thinking is the opposite of spiritual awakening.”**

This explanation should be enough for a beginner to understand the essence: you will not receive anything for nothing and quickly, even if you want it very much and wait for a long time. So if you also adhere to the above definition of enlightenment, and believe that “it can be achieved in this life”, you just need to try... you are terribly mistaken. Such a “state of enlightenment is so exalted and mythologized” that many practicing yoga or meditation believe in such a possibility for themselves. Unfortunately, the Author disappoints - it is just a state of **“severely inflated ego”**.

Ancient figures like Buddha or Ramana Maharshi *are held up so high on a pedestal* that some people simply don't see the possibility of achieving such a result for themselves. So what should we do and what should we believe?

Christopher offers a unique formula for all those who believe in enlightenment: “the word ‘enlightenment’ is a real enemy of truth, which I (...) prefer to call ‘abiding awakening’. The term ‘abiding awakening’ means a stable, constant awakening. This is such a

spiritual state. The point 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 useful than the other. I myself tried to translate those sentences of the Author in such a way that it would be clear to you what is the matter.

According to Christopher, “spiritual awakening is a spectrum of multiple points on it, and therefore it is possible for every person, and even more so for those who are already awakened. The first thing to do is to define what we mean by the word “**awakening**” (a stable, permanent state of wakefulness, i.e. such a spiritual state) and its cognates, such as “**awakened**” (being awake, being in a state of wakefulness). The word “**awakening**” (and cognates) *has become so common that we easily forget that it is actually a metaphor, meaning that we do not have the original word in English (or any European language).* This metaphor means that everything that is being talked about is equivalent *to waking up from sleep.*

I am not going to teach you the art of awakening – but it will be enough for you to know that it is not appropriate to juggle these metaphors related to enlightenment and awakening. It is better not to mention them. The time will come, from practical experience, and you will understand what is what.

When you no longer vote for a person who committed a crime and “washed his 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 “a change in paradigm that reconfigures your perception of everything.” It is confused with a certain experience or experience, because often this paradigm shift is accompanied by significant, even dramatic, elements of experience. These elements of experience are unstable, while awakening leads to a stable state.”

The Buddha taught that nirvana is a permanent state, but not because it is the discovery of something, but rather because it is the loss of something.

The loss of delusions and confusion about reality and/or one's own nature. **"Everything that arises, of course, passes away, but that which has ceased to be can disappear forever. That is why nirvana literally means "cessation." False beliefs have ceased, and their departure means a different paradigm of existence."**

Christofer seems to console that not everything happens suddenly, but gradually... But sometimes there are sudden enlightenments... Life is unpredictable and certainly does not depend on the ego. False beliefs disappear gradually, are exhausted thanks to (correct) spiritual practice. The author discusses the various stages of awakening. This may be interesting for those who dedicate themselves to walking the spiritual path to the Light.

The author himself recognizes the contradiction of this teaching: **"awakening by its nature can be both sudden and gradual. Insights and perceptions are a pleasant part of this process. Integration is the most difficult part for many. However, it is the process of integrating these deep insights into 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 who supports integration, your understanding can be assimilated by the mind and transformed into beliefs that reinforce an inflated image or "spiritual ego". The most important thing to know (for those who care about the well-being of others) is that without integration, your awakening is unlikely to bring significant benefits to anyone. It seems as if you have discovered within yourself the most wonderful source of blissful light, but it cannot flow effectively to uplift you and benefit others until the psyche itself is attuned to that light. Of course, this is only a metaphor. So, everything needs to be reconsidered in the light of what you have understood at each important stage of awakening. This reassessment of values can be very subtle in some relationships, and in others - obvious, depending on the person".**

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* I presented Christopher Wallace's article to you based on the publication in Russian. «Этапы прозрения» ("Stages of Awakening") in the magazine eroskosmos.org. Emphasis is mine. Photo hareesh.org.

** Abiding awakening – stable, constant awakening (i.e. such a spiritual state);
awakeness – being awake, being in a state of awakening; enlightenment –
enlightenment.

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SPIRITUAL EXPERIENCE AND ERRORS

The idea to turn a poor Indian boy, Jiddu Krishnamurti, into a follower of Jesus Christ was not only flawed, but also criminal. This idea was taken up by the International Theosophical Society under the leadership of the then famous Russian émigré Madame J. Blavatsky. The activities of her society caused enormous damage to Christianity and the spiritual tradition of India. The book “Mrs. Blavatsky’s Baboon” * by the English scientist and historian Peter Washington is chilling: a group of adventurers decided to “train” and declare the Messiah of the Indian boy Jiddu Krishnamurti. However, despite the artificially created fame for him, the reverse side of Jiddu’s life was full of suffering and hypocrisy. Recently, his real life among “guardians” of a spiritually wounded man has come to the surface. This is an instructive story of how unscrupulous “gurus” harm people and cause confusion in society for the sake of fame and money. It is very strange, I thought, why that book has not been translated into Lithuanian until now. When I read it, I realized: it is not interesting to our society, because it is overshadowed by the cult of that Russian swindler and impostor, which is acceptable even to philosophers with a scientific degree.

ENLIGHTENMENT BY FORCE IS IMPOSSIBLE!



The book by the English scientist Peter Washington is a deep study of one layer of spiritual life, which has undoubtedly influenced modern European and American culture. The author examines one socio-cultural phenomenon, based on various, sometimes scandalous facts from the life of the “Western Guru” (as J. Krishnamurti was called), documents, and testimonies of contemporaries.



Jiddu Krishnamurti

The book, based on historical facts, tells about the Theosophical Society**, which was founded by the Russian emigrant Elena Petrovna Blavatskaya (JPB). The book tells the story of Jiddu Krishnamurti's life, analyzes his personality development, and the scandals of the Theosophical Society in an attempt to create a version of the Second Coming of Christ. Fortunately, Jiddu's human wisdom returned him to his senses and he renounced the role of the World Messiah.

The story was as follows: in 1909, the followers of theosophist Helena Petrovna Blavatsky (JPB), Ch. Leadbeater (1854–1934) and A. Besant (1847–1933), announced that Jiddu Krishnamurti was the person into whom the coming World Teacher would incarnate. In 1911, the International Theosophical Society (ITS) was founded, and J. Krishnamurti was appointed its leader. In 1922, he began to move away from Theosophy, and in 1929 he dissolved the Society, abandoning the messianic role assigned to him. He argued that neither belonging to any organization, nor the confession of any faith or dogma, nor philosophical knowledge or psychological techniques lead to truth and that it can be perceived only by understanding the content of one's own mind. The story of Jiddu teaches how carefully one should choose one's "guru", and there are quite a few of them.

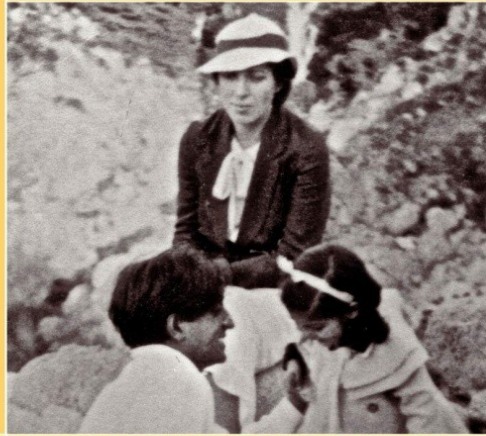
Recently, another book appeared that "undressed" this guru and showed the secret side of his life, which included many women, a lot of sex, hypocrisy, and inhuman greed for wealth. That book was written by the daughter of his guardian, based on letters found at her mother's and her own memories. Although the name of this "mystic" still appears, is often quoted, there is no point in commenting on anything further. It seems that the activities of theosophists have been dismantled to the bone and no longer arouse any emotions, but they still "hang" some esotericism, despite Blavatsky's appalling drive to encompass the whole world...

If you are curious, you can find the author of the book below and read it yourself.

"A moving and illuminating book."
—London Literary Times

Lives in the Shadow

with J. Krishnamurti



RADHA RAJAGOPAL SLOSS

Do you think that was a long time ago and all that activity of theosophists has been forgotten? No, theosophists still exist today. The followers of Vydūnas,** a great admirer of theosophy, still gather a group of phantasmists, especially from the neo-pagans, and although they do not have much influence on society (neopaganism is not legalized), some politicians and public figures of a pro-Oriental orientation have hopes of turning neo-paganism into the religion of Lithuania. It is sad that admirers of folk cultural traditions support them. If some naive young man were to fall into their net, it would be difficult to escape from him...

Let the readers see for themselves the "magic" of theosophical phantasms and see how the mind, inclined to "tyres", desires to remake Reality according to itself. Many people like to use the history of Christianity and create an unusual well-being for themselves at the expense of the naive. "Prophets" and "saviors" appear in various forms in various countries of the world. And we have them. I have prepared for you a slightly shortened chapter of Peter Washington's book "Madame Blavatsky's Baboon" as an annotation. The book itself can be easily found on the Internet in Russian or English.

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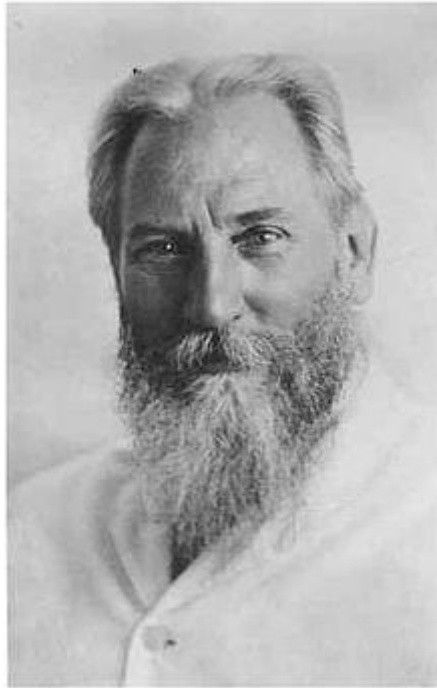
One chapter of the aforementioned book is called "Boys and Gods". Peter Washington defines "theosophy" as a spiritual science in two senses of the word. It is very important to note that the religious knowledge or dogma of theosophy is obtained by "occult methods" and is intended for members of the TTD to practice devotion and obedience, and the development of psychic abilities.

The essence of this teaching was the idea of a "path" by which a person can develop spiritually. JPB tended to emphasize how difficult it is for an ordinary mortal to follow the "path", and her follower Leadbeater cleverly turned this formula upside down and stated that "no person closely associated with him can be an ordinary mortal and therefore everyone from his environment is actually walking on that "path". In this way, a kind of system of spiritual virtues arose among the Theosophists, towards which Leadbeater's friends and disciples 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 within the Society," the book's author writes. Since her election as president in 1907, Before the outbreak of World War I in 1914, Annie Besant founded or actively supported the following societies: The Theosophical Service Committee, The Sons of India, The Daughters of India, The Theosophical Action Committee, The Order of the Rising Sun, The Order of the Eastern Star, The Committee for the Relief of Destitute Indian Students, The Temple of the Rose and Cross, The Theosophical Order of Sannyas, The Preparatory League of Healers, The League of St. Christopher, The Servants of the Blind, The League of Modern Thought, The Order of World Peace, The Brotherhood of Arts, The League of Prayer, The League of Redemption, The League for the Study of Man, as well as at least a dozen Buddhist schools and the Theosophical Bank in Finland.

Thanks to Mrs. Besant's organizations and Leadbeater's orders and rituals, a huge stream of theosophical symbolism spread. The foundation of the Theosophical idea was very weak, because the preachers themselves loved the earthly life no less than the "heavenly" one, and everyone ridiculed Annie Besant, who praised the "inner development of man", while she

herself was very careful about her appearance. She adorned herself with theosophical orders, which she and Leadbeater had created. They were passionate about ceremonies, ceremonial clothes and rituals for self-aggrandizement.



Charles Webster Leadbeater

And Mr. Leadbeater did the same with "heavenly miracles and predictions". JPB herself never tired of creating occult phenomena. **She cunningly "predicted" her prophecies about great spiritual events.** She declared: "No master of Eastern wisdom will appear in Europe or America or send anyone there...until 1975." (The date of her preliminary Memorandum), i.e. after her death. And no one will be able to accuse her of an unfulfilled prediction.

However, Leadbeater was much bolder than his teacher and declared that the 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. The homosexual Leadbeater tested more than one candidate for the role, until he finally found the most promising "vessel" into which the Messiah was to fit. And this was Jiddu Krishnamurti.

While swimming in the sea, Leadbeater and his assistants, Ernest Wood and Johan van Manen, saw a miracle - an Indian boy splashing in the water, glowing with a special aura. He was dirty, unkempt and did not behave very nicely with others. In any case, the choice was quick, and Leadbeater announced to his followers that this child was destined to become a great Teacher—even greater than Mrs. Besant herself.

Jiddu was the son of a civil servant, a poor pensioner, and a zealous theosophist. Leadbeater named him Krishna. He would place his hand on the boy's head and investigate his "past incarnations." After a while, he made the sensational announcement that a new boy had been discovered—an avatar of the Lord Maitreya. Jiddu was washed, dressed clean, and taught theosophical tricks.

To make you understand the absurdity of theosophical fantasies, I will quote: "So, in 40,000 BC Leadbeater was the wife of Annie Besant, and Krishnamurti was their child; and in 12,000 BC Leadbeater married 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 huge soap opera of cosmic proportions, in which there were more than two hundred characters. It is not surprising that in such a complex system there were sometimes contradictions and inconsistencies." However, very often the works of theosophy "science" met with dissatisfaction among the members themselves, because some statements contradicted each other and in the end it turned out that they were created without any connection with higher "spirits", but were simply products of JPB and Leadbeater's imagination.

By the way, all the members of the Theosophical Society were involved in that soap opera with their roles. For propaganda purposes, Leadbeater also published a special magazine, which was initially distributed and had a large readership. Later, interest in it waned and waned. Scandals in the Society also did their dirty work. Only Leadbeater's enthusiasm for Krishnamurti did not fade. The boy had more than one teacher, they punished him - the teachers punished the boy severely for his stupidity and inattention, and once Leadbeater hit him. "Krishnamurti remembered this episode for the rest of his life. He clearly had no special abilities for

science. Twenty years later he confessed that he had never been able to read a single Theosophical book from beginning to end, let alone its contents."

Be that as it may, Krishnamurti's occult abilities developed "extraordinarily rapidly." After less than five months of probation, he became a full-fledged disciple of the Theosophical Society. In 1909, Annie Besant also took up Krishna's upbringing. Since Jiddu had no mother, he became attached to gentle women. Finally, Jiddu's guardians decided to adopt the boy. Annie took them away from the family, from the arms of their father, who suffered for a very long time as a result. The old father began to regret what he had done and began to complain about the excessive dependence of his children on Leadbeater...

Moreover, in order to "more successfully carry out the mission" (to educate Memsia), Annie decided to take the boys to London. This required their father's permission. Annie approached him with such a request. Reluctantly, the father nevertheless agreed to send the children to a distant country, wishing them well-being, but on the condition that "they would be as far away as possible from the dubious influence of Leadbeater. Annie Besant agreed to his conditions, but almost immediately broke them."

I will not tell you what happened next, but those leaders of the Theosophical Society had only one goal in mind, to introduce the future Maitreya as soon as possible. "At a meeting of the Order of the Eastern Star in December 1911, it was announced that Krishnamurti, as the first president of the Society, should present the Society's membership certificates to those present. According to Leadbeater, the attendees witnessed a miraculous transformation similar to the descent of the Holy Spirit on the apostles on the day of Pentecost; and the ordinary earthly community was drawn into the Divine Mysteries".

...Krishnamurthy was "destined to become one of the millions who had lost their usual way of life, but who was not attached to any other. Having lost his mother in childhood, he now had to part with his father, family and homeland. Later he would become a free man, without any special attachments or sense of responsibility to others. Such conditions were to

become the source of his enormous moral and spiritual authority. They became the source of his mistakes and endless emotional experiences”.

Jiddu took under the patronage of the famous “architect Edwin Letyens’ wife, Lady Emily. Lady Emily was born in 1874. She was the daughter of the first Earl of Lytton, Viceroy of India, and the great-granddaughter of Bulwer-Lytton, whose novels had once inspired Madame Blavatsky herself. Thus, she was prepared in advance to become a follower of occultism with an Indian flavor”.

This second “mother,” a devout Christian, believed that the Second Coming would occur in her lifetime. She later joined the Theosophical Society and became “body and soul devoted to Theosophy.” When she saw Krishnamurti at the station, she fell in love with him passionately. “Although this love was largely maternal and romantic, there were also erotic elements in it, although it was several years before Emily admitted this to herself. She was not satisfied with her husband—charming, witty, worldly, and so simple a man that she had to play the role of a devoted wife. Krishnamurti was dark-skinned, exotic, vulnerable, handsome, domineering, demanding respect and at the same time blessing.”

In other words, the boys pursued their studies, although Krishnamurti was not successful in them, 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 position, its members were to report directly to the President and thus prepare for the coming of the World Teacher. Previously the aims of the Branch had not been specifically explained, but now that it was known who this Teacher was, the Branch was to offer its work to him; for this purpose appropriate stages of initiation were created with their own distinctive signs, ribbons and medals. The Order of the Eastern Star increased, and the total membership of the Society increased from thirteen thousand in 1907 to sixteen thousand in 1911, when new candidates were being admitted every week. It soon became clear that the figure of the World Teacher had a tremendous effect on the popularity of Theosophy. In 1920 Krishnamurti’s fame helped to increase the membership of the Theosophical Society to thirty-six thousand, and in 1928 there were forty-five thousand.”

Annie Besant, encouraged by Leadbeater, transformed the Society into a kind of theatre with lavish decorations, elaborate rituals, ornate costumes and glittering sets. 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 enemy and “founded the ‘Temple of the Rose and Cross’, based on Rosicrucian traditions, with rituals inspired by the mystic Count Saint Germain.” There were constant scandals between theosophists and the church’s supporters. Leadbeater became involved in Freemasonry. With the same figure, he founded the Liberal Catholic Church. In 1916, he became its priest, and seven days later (!) he was consecrated bishop. “From then on he preferred to call himself ‘Bishop Leadbeater’ and began to wear purple robes, a large cross on his chest and an amethyst ring.” The JPB did not like this. However, some theosophical leaders liked the ‘church’ and after the First World War its branches appeared in Europe. However, Leadbeater was no longer interested in Europe itself. The author of the book says that “the Bishop’s fame was short-lived. Some theosophists, calling for a “return to Blavatsky,” made him the main target of their attacks. They also remembered his poor reputation.

Theosophists began to criticize Leadbeater’s “intention to interpret the JPB as a kind of John the Baptist, announcing the coming of Christ. The battle in the Theosophical Society was heating up to red. 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 the 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 Ruler. The Ruler asked Mrs. Besant to seek self-government for India, and she agreed.” This decision only increased the discontent of those Theosophists who opposed Annie's leadership...But while the fight was going on there, rumors reached them from Australia that **"Leadbeater has again been accused of immoral behavior - and this time the police are interested in him"**.

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* Peter Washington. Baboon of Madame Blavatsky. History of mystics, mediums and charlatans who discovered spiritualism in America. You can find that book at:

azbyka.ru. It is worth reading to understand what damage was done not only to Krishnamurti, but also to Christianity by the self-proclaimed "spiritual teachers", whom I call "esotericists".

**Vilhelm Storosta (pseudonym Vydūnas, German Wilhelm Storost; 1868 - 1953) - philosopher, writer, publicist, cultural figure.

*** Maitreya (Maitreya, Pali = Metteyya) – the future Buddha in Buddhist eschatology. From the point of view of the Buddhist religion, this is a bodhisattva who will manifest on earth, achieve enlightenment and teach the dharma. Buddhist manuscripts state that Maitreya will be the successor of Buddha Shakyamuni. Hints of such a prophecy are 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 the dharma will be forgotten, is acceptable to many Buddhists. Wikipedia.com.

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Part VI

PAST, UNHEALED HURT AND HOPE

Let's get back to our religious matters. For over 2000 years we have been waiting for the return of Christ. Were Christians during that time faithful to Him, correctly and sincerely fulfilling His Law, the One:

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

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The history of Christianity (I am not going to tell all of them here - it has already been done) is full of pain, cruelty, violence, lies, hypocrisy, deceit, empty talk, insensitivity. The first Christians, among whom there was no spiritual unity, interpreted the Teaching of Christ in their own way. The followers of Christ, who diligently spread the Word of the Teacher from mouth to mouth, were persecuted, tortured and killed. After the founding 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 During the reign of Emperor

Constantine I, Christianity and local hierarchical structures were 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 basic truths of faith. The rise of Christianity was helped by Emperor Theodosius, who declared Christianity the state religion in 392. Theodosius banned the Arian sects and began to persecute pagans.” * That is when the church hierarchs, having received the blessing of the secular authorities and under their supervision, began to act “imperially.” The power, glory, wealth and... fanaticism of the authorities trampled on everything that was holy. Love for one’s neighbor remained only in the Holy Scriptures... Under the guise of the “word of God,” the church first of all instilled hatred for “heretics.” The word “heretic” became a curse for anyone who was accused, who believed in God in some other way. That terrible word became a weapon against women, herbalists, and non-believers. Complaints, the desire to please the pastor, to benefit from the “heretic”’s wealth, envy of the neighbor’s beautiful wife, all contributed to the spread of “heresy.” Abuse of power brought profit to the church, it grew like yeast. However, unfortunately, it did not become the Bread of Life. It did not become so because the church did not teach LOVE. For millennia, priests taught to hate the stranger and the “distant.” The Law of Christ was trampled on.

The first centuries of Christianity are remembered for terrible cruelty, when “other Christians” were physically destroyed – Arians, Cathars, Albigenses, Gnostics. They were popularly called “perfect and faithful,” striving for purity of soul, living according to Jesus. They preached, healed people, did not eat meat, and observed chastity. The Cathar movement spread to Southern France (called the Albigenses), Italy, Spain, and Germany, as well as Eastern Europe. The Cathar views were influenced by the Gnostics and Manichaeans (3rd–13th centuries). The latter preached religious dualism, and their views contained elements of Gnosticism, Buddhism, Zoroastrianism, and other religions. Christianity was brutally cleansed of all kinds of influences, but it itself did not become any cleaner. In the Renaissance, the time came to reform it.

The Church grew stronger (became wealthy and powerful) thanks to the Crusades. Armed with swords, the Crusaders “carried the word” to the

pagans. Were those feudal lords from Italy, Germany, or France messengers of God? Of course not. They were invaders, the kind our ancestors had seen hordes of in the past. Even after occupying pagan lands, things did not improve. The history of the Crusades has already been written, sorted out. The conclusion is this: the “word of God” was used for predatory purposes. It was definitely not the Word of God.

Consequences of the Crusades:*

- Trade and crafts revived, the cities of Northern Italy strengthened
- The number of middle-class vassals decreased, and their land went to the seniors.
- Social processes accelerated. Feudal lords introduced cash rent. Serfdom began to disappear.
- Many serfs gained freedom.
- The Crusades were predatory, but they revitalized culture. Oriental plants were introduced, changes occurred in everyday life.
- Moral values and ideals faded

Such is history. And today? Lately, I have noticed that some priests have become closer to the laws of Moses: do not steal, do not kill, do not lie...etc. They allow "pouring water", i.e. moralizing about a virtuous life. Not a spiritual one. Moral norms without Love are an empty bubble. Moralization can cover up even the darkest intentions and actions. A spiritual (not religious) person is responsible before God himself. He no longer needs secular moral norms. The question of what the church could have been if it had followed Christ now seems overdue. It is, as 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 movements. The spirit of the Roman Empire - to wage war and conquer - infected the church with the syndrome of power and ...

Why is the church today not as strong as a "rock", but weak and evil?
It has never acknowledged historical mistakes, like all conquerors! It has

not repented of the consequences of the Crusades, nor of the atrocities of the Inquisition, nor of the burning of "witches", nor of pedophilia. And where is the psychological violence! Apparently, it is more convenient for the servants of the church to live like this. They still dare to teach us, educate us, be angry, accuse us... But to call God's children to a dialogue of love, to communion, to openness of hearts, to reconciliation - no. The Word of God was brought to our land through violence, not love. It took more than one hundred years after the Baptism of Lithuania for Christianity to become "its own religion". Anger may have disappeared, but historical grievances remain to this day. Lithuanians still cannot forget the religion of their ancestors. Recently, neo-paganism has begun to expand its borders. Cunning politicians have been quick to use it for their own purposes. Fans of pagan rites should think about it more seriously. After all, nothing prevents us from worshiping God's creation, trees, plants or animals, but ignoring God, who created everything, is naive and inhuman. Recently, priests have even become accomplices of suspicious political formations. I will not post photos from their joint meetings. Those who have eyes will find them.

Looking at the panorama and state of the world, there is no spiritual progress to be seen. The rational mind, wounded by the religion of science, is as always angry, greedy, full of grandeur and a desperate desire to prove its own righteousness. Such a mind does not need God. Who is to blame for this arrogance? Who set an example? The opposition between large and small groups of people is so great that it is simply inappropriate to talk about unity in God. Egoism destroys everything that is holy, and the self-confident mind's contempt for the Word turns "children of light" into darkness. The Church would like us to be like wooden sculptures, similar to each other. However, God loves diversity, and it is right to live with that diversity properly, not to be angry.

It is easy to reject a person, but almost impossible to win him back. It is not spiritual connection that dominates among people, but calculation and benefit. This is what we want to say to priests: go to the street, to the people, as Jesus did, talk to everyone, invite young people to meditate and chat together. Jesus did not leave his sheep unattended. This is not the kind

of Church Jesus created. Some people are beginning to understand all this and begin to seek spirituality in their own ways.

A close look at what is happening in our society (not only in Lithuania) allows us to notice that some priests and politicians prefer to rely on the Decalogue rather than the “heavy” Law of Jesus Christ. Whoever feels superior to you teaches you, forbids you, scolds you, but none of those “above” speak about love for HUMANS. In this I see the Pharisaic nature of the Decalogue. Being a Pharisee has become fashionable. I will not mention it – everyone knows what they did to the One who preached TRUTH and LOVE. The preaching of each such “superior” makes one cringe: “Here is another Pharisee!” It is very easy to scold, teach, judge another. (Mea culpa. Everyone stumbles.) It is right to fight evil. However, it is also right to understand what kind of evil you are fighting? Christ was also a fighter. But forgiving. He forgave those who believed in Him. Those who follow the Basic Law, who live only in IT, solve all the problems that are in our heads. Love is a sacred keyword. Whoever touches it, all the weapons directed at another fall from their hands. If someone attacks you with all their anger, that person is a Pharisee. Forgive him... He is a poor sinner. So, let's return to That Law and repent.

Isn't it time for the Church to renew itself from within?

Who among the priests would start leading people to the Living God? The paintings and sculptures on the walls of the Church have become an expression of idolatry to attract tourist flows. It is strange that Christians do not notice this. They pray and leave. Who will dare to speak about this publicly? Who will be the first to invite believers to a Love Date? Who will dare to go against the authority of the Church without fear of being thrown out of the ranks with curses. I tend to believe in miracles. And I do not put an end to it. I know very well that the Church was created for us, not for priests. The Church belongs to US, not them. Our taxes pay the salaries of the priests. Meanwhile, Buddhist monks, even those who are married and have families, earn their money only from alms. They earn their money from love for their neighbor. A real paradox, isn't it? I would like to see a priest begging for alms, without a big belly and a majestically raised head.

The Truth of the Spirit has not disappeared anywhere. It is not in the heavens. It is still not only among us, but also in us. If the clouds of the mind are cleared away, its Light would appear to everyone. Hope is alive. Let us simply love our Lord with all our heart, with all our soul and with all our mind! He tells us:

**18 Little children, do not love with word or with the tongue,
but with deed and truth.**

**19 By this we will know that we are of the truth,
and we will reassure our hearts before him,**

20 if our hearts begin to condemn us:

God is greater than our hearts and knows all things.

**21 Beloved, if our hearts do not condemn us,
we have confidence in God**

**22 and we receive from him what we ask,
because we keep his commandments
and do what is pleasing in his sight.**

23 And this is his commandment:

**that we believe in the name of his Son Jesus Christ
and love one another, as he commanded.**

**24 Whoever keeps his commandments
remains in God, and God in him.**

**And by this we know that he abides in us,
by the Spirit which he has given us.”****

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I am writing this because I want to encourage everyone to boldly step into HIS Church, which IS in our Hearts. From those hearts, the Kingdom of God can be cultivated.

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*Source: Wikipedia.com

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

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CHURCH and WE

Like parents, the church should love, care for, and educate God's children (!), not push, despise, and constantly be angry with them. From such a church, as from bad parents, children run away and even kill themselves. The church has many means to penetrate the heart of a believer. In addition to masses and public ceremonies, there is also Christian meditation/contemplation. The church does not publicly practice this spiritual method. There is a reason for this. No one taught priests this. The church did not develop such teachers. This requires spiritual experience, not just catechism. This is a topical topic. There are no public, sincere conversations with believers about this. They are satisfied only with intimidation: God forbid, just don't get involved with those Buddhists, their meditations cause psychoses, they are dangerous, they will separate you from Jesus Christ, etc.



Contemplation

What is meditation/contemplation?

The definition is as follows: it is the process of consciously focusing on specific thoughts (e.g., a Bible passage) and reflecting on its meaning in the context of God's love. Christian meditation is a *form of prayer* during which one systematically tries to understand and reflect on God's revelations. The word meditation comes from the Latin word *meditārī*,

meaning contemplation, study, and *practice*. A person learns meditation on his own or receives a lesson through Revelation.

The topic of **the Living God** is neglected, ignored. Let's look at the spirit in which the famous mystics lived in ancient times. In the period from the Resurrection of Christ to the 13th century. many wonderful things happened in the silence of monasteries. At that time, believers saw in the Gospel texts the "secret" words of Jesus about **the Living God**, 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 in him, not somewhere "in heaven." Therefore, the Church was obliged to teach God's children direct communication with God through the Holy Spirit. Since God Himself wished to reveal His gracious Plan to man, to make all people sharers in the divine life, the Church was obliged to carry out that Plan. It was the mystics who lived in monasteries with a living spirit. They not only meditated, prayed and wrote, therefore we have testimonies of their spiritual experience.

Few laypeople knew about the life of the mystics. *The Church was not concerned with spreading the secret of the living God to everyone.* The conclusion is that this was deliberately hidden. The priests, apparently, thought (and still think) that society was naive, that it could still be manipulated. They talk about love for one's neighbor, but they themselves select people into virtuous and "depraved." Jesus, as you know, did not reject anyone. Sometimes you want to remind the Church that it is not an independent structure in the state, but is dependent on citizens. It has no right to engage in the selection and rejection of believers. Indeed, *Pope Francis said that all work must begin with Love for One's Neighbor.*



Oh, my Jesus, be merciful! A metal portrait of Jesus that hung in my father's birthplace near my bed as a child. I took it as a keepsake. And here, after many years, I share this precious relic with you.

Thank God, not all priests act according to the "canons." There are incredibly bright personalities among priests. I believe that, urged by the Pope, they will take on this difficult spiritual work - to learn and teach others meditation and contemplation.

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

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LET'S MAKE GOD REAL!

In the Gospel of Matthew, 24 we read how Jesus said to his disciples: **"If anyone wants to come after me, let him deny himself and take up his cross and follow me."** This is a clear reference to meditation. It is a way of following Jesus by denying himself. If even one thought from the "natural" realm remains in your mind, you will not establish a spiritual connection with Him. The hallmark 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."** Christian meditation is dominated by strong personal relationships, based on the love of God and dedicated to the

worship and glorification of God. *Thomas Merton described the goal of Christian meditation as deep grace and loving unity with the Incarnate Word, who is the Only Mediator between God and man.*

Although it is sometimes written that Christian meditation aims to fill the mind with Bible passages or Christian prayers, it is not clear how such meditation could take place through the action of the mind. It is more like contemplation than meditation. Meditation is a total surrender to the Holy Spirit, so that He Himself may bind the soul to Christ. Learn to meditate. There is a lot of information on the Internet. *

St. Teresa of Avila associated her *legendary meditative ecstasy* with the goal of “seeking the guidance of the Holy Spirit, beyond the small phenomenon of ecstasy.” Mystics are modest, they avoid showing off 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 opinion, Eastern traditions were not tainted by such thinking and therefore had much more to offer for man to understand himself. In his study of Christian mystics, Merton found many parallels between the language of Christian mystics and Zen philosophy. Merton believed that non-Christian meditations could do no harm to Christian doctrine.

Meditation and prayer mean different things depending on the religion, sect, school, or person, although some believe that meditation and prayer can mean the same thing. In her article “*Meditation and Prayer: A Comparative Study*,” scholar Rita Gross notes that there is an incorrect stereotype that Buddhist meditation is only a silent and solitary practice, although in fact many Tibetan Buddhists use the word “prayer.” Prayer and meditation are intimate and sacred subjects. Both refer to actions aimed at realizing good: *for a Buddhist, this is Dharma, and for Christians, God.*

It is disappointing when Christian clergy say that believers in Christ should not practice Eastern meditation, that they should be encouraged to search only with their minds for the meaning of the Bible. **If we only search for meaning with our minds, we will get fanaticism.** But this is

what those who do not know the essence of meditation or who want to make us slaves say. The goal of Buddhist meditation is to promote spiritual unity with all people, regardless of religion, beliefs, or nationalities.

Ignatius of Loyola (1491–1556), founder of the Jesuit Order, used meditative mental imagery in his spiritual exercises, the purpose of which was to know Christ more closely and love him fervently. To this day, his *“Spiritual Exercises”* remain an integral part of the Novitiate training of the Jesuit Order.

St. Teresa of Avila (1515–1582) taught her nuns to meditate on specific prayers. Her meditations, described in the book *“The Way of Perfection,”* which include contemplation of the mystery of Jesus’ life, are based on the belief that “God is within.” St. Teresa said she learned this truth from St. Augustine. St. Teresa considered Christian meditation to be 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 hears, nor sees, nor feels. While this continues, none of the senses perceives or knows what is happening.” This is how she described the fourth stage, which she called “Ecstatic Surrender,” when the consciousness of being in the body disappears. St. John of the Cross (1542–1591), a close friend of St. Teresa, considered Christian meditation to be a necessary step towards unity with God and wrote that even spiritually advanced people always need to return regularly to meditation.

It is worth recalling that St. Thomas Aquinas (1225–1274) said that meditation is essential to surrender, and the Second Vatican Council called for “faithful meditation 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 argued that the rosary helps believers draw closer to Christ through contemplation of him. Pope John Paul II argued that the rosary unites us with Mary’s own prayer, who prays with us and for us before God: **“To**

recite the rosary is nothing other than to contemplate with Mary the face of Christ.”*

"In the 18th and early 19th centuries, meditation was devalued in some branches of Western Christianity. In the early 20th century, a revival of meditation in Christianity began, and by the middle of this century, books and articles appeared on methods such as *Lectio Divina* for the general public. *Lectio Divina is a profound method of spiritual reading and prayer that, through reflection on Sacred Scripture, helps believers experience the closeness of God and grow in their spiritual life. This practice develops spiritual sensitivity to the Word of God, and encourages prayer and contemplation.* According to church teaching, *Lectio Divina* aims not only to understand the Word of God, but also to transform the heart and life of the believer so that he 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 2005 On the occasion of 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 of the Holy See was published concerning aspects of Christian meditation, the position of the Holy See on the differences between Christian and Eastern meditation styles. **The document, issued as a letter to all Catholic bishops, emphasizes the differences between Christian and Eastern meditative approaches. It warns of the danger of trying to mix Christian meditation with Eastern approaches, as this can lead to a confusing and misleading practice, and the essential Christocentric nature of Christian meditation can be lost.** The letter warns that the states of euphoria obtained through Eastern meditation should not be confused with prayer or considered signs of the presence of God.

The Catholic Church, as always, is instilling fear in us - such is its "policy". This is an empty warning and a division of the spiritual world. The Spirit is ONE AND UNITY. This is what we should meditate

on constantly so that there is 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 above all a search. The mind seeks to understand the why and how of the Christian life, in order to adhere to and respond to what the Lord asks" (Catechism, Section No. 2705) and that *Christians owe it to themselves to develop the desire to meditate regularly*. Indeed, Christian prayer should lead to the knowledge of the love of Jesus. union with him".

Pope Francis says that meditation is necessary for everyone. Since the authority of the Holy Father's Word is very important for Catholics, I will publish one Vatican document reflecting the true attitude of Pope Francis towards meditation. And this attitude is completely different from what was announced before.

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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 of a higher level than the spirituality of other religions, I will end this text of mine with the words of the famous Sufi mystic Inayat Khan (1882 -1927), an Indian music professor, singer, poet, founder of the Sufi Order, which operated in Western Europe and North America:



Inajat Khan preached that a mystic has only one morality - that is love. His religion has only one goal - to make God a reality.

God for a mystic becomes greater than the god of millions of people who only imagine God somewhere out there. For a mystic, God is real. The work of his inner life is to make God a reality so that He is no longer imagined. Why is there more faith in God among ordinary and illiterate people than among intellectuals? The answer is this: intellectuals rely on reason. They do not believe in what they cannot see. And it is wiser to first idealize God and then realize Him. Out of a million believers, there is hardly one who has made God a reality, because for many He is only an image. For many He is in a mosque, a church, a temple. Many wonder whether God is real? Others think that God is good, but He is separated from man. Although He is the highest, purest, most beautiful, He is far from us and difficult to reach. Many people naively think: since it takes a lot of time to reach distant planets, then God must be even further away.

Remember: the purpose of human life is to make God a reality.

We wait for Him to 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 COMMANDED TO LOVE!

WHY DON'T YOU LOVE?

Although Buddhism is not considered a religion, it attracts Western people. What attracts young people to ashrams, although there is a very strict order there, mandatory fasting, long-term sitting in silence, isolation from the "temptations" of the world. Christianity, on the contrary, is undemanding, I would even say tolerant: you go to church whenever you want, pray whenever you want. No one commands, no

one forbids. Prohibitions are a thing of the past. However, in the church you can still hear everything, depending on the priest. Some priests speak softly, others are angry and even very angry: they threaten hell, God's judgment. Buddhists never speak angrily. They invite to meditation sessions, open conversations about spirituality. Buddha is an enlightened person, a mystic, but not a god. Do Christians need to meditate? Enlightenment could become a spiritual aspiration not only for Buddhists, but also for Christians. After all, it was said that we are children of light.

It remains to be regretted that Christians did not seek the Holy Spirit within themselves, except for saints and mystics. Like Buddhists, they fasted, closed themselves off from the people around them, and completely devoted themselves to God. The church did not encourage believers to meditate. Perhaps it was afraid of something, because the enlightened become unsubmitive to any leaders from the outside. They themselves take up activity with all their energy, guided only by God. Although in Christianity a person is considered a source of love, at the same time he is compared to dust. If I am worthless, what is this faith to me, what is this love of God to me? If I die, if I only live once, why should I try to live according to someone else's rules? This contradiction causes an internal contradiction. It is terrible when a person lives his whole life and does not find in himself a single drop of love for himself or for another. It is terrible when relationships with God and another person are built formally, following "moral norms", a "declogue" created by someone else, written not by Christ. A person longs for love, walks sad and angry, until he finally becomes a skeptic, a nihilist. **The Christian tradition of considering God the Lord of Heaven has not brought anything good to the soul of a Christian.** We see this from the bad news floating everywhere: the crisis of Christianity, the empty churches... Yes, this crisis is old. Christians have waited too long for the promised Kingdom of God. Instead of seeking It within themselves, they have spent their entire lives waiting for the Return of Christ. And He still does not return.

Priests are tired of their workload, busy with all sorts of activities, distributing sacraments, baptisms, wedding ceremonies, and even consecrating cars, of course, they have no time for anyone and are angry

with everyone. For priests, meditation should become a “spiritual medicine” in their hard work. However, not everything is simple: meditation also requires time. Overcoming the resistance of the mind, “crucifying” it is not easy, you have to sweat a lot. When I was learning to meditate, I lost a lot of weight; after meditation, all my clothes were wet. I see that many priests are overweight, but not from a good life, but from stress. This shows that there is no time left for spiritual work. A meditating person will always be light, thin, and very lively. Meditation is not mind games, it is a completely different state, but it is worth working on. **Talk about meditation will not help. Having experienced a deep transformation, a person will love God, himself and his neighbor without dividing people into good and bad.**

I would advise you to read another book “*The Cloud of Ignorance*”*, which was written in the 14th century by an unknown author, a contemplative monk. The book says: “**...contemplation, which begins in this life and continues in eternity, is a way of knowing God through love, abandoning rational considerations.**” The author discusses many realities that a contemplative faces: sin, humility, perfection, warns about the dangers lurking on the path, aptly 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 today... I would very much like to present this book more widely, but it would be better if you read it yourself. And I will quote another passage: “**...every intelligent being, angel or man, possesses both the power of knowing and the power of loving. Although these two powers were created by God, the first, the power of knowing, cannot comprehend Him, while the second, the power of loving, can know Him to the end. Therefore, only a loving soul is capable of knowing the one who fills it and, undoubtedly, is greater than it, filling all human souls and all angels. This is an infinite and wonderful miracle of love, for God will always love us and will never stop loving us.**”

Many are unaware of the deep roots of meditation in the Christian heritage. From Jesus’ moments of communion with God to the practice of the desert fathers and mothers 3a. – meditation was practiced in the lives of hermits, ascetics, and monks. These men and women influenced such

leaders as St. Augustine and St. Gregory the Great. Throughout history, there are many witnesses who practiced and wrote about Christian meditation. Throughout its rich history, this spiritual practice has been known by various names: the Jesus Prayer, the prayer of concentration, silent prayer, the prayer of rest, contemplative prayer, etc. Despite the diversity of opinions, spiritual experience leads to the core of one's being, where one encounters the presence of God.”

And you know that there are over 200 meditation centers in the USA.** In Lithuania, there are no meditation centers open to a wider circle of visitors at all, except for small groups that run private businesses. No one has analyzed what training is given there and no one cares. No psychological surveys are conducted. These are simply “esoteric groups” for working “with energies.”

In America, those centers offer a wide range of information. One center* writes on its open portal that it offers “inspiring stories, poems, and various information that you can share, read, listen to, or watch to support your desire to live in Christ our Lord. This center is developing a library created by Christians themselves, members of the Christian meditation center community.” I liked the idea: **“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 life in our own kingdom to life in the kingdom of God. The Holy Spirit himself will make these changes. Truth is our guide, It brings us fullness and freedom.”**



Christian Meditation Center in America* However, in my opinion, it is definitely impossible to meditate in such an uncomfortable chair. A person cannot relax. His chest is compressed, his breathing is shallow.

“Meditation is not a time for words, no matter how beautiful and sincere they may be. All our words are completely ineffective when we come into this deep and mysterious communion with God. In order to enter into this holy and mysterious communion with the Word of God living in us, we must first have the courage to become increasingly silent. In deep, creative silence we meet God in a way that surpasses all our intellectual and verbal powers. We must listen, concentrate, participate, and not think,” writes Fr. John Main OSB, **“The Word into Silence.”***

Until a person discovers the living God within himself, he is vulnerable to sins such as anger, greed, hatred, cruelty, violence, lust, because his soul is hungry and angry. Only the Living God can satisfy a person and calm him. Psychological tricks will not heal the human soul.

HOW TO BE IN CHRIST?

John 14

10 Do you not believe,

that I am in the Father and the Father is in me?!

The words that I speak to you I do not speak on my own.

The Father who is in me does his works.

11 Believe me,

that I am in the Father and the Father in me.

Believe for the very works' sake!

19 A little while longer, and the world will see me no more.

But you will see me,

because I live and you will live.

20 When that day comes, **you will understand that I am in my Father,
and you in me, and I in you.**

**21 Whoever has my commandments and keeps them,
he truly loves me.**

**And whoever loves me will be loved by my Father,
and I will love him and will reveal myself to him.”**

Ask any believer if he will answer the question HOW TO BE IN CHRIST? A Christian does not know THIS, does not understand. However, believers should not be accused of sin for this - they should be explained HOW to love. Although Christ repeated his words “abide in me” many times, he did not explain HOW to be. No one understood, or perhaps deliberately ignored, that Essential Word of Christ. TO BE. After the Resurrection of Christ, the holy fathers got bogged down in philosophies...and completely obscured the meaning of sacred words. Only Christian mystics, through the Grace of God or intuition, discovered God IN THEMSELVES.

Priests read texts from the Holy Scriptures during mass, but the words do not touch the heart. After visiting church, we all go our separate ways... The church is needed only to calm the conscience: I

was. The church for psychological comfort? It is a pity and painful that the Spirit of Christ has not become the identity, the BEING of a Christian.

THE CHURCH HAS NOT TEACHED US HOW TO FIND GOD IN OUR HEART.

If it has not taught us this, let us begin to learn it ourselves. We can ask Buddhists for help 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. Thanks to meditations, I realized that I cannot seek peace only for myself, as if there were no One who created me. The Light I experienced during meditation led me to Christ, whom I did not know. A Buddhist may not need God. I do. I bow my head before all the apostles and Christian mystics who helped preserve the Living God and passed on living words to us.

My life is coming to an end. I tell you: learn Love now. Do not postpone this Work for tomorrow. May the Divine Light guide you. Do not waste your days in vanity. Calm down. Read books on meditation. Don't be angry with the church, because it is just like us. Change yourself and the church will change. Don't succumb to indifference - the greatest evil. If the Catholic Church doesn't open its doors to you, knock on other churches, there are many of them. Someone will accept you, maybe teach you the art of meditation or contemplation. There are already a lot of such churches in other countries. We are lagging behind.

BELIEVERS MUST MEDITATE

Those who want to learn meditation do not need to change their faith or become a Krishna. In order to know the Living God, first calm down. Do not let your mind constantly be distracted by the problems of this world. Read, be interested. 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 property, given as a gift for connection with the One God. Read books. You will not make personal efforts, you will not try - you will not experience. God is in you, as you are in Him. He will fill your hearts with light and love.

Meditation without God is egoistic, false. TO BE in unity with All is TO BE IN CHRIST. There is no contradiction between Zen and Christian meditation. Before meditation, you should pray. The Gospel of John contains many wonderful thoughts that can become your prayer. Memorize:

John 1 In the beginning was the Word. The Word was with God,
and the Word was God.

2 He was in the beginning with God.

3 All things were made through him,
and without him nothing was made that was made.

**4 In him was life,
and the life was the light of men.**

**5 The light shines in the darkness,
and the darkness did not overcome it.**

**6 There was a man sent from God,
whose name was John.**

**7 He came as a witness, to bear witness of the light, that all might
believe through him.**

**8 He was not the light,
but was to bear witness of the light.**

**9 The true light,
which gives light to every man,
was coming into the world.**

**10 He was in the world,
and the world was made through him,
but the world did not know him.**

11 He came to his own,
but his own did not receive him.

12 As many as did receive him,
to them 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
nor of the will of man,
but of God.**

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

**12 “I am the light of the world.
He who follows me will never walk in darkness,
but will have the light of life.”**

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POPE FRANCIS ON MEDITATION**

“MEDITATION IS FOR EVERYONE.

BUT FOR CHRISTIANS IT MUST LEAD TO JESUS.”

This was stated by Pope Francis during a general audience in the Library of the Apostolic Palace in the Vatican on April 28, 2021. The Pope reflected on the topic 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, “meditation” means seeking meaning: it means placing oneself before the great miracle of Revelation, in order to try to make it our own and to fully embrace it. And the Christian, having received the Word of God, does not consider it closed within himself, because that Word must be accepted with “another book” that the Catechism calls “the book of life” (cf. Catechism of the Catholic Church, 2706). This is what we try to do every time we reflect on the Word. The practice of meditation has received a lot of attention in recent years. It is not only Christians who speak about it: meditation practices exist in almost all the religions of the world. However, this practice is also widespread among people who do not have a religious approach to life. We all need to meditate, reflect, discover ourselves – this is the human dynamic. Especially in the insatiable Western world, people seek meditation because it is a great protection against the daily stress and emptiness that are everywhere. Here is the image of young people and adults sitting in a meditative position, in silence, with their eyes half closed... But what are these people doing, we may ask? They are meditating. This is a phenomenon that must be looked at favorably: in fact, we are not created to constantly run somewhere. We have an inner life that cannot always be ignored. Therefore, meditation is necessary for everyone. To meditate means to pause and breathe life. To stop and be still. Meditation methods are paths that must be traveled to reach the encounter with Jesus, but if you stop along the way, you will turn the path into “god”. However, we understand that this term, adopted in the Christian context, acquires a distinctiveness that cannot be eliminated. 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 door through which the prayer of the baptized person passes – let us remember ourselves once again – is Jesus Christ. For the Christian, meditation enters through the door of Jesus Christ. The practice of meditation also follows this path.

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

For the Christian, meditation enters through the door of Jesus Christ. The practice of meditation also follows this path. And here the companion of the journey, the guide, is indicated – the Holy Spirit. Without the Holy Spirit, Christian meditation is impossible. It is he who leads us to the encounter with Jesus. Jesus told us: “I will send you the Holy Spirit. He will teach you and explain to you. He will teach you and explain to you.” In meditation, she is also the guide who accompanies us on the journey to the encounter with Jesus Christ.

The Pope warns why it is always good to remember that the method is the path, not the goal; any method of prayer, if it is a Christian method, is part of the *Sequela Christi* and this is the essence of our faith. Meditation methods are paths that must be traveled to reach the encounter 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 “god”. “God” is not there waiting for you, Jesus is waiting for you. And the path is there to lead you to Jesus.”

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

Christian meditation, guided by the Spirit, 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, and only in this way, do we discover ourselves. But it is not a retreat into oneself, no, no: it is a journey to Jesus and from Jesus, finding oneself healed, resurrected and strengthened by the grace of Jesus. It is an encounter, including my encounter, with Jesus, the Savior of all. And all this is achieved thanks to the guidance of the Holy Spirit.

Thank you.

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When the book was already ready for printing, I unexpectedly saw some joyful information on the Internet: Jesuit priest Mindaugas Malinauskas leads Christian meditation evenings in St. Casimir's Church. You can find more information on the page of priest Mindaugas Malinauskas SJ. The Jesuits have always led Christians to the light. An example to follow for Catholics.

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*Text abbreviated. CNS photo/Vatican Media

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POST SCRIPTUM

I wrote those words that have long been known to everyone and for some reason I decided to check - what do they mean? It turns out that this Latin expression is used after the text in order to mention an important thought that has been forgotten...Hm. Did I forget to say something after what I wrote? I thought for a long time, looking out the window at the darkening day...Maybe I didn't forget, but there was still a lot I wanted to add, supplement, but there is no time. A lot still remains on my "hard drive". If God wills, I will be able to supplement my first publication. Today I am still alive, I can do nothing more, my strength is running out. After writing, I felt a sense of relief: I did what I promised This Light. I loved It so much that for 23 years now I have only thought about It every day. I do not appropriate It. I share It.

We unnecessarily appropriate everything, even Love, thinking that It belongs to us. Oh no! We depend on It! It belongs to the Light of the World, who came to proclaim His Word about Love.

Light and Love are identical words, they can be replaced by the Holy Spirit or God. He is not our property! We belong to Him alone. We receive everything from Him with the first breath of air. We learn to use It and even not to believe in It... God pampers us with His Light, giving 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 many! We should constantly live in Love, drown in It. This Source is inexhaustible.

Why do we become empty, feel abandoned and unloved?

I will repeat myself once again: because we carry within us one competitor of Love, a terrible jealous, egoist, narcissist, ambitious, self-centered and hypocritical: our ego, which relies only on its own mind and emotions. It must be trained to behave differently! Is it the duty of the church to teach us this? You decide for yourself. What we are - such is both the church and the priests. Let us take care of OUR souls ourselves.



Justinas Teofilis

When I see children playing in the yard or in the park, my grandson, sometimes my heart aches: will they also be destined to travel so hard through life in search of Someone who would save their souls? **I have Hope that the Church of Love 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 the children of His light still live in darkness, because those who were supposed to teach and enlighten us deceived us. We have

been hostages of their fairy tales for too long. And today we still are. That is what I wanted to say in conclusion: let us not be naive and passive like slaves. Let us be reborn anew and demand from those who kept us in slavery to their "spells" to no longer prevent us from living in the Light. You and I know that they will oppose it, that they will accuse us: they will say that we are unhealthy, evil, wicked... But let us no longer listen to those accusations. We have many excellent historical books, we have the Internet, we have arms and legs, hearts that yearn for love, we have Freedom, so let us take what belongs to us and... let us live differently. Teachers will also appear who have found the Light within themselves and will help us. Just choose your spiritual guides carefully so that we do not fall like sheep into the jaws of a wolf again.

The Church belongs to us, not a group of priests. We have a right to it. Let us make the Church 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: "He who is not with me is against me." He is also against us! The Church of Jesus was created for us, not for them. Let us revive It! Let us fill the Church with the Truth and Peace of the Spirit! LIGHT-LOVE-GOD-SPIRIT comes naturally when you give yourself all without any intention of getting anything in return.

SEEK CONSCIOUSNESS. Consciousness will free you from the dependence of the ego (body), which is the hardest work of life to overcome. CONSCIOUSNESS IS LIGHT. And let neither quantum philosophers nor all self-proclaimed "gurus" deceive your soul anymore. LIGHT, from which the world and you are created, is CONSCIOUSNESS. It is immortal. Just like you. Here we can say: AMEN.

One thing I regret is that I did not have time to make a list of the books I have read, which I would like to recommend to you. But

maybe I will be able to do it in another way. If allowed...I never plan anything. Well, here...I have said everything.

God willing.

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