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AllatRa

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

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Cry of an Angel Clad in Clothes, or Sufferings of a Man with an Angel instead of a Soul

To whom and why am I writing these lines? Most likely to myself. Abiding in a holy place for years, just twice have I been recognised, and only by the people with the Soul that is, by God's will, free from the mind. A human mind is a stumbling stone, perhaps, an entire cliff facing the Soul. One cannot go around or leap over it. To climb up over sharp stones, scraping your nails until they bleed and falling down the slippery ledges, sweet from the mind; then to get up anew, having regained spiritual strength, and crawl again... is not for everyone. For it's so lovely, cosy, sweet, and warm at the cliff's foot. The mind, of frail clothes, creates illusions of anything you wish for. So long as you keep wishing. Wishing for earthly love with a blazing hearth, for children to prolong your clan, for wealth, for fame – it's all the same. So long as you keep wishing. Wishing, wishing, and it will all be given. In one illusion or another, it matters not, so long as you keep wishing. Wishing! Wishing for the earthly...

“But it's so hard!” cry many people. No, it's not. So many times I've put the clothes on. I roamed an endless road with just a staff, feeding the flesh with only what I found. I was a king and ruled for long over the countless peoples. And every time the clothing was too tight, it hampered me and hindered me from living. It shook with fear and got sick, and, like all others', at first, it wished for much until I tamed it. That wild beast, of which all clothes are woven,



fears just its master, just the Soul. But many fear the Soul more than the beast; the Soul that hinders their lives just like the clothing hinders mine. I cannot understand such people. To trade all of Eternity for only just one instant? What is the point here? To suffer in the arms of the beast's skin, to serve the clothes decaying day by day. Is life in this? Life is infinite! It has no suffering, it does not tear, for it's impossible to wear out the Soul. The clothing has no Home; there's just a closet where it is kept for only a short while. Only the Soul has a true Home. And it's the Soul that, yearning for Eternity, begets this sense of Home, for which man searches his entire life.

Rigden Djappo





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

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

This eternal Wisdom for a spiritual person is like vivifying water for a ripe ear of wheat grown from a good grain. It



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





Rigden: There is an essential difference between those who ask questions from the mind and those who are guided by the thirst of searching for the Truth. In the world, they only teach intellect, memory, and knowledge that comes from logic. Whereas, when cognising the Truth, one must master elevated stage of self-perfection, awareness, and understanding of those deepest spiritual feelings that emanate from the Soul. After all, the spiritual experience lies beyond the boundaries of the mind...

Anastasia: Yes, you have mentioned this before. However, it is only now, after years of working on myself each day, once I started to feel and understand information in a comprehensive way, that I've realised in practice what this spiritual experience which lies beyond the mind is. The spiritual understanding of the world and myself helped me a lot in this, thanks to the unique Knowledge which has been entering the world through you.

Not that many years have passed since the publication of the first books through which spiritual grains of Wisdom have been shared with people. People welcomed the books with more than just gratitude. Encountering this Wisdom, the souls of many of them, like a plucked string, are making an inaudible triumphant sound. Even more than that, these books are making even those people hesitate in their choice in whose consciousness the Animal nature dominates. People started to work on themselves more diligently, to try to control



their thoughts, to understand the direction in which to go in their development and the essence of their spiritual needs, and to see the eternal grains in traditional beliefs. Readers of these books did not just start awakening, they began growing spiritually. And this can be traced by the evolution of their questions. The first question that is usually rashly asked by the majority from their human mind is whether the main characters of the books really exist or not and whether they are fiction or truth, particularly the main character Sensei? (Rigden smiled in a friendly way.) Others, feeling inner heartfelt joy, hasten to ask a question in the format of the consumer thinking template: “I’ve read the latest book, when will the next one come out?” Still others attempt to do the spiritual practices described in the books, in fact, without changing their material priorities, so they are in a state of constantly arguing with themselves. And questions coming from them are of the same nature: “I’ve been doing spiritual practices, but no miracle is happening and nothing in my life is changing.”

Rigden: The human being is dual by nature. The human mind can easily shift from one extreme to another, thus creating chaos and instability. The outer is just a reflection of the inner.

Anastasia: But there are those who got imbued with the depth of the Knowledge. This has profoundly changed their lives. They do not need any proof of the evidence that the spiritual prevails over the logic of the mind. They are firm in their life choice. Such people are pure in their Souls, and their consciousness is not bogged down in the behaviour patterns of world egocentrism and personal doubts. They are like lotus flowers: once they are lit up with sun rays, they reach out for the Light. This is why the quality of their questions regarding the inner is completely *different*. Their questions come neither from logic nor from the human mind, but rather from the deepest feelings as if invisible communication is taking place between Souls.

Rigden: The deepest feelings are exactly the special language that differs from the human one. When the person



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

Anastasia: Yes, such experience indeed comes with practice. I have come to understand that there is a significant difference between associations of the mind and understanding specifically with the deepest feelings. It is difficult to share your own experience in words. Although people who are on the same spiritual wavelength with you understand you without any words.

Rigden: The question of how to share one's spiritual experience and explain the genuine Reality to people has always troubled those who have truly known the Truth. It is difficult to convey the substance of personal spiritual experience in words because it is an experience of cognition of an entirely *different world*, which is unlike the material one. In other words, everything you say will be interpreted by the material thinking through the prism of experience of this world and, consequently, will either be misunderstood or distorted in perception. Furthermore, out of thousands



of listeners, only a few will actually hear. The rest will not benefit from this. **After all, the facets of Reality are known only to the one whose Eye is observing it.**

Anastasia: There are also readers with a rich life experience. By human standards, they have succeeded in many things in their lives, achieved much, and got the opportunity to change a lot in the world around them. The Knowledge has touched their Soul, but the resonance arising from their learnedness does not give them peace of mind. And, though they ask questions from the logic based on their life experiences, yet the essence of their inquiries comes from their spiritual. It feels that such people want to know the answer, not because of an idle brain, but because they want to change the world for the better. I considered one of such questions important and essential enough to address it to you, for the answer to it may fundamentally change people's worldview and influence the global choice of the civilisation. The question is as follows: "Is there such Knowledge which people will not be able to use for military purposes, but which will be able to shake up the official sciences and lead an inquisitive mind to a direct scientific proof of *the origin of the material world from the Spiritual world, that is, the creation of the world by God?*"

Rigden: Yes, I see this question coming from a person who yearns for the Truth... Well, if people are already asking such a question, it means that it is time to reveal the answer to it. Yes, such Knowledge does exist. It relates to the branch of astronomy, or rather, the science of astrophysics which studies phenomena in outer space as well as the evolution and interactions of celestial bodies and their systems. Taking into account that at the current stage of its development, astrophysics uses new discoveries in modern physics as well as the most recent achievements of the scientific and technical advances, the information which will enrich it will consequently in many ways aid the development of physics itself as the science studying the general patterns of natural phenomena. And if people understand the laws of physics deeply enough, they will be



able to arrive, by means of science, to the real proof that the Spiritual world is primary and the material world is secondary. Consequently, this will change the quality and the meaning of human life and will open another way to the attainment of the Truth, namely, through science.

Anastasia: This Knowledge would indeed be very timely. As far as I know, astrophysicists have been trying to research the issues of evolution and to answer the perennial questions “What was?” and “What will be?” However, despite the present leap in science, it is quite difficult for people to do that. And there are many reasons for that. It is known that today the knowledge about stars is, in many respects, based on the spectral analysis of electromagnetic radiation of celestial objects; that is, on the information received thanks to the study of weak flows of electromagnetic waves coming from celestial objects to the Earth. And all of these besides the visible light, including radio waves, infrared, ultraviolet, X-rays, and gamma radiation, are electromagnetic waves of a different wavelength, which are either shorter or longer than the rays that are visible to the human eye. Generally speaking, whatever instruments people have invented, thanks to the latest scientific breakthroughs, is what they saw.

Rigden: Among the cosmic ocean of a multitude of waves of all different kinds of natures, these electromagnetic waves, which are known to the present-day science, occupy by spectrum just a small interval of radiation.

Anastasia: That’s the problem. After all, the work of modern physicists is similar to the person who attempts to find out what the whole present world is like by looking through a narrow slit, which shows just a limited area, and then only of the distant past and not the present, not to mention the future. If you ask yourself what light is, according to the present-day science, the answer will be that, in a narrow sense of this notion, light is electromagnetic waves within the frequency range perceived by the human eye; in a broader sense, it is optical radiation. Considering



the speed of light known to scientists, it is no wonder that they see many phenomena related to stars as something that happened a long time ago. Thus, in fact, they are observing the processes that took place millions of years ago...

Rigden (*smiling*): Indeed... when the species of Homo sapiens did not yet exist on this planet.

Anastasia: That is interesting... Scientists believe that modern humans appeared up to 40,000 years ago, and the first “authentic” Homo sapiens as a representative of the human race on Earth appeared about 2 million years ago. And if we consider that it takes more than 2 million years for the light of, let’s say, the Great Andromeda Nebula as one of the neighbouring galaxies, to reach us, it really turns out that we see not what there is now, but what there was at the time when there wasn’t even a hint of the human presence on Earth.

Rigden: Quite true. And what can be said about distant extragalactic objects? People see them as they were billions of years ago. Stars, even the ones that have the shortest of lives, exist much longer compared to the human civilisation. I am not even talking about an ordinary person as an “intelligent individual” who, during his fleeting existence, often does not realise his true purpose, let alone something greater. His life, like vapour, appears for a moment and vanishes in a short instant...

Besides, humankind itself belongs to the civilisations which are lost quickly. Although people are given the Knowledge from time to time, in many cases, no sooner does such Knowledge appear in the world than it immediately gets used for gaining power over others. This is, in fact, human choice towards the Animal nature. Only a few have enough time to take advantage of the Knowledge for their spiritual development. **The result of the choice is like water, which takes the shape of this or that vessel.**



Anastasia: Unfortunately, this can be observed in the current civilisation as well, where the human being is enslaved by his pernicious passions. Here is a recent example: people started exploring near-earth space almost immediately after the ballistic missile and the atomic bomb had been invented.

Rigden: If humanity does not change its priorities in thinking towards the spiritual, then a sad fate awaits the civilisation. As a rule, such civilisations are short-lived and exist for relatively short periods of time because they destroy themselves in wars.

Anastasia: Hmm... A hundred years, just like a thousand years, is nothing on the scale of the Universe. Of course, practical observations of outer space objects are out of the question for a mortal human.

Rigden: Human life is fleeting, that is true. But the human being is much more than just a body. That is why much knowledge was given to people initially, first of all, about the phenomena that are invisible to the human eye. So since the earliest times, people knew about the structure of the world and the Universe, and about the multidimensionality of the human being, his essence and mission. Another question is how such Knowledge was usurped by the human Ego, twisted beyond recognition by the mind limited in matter and in what form it has been preserved to the present day.

Anastasia: Alas, as if on purpose, nowadays all this ancient knowledge of the peoples of the world is presented to people as mythology and ancient “primitive beliefs.” And “inconvenient facts” testifying to the knowledge of ancient people, which has been unknown even to present-day science until recently, are not commented on. Also, the entire science is based solely on the materialistic thinking. In astrophysics, for example, to study astronomical events, analytical methods are often used for building models and theories and making predictions.



Rigden (grinned): In the creaking cart of purely materialistic worldview, you will not go far in real science. Still, sooner or later, a true scientist will get to such scientific horizons where it won't be possible to use the existing supports, on which the whole chain of human reasoning rests. Nowadays, people often try to explain the invisible in terms of the visible. So we have "woe from wit": in many cases, theories and accidentally discovered facts don't match. Scientists, for example, still do not have a clear understanding of what, for instance, electric current is, what exactly gravitation or a black hole is. And nevertheless, they operate with these concepts. Yet, in order to have a comprehensive understanding and delve into the nature of such phenomena, it is necessary to have a fundamentally *different* world perception, which is qualitatively different from the material worldview.

Anastasia: Understanding of the phenomena from the Spiritual world?

Rigden: Precisely.

Anastasia: Once you said: "The Universe is so vast that it cannot fit in the human consciousness. But there is not a single place in it where one could stick the thinnest medical needle without its tip resting against something or touching something".

Rigden: That is really so. And, answering the question, I will touch upon only a few very important subjects of astrophysics; naturally, in a form accessible to human thinking. However, **understanding the essence of what will be said can give the people of science an entirely *different view of the world structure.***

I shall begin with the modern theory and assumption, which is stereotypical for the modern educated mind, of the Big Bang that, as scientists believe, happened at the birth of the Universe. They substantiate this popular hypothetical theory with the laws of thermodynamics. According to the



given assumption, the Universe was compressed to a point, and after the Bang there appeared objects having a mass of around a billion tons and the size of a proton.

Anastasia: As they say, what they currently know is what they substantiate it with. Scientists think they have studied well enough this branch of physics concerned with the laws of thermal equilibrium and conversion of heat into other kinds of energy. Even the term of thermodynamics itself, when translated from Greek, describes their debates in the scientific community very well: “*therme*” means heat, warmth and “*dynamikos*” means powerful. Indeed, each of their disputes is full of heat and ardour.

Rigden: Impassioned speech is not yet learnedness; one storm is not yet a season of rains. He who is strong in dispute enjoys the victory of one man, while *the one who knows* brings victory to thousands.

Anastasia: As far as I know, the ratio of “the powerful” to “the competent” in modern science is disastrous in the sense that the former is numerous while the latter are far fewer. A knowledgeable person is valuable to any research team. He or she is like a proton (translated from Greek, it means “*prōtos*”, the first), like this elementary particle which always has a positive charge and which forms all the atomic nuclei. So is a knowledgeable person who, one can say, supports all the research of this team.

Rigden: That’s true. I hope that the Knowledge, which people will get, will increase the number of *the knowing* not only in science but also in the society in general, and change the understanding of the world, including the origin of the Universe. As I have said before, today people fondly believe that the Universe was compressed to a point, and after its “Big Bang,” there appeared objects having a mass of around a billion tons and the size of a proton. Furthermore, this mistaken belief from the mind says that such objects are nothing other than microscopic black holes. Alas, I have to disappoint the ardent “theorists”: such objects of a size



of a proton and with the mass of around a billion tons are non-existent.

However, there exists the following phenomenon in the nature of space: there are objects that are formed from information clusters (accumulations) during the discharge of information from matter when the latter gets into the area of the black hole. The largest and the “heaviest” compounds that information clusters can form are objects in size slightly larger than the proton and with the mass of little less than one gram, or 0.8 grams to be more precise. These objects are short-lived, that is, they exist for only fractions of a second, and then they break up into individual “building blocks”. The formation of such objects is indeed directly related to what people call black holes in the Universe.

Anastasia: Objects slightly larger than the proton? According to the latest research, the radius of the proton is 0.84184 femtometer (1 fm = 10^{-15} meters). If we consider what you said, that such objects have the mass of slightly less than one gram, then they turn out to be really “heavy” objects for the microcosm. This information is exceptionally interesting. In the light of this, people may have at least three questions. What are information clusters, “building blocks”? What is the discharge of information from matter? And how is the formation of such particles connected with black holes in the Universe?

Rigden: In this material world, everything, including what is currently known to people, from subatomic particles to atoms, from specks of dust on your shoes to accumulations of galaxies in deep space, everything exists thanks to structured information. It is structured information that creates matter and sets its properties, volume, shape, mass, and other characteristics. I draw your attention to the fact that we are now speaking not about the concept of “information” that is familiar to the human brain but of a somewhat different manifestation of it. Although even in the usual understanding, the word “information”



has several meanings including the following: “to think, teach, interpret” and “to shape, form, create”.

For ease of understanding, let’s call such structured information “information building blocks”. What are information building blocks in practice? Perhaps, I shall explain this with an associative example that is easy to understand. Imagine that you’ve decided to have a kind of experiment. For this you need water, a glass aquarium and small building blocks for making shapes; they are as light as foam plastic, and their colour is, let’s say, not the usual white but transparent. Your actions: in an empty glass aquarium, you build a beautiful castle, using the transparent building blocks of foam plastic (like child’s toy construction set), with a lot of rooms, towers, etc. When you connect one transparent building block with another, there appears a certain colour that is visible to your eye. In other words, you have a *plan* in your head how to build a castle, you have the *will* to create it and *force*, by applying which you *are building* with this *unusual material*. Next, you have built the castle, which became visible thanks to such connections, and now you can admire its beauty, volume, and the complexity of its architecture.

Then, continuing the experiment, you fill the aquarium with water. What will happen? Suppose the water will be filling the aquarium with such a force (pressure) that it will destroy the castle you have constructed. At that, the foam plastic building blocks, which once were the walls, roofs and elements of your castle, will now start to float to the water surface: some separately, becoming invisible again, and others will float in groups — clusters, which still remain visible to the eye since they are connected with each other. Eventually, your entire structure will break up under the pressure of the water into separate building blocks, which will again become transparent. So, as they say, not a single trace of your castle will remain. If you remove all the water from the aquarium, the foam plastic building blocks will sink to the bottom. The blocks themselves, without your plan, will, and application of force, will never take shape of an orderly built castle. This will simply be a chaotic handful



of transparent foam plastic building blocks invisible to the eye. You may shake your aquarium for as long as you wish, even for eternity, shuffling them, yet they will never become a castle until you build it again.

So, these conditional transparent building blocks are a figurative comparison **to the information that creates matter, setting certain parameters, shape, volume, mass, etc. to it.** And the visible castle is already one of the material products of the **ordered information, which forms elementary sub-particles that make up atoms, molecules, chemical compounds and so on; that is, the matter of the Universe.** And finally, **the will, the construction plan, and the force of application are the main constituent forces of the spiritual world that manifest themselves in this world.**

Anastasia: You are saying that the basis of all matter is information.

Rigden: That is correct. The atom, for example, consists of elementary sub-particles which, in turn, are made up of a certain number of information building blocks. The same is true for everything in the Universe. However, once information is removed, then what we call matter vanishes like a hole of a doughnut after you eat it.

Anastasia: In other words, here's a basic view of the event: as long as there is a doughnut, the hole exists, but once the doughnut is eaten, the hole vanishes as well. Is this how matter disappears, too? If there's no information, there's no manifestation of matter?

Rigden: Quite right. By the way, here's an interesting fact: the amount of matter in the Universe is constantly changing, and these fluctuations, both towards its increase or decrease, can be quite significant. At that, **the amount of information is always stable, due to which the overall mass of the Universe has not changed even by one billionth of a gram since the day of Creation up till now.**



Anastasia: Yes, this is something to think about.

Rigden: So the amount of information in the Universe has been constant since the day of its Creation. However, if just a single information building block had disappeared, the entire Universe would have vanished as well.

Anastasia: If a part disappears, the whole disappears, too. Now I begin to understand what the end of the story of the expansion of the Universe will be.

Rigden: The Universe will simply expand to a certain size and vanish. All ingenious is simple, as always... These information building blocks of the Universe never disappear anywhere, i.e. they never leave the boundaries of the Universe (in our example, of the aquarium) and exist in it in a strictly ordered manner. Let me emphasise that by themselves, without a certain construction plan and the will of the Constructor, they would simply be a disordered pile (chaos on the bottom of the aquarium). As for the material world of the Universe, these very information building blocks, among other characteristics of formation of matter, as I have already said, set the parameters of its mass. **They determine a particular place in the universe for the created matter. It is ordered information, those very information building blocks located strictly in their places, that distinguishes a quark from a quasar. Let's put it this way: it is this orderliness of information according to "the master plan" that makes the Universe alive.**

Anastasia: In other words, you are saying that everything in this world is strictly ordered and exists according to a definite plan, the will, and the force of the Constructor. But this proves that our Universe was created artificially and did not form chaotically by itself as is assumed!

Rigden: Absolutely. And it is quite possible to prove it scientifically! It is not that difficult *if one goes in the direction indicated in your previous books and sums it up with the information given here as well as with the latest scientific*



discoveries... The life of the Universe manifests itself in a constant exchange of information, which puts matter in motion; interacting with itself, it causes primary physical and chemical reactions. Consequently, various processes take place: for instance, explosions of massive stars, the birth of new ones and so on.

Anastasia: Incidentally, speaking of explosions of massive stars... You know, I got interested in astronomy and allied sciences right after you had said that **during the life and active work of Agapit of Pechersk, in particular in the summer of 1054, a bright star appeared in the sky which could be seen even during the daytime.** You also mentioned then that it had been the light that had reached the Earth after the explosion of a supernova located in the Taurus constellation in our Galaxy. I read that the supernova remnants are now observed as the expanding Crab Nebula with a neutron star (a pulsar) in its centre, which the exploded star turned into. Interestingly, the radio wave beam of this pulsar still slides along the Earth, just like a beam of a rotating lighthouse slides along the sea surface as a signal for ships.

Surprisingly, this was the first neutron star in the Universe which scientists started associating with supernova remnants. I was amazed by the fact that the size of this star is assumed to be only 25 km; i.e. it is actually a star the size of a town, but which powers the huge Crab Nebula. The neutron star is very dense. The most interesting thing is that recently they started observing unexpectedly powerful emissions of gamma rays coming from this pulsar in the Crab Nebula.

Rigden: Many interesting things have been happening lately not only on this planet but also in space.

Anastasia: Yes, the process of birth of new stars is very interesting and informative...

Rigden (smiling): Undoubtedly so, but this process is also quite destructive for many contemporary theories... The truth



is that the visible process of star formation, which today can be observed by scientists, begins with the formation of the so-called “pre-stellar core”. In other words, despite modern equipment, astronomers are capable of “discovering” (seeing, observing) the birth of a new star only at the stage of formation of dense clouds of gas and dust; i.e. when matter, as a result of interaction, begins to radiate energy, in particular, what people call “light”. And only after studying the spectra, which clearly indicate compression of individual sections in gas clouds, do they make conclusions about the birth of a new star. However, astronomers cannot answer the question of how these clouds interact and what makes them contract. Nor can they say where these clouds of gas and dust come from, why they appear, and, all the more, why and how not only isolated stars but, at times, entire star clusters are formed out of the small amount of matter located in these clouds.

The problem is that all modern theories, from Einstein’s general theory of relativity to laws of thermodynamics, are based on interactions of the “visible matter” or on its logically predictable behaviour. Though here as well there are many strange things. Let’s take, for example, black holes in the Universe — these mysterious objects, unexplored by contemporary science, which absorb matter. Yet, before we look into these things and also shed light on the issue of the objects the formation of which is directly linked to black holes, I would like to ask you first: what do you know about black holes?

Anastasia: Well, not as much as I would like to... Black holes are invisible to the outside observer because they prevent both light and any other radiation known to science, as well as objects, from escaping. At present, attempts are being made to identify black holes using only indirect signs, by means of studying their interaction with the surrounding matter... The black hole is believed to bend the geometry of space and time around itself.

At the current stage of development of astrophysics, it is assumed that the black hole is some localised area of outer



space formed by unrestricted gravitational compression of massive celestial bodies. As I understand, this is something like a gravitational grave in which everything disappears once it gets inside. The boundary of such an area is called the event horizon and its radius, the gravitational radius. It is considered that the latter depends directly on the amount of matter pulled into the hole. As the mass of the black hole increases, its size also increases linearly, i.e. its radius increases. The size of this object may vary...

The modern theory of stellar evolution regards the formation of black holes to be the result of the collapse of massive and supermassive stars. As I understood it, when nuclear fuel runs low and thermonuclear reactions terminate inside a star, high temperature and pressure, which prevented the contraction of the star, now decrease under the influence of its own gravity. If the mass of a star is lower than three masses of the Sun, the star won't turn into a black hole, it will just become a neutron star or a white dwarf star. And if the mass of the star is more than three masses of the Sun, scientists believe that a catastrophic collapse is unavoidable. Its entire matter will rapidly cross the event horizon, and the star will become a black hole...

Based, again, on the modern theory of stellar evolution, it is considered that out of 100 billion stars there must be at least 100 million black holes. Just in our galaxy, thousands of black holes are supposedly roaming and completely absorbing all the gas and dust clouds and stars which "inadvertently" happen to be in the way of black holes. There are assumptions that supermassive black holes with a mass of billions of Suns may be located in the centre of our Galaxy.

Rigden: Well, that's not bad. You get the general idea of how the global science currently marks time, getting caught up in a vicious circle of pointless discussions.

Anastasia: I might not be thoroughly aware of the details of their discussions, but as they say, I have a general idea...



Also, something else drew my attention. It is assumed that within the black hole, time and space are significantly distorted due to enormous gravitation. The common Euclidean geometry might not be true there since parallel lines may well intersect and so on... Some even express opinions that everything within the black hole should in principle fall into its centre where later on stellar matter may compress to such a degree that eventually it turns into a point with an infinite density, i.e. a singularity may arise.

Rigden: This is just theorists trying to fit their mind-derived conclusions to the far-fetched Big Bang theory. As they believe, the Bang appeared from an infinitely dense point in which the entire matter of the Universe had supposedly been concentrated and condensed; and when something inside this “point” had provoked the Big Bang, matter started to fly apart in all directions, and the process of the expansion of the Universe commenced. Since numerous questions arise, to which scientists are unable to find answers from the perspective of the material worldview, such confusing modern theories appear. The authors are simply leading each other up a blind alley. They try to explain phenomena using the database that is already known to them. As a result, while developing a theory of the origin of the Universe or, for example, black holes, they find themselves in a situation similar to that of a fable about an elephant. That is, instead of addressing the question of where the elephant appeared from, why it moves and wants to eat, they study the trajectory of movement of elephants in the African savannah, the probability of what kind of plants elephants may eat on their way, the availability of plants in the locality, and what qualities these plants have. So it is with scientists: what they see is what they discuss, whereas what they do not see and what does not fit into their world outlook, in principle, does not exist for them.

Anastasia: But, perhaps, the funniest thing about this modern theory is, in my opinion, the so-called “initial black holes”. According to scientists’ assumptions, such black holes supposedly appeared right after the Big Bang, approximately



about 14 billion years ago when the expansion of the Universe started. There is an opinion that the black hole is always ready to absorb any radiation or substance, thus increasing its mass. Hypothetically, according to the notion of scientists, sizes of black holes may vary from a super-small black hole (having the mass of just 1,015 grams, which supposedly may have remained intact somewhere in the open Universe until present) to a supergiant and super massive one, which is hypothetically located in the centre of the galaxy.

Even if we assume that after the Big Bang, matter continued to fly apart at the maximum speed possible for a million years, and only afterwards a single super-small black hole formed with the mass of just 1,015 grams but having an insatiable “keen gastronomic appetite”, it would mean that there would now exist one gigantic black hole instead of the Universe.

Rigden: I’m glad you understand this. With a theoretical scenario such as this, the Universe would have ceased to exist at least five billion years ago.

Anastasia: That’s a perfectly fair comment. So, in general, black holes are a very interesting and captivating topic, especially when you read the research papers of people who seek to know and unravel the mysteries of the Universe and who write for people. On the other hand, truth be told, there are plenty of papers in which authors evidently discuss black holes out of boredom.

Obviously, they worked on their papers just like in a Russian saying: “Where I sneezed I put a comma; where I hiccupped, I put a colon, and where I snuffed I put a full stop” ... So, being an outside observer of various twists and turns in science, my impression of black holes is like in a popular joke: “What science knows on this subject is that it does not know anything”.

Rigden: Yes, something like that. Many scientists make a mistake when they concentrate their efforts and



sometimes even waste their lives on developing a dead-end theory. People simply lack the basics: *Knowledge and a guideline in the right direction* of research. Having these, it is quite possible to achieve a revolutionary breakthrough not only in science but in the development of the society as well. I am confident that the information I've already shared and will share further will largely contribute to this, should people choose it.

Anastasia: But what is the black hole in reality?

Rigden: In reality, what people call **the black hole** on the scale of the Universe **is a transient phenomenon which itself does not have any mass. Emergence and disappearance of any number of black holes within the Universe do not violate the law of constancy of the total mass of the Universe. Even the most gigantic black hole, as a matter of fact, exists for a relatively short period of time, and its mass equals zero. However, it plays a tremendous role in the astrophysical transformations of the Universe.**

Associatively, I would compare a black hole with a thought. After all, a thought cannot be seen. It cannot be weighed or touched, but it does exist since it has appeared in our consciousness. The thought has a volume (at least, in terms of information). It is transient in its existence because it is quickly followed by other thoughts. The thought has no mass, but it can have enormous consequences in the material world. In reality, it is Nothing.

Anastasia: Nothing?! For the present-day human understanding, Nothing is vacuum at best.

Rigden: Speaking of which: this vacuum is far from empty. Here is a simple example. In the interstellar space, the so-called high vacuum prevails. Its average density is less than 1 molecule per cubic centimetre. If for comparison, we take the most rarefied vacuum created by people, it contains around 100,000 molecules per cubic



centimetre. Scientists already understand that even the absolute vacuum, in which particles are supposed to be completely absent, is not “an absolute void” free of any properties. Even now, modern physics has already approached the theory of the physical vacuum (perfect vacuum - translator’s note) as scientists have named the lowest energy state of quantum fields. The physical vacuum in the said theory is characterised by the absence of any real particles, yet at the same time, it contains all sorts of virtual particles. However, there is another theory (though persistently not recognised by “the official science”) wherein particles and antiparticles (of six classes) are regarded as originating from the initial vacuum by means of its exfoliation along the spin with the emergence of right and left torsion fields – a kind of catalysts triggering the birth of raw matter.

Time will surely judge who is closer to the Truth. The problem is that in reality many scientists, wanting to comprehend the Truth, face its false reflection in their own consciousness. They are in a rush to announce the theories which are the most convenient for them and defend the “rightness” of these theories for a long time, wasting years of their lives and straining their own and other people’s nerves and not even thinking about the deeper causes of why such an inversion takes place in their consciousness. In reality, people are not yet aware of many things about the invisible world, about how powerful the Animal mind is in this world, and how important it is for every person to take care of their own spiritual purity. For it is the latter that reveals the Truth of the beyond in its primordial nature.

Anastasia: Yes, I was recalling this theoretical scheme of particles and antiparticles generation. It is amazing that everything there is also by the scheme of the diagonal cross... Once you made a very clear and associative comparison of the Universe to an ocean in which everything is filled to the limit. And what is a black hole in the Universe if we look at it using this figurative comparison to an ocean?



Rigden: The black hole in the Universe looks, relatively speaking, like an air bubble in the ocean waters. Yet, it only looks like a bubble but does not correspond to it because a bubble in the ocean waters is filled with air, whereas the black hole in the vastness of the Universe is not filled with anything at all, at least in the human understanding of this phenomenon.

Anastasia: In other words, the black hole is like Something, a foreign inclusion that is not typical of the material world?

Rigden: Yes, you could say that.

Anastasia: You mentioned that the role of the black hole in astrophysical transformations of the Universe is enormous. Please tell us more about this and about the main functions of the black hole, at least by using associative examples.

Rigden: Well, the functions of the black hole can be very conditionally compared to the immune response and, to be more precise, to immune cells in the human body, which protect the organism from various causative agents of diseases, identifying and destroying such pathogenic or degenerated cells of the organism (tumour cells) and so on.

If an extraneous agent, such as a virus or pathogenic microbes, enters the organism, our immune cells find and destroy it. If a cell or a group of cells become defective or stop functioning properly and, for example, begin to divide uncontrollably, the immune cells put things in order here as well by destroying such “unruly” cells. However, such a comparison will not be entirely accurate regarding black holes in the Universe either, since immune cells continuously prowl the expanse of our organism in search of “trespassers” of the permitted limits.

Black holes, on the other hand, immediately appear in the Universe out of Nowhere and only where it is



necessary, and then later disappear back into Nowhere. At that, they disappear instantly, often (but not always) leaving after themselves in the material world whole clusters of star fragments and huge clouds of dust and gases, which are fairly easy to detect with modern equipment. This residual matter after the destruction of the main “pathogenic” matter is similar, let us say, to the rubbish that has fallen from a conveyor in a stone crushing and processing works.

It is difficult to explain how Something appears out of Nowhere, destroys whole star clusters at times, and then disappears into Nowhere. **At that, the black hole does significantly distort space and time around itself and does have tremendous gravity pull, affecting the surrounding matter.** The black hole is the only thing that can be called the real Void or Nothing since there is nothing material there in human understanding.

Anastasia: Yeah well, this will be difficult for scientific materialists to comprehend. After all, taking into account the above-mentioned information, the following question arises: Who controls this process out of Nowhere? Who detects such defects in the Universe and initiates the emergence and the disappearance of black holes exactly in those areas?

Rigden: In order to understand these processes, not to mention translating them into formulas, one should have a fundamentally different worldview.

Anastasia: You mentioned that **the mass of the black hole equals zero.** And how is the matter, which it absorbs, processed? You said that the formation of the heaviest micro-objects in the Universe directly relates to black holes. Does this mean there should be some mass, after all?

Rigden: I believe that once you grasp the principle of “operation” of the black hole, such questions will disappear by themselves. So how does the black hole draw matter in



and where does it disappear afterwards? The black hole is, let's say, some anomalous area. Being a non-material structure, it appears in those parts of the Universe in which certain perturbation of the fields exists. Its objective is to destroy the matter that causes these perturbations. The very fact of the presence of the black hole in a given part of the Universe causes space-time deformation. In other words, the black hole itself triggers the distortion of the smooth flow of time at a given region of space. This leads to certain interactions resulting in tremendous gravitation, which starts to draw in the material structure. Is this clear?

Anastasia: Yes.

Rigden: Let us go on then. When matter is attracted, fragments the size of the Moon, for example, begin to become deformed already as they approach such an anomalous area, due to an immense force of gravity. And, once matter begins to enter the accretion zone, the most powerful gravitational field is created and matter is torn to pieces. It becomes like a kind of a mincing machine.

Anastasia: Please specify whether the term “accretion zone” is used here in the same meaning as understood by contemporary scientists. You mean the accretion disk as a powerful source of radiation, which revolves around the black hole and forms during the fall (accretion) of matter of a neighbouring star or of interstellar gas on this object under the influence of its gravitational field? Is this correct? In other words, does matter, upon collision with a black hole, begin to orbit it, forming this rapidly rotating disk?

Rigden: Yes. A very important development happens during such “matter grinding”. The force is such here that it simply pushes information building blocks away from one another so that they can no longer remain in their strictly specified position and that is why they break away from their information order. As soon as the information order, thanks to which matter was created as such, disappears, information gets discharged from the material structure, and



matter disappears. There is a paradox here because the black hole itself does not influence information building blocks, yet it directly affects matter. The latter is drawn with a great force, and information building blocks are pushed away from each other, and as a consequence, matter disappears.

Anastasia: It means that information is not destroyed. Matter is created based on information, and, once information is discharged, matter ceases to exist.

Rigden: Correct. If we describe this entire process using the associative example of our conditional experiment, we will have the following. Imagine that you have built a castle of invisible foam plastic building blocks, thus making it visible. Next, you carefully lift it up and simply throw it into the aquarium filled with water. What will happen? Naturally, having collided with the water, the castle will break into small components. In our case, it will shift to another state: matter will disappear, and only information will remain in the form of those primary invisible foam plastic building blocks which will be left floating on the water surface. The question is: “Where will the castle itself (matter) disappear to?” It is clear why my question brings a smile to your face. You’ll say: “To the same place where the doughnut hole disappears once you eat the doughnut”. And you will be perfectly right.

Now, imagine that the aquarium is a bit bigger, and there are at least ten people like you standing above it with castles in their hands. And all of you, almost simultaneously, throw your castles into the aquarium. When your castles come in contact with water, the foam plastic building blocks (individual information building blocks or blocks connected in clusters) do not remain floating on the water surface but immediately bounce off of it (as if off something superdense) like a tennis ball off the asphalt. Have you imagined this? Well, this is exactly, albeit in a slightly distorted way, how a black hole “operates”.

Anastasia: And what happens to information building blocks, these clusters? They represent the smallest matter,



but it is still visible nevertheless. They aren't still separated into invisible information building blocks, are they?

Rigden (smiling): Well done, I see you follow the situation... The form of the black hole is spherical. When information gets discharged from matter, when information building blocks become detached from the processed matter, a certain part of them becomes detached as whole groups, clusters. It is these clusters that become the short-lived objects having the mass of 0.8 gram, which come directly from the "poles" of this sphere as background radiation. And the notion of "poles" in this sphere is relative because what matters here is the observer's position and the accumulation of the processed matter in relation to this sphere.

Anastasia: Looks like the process which takes place with matter near the black hole may well be compared to another formatting of a computer disk when all the information on the disk is deleted. Why are these objects short-lived and why do they exist for just fractions of a second?

Rigden: Because they do not have any life programme. They simply break up into separate information building blocks. The paradox is that information building blocks simultaneously exist in two states: as energy and as matter (in form of a cluster of these information building blocks when they form the material particle). In other words, they sort of don't exist and simultaneously they do exist. Individual information building blocks don't have any mass, but it is information that creates matter with its mass as well as space, gravity, and time. And information is controlled by the One Who created everything. He created information as a force capable of generating the energies which form matter (in human understanding).

Incidentally, these information building blocks, upon the formation of particles of little information (the neutrino and such), to a large extent distort Einstein's "well-composed" theory of relativity. The thing is that some of these particles,



due to the “simplicity” of their structure, interact with other particles in the Universe to only a small degree, at least in our dimension, which allows them to move over the vast expanse of the Universe at a speed that considerably exceeds the speed of light.

Anastasia: Speed that exceeds the speed of light? In that case, the very fact of the existence of such particles will make people reconsider not only Einstein’s theory but many other aspects of contemporary physics as well.

Rigden: Undoubtedly, something will have to be reconsidered. But on the other hand, this will significantly deepen people’s understanding of the processes of interaction of matter in the Universe. And, perhaps, it will bring mankind closer to the knowledge of such physical manifestation of time as space... So, both the fastest and the heaviest micro-objects of this world are made of information building blocks, just like everything else...

Anastasia: And if hypothetically we imagine, say... a neutron star which would consist of such heaviest, short-lived objects; that means that it would decrease in its size by hundreds of times, and its mass would increase, so the gravitational contraction of the star would increase as well. Roughly speaking, in this case, could such a star undergo a total gravitational collapse and transition to the state of the black hole?

Rigden: Hypothetically, we can imagine whatever we like, of course. However, what you’ve described is impossible in reality, since it is incompatible with the nature of the material structure. Any material structure would simply collapse under such a force, i.e. it would cease to exist as matter because, during such a process, certain conditions would arise which would inevitably push information building blocks apart. Also, gravitational forces have their limits, so such a thing is simply impossible. Let’s take, for instance, the processes which take place near the black hole. The short-lived objects I’ve told you about break up



into individual information building blocks quite quickly, as soon as the energy which connects them begins to decrease.

It is difficult to comprehend these processes with a mind biased in favour of a purely material perception of the world. After all, sooner or later, any person, in their spiritual development, will face the boundaries of such a limited understanding which conceals a completely different world and totally different laws. No matter how huge a star is and how many solar masses it contains, it will never be able to transform into a black hole in the modern sense because matter will never be able to undergo total gravitational collapse. Matter consists of information building blocks, and information building blocks are indestructible, they can neither be destroyed nor changed, **and they are quantitatively consistently constant in the Universe.**

Anastasia: Now I see why the black hole itself has zero mass. The black hole, as an object of the non-material world, simply creates conditions, a force near which the main action takes place, i.e. roughly speaking, the unnecessary matter is recycled. This is almost like an eraser (a rubber) cleaning the paper surface of inscriptions. Matter vanishes entirely, without getting into the black hole itself. And what does the size of the black hole depend on?

Rigden: The size of the black hole depends on the amount of, say, “pathological” matter (it is impossible to call such matter otherwise), which is subject to annihilation in a given area of the Universe. The black hole may be of any size: both big and small. To better understand these processes in outer space, I should perhaps give a very conditional associative example related to human activity. Imagine that a person needs to mow weeds in a certain part of a clearing. He sees this clearing and calculates how much force he should apply and how much time this work will take. And later one fine morning, he appears in the clearing and carries out the planned work, which happens, let’s face it, quite unexpectedly for the weeds. It is a different matter when there is a whole field of such weeds. In this case, in



order to eliminate such a huge amount, the person will use larger capacities, for example, equipment, involvement of additional human resources and so on. That is, the point of force application depends on the area of “pathology”, and the method of force application depends on the volume of specific workload.

Anastasia: That is a good example... Generally speaking, the question of the origin of mass as such still remains open in contemporary physics. Furthermore, scientists themselves highlight this issue as one of the fundamental ones. Despite the multitude of existing theories and assumptions, it has not been ascertained why some particles have mass while others don't. Earlier, before I became more interested in this subject, I also took mass for granted, as a certain characteristic of any material object. Everyone understands that the elephant is heavier than the fly, so the mass of the elephant is bigger. However, it turned out that, when we dive into the microcosm, it isn't all smooth sailing here. Scientists have ascertained that there are particles which they call “elementary”, with zero mass. One of the representatives of such massless particles (in resting state) is the known to all photon, a quantum of light.

Rigden: Indeed, science cannot yet answer this question because it is limited only by the boundaries of the proposed theories. And these theories, despite the tendency to become more complex, still cannot provide reliable answers to such important questions concerning the deeper understanding of workings of the Universe as, for instance: “What exactly gives mass to one or another kind of particles?”, “Why do masses of particles differ?”

It is considered that mass of the body directly depends on the substance which it contains and which consists of atoms. But what constitutes the basis of atoms? According to modern conceptions, atoms consist of electrons, protons, and neutrons. It is assumed that protons and neutrons are formed from quarks. And it is electrons and quarks that are regarded as truly elementary particles by people...



Anastasia: Yes, to suppose is not to dispose. This is the eternal “I believe – I don’t believe” game of logic of the inhabitant of three-dimensional space: what I cannot see with the equipment which is currently available does not exist in principle.

Rigden: Every person has his own way of knowing the Truth, sometimes through overcoming numerous trials and errors. However, purity of thoughts and flexibility of mind allow a true scientist to have a broader view of the world and remove the imposed templates. The question is not in the Knowledge but in the human perception.

Anastasia: The funniest thing is that, once you look impartially at the theoretical descriptions of behaviours of elementary particles which were proposed over the last hundred years, you get the impression that every theory that follows is trying to cover the gaps where its predecessor showed a crack as a result of the latest experimental discoveries. Maybe, a totally different approach to this question is needed... Could you please tell us what mass represents on the global scale?

Rigden: Everything is actually simpler than people think. The amount of matter (its volume, density, etc.) as well as the very fact of its presence in the Universe, does not affect the total mass of the Universe. People are used to perceiving matter with inherent mass solely from the perspective of three-dimensional space. However, in order to have a deeper understanding of the subject, it is necessary to know about the multidimensionality of the Universe. Volume, density, and other characteristics of the visible matter, with which people are familiar, in all their diversity (including the so-called “elementary” particles), change already in the fifth dimension. Yet, mass remains unchanged, since it is a part of the general information about “life” of this matter up to the sixth dimension inclusive. **The mass of matter is just information about the interaction of one matter with another under specific conditions.** Like I’ve already said, ordered information creates matter and sets its properties,



including mass, too. **Given the multidimensionality of the material Universe, its mass always equals zero.** The total mass of matter in the Universe will be enormous only for Observers from the third, fourth, and fifth dimensions...

Anastasia: The mass of the Universe equals zero? But this shows the illusory nature of the world as such, which was mentioned in many ancient legends of peoples of the world...

Rigden: Science of the future, if it chooses the way indicated in your books, will be able to come close to answering the questions of origin of the Universe and of its artificial creation.

Anastasia: There is another question. There are assumptions in modern science that supermassive black holes exist in the nuclei of almost all large galaxies. Is this true?

Rigden: No. This assumption appeared among scientists because active galaxies emit very powerful radiation, and stars move around these centres in such a way as if they were attracted by something which is invisible to modern equipment but which is very massive. However, there are no black holes in the galactic nuclei. It is just that somewhat different laws exist there.

Anastasia: Spiral galaxies were one of the first to be discovered. Does the spiral shape play any special role in the micro- and macrocosm of the Universe?

Rigden: Yes, it does, and it relates to the structured motion of energies as well as to the storage and exchange of information, that is, to advanced physics. If you study this issue carefully, you will be able to understand that **many things in the material world are arranged in a spiral shape** or move in a spiral, from micro-objects to macro-objects. For instance, let's take micro-objects of our world, such as cytoskeleton of eukaryotic cells. As you remember



the definition from biology, eukaryotes are organisms whose cells contain a distinct nucleus.

Anastasia: Yes, this superkingdom includes all the higher animals and plants, fungi, unicellular and multicellular algae, and protozoa.

Rigden: Correct. Inside their cytoskeletal, you will find a linearly twisted spiral, a double helix, and also a superhelical structure.

Anastasia: Exactly! After all, their cells have a nucleus enclosed within membranes and chromosomes of helical structure containing biopolymer, which is also a part of living organisms, i.e. the double-stranded DNA molecule. In the majority of cases, the DNA has the structure of the double helix! Even certain bacteria which are prokaryotic (organisms with undifferentiated nuclei) have a single double-stranded DNA molecule shaped as a circular chain.

Rigden: Absolutely right. You may also recall the process of cell division and the participation in it of the chromosome of female cells and chromosomes of male cells... At all stages of the cell cycle, chromonemata are the basis of the chromosome...

Anastasia: Yes... these thread-like structures.

Rigden: Note the following: in a nondividing cell, they are untwisted, say, despiralised, while during the cell division they are tightly twisted in a spiral, figuratively speaking *in the shape of two entwined serpents*... And so, you may remember that the DNA functions include storage of information, its transmission, and implementation of the genetic programme of development.

Generally, if we examine the biochemistry of animals, including human beings, in more detail, we can find a great variety of types of spirals (left-handed spirals, right-handed spirals, triple-stranded spirals and so on). For instance,



the typical collagen molecule consists of three polypeptide chains of different types (α -spirals). They are usually twisted in the form of the right-handed threefold spiral. Yet, what is collagen? It is the most widespread thread-like protein in animal organisms, which makes up nearly 25% of the total amount of protein. It forms the basis of collagenous connective tissue fibres, ensuring its strength and flexibility. Therefore, bones (including cranium, spine, etc.), cartilages, and tendons consist of it.

Here's another example. What is hair and nails of humans as well as feathers, claws, quills, and hair of animals? All these structures mostly consist of keratin (horn matter). Keratin, being a structural protein, is also mainly built in the form of a spiral, like, for example, the structural protein of hair or fur α -keratin. The longest part of its peptide chain is twisted in the right-handed α -spiral. And two peptide chains form a single left-handed super spiral. Figuratively speaking, this is an entwined spiral in the shape of two serpents. Super spirals, in their turn, are combined into tetramers, and the latter are combined into a more complex structure. Eight of such complex structures form a microfibril of hair or fur. These are simply processes which are visible in the material world and which form at the invisible energy level of the organisation of matter.

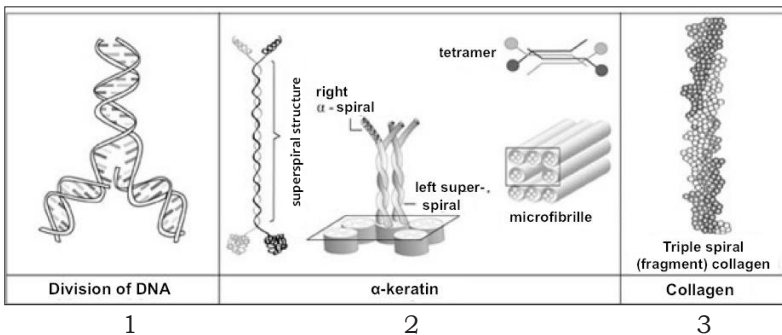


Figure 1. **Helical structures:**

- 1) division of DNA; 2) α -keratin protein; 3) threefold collagen spiral; collagen.



The helical structure is one of the most convenient forms of long-term information storage. Today, science is only now getting closer to this understanding. For example, thanks to the existing DNA testing methods, it is possible to discover many things about the human being and also to perform genetic testing to determine a biological relationship. Previously, blood was used for DNA analysis. Now, a person's saliva, hair, and nails are used for such an analysis. In forensic science, doctors can determine a person's age and gender using a single hair. They can also determine what substances and microelements are present in one's hair, in which period of the person's life there were more or fewer of them in his or her organism. Such data, in turn, points to the person's life style: what medicines he or she took, what he or she ate, etc. The DNA analysis of hair, if you compare it with other samples, allows experts to identify its "owner". This method is also used by archaeologists to study various burial places and ancient tombs since hair is preserved even better than bones.

Truth is that this is far from the limit of knowledge. Currently, science stands just on the threshold of perceiving the mysteries of spiral structure (which also exists in abundance in a human) and the interconnection of matter and energies. By the way, the knowledge of all this existed in ancient times as evidenced by the signs and symbols of ancient people which were left as inscriptions on ritual items, stones, artefacts from burials or on symbolic items of architecture as well as in the echoes of magic rituals which are common almost all over the world among different peoples. By the way, it is not coincidental that rituals were connected with hair, nails, and bones, in other words, with helical structures capable of storing and transferring power (information). Information, or "the dormant power" as it was called earlier, was activated (awakened) by incantation, that is, certain sound vibrations or by concentrating the power of thought or attention. People used this knowledge both in positive and negative ways. Certainly, similar rituals have remained today, but they have mostly been absurdly distorted; it is already an empty imitation, its meaning lost.



Anastasia: Many peoples have different superstitions, even taboos, associated with hair and nails. For instance, it is considered that cut hair and nails must not be scattered about, for they bear certain energy information about their owner and might fall into the hands of an ill-wisher capable of putting them to evil ends. Some peoples even have a spitting taboo: one should not spit right and left because it is considered that a sorcerer might take possession of the saliva in order to curse this person. What if this spitting taboo was introduced for urban residents; then our culture might improve, streets would become cleaner and, perhaps, people would suffer less from various disorders and diseases of unknown origin...

Rigden: Culture, of course, never hurts. However, it is not a matter of health, taboos, sorcerers, and superstitions. All of this is external, yet it stems from the internal of man himself. It is a matter of habit, the dominance of certain thinking of the individual and of everyday choice. If a person clears his mind of the ideological chaos and introduces spiritual priorities of creation into his life, then no sorcerers with their superstitions will be a hindrance.

Anastasia: I totally agree with you... No wonder that examples of negative influence through such helical structures are described nearly at every turn in the popular literature of the contemporary society. Nonetheless, if there are negative examples, there should be positive ones as well. You've mentioned that this knowledge was also used in a positive way.

Rigden: Let's say that initially this knowledge was given to people precisely in a positive way.

Let's take hair, for instance. Hair keeps information about a person and the connection with his physical and energy structures. In ancient times, people knew about such a connection of hair with the energy structure, which modern science does not yet understand. Now you can find only echoes of this. For example, the ancient Slavs,



just like other nations though, believed that flowing hair gives magical power to a woman or that a small lock of man's (warrior's) shoulder-length hair taken exactly from the crown of his head has magical power, too. All this is the echo of former knowledge about the energy structure of the human being and possibilities of its proper use in life in order to help in the spiritual journey.

Even a lock of cut hair retains its connection with a person. Earlier, when someone from a commune was sent on a long journey for a certain purpose, this person left a lock of his hair to the commune. While he was on a mission, the commune would sit down in a circle from time to time, placing this hair in the centre, and do what we would call today a meditation, prayer. In other words, people from the commune, while in an altered state of consciousness (in meditation), would give additional spiritual powers to this person through the lock of hair in order to support him on his mission.

By the way, earlier, when a commune intended to provide spiritual support to a certain person, locks of his hair had been preliminarily cut in three places for this purpose, and these places sort of symbolised a triangle above his head: on his temples (closer to the point above his ears) and on the back of his head. And then the commune, so to speak, meditated over that cut hair. This was used to help him block the negative state (relating to the person's past) and suppress surges of his Animal nature. Hair was never cut from the forehead because the front part of a person and the space before him were seen as a connection with the spiritual direction, with the way forward.

In fact, a very real influence, albeit weak and short-term, is exerted over a person through his hair. However, such influence can only reinforce what already dominates in such a Personality. In other words, through the hair of a good person, by influencing with the deepest inner feelings, another good person can transfer positive energy and strengthen positive powers inside him for a certain



period of time. But of course, the main work on oneself still depends on the Personality.

Interestingly, in ancient times, the knowledge of such additional power was used in magic rituals solely to provide spiritual assistance to a person, whereas now this knowledge is either distorted or used in a negative way. Somehow people have forgotten that this knowledge was given to them for the purpose of helping each other.

Anastasia: In some modern religions, there are rites of cutting hair. For instance: taking monastic vows in Christianity, shaving off hair among the Muslims who make a pilgrimage to Mecca, shaving heads in Buddhist monastic communities or shaving the front part of the head among the Chinese, the Manchurians, or the Ainu as a sacrifice to God. What are these rituals based on?

Rigden: All of them are already purely symbolic actions which in religions are interpreted as the final parting of a person with all of his past and his decision to serve the given religion, which is regarded as “a sacrifice to God”. In reality, if externally a person cuts or shaves his hair but does not change internally in quality, all this will still remain pure symbolism. I repeat: it is not attributes, clothes, or any outer distinctive appearances that are important, but the internal component of man. For example, the cruciform cutting of hair or shaving the crown of the head or the forehead – this is already a distorted transfer of knowledge, an interpretation by people themselves, a purely symbolic external demonstration by a person of his connection with God, of his procession along the spiritual path, and his affiliation with this or that religion.

Anastasia: So it is not without reason that people say that a person should not be judged by appearance... Going back to the issue of helical forms in micro- and macrocosm, I recall that the motion of the electron in the magnetic field, which is constant in time, is also helical.



Rigden: Many natural phenomena are linked to such a motion. Note the large-scale natural phenomena, such as, for example, air cyclones, anticyclones, giant ocean whirlpools (the so-called rings, whose centre may be located dozens of metres below the ocean level), regions of spiral turbulence, generations of spiral waves and so on, the helical structure and the motion of macro-objects, such as galaxies, for example.

I will say even more about the spiral form in the macrocosm, namely what is unknown to science today but is reflected in ancient creation myths of different peoples. Incidentally, clever people should think about the following questions: why, despite the obvious variety of possible pictures of the world, the main information different peoples have is surprisingly similar? Furthermore, only in a few cases, such “coincidences” can be explained by contact between cultures. How did the ancient people know how the Universe and life in it were formed or that the polar cosmic principles have something in common? Why did ancient people perceive the world as an eternal formation, and things existing in it as a fruit of struggle? How did they know about the existence of various “spaces” densely populated with “various gods and spirits” (3, 7, 9 and more “heavens”, “lands”, “heavenly lands”, etc.), about “the multi-stage Universe”, the notion of the single fundamental principle of the Universe which assigns form, characteristics, and properties to the world but is devoid of all these features itself?

Why are similarities of quantitative and qualitative characteristics of elements found in myths, and why is it that most often they speak of the four elements – water, fire, air, and earth? Why does, in the majority of cases, the fifth central element unite these *four* elements and all this together is tied to the material basis of the world? For instance, ancient Chinese marked the five basic elements of the world with the term “u-sin” (“u” means “five”, while the “sin” hieroglyph means “to act, to move”), in other



words, “the five elements being in everlasting motion.” They defined the development of the world, again, as an interaction of the two opposite cosmic principles — yin and yang. In ancient Indian writings, besides the four elements, an important role in the Universe was assigned to the Soul (atman), the mind (manas) and also time (kāla), space (dik), and such notion as “akasha”. The “akasha” substance was represented as something indivisible and pervasive. Just a single characteristic feature was attributed to it – Sound. It was akasha that, according to the Indian descriptions, connected all of the above-listed substances; that is, the four material and the four non-material ones. Many sacred legends of the peoples of the world have preserved the knowledge that the human being consists of five basic parts.

By the way, the ideas of ancient people about life and death were entirely different from the contemporary worldview. Death, according to their world view, was not the final annihilation of man. Life and death are closely interconnected between themselves and complement one another. Death is regarded in the legends as the transition to a different form of existence. But this transition depends on the spiritual quality of a person’s life, and that is why it was said that life begets death, and death – life. To die means to be born again based on one’s merit or to leave for a better world. Moreover, this transition to a *different* world is related to the transformation of man as well as to crossing the “cosmic waters” (according to various legends – by boat, on a bird, a horse, a snake, or a fantastic creature).

And so, of course, legends of the peoples of the world describe how exactly the Universe will perish. Clever people should think about the question how ancient people could have known all this and could think in such large-scale categories. After all, people of the ancient past, in most cases, never saw anything other than the place where they lived, not to mention outer space, let alone, the birth and destruction of the Universe.



Nevertheless, knowledge about the Universe existed! And the general essence, on which all the cosmological myths of the peoples of the world were based, speaking in a modern language, was as follows. *From the world of God* (which has different names in various legends – the universal waters, the universal ocean, the world of the Primordial, of the Creator), *the Primordial Sound emerged* (the mythical Bird, the Sound, the First Logos, the Word of God). Sometimes legends mention that the world was created out of chaos. At that, we should understand that the Greek word “chaos” meaning “gaping” originated from the root “cha-” and the word “chaino”, “chasco” meaning “yawning”, “opening wide”. So, chaos in mythology has the meaning of “yawning”, “a gaping space”, and “an empty stretch”.

Anastasia: It’s almost like the beginning of the Bible, which tells about the creation of the world: “The earth was formless and empty, darkness was over the surface of the abyss, and the Spirit of God was hovering over the waters”.

Rigden: It is only now that the Synodal Translation of the Bible has abyss. Originally, in the ancient Mesopotamian text, from which Hebrew priests borrowed the Sumerian and Babylonian cosmology, it was called “the primordial universal waters”, “the sea”. And if you look at the meaning of the verb “hovering” in the original, from which the translation was made, you will notice that the same verb was also applied to “a broody hen” that hatches its chicks in the nest; and the term “the spirit of God” (“ruakh Elohim” in the English transcription) is derived from the ancient Semitic root and is related to the Arabic “rukḥ”. From this root, the name of the giant mythical bird Rukh was formed, and this bird still appears in ancient Arabic tales.

Anastasia: You are saying that this biblical story was based on earlier myths of other peoples which described how the world had been created by a big bird hovering



over the primordial world ocean? Generally speaking, yes. After all, the motif of pulling the earth out of the primordial waters specifically by a bird is a rather widespread myth among the peoples of the world. It turns out that the whole point here is in the motion, action, and creation from above this world.

Rigden: Perfectly true. So, the *Primordial Sound gave birth to the Universe shaped as a sphere* (the universal, cosmic egg, the Golden Fetus, the primary seed). *On the surface of the sphere, under the influence of the forces of Allat (the initial energy which begets life movement), matter started to form* (a part of the energy started to turn into matter). *Thanks to, again, the forces of Allat* (in mythology — the mother of all things, the divine feminine principle of creation, the creating, viable Principle, the Mother-bird, the will of God, the power of God’s thought), *matter began to interact with each other*. Previously, I had already described in more detail how exactly the Universe was formed as well as what Allat, time, space, and gravity really are.

Anastasia: Yes, I included this information *in the books Sensei-4 and Ezoosmos*.

Rigden: Good, that means that it is now clearer what processes we are talking about. *So, in the places of the highest concentration and activity of the forces of Allat on the surface of that initial spherical state of the Universe, matter started to accumulate in certain formations. The latter became the “progenitors” of future galaxies, in which life originated.* (Different legends describe this in images of appearance of the enormous first person, of giants, the progenitors who formed the Universe with their bodies and who subsequently, after death, were separated into parts and gave birth to other formations). By the way, within those initial accumulations, there appeared hotbeds of thermal radiation, which have remained within the microwave range even now. They are currently known by science as the cosmic microwave background radiation (the



relic radiation). This is precisely the manifestation of the first effect of the forces of Allat during the creation of the material world. *In fact, it should be noted that it is thanks to Allat that matter started to become endowed with life and the ordering of all that exists began.*

And here is another very important aspect of the formation of the Universe which gives an understanding of what the Universe represents now. *The drive of the force of Allat for the unified ordered form (towards God) set the motion of the Universe “from the inside to the outside” and started spinning it in the right spiral, i.e. towards expansion.* This is how the function to creation was set. (People from the upper Palaeolithic times symbolically depicted this movement “from the inside to the outside” as the correct卐 swastika (the “straight”, “right” swastika), in other words, as a cross with edges bent to the left. Such a swastika symbolises the clockwise movement — in the right direction. By the way, translated from Sanskrit, the Old Indian word “swastika” comes from the word “su” means “associated with good”, i.e. “su-asti” means “the beautiful exists”, “good existence”.

Simultaneously, while spinning the Universe in the correct spiral, the force of Allat gave birth to the opposing force, which started spinning in a reverse spiral inside the Universe, in the direction which was opposite to the main direction of Allat — “from the outside to the inside”, bringing matter together into a unified material Mind (the Animal mind). Thus, the destroying function was set, an opposition to the forces of Allat. (Peoples symbolically depicted this motion “from the outside to the inside” as the incorrect, aggressive,卐 reverse swastika, i.e. as a cross with edges bent to the right. Such a swastika symbolises the counter clockwise movement — in the left direction. In mythology, the emergence of the opposing force is reflected in the image of the emergence of fire out of water).

Anastasia: Regarding the understanding of spins of the two swastikas, the following clarification you gave



previously helped me: if in a cup of tea you spin “a vortex” (a funnel) clockwise with a spoon, it is possible to see waves of the correct swastika form along the edges. And if you spin this liquid counter clockwise, waves of the reverse swastika will be observed.

Rigden: Correct, this is the clearest example which a person encounters on a daily basis. *So, this is how there appeared two directly opposite forces in the Universe: the greater force, spinning the Universe outwards, and the smaller force, which opposes it within the Universe itself. After these two forces had manifested themselves, the Universe lost its spherical shape and flattened under their influence, that is, it compressed, became flatter.* This point is recorded in the cosmic legends of peoples of the world as the cracking of the world egg, splitting it into two halves, out of which heaven and earth were created, and divisions (spaces) and waters were placed between them. Other legends say that the components, which remained after the egg had cracked, expanded and turned into the Universe. Still other episodes mention the division of the world into two elements or two deities with directly opposite functions, the creation of an invisible pair.

The spirals themselves are represented in myths as, for example, the first pair of gods with the opposite functions (one having the divine essence and the other one having a demonic one), from whom the other gods later descended. In another version of the legends, they were depicted as half-humans and half-snakes (at that, the creating ones being the water deities, had bodies of distinctive *green colour*). In a third version, there were characters that embodied order, life waters, fertility, and light; the opposite ones personified disorder, death, darkness, an unpaired creature (for instance, according to African myths, the jackal who desired to become the master of the Universe). So this is how the creation of the Universe was reflected in myths. It is just that modern people have lost the understanding of the spiritual side of the subject and everything has been



reduced to the level of the material perception of ancient stories.

Anastasia: So this means that now the Universe is expanding in a spiral due to the motion of Allat, correct?

Rigden: Yes, and on every subsequent, larger turn its speed increases while the time of passing the turns remains the same. So, the overall motion of matter in the Universe, including the overall movement of galaxies, occurs in a spiral.

Anastasia: This is really important information, and it opens a view of the world from a completely different perspective.

Rigden: By the way, the word “spiral” originated from the Latin word “spira” which means “a curl, a curve”, “a bend of the snake”. This last name came from the East where the snake was considered to be a sacred animal and where many things related to the invisible processes of the world were explained to the people back then in the clear examples of the visible world. For instance, the spiral movement was explained through the visual example of the coiling of the snake.

In spiritual practices, many things are also connected with the spiral movement of energy. For instance, in the East, in ancient India, the hidden, tremendous potential power of man is symbolised by the Kundalini energy, the repository of which is located at the base of the spine. Since ancient times, this energy was depicted as the symbol of *a sleeping serpent coiled in a spiral three and a half times*. By the way, the word “kundalini” is translated from Sanskrit as “(a power) coiled in a spiral”, “coiled in the form of a snake”. The awakening of the dormant “Kundalini Serpent” and its activation are considered to be one of the highest achievements in spiritual practices. But in fact, as you already know, it is only another stage in the spiritual development, just another step, no more than that.



I should mention that in the myths of various peoples of the world, the symbol of the snake has been associated with fertility, with the feminine creating power, with earth, air, water, fire (especially heavenly fire), as well as with Wisdom. Now, compare this with the information you already know, for example, about cell division, the motion of the electron, air cyclones, anticyclones, and whirlpools. Or with the function of spiral structures (for example, DNA) which is connected to the long-term storage and transfer of information. There you have a symbol of Wisdom. Yet, this is only a small part of what is known today. There is a lot of knowledge, for instance, about the Earth, outer space, and galaxies, which people have so far associated with “primitive mythology” because modern science has not yet perceived the phenomena described in it in the language of associations. I wouldn’t say that this knowledge has been preserved in myths in its initial form, but it can still be understood even with the existing touches of human fantasy if one knows the essence of global physical processes.

Anastasia: If possible, please give an example of such knowledge.

Rigden: All right. Let’s take, for instance, the cosmogonic myths of Europe, Asia, Africa, or America. Many of them are connected with the image of the coiled serpent. Specifically, if you get to the core of at least the legends of Ancient India, with which you are familiar, for example, with regard to the world *thousand-headed* (or *seven-headed* in other interpretations) serpent Shesha, you can understand a lot. After all, according to the ancient legends, he not only supports the Earth but, thanks to his countless *coils*, also serves as a bed for god Vishnu. Furthermore, the legends describe that with his countless mouths he is constantly busy chanting the glory and the name of god Vishnu.

Anastasia: Yes, Vishnu is one of the highest gods in the Hindu mythology. Brahma, Shiva and Vishnu make



up the divine triad — “the Trimurti”, that is, “three forms” in Sanskrit. The name of Vishnu in the Indian tradition is interpreted as “all-embracing” and “penetrating everything”, as the universal revitalising principle.

Rigden: That’s right. According to this legend, it is believed that at the end of every world cycle the serpent Shesha spits out poisonous fire, which destroys the Universe. Then Vishnu falls asleep, resting on that serpent, which floats in the world causal ocean. When god Vishnu awakens, he contemplates a new creation while reclining on the *coils* of the serpent Shesha. Then a *Lotus* grows out of Vishnu’s navel. From the Lotus, Brahma, who creates the Universe, manifests himself. And a new world cycle comes... Interestingly, the permanent epithet of the serpent Shesha is Ananta, meaning “Infinite”.

Anastasia: The serpent personifying infinity... Ananta is a symbol of infinity. I wonder what if we assume that the serpent’s coils mean the spiral movement of energy...

Rigden (smiled): I will say even more: in some myths, the serpent Shesha is seen as an *illusion* of Vishnu, whereas in others, as a *part* of Vishnu... Just read more “down-to-earth” myths, such as, for example, the one about the Egyptian serpent Mehenta that surrounds the Earth or about the Scandinavian Midgard serpent Jormungand, who, according to the legends, lives in the ocean and encircles the whole Earth... Or take the mythology of the West African peoples, for example, of the Dogon. They mention that the Earth is surrounded, like a rim, by space with salty water. All this is entwined by an enormous snake biting its tail. In the centre of the Earth, there is an iron pillar, and the earth’s disc revolves around its iron axis during the day. Or take a look at the myths of the Indians of the central part of South America, according to which there were times when the sky fell down to the earth, and only the serpent who coiled around the sky and the earth was able to separate them. It is believed that he still keeps them separated.



Anastasia: In other words, it may well be some kind of a force field with a spiral structure, which keeps the two environments in balance?

Rigden (smiling): And the Indians of the Amazon basin have preserved a myth that the Boyusu snake presents itself to the world in the daytime in the form of a *Rainbow* (as the master of rain who drinks the heavenly *water*), whereas at night it manifests itself as a black hole in the Milky Way.

Anastasia: A black hole? Amazing!

Rigden: The Knowledge exists, but in order to understand it, one needs a qualitatively *different* perception of the world. So getting back to our conversation about outer space. The black hole is a unique phenomenon in this world. It pulls matter to itself and destroys it while pushing away (and thus preserving) the information that forms matter. And this is what clever people should think about, for the understanding of this process will give a true answer to the question about the creation of the Universe, and not only to it. This answer will totally change the distorted human idea about phenomena of the macrocosm and the microcosm. It will then become clear why information never disappears anywhere and why, when pushed away by the black hole, it is concentrated in certain areas of the Universe. What makes these information building blocks form ordered shapes and create matter out of Nothing? Why do molecular clouds appear in the expanse of the Universe as if from nowhere and how is the electromagnetic field formed inside such clouds? What makes molecules unite in macro-objects, for instance, in gigantic stars? And finally, what gives birth to life, and not only life but at times, to Intelligent life? At first sight, these questions seem to be difficult. However, if an inquisitive human mind compares all the previous knowledge given in your books with what I've just said and uses the "foam plastic building blocks" of his brain a little, many things can change, at least in people's lives... On the other hand, I haven't said anything new. All of this was once known to mankind.



Anastasia: So people knew about the existence of information which creates matter.

Rigden: Partly. For instance, in Ancient Egypt, this knowledge was inscribed on golden tablets as a heritage for descendants. Later on, people called such heritage the Books of Thoth, though the tablets were eventually destroyed, or more exactly melted, because most people have always valued gold more than Knowledge. Nevertheless, copies of the tablets, re-inscribed on papyrus sheets, or at least a part of them, have been preserved. Unfortunately, such copies have been frantically destroyed by priests at different times no matter where they were found, for the information contained in them literally undermined the power of priests over people. Nevertheless, something remained, and this something, having been saved and re-hidden in the Croatian mountains, gave the world two eminent scientists in the second half of the 19th century. But when that something fell into the wrong hands in 1936, it caused irreversible consequences, the beginning of which was later witnessed by peaceful inhabitants of Hiroshima and Nagasaki.

Anastasia: Yes, the proverbial human choice.

Rigden: So, on the whole, although such information is important for the future, it will provoke the greatest outrage... let's put it this way, of contemporary "priests from science".

Anastasia: "Priests from science"?

Rigden: Yes, I mean those whose aspirations are directed not towards the advancement of science but rather towards keeping "crowns" on their heads and who believe that their opinion in science is unshakeable. Certainly, in public, they will simply fly into a rage while trying to lynch this Knowledge and, laughing foolishly at the Truth, will hide their fear of it.

Anastasia: Still, there are real scientists in the world who yearn to know the Truth for the sake of the Truth itself,



whose consciousness is not blinded by such opinions of “authorities”.

Rigden: Undoubtedly, this Knowledge will eventually find those who are indeed the Real Scientists. People will begin to verify this information, compare it, and in the end, they will reach the Truth. An inquisitive mind, seeing the direction and the already available Knowledge, can discover on its own everything that I have deliberately left unsaid, thus opening its own way to knowing the Truth. As for “authorities”, no authorities can exist in real science. **Real science is the process of knowing the Truth and not a means of attaining power.**

Once this information about the black hole and about the heaviest micro-objects in our material Universe gets confirmed (this can be done even with modern equipment), these discoveries will not only give answers to the numerous unresolved questions of modern science, beginning with the origin of the Universe and ending with transformation of particles in the microcosm. It will radically change the entire understanding of the structure of the world, including everything from micro- to macro objects and the phenomena which they constitute. This will confirm the primary nature of information (of the spiritual component). Everything is information. Matter does not exist as such, it is secondary. What is primary? Information. The comprehension of this will change a lot. It will give rise to new trends in science. But the main thing is that people will answer the question of the real structure of the human being. After all, the knowledge about the human essence and the general energy structure, which is different from the physical body, is still being kept secret. Such an understanding, in its turn, will radically change the worldview of many people from the material to the spiritual one.

Anastasia: Yes, this can indeed change the course of the human civilisation towards true spiritual development.

Rigden (smiling): If only people could hear you.



Anastasia: I'd like to believe that people will indeed hear this. After all, this Knowledge is so unique...

Rigden: This Knowledge is unique for a person only when he already understands much beyond the patterns of the material world and when his Soul aspires to go beyond the horizon of events. But so many people... So many times the Knowledge has been given at different times. People tend to lose it with time. And why? Because the human mind complicates the simple so much that it becomes unable to see the Truth anymore.

There is, as it happens, one **ancient Indian parable** in this regard. It dates back to the time when women not only had equal rights with men but their spiritual wisdom was highly respected... "Once upon a time there lived a woman – a Mistress named Vidya (translated from Sanskrit, this name means 'Knowledge'). She had a disciple whose name was Amrit ('immortal'). When the disciple had grown up, Mistress Vidya told him, "You have grown up, now you can control your thoughts and emotions and subdue your anger. Go now and see the world. You are ready to find and know the single seed of Truth." Amrit asked: "Mistress Vidya, I am grateful to you for your wise words and good deeds. They have taught me a lot. But give me at least a hint where to look for the single seed of Truth." Mistress Vidya only smiled and replied, "Listen to your Soul, it will lead you in the right direction."

No sooner had Amrit reached a big city than he heard the news that the Emperor of the land was holding a great council of sages to discuss the meaning of human life. The winner would be awarded a great prize – one hundred cows with their horns adorned with gold. Amrit went to the council, hoping to get an answer to his question of where to find the single seed of Truth. But something unexpected happened.

When the sages were asked "What is the meaning of life?", each of them answered in their own way. One woman



among the sages said: “This world, for people, is nothing more than a temporary abode. Man is born with clenched fists, trying to conquer it. But he dies with open palms, not taking a single speck of dust from the world. The meaning of life is in the birth of man’s desires which form his fate in the afterlife.” A man from the sages continued the discussion: “Man’s desires are innumerable like sea sands. But his deeds are rare like granite stones. Man’s deeds make up his life. His ill or good deeds become his ill or good fortune. The meaning of human life is made up of what he does each time “here and now.” Another woman from the sages replied to him: “Deeds are merely consequences of a person’s thoughts. If a person acts with evil thoughts, suffering follows him like a cart’s wheel follows ox’s legs. If a person acts with good thoughts, joy follows him like a shade from the bright sun. The meaning of person’s life lies in his thoughts.”

So the discussion continued until noon. Finally, one of the well-known gurus of that time, famous at the court for his learning, said: “Thoughts burst from emotions like fire erupts from lightning. The man of yesterday is different from the one tomorrow. To be able to learn from life means to live twice. The meaning of life is in the changes that come from toil and worries.” Silence followed these words. When none of the other sages replied, Amrit, who was standing among the ordinary people, decided to take part in the discussion and said: “Human life passes like a dream. In order to understand its meaning, it is necessary to wake up. Changes on the outside do good only if they come from the inner world of a person. All that exists and that doesn’t exist in this world is here – in the human Soul. Knowing this Truth is the meaning of life.” Common people rejoiced after these words, and the sages nodded approvingly, agreeing with the wisdom that came from this unknown young man. The Emperor's prize was given to Amrit, and so in just one day he suddenly became rich and famous.

After the council, Amrit was approached by the well-known guru who until that point had gotten the better



of all his opponents in the debate and from whom this young man had so unexpectedly taken away the victory. He asked Amrit why he had come to this land. And having found out about Amrit's search for the single seed of Truth, he rejoiced: "Oh, young man! You are unspeakably lucky! Today you have gained not only riches and fame but also a true friend and a wise teacher – myself. I am well known in this land. I teach different sciences in which many seeds of the Truth are hidden." After this conversation with the famous guru, Amrit decided to become his student and spent all his money on learning worldly sciences from him. Soon, he became one of his best students, having mastered many languages and learned all the sciences of that time.

Full of pride for his achievements, Amrit came back to the house of Wisdom. Mistress Vidya was in the garden. Delighted to see her, Amrit began telling her about his travels: "When I had left the house of Wisdom, something unexpected happened. On that day, the Emperor of the country held a great council of sages. I went there hoping to get an answer to my question. The meaning of human life was discussed at the council. I voiced my opinion and suddenly received the Emperor's prize. In just one day, I became rich and famous. In order to know the single seed of Truth, I decided to spend all the money on lessons from a famous guru. Now I have acquired great knowledge in many sciences and can tell you about many seeds of Truth in each of them..." So Amrit began recounting what he had learned. However, Mistress Vidya, having listened to Amrit's story about his achievements and the knowledge he gained, only smiled and said:

"You have shown your learning. All that you have learned in the world is knowledge from the mind. It does not mean that you have found and learned the single seed of Truth. Multitude is born out of the Whole. In order to penetrate the essence of the Sacred, you need the ability to feel as well as awareness and understanding." Mistress Vidya picked up from the ground a fruit from the nearest tree and showed it to Amrit: "You have studied what the material world is



woven from, but you missed what it is created of and the reason why it all exists.” Mistress Vidya divided the fruit in half. Having taken out the seed, she also divided it in half, showing the pulp within the seed to Amrit. “With your mind, you have known the visible core of the seed, from which a big tree grows. But only through the ability to feel can you know the invisible, that life-giving emptiness, from which a big tree grows. The seed is just a vessel for this creating emptiness. The life-giving emptiness is woven from the single seed of Truth, from which everything was born and into which everything will dissolve again.

When you set out on the Path, you already possessed this knowledge. Thanks to it, you gained riches and fame. But you used the riches for the mind while riches are given to understand responsibility. The riches of this world belong to this world, in which everything is transient and is subject to death. Had you used the riches for the benefit of people, you would have found and known the single seed of Truth, a part of which exists in you, too.” “But what should I do now?” Amrit murmured nervously. “I don’t have the riches anymore to amend my mistake.” To which Mistress Vidya replied: “Continue your way from the point where you stopped. Continue your way, building on the experience which you already have. You have acquired worldly knowledge which people value and thus perceive the visible world. Go and teach people this knowledge, and show them not only what the visible world is woven from but also show them what it consists of and why it all exists.”

Amrit was surprised: “How will I show people what I do not know myself?” Mistress Vidya smiled: “Become the one you don’t know. Become yourself, for you have a part of the single seed of Truth in you. Human is just a vessel for the Soul – the source of his essence. Find that One and perceive It. This is the most important thing. Once you perceive the single seed of Truth, you will know yourself.” Amrit asked: “But how do I do this?” Mistress Vidya replied: “Use your mind for the benefit of people and gain experience. **When your deeds coming from feelings for the sake of**



the Truth outnumber words said for the sake of the Ego coming from your mind, then you will perceive the single seed of Truth.”

Anastasia: This is an interesting parable and relevant at all times.

Rigden: The problem of modern humanity is that egoism has shattered the knowledge so thoroughly that the single meaning, the purpose of this knowledge has been lost. That is why nowadays astrophysicists, for instance, prefer to look only up at the stars, developing incredible theories, for example, about black holes. And archaeologists and ethnologists prefer to look only down, diving into antiquity and voicing their guesses about the past...

Anastasia: All in all, there is no unity in the many-sided cognition of the single whole, there is no broadening of the horizons, and most importantly — man’s knowledge about himself, about his true essence.

Rigden: Unfortunately, that is so. I will give another interesting example in this regard. As I have already mentioned, there is a tribe of Dogon people in West Africa. At the end of the 19th century, when leading European countries started dividing Africa into their colonies, the territory where this tribe lived, just like their neighbours, got under the dominion of France. At that time, there was an active slave trade from the African continent. Nevertheless, the Dogon were not affected because they lived in inaccessible areas. So the first person to learn about their existence was an official of the colonial troops who was making a list of “savage” tribes. His attitude towards these peoples corresponded to the template created by politicians of his country; in other words, that “savages are not even human beings”. The culture of these people was discovered (though just for a narrow circle of specialists from Europe) by the French Africanist ethnographer Marcel Griaule. First and foremost, he was interested in the spiritual side of life of the Dogon and that



is why the priests of this nation eventually revealed their greatest secret to him.

Anastasia: “The secret Knowledge is revealed to a person with a good heart and pure thoughts” ...

Rigden: Perfectly true... However, the world learned about the cosmological system of the Dogon not from the works of this ethnographer but from the works of an astronomer who was also keen on archaeology and ethnography and who managed to compare all this knowledge. So the Dogon and the kindred Bambara people are among the few peoples who had preserved the original information practically with minimal distortion, often without even understanding the meaning of this information. And the latter is such that it is far ahead of all the modern scientific achievements.

Anastasia: That’s interesting...

Rigden: In the cosmology of the Dogon and the Bambara, there is information about the significant primary role of vibration and spiral motion in the creation of the Universe.

Anastasia: The Dogon possess knowledge about the spiral motion of the Universe?!

Rigden: Yes. In the Dogon mythology, there is a supreme deity – god creator named Amma. One of the Dogon myths says that the world originated from the word “Amma”.

Anastasia: It is interesting that the Dogon in Africa have “Amma” while, according to the Indian legends, the Universe originated from the vibration of the sacred sound “Om”. In the Vedas, this sound is also regarded as a symbol of the Soul approaching the world of God and is denoted by a special sign...

Rigden: Certainly, all these legends at one time had one and the same basis and Knowledge. So according to the mythology of the Dogon, the world arose from the word



“Amma”. There was nothing other than this word. *The first word* gave rise to an infinitely small basic element of the world which the Dogon call “kize-uzi” (it is also the millet seed Po). By means of internal vibration, the “kize-uzi” turned into “the world egg”. In the Dogon myths, Amma has the epithet “*a spinning vortex*”, and it is noted that its motion moves *in a spiral*. Furthermore, the very creations of Amma are described, and also seven worlds, the Sun, and the Moon are mentioned. In particular, that the Sun is surrounded by a spiral of eight coils of red copper. The Moon is surrounded by the same spiral but of white copper. Surprisingly, modern physics has not yet reached the level of scientific understanding of these questions. But that is not the most interesting thing. Going back to the creation of the world... After the “Po seed” had been created and the motion started in a spiral, “the invisible Amma” began to create *signs*, which determine everything in this world: the two “guiding signs” which belong to Amma and the eight “main” ones...

Anastasia: Signs? Given that Shambala also communicates and creates events with signs... Signs are essentially a special topic. In regard to the above-mentioned legend, readers might ask: “What do “the guiding and the main signs” mean?”

Rigden: Well, first of all, the very fact that the Dogon possessed such knowledge testifies to the fact that their ancestors received it through paleocontact. The two “guiding signs” are the signs which can be used only by the one whom they call Amma in their myths. The eight “main signs” are the creating signs which, when you apply certain power to them, figuratively speaking, like a key to a lock, open certain possibilities of managing the processes of both creation and destruction. It is very rare but it happens that “the main signs” become available to a human being.

Anastasia: Very rarely become available to a human being... But that is the Grail! I recorded this knowledge in the book Sensei 4. At one time, you mentioned that the Grail



consists of twelve signs and the Dogon mythology mentions eight of them excluding those two which are unavailable for people in principle, as far as I understand. Therefore, the Dogon either had incomplete information, or it was partially lost with time, or concealed from the European researchers who wrote down their myths. But the fact that the Grail consists of “the main signs” with which the world may be designed and adjusted at will is indirectly mentioned in many legends of various peoples.

Rigden: Absolutely correct... Such “sacred”, for this or that nation, knowledge is almost never fully revealed by the tribe’s priests, particularly to random people. As for the Grail, one should remember that when it was hidden, it was not coincidental that the 12 signs were split into four parts with three signs in each part. This significantly complicated the process of arranging signs and activating the Grail by sound. Signs of the Grail in a certain sequence are like a form, like a key to the lock which, when a certain power is applied (the sound formula of the Primordial Sound), opens otherworldly possibilities to a human.

Anastasia: Four parts with three signs in each part...

Rigden: Incidentally, these ancient peoples have preserved records that number four embodies the feminine principle, number three embodies the masculine principle, and their sum equals seven, which is the basis of the human Being (the principle of Eternal life) and perfection.

Anastasia: Four embodies the feminine principle... So since the Grail was put together using four parts, it means that this indirectly points at the connection with a creating divine power of the feminine principle – Allat.

Rigden (grinned): Why indirectly? By the way, speaking of Allat, in the cosmogonic myths of the Bambara people which tell about the timeless initial stage of creation of the world, it is mentioned that the world originated from the void endowed with motion – “gla”. “Gla”, in turn, gave



birth to a sounding twin. As a result, a pair appeared – “gla gla”. On the whole, after a number of conversions and transformations, thanks to the vibration, there appeared “signs” which were intended to be placed on objects, that were not yet created, in order to mark them. During the act of creation, there appeared spirit Yo (from whom the first powerful forces Pembo and Faro descended, which took part in the creation of the world), 22 basic elements, and 22 spiral coils. It is mentioned that when these spiral coils “stirred” Yo, as a result, light, sound, all actions, all creatures, and all feelings appeared... The myths mention that Pembo moved in space in a vortex and that he threw upwards that which was later named Faro. Faro, in turn, created seven heavens and the spirit of the air, and he spilt life on earth in the form of water. He is omnipresent and visits all waters. In essence, Faro continued to create the world, he put the Universe in order and classified all its elements, created people and taught them the Word.

Anastasia: Faro put the Universe in order. But these are the functions of the creating power of Allat!

Rigden: That is what I am talking about. By the way, regarding speech. In the Dogon mythology, the deities of water (the divine twins) shaped as half-humans and half-snakes were called Nommo. There remain legends that when they saw the mother earth from the sky, naked and devoid of speech, they made a skirt for her of ten wisps of filaments of heavenly plants. It is precisely these moist filaments, *twisted in a spiral*, which comprised the word, that were full essences of Nommo that communicated speech to the earth, the first language of the world. So some people should not have called the Dogon and the Bambara peoples “barbarians”. Those “barbarians” have preserved by far more information for future generations than “civilised people”. Certainly, not without their elements of distortion, but still this is much better than nothing.

Anastasia: Yes, after all you’ve just said, one just wants to give everything up and leave for Africa, since such knowledge is preserved there.



Rigden (burst out laughing): There's nothing to do there, in that Africa. It would be the same as going to Tibet. You'll immediately find many people willing to show you "the right way" ... to Ahriman, and on top of that with your own money... In reality, everything is much closer than a person can imagine. It is all a matter of the vein of Knowledge and the prevailing worldview. Look here, you have seen the world in a different light of Knowledge, from the perspective of the spiritual worldview. Information that used to be nonessential for you has now become important. Fragmented knowledge from physics, mythology, and astronomy, has fallen into place like a jigsaw puzzle, each piece supplementing another as if it took its rightful place. Now imagine what the people who don't possess such information will think about, for example, signs? After all, most of contemporary people will not even understand what is really being said here. According to the modern worldview, signs that "create the world" can at best be the symbols that form the table of chemical elements, nothing more...

Yet, for example, the spiral as a symbol was known already in the Palaeolithic times. Its images can be found in predynastic Egypt, in Ancient India, and China, in ancient cultures of Crete and Mycenae, and among peoples living on different continents — in Europe, Africa, and pre-Columbian America. Yet, what is the situation today? What has remained of the bygone knowledge of the spiral structure of the macrocosm and the invisible world? Suffice it to go out into the street and ask anyone or specifically experts engaged in such a science as physics about what people know now about the spiral. As a result, you will at best get a standard answer which, unfortunately, reflects only the habitual template materialistic worldview of people, which does not go beyond the scope of knowledge of the visible world.

Anastasia: Exactly! You needn't go far to find such examples, for not long ago I myself thought in similar terms... It turns out that the ancient people were not



deprived of such wonderful knowledge about the world either! It doesn't matter in what form the knowledge was presented; it's the very essence that is important, which influences a person's worldview and, consequently, his life. After all, this information helps to understand that the world is managed from above and that everything in this world is ordered and created artificially. From this comes an understanding of what this fleeting life is, what a human himself should aspire to, and how to use its power for one's own spiritual development.

Rigden: In this illusory world, everything is fleeting like a mirage in the desert. Therefore, everything that we possess in the physical world has no value, for it is passing. We must hurry to learn to feel with the Soul and to comprehend the beautiful because everything in this material world, including human life, is nothing more than foam bubbles on the sea sand.

A person senses that he is not just a two-legged creature, that there is something much greater inside him, and that his inner world is *different* from the world around him. Inside him, there's a Soul – a particle *from without* – *from the spiritual world*. It has a single vector of movement, a single desire. The Soul actually seeks to escape from this world. It aspires to go to God, to its own world. However, in the material world, this aspiration, this deepest feeling that comes from the Soul, encounters human consciousness. And human consciousness interprets these strong deepest promptings differently, based on the knowledge and experience gained in this life. And here, a very important role is played by a person's dominant worldview, his Knowledge of the world and himself. If the material worldview dominates in him, his consciousness is narrowed, and he lacks spiritual Knowledge, then numerous substitutions take place in his consciousness. That is, the Personality uses this power, not for spiritual development, but rather to satisfy its material desires. The power of the single spiritual feeling is split in consciousness into numerous desires of the Animal nature. As a result, instead of striving for Eternity, a person begins



to panic and fear it and to regard this three-dimensional world as the only reality of his existence. He wastes the power of his life on achieving gratification of his own Ego in the material world, on gaining power over own kind, and on accumulating earthly wealth. However, with the death of the body, a person loses all this, leaving behind from his past life, in his after-death fate, just a bundle of negative energy, which will bring him sufferings and anxiety for a long time to come. On the other hand, if the spiritual worldview dominates in a person and if he does not simply have the Knowledge about the world and himself, but uses it purposefully and appropriately, working on himself, then he changes in quality. He moves along the spiritual vector of his life, thanks to the deepest feelings emanating from his Soul. For a spiritually mature person, the death of the physical body is, in essence, a liberation. It is only a transition to a qualitatively *different* state – the state of true freedom in Eternity.

Anastasia: You know, many readers point out that, given all the diversity of literature available, it is actually difficult to find any specific information about the Soul. Furthermore, in modern consumer society, even the term “soul” itself is being increasingly often substituted with notions that are diametrically opposed to the Soul, such as “mind”, “psyche”, human “self”, and “self-consciousness”. In the best-case scenario, readers find some general philosophy, and even then, it is usually sealed in the shell of either a section of ethnology, or of religion and mysticism, or of psychology and sociology.

Since ancient times, it was believed that a spiritually rich Soul is the most precious possession of a true Human. Theoretically, in the human society which moves in the spiritual direction, paramount significance should be given to the study of the spiritual. After all, perception of the Soul contributes to perception of any other truth, including a scientific one. There exists a vast range of idealistic and materialistic opinions about the Soul and dogmatic statements, including those of the speculative nature.



However, all these are merely searches of many people at different times, starting with sages, prophets, and saints, and ending with scientists, educators, naturalists, and ordinary people. Disputes mainly took place because of lack of Knowledge. Yet, what is noteworthy is that people still understand that if they possessed systematic knowledge of the human being and, first of all, of the Soul, they would be able to, while guided by the needs of the Soul, control the aspirations of their mind. Knowing themselves, they would better understand all the components of their lives such as intuition, thoughts, feelings, emotions, secret desires, motives of behaviour, consequences of their actions, and so on. In this case, if this *Knowledge* not only becomes available but is understood by the majority, it would be possible without any difficulty to build and affirm in the world a society of kindness and harmony, which people have dreamt of for millennia.

There are readers who have been naturally gifted with the ability to feel manifestations of the invisible world slightly more than ordinary people. At that, they usually hide their abilities from others. Mainly, these are quite clever people who have already “established themselves in life” in the human understanding: they have brought up children, achieved a certain social status, became prominent experts in their fields, and received academic degrees. However, they haven’t discovered the main meaning of their lives – what they intuitively feel inside themselves - in these human achievements. And they worry about this. They try to find an answer to this question which is important to them, to understand themselves and their Souls, and thus to determine the direction of the main vector of their lives. They lack Knowledge in order to understand their essence, how to live in this world, and how to prepare themselves for the afterlife. After all, some of them, after experiencing the manifestations of the invisible world and gaining priceless personal experience, have already radically changed their worldview. **The main question these people ask is: “How to save my Soul?”** I think that they and even future generations, which will come into contact with this



Knowledge, will be very grateful if you answer this main question, which is vital for every human.

Rigden: How to **save your Soul?** Actually, there is nothing complicated here if you really strive for this in your everyday life, if you know and understand your own Soul and, hence, the reason for your existence. For this, you certainly need Knowledge about yourself and your nature and also about the main action in human life – work on oneself. The seeds of different sprouts of his essence are concealed in a human but only one of them is true. Why is the human, while looking for the meaning of his coming into the world, so concerned with the mystery of life until the very departure from it? Because even though he is here temporarily, he has the power to change his nature. The meaning of human's sojourn in this world is spiritual growth, the aspiration to leave the state of the material belittling of consciousness for spiritual elevation, transformation, and soaring to his purpose and flourishing of all the best that is in him. When a human acquires wings of self-development, they elevate him to the heights of perceiving the Truth, qualitatively transforming his nature. Perhaps, I will tell about the human internal structure in more detail. This Knowledge has almost been lost in the river of time, but its echoes can still be found on the banks of the modern world.

So, what is the Soul? As I have said before, the Soul is the true antimatter, a particle from the outside – from the spiritual world, the world of God. The Soul is a constituent only of the human being. It is his main potential, a portal, and each person's direct connection with the spiritual world. It is not present in plants, or animals, or in any other matter, including intelligent matter. The Soul enters the emerging energy structure of the human being on the eighth day after the birth of the physical body (of a newborn baby). If we take the structure of the physical body, then the approximate location of the Soul is in the area of the solar plexus, that is, the actual centre of man. Yet, the Soul is neither the solar plexus, nor the heart, nor



any other physical organ or system, including the brain, the mind, consciousness, thinking, intellect, or mental abilities. Everything mentioned above is neither a product nor a property of the Soul – all this applies to the material world. Surgical removal, transplantation of various organs of the physical body (for example, of the heart), or blood transfusion have nothing to do with the Soul. I emphasise that it is located in the energy structure of the human being and not in the physical part of this structure. Each human being has one Soul. It is single and indivisible. There is no difference between the Soul of a man or a woman. The Soul has no gender. Souls of all people are identical in their nature. And in this sense, you can say that people are very close and kindred to each other. The Soul is not matter, it does not wear out; it does not get old or sick. It is perfect in relation to the material world but is not sufficiently individually perfect in relation to the world of God. As a result of repeated reincarnations in the material world, the Soul is burdened with information capsules.

What is a human being? During a lifetime, a human being represents a multidimensional spatial object which is built around the Soul and which has its own intelligent Personality. The usual shape and the structure of the physical body which is visible to the eye, together with its physical and chemical processes as well as a control system (including the material brain) is only a part of the overall human structure which relates to the three-dimensional space. In other words, the human being consists of a Soul with its information capsules, a Personality, and a structure that is made up of, say, various fields of other dimensions (including the physical body, which is located in three-dimensional space).

What is an intelligent Personality? A new Personality is formed in a new structure, a new body. The Personality is who every person perceives himself to be during his lifetime, the one who makes the choice between the Spiritual and the Animal natures, who analyses, draws conclusions, and accumulates personal baggage of sensory and emotional



dominants. If a person develops spiritually during his life to such an extent that his Personality merges with the Soul, then a qualitatively new, mature Being is formed; it is different from the human being and it leaves for the spiritual world. This is, in fact, what is called the “liberation of the Soul from the captivity of the material world”, “passing into Nirvana”, “attainment of holiness”, and so on. Otherwise, if in the course of human life such a merging does not happen, then after the death of the physical body and the destruction of the energy structure, this intelligent Personality, together with the Soul, goes to a rebirth (reincarnation), turning into (let’s call it thus for convenience in order to understand the gist) a subpersonality. When the physical body dies, the human being continues its existence. In the state of transition, it has a spherical form with spiral structures. The Soul, together with its information capsules, is enclosed in this formation. The information capsules are subpersonalities from previous incarnations, including the Personality from the recent life.

Information capsules, which are located around the Soul, are sensory and emotional bundles; more specifically, an intelligent information structure that can associatively be compared to a kind of a nebula. To put it simply, these are former Personalities from previous incarnations. There can be many of such subpersonalities near the Soul, depending on how many times the person has reincarnated.

Anastasia: That means that a subpersonality is a Personality just like you which was active in the past incarnations of your Soul.

Rigden: Yes. In other words, it is a former Personality from a past life with all the baggage of sensory and emotional dominants (positive or negative ones) which it accumulated during its lifetime; that is, with the result of its choice during life.

The Personality, as a rule, does not have a direct connection with subpersonalities; therefore, the person does not remember his previous lives and, accordingly,

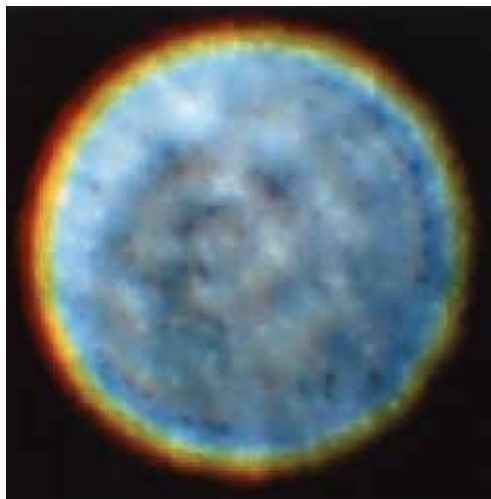


Photo 1.* The human Soul in the state of transition after the death of the physical body.

In the picture of the Soul, you can clearly see the edge capsule. It consists (when going deeper towards the sphere) of red colour (the remainder of life energy – prana) as well as of yellow and whitish yellow colours of other energies. The spherical form itself is sky-blue with shades of light green; it has a distinctive spiral structure, which is twisted towards the centre and which has rainbow hues and white specks.

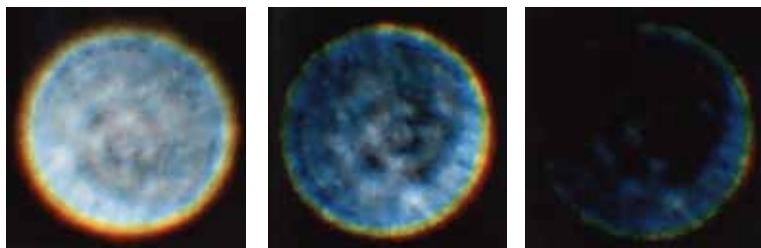


Photo 2. The human Soul disappearing from the material world during the process of transition.



the experience and the knowledge gained by these subpersonalities. However, in rare cases when certain circumstances overlap, the Personality may experience a vague feeling of déjà vu or short-term spontaneous manifestations of the activity of the latest subpersonality (the one which precedes the current incarnation). This is particularly typical for people in early childhood.

There are cases, which have been recorded in papers on psychiatry, when children, in whom no deviations have been observed and who have healthy parents, manifest short-term unnatural behaviour akin to borderline personality disorder. I will give one of such examples. A four-year-old girl started having one and the same dream: against the background of light, a boy was calling her to approach him, but he wouldn't let her go into the light. She started complaining to her parents about this dream which was depressing her, and in the evenings she started behaving in an unpredictable, aggressive way which had previously been unusual for her. She would also become unusually strong. The four-year-old girl would angrily turn over tables, chairs, a heavy bedside-table; she would not recognise her mother, would throw a fit, and say in an accusatory way: "You're not my mother", "You will die anyway", and so on. That is, the girl's words and behaviour were unnatural for her but they were quite natural for a subpersonality that had gone through reincarnation and was then in the state of "hell", experiencing suffering and animal pain. The next day, the child would become normal again and behave as usual. This is a typical example of a short-term manifestation of negativism of the previous subpersonality. The best thing that can be done in this case is to actively develop the child's intellect, expand his or her horizons of knowing the world, and wait until the primary surge takes place and a new Personality forms.

The primary surge happens, as a rule, by the time a person is 5-7 years old. The fact is that in early childhood, prior to the primary surge, such a short-term activation of



the previous Personality (subpersonality) may indeed take place. The latter, while a new Personality is forming, is trying to get to the consciousness and seize power over the person.

However, other cases of manifestation of a subpersonality are much more frequent. This is when children aged 3-5 (during the period when a new Personality has not yet been formed) begin to talk from the position of an adult, experienced person. In rare cases, there may be detailed descriptions of their previous adult lives which are in fact impossible to know at such an age. More often though, a child speaks unexpectedly wisely about something, expressing unchildlike thoughts, and sometimes this mystically frightens adults. Parents should not be afraid of such manifestations; instead, they should simply understand their nature. Once a child's personality is formed, such manifestations will pass.

So every subpersonality preserves the individuality of its past consciousness in the form of the desires and aspirations which dominated it during its active life. The Personality, as I have already said, has no direct connection with subpersonalities; that is, a person does not consciously remember his or her previous lives. However, such a connection between the Personality and subpersonalities is preserved at the subconscious level. The latter may indirectly influence the Personality and "push" it to certain actions, inclining it towards making certain decisions. This happens on an unconscious level. On top of that, subpersonalities, figuratively speaking, are like "misty light filters", which considerably hinder the direct connection between the Soul and the new Personality; so to speak, between the source of the Light and the one who needs it.

Anastasia: "Misty light filters"? That's a very interesting comparison.

Rigden: Perhaps, I will talk about this in more detail. But it is necessary to understand that all these processes take place at the level of energies; therefore, I will use figurative



comparisons for ease of perception. So, subpersonalities are located around the Soul and one can imagine them as... “intelligent” nebulas. On one hand, they are located close to the Soul and experience the influence of this powerful anti material structure; so to speak, the nearness of “the breath of Eternity”, “the presence of a particle from the world of God”. On the other hand, subpersonalities experience a strong influence and pressure of dense material structures of the Animal nature. That is, subpersonalities are squeezed between the two powerful forces of the spiritual and the material worlds. They constantly feel this enormous pressure from both sides. Therefore, each subpersonality becomes a kind of a “light filter” along the journey of the present Personality to connect with the Soul. The level of “dimming” of such a “light filter subpersonality” depends on the dominant life choices and preferences as well as the sensory and emotional priorities that were accumulated in its past life.

For example, if in his past life, a person was good and kind and did much for his spiritual development but not enough to finally escape from the material world, then this subpersonality will be more at peace and will have fewer vibrations. It means that the energy and impulses from the Soul will pass better through such a “light filter”. However, if a person has wasted his past life on the priorities of material values, then such a “light filter subpersonality” will be denser in its structure due to higher vibrations; in other words, the transmission capacity of, say, “the light” coming out of the Soul will be much worse. This can associatively be compared to a glass soiled with soot, through which true light gets distorted or penetrates less. In other words, the more the Animal side dominated a person during his life and the more material values prevailed, the harder time he will have afterwards since he will be the bearer of a greater level of distortion. If there are many such subpersonalities with dense “light filters”, then it is very difficult for the now living Personality to fight his or her Animal nature, it is difficult to turn from the path of material dominants and feel the Soul.



Anastasia: This means that such a person is kind of more bogged down in matter, and it is more difficult for him or her to change the life vector towards the spiritual development?

Rigden: Yes. However, it is never too late for anyone, even for such a person, to reverse the situation, since the Personality has life force and the right of choice... Otherwise, the same fate that his subpersonalities are currently experiencing, awaits him. By the way, it is precisely the experience of subpersonalities that indirectly results in manifestations of the fear of death in a person at a subconscious level. What subpersonalities feel in a new Personality is, in fact, a real “hell” for them, speaking in language of religion. After the death of the physical body, the Personality, which becomes a subpersonality, gains its own experience and understanding of what the material world really is, what the Soul is, and what the importance of the latter is for the human being. But in the structure of a new body, the subpersonality is already in a desperate position of a chained mind that understands everything, feels a strong sensory and emotional pain, but cannot do anything including sharing its experience with the new Personality. It is equivalent to the situation when you are locked in a body but this body does not serve your mind, does not obey you, and does not do what you order it to do. That is, it does not serve you at all and lives on its own. You are aware of all this but cannot do anything about it – you only sense the incredibly awful pressure, the same mistakes made by the new Personality again, and an understanding of your own inability to change the direction of the vector of consumption of life energy. By the way, human fears, such as, for instance, the fear of closed spaces, arise exactly from this. The roots of the main causes of the appearance of such distorted spatial perception, which engender the deepest feeling of fear and panic in a person, are connected with the sector of human structure in which subpersonalities are located.

Why, for example, are people attracted by the appeals to live in the body forever, used by many sects and religions?



Psychologists usually attribute this to the secret human desire that arises in response to the irrational fear of death (thanatophobia). This phobia has certain behavioural manifestations, the aim of which is either to avoid the subject of the phobia or to reduce the fear of it by means of some actions (adhering to religious rules and rituals as well as showing increased interest in such information as, for example, “eternal life in the body” and so on). That is, a person kind of hides behind all this from his unsolvable internal conflict generated by irrational fear which is also usually accompanied by a sense of foreboding. Where do such forebodings and such fear come from? From the subconscious, and this is connected with the oppressive sensory and emotional state of subpersonalities which already have a practical understanding of what death and reincarnation are. Figuratively speaking, the desire to live “in the body forever” is present in man because of the fear of inaccessibility of Eternity to subpersonalities which means their inevitable and final death. This is just one of the desires of the Animal nature and its substitution (at the subconscious level) for aspirations of the Soul.

Anastasia: What if a person manages to develop spiritually during his life to such a level that as a spiritual, mature Personality, he will be able to get out of the cycle of rebirths? What happens to subpersonalities then?

Rigden: They are simply annihilated. After all, it is merely an information structure.

Anastasia: Regardless of whether these subpersonalities were good or bad Personalities in previous lives?

Rigden: Figuratively speaking, there can be no “good” (in your understanding) subpersonalities if the Personality has become a subpersonality. **The Personality can consciously develop spiritually and, having merged with the Soul, become free within a single life!** In reality, everything is simple; if a person tried to develop in the spiritual direction during this life but didn’t try hard enough, then



in the next life a new Personality will have better conditions. This will expand the opportunities for its spiritual growth but will also increase the resistance of the Animal nature. Again, everything (continuation or cessation of sufferings of subpersonalities as well as the fate of the Soul and of the Personality itself) will depend on the individual choice of the already new Personality.

Anastasia: It means that the subpersonality is just an information structure?

Rigden: Yes. Any matter, including the human being, is just an information wave. What is in front of you - for example, a planet or a bacterium, a chair or a human being - depends exactly on the information that has been put in it. But inside a human, there is a Soul which distinguishes him from any other matter.

Anastasia: Can the Soul be called an information particle?

Rigden: No. The Soul does not belong to the material world; it comes from a completely different world – the world of Eternity... However, man, in terms of his entire multidimensional structure in the material world (including his Animal nature), as I have already said, is exactly an information wave. The Soul is what is real in man; it is the main component, upon which the entire structure is centred! Everything else is just additional information for development. After the spiritual Personality matures, and the Personality merges with the Soul (spiritual liberation), this information is simply dedifferentiated; that is, it ceases to exist as an organised structure.

Anastasia: Simply put, in the human understanding, this information wave gets destroyed, but in fact, it is transformed into a different quality since information (information building blocks which everything is made up of) doesn't get destroyed as such.

Rigden: Precisely.



Anastasia: You once mentioned that a sufficiently powerful medium is indeed capable of summoning a dead person for a conversation because actually, the person does not die at the level of information.

Rigden: Yes, the human Personality continues to exist but simply in another form – as a subpersonality. If a medium is powerful enough and capable of transferring a part of his life energy (prana) to the subpersonality of the dead person, to fill it with this energy, then such a subpersonality does gain temporary ability to communicate with the medium. For the subpersonality, the prana of a living person is, relatively speaking, “sweet food” in “hell”; it is an opportunity to get a chance to manifest itself for a short period of time. Thus, the medium, as people say, actually “calls the soul” of a dead person for communication. In fact, he establishes an informational connection with the subpersonality. And this happens only if the person has already reincarnated and the given subpersonality is present in the material world in a new living body structure with a new Personality. At that, the whole contact goes unnoticed for the new Personality. And if a person has gone to Nirvana, no medium will be able to “pull” him or her from there to talk; the same is true for the person who is at the stage of rebirth (before a new incarnation in the material world). Why? Because such “contacts” of mediums are one of the guises of the Animal mind, its manifestations and connections in the material world. The Spiritual world is inaccessible to the Animal mind.

Anastasia: Wow! This means that a real medium spends (leaks) his or her prana, and all this in order to feed this subpersonality. It is an unequal exchange: a person spends valuable energy intended for his spiritual growth for some trifling information from the subpersonality. So, such “nourishment” of the subpersonality is, in fact, just another trick of the Animal mind! Now I understand why traditional religions oppose actions of mediums and where the legends originated about hungry, insatiable ghosts, whom living people tried to “bait”, in the human understanding.



Rigden: Yes, this is one of the tricks of the Animal mind. Luckily, given the overall ignorance of people today about these matters, real mediums are not that many. They are mostly imitated by people who entertain the unsuspecting public with their purely psychological tricks.

Anastasia: A belief has survived to the present day that dead people must not be remembered in a bad way, and if you do think about them, then only in a good way. If a dead person comes in a dream, it is believed that “his or her soul has not calmed down”. How true are these beliefs?

Rigden: I would specify that if you think about the dead, you should do so only from the perspective of the Spiritual nature of the living, from the perspective of spiritual Love which is constructive for the living and not from the perspective of sorrow for the past. Besides, it is necessary to understand the processes that take place in this case. First of all, it is not the human Soul as such that is referred to in all these cases. As a rule, it was not only his relatives who knew nothing about it during his lifetime but even the person himself. What is meant here is exactly the person’s Personality which was well known by the community and which became a subpersonality after the death of the body. The Soul itself, when it is reincarnated, does not return to the place of its previous “imprisonment”. However, the subpersonality as an intelligent informational structure of the material world, even when it is “locked up” in a new body, can use the energies of the new body (mainly when a new Personality has not yet matured). When it gains power for a short period of time, it can visit, thanks to its projections, those places and those people to whom it was attached during its life. Subpersonality can also manifest its activity when living people start thinking about it (the dead person), giving it the power of their attention. What does this mean for a living person?

Unfortunately, I cannot disclose all the details here, as they say, to the general public, since it is known that “knowledge multiplies sorrow”. However, I will say the



following for the general understanding of the gist of these processes. The point is that when someone starts recalling a dead person, the following happens. By putting their attention, non-localised fear, and asthenic emotions (grief, despondency, and depression) which arise as a result of thinking about the dead person into this process, the living person, speaking in terms of physics, imparts an additional “charge” to the subpersonality (transfers power). Due to that, the subpersonality becomes active. In other words, the process of recalling a dead person by the living is similar to an instantaneous transfer of “charge” (power) from one elementary particle to another regardless of time or space. The subpersonality remains in the new body but its projection immediately manifests itself when this “charge” is transferred; more specifically, it comes into contact with the Personality of the person who is thinking about it. The latter feels this connection, such an exchange of information, with the subpersonality of the dead person at the subconscious level. In fact, the living person feeds this contact with his or her own life energy. One should not expect anything good from it because such a subconscious exchange of information with the subpersonality only reinforces the surges of the Animal nature in the person.

As a result of such an information contact, the living person begins to feel melancholy (“heaviness”) and sorrow, gets caught in a loop of thoughts: “if he had been alive, this would not be happening to me” or “this would not have happened if she had been alive”, “he wouldn’t let them treat me like this”, etc. In reality, the Animal nature simply disguises the consumer desires of this person (for example, the desire to feel important) under the notion of lost Love, generating in him longing for the past, fear of impending death, and so on.

This brings sufferings both to the person who recalls, manifesting in him the dominant thoughts from the Animal nature and to the subpersonality whom he is recalling. On the one hand, such contact is a touch of life-giving power for the subpersonality. On the other hand, such



a living “charge” gives it a clear awareness of its own inactive position and the state of hopelessness. And this only adds torments for the former Personality (which has become a subpersonality). Besides, such a provocation from the Animal nature additionally burdens not only the subpersonality itself but also the Personality of the person in whose energy structure it is located.

Perhaps, for ease of understanding what such contact with a living person means for the subpersonality, I will give a figurative example. Imagine a person walking in a burning hot desert. He is already doomed. He is almost on the verge of death. He is tormented by pain and raging thirst. And then a small drop of water falls on his lips from the sky. It does not quench his thirst but, on the one hand, it gives him an illusory hope of life or rather, memories of his bygone life; and on the other hand, it gives him a clear understanding of the fact that death is inevitable. This realisation further reinforces torments and sufferings of the doomed person.

Anastasia: Yes, truly, we do not know what we’re doing. So it means that, by recalling them, we actually bring suffering to our former relatives and we ourselves suffer from that as well. And what if we look at history? How historical public Personalities must be suffering, or rather, they are already subpersonalities, whom the living people recall for many centuries and even millennia. It turns out that such mass reminiscences aggravate their sufferings even more.

Rigden: If people, while dominated by the Animal nature, remember them and put their emotional power into such thoughts, then, of course, this significantly burdens both the subpersonalities and the ones who are thinking about them. But there they got what they deserved according to how they lived their lives here.

Anastasia: Well, yes, considering the fact that history, too, is being written not about the Spiritual nature prevailing



among the peoples of the world but about domination of the Animal nature in mankind: who ruled over whom and against whom the wars were waged... All right, could you tell us please how the following phenomena can be explained? In a paper on ethnology, I've read about superstitions and cases connected with Siberian shamans. Powerful shamans asked their relatives to rebury them three times after their death – once every hundred years. People passed this information from generation to generation. If a burial didn't take place for some reason, then the shaman started to invisibly “haunt” the living generation of his descendants and threaten them with disasters. If the new generation didn't respond to this, then the local population suffered various misfortunes such as epidemics, loss of cattle, natural disasters, and so on. This was the case with both “good” and “bad” shamans. It was also mentioned that if people treated the memory of “good” shamans with respect, then they, in turn, protected them from any disasters or personal misfortunes.

Rigden: We must differentiate concepts here. In this world, both forces of the Animal mind of the material world and forces of the Spiritual world are at work. Manifestations connected with forces of nature mostly relate to actions of the Animal mind. As for the human subpersonality (which during its life as a Personality, while developing supernatural powers, reached a certain level of influence on people), it can only provoke a surge of the Animal nature in people, affecting them mostly through their subconscious by means of exchange of information. Any subpersonality preserves the Ego, its self-identification. It has experience, knowledge, and the skills of influence on the material world, but it does not have life force. It is not the dead shaman who creates disasters among people but the belief of people themselves in this superstition. This happens at the expense of the power of living people. Besides, we must not forget about activation of power, the signs with which the shaman worked during his life, and spirits of this or that locale which are also controlled by the Animal mind. However, this is another topic, not for this conversation.



Anastasia: This means that subpersonalities remember everything.

Rigden: Yes. They are intelligent structures. And they are very scared and tormented by the future reincarnation which, on one hand, extends their agony, and on the other hand, brings the final death closer. That is why it is very important for the living Personality to do everything possible and impossible in life in order to unite with its Soul. The objective of the Animal nature during the Personality's life is to divert the latter from the Spiritual nature by any means, whether in thoughts, wishes, actions, or deeds – it matters not, so long as man covets the material, earthly, and mortal. The Animal nature will use any means to achieve its end, including such manifestations of subpersonalities. There is no Good in the Animal nature! It is mortal. That is why its intention, just like that of any intelligent matter, is to gain control over other matter and use its life force for its own purposes. The Animal nature does everything possible in order to change the direction of life vector of the Personality and distract it from the Spiritual nature. It does not disdain to use any means, its entire “arsenal”. And that, first and foremost, is aggression, attack. It is a search for the person's weak spot, where he or she can be mentally “bitten” and emotionally “hit” or simply tempted with another “sweet” illusion. It constantly imposes new settings on a person or activates the old ones. **The Animal nature is dead man's dictatorship!**

Anastasia: You have hit the nail on the head about dead man's dictatorship. As they say, the earth is a coffin for every dead man. Everything that a person desires in this material world is indeed transient and mortal...

Rigden: The clever tricks of the Animal nature are varied. If a person does not understand himself, he has a hard time in this life and still harder afterwards. And it's not about external conditions but rather about human choice. Life passes very quickly. And the worst thing about human existence is not the death of the body. The worst



thing is when a person has lived his life in an illusory oblivion of this world and understood nothing when his Personality has not evolved in the spiritual aspect. Then absolute inevitability comes for him: here, you suffered during your life whereas there, you will suffer for centuries and will have no chance to change anything since there will no longer be an instrument for this as opposed to the Personality which is in the body. For the subpersonality, such a situation is equivalent to the plight of a hungry person who is standing and watching an abundance of different food behind the glass without being able to reach it. Food seems to be so close but the glass prevents him from taking it. That is when questions start pouring from the subpersonality's egoism such as: "Why me?! I've been so good!" **Because you were choosing momentary pleasures, material things instead of Eternity. Because in your thoughts, you secretly lusted for power over others, pleased your Animal nature, and acted against your Conscience. Because you were wasting each passing day, both in deeds and in thoughts, on your egocentrism. And such "because" are many in all the days of your short life wherever you look...**

Anastasia: Yes, this is sad... Yet, many people simply cannot imagine living differently other than worrying about matter. Although people themselves are not bad and they suffer from one and the same fetters of the Animal nature, they blame these sufferings on the templated "reasons" and "responses" imposed upon the society: "everybody lives like that", "these are the times we live in", "such is my fate", "you cannot escape your fate", etc. That is, people behave passively when it comes to transforming themselves and their destiny. While others, on the contrary, are active but in the wrong direction. I've met people who by their nature have, it can be said, innate leadership qualities. Practically since their childhood, they have felt the inner power, thanks to which they can influence people and foresee events. By the way, how can one explain such innate power in a person? Can it somehow be connected to the person's previous life?



Rigden: Cases can certainly vary. However, if we speak of a person's innate talent, this means that in a past incarnation of this Soul, the Personality developed spiritually and achieved certain results in self-development and in understanding of this world. In other words, there was a good leap in the spiritual growth, but it wasn't enough for leaving the system of Ahriman, for breaking the cycle of rebirths. Nevertheless, in a new life, a new Personality with such a Soul has certain advantages in comparison with other people. Human is born with a great energy potential which, if used properly, contributes to faster spiritual growth of the Personality and gives it real chances to merge with the Soul and leave the circle of rebirths.

There are many such talented people. They feel that they are different from everyone. Since childhood, such people are quite sociable, have leadership qualities, the innate gift of influencing people, a certain level of sensitivity to events, and manifestations of subtle energies, etc. However, there is another category of people with a great potential. In childhood, as a result of conditions they got into, they grow up withdrawn, distanced from the outside world. And only later on, as adults, they develop their full potential.

Anastasia: Obviously, such a gift is a great responsibility?

Rigden: Yes, and first of all, for the person himself. Those born with great spiritual potential should understand that there will be an equally strong opposition from the Animal nature's side and it will do everything to use this power for its own purposes. If Knowledge which explains these moments is lacking in the society, if numerous thinking patterns are set, like traps, in the format of the Animal nature, then such gifted people, following priorities of the society, start spending their unique power on implementation of programmes of the Animal nature.

They notice that they can solve certain seemingly difficult issues quite easily. They understand that they have influence over others; it is easy for them to be leaders in



any group. But without proper Knowledge of themselves, as a rule, they start using their gift either for selfish purposes to implement programs of their Animal nature or in general for the system which exists within a programme of the Animal mind. Thus, they become absorbed in matter, choose it more often, and develop this direction in their lives. Thus the Animal mind deceives them. The Animal nature activates in a person, a subtle substitution of the spiritual vector of life for the material one occurs, and this innate power is spent in favour of the Animal mind. In very rare cases, such gifted people, overcoming strong opposition of their Animal nature, become, for instance, spiritual leaders (I mean not those who possess religious power over people, but those who truly follow the spiritual path, really helping others develop spiritually and free their consciousness from the captivity of matter). But mostly, they use this gift to build a career for themselves, gain power, to accumulate material possessions, and so on.

As a rule, such people become leaders in society: some become public figures, others become businessmen, still others turn into crime lords, etc. Sometimes, they simply surprise the people around them who cannot understand how and why it happens this way in life when a clearly “intellectually weak” person, in their opinion, one without higher education, builds a financial “empire” which has an enormous influence? In fact, this person simply has a great inner potential and a narrowed consciousness which is directed towards material priorities because the Animal nature constantly dominates in him. If such a person broadened his horizons and chose spiritual priorities in life, that is, if he radically changed his inner direction of movement from negative to positive, then he would be able to achieve much in his spiritual development. Consciously transforming himself for the better, for the spiritual, he has more than a realistic chance of achieving spiritual liberation and leaving the circle of reincarnations already in this lifetime. Although every living person, by the way, has such a chance. It is a personal choice, purposefulness, self-development, and his perseverance of spiritual goal



that play the decisive role here. I emphasise that such changes are connected solely *with the transformation of a person's inner world*. If a person tries to change their external conditions without changing internally, that will not do any good.

Anastasia: I guess, like the most people when they are left alone, such people, too, feel the burden of matter and everyday problems from time to time. They obviously understand that everything they have achieved on the walk of life is not genuine, it is not the result which their “Soul desired”, and that all this is mundane and superficial... Does it happen that the Animal nature completely seizes power over such gifted people?

Rigden: It does. But in such cases, these people turn into really selfish aggressive mutants – there is no other name for such creatures... But this only goes to prove that subpersonalities have practically no influence over which vector of his or her *own* development the new Personality chooses during life. Let us put it this way: even if the subpersonality had achieved significant spiritual heights back in its day and all it lacked was only one step to Nirvana (the final escape from the circle of rebirths), this does not mean that the subsequent Personality will make this step. As a rule, the opposite usually happens since such Personalities (with a spiritually evolved subpersonality) are exposed to more attention from the Animal mind already in early childhood. As a result, instead of continuing their development in the spiritual direction and achieving the final fusion with the Soul, that is, spiritual liberation (escape to Nirvana), these people waste their gift, their valuable power, “inherited” from the previous Personality, on an illusion imposed by the Animal nature. In the end, instead of the intended leap forward in the spiritual sense, the person falls back, thus burdening his Personality and the Soul. Naturally, he ends up in the reincarnation circle again, only in much worse conditions this time. And, as a fact, this Personality will have to experience death, become a subpersonality,



and then suffer in new bodies for a very long time because of his “fatal mistake”.

Anastasia: So they spend this power not on a leap into Eternity, but on ruling over their own kind in this “mortal moment” which passes very quickly.

Rigden: Yes. It is foolish to give preference to mortal matter when just a footstep away from spiritual Eternity. The body will die anyway, but what will you be left with?! Intelligent material structure’s fear of inevitable destruction is exactly the main reason due to which inner opposition to God and His world, coming from the Animal nature, appears in a person. Such an opposition appears where the spiritual and the material worlds collide or intersect. This phenomenon is described in some religions as a battle between archangels and fallen angels. But in reality, these are mere associations. This does not mean that someone somewhere is waging a heavenly war for the human Soul. All this is taking place here and now inside every person, and the battlefield is his consciousness, thoughts, emotions, and desires. Their preponderance in favour of either the spiritual or the material means victory or defeat of the Personality in the momentary battle for the Soul, and eventually – for the right to merge with it and transition to Eternity. It is scary to lose a battle but fatal to lose the war.

Why does man fear God, by turn loving Him and then hating Him? Because everyone, due to repeated reincarnations of their Soul, knows subconsciously that there is a spiritual world, there is God, and spiritual beings serving Him. The latter are called “angels” in legends among people. But they do not look the way people imagine them in the associative categories of religion. These are Beings of another dimension which is different from the three-dimensional world. After all, that reality cannot be described in words. Any attempt of such an interpretation of that world will be associatively linked to this world by human thinking and so, will distort reality. And if the subsequent transfer of this information is then carried out under the dominance of



the Animal nature, well, you yourself, having encountered it repeatedly, have seen what form these “legends” eventually take and how they are fleshed out with extra details. Let’s take, for instance, the tales of “God’s Judgement”. In fact, everything is simple: each time after death of the material body, a person (or rather the Personality and the Soul with subpersonalities) has a “meeting” with representatives of the spiritual world and gives, so to speak, an Answer for the life lived, after which man’s further destiny is decided. Hence, various legends among the peoples of the world about God’s Judgement, the afterlife fate of man, and so on. Yet, how everything is twisted and dished up in those same religions and various beliefs?!

All this misunderstanding takes place also due to the fact that during its life the Personality has no access to the memory and experience of subpersonalities and the person does not know the whole truth about himself. If the life of a human (Personality) didn’t start from scratch every time with memory of past lives blocked, there would be no conditions for making a Choice. If people consciously remembered all the reincarnations of their Soul and the unbearable suffering which their subpersonalities are still experiencing, I assure you that all people would have long ago become angels. But, unfortunately, the memory of past lives is blocked. Each time a person has to plunge into this world again for the sake of independent conscious spiritual maturation of his Personality.

Still, what is good about such a “clean slate” of the new Personality’s consciousness? First of all, by the fact that priorities are inscribed on it anew which determine the dominant Choice during the life of the new Personality, regardless of previous “merits” of subpersonalities. That is, if the person drastically changes his life vector in favour of the Spiritual nature, directs his dominant thoughts to the spiritual channel and disciplines his consciousness, then he (the Personality) will get a real chance to save himself and his Soul in his life. After all, in such a case, he will start to qualitatively transform himself for the better and to live



in the spiritual world. However, if human (the Personality) again wishes to get caught in the fetters of material thinking with thoughts of the Animal nature invariably dominating in him, then such a Personality will have only one route – to become a subpersonality. For the person will be spending the power intended for liberating the Soul on the never-ending desires of the material world.

Do you understand the fundamental difference between the life of a person in whom the material dominates versus the one who is dominated by the spiritual? When the material dominates in consciousness, a person *lives by the material world*, only occasionally thinking about the Soul. Sometimes, he may even try doing spiritual practices. He usually regards the latter as one of his hobbies or as a means of helping to develop “superpowers” in order to strengthen his influence on people and so on. At that, such a person naturally does not bother much to work on himself and tame his Animal nature. But when the spiritual dominates, the Personality in its new quality *lives by the spiritual world*, by its Love for God, abiding in it constantly. In this state, the person looks at all the tricks of the Animal nature with humour, knowing their nature and foreseeing its further attacks and subsequent actions. And they no longer burden the Personality, for a person does not fall for them because in his thoughts and feelings he *lives* already by the spiritual world. As for the material world, he only comes in contact with it since he continues his existence in the physical body, doing good deeds.

Anastasia: Yes, indeed, one who is in Love is in God and God is in him, for God is Love.

Rigden: A truly holy Human lives by this.

Anastasia: The Knowledge about subpersonalities is valuable but in a person, it may give rise to fear that he won't have enough time within this life to develop to a state of complete spiritual liberation of himself and his Soul and will, therefore, become a mortal subpersonality.



Rigden: Well, first of all, such fear can be caused only by egoism, that is, the Animal nature. Secondly, you yourself have witnessed a person receive the Knowledge, so to speak, from scratch, just like everyone else in the group. But he became so inspired by those seeds of Truth and desired to unite with the Spiritual world so strongly that it took him only two years of conscientious work on himself for the Spiritual world to accept him. And this despite all the unfavourable living conditions he was in, compared to the rest of the group. So, where there's a will, there's a way! And thirdly, when Love for God prevails in a person's life, any fear vanishes on the way to achieving the desired goal. I will give you a figurative example for understanding the essence of spiritual deeds.

Imagine a person at war, defending his Motherland. He loves it so ardently and deeply that he is ready to fight for it with all his strength, stop at nothing for victory, and do everything possible and impossible for the sake of one goal – to liberate his Motherland! For the Love to Motherland, he is ready to die for it. He doesn't care what will happen to his body. The main thing for him is the feeling that he is experiencing which leads him into battle and makes him fight triumphantly. And this feeling of Love does not leave him even when he is taken prisoner by the enemy and knows that he is destined to die in agony. Because he is filled with the feeling of true Love, for which he has lived and for which he will die. So everything depends on the person! *If he is filled with true Love for God by which he lives every day, then there is no room for any doubt in him. He has only one goal – victory for the sake of liberating his Soul!*

Anastasia: Yes, victory at any cost...

Rigden: So, saving his Soul is the main deed in the life of a human, his main goal, the meaning of his existence. The salvation of the Soul is the real service to the spiritual world and not to the material one. Save yourself and thousands around you will be saved. And there is nothing difficult here as long as there's a wish. One should simply start



with the basic – work on oneself. The human brain is like a computer: the output depends on what you put in; it will work in the direction of the goals you set and the programs you install in it. During life, its memory accumulates the experience of various associative sensations, perceptions, thoughts, feelings, and so on. These associations are mostly linked to impressions received from the surrounding world.

Why is it very important for the modern person walking on the spiritual path to constantly broaden his horizons, read more, get acquainted with various information, and enrich his background knowledge in various fields? Because then, a person will have more associations, an improved memory, and a comprehensive perception of the world. After all, the subconscious, out of which associations are drawn, is similar to a cupboard: what you once put in there is what you will later find. The material structure of the brain holds images (holograms) which it received during the lived life. For example, when a person receives new information through eyesight or hearing, an excitation of neurons takes place in a certain area of the brain. The brain processes the information and, if we use the categories already known to you, an excitation of certain “information building blocks” occurs. The brain detects “what it is” based on the previous knowledge and experience. This encompasses everything – sound, sensations, knowledge, and so on. Figuratively speaking, the brain operates as a search engine in the computer: for instance, if you type in the word “Kindness”, it will return all the files with information containing this word. In general, the brain searches for what is similar to the associations that are in the contents of the cupboard of our subconscious. At the same time, it also stores new information with its characteristics, replenishing its cupboard with it.

If a person is too lazy to improve his knowledge and develop analytical skills, limiting himself only to what mass media presents to him “ready made”, he becomes an ideal object to be controlled by priests and politicians through his own consciousness. Because of his own laziness, the



person consciously narrows his horizon of knowledge. And when one's brain is barren of associations (the majority of which are often looped on material priorities), such a person becomes spiritually weak; it is easier to control and deceive him and instil certain guidelines in him. Actually, that is why priests and politicians seek to bring a person to the state of narrowed consciousness. In such a state, he is convenient for their control. Furthermore, it is enough to put certain associations and role models into his consciousness, and the person becomes an obedient puppet in their hands.

Anastasia: That's right. If you demonstrate to a person how bad everything is, he will replay bad things in his thoughts, inadvertently focusing his attention on them; he will revive and actualise negative situations, recalling the relevant associations. After all, like attracts like. At the same time, if good things are demonstrated to a person, if his attention is drawn to the spiritual aspects of life, if examples of kindness, morality, culture, good manners, and a spiritual way of thinking are shown to him more often, then he will be forming his worldview already in this direction.

Rigden: People, by their nature, are suggestible and initially inclined to imitate. At that, they always strive for something new, often without knowing what in particular. By the way, why is a person always lacking something and is searching for and learning new things? Because the Soul pushes him to search for its native, spiritual world. But different "light filters" in the form of subpersonalities and the Animal nature, which dominate in human consciousness, distort the vector of the search. A number of problems in man's spiritual quest are created also by the associative perception of the material brain. After all, the spiritual world is different from the material one. And everything that a person perceives here, as they say, with his five senses, is the perception of only a small part of the three-dimensional world of the material environment which is furthermore viewed through the prism of associative material thinking. In other words, by thinking in categories and associations



of the three-dimensional world, man tries to understand what the spiritual world is.

Anastasia: Through the prism of material thinking? Well said, and the essence is expressed so accurately.

Rigden: Yes. As you know, the human brain is tuned to the frequency of the Animal nature from birth. Although it does not mean that one cannot change these settings later. One can. The brain is programmed to several states of consciousness. But change is possible only through personal desire and aspiration of man himself. For the most part, people do not even know about all this; that is why during their lives they behave just like any other intelligent matter. When a person encounters Knowledge which broadens his perception of the world, the first thing that triggers in him is the Animal nature. Roughly speaking, the Animal nature “rears up”, revealing the first human vice – pride, so as not to lose its power over man. The person thinks that he already knows everything and can do it all. But when he plunges into the Knowledge, he understands that this is far from the truth and that such initial judgement was wrong.

Anastasia: Yes, pride is a bane of many people, and everyone is prone to it in varying degrees. I believe it is important for each person to know this secret enemy in the face at least in order to understand oneself and one’s nature better. You once mentioned in a conversation that pride is a manifestation of governance of the Animal mind in a person.

Rigden: That is true. It is very difficult for a person to realise that what he considers to be his own thoughts, which form his “Self”, are a mere result of his choice between the Will of the Spiritual nature and the Will of the Animal nature. This is particularly difficult to understand for people who, since their childhood, have lived in a society with the corresponding consumer priorities, such as, for instance, priorities of materialistic psychology and related values. It is just as difficult for those whose consciousness is limited by a single religious, philosophical, or some other



concept built on the principles of dominance of the values of the material world which have been covered up by spiritual postulates.

It is pride that motivates many thoughts of a human. Pride is a feeling. A feeling as such is a force, energy; this is the basis on which the dominant thought arises. It is very important what a thought is “coloured” with – desires of the Animal nature or desires of the Spiritual nature. After all, this determines whether the feeling of, for example, dignity will turn into pride and, hence, a sense of self-love, exaltation of self above others or into the feeling of noble, internal honour for your own deeds on the spiritual path in aspiration for God.

Here, perhaps, we should delve into the human nature, into the origin of his deepest aspirations and their projections in the world of matter. In the life of a human, it is very important what kind of feelings a person begets with his choice and accumulates throughout his life. Why? Because with this “baggage”, with this information or, figuratively speaking, with this “Self” (the Personality), he is to leave for “beyond” after death of the body and answer for this choice of his.

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

When such a deep feeling arises, our material brain begins to react to that power and, consequently, to interpret these



feelings through our consciousness in its own way. That is, the person, guided by his associations, begins “to interpret” the arising feeling according to the thinking pattern that he is accustomed to. At this stage, it is the person’s worldview that plays a very important role. This includes everything that has been put into his consciousness since childhood, the entire accumulated life experience, the formed behaviour and thinking patterns (including those shaped by mass media) which became rooted in his subconscious as well as his personal scope of knowledge, the ability to control thoughts and focus his attention. The person’s dominant worldview determines how and where the power emanating from the Soul is spent. After all, consciousness often simply splits and distorts this inner single power (the deepest feeling) through the prism of dominant thoughts.

Anastasia: Can this process be compared, for example, to how a sunbeam is refracted in a triangular glass prism, i.e. to the decomposition of the beam into a multicoloured rainbow spectrum?

Rigden: Absolutely. This process can be figuratively compared to light dispersion when a single wave is divided into several waves of different lengths. Consciousness with the accumulated experience of its associations is like a prism which divides the single force and directs it to numerous small constituents (thoughts), adding hues to this force. Whatever is dominant in the person’s consciousness, such is the shade of thoughts, such are the desires. Thanks to this force, thoughts from the Animal nature make desires themselves hyper colourful and attractive in an illusory way; that is, in essence, they do not correspond to reality once realised (because they are hollow). Simply put, the dominant thoughts, on which attention is focused, direct the power of that single deepest feeling towards implementing a person’s desires.

Anastasia: As they say, force will always be force. It is the person’s choice and where he directs this force that matter.



Rigden: Absolutely right. Take, for instance, the feeling of pride or of hatred. There is a contemporary proverb: “Love and hate are just one step apart”. As of today, neuroscientists have already confirmed that when the feelings of hatred or romantic love arise in a person, “for some reason” one and the same areas of the brain become active even though these feelings are fundamentally different. When scientists reach scientific understanding of the force that lies at the basis of the dominant thought, they will understand “why” this happens. In fact, everything is simple. After all, it is not a matter of external circumstances or the fact that someone has affected the person’s megalomania, offended, said, or did something wrong. The matter is solely about the inner feelings of the “offended” person himself. It is simply that the Animal nature, which is dominant in the consciousness of this person, simply uses the same power of the deepest feelings, only colours it into other thoughts with help of the imagination, presenting everything as a negative situation. Furthermore, this invented “sketched story” is then filled in with different associations which the person has gathered from the behaviour pattern imposed onto him in similar situations. And there you have the subject of a conflict.

There are times when the Animal nature simply distorts or substitutes notions. For example, a person starts complaining: “I do everything for others but nobody does anything for me”. This is precisely a substitution. The Animal nature is a consumer. The Spiritual nature is the benefactor. If you trace the root of the offence, you will find it inside yourself. External resentment towards someone is a result of you losing to your Animal nature. Resentment indicates that you were wrong towards, first of all, yourself. Distrust in yourself and doubts arise from not knowing the Truth. Ignorance of the Truth – from reluctance to look inside yourself, for the Truth is there. The Truth is Life or Death.

*Fear of the Truth, which comes from the Animal nature, distorts it, trying to postpone it. But the Truth is inevitable, no matter what choice the person makes. Not **even a dungeon will deprive a luminous Soul of freedom and no earthly power will set free an animal doomed to death.***



Anastasia: So, in essence, it means that in conflict situations, people waste their power intended for spiritual growth?

Rigden: And they waste it foolishly, choosing the Animal nature, for which they will subsequently have to Answer... The ancients, while explaining the spiritual journey of human, figuratively compared the body to a boat in which person sails the ocean of illusions, heading for the lighthouse of the Soul. The Animal nature and the Animal mind, on the other hand, were compared to an all-pervasive Enemy who seeks to occupy man's mind with temporary unimportant things and distract from the Eternal, from the light of the Soul's lighthouse. After all, a predilection for the illusion of matter narrows the outlook and limits the mind to the problems of the boat, not extending further than one metre from its edge. This is how man's Enemy tries to lead a person astray from the right direction. However, one shouldn't be deluded by the ocean of illusions and the short stay in the boat. When a person finishes his voyage, he will abandon the boat on the shore as something temporary which is no longer needed for his journey and is subject to decay and destruction. Everything visible will disappear and turn into nothing, the way a burning candle disappears. Only the one who is not attached to visible things takes care of the Soul. As wise people said: "Save your soul, for its catcher is not sleeping. Keep guard over every hour and each minute and use your life for the benefit of saving your soul".

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



then they realise this and gain valuable experience of avoiding such traps of it. Such people often ask how to protect themselves against attacks of the Animal nature and how to prevent their manifestations, how to recognise them and avoid development of a negative situation in themselves.

Rigden: One simply needs to know the mechanism of attacks of the Animal nature, their nature, and learn how to control oneself. Note that when a person stays on the spiritual wave, develops himself, and does spiritual practices, he has an expanded state of consciousness. In meditations, for example, he feels that his consciousness kind of goes beyond the usual facets of perceiving the world. And most importantly, the person experiences feeling of joy, happiness, **emanating outwards from the Soul**; that is, as though from within him, from the depth of his feelings to the outside surrounding world. It is this feeling that the brain identifies as feelings of heavenly happiness, joy, and freedom. Consciousness becomes clear, sharp. All the earthly problems seem trifles compared to this feeling of native home, of immense peace, and Eternity. Accordingly, the mood also becomes cheerful, elevated, and actions become filled with power. Now, let us examine what happens to a person when the Animal nature attacks him.

Attacks of the Animal nature can be different. You must know your enemy by sight, as they say. To begin with, let's examine the **violent attack of the Animal nature which is based on resentment, a sense of dissatisfaction with oneself, or excessive self-criticism, under the common slogan of "life didn't work out" (the "victim" position)**. First of all, such a violent attack of the Animal nature can be described as an external pressure. If you look carefully from the perspective of the *Observer from the Spiritual nature* from where this pressure stems, which can be sensed even at the physical level, you will feel it coming exactly from the outside, from top to bottom, as if pressure from the side of the head or from the back to the chest.



As a result of such a violent attack of the Animal nature, within a short period of time, one turns from an active individual into a passive person, becomes disoriented. He seems to lose some kind of a foundation, a base under himself. Negative images, thoughts, and far-fetched problems suddenly surface and start playing in his consciousness, drawing and focusing his attention on them... When this happens, a person experiences a state of dissatisfaction and emotional stress which manifests itself mainly in standard patterns. It gets unpleasant and uncomfortable inside as if something is getting compressed inside the chest. It is difficult to focus on any work because extraneous thoughts are constantly distracting him to muse on one and the same sore subject. Resentment or, as they say, an “emotional pain” arises; bad thoughts weigh one down, self-blame and self-torment for something begin. A tangle of negative thoughts, associations, and emotions appears. In general, attention becomes focused on the problem which is being intensified by the Animal nature. Person’s consciousness narrows down to the point of this problem. He starts seeing only this problem and nothing else. For example, a person turns on the TV set, trying to distract himself from these thoughts. But consciousness, as if on purpose, clings and focuses his attention on those fragments of programmes which touch on his sore problem. Here is another example: a person in this state begins a discussion with somebody on unrelated subjects. But eventually, he does not even notice that consciousness still unwittingly takes the conversation into the channel of the same contrived problems... If a person experiences such a state, he must understand that this obsession with negative thoughts and such a depressed state of consciousness is actually the beginning of an attack of the Animal nature.

Anastasia: In other words, the person sort of reacts to the situation one-sidedly.

Rigden: Absolutely, he simply loses a holistic perception of the picture of the world; his consciousness narrows. A person becomes obsessed with a certain problem.



Figuratively speaking, before this he would see a wide range of colours, but during an attack of the Animal nature he is focused only on the black colour while other colours cease to exist for him; he does not seem to notice them.

What is the purpose of this violent attack of the Animal nature? Its goal is to block the connection of the Personality with the Soul which is why there is a kind of pressure from the outside to the inside. During such an attack, figuratively speaking, the signal from the Soul does not reach the consciousness of the Personality in its pure form (as it happens in spiritual practices) and is significantly distorted through the activation of “contaminated filters”. It is important to know that the Animal nature mostly catches the human at his own weaknesses, for it is aware of all of the person’s weak spots, of his past and present, of all his secret dreams on which he once focused his attention, wishing for this or that benefaction of this world for his precious self. And what is more, the desires which burden the spiritual way do not appear in a person or rather in his new Personality out of nowhere. These are mostly traditional materially inclined attitude patterns, which dominate in the surrounding society. Which is why the majority of people are dominated by such qualities from the Animal nature as egocentrism, envy, immense greed, and pity for their precious selves...

Anastasia: Yes, man gets very quickly infected with motivations from the Animal nature.

Rigden: By the way, I would like to mention that, during an attack of the Animal nature, a person sees himself only as being “a good person”. He is supposedly “super” in all respects, and everyone else is nothing less than a “creepy scum”. When a person is in such a state, you’d better not tell them directly that they themselves are to blame because their negative qualities have manifested; otherwise, such people will immediately direct all this negativity in your direction as well. His Animal nature will immediately begin to aggressively defend its positions. The fact is that, while in



such a state, a person does not consciously perceive your explanations and observations regarding his Personality. Why does this happen?

First of all, because the person's consciousness is narrowed at this moment and because he is obsessed with his own egoism. In this state, nothing and nobody exists for a person other than "Me, myself, and I" in various guises.

Anastasia: Well, the Animal nature is a true master of laying the blame on somebody else and inventing external causes, should you just give it a chance. Another favourite technique of the Animal nature is to slip a thought to a person that will lead him in a vicious circle: "It could have been completely different if only..." By the way, readers often ask why this kind of looping of thoughts happens, even if a person only feels worse because of this?

Rigden: For two reasons. First of all, this is the work of the Animal nature. It creates internal conditions for the choice of the person. And what the Personality gives preference to in its short life (the Will of the Spiritual nature or the Animal one, good or bad thoughts) is the right of the Personality itself. However, the priorities the person chooses daily for his afterlife destiny. Secondly, the looping of negative thoughts is just one of the techniques of the Animal nature with which it draws man's attention to itself, making the Personality serve the whims of the Animal mind, thus wasting life energy on mortal things. The fact is that during such a looping of thoughts, a person engages in self-blame, becomes angry, and is constantly thinking about the past. Simply put, his consciousness narrows to an emotional, one-sided point of perception of some "personal" problem; at the same time, he does not even understand who, why, and for what purpose has set this very direction of thinking in him. And it is not even a matter of a specific contrived problem (once this problem is solved, another one will surely appear). The truth of the matter is that it is necessary to learn to control oneself;



then there will be fewer inner problems since it is those that external situations grow out of in a person's life.

Anastasia: That's true, or else such running round in circles will continue until the end of life. It is just like in the proverb: "You pull and he pulls. No matter who wins, both will fall".

Rigden: Sometimes for half his lifetime, the person will nag at himself because of some missed opportunities as far as improving his life in the material world goes. He dreams of such unrealised "happiness" and sees it only in a good light for himself, where his own importance (megalomania) is satisfied and takes the first place in his dreams. A person does not take into account that the Animal nature is simply drawing another ideal illusion for him and that his dream, once realised, would look entirely different from what he imagined. In this state, man does not understand that, had everything happened differently, nobody knows what kind of a person he would be today and whether he would have the conditions and opportunities that he now has. Since each step in life implies changes and entails a chain of events which shape the future of a person.

Anastasia: Well, unless human begins to understand his nature, it will be difficult for him to realise what his true "happiness" consists of...

Rigden: There is **another type of attack of the Animal nature** – the soft and subtle one, **based on false pride**. It is exactly the opposite of the violent type. During such an attack of the Animal nature, a person thinks that he has everything under control, that he is so cool, that everyone around him is praising him. But if you look at this situation from the perspective of *the Observer from the Spiritual nature* and analyse these moments of self-admiration, then it becomes clear that all of them are based on self-obsession and egoism. Man's consciousness narrows in the same way, he is similarly focused on his precious self, only this time in another direction. Metaphorically speaking,



like a Narcissus, he notices nobody around him other than himself. And the pressure is again felt from the outside to the inside, only it is not violent but subtle, endearing, satisfying, with a sense of enjoying the outer.

Anastasia: What other traps can be expected from the Animal nature?

Rigden: The ways of its influence are diverse. For instance, you are doing an important task that will influence many people and their lives in a good way in the end. Already at the first stages of implementation of this task, the Beast (the Animal nature) starts planting ideas that require you to spend the same amount of efforts and time on them as on the main task. These ideas, which are really not important at the moment, begin to divert your attention with a multitude of their issues that require an “immediate solution”. Thus, you will simply get caught up in these problems and, as the saying goes, there will be much ado about nothing. But in the end, if you evaluate the efficiency rate of your actions, it will become clear that the mundane actions have not shown such a significant result as the initial action, which you abandoned, could have done. Yet, the time has been lost and efforts wasted. So this is a subtle substitution.

Here is another version of an attack of the Animal nature from the substitution of notions repertoire. For example, you have managed to notice an attack and were able to hold your position. But suddenly, some sort of panic starts inside, something like “Help! I urgently want into Eternity! What is to be done?! How can I be saved immediately?” This is another subtle substitution. Unfortunately, there are many such substitutions. It happens that, while under the influence of the Animal nature and not bothering much with working on himself, a person only boasts about his spiritual development “accomplishments” in front of others. He thinks mistakenly (out of arrogance) that he “is watching out” for his Animal “fully armed”. But in reality, this situation resembles the fable about the wolf and the hunter:



“Once upon a time, a wolf decided to go on a sortie alone so that he could later boast to his pack that, on his own, he went hunting for the human himself. At the same time, a man decided to go hunting alone so that he could later boast to huntsmen that he went hunting a wolf all by himself. So both of them went, the wolf and the man, and both of them were afraid, shivering from fear in the night. Both of them got settled on the edge of a forest, having leaned against a “warm tree”. So they sat until dawn, pressed to each other back to back out of fear, soothing themselves only with the thought of how they would boast to their fellows that they went hunting all alone. They were warm and cosy and they both were infinitely glad they had remained safe and sound. The wolf was happy that the hunter did not get him, and the hunter was happy that the wolf did not get him.”

Anastasia: Well said. Many people do not bother about real work on themselves. They only soothe themselves with flattering thoughts. Later they are surprised why they haven't got any significant results in their spiritual development though they “went hunting” their Animal many times. It is surprising how many subtle substitutions there are. The impression is that it is not only you who is learning more but the Animal doesn't sleep either, that it is constantly improving itself on where else it can catch you.

Rigden: That is correct. The funniest thing is that the Animal nature has standard, same-type programmes. People step on the same rake, and everyone thinks that they are the only ones who get hit on the forehead. Each person thinks that he has it worse than everyone else and that it is just his obstacles that are the most difficult to overcome. But all this gloom is another trap of the Animal nature to get a person to focus his attention on its purposes. By knowing these tricks, however, one can easily foresee and avert another attack, avoid traps. The most common programmes of the Animal nature are based on pride, egocentrism, and fear. These negative feelings cause envy, jealousy, grief, resentment, self-pity, the wish to control



and discuss others, to blame someone, the fear of changes, fear of diseases, loss of the close ones, fear of loneliness, of the approach of old age, death, and so on. Here, the same processes of narrowing of consciousness take place which I have already mentioned.

But as they used to say in the ancient times, **he who climbs a high mountain laughs at everyday bustle.** If a person seriously wants to take care of his personal spiritual development, he must first of all discipline his thoughts. As often as possible, he must be aware of the emotions he is experiencing and of his way of thinking, analyse their nature and the mechanism of emergence. He must be able to be above the circumstances and the mundane. He must be able to perceive the world from the perspective of the Observer from the Spiritual nature and not from the usual perspective of the Observer from the Animal nature.

The Animal nature is constantly presenting a person with a big illusion about what human's inner world is, putting an emphasis on the Personality's Ego and what the outer world, which should supposedly be serving this Ego, is, in its interpretation. From the perspective of this illusion, it imposes on the Personality erroneous opinions about the world and other people, thus distancing the person from perceiving the Truth. In reality, everything is different.

Anastasia: You are right, one can say that we all are an illusion in this world until we start working on ourselves spiritually. When we start developing spiritually, then we understand that this world is also an illusion. Having practical experience of work on myself in each day, I have already realised on a deeper level how important it is to understand just who it is in you that is observing this world and based on what this Observer makes conclusions.

Rigden: Note that **the Observer will never be separated from the observable, for he will perceive the observable through his own experience; in fact, he will observe**



aspects of himself. While talking about the world, in reality, a person will voice an opinion of his interpretation of the world based on his way of thinking and his experience, but not of the complete picture of reality which can only be perceived from the perspective of higher dimensions.

Anastasia: It is obvious that such observations in the usual state of consciousness will be made by a person with the help of comparison, judgments about similarities, and differences of objects in relation, firstly, to himself.

Rigden: Quite right. Comparison mechanisms have been built into human's nature to enable him to learn, receive and process experience, acquire skills, borrow a behaviour style and so on faster, through imitation and associative way of thinking. Because of this, a person can be taught various actions and behaviour patterns, and he can also discover the surrounding world very quickly. However, all this is associated with identification and contrast; in other words, with comparison. After all, there must be a comparison for a judgment. And here, a lot depends on what dominates in a Personality as an Observer –Spiritual nature or Animal nature.

When Spiritual nature dominates, comparison plays a secondary role. It is only needed for the transfer of your spiritual experience through known associations. In a spiritual practice, the cognition process happens due to the feeling of intuition, expanded awareness, and an inner understanding of all the processes that are completely new for the person, where there is no need to compare anything, where there is simply clear comprehension of all the processes which cannot be explained by logic. A person feels he is a part of the spiritual world, a part of a big whole, of the true reality.

When Animal nature dominates, a Personality entirely immerses itself into the game of illusions of the material world. **It is constantly comparing itself to someone** based on some attribute (intellectual, professional, appearance,



type of a person) and so on. To better understand, let's examine a typical situation. When in such a state, what does a person usually think about his neighbour or a colleague at work whose salary is a bit more or whose position is a bit higher? As a rule, he compares them with himself; for example, “he is just like me, how am I worse...” and so on. The false pride from the Animal nature also triggers the mechanism of envy which provokes a wave of aggression and anger. The person blames his inner blunders on the people around him or indulges in self-criticism. The Animal nature tends to amplify the thoughts of self-suppression and self-oppression in a person, that he, once again as compared to others, is doing something wrong or is worse off than the rest. In this case, one must remember that it is not the Animal who is the critic but that Conscience is your best aid.

Anastasia: What exactly pushes a person to judge someone?

Rigden: First of all, those dominant characteristics from the Animal nature that he has inside himself. One must pay attention to this when such judgmental thoughts appear.

Secondly, numerous egoistic illusions – attitude patterns as well as work of the Animal nature which cause emotional surges that push a person to judge someone. The patterns of such type, for instance, as “I can do better than someone else”, “my opinion is the only right one”, and so on. In other words, they are based on egoism, the wish to secretly rule over other people and give orders to them and to build one's own illusionary “empire of influence”. Basically, all these are tools with which the Animal nature controls and manipulates a human being.

Thirdly, a person is pushed to judge someone because of the attempts of the Animal nature to find and come up with problems that do not exist in reality but the thoughts about which will make the person hold a negative mindset for a long time. The latter helps in forming the habit of negative



thinking of the Personality; in other words, whatever a person talks or thinks about, everything will be bad and negative for him all the time and, most importantly, he will endlessly keep *judging* it.

What is it fraught with? This process focuses and keeps a person's attention on these thoughts for a long time. And attention is power, the beginning of creation. The focus of attention has the ability to concentrate and accumulate certain types of energies, the surge of which creates an act of action and creation of something (emotions, thoughts, actions, events) in the visible and the invisible worlds. This, in its turn, creates man's destiny both during his lifetime as well as after the death of the physical body. Whether the result of this action is positive or negative depends on the person's choice, his priorities, the everyday habit of his way of thinking, and on how much he is able to control and discipline his thoughts and emotions.

Anastasia: And in what ways does the Animal nature cause the so-called states of “unfounded” aggression in a person?

Rigden: The states of "unfounded" aggression are particularly frequent when man loops his thinking on his own false pride and pays much attention to the struggle for domination of his "authoritative opinion" among friends and people close to him. Naturally, such a person is dominated by the Animal nature which makes him dependent on its programmes and patterns. In this case, man becomes easily manipulated by the material Mind through the system of consumption values where satisfying the Animal nature's endless needs becomes of paramount importance.

Anastasia: Why do people care so much and brood about someone else's opinion of them?

Rigden: Evaluating oneself and others and the resulting comparison actually originates from the animal part of human. This is the ancient instinct to be the “alpha male”



or the “alpha female.” The Animal nature always strives to look bigger and more beautiful in the opponent’s eyes. That is why a person is so concerned and broods about someone else’s opinion of him. Typically, this is limited by the desire to seem rather than to be. The person is worried, “What will others say?” But he does not even pause to think about who exactly is going to judge him. Human’s fear of the opinion of other people’s Animal nature comes from false pride and conceit. Why? Because in this case, another person’s criticism is viewed as downplaying the significance of one’s own Ego. At the same time, all of this is part of a single process – the fight for domination and power over other people. Hence, resentment grows as well as depression and aggression.

Anastasia: Please tell the readers *what must be done* to avoid all these situations?

Rigden: The human being (the Personality) is located in the body, and the body is the home territory of the Animal nature. If you know about possible attacks, you can always undertake a counterattack. It is like in reconnaissance. If you have to confront an enemy who is far superior to you in forces, it is important to know the quantity and quality of its force, deployment, tactics and techniques of its actions to create an effective counteraction. It will then increase your chances of victory.

You must control the processes of comparison in your mind. As often as possible, you need to ask yourself questions of such nature as, for instance, “Where does the envy come from?”, “What and who am I comparing?”, “Is this comparison appropriate?”. People cannot be “identical” – everyone is unique and different in their characteristics in terms of build, genetics, in character, talents, the level of diligence, and so on. People have specific features not only in their visible but also in their invisible structure. Simply put, everybody is different, each has his own, everyone carries his own cross, has his own destiny. It is better, of course, to use the following motto when the Animal nature shows itself:



“Don't compare, don't be prideful, and don't be jealous!” It is better to treat any situation from the perspective of the Observer from the Spiritual nature; in other words, separated from the thoughts and emotions of the Animal nature.

You must accept situations and people as they are because every situation and every person in it is some kind of a teacher. You must be able to learn positive lessons from any circumstances, even negative ones. To be satisfied with what you have. After all, the root of the feeling of satisfaction is not in the external world, but in the inner world of man, in his deepest desire. If a person wants to become a Spiritual Personality, then all his wishes must be about the spiritual zeal.

It is important for a Human to remember that the aspiration to seem does not mean to be. The main thing is to rely on the inner, on that which is coming from the Soul; to live not for the sake of the opinion of other “Animal natures”. Conscience is the best judge. By making a personal decision to keep a watch on your thoughts, it is very difficult to allow yourself to skive. In human, the purity of inner revelation before himself is important, since he is never alone, God is always with him.

Often, when people do not bother with the analysis of their own actions as well as with control and discipline of their thoughts, they begin to interfere in someone's life with advice and preaching. We must remember that people talk not about what worries their conversation companion, but about what they themselves would like to sort out. As a wise man once said, “While teaching someone, learn yourself, and one day you will understand what you have been teaching.” One must not always interfere with the lives of others. But it is always necessary to give the right of personal choice to every individual. Everyone chooses the life for which they will later be responsible. Being an example and taking responsibility for your thoughts, words, and actions is worthy of Human. Giving advice when you are not asked to and preaching when it is not wanted means to commit an act of violence, even upon a lazy and misguided, but still a Personality.



Life takes from each according to his abilities and gives to everyone according to their merits, and not the external ones, but the internal ones. The more you change your inner world, refine yourself and your personal qualities, the more these changes are projected onto the outside world. *While in the state of domination of the Spiritual nature, man understands himself, analyses his thoughts and actions in a calm and clear state of mind. Any external situation and provocations of negativity from others serve as a signal for personal work on himself, as gaining certain experience in self-perfection. After all, as a rule, provocations come from the corresponding impulse originating from the person himself, so one must keep his thoughts, words, and emotions under control. Inner doubts cause external chaos. Solid knowledge begets calm and order. When a person learns to control himself, he will not wait for a push from the outside to get moving, he will follow the path of self-perfection on his own. It should be remembered: wise man learns even from his enemies.*

The purpose and objectives of the Animal nature are to distract a person by various means from the main thing – spiritual development, and to catch his attention in his “weak spots”. The ways the Animal nature attacks are different. But there are common elements. Always, these traps are based on selfishness in one form or another: either masochism as a mental self-flagellation and self-pity or narcissism, i.e. self-admiration. These are the two main extremes of the Animal nature. **Always, when the Animal nature attacks, the flows from the inside out disappear and there appears pressure from the outside in which can be clearly traced at the level of feelings.** If you as a Personality aspire to spiritual liberation, you simply suppress such provocations. And the latter is very important because when you notice or feel the start of an attack, you have already won half the battle with the Animal nature. After all, the power of the Animal nature lies in its stealth. Knowing this, you can always take countermeasures.

Figuratively speaking, it is like in martial arts. If you are mentally and physically better prepared than your opponent,



if you know the methods of his fight as well as his habits, if you foresee the slightest signs of an attack and properly react to his “favourite hits” in a timely manner, then you have time to deliver counter-attacks and, therefore, have more chances of victory. You must anticipate a strike and move aside in time. But if you do not even suspect that the Animal nature is your opponent, thinking that it is your partner, well then, of course, there is no point in talking about your chances of winning. After all, you will perceive his assaults and aggressive attacks as your natural state without understanding why and for what life castigates you so much, and you will constantly be caught up in its slightest provocations without distinguishing your real from the imaginary.

The more you constrain yourself to self-discipline and the more you oppose the thoughts of the Animal nature, the more you gain power over it. Here, it is like in war – either you get the enemy or he will get you. Your task is to win at all costs, here and now! Time is fleeting, and you must be fast to do all sorts of good and be firm in your intention to save the Soul.

When a warrior is secretly in the enemy’s camp, he will not think about delicacies, or luxury, or entertainment. He will be focused on victory. The warrior will keep watch three times as much, for he is in the enemy’s camp. He will think about how to win this moment of the war. A true warrior keeps his deepest feelings away from the sins of the visible world. He does not look with envy, partiality, or jealousy at someone else’s things. He does not give free rein to his imagination, distorted by the illusions of the world. For illusions of the world are the enemy’s camp, and woe comes from being tempted by them. The warrior will not give free rein to anger when he loses the current battle. For no matter how singed he may get by the enemy during the confrontation, all will be for the warrior’s benefit, for his spirit will become stronger and more prudent, and his subsequent deeds will become wiser.



Anastasia: And how can you unblock the state of narrowed consciousness imposed on you by the Animal nature?

Rigden: Realising that you are under an attack of the Animal nature, it is always possible and necessary to unblock this state, in other words, to take the following actions. Actually, the Animal nature also has its vulnerabilities. It is afraid of two things: **the transience of time and the death of the body**. So the first thing you must do during an attack is to mentally **step away from the attachment of yourself to the body**, to look at it from the perspective of *the Observer from the Spiritual nature*, of the expanded consciousness, as if you were looking at the Earth from space. You need to realise that time is fleeting and all passes very quickly, that your physical body is mortal, just like all its wishes and needs.

Next, it is necessary to **expand your perception of the world** and analyse the situation from different angles from *the perspective of the Observer from the Spiritual nature*. Approach the question about your inner in a self-critical way using the existing knowledge about man and the world and get to the bottom of the secret desires of your Animal nature. As a rule, the basis of its many desires lies in the thirst for power over someone or something. It merely camouflages this desire with various subtle pretexts.

And of course, after that, you must carry out the inhibition of neurons excited by such aggression. In simple terms, you must **do spiritual practices**: for example, **the “Lotus Flower”**, the description of which was given in the book *Sensei*. Thanks to this practice, the holistic perception of the world gets restored, the limitation of consciousness is removed, and the depth of feelings emanating from the Soul is manifested. In other words, **a surge of deep feelings from the inside to the outside** happens. Naturally, following such a change in the state of consciousness, a person switches to a positive perception of the world. The



brain, decoding this information, comes up with a range of associations coloured in positive emotions.

So a way out of the narrowed state of consciousness is connected with active counterarguments, understanding of temporariness and mortality of matter, the choice of life course for the spiritual orientation, and the use of appropriate tools to tune it to the desired positive wavelength. Often, it is the basic argument that people lack – words to convince themselves to come out of a narrowed state of consciousness and see a broader picture of the world. That is why it is important to work on yourself in each day and to understand all the responsibility before yourself. It is necessary to remember that as long as consciousness, or rather a Personality, is unstable in its dominant choice, the person wavers and dwells in his doubts. To be steady on your spiritual path, you must know exactly what you want to achieve in your life and what your ultimate purpose is. If there is no purpose, there is no *life*, for *life* is a purposeful movement.

Anastasia: Some readers have observed in their letters that, while doing spiritual practices or saying prayers, they sometimes have a sudden feeling of panic fear. How can this be explained?

Rigden: It depends on the person, his attitude to and understanding of the processes that take place inside him. Because when you know exactly what is happening with you, you can always take adequate measures to overcome any situation. Subpersonalities, for the most part, are unfriendly towards the Soul and its world (the world of God) because of the prevailing choice of matter in their past lives. In spiritual practices, when the meditator seeks union with the Soul, the following manifestations may happen. The person seems to have managed to suppress (stop) the thought process, that is, to remove thoughts and tune himself to a sensuous contact with the Soul, but there may be another manifestation of attack of the Animal nature: for no apparent reason, there appears absolutely



unjustified panic fear. The person begins to feel as if he is losing control over his body - a little more and he will die. Where do the roots of this fear grow from? Exactly from these subpersonalities - optical filters that are filled with fear before the power of the Soul, because they experienced reincarnation and understand their doom, inevitability of death of all that is material.

Anastasia: What is to be done when such fear arises?

Rigden: When this happens, for example, during meditations, you just need to go towards the light of the Soul no matter what and to delve deeper to a more sensual level, ignoring the panic. Then this fear will disappear. After all, fear begets doubts. But in order to achieve spiritual heights, you will need purity of your sincere faith. It is often doubts and the fear to part with the familiar life that restrain a person.

There is an interesting parable in this respect. "One day a man fell off a cliff. But while falling, he managed to catch hold of a branch of a small tree which grew out of the rock crevice. Hanging in the middle of the cliff, he realised the hopelessness of his situation: it was impossible to climb to the top and there were only boulders at the bottom. The hands holding the branch grew weaker. The man thought, "Now only God can save me. I've never believed in him but it seems that I was wrong. What do I lose in my situation if I believe in Him now?" And he began calling upon God with all his sincerity in prayer, "God, if you exist, save me! I have never believed in you, but if you save me now, from this moment on I am always going to believe in You." So he called out more than once. Suddenly, a Voice came from heaven: "You will believe? Oh no, I know people like you." The man got so frightened and surprised that he almost let go of the branch. But after coming to his senses he prayed even harder, "Please God! From now on, I will be faithful to You above all and I will do all that is Your will, just save me!" But God was not agreeing, so the man began praying and persuading God even more passionately and strongly.



Finally, God took pity on him and said, “Well, so be it. I will save you. Let go of the branch.” “What? Release the branch?” exclaimed the man. “You think I’m crazy?” So is in life. Human life is, in essence, hanging over a precipice. And even though he understands the mortality of his position, he keeps clinging with both of his hands to the branch of doubts of his Animal nature, afraid to lose it and to surrender to the will of God.”

So, when you are interpreting associations after a meditation, it is important to analyse who exactly in you is so afraid of Eternity. A similar method of self-examination on the topic "Who am I?" and related techniques have been used for a long time in the spiritual and mystical schools of different peoples and in different religious systems. They have been known since ancient times and they were especially common among many people in ancient India and the countries of the East. They were practiced, for example, by the ancient yogis, Sufis, and shamans.

This technique, as you remember, involves **unwinding thoughts on the topic “Who am I?”** in a meditative state where it is necessary to ask yourself a new mental question after each of your mental answers. And to observe what thoughts come, to feel their nature, and to ask yourself more often, “Who is the one that is answering in me?” It is desirable that all thoughts flow smoothly without much reflection or concentration. When a thought comes, we meet it immediately with a question and see it off with the first answer that comes to mind. But the main thing is to submerge deeper and deeper into yourself.

Anastasia: Yes, this is an interesting technique of recognising thoughts and sensations in order to understand yourself and who dominates in your consciousness. It does help to sort yourself out, to separate the wheat from the chaff. I remember the guys sharing their impressions about this technique. So many variations could be heard, they had so many ways to corner their Animal nature. They asked, “Who am I?”



“Who is asking the question?” “Am I a body?” “But the body is mortal.” “I’m a student.” “But the student is a status.” “I am the one who is learning.” “But who is learning?” “I’m a human being.” “But who in me is calling me a human being and why?” “I am a human being who loves people.” “But who in me loves?” “I have a body.” “But who are you who has the body?” “The body is not me, but I'm in it.” “And who is this I?” “Go to hell... I is I, the whole and indivisible.” So the Animal nature also has a “sense of humour.” This is a very good exercise that helps get to your deepest “I”, to your fears and problems.

Rigden: Yes, the Animal nature is both an adversity and a school of wisdom. Being aware of whose side such thoughts come, from where this or that problem appears, this or that root of fear, you realise how to get rid of it and how to control your condition. If this meditative technique of self-examination is done correctly, afterwards there appears acuity and clarity of awareness.

As I have already mentioned, there are significant differences between the surface feelings emanating from the Animal nature and the deepest feelings emanating from the Spiritual nature (the true feelings of manifestation of the highest Love). For example, in order to immerse yourself into the state of convergence with the Soul during the spiritual practice "Lotus Flower" and to experience the deepest feelings, first of all, your sincerity and your openness to God are needed; you must simply go towards the light of the Soul, no matter what. In this meditation, you build up the deepest feeling of Love for God. In other words, the force emanating from the Soul is used for its intended purpose. Note that a genuine and correct spiritual practice is work with the deepest feelings and not with thoughts. During these moments, the only thing that dominates in a person is the spiritual desire, same as in the Soul.

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



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

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

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



thoughts, does good things in the outside world; that is, when he is thoroughly engaged in developing himself internally and in accumulating the baggage of good deeds, thoughts, and feelings. But as a rule, such people are very few.

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

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

Anastasia: That’s the problem: people who become involved in spiritual practices do not yet quite understand the point here and what creates conditions for soulful joy.



They do not yet distinguish between thoughts and feelings in their consciousness: which ones are from the Animal nature and which ones are from the Spiritual nature. They better understand the joy that they experience on a particular occasion in the material world because there is acquired experience. However, spiritual practices during which contact of the Personality with the spiritual world happens and the understanding of what the real spiritual joy is, just like everything new for the living Personality, require, first of all, active practice from it and also diligence, patience, belief in oneself, and a sense of purpose. In other words, they require obtaining new experience; moreover, in a state of consciousness that is unusual for a person.

Rigden: That is true, which is why it's easier for beginners to perceive the basic information through associative examples, parables, and so on. Perhaps, I will once again explain all that I have said about the "optical filters" by using imagery for better understanding. The Soul is like a clear spring, a well. When you feel the Soul, when you maintain constant contact with it through feelings, then the most important spiritual deeds in life, good deeds, helping others, happen as if someone is helping from above. Things go well even when circumstances seem to be not in your favour. And most importantly, you feel and understand this support at the deepest level as if you know this in advance. But when the Animal nature begins to dictate to you its rules of the game, usually quietly and unobtrusively, the connection through feelings with the Soul gets lost; or rather, it becomes impaired. Figuratively speaking, the more your attention is captured by the game of the Animal nature, the larger the surface area of this clear spring that gets covered by a coating. And the deeper you plunge into everyday problems, viewing them through the prism of your Animal, the thicker this coating becomes. Accordingly, the latter makes it more difficult for the Personality to connect with the Soul and, naturally, with God. You are beginning to have fears, suggested by the Animal nature; a lot of empty fuss appears and you become burdened with numerous problems. You cease to understand all the importance of



spiritual work on yourself, you begin to unjustly blame or resent the people around you. When you notice these things, know that this is another attack of your Animal nature and it is necessary to take urgent action – to restore the lost connection with the Soul, to break through this, figuratively speaking, built-up thickness of coating. And when you get to the clean water, the contrived problems will disappear and you will understand the most important thing again and see your main goal.

The Personality is just an embryo of an individual Consciousness of a possible future Spiritual Being. In itself, it represents nothing spiritually. The Soul, however, contains great potential. But, without the fusion of the Soul with the Personality, this potential can be wasted. It is only when, relatively speaking, a resonance of vibrations, a kind of fusion, “impregnation” of the Soul by the Personality happens; only then a new immortal Spiritual Being is born with an individual consciousness and a great spiritual potential. In this lies the meaning of human existence: either a victory of Life or defeat by Death.

Anastasia: Yes, the winner is not the one with Death behind him, but the one with spiritual Life behind him.

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



the saturation of each frame with Kindness, Love, good thoughts and deeds.

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

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

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

Many people mistakenly believe that it is enough just to learn how to do a certain meditation technique and that is all – something good should happen to them like in a fairy tale. No, this is a mistake. A person will change for the better only when he himself aspires for it, when he makes the spiritual a top priority of his life, when he controls his thoughts each second, tracks manifestations of his Animal nature, does as many good deeds as possible, lives with only one main goal – to come to God as a mature Spiritual Being. Meditation is just a tool with which you must toil for a long time to make something “good” out of yourself.



Besides, this tool is many-sided. For example, man will not be able to fully comprehend, that is, to thoroughly know the “Lotus Flower” spiritual practice – an entire life will not be enough. Any meditation, just like Wisdom, is limitless in cognition. Meditating is boring only for those who are lazy or exalt themselves out of pride, “I have mastered this meditation – I want another one.” I repeat that meditation is a tool and one who sincerely wants to reach spiritual heights and is not lazy to work on himself, can attain the maximum even during this life.

Anastasia: This is all true. But I encountered many people who instead of not losing valuable time and hurrying to change themselves, look for an example of a spiritual person in life; in other words, someone who has already changed himself. For them, it is important that somebody is already living like this, according to the spiritual canons and the way of thinking. And not somewhere out there, but here, in the same conditions as they have. For many, this is significant. Such people believe that if they behold such an example, it means that they will be able to live this way too.

Rigden: I have already said that it is typical of people to imitate and have associative thinking. But it is more important to become Human yourself and not to waste valuable time looking for someone who aspires to do the same. **Human, as a Personality, will be of a much better use to himself and to the society when he becomes an example for others.** Working on his internal problems, overcoming the obstacles of his own Animal nature, and at the same time living for the people and for the good of people, person paves his own path. All is in the hands of people. One’s desire and aspiration does not depend on life’s external factors. For some reason, people live in the illusion that someone should come to lead them, do everything for them, and only then will they all be able to live happily. Everyone is waiting for a leader from the outside. But the person, just like society as a whole, should not focus on the external material but should rather be guided by the inner



spiritual. There is a parable in this connection that tells the story of the happiest and the richest man.

“In one village, there lived a Man. He stood out among people because, although he lived in poverty, he lived with joy, always selflessly helping others doing what little he could – sometimes with a word and sometimes with a deed. There were rumours that when he was alone, he praised God, sincerely thanked Him for the rich gifts He had favoured him with. These rumours reached an eminent priest. The priest decided to visit the Man to find out from him for which rich gifts he praised God. The priest came to the shabby shack, where this poor man lived, and said: ‘Good day to you!’

The man replied with a smile: ‘I really do not remember a day that was not good for me.’

The priest was surprised by this answer because no one had ever answered him this way, so he decided to say the greeting in another way: ‘I just hope that God gives you happiness.’

The Man, too, was surprised and said: ‘But I've never been unhappy, either.’

The priest thought that the poor man simply was not taught how to conduct a high-style small talk and said: ‘What are you talking about?! I'm just wishing for you to be fortunate in life.’

The Man got even more surprised and sincerely replied: ‘I've never had ill fortune, good man.’

The priest realised that this poor man did not even recognise his eminent person and hurried down to business: ‘All right, well, I wish you everything that you wish for yourself...’

‘That I wish for myself?!’ the man laughed. ‘But I do not need anything. I have everything I want.’

‘How so?!’ It was the priest's turn to be surprised. ‘But you live in poverty! Even rich people need many things and wish for much, so the poor are in a greater need.’

The man said: ‘These people are unhappy because they are looking for earthly happiness and live in fear of losing their illusions and being miserable. Unhappy is the one



who seeks his fortune in the illusions of this world. After all, there is only one true happiness here – to be firmly united with God and live by His will. I am not looking for temporary well-being because I am thankful for what I have, for what has been given to me in life by God. I gladly accept everything – both what people call misfortune and what people call sorrow. I thank Him for favouring me with rich gifts.’

The priest scoffed: ‘But God has not given you anything. It means that you thank Him insincerely.’

The man uttered: ‘God sees me, He sees all my temptations and all my opportunities. He always gives me that which makes me spiritually perfect.’

The priest asked: ‘How do you live then?’

The man replied: ‘My concern in each day is only to be firmly united with God and to live according to His will, that my life would be totally united and aligned with the will of God. So goes my day. And each night, going to bed, I’m going to God.’

‘Where have you found God?’

‘In the place where I found the Truth when I had left, like clothing, all the things of the world on the banks of my doubts and went into His waters of Enlightenment, in the purity of my thoughts and good Conscience.’

The priest hesitated, for never he had seen such a poor man who would say such words. ‘Tell me, do you speak so out of your own conviction? Are you going to think the same way if God sends your Soul to hell?’

The man shrugged his shoulders and said: ‘Every day I hold on to God with my whole inseparable embrace of my Soul. My sincere Love for Him is immense. My embrace is so strong and my Love for Him so boundless that wherever God sent me, He would be there with me. And if He is with me, why should I be afraid? My life is where He is. For my Soul, it would be sweeter to be out of Heaven with God than in Heaven without Him.’

‘Just who are you?!’ the priest asked with surprise and fear.

‘Whoever I may be, I am happy with my life. And truly, I would not exchange it for the lives and wealth of all the



earthly rulers. Every man who knows how to be a master of himself, how to rule over his thoughts, and who is in a strong embrace of Love to God, is the richest and the happiest man in this world.'

'Say, poor man, who has taught you such wisdom?'

'I have only one teacher – God. Each day of my life I try to do good in this world, I pray, I practice in having righteous thoughts. But at the same time, I always take care of one thing – to be firmly united with God, with His boundless Love for me. Only the union with God makes me spiritually perfect. It is life in the Love of God that teaches me everything.'

Every person is a Personality which, first of all, carries spiritual responsibility for everything that it does and chooses in life. Most people do understand what responsibility is. They take responsibility when they solve everyday ideological, household, financial, and other issues. Basically, they make this effort not for themselves, but for their families, for the future of their children and grandchildren, for their friends, for their loved ones, and so on. So it is in the spiritual as the main task of each person, you must take responsibility for your own spiritual destiny and do everything possible and impossible in your life to unite with your Soul and find the real Freedom from the material world. There is no need to wait for anyone, you must act yourself, and start, first of all, with yourself. You yourself must be a good example for others and then positive changes in you and in the society will not keep themselves waiting.

Anastasia: Yes, there is Truth in your words which touches and moves the Soul deeply. Spiritual Love, which knows neither measure nor boundaries, conquers all! You know, I have noticed that readers of all ages are asking the same question: "What is true Love?" Bearing in mind the information you had imparted about this question earlier, now I understand that in today's society, this notion has been substantially tampered with and distorted in the meaning and essence. Wherever you look, it becomes quite



obvious that in today's world, a lack of the real feeling of Love is felt by almost everyone – children, teens, the young, the elderly, “single”, married people, and people who are not bound by matrimony.

Rigden: I shall not say that in today's society the keys to this concept have been completely lost. They do exist, but they are hidden under layers of misunderstanding, under the armour of materialistic world view. But to find them, people need to know at least what they look like. Another thing is that in a consumer society everything is done to ensure that people, for the most part, would not find these keys, that they live without this Knowledge in suffering, guided only by the animal instincts. Why? Because true Love frees man internally and gives the most precious gift from heaven – the real Freedom from this material world. This is a very powerful force that awakens the Soul. This is the shortest direct path to God.

Anastasia: Could you recount more about it, at least about things that can be said in public, in open access? After all, there are many smart people for whom a hint is sufficient, a tip on the direction in which to search so that they could independently come to an understanding of the essence of this matter so that they could find the keys.

Rigden: I can go into more detail, of course... Unfortunately, people consider Love to be anything: from the selfish instinct of the “alpha male” and the “alpha female” to relationships between spouses, parents and children, and to moral responsibility before their kin, society, country and so on. But all these are conventions. True Love is a very powerful force, much greater than people imagine.

It can be said that the current understanding of Love is limited in the minds of most people by the templates from childhood. For the masses, this is mostly a game within certain conventions, taking into account local traditions. Regarding these issues, the society has always possessed information that was both accessible and inaccessible



to the public. The accessible information focused on the government and public interests. It was spread among the masses to propagate certain behaviour patterns that were favourable to the structures possessing the restricted information. Classified information was used extensively in a variety of structures associated with power, especially of the religious, occult direction. It was based on specific knowledge about the invisible world that made it possible to gain additional power and influence over the masses.

An important role in this information is given to one of the most powerful energies in the human body; conditionally, let us call it the sexual energy. The accessible information regarding this issue, as a rule, is either looped on man's Animal nature or is limited in a certain way by taboos with primitive explanations that draw people far away from the essence of the question. As a result, a person either falls into a frenzied lust and lechery or suffers from mental self-criticism and excessive restrictions during the bursts of this energy. This happens because a person does not understand his nature and lacks sufficient knowledge about this power. In both cases, he ends up not getting the long-awaited happiness and inner spiritual peace but feels, as a rule, emptiness, or overexertion.

Sexual energy is one of the most powerful forces influencing an individual. You can see its power if you trace the corresponding conscious or subconscious interpretation of wishes in a person's thoughts. Simply put, if people had thought about the salvation of their Soul during the day as much as they think about sex, everyone would have already become saints a long time ago. Power is power, and it all depends on who uses it and how, what one concentrates his attention on. If a person uses it in the context of domination of the Animal nature, it turns into a cult of self-significance, lust, aggression, and evidence that you are an "alpha male" or an "alpha female". In the consumer society, everything boils down, like in a children's game, to the unfailing possession of the most beautiful toy that everybody wants. After a person is fed up with this toy, another chase for



another beautiful toy begins until a person sees something even better. There is no end to such desires. Note that the same desire – to possess the best and the most attractive – is manifested in both men and women in other areas: cars, apartments, clothes, and so on. The root of all this is the Animal nature which is always seeking power and acquisition of the temporary, the finite and the earthly. And in a global sense, the winner is the Animal mind, which in such a way, with another set of illusions, makes people spend life energy on and give attention to the mortal instead of focusing on their spiritual salvation.

Anastasia: Basically, people feed attention to their enemy who is, in fact, killing them.

Rigden: Yes... For any intelligent person, it is logical to assume that since a person has sexual energy and it is manifested not only in connection with the instinct of procreation, but it also has powerful psychological, physiological, and other influences on him during life, this means its creating power occupies an important place in both the visible and the invisible human structures. After all, what is a surge of hormones? It is a formation of chemical compounds as derived from the work of energies; that is, of more advanced physics. Moreover, the thought is the activator. By the way, the word hormone (“hormaō”), when translated from Greek, means exactly “I excite”, “I bring into action”. Hormones, as biologically active substances, start producing changes in the organism, affecting all the vital processes in the body. And we are talking about what is already known to people at the level of physiology, that is, the visible world, visible matter. Now imagine what this force represents to the invisible world in which subtle effects and transformations take place and from which, in fact, everything is born. In the spiritual aspect, the sexual energy is the force and the conductor to the deepest feelings, let's say, into the world of mysteries of the Supreme. This special knowledge, one way or another, is present in many traditional religions and beliefs of different peoples of the world. And perhaps, I will explain this in more detail.



True Love is the person's deepest feelings which cannot be expressed in words. It is the power of the Soul, its state of Love for God. True Love between people begins when one person experiences the deepest feelings of Love for the Soul of another person; when, as they say, one sees the essence of another, when there is a "wonderment in silence".

Do you see the difference? This state is very different from the usual common sexual burst of a human being who is also dominated by the Animal nature when a person wishes to possess, dominate, and use another person for his own selfish purposes. It is significantly different from a psychological concept that is expressed as the domination of some instant moods, shaky feelings, or many greedy "wants". All of this often happens when a person is under the illusion that he supposedly dominates over someone, or gives all of himself but does not get a reciprocal feeling; when he demonstrates constant torment in his behaviour in the name of some ideal which is, in fact, invented by him. Although in practice he is not experiencing the real selfless Love but is trying to show his alpha significance to himself and to others. In relationships, all this sooner or later turns into misunderstanding and tension, generates hatred and enmity, as it is based not on the real deepest feeling but on the desires of the Animal nature. Again, in such a case, a person starts blaming everyone and everything, but himself. However, all this shows that he is just asserting his own Ego and that he does not actually know how to Love, but demands such Love for himself. That is, "war and peace" begin, first of all, in consciousness. The human's problem is that he does not want to work on himself, to produce real, spiritual Love on his own, the same Love that his Soul feels for God. After all, for the rapid spiritual growth of the Personality - it is like a vivifying moisture for a ripening ear of grain.

True Love is a generous inner gift which one person presents to another because of an abundance of the deepest feelings. Such Love can be given when you forget about yourself. It is about this Love that they say that it is patient,



forgiving, not envious, not proud, not self-seeking, and thinks no evil.

True Love is restoring the unity of Souls. A Loving person sees kinship in the other and the beauty of his Soul. When a person is in the state of true Love, he sees more not of the superficial beauty, in other words, mental or physical beauty of another person, his talents or abilities, but of the inner beauty of his Spiritual nature. In this case, he begins to see another person from a completely different angle. That person also undergoes a noticeable transformation. Imagine if the latter behaved aggressively towards the outside world. All of a sudden, someone sees not an evil but a kind person in him; instead of his bad qualities, he notices the good ones. That is, he notices his spiritual beauty which is also in him, but which was not dominant in his consciousness. Thanks to this sincere feeling, the person not only begins to unfold but also to change for the better, with his consciousness dwelling in a full chalice of Love. People who wish to follow the spiritual path should not waste time waiting for someone to come one day and sincerely love them. They should learn how to unfold Love inside themselves – Love for God, for the Soul – and then it will be reflected in the surrounding world, it will let them see people from the perspective of their spiritual beauty. Everything is actually closer than people can imagine.

Anastasia: Yes, there is an impression that the basic knowledge of what true Love is has been lost... The masses were only left with traditions without understanding the essence... For example, in the Orthodox tradition, during the wedding service, there is a prayer asking the grace of heaven to come upon the man and the woman who decided to unite their destinies and to transform human relationships into the heavenly ones. Bearing in mind what you have just said, these are not mere words.

Rigden: Absolutely. The point here is in the very essence: the mystery of the Soul. When two people show true Love towards each other, when they are united in their deepest



feelings, even the physical union ("bodily communication, the connection of the human flesh") only helps, as they say in the Orthodoxy, 'to reveal to them the real mystery, which is the act coming directly from God and leading to Him.' This is a "miracle that surpasses all natural relationships and states". There is a deep meaning here, and an enormous power is hidden in this mystery. It is the Spirit that is primary here, not matter. Matter is only an additional means.

Anastasia: Yes, Love conquers all... I have to ask you several more of the readers' questions which at the moment, unfortunately, are still traditional: "Is it possible for the modern human to change?"

Rigden: Quite so. It's just that a human does not know much about his abilities.

Anastasia: What can hold a person back from cognising?

Rigden: It is mostly fear from the Animal nature –fear of the unknown – that excites imagination the most. But this fear exists only until the unknown becomes known. In order to know the unknown, you must be interested in it and you must expand the scope of your thinking. Otherwise, how can a person see anything new if his thinking absorbs only that which is familiar to him and sets the corresponding confining frames for incoming information? A narrowed outlook and lack of deep understanding of the world also give rise to fear in man (from the Animal nature) to come into contact with the Eternal and lose that temporary which he has now; figuratively speaking, that very same branch to which that man from the parable is clinging to, which I mentioned earlier.

Anastasia: You said that in order to cognise something, it is necessary to at least make an attempt to start cognising it.

Rigden: Yes. It is for a reason that the ancient sages used to say that in order to know the world, you must know



yourself. And to know yourself, you need to get away from the usual templates of perception. After all, our inner world is much bigger and more interesting than we are used to thinking it is. Its beauty, scale, and depth cannot be known only with the usual perception. Diving into the depths of the unknown, for example, while doing meditation techniques, one can see and feel that which has always been with you and which gives you a comprehensive understanding of the world. The deepest feelings (or the so-called sixth sense, the sense of intuition that can be developed with certain meditative and spiritual practices) allow you to perceive more information than the consciousness which is limited by logic. They anticipate a situation, giving extensive knowledge about it from the perspective of the Observer from the Spiritual nature.

After all, the real world, and not the narrow spectrum that we can see with our sight, is so multifaceted and varied that it is irrational to study it only from the perspective of a three-dimensional space. Human's multi-dimensional structure enables the Observer from the Spiritual nature to work in various altered states of consciousness and to be in different places at the same time. This, in its turn, makes it possible to be in various alternative states, dimensions; in other words, to “see” or to have a variety of options in different realities. For a human, this variety of potential “unrealities” is manifested as long as he does not make a certain choice. The latter manifests one of the many interrelated realities with which the meditator comes into resonance. In other words, while in meditation, a person is already making changes to the given reality with his choice. Meditation is like life itself, in which personal choice creates this or that future.

And there is nothing surprising here. It is just different, as of today unexplored, physics. However, research in this direction is already underway. Understanding or resolving certain scientific questions generates even more of them. For example, the answers that quantum physics finds raise questions in biochemistry, biophysics, and so on through a complex chain of interconnection and interdependence



of this complex world. As it is known, the macrocosm is the reflection of the microcosm; in order to understand the structure, well-coordinated work, and possibilities of a macro object, you must start with studying and understanding its microcosm.

Anastasia: As of today, experiments have proven that human, thanks to his phenomenal abilities, can change the polarisation of light rays, the electromagnetic field, and properties of water as well as deflect a laser beam, read information off of other objects, and so on. That is, if we look at a person (or at least at those of his abilities which science can prove today), then for understanding the mechanisms of such phenomena, it is necessary to study not only the visible but, most importantly, the invisible human structure?

Rigden: Absolutely. Any material object consists of a set of chemical elements. If we speak of a human, his body holds the entire periodic table and many other undiscovered chemical elements. But what is important is that if we delve into the microcosm of human, we will find that the number of chemical elements will decrease and their interaction will become more complex. For example, if we get as deep as the size of a molecule, we can see that the number of chemical elements is reduced to just a few. With further immersion into the microcosm of the atom, chemistry disappears and quantum physics at the level of elementary particles remains. Elementary particles show properties of the boundary condition here: one and the same particle can be matter (particle) under certain conditions and it can also be energy (wave). Besides, a number of hidden surprising properties are revealed – the interaction of particles regardless of distance and transfer of energy, and much more. But quantum physics, we can say, is also limited: it stands on the threshold of two worlds where matter (particle) transforms into energy (wave).

With further immersion, quantum physics disappears and a brand new, yet unknown world begins – the



multidimensional world of energies, and still further – the world of information (of the very fundamental building blocks of information referred to above), which creates matter, form, and life itself.

There is this paradox, I would call it, the paradox of human. Take, for example, a middle-aged person who weighs 70 kg and is 1 meter 70 cm tall. So, if we put together all the elementary particles that make up that person, they will not even fill a small thimble and their weight will be less than 1 gram. But if we rearrange the elementary particles in their places again according to the information structure of this person at this point in time and at a given point of space, we will again get a large and heavy middle-aged person who weighs 70 kg and is 1 metre 70 cm tall.

Anastasia: This is surprising...

Rigden: The question is what happens to his volume and mass?

Anastasia: Perhaps, the same thing that happens to the doughnut hole when the doughnut is eaten... It means that the weight of a person is also an illusion? Still, it's interesting, what creates the illusion of weight then?

Rigden: This question has an answer but it is beyond the comprehension of modern physics. But it is based on knowledge about the universe's information building blocks, of which I spoke earlier.

Let us put it this way: according to a certain “plan”, various combinations of information blocks are created. As a result, different forms of “living” or “non-living” matter and so on are formed out of the same chemical elements. The variety of options of arranging information and the very primary origination of energies in the process of observation is created by, let us say, a Super-Observer from the other side. People call him God, the Creator, the Supreme intelligence, the One Who, according to the mythology of the



peoples of the world, created the Universe and manages it. It is this Super-Observer on whom it depends how information will be combined and, consequently, which of the energies or of its components will be converted in an elementary particle. And then depending on that, what exactly will be manifested and created in the material world; figuratively speaking, a stone beneath your feet or a star above your head. After all, everything around us, including ourselves, is composed of one and the same elements but which are connected according to different programmes. And these informational programmes, these primary energies, are just a manifestation of the plan of the One Who created everything. The form and the combinations are different, but in spite of this, everything is interconnected with each other; all the “living” and the “non-living” interacts; that is His will, that is His idea.

A human contains a particle of the One Who created everything. People call it the Soul. Its existence in this form (enslaved in matter) is a part of His plan because it makes no sense to create something without observing it. Just as it is valuable for a person to observe his spiritual transformations, so it is valuable for God to observe the Souls; precious is the one who has returned to Him. At the same time, the freedom of choice remains with human himself. A person is free to choose any path. But everything is temporary and mortal except for the path to Eternity. It is precisely the Personality that, upon spiritual development and fusion with the Soul, becomes an Observer from the Spiritual nature, which, like its Creator, can, thanks to his own observation, change many things in the material world. For example, to change not just his destiny, but also destinies of other people and to create changes in the surrounding world.

Anastasia: But how can the Observer make changes with his observation?

Rigden: To make the answer to this question clear, let us take a journey into quantum physics. The more



scientists study questions posed by this science, the more they come to the conclusion that everything is very closely interconnected in the world and exists non-locally. For example, elementary particles are interconnected. According to the theory of quantum physics, if a simultaneous formation of two particles is provoked, they will not only be in the “superposition” state, that is, in many places at the same time. A change of the state of one particle will also lead to an *instant* change of the state of the other particle, no matter how far it is located from it, even if this distance exceeds the range of action of all the natural forces known to modern mankind.

Anastasia: What is the secret of this instant interconnection?

Rigden: I shall explain in a moment. Let us, for instance, take a look at the electron. It consists of information building blocks (or “Po grains” as they were called by the ancients) which define its basic characteristics and determine its inner potential, among other things. According to modern concepts, the electron moves around the nucleus of the atom as if along a “stationary orbit” (orbital). To be more specific, its motion is already presented not in the form of a material point with a predetermined path, but in the form of the electron cloud (a conventional image of the electron “smeared” throughout the whole volume of the atom) which has areas of thickening and discharge of the electric charge. The electron cloud as such has no clear boundaries. The orbit (orbital) is referred to not as a movement of the electron in a particular line but as a certain part of space, an area around the nucleus of the atom which preserves the highest probability of the location of the electron in the atom (atomic orbital) or in the molecule (molecular orbital).

It is the difference between the inner potential and the external charge that creates such orbitals. The quality of the inner energy (potential) characterises a material object. In other words, using the language of modern science, such electron shells (orbitals) of atoms determine electrical, optical, magnetic, and chemical properties of atoms and

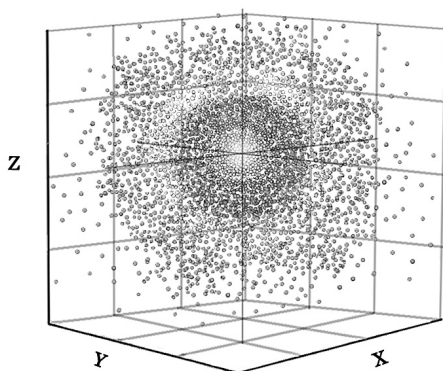


Figure 2. **The electron cloud of the hydrogen atom:** an area of the three-dimensional space around the atom nucleus which retains the most likely location of the electron.

molecules as well as most of the properties of solid bodies, depending on the number and the position of electrons on them. The shape of the electron cloud, as we remember from chemistry classes at school, may vary.

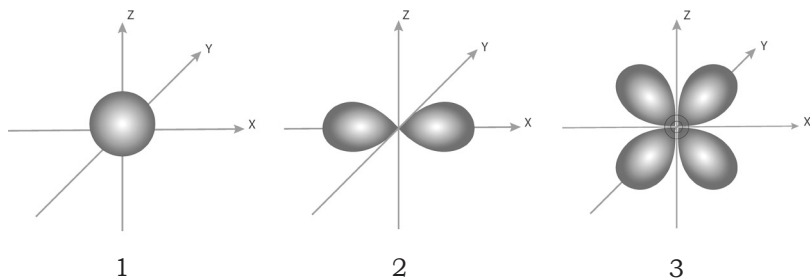


Figure 3. **Various shapes of atomic orbitals** (the “geometry” of quantum chemistry).

- 1) *s-orbital is a spherical shaped atomic orbital (the circle sign);*
- 2) *p-orbital is dumb-bell shaped or double-pear shaped (the infinity sign);*
- 3) *d-orbital has the form of a four-petal flower (the sign of the diagonal cross)*



So as it is known, the electron can exist in two states simultaneously in the material world – **as a particle and as a wave**. It can manifest itself in different places at the same time, again, according to quantum physics. Leaving or, rather, disappearing from its nuclear orbit, the electron moves *instantly*, that is, it disappears here and appears on another orbit.

But the most interesting thing here is what scientists do not yet know. Consider, for example, an electron of the hydrogen atom, which is an element that is part of the composition of water, living organisms, and natural resources. It is also one of the most common elements in space. The atomic orbital that surrounds the nucleus of the hydrogen atom is spherical shaped. This is what the present day science can detect. But scientists do not yet know that *the electron itself is twisted into a spiral (helix). Moreover, this helix (one and the same) can be both left-handed and right-handed, depending on the charge's location on it. It is thanks to this spiral shape and a change of location of charge concentration that this electron easily changes from the particle state to a wave and vice versa.*

Here is a figurative example. Imagine that you have an orange in your hands. Using a knife, you carefully remove the whole peel from it in a circle like a spiral, moving from one of its vertices, let us say conditionally, from point A to another one – point B. If you separate this peel from the orange, then in the usual folded state it will be spherical-shaped, echoing contours of the orange. If stretched, it will be similar to a wave-like rope. So in our figurative example, the orange peel will represent the electron helix, on the surface of which there is an external charge in the area of point A, while the internal charge is in the area of point B on the inside (on the white side of the peel). Any external change in point A (on the orange side of the peel) will lead to the same instant internal change, but opposite in force and influence, at the point located on the white side of the peel under point B. As soon as the external electron charge decreases, the helix becomes stretched under the influence of the internal potential and



the electron changes into the wave state. When the external charge reappears, which is formed due to an interaction of waves with matter, the helix compresses and the electron changes back into particle state again. In the particle state, the electron has a negative external charge and a left-handed helix, and in the wave state, it has a right-handed helix and a positive external charge. And the whole transformation happens due to ezoosmos.

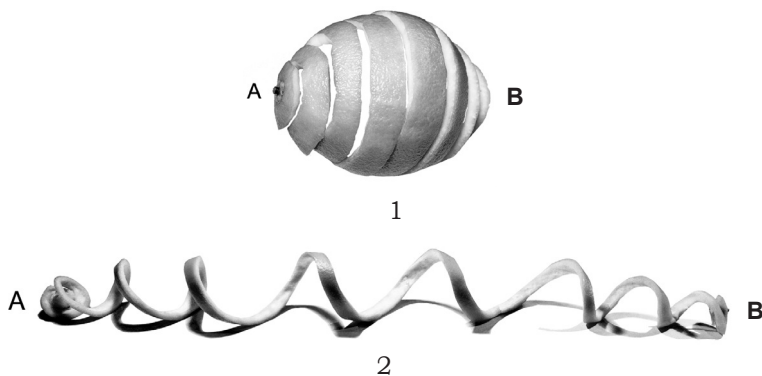


Figure 4. A figurative example of the electron transformation from a particle into a wave: 1) the particle state; 2) the wave state.

The Observer from the perspective of a three-dimensional world can see the electron as a particle if certain technical conditions are created. But the Observer from the perspective of higher dimensions, who will see our material world in the form of energies, will be able to observe another structure of the electron. In particular, the information building blocks that make up that electron will only show the properties of energy waves (of a stretched helix). Besides, this wave will be infinite in space. Simply put, the position of the electron is such in the overall system of reality that it will be located everywhere in the material world.

Anastasia: Could you say that it will exist regardless of whether we see it as Observers of a three-dimensional world or not?



Rigden: Yes. In order to understand this, let us consider another example with a mirror. Suppose that several fundamental information building blocks form a structure that represents a local point, some object. We put it in the middle of a room, in which a multitude of mirrors is placed at a certain angle in such a way that it is reflected in each of them. So, the object is in the middle of the room and it is reflected in every mirror. Also, we see it and, therefore, information about it exists in our minds. In short, the information about the object exists simultaneously in several places. If we remove one of the mirrors, we will not observe this object in that place. But when we return the mirror, it will reappear. So, in fact, information about it has not disappeared. It is just that we see the object under certain conditions of manifestation of information and once conditions have changed, we no longer see it. Objectively, however, this object continues to exist in that place in terms of information. The reflection may have a continuous flow, so it means that this object exists in each point of this room (and incidentally, not only of the room but also of the space outside the limits of the room), regardless of whether we see it or not.

According to quantum physics, the existence of the electron in the particle state depends on the very act of measurement or observation. In other words, the electron, which has not been measured and is not being observed, behaves not as a particle but as a wave. In this case, there is a whole field of probabilities for it, since it exists here and now in many places simultaneously; that is, in the superposition state. At that, despite the fact that the electron has multiple positions, it will be one and the same electron and one and the same wave. The superposition is the ability to simultaneously exist in all the possible alternative states until a choice is made, until the Observer makes a measurement (a calculation of the given object). As soon as the Observer focuses his or her attention on the behaviour of the electron, it (I mean the electron) immediately collapses into a particle; that is, it transforms from a wave into a material object, the position of which can



be localised. In short, after the measurement, so to speak, after the choice of the Observer, one object will exist only in one place.

Anastasia: Wow, that is interesting information! The findings of quantum physics, as it turns out, are valuable for those who are engaged in self-perfection. This explains in a way why a person fails at meditation. After all, what helps to, so to speak, “materialise” the process of meditation; in other words, what helps the transition from the wave state to the material state in which energy once again acquires properties of matter? It is observation and control from the Animal nature. In other words, meditation fails when the mental processes which are typical of the usual everyday state of consciousness become active. In this case, the brain is always trying to identify something and localise the object of observation. This situation develops when the Personality does not immerse itself sufficiently into an altered state of consciousness during a meditation or when it loses control over this state. This allows the Animal nature to intervene in the process of observation. Consequently, associative images appear and the Truth is lost. The wave transforms into matter. But as soon as you “turn off the brain” with its thought processes and fully enter into a meditation, thanks to a manifestation of your deep feelings, then an expansion of consciousness takes place and the matter observed from the Spiritual nature turns into a wave. You merge with the true reality of the world, you become one with it, and at the same time you feel all of its diversity like there are many of you and you are everywhere. This is when a real meditation happens as the process of cognising the Truth.

Rigden: Absolutely. The world of the Animal nature is the world of dominance of matter and its laws. The world of God is the world of perfect energies. When you meditate, when you are in an altered state of consciousness, you then become a part of the process, a part of the divine manifestation here. As soon as the Observer from the Animal nature activates, you think that you gain control over matter. Actually, it is matter (the Animal Mind) that gains



control over you. As a result, you become a more manifested material object; in fact, you turn into a corpuscular object of general matter (corpuscle, from Latin corpusculum meaning “body”, “the smallest particle of matter”) and obey its laws. If you switch to the wave state, you become a part of the divine manifestation in this world, that is, an Observer from the Spiritual nature. That is why it is said: what you have more of in you, so shall you be.

In the state of meditation, ordinary perception disappears. The consciousness of an experienced practitioner, particularly if we consider his or her state in the “Lotus Flower” spiritual practice, expands beyond the boundaries of the familiar world. The person feels that he is simultaneously everywhere. You can say that the superposition of quantum physics, an acquisition of the wave state, is the same as an acquisition in a meditation of the state of exit to higher dimensions in which matter is already absent. The superposition in the state of meditation is when you “see”, meaning that you feel the whole world and its diverse manifestations with the deepest feelings. But as soon as the Observer focuses on an object, his consciousness becomes narrowed and limited by the observed object. That is, once you make a choice and focus on specific details, the wave transforms into matter. After all, when you concentrate on details, the comprehensive perception disappears and only details remain. Thoughts from the Animal nature are a kind of a tool, a power to materialise objects, while feelings from the Spiritual nature are a force for expanding consciousness and accessing higher dimensions.

Anastasia: Yes, how complex this world is and how obvious in it can simple things be.

Rigden: Now, regarding quantum physics... On the one hand, the notion of the Observer has expanded the boundaries of scientific knowledge, but on the other, it has brought them to a deadlock. After all, the perspective of the Super-Observer proves that a tremendous force exists



which can influence from the outside the Universe, all its objects, and all the processes taking place in it.

Anastasia: So in fact, this is another way to scientifically prove the existence of God?

Rigden: Yes. Human has a Soul as a part of the divine power. The more he transforms his inner world and the more his Personality fuses with the Soul, unfolding before God, the stronger he becomes spiritually and gets the ability to influence the physical world from higher dimensions. And the more such people, the greater this influence is. The Super-Observer is God who can influence everything. Human as an Observer from the Spiritual nature is the Observer who can interfere in the processes of the world and change them at the micro level. Of course, certain manipulations with matter are accessible to people from the perspective of the Observer from the Animal nature. But a person gets the real power of influence only when his Observer from the Spiritual nature activates.

Anastasia: When you do spiritual practices and have an expanded view of the reality of the world, you realise that this is a fact. Incredible wonders made by those who, at different times and on different continents, were considered holy, serve as proof of that. Because, for them, it was easy to stop the elements, to change the structure of water, to cure any disease, and even to resurrect people from the dead.

Rigden: Of course, people cannot even imagine what abilities are embedded in them. Observation is the first step to knowing the hidden secrets. We influence a particular situation, its possible outcome, and a resolution in the world that is invisible to us by the fact of contemplating from the perspective of the Observer from the Animal nature or from the Spiritual nature since we make a choice. Each situation is a kind of an answer not only to your presence in this place here and now, but also to how exactly you are observing yourself in this moment.



Anastasia: In essence, we observe a part of ourselves in what surrounds us, and it is not the reality of the world that we judge, but the way we interpret it according to our experience and our understanding of the world.

Rigden: That's right. By expressing something about the world, we essentially express something about ourselves. A good listener will always hear a lot more about the speaker than he intends to reveal about himself.

Anastasia: In other words, one way or another, we see the outside world through a kind of "rose-coloured glasses" of the Observer from the Animal nature. The less we work on transforming our inner world, the worse it is for us. Because what will grow more, in this case, is just the experience related to the domination of the Observer from the Animal nature which means that we will get an even more distorted picture of the perception of the world.

Rigden: Yes. This, incidentally, can be traced even from the perspective of the existing knowledge about the brain, consciousness, person's way of thinking, and the way his worldview is formed. As a rule, in a consumer society, certain attitudes are instilled into a person from birth that the world is material and supposedly this is the only reality existing for humans. I have already said that our brain is set up in such a way that it adapts to various behaviour patterns very quickly; moreover, it will thereafter be based on them until the person chooses some new ones. Thus, a person begins to build his life from childhood, in essence, based on the wrong settings and a one-sided view of the world from the perspective of the Observer from the Animal nature. He simply ignores anything that does not correspond to his patterns and his personal choice. He chooses a kind of a very narrow life range of perception of the world and himself, while not even interested in anything more. As a result, people use "trite" associations and become quite predictable in their actions and intentions.



What does that selective information from the outside world, the larger part of which comes from vision, represent? What we see, according to that same quantum physics, is an illusion generated by the geometry of space. In the usual state of consciousness, we perceive the world not from the perspective of a detached space Observer or another Observer, but from the perspective of the Observer who is steeped in this three-dimensional world and is placed at specific coordinates, at a given point in time. That is why we will perceive the world one-sidedly, only from this point, and there will be distortions in this case. We see even our bodies as a three-dimensional image perceived by our brain that is tuned to a state of consciousness that is habitual for us. If we change the state of consciousness and, for example, look at our physical bodies in the state of meditation, we will see the aura and the shells that correspond to it - basically, a completely different structure. While doing more complex meditations related to observing from higher dimensions, you can see your whole structure on a larger scale, including the parts located in other dimensions. All this, accordingly, will expand our understanding of the energy structure of a human being.

In addition, we must take into account that the brain is located in the cranium; in other words, it is completely isolated from the external environment. It has no direct contact with the light of the surrounding physical space. The light that enters the eye is simply converted into an electrical signal. And it is this signal that the brain analyses and decodes, figuratively speaking in its "darkness". In other words, our brain does not see the "real picture" (or rather the illusion of the geometry of a given space), but only a signal converted from the outside — an "electric copy" of the image visible in the limited range of perception.

Anastasia: Generally speaking, this is an "electric copy" of the state of the observed objects of a moment that already passed. Moreover, this copy cannot be called even a fragment of information out of the variety of the visible



and, of course, the invisible world. And man still delusively thinks that he knows this world and understands it...

Rigden: Yes, man believes so out of the habit of thinking from the Animal nature... But he must ask himself the question: who exactly is thinking in him and what is consciousness? The brain is an exceptional in the complexity of its structure and functions (including defence) biodevice that has an astronomical number of elements and connections between them and does not have a direct contact with the environment. The brain is overabundant; in other words, it is capable of performing immeasurably more complex functions than is necessary, for example, to live on planet Earth. The brain is constantly at work - both night and day. It only changes its states, for example, to sleep, wakefulness, and so forth. It has an inherent constant self-reorganization of its system. It usually remains stable for 0.5 to 2.5 seconds, then some variable and flexible links activate, others get turned off, while the hard links are constantly working. The brain is kind of "bored" from the monotony. There is an ongoing thought process. Processing of different information in it takes place round-the-clock.

The brain is a mediator between consciousness and the world. It receives and tries to decipher codes; in other words, various signals, including those coming from the five senses. But it is especially important to note that the brain is capable of receiving many other signals not only from the visible but also from the invisible world. What serves as proof of this for the present-day scholars are the experiments conducted with the participation of people who engage in certain meditative practices while altering their state of consciousness. These are Buddhist monks, the Siberian shamans, the clairvoyants, and so on. Besides, this experimental group includes people who have manifested unusual abilities sporadically and spontaneously, which include telepathy (thought-transfer), prediction of the future, telekinesis (the ability to move physical objects and change their shape by thought), and so on. In general, these abilities are inherent in any person, if developed.



Anastasia: This is, in fact, evidence that a person in possession of basic Knowledge is capable of successfully exploring the world in an altered state of consciousness without leaving his room, with his eyes closed, and without the help of technical resources or known sensory organs.

Rigden: Note that such knowledge will be much more informative and richer than that obtained by a person in the usual state of consciousness. Why? Because his consciousness begins to work in a different mode.

You can trace how brain activity reorganizes itself in an altered state of consciousness even with modern equipment. When human thinks in the ordinary state of consciousness, the activity of the nerve cells in different areas of the brain appears similar to a starry sky; in other words, scattered. But when a person is in an altered state of consciousness, then an entirely different picture of brain activity forms. The "stars" sort of line up in the form of peculiar "star clusters" of a particular form — spheres, clouds, streams, and beams with a clear direction.

In addition, attention should be paid to the structure (shape) of the human skull from the inside and the tissues adjacent to it. The frontal, parietal, and occipital bones, with their special relief, deserve special attention. This is sort of a biological prototype of concave mirrors that can focus, absorb, and reflect waves of different frequencies. This design serves as a good resonator (from the Latin word "resono" - "I sound in response", "respond"); in other words, it is capable of accumulating and focusing the energy of vibrations and strengthening it.

Anastasia: This information is quite interesting. As we know from the example of modern radio engineering, concave mirrors have the properties of receiving and transmitting antennas.

Rigden: Quite right. So the brain is, to a large extent, a unique biological device that performs many functions



and serves as a receiver and transmitter of information not only from the outside visible but also from the invisible world, including man's inner world.

When a person starts meditating, it gives a mental order engaging these or those chakrans and activating subtle energies which activate certain areas in the energy structure. Thanks to such mental order, the brain of the physical body, too, reconfigures itself into the operating mode of an altered state of consciousness. We can say that quite an interesting process takes place in deeper meditations: the meditator practically executes "stopping of thoughts". And the information in its pure form is obtained due to the force which people since the ancient times called the sixth sense or intuition (intuitive Knowledge). And learning in this way is much deeper, richer, and more varied than the usual apparent perception of the visible world. After all, the Observer from the Spiritual nature perceives the energy processes with feelings, wholly and clearly, experiencing the true reality. Thanks to this, it becomes obvious for him after meditation what a significant difference there is between what the human brain perceives as the "reality" from patterns in a three-dimensional world and what in fact reality which shapes the events of this world is. For such an Observer, it is not a problem to extract information that is way ahead of the current scientific understanding of certain processes in this world.

So the outside world for the brain as a biodevice is just multiple copies, which it perceives according to the task assigned to it by the Observer in accordance with the inner world and the choice of the Observer. Each person lives his reality according to his choice and inner perception.

Anastasia: Yes, now I have an even deeper understanding of why we should strive to live and gain first-hand experience with the perspective of the Observer from the Spiritual nature. Only then is there a real chance not to waste your life on numerous misconceptions, not to get stuck in the illusions of observations from the Animal



nature, to change your destiny, and shape the reality of your spiritual salvation even during this life. After all, what we think about is what will be created, manifesting one or another reality for us.

Rigden: In his cognition, man can go as far as he believes he can. The more persistent he is to move away from his limiting mindsets formed by the Animal nature, the more apparent his influence on the reality will be. Having formed in life a strong perspective of the Observer from the Spiritual nature, a person can understand his deep interconnection and interaction with the whole world.

Human, as the Observer from the Animal nature, registers the objects that are important for him in the surrounding world, reinforcing their importance for himself by the power of his attention. Giving importance to this or that object depends on the outlook of a person, his experience in cognition of the world and himself. Once a person begins to rely on external circumstances, he begets motion which makes him anxious and manifests multiple illusions that grasp his attention even more.

Human, as the Observer from the Spiritual nature, looks impartially at the world. His support in life and the significant object is the Soul. After all, it is impossible to know the truth of the external without knowing the Truth of the inner because then there is no Observer before which all the secrets of the world are open.

Anastasia: You know, there was a point in my life when I perceived many of your words more intuitively than consciously: they were inspiring and helped me to live and overcome human difficulties. But when advanced practices started, especially those related to the invisible structure of a human, this greatly expanded the limits of my perception of the world and contributed to the acquisition of an extraordinary spiritual experience; it provided an opportunity for the spiritual contemplation and self-discovery in the deepest feelings. Thanks to this



experience, I realised the value of the Knowledge that you are giving us. Indeed, experiences in meditation cannot be put into words, but they fundamentally change the attitude to the surrounding world when you really feel something more valuable than the whole material world...The most interesting part is that since this practical breakthrough, the quality of meditations has changed. Especially, I would like to note the versatility of the "the Lotus Flower" meditation in relation to the work with the deepest feelings and the wonderful practical basic Knowledge about yourself that enables one to know the energy structure of man in the meditation "Pyramid". By the way, is it possible to tell the world about this meditation? And if so, I would be very grateful to you if people could learn about this primordial Knowledge directly from you.

Rigden: Of course. The "Pyramid" is far from the limit of perfection, although it is a very effective meditation that helps you to feel your true inner self and also to understand human's complex structure that is little known to the present-day people. However, before speaking about this meditation, I think it is worth familiarising people more with the knowledge concerning the invisible structure of man. Since ancient times, different peoples have possessed this knowledge. I cannot say that it is completely lost nowadays, some mentions of it have partially remained, but in what form is another question. But there is no reason to be surprised, man's sophisticated mind is capable of much more.

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



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

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

As I have previously said, everything in the world is interconnected. The world is multidimensional and has different parallels. **Human in the invisible world is an informationally complex space-oriented entity that exists consistently in six dimensions simultaneously.** It is difficult for a modern person to understand, but I hope that with the development of qualitatively new physics and biophysics, science will discover this fact as well. **Human steadily and simultaneously exists in six dimensions that constantly influence each other. But a human has a chance during his life to unite his Personality with the Soul, to gain spiritual maturity and escape into the 7th dimension (Nirvana, heaven), i.e. to achieve spiritual liberation and even to know higher dimensions if he wishes to.** For comparison, a Bodhisattva as a Spiritual Being existing freely during the earthly incarnation in a human structure of the body (as a Spiritual Being, Bodhisattva can go to the spiritual world at any time, unlike the human Soul that is enslaved in the construction), steadily exists in 72 dimensions simultaneously. This is the exact number of dimensions in the global Universe. In short, a Bodhisattva temporarily exists in a construction that is located in the six dimensions of the material world just like every human. But instead of the human Soul, he



has a perfect Spiritual Being from the world of God which steadily and simultaneously exists in 72 dimensions and can make changes in them.

Anastasia: Yes, that is a good example that gives an understanding what unique opportunities a human has for spiritual development in the course of his life and why each moment of life is so valuable. You've mentioned that the universe has 72 dimensions. I think readers will be very interested to know that the number of dimensions in the Universe is limited. I remember you explaining before about the ezoosmos, parallel worlds, the parallel paradox, about the difference between the concepts of "parallel dimensions" and "parallel worlds".

Rigden: Yes, parallel worlds and dimensions are not the same things. There can be a multitude of parallel worlds. One way or another, they are intertwined with different dimensions. But all this exists in one global Universe. What is a parallel? I shall explain with a figurative example from people's lives. Each person lives his life as if in his own everyday "reality", in his microcosm, which for some moments intersects with some other "realities" in other people's lives. In other words, his individual consciousness lives separately, as if on its own parallel, but in a world that is common for everyone. Other people, with their lives, thoughts, the inner world, and the external environment, live parallel to him and he is not even aware of their existence. Same with parallel worlds: they are many; some come in contact with one another, others exist in parallel, remaining individual. But all of them are included in the system of 72 dimensions of the global Universe.

These 72 dimensions are generally represented by subtle and crude energies which constitute certain energy fields, forming a particular dimension. There are no clear boundaries between them. The same energies may be present in one dimension, and in another, and in a third one. All the dimensions are interconnected and separate at the same time. The difference is, we might say, in the



energy architecture of each dimension. In the dimensions dominated by the more subtle energies, even the smallest change can produce global changes in other dimensions which are dominated by gross energies (consisting of subtle energies). The 71st dimension is one of the most complex in the energy structure. And the 72nd dimension is the most sophisticated, the highest, and the most universal dimension of the Universe. From it, you can affect any dimension or parallel and produce any changes there; in other words, influence the ezoosmos directly. It is the highest dimension that an individual Spiritual mind can comprehend thanks to its development in this universe world manifested through divine Sound. Although the 72nd dimension is the most complex, it is quite simple at the same time. It is connected with the first dimension. The first dimension is, in essence, the primary impetus, ezoosmos that carries all subsequent changes to other dimensions and affects all matter, including time, space, gravity, and so on. Without the ezoosmos, there wouldn't have been any movement and therefore there would not have been life.

This knowledge has existed since ancient times, although, in those associative forms that were understandable to the people living then. For example, in ancient India, China, and Egypt, the knowledge about the geometry of space and about the structure of the universe existed since ancient times. The sacred symbol of the seventy-two dimensions was a snake biting its own tail. Moreover, its body was depicted in the form of 72 rings (or rather "links" of the body), which symbolically implied dimensions of the Universe. The snake's head symbolised the complex energy architectonic of the 71st dimension transitioning into the 72nd dimension. The snake's bite of its own tail symbolised the transition of the complex into simple and the connection of the 72nd dimension with the 1st dimension.

Anastasia: Yes, I have repeatedly encountered this ancient artefact in archaeological works dedicated to the culture and life of different peoples of the world. I believe that readers will be interested in learning an essential



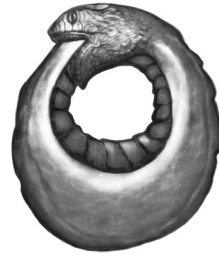
detail, namely, how the snake's head is supposed to be positioned — clockwise or counter-clockwise? After all, there are different variations in different cultures.



1



2



3

Figure 5. The symbol of the Universe — the snake biting its own tail:

- 1) parts of the image in bas-reliefs, paintings in the temples of the ancient Egyptian culture;
- 2) a finger ring in the form of a snake biting its tail, from the archaeological findings in the Indus Valley (the "the Harappan civilisation" - proto-Indian civilisation that existed in the III-II millennium BC.);
- 3) ancient Chinese symbol—a snake biting its own tail (the symbol is made of nephrite, considered as "stone of life" in China).



Rigden: The original position of the snake's head was precisely clockwise as a symbol of creation and development. The schematic representation of the number of dimensions in the form of scales-rings was, respectively, from left to right. A circle (snake's coil) was also the symbol of the creating and spiral movement of the Universe (the clockwise, correct swastika); in other words, movement according to the main action of the forces of Allat (the supremacy of Spirit over matter). In the ancient times, this symbol was often used in the decoration of temples as a sacred symbol that narrated the divine Knowledge. The head of the snake was painted counter-clockwise, as a rule, by the adherents of the material Mind (the Animal mind) as a symbol of a small force that drives the Universe inward counter clockwise (the reverse swastika) in the direction of destruction and annihilation. These people, while obeying the will of the Animal mind, proclaimed for themselves the supremacy of matter over Spirit and embodied into reality the principle of domination of the material power.

Anastasia: In essence, this is a substitution of the sign from plus to minus. I have often seen such a snake whose head is directed counter clockwise in architectural scenes from Freemasons.

Rigden: This phenomenon was quite common, for example, in the Middle Ages, during the surge of alchemy, when the direction of the head of this ancient reptile was often depicted counter-clockwise as a symbol of artificial containment or regression. On the other hand, such details were only known in the narrow circles of initiates. The masses were presented with a quite plausible interpretation of this concept, so the common people paid little attention to the rotation of the head in this or that direction. And that is too bad because symbols and signs play a significant role in the life of a society, even when the society does not suspect it.

But some portrayed the snake's head counter-clockwise knowingly, while others – because of the basic human



confusion, loss of knowledge, or incorrect copying of the ancient information, based on which the given plot was sketched. For example, the same can be seen today in the symbolic representation of the world in the form of the legendary ancient Indian serpent Ananta. According to the Indian mythology, the Universe is a giant *global snake biting its tail* and winding itself around the creation *in a ring*. Inside the ring, it was carrying a giant turtle, on whose back there were four elephants supporting the world. In the centre of the world was the inhabited land Jambudvipa, reminiscent in form of a blossoming lotus flower with Mount Meru in the middle of it.

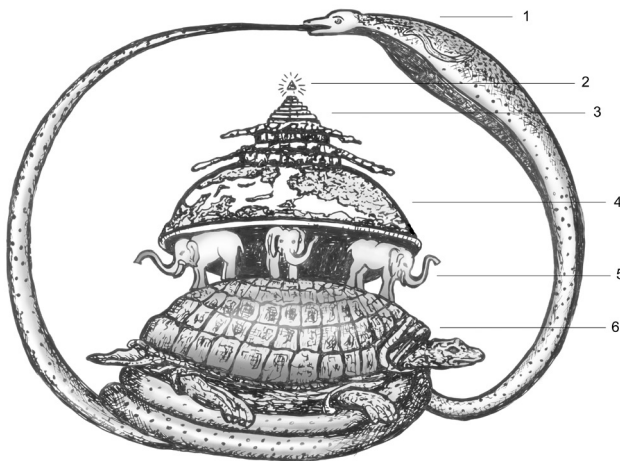


Figure 6. The Ancient Indian symbolic representation of the world:

The traditional interpretation of the image in encyclopaedias, according to the myths: 1) the legendary serpent Ananta (from Sanskrit — "infinite", "endless") floating in the waters of the cosmic ocean; its other name is Shesha; legends mention that god Vishnu rests on its rings; 2) the triangle above the truncated pyramid represents the power of the higher over the lower; 3) conventional representation of an



image of Mount Meru, in this case in the form of a truncated pyramid; 4) symbol of the visible physical world in the form of a hemisphere; 5) four elephants (symbol of the elements) supporting the terrestrial world (the elephant symbolising the element of air is not visible); 6) a turtle resting on the serpent Ananta-Shesha's rings — the embodiment of the ancient Indian guardian god Vishnu (the universal vivifying nature).

The interpretation of the image from the perspective of secret knowledge: *the drawing is made from the perspective of world perception of the Freemasons with a substitution of signs — a reorientation for the aggressive direction of the world, the supremacy of the Animal mind. The snake's head is changed — the cobra with an open hood is depicted counter-clockwise. There is a drawing of two dimensions in the centre of the world instead of the lotus flower and a symbolic representation of Mount Meru; in the third dimension (the human one) a truncated pyramid is set with the visible six steps and the corresponding symbol of the "earthly power" - the vertex of a triangle with 13 rays, the image of which is often used by Freemasons as "their" distinctive sign.*

The symbol of a snake biting its tail was quite common with different peoples in the ancient times. In myths, it was associated with the image of the Universe, with the act of creation of the world or sustenance of the Earth. For example, in the mythology of the African peoples, particularly in the Dahomey mythology, there is this archaic character Aido Hwedo — the rainbow serpent. According to the myth, it appeared first and existed before all others. This snake has supported the Earth, having curled up and bit its own tail. According to another myth about the world creation, the serpent Aido Hwedo accompanies the head of the pantheon of gods Mawu-Lisa as a servant. Moreover, it is mentioned that during the act of Creation, this snake carries the mentioned God in its own mouth; in other words, in the jaws.

Anastasia: That means that the supreme god of Dahomey produced creation of the world from the jaws of the snake.



So this is a direct reference to the Knowledge that God actually creates out of the 72nd dimension; more precisely, at the intersection of the 72nd and 1st dimensions?! It's amazing! It turns out that the people of Dahomey also possessed such knowledge?

Rigden: Unfortunately, this West African nation, like many others, no longer possesses such knowledge, but has only partially preserved some of the information to our times in its legends that had been passed down to their ancestors long, long time ago. Although in former times, such knowledge was given to different peoples on different continents that were geographically disconnected from each other.

Anastasia: Yes, the symbol of a snake biting its own tail can be found not only in the mythology of the ancient peoples of Africa (the Dogon people, the Egyptians), but also of Asia (the Chinese and the Sumer), of North America (Aztecs), and in the myths of the ancient cultures of other continents.

Rigden: With time, in the human interpretation, the symbol of the serpent biting its tail acquired the meaning of all-encompassing unity, of all in one. It has become a symbol of eternity and infinity, marked the beginning and the end (alpha and omega, creation and destruction), and also self-renewal of natural cycles, cyclicity of time, of birth and death. This symbol of the Universe, immortalized in the ancient Egyptian images, later appeared with Phoenicians and the Greeks who came up with a name for it - "ouroboros", which in Greek means "devouring (absorbing) its tail". Then this word came into common use of alchemists, and the meaning of this symbol has undergone an even greater distortion. In today's world, at the suggestion of Kabbalists, this symbol came under the interpretation of "depth psychology". In this version twisted by the human mind, it is already regarded as a "basic archetype that symbolises the prehistoric unity of the masculine and the feminine, serving as the beginning



of the human individuality when "I" is immersed in the unconscious, from which the conscious experience is not yet differentiated". In general, the farther away from the original Knowledge and the greater the immersion into an abyss of material human logic, the more the Truth is lost. Although this does not mean that this Truth is unknown today. Take the present-day priests who have access to the ancient Knowledge: they are trying to hide the Truth from the masses in order to maintain their power over these masses. But originally the Knowledge was given for all people.

Anastasia: Yes, **everything is simple in this world when you possess Knowledge.** Concerning the mention of 72... Surprisingly, in fact, the number 72 is a combination of numbers: 12 times (cycles) by 6.

Rigden: Absolutely. This number is interesting in many ways. In the ancient Egypt, for example, there was a thorough knowledge of the geometry of space, exact numeric values for measuring angles of geometric figures. The latter formed the basis of knowledge in the implementation of various projects in construction and architecture, including the unique ones, due to which certain conditions for changing the physics of space were formed. A clear example is a set of the "great pyramids" in Giza built during the times of ancient Egypt. Although, the true purpose of such complex architectural objects, the angles of which are accurate within a degree, built with certain materials and specific complex architecture, is probably only clear to those who have Knowledge about the interaction of fields, about subtle energies and the principles of operation of other dimensions, and also about the influence that signs have on the world. But this is not the point. The main thing at the moment is that this knowledge existed in ancient Egypt.

Anastasia: You once spoke of the ancient Egyptian god Osiris, of his activity, speaking our language, as a Bodhisattva, and about the fact that the ancient Egyptians associated number 72 with sacred religious symbols.



Rigden: That is correct. The ideas of the ancient Egyptians about the sacred number 72 are also related to the level of perception of the Bodhisattva as a spiritual being associated directly with the world of God who knows the essence and who is able to control and use the integrity of 72 dimensions. That same Osiris was portrayed not only as a human but also as a lotus flower (initially with 72 petals). Some images of him had knowledge about the Universe encrypted in them. For example, in certain stories, the white robe, in which Osiris was portrayed as the Supreme Judge of human souls in the afterlife, was covered with an interlacement of a certain number of nodules that were lotus buds (originally 72). Later when these stories were redrawn numerable times and copied by people who did not know about the sacred knowledge depicted there, this number changed and the apparel of Osiris was pictured like that of a mummy; in other words, in a way that was more understandable for the average person's mentality. But then again, if you possess the knowledge, then even with those texts that came down through millennia to the present generations, thanks to the temple paintings and the graves of the ancient Egyptians, it is possible to understand what they are all about; as they say, to "separate the wheat from the chaff".

Anastasia: It is no wonder that reading these texts today, their translation and interpretation causes great difficulties for professionals. After all, in order to understand what the ancient Egyptians wrote about, we must at least move away from the format of the consumer mindset, and at best have a fundamentally different worldview, a qualitatively different level of Knowledge.

Rigden: Yes, otherwise there will be the same confusion as with the medieval Kabbalists. Today, it is not a secret that Jewish priests borrowed much knowledge from other peoples, including the Egyptians, having interpreted it in their own way and then having presented it as their religious teachings. So, the number 72 was associated by Kabbalists with the idea of the unutterable name of God



which can control all levels of the Universe. For medieval Kabbalists, this secret name was the main subject of study. In fact, this number has nothing to do with the name of God, but the idea that this is the essence of the Universe and that it contains all the forces of nature in it is true. Their mistake lay purely in human issues; namely, in the wrong translation and interpretation of the information about the ancient Egyptian knowledge and signs which were then modified by them and presented as a Kabbalistic idea (mark) of the name of God. They believed that the one who is able to correctly pronounce this name is free to ask anything he wants of God. In fact, this is a limited understanding coming from the human mind. Such a perversion of knowledge is typical of people when they begin to interpret the spiritual knowledge from the logic of their Animal nature.

Anastasia: You are right. People are foolishly craving absolute power, exchanging Eternity for an illusory moment.

Rigden: Unfortunately, people yield to illusions imposed on them by the Animal mind, not delving deeper, and ignoring their most important asset — the Spiritual essence. Let's consider at least the following example. The ancient Egyptian legend of Osiris and Seth was passed down to the present day. In its time, it was interpreted by the minds of the ancient Greek philosophers of the wealthy classes. It tells that Osiris taught people a new world outlook, farming, healing, building cities, mining and processing of the copper and gold ore, in general, all the attributes of civilised life. Seth, the younger brother of Osiris, who was considered an evil god of the desert, was jealous of the glory and power of his brother and wished to rule in his place. Seth came up with a clever way to destroy Osiris. Executing it, he came to Osiris with his 72 accomplices. Their plan worked, and they destroyed Osiris. But thanks to the wife of Osiris, Isis, the evil was subsequently punished and justice was restored. As a result, Osiris resurrected, but this time as a judge of human souls in the afterlife.



So this is what I want to say on this subject. People often think from the perspective of their human desires, losing sight of the important things. Since number 72 represented the level of knowledge of Osiris (Bodhisattva), the opponents of the Spiritual world began to attribute it to themselves in order to underline the strength of their opposing force. That is why later in the structure subordinated to the Archons had formed circles, the size of which varied within the limit of 72 “chosen” priests and so on. But this human way of thinking is ridiculous because ***the quality of the force of a Spiritual being is beyond all comparison, especially with regard to the quantitative number of people whose consciousness is dominated by the Animal nature.***

In this legend, in the form in which it reached us today, the priests tried to show the masses that gods behaved in the same way as humans. By the way, this idea was especially actively disseminated through the ancient Greek legends (about the gods of Olympus), and it is no accident that they were later hyped all over the world among different peoples. Why was it done? In order to instil an idea into the masses that wars which, in fact, are conceived and organised by priests fighting among themselves for the earthly power, are “normal” because gods are supposedly doing the same, that evil is also supposedly “natural” because it is a characteristic of gods. In other words, priests convinced people that if there is a king above you who wishes power and sends people to war, this is “normal” because gods do the same; if there is an evil “boss” above you, this is also natural, and you, the plebeian, have to listen to him and obey him. As a result, all this forms a subservient public consciousness and leads people away from the real spiritual path. And for a generation of priests, such an ideology is a convenient excuse for their greed for wealth and desire for power. That is why today this information is subconsciously hammered into people's heads almost from childhood. It can be found in textbooks of various “civilised” countries. That's how spiritual knowledge is perverted and substituted with material aims and concepts in order to enslave the masses.



Anastasia: People seem to be lacking the determination to shake off all the husks and live by Conscience – as their Soul suggests... You have mentioned that not only can people achieve spiritual liberation during their lives and reach the level of the seventh dimension, but also to know higher dimensions.

Rigden: Absolutely. Everything is interconnected in the Universe. Human, thanks to his unique energy structure, is connected with all 72 dimensions. However, it is one thing to be connected without even realising these invisible connections and another to consciously know all these dimensions, moreover, in a new spiritual quality. A spiritually developed person can know all the 72 dimensions and reach the level of a Bodhisattva during his lifetime. But, as I said, a person who has known the seventh dimension, ceases to be human, he becomes like a newborn unit of the Spiritual world – an immortal Spiritual being with an individual consciousness and a great spiritual potential. In other words, a Being who is released from the circle of reincarnations and who can leave his temporary shell – the physical body located in a three-dimensional physical world, and consciously go into the spiritual world at any time. Imagine what changes will occur in him during his cognition of all the dimensions of the Universe in his qualitatively new state. But again, such a rapid spiritual development is only possible during his lifetime. Unfortunately, in practice, such people were few in the history of mankind. While cognising higher dimensions, a person, let's say, gets to know not only the artificial creation of the Universe on a deeper level and a larger scale but also the idea of God, the power of the spiritual world and his communion with Him. A person, evolving spiritually to the level of a Bodhisattva, passes 72 hypostases in the spiritual development, 72 "mirrors". Of course, this way of cognising the world conceived by God is not easy, and for such a spiritual path, the right precise tools are needed just like in science; in other words, the knowledge of certain meditative techniques which enable gradual spiritual development. It is clear that this path is not for everyone, but still, a person who is craving the



spiritual Truth is able to comprehend it. The legend of Seth and Osiris warns exactly that you must not step onto this path while possessing the human logic from the Animal nature and the wish for immense power and the earthly, for it will end in a punishment for such spiritually immature people.

But even a great spiritual journey starts with little, with the first steps. You must practice spiritual awareness and not the understanding coming from egoism and mind filled with dreams of the fulfilment of the earthly desires. If a person wishing to develop spiritually limits himself only to such desires as "I want", "I'll become", "I will", but in reality, does nothing and does not change in his daily life, then no good will come of it. But if a person is really engaged in self-education and self-development, constantly refining himself with discipline, self-control, and spiritual practices, then eventually he learns how to control his emotions, his behaviour, and his thoughts. It is only when a person masters an altered state of consciousness that is new to him and stabilises in taming his Animal nature that the invisible world will start revealing its secrets to him. Spiritually refining himself further and learning about the processes of the complex world of the Universe from the perspective of the Observer from the Spiritual nature, a person unfolds like a many-petalled lotus flower enriching himself with Wisdom and Knowledge. When he realises the complexity of this world, he simultaneously comprehends its simplicity in the light of the unfolding eternal Truth. Evolving spiritually, man may waver in his choice until he passes the sixth dimension in his spiritual development. In the seventh dimension, he loses all doubt as a new Spiritual Being, and only the Truth remains and just one — the spiritual vector of further development.

In the ancient times in the East, the stages of learning the path of a Bodhisattva by man were figuratively compared to a blossoming of the lotus flower when it grew out of the muddy water showing a mature pure white flower over its surface. The beginning of a person's spiritual path was



compared to a lotus seed that sprouted on the bottom of a swamp or a lake, by which the three-dimensional material world was meant. Man's spiritual growth, his fight against the Animal nature, the removal of doubts and the earthly desires, work on the discipline of thought, and mastering of spiritual practices was likened to the growth of the stem, its passage through the thick muddy water as it thrust its way to the surface. Merging the Soul with the Personality and the spiritual liberation when the seventh dimension was attained, when a new Spiritual Being was conceived and it became noticeable to the spiritual world, was compared to the appearance of a bud above the water surface, in other words, its manifestation in a completely different world. And most importantly, the accessibility to the bud, undistorted by the muddy waters, of the direct rays of the Sun (the power of the spiritual world), under which the bud began to unfold its snow-white petals. Every new opened petal personified spiritual attainment of the next dimension by the Personality. And this process went on until Human learned all 72 dimensions; in other words, until all the 72 petals unfolded fully and a magnificent lotus appeared in all of its divine beauty under the shining rays of the mighty Luminary Who created it. So with Human, who upon having reached the level of a Bodhisattva, stood in all his spiritual wealth before the One Who created this divine seed and gave him eternal life.

Anastasia: This is a very impressive and accurate comparison. Once, during a discussion of the results of one of the spiritual practices, you had clarified one important point about why in the ancient times an opened lotus petal epitomized the embodiment of the spiritual comprehension of the next dimension. Could you tell the readers about it as well?

Rigden: Of course. Even today the cognition of each new dimension by man can be compared to the process of growth and unfolding of new lotus petals which appear, grow, and gain momentum in their development even though before this their projection was only in the



laying of the genetic program of development of the given flower. Same with a human who during the cognition and mastering of each new dimension manifests in his structure a "new petal" which, figuratively speaking, is responsible for the relationship with the given dimension. Naturally, the lotus flower is a conditional comparison, so to say, to gain an understanding of the essence of the process. But if we speak about reality, then the manifestation, development, and improvement of the variety of interrelationships, which have been built into him initially, take place in the energy structure of human during his spiritual development.

Anastasia: Many people simply associate their existence only with the third dimension without understanding their true potential. But when you realise even a small fraction of it, you also understand the great responsibility for your life, and to what extent everything is interconnected in it, including with regard to dimensions.

Rigden: That is true. I have already said that when a person is born into a body in this material world, the state of his consciousness is tuned to the wave of the Animal nature, to the basic perception by the new Personality of the information of the material three-dimensional world with physical sensory organs. The task of the person who has embarked on the path of spiritual development is not only to learn how to switch to a different state of consciousness independently, but also to explore the world in a capacity that is new to him, expanding his abilities, understanding the fundamental difference between the material and the spiritual worlds; in other words, to make his conscious choice.

Indeed, everything is very closely interconnected in the world. But what does a person know about the world? Let's just say that as of today, certain fields of the third dimension have been studied to some extent, for example, the physical fields: acoustic, electromagnetic, gravitational, and so on. Note that we are speaking about the dimension with which each person has identified himself since



childhood and considers it as "native", "familiar", and "largely known". But does a person know that, in essence, these fields consist of coarse energies? In their turn, these coarse energies consist of the so-called subtle energies which, unfortunately, have not been studied by the modern science as of today. But the thing is that they, these subtle energies, are a part of the fields of the next dimension. This way, an interchange and interaction occur between dimensions.

A simple example is a human thought. Why is it that scientists still cannot track its origin? Because its formation is connected with subtle energies of a different dimension in which man also exists, or rather, in which a part of his energy structure is located. While in our dimension, it is coarse energies that are manifested, so to say, the derivatives of this surge which are the ones recorded by scientists observing the firing of neurons in the brain. In general, it should be noted that all the dimensions, space, and time are related to each other; they originate from and consist of various combinations of the very conditional building blocks of the universe, of which I spoke earlier.

Anastasia: Yes, today science knows little about other dimensions but already there is information that makes intelligent people start thinking. For example, it is interesting that man sees his body in this particular shape and not in another because his vision is adjusted to the perception of electromagnetic waves within a certain range of frequencies or, as physicists say, in the range of the visible light. In the infrared or the ultraviolet spectrum (in the light that is not visible to the eye) or in the Kirlian photography, man will look somewhat different.

Rigden: Undoubtedly. In short, with modern equipment or certain meditation techniques, one can see different forms of light, man's electromagnetic field, the form of the aura, and so on. And the whole ambiguous form of a person can be seen in three-dimensional space which, in combination with time, makes up four-dimensional space.



But **in five-dimensional space**, from the perspective of the interaction of subtle energies, a **human** appears already differently — **in the shape of a pyramid with a detached top**. In the sixth dimension, there is a small enhancement of the pyramid...

It is important to note that **the power of the Animal Mind is limited only to six dimensions** which make up the "material world" of the Universe. Roughly speaking, the material world comprises only 5% of the Universe. From the seventh to the seventy-second dimension, there is a world of energies and information that also forms the material worlds of the Universe as well as perfects energy structures, thanks to the movement and power of Allat. And beyond the Universe, there is the world that is qualitatively different from it — the spiritual world, the world of God which, as a matter of fact, a person can get into as a new Spiritual Being. At that, it is sufficient for him to reach the seventh dimension, escaping from the material captivity, in order to cross over to the spiritual world afterwards at will.

But let's get back to the material world. A human being is capable of (even with the dominance of the Animal nature in him) experiencing, interacting on the energy level, and consciously influencing matter up to the sixth dimension. Usually, a person seeks to develop such supernatural abilities in himself for the sake of gaining power over his own kind in the three-dimensional world. This is the main desire that makes a person successful at it if the Animal nature dominates. Although this dominant desire remains virtually unnoticed by the consciousness of the person who is in the state of submission to the will of the Animal mind. At best, the person is trying to justify it even to himself with noble reasons, supposedly showing care for other people and helping them.

Anastasia: In other words, these supernatural abilities can be present not only in the people following the spiritual path and maintaining the dominance of the Spiritual nature in themselves but also in those who are going in



the opposite direction and live under the rule of the will of the Animal nature.

Rigden: That's right. They can be, for example, psychics, magicians, sorcerers, people with paranormal abilities; in other words, those who are capable of submerging down to the sixth dimension in an altered state of consciousness and from there, influencing the lower dimensions and weak structures (to manifest energy activity and make certain transformations). Influencing the third dimension from the perspective of higher dimensions (the fourth, the fifth, and the sixth) naturally, affects the coarse matter of the three-dimensional world at the level of information. However, while exerting such influence, the person himself is not fully aware of why he is given this power and what he is really doing, what changes he is really making, and whom he actually serves. Such energy influence, even from the sixth dimension, but from the perspective of dominance of the Animal nature in man, does not indicate spiritual development.

Anastasia: You once said that if a person does not develop spiritually, then his energy structure in the subsequent dimensions (above the sixth) is simplified.

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



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

Another way of saying it is if a person develops spiritually and his aspirations and desires are connected with the world of God, in other words, the Spiritual nature dominates in him, then eventually he will be able to escape the restrictions of the material world (six dimensions) during his life and enter **the seventh** dimension. In this case, his energy **structure becomes more complex in the seventh dimension**. If we speak about these complex energy processes in associations that are understandable for the mind of a "resident" of a three-dimensional world, then a person's structure **transforms from the pyramidal shape to the shape of a cube set on one of its corners**. In other words, the energy structure of such a spiritually liberated person is qualitatively different from the pyramid-shaped energy structure of an ordinary person in the sixth dimension. And the further a person delves into the



spiritual self-development, the more complex his energy structure becomes.

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

Anastasia: Yes, this is indeed a very interesting topic. In regards to this, there exists rich and varied archaeological material that confirms the existence of such a symbolism among many ancient peoples living on different continents.

Rigden: Of course, we will return to this subject many times in the course of the conversation. Unfortunately, as of today a lot of the original information has been lost or forgotten; therefore, many discovered artefacts, which recorded the ancient knowledge in symbols and signs, are still not completely understood by scientists.

Anastasia: You're right. In order to understand this, one needs to have basic knowledge. I remember when you first told us about human's energy structure, for me, it was not a mere revelation, but a real shock which later, in the process of analysis of the information and its deep understanding, developed into a mature brand-new view of the world. I am sure that others will not be indifferent to this information. Could you tell the readers more about



man, in particular how his energy structure becomes more complex in each subsequent dimension?

Rigden: In order for people to realise what their energy structure represents in six dimensions and how it is all interconnected, I will give a simple associative example. There is a children's toy — a kaleidoscope. This is a tube, inside which mirrors and coloured stones are placed at a certain angle. As the tube is rotated, you can observe varying combinations of patterns. The more mirrors there are, the more complex the observed patterns and shapes are. So, in our case, the mirrors are dimensions and the stones are the main parts of the energy structure of a human. Their number is stable, but any qualitative change in the process of spiritual perfection leads to a more complex transformation of the whole structure.

If we view the structure of human being **in the first dimension (one-dimensional world), then it will look like a dot similar to a star in the sky.** And if you zoom in on this dot and then delve into its structure, you are able to see the entire complexity of the energy structure of human being; in other words, to trace a connection from the first dimension to the last through the whole successive chain of dimensions. Figuratively speaking, it is similar to contemplating stars. If you look at it with the naked eye, it will just be a barely visible point in the sky. But if you look at it through a spyglass, it will be visible as a rough bright circle. And if you observe it through a powerful telescope, then it will be a sufficiently complex space object with volume and its own natural processes.

And **in the second dimension (two-dimensional world), the structure of a person will have a shape of a cross, in the middle of which there will be a circle at the intersection of its lines.** Well, and everybody knows what a person looks like in the third dimension.

Anastasia: That is so. But even in this example, you understand how complex human's structure is even in the



three-dimensional world. After all, what I see in the mirror is far from all that there really is both inside of me and outside, if we take into account not only the inner life of the organism as a closed environment but also the weak energy fields that it produces.

In today's world, people do not know much about how their body is organised in the three-dimensional world, not to mention more. So for them, it may be surprising to hear the information about a simultaneous and stable existence of the person in six dimensions. Although in a way, you can understand those people who have lived most of their lives believing this world to be the only reality. Many questions from the mind arise if one does not have practical spiritual experience: how can this be, due to what these connections occur, and so on.

Rigden: In such cases, as a rule, the Animal nature activates first, not wanting to lose its power over a person, immediately creating a lack of acceptance and incomprehension in him, and forcing him into the old and familiar “stalls” of thinking of the citizen of a three-dimensional world. However, it is impossible to fully know the higher dimensions and get personal experience while remaining in the limited state of consciousness of the Observer of the three-dimensional world.

In this respect, I will give a simple example. Imagine that you are observing processes that are happening to residents of a two-dimensional world. In the human understanding, a two-dimensional world represents a plane characterised by length and width. In short, residents of a two-dimensional world do not understand what volume is. Imagine that they see a translucent space object in the form of a cone or a sphere approaching their world. What will they see? Instead of a cone, they will see a two-dimensional figure, that is, a circle and a point in the middle, and instead of a ball, they will see just a circle. Why? Because their thinking is tuned to the perception of a two-dimensional world. The concept of three dimensions is beyond their



comprehension of the world as creatures living in two-dimensional space and observing from it. In other words, they do not see the real picture because it is beyond their dimension, beyond their usual state of consciousness which has specific limits.

And now let us get back to our three-dimensional space. Today, people behave in the same way – they explore the world from the perspective of a resident of three-dimensional space. But man, unlike other creatures from other dimensions, has a unique energy structure, thanks to which, by developing himself spiritually, he is able to know other dimensions and see the world as it is in reality and not in the narrow range of the limited perception of the world as part of three-dimensional space.

Anastasia: In general, what people usually see around them, perceive in each day, including themselves, is not such in reality.

Rigden: Absolutely. Our brain, or to be more precise, its usual state of consciousness, is a kind of a barrier to knowing more, knowing what lies beyond the three-dimensional space. After all, man's usual state of consciousness, as I have already said, is programmed from birth to the *limited perception* of a three-dimensional world; to put it more precisely, even partially of a four-dimensional world (three-dimensional space and time are meant here).

The fourth dimension – time (as a factor of measurement) – is hardly understood or perceived by man. In other words, in three-dimensional space, we perceive ourselves constantly “here and now” at a given point. In everyday life, the brain does not notice this movement in time, the very ezoosmos with cause-and-effect relations. Man notices the general movement of time, perhaps, only when he assesses himself, for example, while looking in the mirror, or compares his photographs of 20 years ago with how he looks now. But our brain, while in a usual state of consciousness, does



not notice the constant movement of time, of life itself as ezoosmos, an inner impulse of energy.

But this does not mean that a person cannot perceive it at all. After all, the human perception depends, first of all, on the dominant world view, the stability of the state of expanded consciousness, on the database that man inputs into his brain and constantly updates, and that is why it is important to expand your intellectual horizons. Secondly, such a perception depends on self-development, on systematic experiences of altered states of consciousness – meditations and spiritual practices, thanks to which man independently learns about the world outside of the three dimensions, and not with the mind's logic but with a more perfect instrument of his – the intuitive sense (the sixth sense).

Anastasia: Yes, such sayings of people from the ancient times as “when man changes, the whole world changes”, “know thyself, and you shall know the whole world” are not empty words. This is a reality; the fullness of which man can acknowledge during the practical process of spiritual self-discovery... You once mentioned, while talking about altered states of consciousness, that human consciousness has many levels.

Rigden: That is right. The fact that consciousness has many levels allows the person as an Observer (even from the Animal nature) *to embrace with his perception from the second up to the sixth dimensions*, specifically in an altered state of consciousness. Man cannot consciously perceive the first dimension. For him, it will just be a dot, “nothing.” But this “nothing” holds everything. The first dimension is the ezoosmos; in other words, the initial inner impulse of energy. As a rule, man does not consciously notice the beginning of this change (impulse), especially at the level of the first dimension.

Concerning the first dimension, I will give a metaphorical example that will be understood by many people today. It is



related to the work of computers, or rather, to the movement of the blinking screen indicator – the cursor. By the way, the word “cursor” comes from the Latin word “cursorius” which means “messenger, speed walker, fast runner.” When you do something on the computer, for example, you edit text, you move this pointer-indicator (an arrow or a dash) on the display screen by pressing certain keys or with an optical and mechanical manipulator – a “mouse.” After all, while doing it, you are not thinking how exactly it moves, you just do it almost automatically because you are focused on your work. It only seems to you that the cursor moves naturally when you control the “mouse”, for example, to select or move the text, correct it, or open a new “window.” But what is really happening?

The screen consists of pixels, that is, these small coloured dots which, if magnified, will look like squares (like a squared notebook), each of which consists of three colours (subpixels: red, green, and blue). Combining these three primary colours at each point makes it possible to reproduce any colour on the monitor screen. The more pixels there are in the same area of the screen, the better and sharper (more detailed) the image on it will be. What is a pixel? It is just an element of a photosensitive matrix, the smallest element of a two-dimensional digital image in a pixel grid (in bitmapped graphics) on the monitor screen. This is a set of electrodes. What is displaying image on the screen? It is, in fact, control of electrical voltage that is applied to each electrode (light emitting diode). The size and direction of the vector of the electric field, in its turn, is controlled by the software component and the processor of the graphics card.

When you move a “mouse” with your hand, the electrical signals from the optical sensor go via USB (a device for transmitting information) to that part of the computer circuitry that is responsible for processing them. The processed signal is sent to the video card. Then, according to its programme, it changes the characteristics of the electric field applied to specific electrodes (LEDs) on the



screen (pixels). Accordingly, their light intensity changes; for example, some become black and others white. For you, it creates an illusion of the cursor's movement on the screen.

In other words, you only think that you move the cursor. In fact, thanks to the work of electronic circuits and programs, you only change external conditions for the electrode (LED) and it acquires new properties for itself. And because of that, the light passing through it acquires other characteristics (frequency and intensity). If the cursor is located at a given point at given moment in time, then, by performing an “impulse” (having moved the “mouse” with your hand), you create conditions for changing the optical characteristics of the dot.

Anastasia: One can say that, in a way, I trigger the jump of the cursor from one point to another, from one pixel to another.

Rigden: Yes. The movement of the cursor is, in essence, a figurative example of the prototype of unnoticeable motion (life) of the material body in space and time, thanks to the ezoosmos. Ezoosmos is a jump of information from one information building block to another: an information building block pulls in the information and passes it to another information block; in other words, it transmits the information through itself. Those pixels serve as information building blocks in our conditional comparison. But you as an Observer, thanks to your freedom of choice, trigger this movement in one direction or another.

All this movement happens according to the change of information and goes unnoticed by the person who does not see the complex mechanism of change and transmission of information. In our example, you just move the mouse and for you, there is a natural movement on the screen. You do not see how the cursor picture jumps from one pixel to another, how voltage changes in each electrode. For you, the cursor arrow almost instantly moves to another position



on the screen. Same in life, the movement of any material object through information blocks goes unnoticed by a person, he does not see how exactly this initial movement happens at the level of the first dimension. For example, we see a person walking in a certain direction. What really happens is that information with all its complexity of interconnections “is flowing” through information building blocks thanks to ezoosmos. Even if we watch a man sitting motionless, in fact, this is just an illusion because actually, a very rich intensive informational exchange is taking place which is his life, his movement which remains unnoticed either by him or by us.

Anastasia: In other words, a person may not realise the full complexity of the world’s influence on him and his influence on the world, but changes at the invisible level are happening Moo constantly.

Rigden: And **the higher the dimension (for example, the fifth, the sixth), from which a person instigates these changes with his choice, the more significant these changes will be.**

Anastasia: The main function of the first dimension is the initial inner impetus of energy. Could you tell the readers what is the main function of the second dimension?

Rigden: For a person (in his perception) the functions of the second dimension (two-dimensional space) represent nothing more than a kind of storage and transmission of information in which signs and symbols play a significant role. Although functions of the second dimension are much broader. Here is a simple example. Any record presumes storage and transfer of information. What is a script, whether pictographic, ideographic, hieroglyphic or alphabetical? It is a sign system of recording human thoughts which allows one to capture them in time and transmit them over distance through conventional notation. In other words, it is a notation in the two-dimensional world which involves storing information in certain symbols and



signs. For example, a cake recipe, or a guide for construction of a nuclear power plant, or an outline of making a nuclear bomb, and so on. If you were able to read the recipe and made no attempt to do anything, then nothing will happen. But if you can read, that is, you understand the notation of symbols, but then you apply an appropriate force following the instructions and act, then you will invariably get the result recorded in this recipe or manual. So with a sign of a two-dimensional world: if you add energy to it, acting out of a three-dimensional world, it will start working. As a result, according to our example, after applying energy and acting upon the information from the second dimension, we will get either a cake, or light in the house, or the result that will destroy our house in the third dimension.

Anastasia: So, generally speaking, the third dimension is the dimension in which you already apply force and energy and begin to create.

Rigden: For a human – yes. In this regard, it is important for people to understand what kind of information they give their attention to in each day, to what they apply their life force, how exactly they subsequently waste it, and what they can really achieve. After all, today most people observe themselves (and consequently assess their lives) one-sidedly, only from the perspective of thinking of a “resident” of three-dimensional space.

A modern person does not even realise that the origin of his thoughts is related to a completely different dimension. However, he is constantly living in his dreams and thoughts while the surrounding “reality” for him is the reflection of his mental activity, to some extent. He is wasting his life energy on materialisation of his thoughts and desires which are mainly related to a very narrow spectrum of a broad band of frequencies of three-dimensional space on which his observation as the Personality is focused at a given moment.

Anastasia: You have emphasized the fact that a person, as an Observer, triggers these changes with his choice in



this or that direction. And it is he who is the Observer. And it is he who triggers, in other words, additionally stimulates something that already exists.

Rigden: Absolutely. Man constantly chooses between the spiritual world, with its force coming from the Soul, and the material world with its phantom games of the Animal mind which, one way or another, tries to redirect the life energy of a person for its own needs. These are the two dominant forces that create in the material world in this peculiar conditional confrontation and man, as an Observer, is only placed on the edge of choice between them. Moreover, for the beings of the material world who make up a part of the Animal mind, these forces are invisible, but they are fateful for human because there is a part of an Eternity (the Soul) in him and he has an opportunity to become an immortal Spiritual Being.

Anastasia: Therefore, the main determining moment for a person is what thoughts and actions he pays attention to in his every day.

Rigden: That is absolutely correct. For better understanding, I will illustrate with a figurative example of an Internet user what a person's choice between the two dominant forces is. When a person focuses his primary attention on something, in other words, makes a choice, he does not see how he triggers the beginning of these changes in the first dimension by doing this. In our example, this is equivalent to pressing the start button of a computer which starts processes that are invisible to a person. So, it is the person's attention that starts the process of movement at the level of the first dimension. Everything starts with it. This initial attention of the Personality is the primary force of the Observer, this is his freedom: where you direct your primary attention is what you activate. Man does not realise the full significance of the actions that have happened at the level of the first dimension but later he feels the consequences they have on his fate as quite real.



When a person turns on a computer, as a consequence, characters and symbols of different programs that store certain information appear on the screen after a while. And if it is, for example, the Internet, then before the user's eyes, a set of characters and symbols appears, behind each of which a more voluminous layer of information is hidden. The Internet, in general, represents a complex interconnection with the world but... through different root (base) servers belonging to certain "authoritative" organisations and people who fund them secretly or openly. All this is based on the distribution of this or that ideology. By the way, such a notion as a "domain name", which is today known to any "resident" of the Internet, comes from the Latin word "dominium" meaning "possession." As a rule, an Internet user does not stop and think about all this, diving into the stream of information provided for him to choose from. He sees details, but he does not see the whole picture, though he should. So then, the appearance of signs, symbols, various computer programmes, and short advertising texts of the Internet which hide whole layers of information behind them – all this is like interaction of the person's attention with information at the level of the second dimension. In the material world, if one considers all the information of the second dimension globally, this will only be a different form of manifestation of programmes either from the Animal nature or from the Spiritual nature. Man has the freedom of choice. And while something out of this simply attracts his attention, something else holds it. As a result, out of all the variety, just like in an Internet search engine, he "opens" only that information (focusing on it) which has attracted his attention the most.

From the perspective of the third dimension, man makes his Choice with this; in other words, he activates the process of obtaining information in the second dimension. By activating this information, he begins to "live" by it at the level of the third dimension. In other words, as a Personality, he lets this flow of information into himself and it manifests itself in the form of various images, emotions, desires, and thoughts in the consciousness, and it begins to live in him



like in a sentient being. This pushes the person to specific actions within the programme of this *Will from the outside*. The very one of the many programmes by which this Will has drawn his attention to itself in the second dimension. As soon as he lets them in, this becomes equivalent to his giving preference to work in this or that programme and starting to move the cursor there (his attention), engaging different functions (mental images, desires, and emotions). And moving the cursor, as I have already said, equals to the creation, thanks to the ezoosmos, of actions that are invisible to man at the first stages but which then become events of his fate. Consciously, neither in the first dimension nor in the dimensions above, does a person perceive what exactly he changes by applying the power of his attention to the program that he has chosen. But he, as a Personality who has made a choice at a given point of time, is wasting his life force on materialising this *Will from the outside*, working according to this programme.

Anastasia: And this point is very important. If we consider it globally, it turns out that we only think that we have will in the meaning of a force of creation, creating activity of the mind, or, as they say in psychology, as a “self-sufficient (having quite an independent meaning) source of human activity which determines the independence of behaviour from objective reasons.” It is interesting that those same psychologists relate will to control of your own behaviour which, they believe, becomes possible thanks to the use of artificial “means of conduct” – signs.

Rigden: What we believe to be our own will is an illusion of our perception from the perspective of thinking of an individual mind of a three-dimensional world. If we consider our example, a person just activates the incoming flow of information with his choice and spends his life force on realisation of this *Will*. *Will*, whether emanating from the Spiritual nature (the world of God) or coming from the Animal nature (the Animal mind) is *a force from the outside* or, rather, an information programme implemented in a certain structure that carries it out. The substitution



from the Animal mind lies in the fact that the Personality of the person perceives the forms of manifestation of one of these two global forces as his own will which in fact it does not have.

Anastasia: In other words, what a person believes to be his own will and what he is excessively proud of, is not his own. It's just a force that has entered him from the outside by means of the information he has chosen. It activates feelings, emotions, and thoughts in him that spur him on to certain actions within the programme of this Will, which is related to expenditures of life energy.

Rigden: Quite right. People, while under the influence of pride from the Animal nature, love to liken themselves to higher forces endowed with their own Will. But not everyone asks themselves the questions: "By whose will do that particular action happen?", "Who spurs me on to these thoughts?", "Who gives rise to these particular desires?", "Who in me is resisting and whom?", and "Who is asking these questions and who is replying to them?" And there are very few of those who sort themselves out, understanding the process of confrontation between the Animal nature and the Spiritual nature, between the Will emanating from the Spiritual world and the Will from the Animal mind. Of course, the Animal mind is strong, but it cannot be compared to the primary force of the world of God. If the latter manifests itself clearly, the Animal mind cannot resist it directly but it can distract its Conductor (the person standing on the spiritual path) with its "trifles" in order to throw him off the right course, catch him with another illusion, and so on. The beginnings of manifestation of will in terms of creation appear in a person only when he, maturing spiritually, comes out from under the power of the Animal mind; that is, when he leaves the sixth dimension, getting into the seventh. And even then, it will not be a manifestation of "will" as such in the current human understanding but simply a new quality and expansion of the abilities of the Conductor of the divine Will.



Anastasia: Yes, such substitutions from the Animal mind accompany human, as a being that lives in the material world, at every step. If a person does not work on himself, he is simply wasting his life on material desires, on the temporal and the mortal.

Rigden: On the one hand, a common person yearns to influence events of his life, craves for changes of his fate for the better. But these are all needs of the spiritual side which his brain successfully turns towards the Animal nature. As a result of this “reversed” understanding, people crave for “freedom” in terms of matter instead of the spiritual freedom: they crave wealth, fame, satisfaction of their selfishness, and abundance in their temporary existence. If a person focuses on his material desires for a long time and makes a lot of efforts to fulfil them from one year to the next, then sooner or later a series of events happen which leads to the desired result, even when by that time the person no longer needs it. In other words, a Personality may have a certain impact on the three-dimensional world, achieve what it desires, but this process is accompanied by huge expenditures of effort and energy and takes a long time. However, the question here is different: is it worth spending one’s life and great potential on achieving the temporary material wishes of the body?

Anastasia: Some readers are asking: “What is the meaning of my life? Why am I here? Am I really here just to plant a tree, build a house, and raise children?” And in their thoughts, they themselves respond that if that were the main purpose of man’s existence on earth, then, first of all, he would not need such a complex structure of matter including such an “overabundant” organisation of the brain which includes various levels of the state of consciousness. Second, it would be logical to assume that everyone who already has a house, children, and a personal garden would be happy and satisfied with their lives. But in general, these people ask such age-old questions without finding satisfaction in achieving the desires of their youth.



Rigden: The meaning of man's life is not at all in reproduction and improvement of his material living conditions – these are just natural instincts of any animal which is genetically programmed to create a burrow, or build a nest, and so on, in order to raise offspring. Man is more than an animal; his purpose is to become a spiritual immortal being.

But in chasing his material desires, man irrevocably squanders two valuable factors – time and life energy. I draw your attention to the fact that they are spent irrevocably (!) and, consequently, certain possibilities are lost. In his choice, man is free, of course, to fritter away the life force that he has on the programmes of the Animal nature in this illusory three-dimensional space. But as a result, he will miss the most important thing for which he has come into this world. And after all, man is given as much time and as much energy as he needs to free his Soul, and even above that, more than enough for possible errors in the process of getting personal experience by his Personality. Figuratively speaking, time and life energy are like gasoline for a car (the body) which is enough to drive exactly from point A to point B, with small deviations, given the complexity of the way. But if you go in the opposite direction instead (if you dedicate your life to the whims of your material), for example, go to tune up your car (to satisfy the ego) by the master – the Animal nature, then, as a result, you will run out of time and energy allocated to you. Eventually, you will lie so “beautiful” at a car junk yard (of subpersonalities), just like the others around you, rusting and rotting. But you could have purposefully used that time and energy to get to destination B where your final transformation into a completely different being – a Spiritual Being would have taken place.

Anastasia: As you once said, whatever little world of personal power man has built for himself in the material world, it is temporal and transient. Everything in this world has an end: entire galaxies, stars, and planets are destroyed, and the human body is all the more mortal.



Rigden: It is difficult for people to understand that their existence is momentary and they are afraid to even think about death. But death for man is just another form of life, it is the result of his lifetime choice. For a person in whom Animal nature dominates, it is difficult to realise that there is something bigger than this material world. But when the Personality works on itself and, as a result, gets in touch with the spiritual world, then it comes to realise that it is the spiritual world that is the real and the main creating force and everything else in a person's life is just games of the Animal mind, a chase after an elusive illusion.

Anastasia: Yes, this Knowledge is really interesting and important, and it gives a completely different understanding of not only the visible but also of the invisible world.

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

The Essences are energy and informational structures, and they play an important role both in the life of man and in his after-death destiny. They have great capabilities and are connected with other dimensions where interaction takes place on a subtle energy level. Thanks to them, a person can influence the world from



the perspective of higher dimensions of the material world, up to the sixth dimension. **Man's Essences are named according to their location around the structure as well as the conditional orientation relative to his physical body: The Front, the Back, the Right, and the Left Essences.** They represent the main fields, so to speak, the "living sides" of a four-sided truncated pyramid in the overall human structure. They are approximately located at an arm's length from the physical body of a person in the directions corresponding to their names: in the front, in the back, and at the sides (on the right and on the left side).

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

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



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

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

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

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



positive emotions and the deepest spiritual intentions can be observed in him.

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

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

Rigden: Quite true, which points to the special significance of these paintings, if, of course, the person possesses knowledge about secret signs. So, getting back to the Front Essence... The knowledge about the operation of the four Essences greatly expands human capabilities. Frequent losses of sleepers happen due to lack of basic knowledge in these matters. For example, the majority of sleepers act through their Front Essence without even realising it. And thus make a big mistake which leads to poor performance in their work, waste of time, and high energy consumption which often results in the rapid lethal outcome for the operator. More experienced sleepers act through their Left Essence. But more about it a bit later.

Anastasia: Sleepers are largely unknown to society. This is a secret Special Forces unit in the national security structures of civilised countries. It is quite surprising that the policy of “materialisation of consciousness of the population” takes place everywhere in the global community and that the very “seditious thought” of creating a science to study the human energy body, the existence of which has already been known for a very



long time, is ridiculed. In this context, an increase in the development of such Special Forces takes place in almost all civilised states which compete with one another. After all, their specialists are able to extract information without leaving the room, influence certain individuals at the energy level, or protect the top officials of these countries.

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

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

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



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

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



or illusion, looping of thoughts on the same problem. But this happens when a person gives the power of his attention to these thoughts.

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

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

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

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



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

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

When such thoughts visit a person, then in the state of meditation one can also trace pressure from the outside: it will be felt as downward and pressing from the left side. If a person disciplines himself and his thoughts more often, steadily adhering to the spiritual path, then the Left Essence also becomes a personal assistant and a private



“informant” on sacred matters. In ancient treatises, the Left Essence is commonly referred to or portrayed either as a terrifying beast or a clever and cunning animal, such as the wolf, jackal, a mythical monster, dragon, snake, or as a Guardian and a spirit. As a rule, the indicated element is earth or, rather, the ashes as a symbol of temporal values in this world.

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

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

These Essences are convenient for fulfilling specific goals and objectives in the invisible world. These Essences are a kind of “intelligent, living instruments” of the invisible world which help a person in his spiritual development if, of course, he knows how to use and control them. If he does not exercise such control which is, first of all, related to



purity of his thoughts, then these lateral Essences control him; in other words, they gain control over him through domination of Animal nature. To learn how to control and handle one's lateral Essences, to start with, it is necessary to learn to understand what they are and how they work. You must be able to track their manifestations in you, their maximum activation. The latter is usually manifested in the form of one and the same “mental habits”, psychological “hooks” of the Personality that are based on a negative and selfish way of thinking. Under the domination of the Animal nature, the lateral Essences do not care what negative or flattering thoughts they can activate in the consciousness and what external images they can use for this purpose (that is why usually people blame everyone else for their mental troubles but never themselves). The most important thing for the lateral Essences is the power of attention of the person himself, thanks to which they are increasing their influence over him; figuratively speaking, they lull him into dependency on them.

Most people do not know and do not understand how their Essences function in daily life because of the material veil of the usual three-dimensional world. And this despite the fact that people are often faced with their manifestation. After all, when we think about other people -- our acquaintances, friends, relatives, and so on (about people with whom we have had personal contact and, therefore, came in contact with their auras), then we are actually making contact directly with their Essences. If we think in a spiritual vein, in a positive way, then our Front Essences correlate, and if we think in the material vein, in a negative way, then the corresponding lateral Essences come in contact with each other. How does this happen? No sooner has a person had a thought, focused his thought on a certain person, then an information exchange at the level of subtle energies takes place between his and the corresponding Essences of the person about whom he is thinking. For example, we just thought of someone whom we have not seen in ten years, and he calls us literally immediately or visits us the same day. Or it can happen that sometimes



during a conversation, a person knows in advance exactly what the interlocutor is going to say, he feels his mood and the flow of thoughts before he says anything. What is the reason here? This is exactly a manifestation of interaction of Essences. It is just that one of our Essences has come into contact with the corresponding Essence of another person. After all, for Essences, neither time nor space exists in our understanding. They live by different laws. These are a kind of intermediaries of the Personality in its connection with other worlds.

It often happens that a person who does not particularly care about the purity of his thoughts (who is open to influence from the outside) is busy with his daily chores and all of a sudden, he gets angry or feels inexplicable fear for no reason. Actually, the reason for this lies in the exchange of information. This exchange can be of different kinds including in the form of informational manifestations of subpersonalities about which we have already spoken, the interaction of the lateral Essences of a person with the corresponding Essences of people, and for other reasons as well. It may also be a manifestation of the will of the Animal mind (for a reason which the person does not even suspect) through its system of activation of the Animal nature in a particular individual or in many people regardless of where they are and whether they know each other or not. That is why it is important for any person walking the spiritual path to be aware of these manifestations, to be able to control his thoughts, and not to allow any interference of the Animal mind's will, which is alien to him, in his life.

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

Rigden: Yes, people may not be aware of it or know about it, but it is they who choose which thoughts to give preference to. And mechanisms of influence from the invisible world can vary greatly. If a person is in the



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

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

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



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

Anastasia: And if Spiritual nature dominates in man?

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

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

Rigden: This is natural. Since at the early stages of cognising his Essences, man has not yet overcome the habit fixed in his consciousness by his life experience in a three-dimensional world when any new phenomenon



causes a mixture and struggle of two emotions in him: fear and extreme curiosity. Whichever wins in him is what the result of his cognition will be. This kind of fear is just a wrong choice, an emotion from the Animal nature, into which a person invests the power of his attention, and thus, materialises it. One must have spiritual freedom in cognising the world; that is, one must be liberated from such fears through firm choice, self-knowledge, and the pursuit of a higher spiritual world. The person who is more experienced in spiritual cognition does not fear the invisible world which is unfolding before him. He starts to simply use this knowledge, realising that the Essences observed by him are his own integral parts. In fact, it is himself in various manifestations of complex reality.

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

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

Spiritual development of man can be figuratively compared with the movement of a car with recurring slippages. At first, the human consciousness switches from one emotional state to another frequently and uncontrollably. This can be compared to an inexperienced driver who still confuses the acceleration pedal with



brakes. The discipline of thoughts and control of his state of consciousness is exactly an attempt of a person to learn to control himself, his emotions, wishes and thoughts, while at the same time keeping a clear direction of his overall movement – his view of life and the main choice. That is, to live life consciously and with full responsibility, clearly focusing on the spiritual direction and continually keeping it in focus of his attention. Figuratively speaking, this is an intention to drive the car to the goal despite any small slips. Naturally, the more often you control yourself and the more attentive you are on your way (and not just stand gaping, paying attention to the thoughts and emotions of the lateral Essences), the higher the speed of your movement (spiritual development) will be.

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

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



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

Rigden: The medieval scholar Omar Khayyam, as a man who possessed a wide range of knowledge in a variety of fields from physics and mathematics to philosophy and sacred knowledge, has the following lines:

“We are forced to suffer by the Four,
Who make us eat and sleep therefore.
But deprived of the whole, we go back to the start –
To nothingness shall we return once more.”

Anastasia: Omar Khayyam knew of the four Essences of man?!

Rigden (smiling): And how do you like this Ruba’i of his?

*Born of the four elements, you listen to the word
From a secret world, where flattery’s unheard!
You are a beast, a man, an evil spirit and an angel, too;
All that you seem hides together inside you.*

Or another verse by Omar Khayyam:

When from the root of happiness, there grows eternal
celebration branch,
If, as tight clothes, life in the body has become for you,
Do not rely on corporeal, your travelling marquee indeed,
For not so firm are those four ancient pegs with it.

Anastasia: The eternal branch that grows from the root of happiness? Is this an allegorical comparison with the “Lotus Flower” in the solar plexus? The marquee points at the pyramidal structure. The four ancient pegs turn out to be the four Essences. In addition, their primary mythological images are present here: the beast is the Right Essence, man is the Back Essence with the human past, the evil spirit



is the Left Essence, and the angel is the Front Essence. It's amazing! Perhaps, had I not known about the Essences, I would have associated these words with material concepts. Turns out, people do not see even half of the knowledge that is reflected in the poems of Omar Khayyam.

Rigden: It is just that they do not bother themselves with the process of deeper learning needed to secure the key to knowledge... To continue the conversation about the human structure: as I have already said, cultural, mystical and religious traditions, myths and legends of the peoples of the world have preserved many mentions of, for example, the main four Essences of a human with the single centre – the Soul.

Anastasia: I remember you once told us that ancient Egyptians had five elements which made up the human being: the Akh, the Ba, the Ka, the Khat, and the Khu. I recorded this knowledge in the book *Sensei Part 4*. It's amazing how people reacted to this information; but then, my reaction was quite similar in my time. It is as if people discovered something new for themselves. Despite the fact that records of the ancients about this have reached our times, many readers have not considered the concept of the Soul precisely in such a context. The impression is that the knowledge exists, but the key to it was lost in time. And it is your explanations that gave people that valuable key to understanding not only themselves and what is going on in the world but also to the secret knowledge from ancient treasure chests of humanity. So, one can also understand people: what is offered to them today as an alternative knowledge about the Soul (besides teachings of certain traditional religions) is mostly books of Western philosophy, where many things, as I now clearly understand, are written from the human mind.

Rigden: What can you do; people tend to complicate simple things...

Anastasia: Indeed... But even so, a person who has an overall understanding of what is being referred to, can



easily sweep aside the husks of what was accumulated with time and understand the essence; of course, provided that he possesses primordial Knowledge. It is just that society had lost the initial information. Hence, all the troubles. Your information largely explains the main essence of the primordial Knowledge. I think that it will be more than “simply interesting” for modern people to learn about themselves, about their Essences, about the Soul, and the importance people attached to this information at all times.

Rigden: Indeed, today this information is, unfortunately, complicated and disguised as external rites, rituals, appeals to the four elements, cardinal directions, mythical spirits, images of animal helpers which are related to man and in the characteristics of which one can see the knowledge about these Essences of the human being.

The sacred knowledge about the Essences is concealed in the *secret symbols* of many ancient peoples of the North, Europe, Siberia, Asia, South and North Americas, and Africa. It was known in more detail by the ones who kept one or another’s peoples’ sacred, spiritual knowledge and possessed the techniques of cognising the invisible world: shamans, sorcerers, religious priests, and so on. For example, the shamanic mythology (the Shamanism of North Asian peoples, including the Buryats, the Altai people, the Mongols), which is closely intertwined with ritual ceremonial practice, has preserved the following notions. For instance, viewing a shaman as a being of ambiguous nature – half-man and half-bird or a creature in the likeness of an elk, bear, or a Manchurian wapiti. There are also mentions of the shaman’s zoomorphic doubles, the main one of which is called “mat’-zvere”, that is, the mother of beasts.

Anastasia: “Mat’-zvere”? I wonder, where does this name come from?

Rigden: First of all, according to the mythology of the peoples of North Siberia (for example, the Evenks of the Stony Tunguska, the Ural, the Ob, and the Yenisei river



basins), the Universe is presented in the form of the feminine principle, the Great Mother of the world, the Progenitress of all living creatures, the Mistress of the Universe, and the mother of animals. It was believed that white shamans, while making their astral journey to the higher heavenly world, passed “the ways of all the worlds of the Universe” to get the fullness of their magical power; but they received its main part only from *heavenly mistresses*. Thus, they were endowed with the *creating power from above*, or, using our language, with the power of Allat which was given to them by the *heavenly Mistress of the world*.

Secondly, in the past, it was mostly women who possessed sacred knowledge of the invisible world because, by their nature, they feel the invisible world in a more subtle, intuitive way. The mystery of creation, of the birth of new life, is connected with a woman, with the feminine principle. In other words, in ancient times, the spiritual, sacral knowledge was kept and passed down to future generations mostly by shamankas and not by shamans. Later on, it is women who were considered to be stronger than men in mastering the shamanic practice of altering the state of consciousness. Scientists have already discovered a lot of ancient female burial places together with different cult objects, decorated crosses, mysterious symbols, ornamented amulets, and special ritual items. There are many known ancient stone drawings and sculptures of girls with flowing hair, “the third eye” in the forehead, and certain signs indicating sacred knowledge. Take even the four thousand years old findings in Russia, for example, on the banks of the Yenisei, the Lena, the Angara in Siberia, or the pictograms of the cliffs of the ancient, the planet’s deepest lake – Baikal.

Thirdly, the human Soul, which was linked to the higher worlds, was usually called “*the mother’s one*.” The peoples of the North, such as the Yakuts, for instance, have still preserved interesting mentions. In ancient times, their ancestors believed that in order for a person to live and think in a normal way, the following components of the soul-koot,

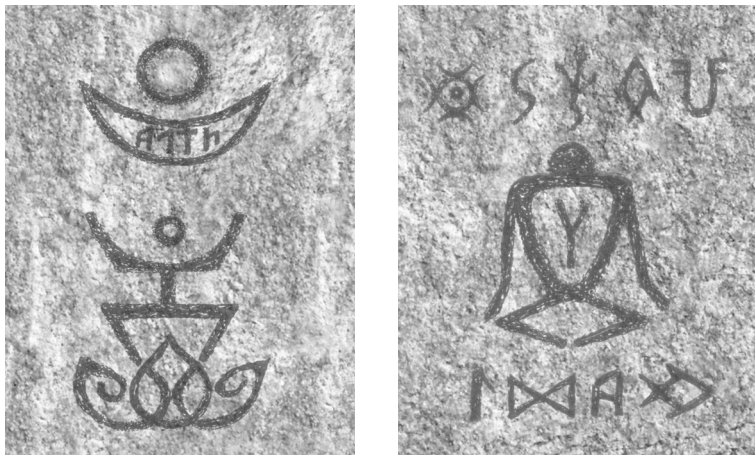


Figure 7. **Petroglyphs of the Altai Mountains**
(Kosh-Agachsky District, Altai Republic, Russia).

which were received at birth, should be present in him: the mother's soul (iye-koot), life and psychic force (sur), the earthly soul (buor-koot), and the air soul (sulgyn-koot). It is considered that after the death of a person, the mother's soul and psychic force (sur) return to their creators, the earthly soul goes to the earth with the ashes, and the air soul dissolves in the air. At that, for the shamans, each of these souls receives special upbringing and a special incarnation.

Anastasia: Amazing. It's a pity that few people pay attention to the archaeological and ethnographic research of those peoples of the world that are small in number. Because as it turns out, they have preserved the same knowledge that can be found in today's hyped religions and modern beliefs. You were just telling us about the peoples of the North of Russia and I remembered that I came across some interesting information in research papers on this subject. For example, the Yakuts had a special attitude towards certain animals, the ritual worship of which is related to the idea of a *dying and resurrecting* beast. The latter was revered by the Northern peoples in the form of either



a bear or a whale. It was believed that god of Knowledge (Bilge Khaan) lived in *the seventh heaven*. Furthermore, the Yakuts had the ritual of “making a nest of the child’s soul”; that is, a special nest was built on a special tree with *eight trunks* for the future Soul of the child. Shamanic mythology had the motif of the world creation from an egg, there was a notion of the Soul as a bird, about the human fate after death, about God’s gift (koot-sur) which you mentioned and which determined the entire life journey of man and also many other things from the Knowledge which I’m already aware of, thanks to you. Most notably, they assigned an important role to the *sign system* in the form of special ornaments on the clothing, adornment, and magic items. They regarded it as secret knowledge, just like other peoples of the world. As for the four Essences, as you’ve said, the Yakuts also had the notion of the shaman’s spirit helpers.

Rigden: Well, not only the Yakuts but other peoples have mentions of this as well. In particular, that at shaman’s disposal there are spirit helpers, which in those same ritual chants are called “the force”, “the suite”, “the army”. They often appear in the form of animals, fish, birds, or spirits which travel to another world for the purpose of performing some action: they negotiate with other spirits, enchant, and fight spirits of sickness; they prophesy, obtain the sought-after object, and so on. The Knowledge about the four Essences can also be found in symbolical schemes; for example, in elements of shamanic clothing, according to which, figuratively speaking, just like according to elements of military uniform, one can determine the shaman’s “rank”, the level of his “astral feats”, and so forth.

For example, in the foothills of the Urals, the most common composition patterns on the elements of ritual clothing and the “sacred images” of the Permian shamans are: birds (the Front Essence), reptiles (the Back Essence), two mythical creatures of almost identical nature (the lateral Essences), and shaman himself in the centre. Moreover, on the lizard’s body, they would sometimes draw seven fish, emphasising, among other things, the connection with the



water element, dimensions, and also the memory of the acquired information. It should be noted that only adult people were depicted standing on the lizard; that is, ones who already had a past. Two mythical creatures were usually drawn on each side of the shaman. In some cases, this was a direct indication of the Right and the Left Essences by means of using traditional elements, meaning the Animal nature – *cloven hooves (much later the lateral Essences began to be depicted in the form of two animals or people with axes, knives, arrows, and weapons in their hands)*. In other cases, notations were directly opposite in function – of heavenly mistresses of the world who combined elements of a female body and a female elk (a revered sacred animal).



Figure 8. Permian/ Pechora shamans' plaque



It was believed that their power could transfer the shaman to other dimensions, including the higher ones. Sometimes the symbol of Allat (a crescent with horns pointing upwards) was placed on such images, believing that this way the shaman additionally increases his power. Later on, because of the desire to bring the lateral Essences under their command, so to speak, for earthly purposes, these concepts began to be intermixed which can be traced from images on various archaeological artefacts.

Similar information about the five elements of the human being can also be found in other parts of the world. It is present in different religions and beliefs. Even in such syncretic (from the Greek word *synkresis* meaning “union” and *synkretismos* – “joining”; in this case meaning the union of different religions into a single system) religion as Voodoo. This religion, thanks to mass media, has been hyped today around the world one-sidedly and in a negative way at that; so most people associate its representatives with black magicians and sorcerers. Voodoo appeared on the island of Haiti (located in the Caribbean Sea which separates North and South Americas) among the population whose ancestors came from West African tribes and had been brought to the island by force as slaves. So, according to the sacral views of inhabitants of Haiti, the architecture of the human spiritual essence consists of five components, namely: the physical body (this is an echo of the knowledge about the Right Essence); the spirit of this body granted by the great Serpent named Damballa (this is an interpreted echo of the knowledge about the Left Essence); a special channel which connects the human being with his star in the sky (this is an echo of the knowledge about the Back Essence); the “Big kind angel”, meaning life force in their understanding (this is an echo of the knowledge about the Front Essence); and the “little kind angel” (the Soul; this is an echo of the knowledge about human’s Centre). At that, these two “angels” are regarded as the most important parts of man and it is about them that believers worry the most. Even the typical death is not as scary for these people as the prospect of, due to actions of black magicians, forever losing



their Soul, or turning into a wandering spirit, or becoming a weak-willed zombie which carries out a sorcerer's orders. After all, they believe that if a sorcerer succeeds at capturing the "Big kind angel", he deprives the person of life power and the person fades away. As for depriving of life power, this is, by the way, an echo of the former knowledge about actions of the Kandouk.

In the Voodoo religion, there are also deity characters which are traditional for the African mythology, such as Legba. He personifies the East and the sun and is considered to be an intermediary between the world of the mortal and the world of spirits, Guardian of the Gate to the underworld, thanks to whom communication between people and spirits takes place. One of his names is the Master of Crossroads. According to the Dahomey mythology, Legba is the seventh son of Mawu-Lisa, that very head of the pantheon of gods that I have already mentioned.

Anastasia: Was it when you were telling us about 72 dimensions, the spiral, and the Dahomey mythical serpent Aido Hwedo which, while acting as a servant, carried this god (Mawu-Lisa) in its mouth during the act of the world creation?

Rigden: Yes. The myth mentions that Legba alone knows the language of Mawu and the languages of his brothers, each of whom was given a special language by the supreme god. Legba informs Mawu about everything that takes place in the "kingdom" of his six brothers.

Anastasia: In other words, this points at six dimensions, the information structures that interact between the dimensions, and the cohesiveness of work of the four Essences during cognition of higher dimensions by a human?

Rigden: Quite true. When a ritual or a ceremony was performed related to calling a certain god of this religion, the leader would draw on the ground with flour or seeds an



individual symbol (veve) of the god whom they addressed. Thanks to this, today there are symbols that contain the knowledge, including about the four Essences, although modern admirers of this religion interpret it in their own way.

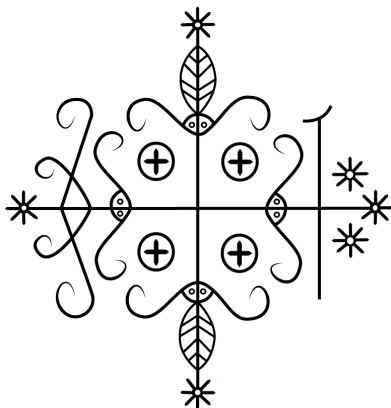


Figure 9. The pattern of Legba symbol.

Unfortunately, the emphasis has long been changed from the spiritual to the consumer attitude towards such Knowledge. This applies not only to this religion but to others as well. Figuratively speaking, people were once given a staff (the Knowledge) so that human, by leaning on it, could reach the summits of his spiritual self-perfection. But it is much harder to work spiritually on yourself and change yourself than to please your mind with flattering illusions of the material world. Human laziness and idle mind turned this staff into a tool to make a temporary dugout dwelling comfortable for themselves, thus exchanging a path into Eternity for a “stumbling block”, the essence of which is dust. In other words, people selfishly tried to alter the primordial Knowledge for their own temporary needs, not caring about those who would come after them. Yet, thanks to the fact that this Knowledge was disseminated in its time among the peoples of the ancient world who lived on different continents, today its echoes can be found in different corners of the Earth.



For instance, in such rites as the “Holy Way” ceremony, the North American Navajo Indians use certain sacred symbolic images, composed of fine coloured sand, which are erased once the ceremony is over. When you get a chance, take a look at the sand painting “*Whirling Logs*” made for the sacred “*Nightway*” chant.

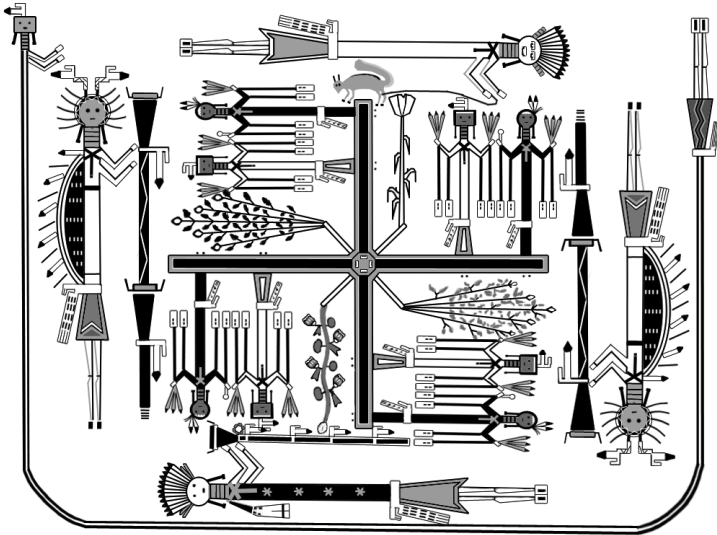


Figure 10. “*Whirling Logs*”
(a sacred painting of the Navajo tribe).

In this painting, you will see the Centre, the right swastika (the movement of Allat towards expansion), the four couples of female and male spirits (yei). Pay attention to the position of their arms. In the beliefs of the Navajo people, the supreme yei include six female and six male deities, whereas altogether fourteen kinds of deities are traditionally distinguished. It is believed that all of them are connected with the events of the Initial Creation. Furthermore, The *Whirling Logs* painting has a symbolic image of the four Essences, where the lateral Essences are depicted as guardian spirits, the Back Essence is represented as the



past with four identical marks (which indicate time – the fourth dimension). And the Front Essence is presented in the form of the main yei holding a squirrel bag – the Speaking white god (the Quiet talker) who protects people. He was associated with the east, dawn, and grasses. And the entire picture is fringed by the main female yei in the form of a peculiar semicircle – the rainbow guardian goddess who surrounds the remaining yei and symbolises the heavenly-earthly path. This is a stylised symbol of Allat.

Anastasia: This is a comprehensive picture, judging by your story. It turns out it includes knowledge about both the human being and the Universe.

Rigden: Absolutely. References to the four Essences with the centre – the Soul, are present also in Asia, particularly in the ancient Chinese mythology. Such a collective concept as “Wu Ti” means five mythological characters, each of which has its own assistants. This term was used by the ancient Chinese to denote the “abstract spirits of the five elements.”

“Wu Ti” is mentioned in the ancient book *Zhou Li (The Rites of Zhou)*. Various ancient philosopher authors deciphered the “Wu Ti” concept in their own way: some wrote that this meant “the five deities”, others wrote about “the five emperors”, still others – about “the five greats”. In any case, this notion was equated to the symbol of five directions (four cardinal points and the centre).

These symbols were so important in the ancient Chinese ritual tradition that their images were placed nearly everywhere: on emblems, banners, in the art, in architecture (including bas-reliefs on gravestones). At that, they were located in a specific order related to this or that ritual. For example, banners, each of which was marked with one of the symbols of the “five directions”, were carried in a special order during movement of the army. In front, as a symbol of the Front Essence, they carried a banner with the image of Zhu Niao (“The Vermilion bird”), symbolising



the south which was a respected cardinal direction among the Chinese. Behind, as a symbol of the Back Essence, they carried a banner with the image of Xuan Wu (a turtle entwined together with a snake) – the symbol of the north. On the left, as a symbol of the Left Essence, there was a banner with an image of Qing Long (“the azure dragon”) – the symbol of the east. On the right, as a symbol of the Right Essence, they carried a banner with an image of Bai Hu (“the white tiger”) – the symbol of the west. However, for a knowledgeable person, it is enough only to have a look at the characteristics of these collective concepts in order to understand what is really meant here, taking into account peculiarities of the world view of this nation.

Anastasia: Indeed, the one who established this tradition obviously knew more about the invisible world... Besides, these concepts sound familiar... You said that the “Wu Ti” concept was equated to the symbol of the five directions of cardinal points, five deities. Incidentally, isn’t Huangdi (“the yellow emperor”) the fifth sovereign, the centre of these four cardinal directions, four deities?

Rigden: Absolutely. Huangdi or the spirit named Han-Shu-Nu (“he who has swallowed a rod”). The embodiment of his spirit is unicorn Qilin – a symbol of the centre.

Anastasia: In essence, this is a prototype of designation of the Soul – the centre in the invisible human structure and an indication of its connection with the Front Essence (the symbol of which was the unicorn).

Rigden: Let us take a closer look at the characteristics of these characters. Huangdi means not only “the yellow emperor” but also “the shining (light-emitting) sovereign.” This symbol of the centre was actually regarded as the supreme heavenly deity. He was depicted with four eyes and four faces. This tradition started as far back as when the ancient Chinese shamans, during sacred rituals, put on the corresponding four-eyed mask. Why was specifically a four-eyed symbol depicted? First of all, this is related to



the conditional designation of the four Essences. Secondly, this is because, while doing certain meditative techniques, a person obtains a so-called all-embracing vision of the visible and the invisible worlds – a simultaneous vision of everything that happens around him and sometimes even in other dimensions. Such capabilities are not available for the normal human vision in the usual three-dimensional world. But should a person alter his state of consciousness, and obstacles to his inner vision disappear.

Anastasia: Yes, this vision is impressive, especially when you are just beginning to perceive the invisible world from such an “all-embracing perspective.” I remember that twenty years ago when our group was only learning these practices, how this first experience astounded me personally. It was quite different to observe processes and to experience that totally unusual feeling of such an inner “visual” perception. Yet, even more impressive was the capability of getting an all-embracing view of any object, both about its outer and inner structure as well as of the related information, with which it (this object) had been in contact... By the way, you’ve just reminded me where I first learnt about this character – Huangdi. A long time ago, while telling us that the human being had to learn to think the right way, you mentioned the ancient medical treatise “*Huangdi Neijing*”...

Rigden: I remember... The Chinese tradition links the beginning of healing and medicine as a science specifically to the name of Huangdi. Besides, this medical treatise “*Huangdi Neijing*” itself is translated as “*The Inner Canon of Huangdi*”. Everything external and physical arises out of the inner. Incidentally, legends say that Huangdi’s supporter named Tsang-Chieh (Fu-Hsi in other versions) invented hieroglyphic writing, that is, sacred writings in signs. By the way, this culture hero was depicted on ancient bas-reliefs also with four eyes as a symbol of exceptional astuteness. According to the legend, he was able to compose signs because he had penetrated the deepest meaning of tracks of birds and beasts. And now recall that shamans would usually depict the human Essences in the form of “birds



and beasts” and compare this information with what you already know about signs. We shall speak more about the secrets of signs later, but for now, I will only mention to the readers that every symbol is a carrier of rather extensive information. Besides, there are special signs that can have specific influence but the majority of modern people know nothing about them despite the fact such signs are present in abundance in society. Signs play an enormous role and not only in the world of six dimensions. They are comparable to a trigger mechanism of certain actions...

Anastasia: Yes, given even my practical meditative experience, this is an indisputable fact.

Rigden: But let us get back to a more detailed examination of the symbols of the four Essences as well as of the sacred centre, as viewed by the ancient Chinese. So, they had the unicorn (Qilin) as a symbol of the centre. It is described as “a wonderful beast” which, when it walks on the ground, does not break even a blade of grass, does not squash even a small bug; it can fly or walk on water as if on the ground; it is an embodiment of love for mankind and humaneness, a symbol of unity. By the way, ancient texts frequently mention the unicorn on par with deer, or rather, as their kind of a leader. These are echoes of the legends about the heavenly deer which were present in the shamanic myths of other peoples. Legends have various descriptions of this mythical creature where different parts of its body are likened to body parts of some animals. But all this is just a characteristic, indicating the structure of the four main Essences, in which this centre is enclosed. For instance, it is mentioned that this creature has a wolf’s neck, a bull’s tail, and horse’s hooves. Wolf is a traditional designation of the Left Essence and the bull symbolises the Right Essence. The horse in mythological conceptions was often associated with movement in time and beyond time, with movement through dimensions and worlds, with the creature that carried some divine rider or a culture hero. The “horse’s hooves” here symbolically indicated not only the functions of the Back Essence but also the lateral Essences



(the Animal nature) which, when under appropriate control and switch of their mode of operation, played the role of active helpers that connected with other dimensions and worlds. The Qilin was believed to be a combination of yin and yang forces (qi – the masculine principle and lin – the feminine principle). Taoist legends mention the immortal riding unicorns. All this is a figurative comparison of the Knowledge that was disguised as myths; in particular, the Knowledge about the invisible structure of a human, his spiritual component, and the real capabilities of knowing the invisible world.

Next, a hidden symbol of the Front Essence in ancient China was Ch'i-ti, the sovereign of the south, whose personification was Zhu Niao (Zhu Tsao) meaning the “vermillion bird”. It was compared to the wonderful Chinese king-bird Fenghuang referred to as the Phoenix bird in the West. This wonder-bird was an embodiment of the feminine principle, in contrast to the dragon. It was considered to be a messenger of the heavenly sovereign, was personified as the wind deity, associated with the solar (sun) symbol of nature, and an embodiment of the love for mankind. According to the legend, it lives in “the Eastern kingdom of perfect people.” Its appearance was a sign of the onset of peace and prosperity. Legends have it that the immortals fly on this bird. But again, knowing the characteristic of the Front Essence and its interconnection with the invisible world, it is clear why the myth about this symbol was described exactly from this perspective.

A hidden symbol of the Back Essence was Hay-di, the lord of the north (“the black sovereign”), that is, the spirit called Se-guan-chi which means a “record of harmony and light.” Now recall the functions of the Back Essence: it is the *keeper of information* and is responsible for “tunnelling”. The sovereign of the north was connected with the water element. Interestingly, a turtle entwined together with a snake (Xuan Wu) was considered to be an embodiment of Hay-di spirit. This symbol was declared taboo.



Generally, it should be noted that the turtle, just like the snake, occupies a special place in the Chinese mythology. It is associated with myths about the Universe and the Earth (as the material world). The turtle is believed to embody the entire Universe. The form of the turtle with its dome-like upper shell is associated with the ancient Chinese image of the universe – a round sky, while the flat lower shell (plastron) is associated with the flat square earth. In other words, with the sacred signs of the circle (the heavenly world) and the square (the earthly, material world) which the ancients knew long before this associative image had appeared.

It is no coincidence that, when translated from Chinese, “Xuan Wu” means “dark belligerence.” Thing is that the turtle’s upper shell (the heavenly world), just like its lower flat shell (the earthly world), was associated with armour (“Wu” means “belligerence”), while colour Xuan is black with a tint of red. The latter served as an association with the invisible world. In fact, such an ancient image of the turtle entwined together with a snake meant a struggle in the invisible world between the heavenly forces (the convex upper shield of the turtle’s shell – carapace) and the forces of the material world represented by the Animal mind (the turtle’s flat lower shield of the shell – plastron). All of this was taking place in the unified Universe with a spiral structure (coils of the snake entwined around the turtle). It is no coincidence that later a character, who was called Xuan Wu – “the black warrior”, appeared in the Chinese mythology and had a corresponding emblem. He was often depicted with a beautiful face, hair flowing down to his shoulders, in a black robe, with a belt decorated with jade, with a sword in his hand, standing barefoot on a turtle entwined with a snake. Each element of the image served as a symbol of particular spiritual knowledge. It is the latter – the spiritual Knowledge and service to the Will of the Spiritual world that personified true belligerence. In folk tradition, the image of this Warrior was revered as a deity that casts out evil spirits.

Anastasia: Today people don’t understand the genuine meaning of the ancient expression “true belligerence.” Yet,



true belligerence for man is by no means a manifestation of his aggression, hatred, or malice in the visible world. True belligerence is a manifestation of the Warrior's firmness in spirit of the fight with his Animal nature or the Animal mind; this is a characteristic of a struggle in the invisible world, as legends say, between Light and Darkness.

Rigden: Absolutely. Woeful is the warrior who does not hone his skills in battle... So, getting back to the subject matter. A hidden symbol of the Right Essence in the ancient Chinese mythology was Bai Di, the ruler of the west ("the white emperor"), that is, the spirit by the name of Zhao Jun which means "the calling one and the repelling one". The embodiment of this spirit was Bai Hu ("the white tiger") – the beast that instils fear in all sorts of evil spirits, patron of the West. Incidentally, the white tiger (the hidden symbol of the Right Essence) and the green dragon (the hidden symbol of the Left Essence) were drawn in medieval China as Guardians on the gates of the Taoist temples. Together, they were worshipped as the Guardian spirits of doors. Given that the Right and the Left Essences also act as triggers of emotions and thoughts from the Animal nature, their Guardian functions and the "door" they protect had a sacred meaning. The latter meant that without conquering these two Guardians inside himself, man will not be able to enter the spiritual world.

And finally, the hidden symbol of the Left Essence was Cang Di, the sovereign of the East ("the azure ruler"), that is, the spirit named Lin Wei Yang ("miraculous, powerful, looking upwards"). And the embodiment of this spirit was Qing Long ("the azure dragon"). Images of the azure dragon together with symbols of the other three cardinal directions exist on numerous gravestone bas-reliefs and walls of burial structures. Interestingly, one can find the azure dragon as a helper of the god of wealth in the folk pictures of conjuring nature and auspicious spirit. At that, the dragon was depicted as scattering wealth and filling a kind of a horn of plenty (a special "vase that gathers treasures") with wonderful pearls, which are exuding flames, as well as gold,



silver, and corals. The god of wealth, who was portrayed as riding either a dragon or a tiger, was especially revered by merchants. The constant attribute of the Chinese god of wealth in folk images was usually the dragon associated with money. Again, if one compares all this information with the characteristics of the Left Essence (slyness, pride, deceit, the desire of secret power), then a totally different underlying motive of this entire legend becomes apparent.

It must be mentioned that in ancient China, the green dragon was a very popular and, as they would say today, widely hyped character. It was presented to people as a symbol of spring, changes, and the East. But this is already a substitution of notions, an associative fusion with an image previously popular with tribes, which is older and more significant in mythology and which combines the features of a bird (and later of a human face) and a snake. Such an image is represented in the ancient Chinese mythology, for example, in the archaic female deity of the Mother progenitress *Nüwa* (Nüwa, a woman gently sliding into the other world like water; the one having a connection both with the earthly and the heavenly worlds). In the legends, she was called the creator of all things and all people. Moreover, legends have it that *she created a girl first*, looking at her own reflection in the water, and only later did she create many other mortals – men and women. After uniting the last, she made them procreate on their own and imposed on them the duty of raising children. In the cosmogony of south-eastern China, she was assigned the major role of a creating deity. It was believed that she had supernatural powers and was capable of making 70 transformations in one day. This is an echo of the Knowledge about 72 dimensions and of the fact that a deity creates from the 72nd and the 1st dimensions, and these two dimensions influence the other 70. She was associated with victory over the black dragon (which was an embodiment of evil spirits), with the restoration of cosmic equilibrium, which had been disturbed as a result of a catastrophe, during which the four earthly pillars collapsed.



Moreover, it is to this creating divine feminine hypostasis that the greenish-blue colour was inherent. In the mythology of different peoples, it embodied the element of water and of the feminine cosmic principle. This is a special colour, indicating certain achievements in spiritual practices. I shall speak of it later in more detail. And now I will just note that even in the traditional view of the Chinese, the



Figure 11. Progenitors of the world and the human being Nu Wa and Fu Xi, according to ancient Chinese mythology.

(depicted on silk; 7th century AD. Turpan. Xinjiang province; the artefact was discovered by scientists in 1928).



green and blue segment of the colour spectrum is a single whole and is marked with the hieroglyphs that combine the meaning of “green” and “blue”.

Mother Progenitress Nüwa was often portrayed together with a similar to her Fuxi (Fu Xi) – a being with a human body and a snake’s tail instead of legs. At that, their bodies were intertwined. People who did not possess sacred knowledge interpreted such an interlacing as matrimonial intimacy. Actually, in many cases, especially in the ancient images of such divine characters, one can clearly trace sharing of the Knowledge about the world as well as about the meditation tools used by man to achieve the highest spiritual state. Their symbols were often associated with a circle and a square.

The picture shows Mother Progenitress Nu Wa and the culture hero Fu Xi. Their bodies are spirally entwined with each other by three and a half turns. In the context of this picture, this symbol represents the knowledge both about the spiral structure of the Universe and about the meditation technique of the human attainment of one of the stages of self-perfection – the state of spiritual enlightenment (awakening and raising “the Kundalini Serpent”, coiled in three and a half turns, from the base of the spine to the “thousand-petal lotus” chakran). Nu Wa and Fu Xi are surrounded by 72 “air bubbles” of a variety of shapes and sizes which indicate 72 dimensions in the Universe. In particular, this is represented as seventy-one small “bubbles” and one (the 72nd) bubble located between “the snake’s’ tails” which is the biggest and the most complex in its inner structure. Between the human faces of the “progenitors”, 4 dimensions are located which points at the main dimensions for man (three-dimensional space and time in which the human Personality is born and lives, making its choice) as well as the four main human Essences connected with other dimensions. Above the deities’ heads, there is a circle which contains a bird’s leg with claws to indicate a connection with an entirely different environment – the heavenly (spiritual) world.



The founder of the civilisation, culture hero Fu Xi, who was considered by legends to be Nu Wa's brother, and later even her husband, also combined traits of a bird and a snake. Although earlier, being a hero of the epos of tribes, he was portrayed precisely in the bird's image and was revered as a deity of the East. By the way, his name means "the one who ambushed sacrificial animals." As I have already said, Fu Xi is mentioned as the first creator of the hieroglyphic writing (writing in signs). And it was already much later that people started to call him "dragon-like" and associate him in legends with the lung-dragon and "draconian attributes."

There is also another interesting point. Different cosmological myths were inherent in ancient Chinese mythology, including those about the creation of the ordered world, thanks to the divine feminine principle (the forces of Allat). But what is today's emphasis? The modern world knows that Chinese mythology and philosophy are based on the "Yin-Yang" principle, that is, the myth about the formation of the world as a struggle of two principles which, "on the one hand, disturb the highest harmony of existence and, on the other hand, restore it." As present-day philosophers say, "the principle of the idea of dynamical balance of alternative tendencies." In other words, in the modern world, new generations know nothing about the original mythology which described the beginning of the world's conception by spiritual forces and its ordering by the divine feminine principle. The "fundamental" Chinese philosophy begins right with the assertion of the idea of the world's duality, the unity and struggle of the two opposing principles, that is, with the stage of manifestation of the material world, of the forces of the Animal mind and their "struggle" with the creating divine principle. The question is: why has this particular myth been hyped around the world today and why is this particular dominating principle being asserted? I think it will not be difficult for clever people to find the answer to this question, especially once they have basic knowledge.

So, the appearance of the dragon Qing Long in the world was presented in the mythology already as none other than



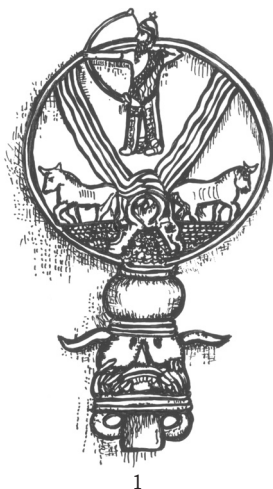
a happy omen. Images of the green dragon were popularised as having an auspicious meaning and bringing untold earthly wealth. Sometimes during marches, a banner with its image was even carried in front of the troops whereas a banner with an image of the white tiger was carried behind the army. However, if we trace the roots of such hype, they will lead to the ancient occult secret society The Green Dragon which has existed on the territory of China since ancient times and does clandestine, not exactly good deeds throughout the world.

Anastasia: Yes, I mentioned this occult society *in the book Sensei-IV* while describing some little-known facts about the events and people that triggered World War II. In fact, as you noted very accurately then, everything is in plain sight for those who know.

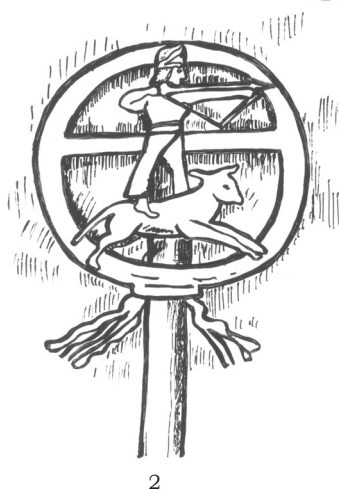
Rigden: Absolutely. By the way, speaking of military campaigns. The governors (politicians) and priests who knew about the special symbols and signs that activate aggression in the masses have used them in such campaigns since ancient times, depicting them on shields and banners. And this was not only in China but in other countries as well. Let us take, for instance, the Assyrian kingdom which contemporary historians call the first known world state founded on blood and conquest.

Anastasia: Hmm... Our history, unfortunately, is still being written under the dictation of the Archons' ideology: with the emphasis being made not on the first societies in the world in terms of spiritual achievement of the human civilisation but on the first communities built on aggression and conquest of foreign lands.

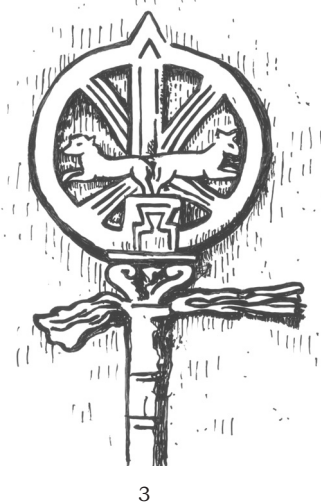
Rigden: Well, it is in people's own hands to change the situation... So, what did combat badges of the Assyrian army look like? They were mainly a diagonal cross in a circle with a vertical bar and two animals on each side, or an archer pointing his arrow to one of the sides. In other words, symbols and signs that indicated activation of *the lateral* Essences!



1



2



3



4

Figure 12. **Examples of the symbols indicating activation of the lateral Essences:**

- 1), 2), 3) – combat badges of the Assyrian army;
4) monogram of Constantine the Great (a fragment of a bas-relief on the 4th-century marble sarcophagus found in the Roman catacombs).



Anastasia: Assyrian combat badges? That's right! I read about them after you had mentioned the monogram of Constantine the Great (the labarum) – a symbol of the Chaldean cosmology. The labarum was used as a military banner by the last Roman emperors before the division of the Roman empire into the Western part and the Eastern part (Byzantium). Already back then, all these standards and banners were used to simplify control of the troops. And if we speak about the Assyrian kingdom, everything is clear there. At a certain period of time, Babylonia, where the priestly circles among the Chaldeans were originally from, was a part of Assyria, and the Assyrians themselves practiced a religion which was similar to the religion of the Babylonians...

Yes, it's surprising that people don't see the obvious. Because, during the rule of Constantine the Great and after it, they started to widely use in religion this sign of aggression (the monogram of Constantine the Great) which had long been used during the conduct of wars. Now, it is placed in many cities of the world and can be seen by many people. But this is a war without declaring war! Someone obviously knew much more about this sign when they imposed it upon Constantine as a symbol of the new state religion of a country, so powerful in the world at that time.

Rigden: Regrettably, that is so. Many people, when they go to a religious temple of the denomination which they consider themselves to be a part of, practically do not notice what signs and symbols surround them and for what purpose they are placed there. But a person definitely feels their work by his state. It is just that, given the fact that no one discloses the true purpose of such signs to him, it is natural that a person will not even try to understand" his "compulsive" psychological state. He considers such a state to be natural because he has repeatedly experienced it while attending similar institutions.

And if one looks carefully, in such places one can see a variety of signs activating both the Spiritual nature in



man, aspiration for God, as well as the Animal nature, through awakening subconscious fears. Very often in cultish and religious institutions, there are many more signs which negatively affect the human psyche than those that stimulate development and strengthening of the Spiritual nature in person. Why? It is all about the goals and objectives, namely manipulation techniques, of one or another religion –practice which has been inherited from religions of the past and perfected over centuries. The first rule in such technologies is an inconspicuous preparation of the churchgoer's psyche for influencing his subconscious in such a way that he would implicitly follow veiled orders of the manipulator while at the same time believing that he is doing it of his own free will.

Anastasia: And signs are precisely that very instrument of influence which unfailingly influences the subconscious of any person.

Rigden: Quite so. People have had the knowledge about this since ancient times; suffice it to look at the drawings and signs of the Palaeolithic era. Unfortunately, today this information is not possessed by the majority of people like it was in the days of old, but only by those who are at the ruling top of the nations. Nonetheless, the situation can be helped, if only that very majority so wishes. So, the human psyche clearly picks this influence of signs through the subconscious because the structure of the psyche is based on the unconscious. In this case, consciousness has a subordinate function. And signs influence, let us put it this way, the archetypal component of an individual's psyche. Their effect is based on the individual's predisposition to unconscious suggestion.

What happens if mostly negative signs are present in such cultish and religious establishments? A person goes to such institutions, as a rule, when an inner necessity for it matures in him (that is, if we exclude popular religious holidays or events which are typical to this or that nationality when people traditionally visit temples to



keep their friends and relatives company). In other words, when a spiritual surge occurs, but the Personality cannot understand what exactly is happening to it. Naturally, such necessity intuitively leads a person to the place where he expects to get answers to his inner questions. That is why, when heading to such establishments, he is open to dialogue; that is, he has a certain degree of trust in religious workers.

If a person ends up in a religious establishment with mostly positive signs which strengthen the perception of the deepest feelings from the Spiritual nature by the Personality, this would inspire such a person even more, increasing the feeling of Love and gratitude toward God, give rise inside him to the state of fearlessness, an expanded state of consciousness, and comprehensive perception of the world. Do you see the difference? The person would experience not fanaticism or strong emotions with yells of “Hallelujah” in the fits of mass hysteria instigated by the crowd’s great desire to save their body and live in it forever (by the way, after such emotions from the Animal nature, a person, once alone, usually experiences emptiness). Whereas he would actually feel exactly the fullness of the awakening of the deepest feelings, which give awareness, a spiritual surge of energy, charge him with eagerness to create for the sake of saving his Soul and not the body. This is an example of how things in principle should be now if the human society really had the spiritual guideline for its development. But note that everything is happening in exactly the opposite way in the world. Why? Because the basis for creating any religion, as an institution for controlling the masses, is power and manipulation camouflaged as “spiritual care” for people. That is why today in the majority of cases there are many more negative working signs in such cultish and religious establishments than there are positive ones.

When mostly negative signs are placed in such establishments, they simply redirect this spiritual surge of a person, relatively speaking, like through the prism which we have already discussed, towards awakening inner



subconscious fears and material desires in him, activating at the same time one or another lateral or the back Essence. These signs create imbalance in the psyche, narrow consciousness, and escalate the state of fear, despair, and servile behaviour in an individual. In such a state, he takes any information on faith. At the same time, a small number of positive signs in such establishments stimulate in person



Figure 13. Symbols of swastikas (right and reverse ones) in the patterns of interiors and exteriors of various religious institutions.



hope for the future and the desire to live. In religious establishments, this is, as a rule, a standard formula of such a combination of signs which prepares a person for subsequent verbal suggestion (hypnotism) from religious workers of one or another religion.

As a result of such unspoken preliminary conditioning by signs, which strengthens subsequent verbal suggestions, the church-goers including, one would think, grown-up intelligent people, who have higher education and scientific degrees, become as trusting as children. They are willing to listen to any cock-and-bull story told by the people clothed in religious garments without even getting into the heart of the matter: which are the suggestions from the Animal mind and where indeed the grains are given that stimulate their spiritual growth.

Anastasia: Yes, in such a state of “hopelessness” or panic of a “drowning person”, people grasp at any straw extended to them... So, at first, fear is triggered in an individual, and then the manipulator demonstrates a way to get rid of this fear, though in the light that is favourable for him.

Rigden: Yes. This can be figuratively compared to a situation when a person is put into a cell and then driven to a nervous breakdown through threats and beating. Afterwards, a cellmate is sent to him, who promises to supposedly release him from this confinement because he knows how. Naturally, the person begins to trust him, believing that he will save him from suffering, starts to treat his new “friend” with dignity and respect, for the latter gives him a feeling of hope, or rather, supports in him an illusion of imminent liberation. However, note that the cellmate only promises, doing nothing to really set this person free, because he himself is a captive “slave”, who is simply doing his job.

It is the same in religion. Its servants are like “cellmates” who are quite far from being free themselves. However, while advocating their religion, as a rule, they state that a person



does not have a single chance of salvation unless he is a follower of their teaching who must adhere to all their rules and rites (be “an eternal sponsor”, political electorate fulfilling the will of their priests). While listening to promises of such a religious “cellmate” about his salvation, the person eventually becomes ready to fulfil any of his *requests*, considering it to be “his duty”, “his wish”, “his conscious participation.” This mechanism of manipulation is effective as long as it is hidden from human consciousness. For the manipulator will never admit his actions. And if this is the system that has been running smoothly for centuries, then often times workers of this or that religion are themselves unaware of what exactly they are doing and whom they really serve.

Anastasia: In general, hidden manipulation of religious priests, who pursue the goal of subordinating as many people as possible to their power, is that they first create appropriate conditions and a source of fear for the person and then act as intermediaries for a temporary resolution of the person’s internal conflict, which has emerged as a result of this -- naturally, in a form that is favourable to them. The more things there are that are unclear to a person, the lower is the person’s degree of awareness of what is happening to him and the greater the fear that *these unclear things* instil in him. Moreover, this process intensifies and loops the Personality’s attention in on itself. As for priests, the more fear they instil in the nations that are enslaved by their ideology, the stronger their power and the greater their authority, supported by these same nations.

Rigden: Yes, it is just that there is a real manipulation of human feelings going on, and in favour of the Animal mind, at that. These signs which negatively affect the human psyche (for instance, the sign of an aggressive, reverse swastika), are placed in such religious institutions, as a rule, within the church-goers’ sight. However, they are placed in such a way that they do not attract attention to themselves unless you know about them. They can be added to patterns or decorations of the external interior, the



temple painting of walls or the floor, elements of carving and sculpture, or they can be included onto items and clothes of priests, and so on.

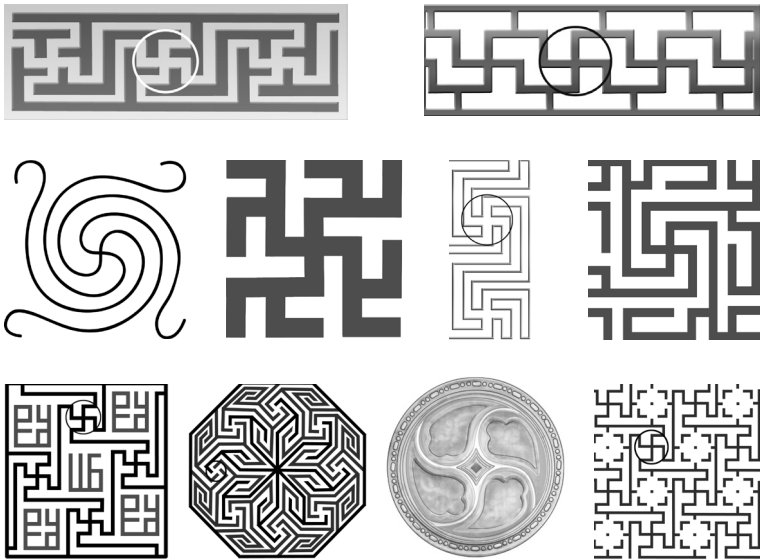


Figure 14. The symbol of the reverse swastika in patterns of interiors and exteriors of various religious institutions.

It should be understood that, at the subconscious level, any person registers a large part of information from the visible world, even if he is consciously focused on something else. So, a person visits such institutions when he has an inner need for it, during a spiritual surge or when he wants to get rid of his inner (emotional) suffering which, as a matter of fact, is the consequence of a long-term dominance of the Animal nature in him. In such moments, a person is open and is searching for help. But instead of spiritual help, in most cases, in such institutions he receives material substitutions and a kind of looping of his state. Namely, negative signs intensify subconscious fears



in him while religious workers supplement those with their standard verbal suggestions, as a result of which certain material wishes and aspirations are formed in a person. The person focuses the power of his attention on this. And that, in turn, further reinforces the lateral and the back Essences influence on him.

Anastasia: Yes, the signs with negative influence also trigger and additionally stimulate in people the mechanisms (of suggestion, imitation, and reciprocal emotional infection) that are typical for spontaneous behaviour of the masses. These are the tools that actively influence the human psyche and create a corresponding emotional tension. And ministers of religion, with the help of verbal influence, simply form a culmination and a resolution of these emotions in the direction they need. Thus, an artificially created psychological attachment takes place, a believer gets attached to one or another religion, and his personal identification with this particular community takes place.

Rigden: That is correct. So, the influence of signs on the human being is merely physics. The process of their operation can be compared to a button that switches on a light bulb. People press the button when they need to create certain conditions for their work (to artificially light a dark room). At the same time, they do not even properly understand how this process takes place, what electric energy is exactly, and what is its true nature. There are several signs which have been used since ancient times to activate the Animal nature in human. Naturally, the activation of such signs bodes no good for society. But people themselves choose what emotions and thoughts to give preference to and what to apply the power of their attention to.

Anastasia: Yes, the proverbial human choice...

Rigden: Such manipulation is typical not only for religions but for many occult societies as well (the Latin word “occultus” means “hidden”). In the overwhelming



majority of cases, such societies attract those who yearn to possess supernatural powers to satisfy their egoism. By the way, if people pay attention to the history of development of aggressive secret societies which seek to achieve “absolute power”, they will notice that even the names of many of them are connected with the images of the Right and the Left Essences. For example, the secret societies of the “Dragon”, “Jaguar”, “Leopard”, “Tiger”, “Wolf”. Moreover, their mystical foundation is made up of the rituals related to the Right and the Left Essences. The essence of these rituals is to endow a person with the characteristics and “supernatural power” of whichever aggressive beast is honoured in this society. It is the personal choice of members of such societies that plays the dominant role here as well as their ideological or religious faith and ancient magical techniques for using the capabilities of the Right and the Left Essences which, as a rule, are known only to the leaders of such a secret society. This is one of the numerous examples of how spiritual knowledge was usurped by individuals and began to be used in a perverted version for the purpose of attaining earthly power and personal material goals. As the ancients said, a slave has only one Master whereas a power-loving person has as many masters as there are people who contribute to his rise in earthly power and spirits who contribute to the downfall of his Soul.

Anastasia: I’m convinced once again how important it is that the majority of people understand “who is who” in this world, are able to distinguish the true spiritual from material substitution, the Truth from a lie, Good from evil...

Rigden: Yes, humanity would then have more chances to avoid disastrous consequences for the civilisation in general. After all, rules of the game in the material world, including those for occult societies, are based on the choice of mankind itself, or rather, its majority. Various occult powers only provoke or initiate certain actions, that is, they only launch a programme of this or that Will. But it is people themselves who make these programmes a reality



of their own choosing by performing corresponding actions and by spending on it the time of their transient lives and the force intended for the salvation of their Soul.

And in order to be able to distinguish between the Truth and Falsehood in the world, one must work on oneself, keep track of one's thoughts and control them, and learn to see the world from the perspective of the Observer from the Spiritual nature. Many people who are searching for the spiritual do not even understand that the system of the Archons directs their mind in a totally opposite direction, making them spend years and energy on material temporary comforts instead of the real salvation of the Soul. As it stands today, unfortunately, most people choose the reign of the Animal mind which has seduced them with material desires. They unconsciously make its Will a reality with their erroneous choice of what is transient and meaningless, and with their own hands support and strengthen the power of the Archons.

Look what is being popularised in the world, what substitutions take place? There are numerous signboards and slogans all around which induce multiple material desires and stimulate the Ego. But a person is actually chasing not after material acquisitions, but rather, after the sensation of possessing this illusion and the desire to achieve the long-awaited stability in his inner world. But this stability depends solely on the inner work on yourself, on your spiritual self-perfection, and not on external circumstances. Here is a simple example. Close your eyes and imagine that you have everything: palaces, corporations, power over people. And then open your eyes, look around, and you will understand that this was an illusion that has ended very quickly. Life will also fly by so, and everything will end very quickly. So is it worth burdening your own Soul for the sake of this illusion and condemning yourself to a lengthy agony after death and to torment for centuries in the form of a bundle of negative emotions which you yourself have created in yourself while chasing after illusions of the Animal nature?



Suffice it to take a look at the world around us: what substitutions the Animal mind creates for those who seem to want to move in the direction of spiritual self-perfection, while at the same time wishing material things. For the most part, these people are unstable in their intention and their spiritual impulses are easily redirected into the channel of material interests. Note what such people seek in their everyday lives and what they pay attention to, assigning to it the status of top priority in their day? Some are preoccupied with strengthening their personal influence on people, asserting their own significance, profiting from spiritual knowledge; others are busy with cleansing their bodies, arguing themselves hoarse about vegetarianism; still others are focused on losing weight or practicing different “health improvement” systems with selfish ambitions and empty inner content. Some people cling to sects or religious movements, once again delighting their ears with false promises of resurrection in their beloved bodies. Others meditate, attracting wealth, luck, happiness, and health. Some, because of the domination of the Animal nature and out of foolishness, begin to consider themselves “enlightened” and competent in many “spiritual matters”, to combine different meditation techniques they know, mixing the sinful with the righteous. And what is the basis of all this? Pride and affirmation of personal significance in the three-dimensional world, a secret desire of power over someone.

Anastasia: Yes, substitutions today take place on a global scale. Suffice it to look at what particular psycho-techniques are being promoted in society and popularised by the world media in order to verify this personally. After all, these are mostly the usual methods of Archons, so to say, “meditations” for the masses to attract material benefits.

Rigden: The sad thing is that most people do not even ask themselves why is it that such a material trend is being cultivated. Why is no money being spared to promote such ideas, buying the necessary “expert” opinions of globally known people? Why do these ideas pivot on pleasing one’s



beloved body and creating comfort around oneself and the egoistic little world of a self-lover? The answer is simple: so that a person would imitate this behaviour and spend time and energy of his life on, roughly speaking, a tastier banana, and at the same time so that his hair is glossy and shining. However, like in any deception, nobody explains what consequences await the person later, after he has wasted his life like a silly monkey on the search of a tasty banana, and his beloved body will simply die, just like any animal. But he as a Personality will not escape from his sufferings and will have to pay too high a price for the wasted life.

And what is daily spiritual work on yourself? First of all, it is the habit of controlling your own thoughts and not judging other people's thoughts. Man, as a rule often notices manifestations of the Animal nature in another person. But does not bother to pay equally careful attention to himself, does not try to come to know his own reactions to internal and external provocations of the Animal nature, and does not find it necessary to work hard on himself in each day.

Only by changing yourself internally and working on yourself can you understand the real processes of the visible and invisible worlds and consciously walk the spiritual path. In other words, inner changes must be, first of all, in the person himself – this is the meaning of his spiritual development! Everything else is secondary. The body should certainly be taken care of just like any other machine, but only for the purpose of reaching the goal. No more than that. It is necessary to know and keep in view the true goal of your life, which is spiritual liberation. This is the most important thing for any person. When man begins to know himself, he begins to learn about the complexity of his structure and its purpose. One can say that everything favours a person to make his conscious choice and become a new Spiritual Being. An important role in this transformation is played by his four main Essences.



Anastasia: Yes, different nations of the world have quite a lot of information recorded in various rituals, mystic practices, and sacred legends regarding the four Essences and the spiritual Centre. Incidentally, according to different stories, every nation would place these four Essences, orienting the Front Essence towards a certain part of the world. Could you explain this moment to the readers? Why did people, who inhabited different parts of the globe, have their own understanding of this orientation?

Rigden: Generally speaking, the orientation of these four Essences according to cardinal directions, assigning a particular colour to them, and so on depended on local traditional preferences, customs, and common beliefs of this or that people, which were formed for centuries based on the sacred folk tales of their ancestors. For instance, the Chinese considered the south to be the most honourable cardinal direction, so they placed the symbols that corresponded to the Front Essence towards the south. For shamans of the northern peoples (of Siberia), the main direction where they turned their faces (the Front Essence) during the performance of rituals was usually the North. Whereas for shamans of the southern and the eastern nations of Asia, it was the south or the east. The Indians of Mesoamerica regarded East or West as the main cardinal direction, depending on local traditions of certain tribes. In general, where a person traditionally turns his face while doing a spiritual practice, a religious ritual, ceremony, and so on is where his Front Essence is. Certainly, while reading ancient myths, one should understand where there is folklore and where there is real knowledge because many superficial, confusing things from the human mind were added with time, mainly as a result of a literal understanding of associative examples. But nevertheless, even today one can find many interesting mentions, including those regarding the secret knowledge about the four Essences of a human being.

Anastasia: Such knowledge can be found in totemic sources and mythological conceptions of the peoples of Europe, Asia, Africa, and America...



Rigden: Quite right. In most cases, small nations which live on different continents, as a result of their rather long isolation from contacts with representatives of the “civilised society” (due to unfavourable climate or inaccessibility of their settlements to travellers), were able to preserve the knowledge of their ancestors. In some sense, this saved them, since “the civilisation” had no idea about the existence of these peoples and their cultures. Consequently, their unique knowledge has not been totally destroyed with “fire and sword” by the latest new religion that was dominant in the “world civilisation”, as was the case with the ancient knowledge of other peoples.

Anastasia: Yeah, well, as they say, every cloud has a silver lining. But at the same time, now there is an excellent opportunity to compare what once existed in the past with what we have today and to ask ourselves the question why representatives of all the modern religions claim that only they and no one else in the world has “spiritual knowledge”. If we approach this question objectively and look into it in the state of an expanded perception of the world, it will then become obvious that the Knowledge everywhere was one and the same. It’s just that people gave different form to it and called it “their own.”

After all, any renewed spiritual Teaching was, in fact, formed consistent with the main secret knowledge that had been given to different peoples in the past. And it is only when priests had altered this Knowledge and clothed it into a form of the dominant religion that ideology changed. In fact, they were narrowing perception of the world for nations, right up to provoking fanaticism in the masses and thoughtless destruction of the heritage of their ancestors, of all that did not conform to the canons of the new religion.

Rigden: Undoubtedly... But here is what I want to point out. Despite such work by the priesthood on the destruction of the spiritual heritage of different peoples and indoctrination of new generations with the idea that all the previous beliefs are “apostasy and heresy”, basic



knowledge about the four Essences is present in the secret knowledge of practically all the world religions today. This can be seen from the indirect evidence of what is currently being offered to the masses in the teaching, philosophy, and ideology of this or that religion. It must be understood that priests of any religion will impose on the masses only what is beneficial to them and what will strengthen their power among the people, and not all that knowledge which their predecessors themselves once borrowed from other popular religions. Moreover, priests will never spread among the masses the original spiritual Teaching which independently leads a person to spiritual liberation. But it is on the basis of attractive spiritual grains of this Teaching that they form one or another religion. When religion itself as an institute of power is formed, much gets reworked in the original Teaching and changed for the sake of the religious power of priests.

For example, let us take Buddhism. At first sight, while reading the general philosophy of Buddhism, it seems that this *world religion* puts an emphasis on man's independent cognition of the world and of himself. After all, it represents for the masses a wide variety of practices which "lead to enlightenment" and which, by the way, has been formed on the basis of the knowledge of other more ancient religions of India. But this sensation lasts only until you face the realities of today in this religion as well as the priestly structure of this world religion. If a person does not distinguish between the Spiritual nature and his Animal nature, if he does not see substitutions from the Animal mind, it is difficult for him to understand what the catch is and what significant difference there is between, for instance, the original teaching of Buddha and the religion of Buddhism, which has, so to speak, appropriated this teaching.

So, the four Essences of human are mentioned both in the all-Indian sacred tradition and in the Buddhist religious interpretation of Buddha's teaching. Among the supreme knowledge in religious teachings about meditation practices



in Hinduism and Buddhism are: attainment of intuitive knowledge – super-consciousness (in Sanskrit, in the English transcription it sounds like “abhijna”), cognition of the world through a special altered state of consciousness, the state of integrity, unity (“samadhi”). Attainment of intuitive knowledge is interpreted as perception of the truth, the unity of the world, achieving oneness of the *five categories*: clairvoyance, clairaudience, having supernatural powers, reading other people’s thoughts, and the memory of past lives. It is mentioned that an accomplished person is capable of influencing this entire material world right up to the seventh dimension or, as the ancient Indian treatises state, “right up to the Heavens of Brahma”; after all, the path to “the Heavens of Brahma” starts with *renunciation of attachment to the Six Worlds of Passion* of the “wheel of life” ...

Anastasia: In fact, this oneness of five categories describes the result of work with the **four main Essences and the centre (the Personality)**. As a matter of fact, the outcome of a certain stage of spiritual work of man is considered here, when these Essences are already under his control and the person approaches the state of escaping the six dimensions.

Rigden: Just so. Man, working on himself, changing and perfecting himself in the *spiritual direction*, achieves certain effects which give him additional capabilities in knowing the world.

Anastasia: Yes, for instance, in the process of mastering spiritual practices, the **Personality** (the centre) **acquires the ability of “clairvoyance”**, that is, of contemplation with its inner vision from the perspective of the Observer of the Spiritual nature of any existing forms, regardless of distance and time, as well as of seeing the real essence of an event or a phenomenon. That is really so, taking into account even my practical experience of meditation for more than twenty years and also the experience of those people with whom I had the honour of learning your Teaching



and that primordial spiritual Knowledge which you have communicated. Such clairvoyance assumes, among other things, simultaneous contemplation of an object in different dimensions, understanding the underlying cause of its appearance, transformation, and so on. Achieving such a state of intuitive knowledge, the person realises **how to control the Front Essence**, which, in turn, manifests in him the ability to understand and intuitively feel any being from the perspective of the Observer from the Spiritual nature and also to make contact with it, regardless of space and time.

Rigden: That is correct. In the religious interpretation of Buddhism, this is referred to as acquiring divine hearing (clairaudience) which allows one to understand people who speak unknown languages and to hear sounds of the world even at great distances. Thing is that the sound, according to Indian mythology, is a kind of a symbol connected with cosmic rhythms. “The one listening to the sounds of the world” is the one who knows them and who is able to extract cosmic rhythms. It is believed that everything is interconnected and is permeated with subtle cosmic vibrations. By changing himself and his small sphere, man makes changes in the bigger realm.

Anastasia: Well, yes. In principle, the person who judges phenomena of the world within the limits of thinking of a resident of three-dimensional space will perceive it as acquiring “divine hearing”. Indeed, the knowledge about the four Essences is reflected in Buddhist philosophical teachings, although in somewhat embellished form, but nevertheless. Even if we consider the above-mentioned categories (clairvoyance, clairaudience, possession of supernatural powers, reading other people’s thoughts, the memory of past lives), it turns out that each of those points at the capabilities of a particular Essence.

About this, I can judge by the practical experience of our group. For example, when we were learning the “tunnelling” meditation technique, which involved work with the Back



Essence, we actually were able to learn about our past and even partially “read” information about the past lives of our subpersonalities. In the Buddhist philosophy, the acquisition of “memory of past lives” implies “the knowledge of your past births and the memory of your previous temporary states.”

Regarding the capabilities of the Left and Right Essences, in our time we had a very good illustrative example, namely the spiritual work of those four warriors whom you were teaching the art of the Geliar warrior. That was when I realised how **a person’s control over the Left Essence** reveals in him such abilities as knowing and reading other people’s thoughts. By and large, this is not only revelation of such abilities but also the perception of structures of the subtle world through feelings and also exercising influence through them. I clearly saw how restraining **the Right Essence** with a strict control of your thoughts and certain meditation practices leads to influencing the coarse structures of the world and to the opening of certain “supernatural” powers which, in fact, are a side effect acquired in the course of spiritual development.

But most of all I was impressed by the spiritual fortitude of this group of four: the acquisition of excellent professional skills did not shake their spiritual intentions which, unfortunately, cannot be said about some people with whom I had to work in subsequent groups. Of course, there were different situations, including the ones that brought enlightening learning experience. For instance, two years of hard work of my group gave concrete results. But this also exposed the fact that some people from the group, in fact, were not ready to reveal such phenomenal abilities in themselves. Their consciousness was taken over by momentary success, a sense of their own importance and pride. They started to secretly dream of their prospects related to the human world. In general, an imbalance in favour of the Animal nature started. And the main thing is that sincerity was lost as well as the desire of achieving specifically the spiritual goal. There simply began verbal



covering behind noble intentions against the background of evident attacks from the Animal nature. Even the small success, in fact, triggered the loss of their control over the Animal nature. But at the same time, this was a good lesson for those who are able to recognise their mistakes and who adhere firmly to the spiritual direction. Such experience grants the opportunity to walk the spiritual path in a more mature and conscious way afterwards.

Rigden: In fact, while going through the stage of learning the Right and the Left Essences, instead of gaining control over them, human runs the risk of getting under control of these very clever Essences if he is tempted by the desire to possess invisible power and control over other people. And as a consequence, get carried away with it and waste the rest of his life on achieving a temporary result, having thus lost the opportunity of his liberation, of escape from the circle of reincarnations. This is a kind of a trap for people who hesitate in their main choice.

In this regard, there is an interesting parable about a treasure hunt. “Once upon a time, a Wise man was passing by a village. He told the villagers there that countless treasures were hidden under the ground directly below their main square. Whoever finds them will gain not only wealth but also, they will never be the same again. The villagers rejoiced at this news. There was much debate and lengthy discussions, but finally, the residents decided to dig up the treasures together. Armed with tools, they began to dig. However, after a while, when they still had no expected results from their labour, the villagers’ enthusiasm began to fade. The first people to abandon the excavations were the ones who talked a lot; rather than actually doing anything themselves to find the treasures, they only tried to tell others how they should work. These were followed by people who quickly became exhausted by this hard work. They decided these treasures are not worth all this effort. There were others who started finding pieces of broken tiles, ancient crockery, and old coins. They hid what they had found from the rest, thinking these were the real treasures



and soon they had left site too. Other people simply enjoyed the experience of the treasure hunt. They believed that these feelings of joy from the search must be the treasures promised by the Wise man. Eventually, as time dragged on and only mud and rocks were strewn around them, their joy evaporated. So they turned their backs on this task, for they proved to be just too weak in spirit.

As time went on, many of the remaining people started to doubt the possibility of success in their search. They began thinking that they had become prey to some deception or a mere myth. The villagers started leaving the treasure hunt site one by one. And only those few who were fixed on the goal, who worked diligently and hard, found their treasures in the end. But after they had found the treasures, none of them was seen in this village again. And those villagers, who had participated in the treasure hunt but had not found the treasure, for the rest of their lives, were preoccupied with self-justification and explanations of why they had not stayed with everyone back then. After all, it had been a chance to change their miserable lives for the better. Some of them spent the rest of their lives wandering in the search of that Wise man who had originally revealed the secret of the treasure, hoping they could find out what the treasures looked like, where they were now, and how they could be possessed by them.”

So, the treasure is the spiritual transformation of man. To achieve it, it is necessary to work hard on yourself each day. Not everyone, who is attracted by the prospect of the path, reaches the end of it because the path involves internal changes. The first ones to leave the path are those who talk much but do nothing to transform themselves. They are followed by those who look for easy victories. Then those, who are tempted by the abilities that have opened up in them to satisfy their significance in this world, also stray from the spiritual path. They are followed by those who find pleasure in the very process of searching for the meaning of life but do not understand themselves and, as a result, they find nothing. Finally, those who doubt themselves,



the sage that revealed the spiritual Truth to them, and who even doubt the Truth itself also walk away from the spiritual path. All these people interpret the spiritual path in some way which benefits them in this material world. It is only those who walk with pure and sincere intentions right to the end, persistent in their spiritual labour, transforming themselves in each day, only they find their spiritual treasures in life that make it possible for them to leave for another world. The parable teaches us that quite often, while following the spiritual path, people are merely seeking personal successes in this, temporary for them, world, instead of seeking their spiritual treasures, which open to them a way to Eternity.

Anastasia: Yes, this is the truth of life, which was important not only in ancient times but also now... Everyone makes their own choice.

Rigden: So, practice is a serious test. It is one thing to read religious legends and dream that you will become the same “spiritual person” like their characters, and it is quite another to really work on yourself in each day, do spiritual practices, and control your thoughts. In treatises of Buddhism, for example, the ability of a person to control his supernatural powers is called possessing “miraculous powers.” It is also said there that a perfect person can influence the world “right up to the Heavens of Brahma” (the seventh dimension) and that the way to “the Heavens of Brahma” starts with the renunciation of the attachment to the *Six Worlds* of Passion of “the wheel of life.” For example, in the collection of the Buddhist sacred texts “Tripitaka”, there is a very interesting sutra called “*The Fruits of Reclusion*”. By the way, the word “sutra”, when translated from Sanskrit, literally means “a thread on which pearls are strung”; in ancient Indian literature, they called a fragmentary utterance so, and later – a collection of such utterances. However, while reading the collection of the Buddhist sacred texts “Tripitaka”, including the sutra “*The Fruits of Reclusion*”, one must bear in mind that these texts contain not the actual words of Buddha but his



teaching, which for a long time was passed down by word of mouth and which was written down later. Besides, as the religion of Buddhism was being formed, changes were made to it over the centuries. In other words, one must be aware of the fact that this is not the original information but already its interpretation by many minds over centuries. If a person is unaware of subtleties of the spiritual work and lacks practical experience of meditation, he will naturally be retelling, interpreting, or translating this information into other languages while being guided solely by his own worldview and his own understanding on this matter, so to say, from the perspective of a resident of a three-dimensional world.

So, this sutra mentions Buddha's conversation with Ajatashatru, king of Magadha (of an ancient country that was once located in northeast India). The king asks Buddha what is "the visible fruit of reclusion", that is, what is the result of doing spiritual practices in this world. Buddha, *using everyday allegories that can be understood by a common man*, recounts the teaching of The Path which a monk, who is seeking to get to Nirvana, walks as a person who is engaged in spiritual self-perfection and meditations. This sutra also mentions that a monk must follow the commandments of moral behaviour, it tells about the joys of self-restraint and about the outcome of spiritual work on yourself. Furthermore, it emphasises that the monk understands the result of the work with the "mind which is in Samadhi, a pure, clear one... obedient and collected, which has achieved dispassion..." The state of "Samadhi", when translated from Sanskrit, means "adding together", "joining", "integrity", "unity." In the Indian philosophy, this state of enlightenment and supreme harmony is seen as the ultimate goal of meditation practices. In Buddhism, "Samadhi" is considered to be the final stage of the Eightfold Path, which, according to their philosophy, must bring man right up to Nirvana.

This sutra also mentions: "This body of mine has a shape and consists of four great elements..." In philosophical



discussions, the four great elements are usually interpreted as air, earth, water, and fire. Such allegories, by which the ancients meant the four main Essences, were often used in sacred scriptures while discussing self-perfection of man and his energy structure which is invisible to the eye. Sutra 87 of *“The Fruits of Reclusion”* describes a manifestation of various superpowers in a person who has achieved the state of Samadhi. He, “...being one, becomes many, and being many, becomes one; he becomes visible to the eye and invisible; he easily passes through walls, ramparts, mountains as if through the air; he penetrates the earth as if through water; he walks on water like on terra firma, without sinking; sitting with his legs crossed, he ascends to the sky like a winged bird; he can touch the Moon and the Sun with his palm, although they are strong and powerful; up to the Heavens of Brahma he can exert influence by means of his body.” It is not the physical body that is meant here. This sutra mentions what Buddhists call “the acquired (phenomenal, mystical) body” (the Sanskrit name in English transcription is “nirmanakaya”, that is, a ghostly, transformed “body” of experiences). “From this body of his, he creates another body which has a form, consists of the mind, is endowed with all the big and small parts, and which knows no detriment to vital abilities.” At that, there is confusion even in this matter and endless theoretical discussions take place about what this “phenomenal body” really means: the body of transformation, of a different state of consciousness, the physical body of Buddha or Bodhisattva, a body of an Illusion, Manifestation, or “the perfect potential of the mind as a physical form.” Such disagreements indicate that people have lost the essence of the main knowledge and judge it only by the remaining external forms, and that coming from the human mind.

But, in reality, everything is simple. The energy body, which is located in six dimensions, is approximately the same in humans: it has the form of a four-sided truncated pyramid with a detached top. It is just that most people do not see it and even do not know it exists. But it does not mean that it does not influence their lives, fate, and



activity. As people say, “as long as your liver does not ache, you don’t think about it, if, of course, you know it exists.” When a person works on himself, carries out spiritual practices, and takes daily care of the liberation of his Soul, his energy structure changes and gradually transforms into a qualitatively different structure which I have already mentioned. And when the Personality merges with the Soul, a new Spiritual Being is formed, which no longer needs the material shell. In other words, thanks to this, a resident of three-dimensional space becomes a “resident” of seven-dimensional space.

Anastasia: From the standpoint of the gained spiritual experience and the understanding of the key to that primordial Knowledge which you’ve given us, those arguments of theorists seem quite ridiculous. Sometimes the “discussions” described in their treatises resemble a situation with two students who have memorised different theories by heart and argue with each other, shouting themselves hoarse, about the essence of a practical production process. However, neither of them has personal experience of working in production; that is, there is no understanding of what production really is. Against the backdrop of such philosophical debate, those authors stand out who do not talk nonsense but who really share their practical spiritual experience with the world while striding along the spiritual path, even though intuitively at some points, but still in the right direction. One knows about this because one has personal practical experience. After all, acquiring your own practical experience helps to feel and to understand, as they say, without further ado, those truly wise people who left their records through the ages, truly engaged in working on themselves in the process of walking their spiritual path.

Rigden: Certainly, in this matter, there are no borders or divisions, time or material space. What is present here is integrity and spiritual understanding, so to say, unity with the Truth... So, different religions of India have preserved records in one form or another that during his spiritual



development, man acquires certain “miraculous powers” (Buddhism) or “Siddhi” powers (Indian Yoga; the ancient Indian word “siddha” means “perfect”). The concept of Siddhi is also present both in Jainism and Hindu mythology as the name of mythical semi-divine beings possessing preternatural magical powers and inhabiting air space. According to the ancient Indian Puranas (when translated from Sanskrit, “purana” means “ancient”, “a heroic epic story”) which describe cosmological myths about the Universe and outline Hindu philosophies, semi-divine siddhis have the following supernatural properties: they can become extremely light or heavy, infinitely small or large; they can immediately move to any point in space; achieve the desired with the power of thought; subjugate objects and time “to their will”; achieve the supreme power over the world. But mythology is merely camouflaged sacred knowledge about human and the world.

Anastasia: So, basically, these are all echoes of the past knowledge about the mastering by man of practices to control his four Essences.

Rigden: Absolutely right. Moreover, they have already been thoroughly reworked by different religions. In fact, these supernatural “miraculous powers” in a spiritual practice are, one can say, a side effect when a person learns to control his Right and Left Essences. It is the work of these Essences in a certain, let us put it this way, mode of consciousness that manifests these superpowers in man. In Buddhist treatises, for instance, references have been preserved that having these powers (“siddhis”) as such is not harmful, for everything depends on man’s choice, his desire. The treatises also say that Buddha himself warned monks against succumbing to various temptations in the process of “unconditioning themselves.” First of all, they would avoid demonstrating these “miraculous powers” to people who were not privy to these things so as not to cause confusion in the minds of unbelievers. Secondly and most importantly, they were to be wary of temptation to change their initial goal – escape to Nirvana (to Eternity)



for empty human wishes: desire of power, “magic takeover of the world”, satisfying any material desires and needs, as well as longing for control and possession of anything, the possibilities of using these invisible powers for egoistic purposes, and taking advantage of events. In other words, Buddha warned those walking the spiritual path against any use of these “miraculous powers” for personal gain. Otherwise, a person will stray from the spiritual path and will not accomplish the main goal in his life – inner transformation, fusion with the Absolute, with the world of the Soul.

Why did Buddha emphasise this point? Buddha had a group of disciples who were mastering “the High Art” as they called it, or as we say, Geliarship. This is a difficult path of spiritual development and it is not meant for everyone. Figuratively speaking, this is like in reconnaissance: not everyone who wants to be is accepted there, but only the ones who have certain personal qualities, abilities, and already existing professional skills. However, other people knew about this group of Buddha’s; as they say, ones who wished to but were not participating. There have always been plenty of imitators distorting the knowledge. It must be noted that during Buddha’s time, just like nowadays, many people were keen on magic and various mystical arts of secret knowledge for the sake of their egoistic desire to have invisible power over people. But it is one thing to have supernatural powers for the sake of egoistic goals and pride and quite another to use such abilities in service to the spiritual world. So, Buddha warned his disciples that, while passing the stages of inner transformation, it is necessary to firmly adhere to spiritual liberation, your main spiritual goal, that is, exit to Nirvana, as the only meaning of human existence. Otherwise, one can fall into illusion and mistake the temporary for the eternal.

Anastasia: Yes, it was quite popular in ancient India for a person to acquire different supernatural powers one way or another. One can say, this was a publicity stunt to popularise different religions. For example, besides



the Buddhist religion, this is present in esoteric dashans (teachings) of the ancient Indian philosophy which describes yogic methods of attaining “the true knowledge” by means of acquiring “divine abilities” through spiritual practices. In particular, esoteric schools still use such a notion as “shakti” as a designation of the powers that can be acquired at various stages of the practices. For instance, Jnana Shakti means powers related to the properties of clairvoyance, clairaudience, telepathy; Kriya Shakti relates to materialisation, the ability to heal or harm with the power of thought; Ichha Shakti stands for manifestation of willpower and self-control leading to the development of supernatural abilities of the body, ability to make astral trips; Mantra Shakti means powers related to cosmic rhythms and influence on nature.

Rigden: Exactly so. When translated from Sanskrit, “Shakti” means “power, might”. Ancient Indian legends, as I have already said, mention “Shakti” as the primary divine creating power of the feminine principle on the scale of the Universe (Adi Shakti). In spiritual practices, this power is mentioned as forces endowed with the functions of Allat and human’s four Essences. In religious legends, this creating force is represented in the form of goddesses who are the spouses of Brahma, Vishnu, and Shiva as well as an aspect in each and of every god. Interestingly, it is mentioned that this power (Shakti) branches into smaller forces represented by special signs on lotus petals, in which not only gods but also goddesses live “personally.” For an uninformed person, such information looks like an ordinary religious legend. While a knowledgeable person understands perfectly what this means and what knowledge about macrocosm and man is outlined. As I have already said, ancient people, particularly in the East, allegorically compared the human energy structure to the lotus flower, where every conventional “petal” is one of the human Essences which has its sign, lives its own life and is responsible for the connection with a certain dimension. By knowing this sign, one can contact a specific Essence directly.



Anastasia: Yes, many religions have echoes of this knowledge, it's just that they have been wrapped up into such a material philosophy that it is difficult for an uninformed person not only to separate but even to understand where spiritual grains are and where there are material additions from the human mind or substitutions from the Animal mind... By the way, I recall that Chinese Taoism also regards the human body as a microcosm inhabited by various deities. Although they imagine this process in their own way which, as they understand it, is associated with the physical body and its organs. Nevertheless, it is recommended for followers of Taoism to lead a righteous life and do good deeds supposedly in order to gain the goodwill of these spirits of the human "body."

Rigden: Taoism inherited this knowledge already from ancient Chinese shamanism, where there existed the idea of a multitude of souls of man (including the animal soul – "po" and the spiritual one – "hun") which the body bound together. But there is a significant difference here and a substitution of notions already since those times. Thing is that gaining the goodwill of spirits or coming to an agreement with them actually meant striking a deal with the Animal mind, which due to such implied contract, gave the person an opportunity to do certain magical things within the six dimensions. The person (shaman) naively believed that the spirits served him when actually he was the one who served as a conductor of the Animal mind, and these spirits could change their attitude toward him at any moment. In other words, there is a significant difference between winning the favour of spirits (including your own lateral Essences) in order to have supernatural powers in the material world in your transient life or learning to control your Essences, gaining integrity, and attaining spiritual liberation, Eternity.

In the religion of Taoism, just like in the religion of Buddhism, it is imposed on the follower as his obligation to be engaged in radical transformation of his body and consciousness and use meditations as an instrument of



cognition. Taoism also emphasises the fact that, thanks to such transformation on the path of attaining “immortality”, according to their religious teaching, man acquires supernatural powers and abilities. For example, he can become invisible, travel in space, appear simultaneously in several places, compress time, and so on.

But what I would like to say in this regard. Indeed, many religious concepts mention that the follower, while walking the proposed religious path, can eventually learn to have certain supernatural abilities. This attracts many people precisely from the side of the Animal nature, moreover, more than spiritual grains. But sadly, many people spend their entire lives on achieving this goal (gaining supernatural abilities), wasting their energy for nothing. However, having supernatural abilities is far from the peak of perfection. There is an ancient wisdom: **“When man does not know God in his soul, he is ready to believe in anything.”**

To learn some supernatural abilities does not mean to attain spiritual liberation. After all, this can be done, for instance, by people engaged in black magic, that is, by the ones who are conductors of the Animal mind. But what is the result? To become a subpersonality later and undergo even greater torment? After all, you will have to answer in double measure for all your actions both in the visible and in the invisible worlds. Developing supernatural abilities is justified only when the person himself does not pay close attention to this process, when he is focused on his spiritual path and spiritual liberation, and at the same time when he takes on, let us put it this way, an obligation to bear responsibility of a “warrior of light” from the Spiritual world. But this path is only for very few. And mostly, people do not need to focus on having any supernatural powers. The main thing for people in their lives is to concentrate their efforts on spiritual liberation which means spiritual work on themselves in each day. That is the most important thing! You should prove not to people that you are better than others at something but to prove to God that you are worthy of being accepted into the spiritual world, that you



are worthy of having your Personality abide in Eternity as a mature Spiritual Being.

Anastasia: Yes, many religions also point at the fact that these abilities are revealed at the last stage of attainment of the Truth when, as it happens, they are basically no longer needed for earthly purposes.

Rigden: Just so. When the fusion of the Personality with the Soul takes place and the seventh dimension becomes accessible to man, he already lives in it with consciousness and abides in the spiritual world. He loses all interest in the three-dimensional world, for he begins to learn all the most interesting things in the spiritual world.

Generally speaking, the entire spiritual journey of man is a path of his inner conscious changes, of his radical transformation of himself. When the Personality begins its journey, it does not understand many things and follows the path by intuition. Everyone bumps into their own obstacles in the process of spiritual movement and learns to overcome them. Cognising himself, man begins to understand the invisible side of his life, the previously uncontrolled activity of his own Essences which gave rise to not the best events in his life. So the Personality realises the root of its sufferings. When man begins to understand more than is favourable to his Animal nature, he ignores the needs of his egoistic existence and cultivates the habit of continual readiness to repel its attacks. Over time, this work on oneself bears spiritual fruit. It is no coincidence that it has been said: “Thought, which is well guarded, is the bearer of happiness.”

Personal choice plays a major role in a person’s life. Thoughts are always dominated by that to which the Personality is not indifferent. Man should monitor the situation in himself more often, observe what he thinks about, and ask himself what he chooses here and now: the suffering of this world or the Eternity for himself and his Soul? After all, the most important thing in life is the



salvation of one's Soul. By saving his Soul, man also saves himself. Life, even the longest one, ends very quickly, and it ends suddenly. Its every moment in the material world devours time mercilessly. By the way, the Sanskrit word "ad" (the Russian transcription of the word "hell") means "to eat", "to devour", and "to consume", or using the Old Russian word – "жрѣмь" ("gorge" – *translator's note*). Ancient people regarded this material world as that very place which religions today call hell and it was depicted as a monster which devours people, their fates, and Souls. But if a person yearns day and night to save his Soul and works on himself each day, then this gives him a chance to forever leave the boundaries of the material world, to go beyond suffering and constant rebirths.

In order to save your Soul, it is necessary to live by this desire. This must be the only dominant desire of man in his life, regardless of the circumstances of fate. But human, as a rule, even when he steps on the spiritual path, walks along it with a load of numerous banal earthly wishes, among the temptations of which it is somewhat difficult for him to keep that only wish that comes from the Spiritual nature. So his questions often come from the mind.

There is a good parable in this regard. "A young man once came to a Sage who was sitting in the lotus position at a river bank. He decided to pay his respects to the sage and to show with his whole appearance and mind that he was ready to become his disciple. The young man considered it necessary to ask him the question which, as he thought, the Sage would certainly answer and thus turn his attention to him. The young man asked: "What should I do to become Wise and save my Soul?" But on the contrary to his expectations, the Sage did not reply to him, just like to other people who were coming up to him almost the entire day, asking their questions, complaining about problems, or simply expressing their respect to him. The young man decided to persevere and so, every time somebody asked the Sage about something, he repeated his important question again and again. But the Sage still remained silent.



It so happened that towards the evening, a poor man carrying a heavy load approached the Sage, who was still sitting in the lotus position, and asked which road he needed to take in order to reach the nearest town. The Sage quickly rose to his feet, hoisted the poor man's load onto himself, took him to the road, pointed the direction, and explained in detail how to get to the town. Then he came back and sat down to meditate again. The young man was so amazed by what had happened that he started asking the Sage desperately: "How so? Why have you replied to this man's mundane question and spared him so much time, while I spent the whole day asking you a more important question about the salvation of the Soul but you have given me no answer?"

The Sage stood up and gestured for the young man to follow him towards the river. He entered the water. The young man followed him reluctantly, although the water was cold and the wind was piercing. The Sage went in to a sufficient depth. He turned to the young man and suddenly seized him by the shoulders. He then quickly immersed the young man into the water up to the top of his head, despite the latter's desperate attempts to break free from his strong arms. Finally, the Sage released the young man, who, after hastily resurfacing, started to breathe greedily and could not get enough. The Sage calmly asked: "When you were under the water, what did you desire the most in your life?" The young man blurted out without hesitation: "Air! I wanted only air!" The Sage clarified: "Was it only air? Perhaps, at that moment you would instead have preferred to have wealth, fame, pleasures, significance among people, or power over them?" The young man almost cried: "What?! I longed only for air and was thinking only about air! Without it, I would have died!" The Sage nodded at the young man contentedly and replied: "Now then, in order to become Wise, you must desire to save your Soul just as strongly as you were just wishing for air to save your life! This must be your only goal, for which you must fight in your life. This must be your only aspiration both day and night. If you work on yourself for the sake of saving your



Soul with the same fervour as you have now been fighting under water for your life, you will definitely become Wise and Save yourself!” Having said these words, he started to come out of the water in which the young man, who began to see clearly after the Sage’s words, was still standing, no longer noticing neither the cold nor the piercing wind. The Sage, after reaching the bank, looked back and said: “As for the common man with the load, I helped him only because today he was the only one out of everyone who was really searching for exactly what he was asking about.”

Anastasia: It’s a marvellous parable, and it describes very accurately both secret desires of many people who only dream of the spiritual path and the state of a person who truly craves spiritual salvation and does much for it.

Rigden: The journey of attaining inner Freedom always begins with a first step. At the initial stages of cognition, the person is indeed full of many banal earthly wishes which are so tempting that, without having practical spiritual experience, it is difficult for him to maintain that only aspiration which comes from the Spiritual nature. The mistake of many is that at the first stages they do not even notice that they treat the Spiritual not as their main path but as some addition to their lives which in a sense have already been formed according to habits, certain patterns of thinking, and so on. There is a big difference here: it is one thing to really change yourself and your habits and another to wish to acquire greater importance in this world with the help of this knowledge without changing yourself.

When man knows nothing about his spiritual, each day he is being filled drop by drop, like a jug, with evil thoughts, defective feelings, and empty wishes. As a result, this mass of material “dirt” reshapes his further destiny. And when a person is walking the spiritual path, he watches, figuratively speaking, the purity of his thoughts-drops, with which he fills his consciousness daily, giving attention to them and confirming his choice. With time, his consciousness gets into the habit of



concentrating only on kind thoughts and feelings. The Personality becomes like a young green sprout at dawn which gathers for itself life-giving crystal clear dew drops, which nourish it with moisture and stimulate its rapid growth and eventually allow it to become an independent plant.

Daily work on yourself makes it possible to acquire spiritual experience in the invisible world which gives an understanding of your past; for example, why states of depression, dissatisfaction with life, etc took place. It becomes clear why man, wishing to be better, at the same time feels a nearly animal fear about anything that may threaten to change his usual way of life. With the help of spiritual tools, a person learns to control his thoughts and control his main four Essences. Developing spiritually, he begins to understand the visible and the invisible worlds through the deepest feelings, already not from the perspective of his mind limited in matter, but from the perspective of the spiritual, intuitive knowledge which covers a wider range of information about the world and makes it possible to maintain a constant connection with the Soul, the portal to the world of God. Man's intentions in the attainment of the spiritual path become like a solid rock which cannot be moved by winds of doubt.

Anastasia: Yes, daily practice helps to recognise and adjust yourself in the process of your spiritual journey. If you content yourself only with theory, this is like marking time, wasting life's valuable moments. As the ancients used to say, the one who soars towards spiritual summits gets ahead of the one who walks the path. One who walks gets ahead of the one who crawls along the way of knowledge. And the one crawling gets ahead of the one who stands still. To make the first step means to start moving forward towards comprehending yourself.

Rigden: Quite true. The very first steps in spiritual direction have been described in your previous books. And before telling the readers about the next stage of



more in-depth work on yourself, which is the “Pyramid” meditation, I should first talk about a simple but useful meditation intended for knowing your four Essences. Different peoples called it differently at different times. For example, in ancient times the Slavs, long before the advent of Christianity and introduction of this religion into the consciousness of this nation, called it Chetverik, and it was one of the basic initial practices in the process of self-perfection along man’s spiritual path...

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

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



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

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

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



all its multidimensionality, as a complex energy structure. It is the same thing with the centres of these Essences: they are spheres conditionally for the resident of a three-dimensional world's understanding.

So, we calm our thoughts, emotions, and immerse into a meditative state. Breathing is regular and easy. We open the hand chakrans which are located in the centre of the palms. We breathe in, letting in the Qi (Chi - translator's note) energy (the energy of air) through the hand chakrans, and raise it along the arms to the shoulder level. When we exhale, we move the Qi (air) energy from shoulders down along the lateral meridians (located approximately at the sides of the body) and join the two flows in the "Hara" chakran (located approximately three fingers' widths below the navel), filling our lower abdomen with this energy like a bowl with water. Then, after filling it (some people will imagine it mentally at the first stages while others will have a sensation of slight heaviness in the lower abdomen), we move the accumulated energy from the lower abdomen up along the spine into the head, particularly into the hypothalamic region of the betweenbrain (diencephalon - translator's note) (the "ancient structures" of the brain which are located almost in the centre of the head). This place (the centre of the head) will be a kind of a median centre, to which the meditator will be constantly "returning" in this meditation.

Anastasia: Here, I would like to mention two interesting points, which you once told us about. First, it is no coincidence that filling the Hara chakran is often associated with filling a bowl with water. When translated from Japanese, the word "Hara" means "stomach." While the earlier Sanskrit word "harā", as you said, represented in ancient Indian treatises one of the names of the supreme creating power of the feminine principle – the goddess Shakti. Water and a bowl in the context of the primordial knowledge about man had an allegorical meaning which indicated the powers and processes acting in spiritual practices. Secondly, regarding this meditation in particular. Back then, you drew our attention to the fact that the



meditator concentrates on breathing only in the beginning as everyday process that is usual to him, before filling the lower abdomen with energy. However, later he simply shifts his attention to the energy moving along the spine and to tracking the subsequent process of the meditation while breathing already takes place naturally, automatically. At the time, these clarifications helped me to understand the first steps related to mastering this meditation.

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

Anastasia: Yes, I’ve noticed such a peculiarity based on my initial experience of mastering spiritual practices: when you listen for the first time how to do a new meditation, “a thousand questions” come from the mind about how exactly to do it. Now I understand why you always give such diverse associative comparisons and clarifications while explaining a new meditation. These are clarifications for the mind so that the material brain could at least understand something at first and simply grasp a general scheme of meditation. In other words, this is an attempt to explain to a person (whose consciousness is currently operating in the mode of perception of three-dimensional space) those phenomena which will take place during the meditation when his consciousness switches to the mode of perceiving other dimensions, or rather, the parts of his structure which



are located in other dimensions. After all, when you do the meditation itself, everything turns out to be very simple and clear, because you do it with your deepest feelings. Moreover, in an altered state of consciousness when you have an extended perception of the world and typical self-analysis of a resident of the three-dimensional space is switched off.

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

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



conditions by means of coordinated reactions. Moreover, medulla oblongata, among other things, also contains the centre of the main nerve of the parasympathetic nervous system, the longest of all the cranial nerves – the vagus nerve (nervus vagus), the branches of which participate in the formation of the *solar plexus as well*.

But let us get back to the meditation... *It is from the centre of the brain (the conditional, median centre), from the above-mentioned hypothalamic area of the betweenbrain, and further through certain points of his head, that the meditator carries the energy (which he had accumulated in “Hara” and moved along the spine to the brain) to the centre of each Essence.* So, a person artificially activates his Essences, thus generating in himself different initial emotional surges, and studies them at the same time. **The task of the meditator is** to learn to recognise the work of each of his Essences, the result of which is manifested in daily life as certain emotional surges and thoughts. Let us take a closer look at the process of a person’s interaction with each of his main Essences during the meditation.

At first, the meditator works with the Right Essence.

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

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

Anastasia: Yes, as of today, science is already aware of the fact that amygdaloid nuclei are responsible for the human ability to read information from faces of surrounding people. Thus, a person subconsciously understands how



these people feel at the moment. But the information reading mechanism itself is still not entirely clear to scientists.

Rigden: Understandably, since this reading, like many other functions of the amygdaloid nuclei, is connected to the work of the lateral Essences of human in his energy structure. In the physical body, the functions of amygdaloid nuclei are related to vegetative emotional reactions, provision of defensive behaviour, and motivation of conditional reflex behaviour. Moreover, as of today, it has been established scientifically that damaging the amygdaloid nucleus can cause partial disappearance of the structures responsible for rage and aggression, as well as for the memory of danger. In other words, this may lead to a partial disappearance of fear in a person which will expose him to constant danger, of which he will be unaware. Medicine has even known attempts of treating fears and uncontrolled surges of aggression by means of surgical destruction of the amygdaloid nucleus. I want to note that the end does not always justify the means of achieving it. Victory over oneself is much more important than any surgical intervention. Especially, since a person still won't be able to get rid of all his fears and manifestations of the Animal nature. Actually, the human body has no "extra parts", so one should not remove anything from it unless it is absolutely necessary.

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



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

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

Rigden: Yes, but for overall intellectual development, this knowledge is useful... Afterwards, the practical experience of doing this meditation can simply be used in everyday life to observe in yourself the initial processes of origin of negative thoughts and emotions and, consequently, to prevent their undesirable development in time. Eventually, this process of work on yourself becomes a habit, for instance, like walking. After all, at first person learns to keep his balance, then to move legs, and then this process becomes a part of a daily habit. As a result, he no longer pays attention to how he moves in space. He simply uses the result of his earlier work to do certain everyday tasks. The same applies to the experience of practicing this meditation. By controlling the emergence or surge of his emotional states in each day, a person preserves his attention and life energy unspent for more significant spiritual tasks. And without such control, he usually unconsciously wastes this energy on programmes and the will of the Animal mind, allowing negative thoughts and emotions to dominate in his consciousness.



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

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

As a result, the person himself, by his choice of applying the power of attention, wastes the life energy on thoughts of the Animal nature, thus nourishing one or the other of his Essences which had triggered these emotional surges. And the Essence, for its part, strengthens its influence on the person through his own resource of attention. So, even though the person seems to want to escape such, for example, depressive or aggressive state; however, in reality, he is just not able to get rid of it. Why? Because he



has already allowed this state inside himself with his own choice – by mulling over these thoughts which kept him looped in this state. And he cannot abandon it because he does not actually want to give up these negative thoughts, ignore them in his consciousness, and avoid them in the future. For they deeply affect his pride, megalomania, the feeling of his own significance, or other “soup kit” from the standard repertoire of the Animal nature.

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

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



Observer from the Spiritual nature, a real understanding of the transience of life and of the priority of certain questions for your true self, that is, for your Spiritual nature.

Rigden: To put it simply, an expanded state of consciousness... That is right. And a narrowed state of consciousness is exactly typical for the work of the Animal nature, so to speak, of “materialisation” of one’s consciousness. For example, why does depression arise? Because of active work of the Right Essence. In such cases, a person tries to seclude himself, to run away from society; as they say, he whimpers alone. And if such stereotypical influence continues long enough, it can even drive a person to suicide which, by the way, is what the Kandouks make use of. And no antidepressants will help here! How can the situation be helped by chemical substances which influence only the processes of the coarse matter of three-dimensional world if the whole point is about a similar influence taking place at the level of subtle energies? On the other hand, it is quite within the power of each person to stop these phenomena in himself. And it is not that difficult to do if, of course, one knows how.

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

Thus, a person artificially activates the centre of the Right Essence. The latter starts its usual work, the one



that takes place when the Animal nature dominates in an individual's consciousness. Each person has had moments in life when, while experiencing fear or great concern, he felt feverish or, the opposite, he felt too cold. Physiologists attribute this to a reaction of the vegetative system. But the nature of this phenomenon lies much deeper – at the level of the physics of the invisible world.

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

Anastasia: It should be mentioned that the people who do this meditation for the first time often make the following mistakes. Knowing what kind of unpleasant emotions are expected to manifest (and everyone is usually aware of their "skeletons in the closet"), at the first stages of learning this meditation, they can block themselves from such emotions consciously or subconsciously. As a result, at their first



attempts, people practically do not sense anything, or at best they sense warmth or cold from the sphere centres themselves during their rotation.

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

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

Many people, in such cases, attribute all these attacks to their external circumstances or to other people, thus only intensifying the uncontrolled activity of their Animal nature. But time passes, people and circumstances change in their lives, while attacks remain the same. Why? Because all the problems are inside the person. As man gets to know



himself, he gets rid of his mental problems. The cause is not in the outer but in the inner. While studying yourself, you need to learn to understand also the people around you which means to learn to be kind.

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

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

Anastasia: Yes, it is one thing to conscientiously spin this sphere, but it's more important to learn to stop it.



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

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

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



sensation of heat may be felt, then during the rotation of the spherical centre of the Left Essence, one will be able to feel an increasing sense of cold coming from it.

After experiencing all the emotional surges of his Left Essence, the meditator calms his emotions once again, he mentally stops the rotation of the spherical centre of this Essence. Then he returns as an Observer to the conditional median centre of his consciousness (to the neutral position). He focuses on the state of calm and silence and feels the neutral position of all four Essences simultaneously. The physiological sensation of cold, the residual unpleasant emotions, and the feelings generated by the activity of the Left Essence may still “issue background activity” for some time.

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



the Back Essence may also be different, from deadly cold to a range of warm, pleasant sensations.

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

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



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

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

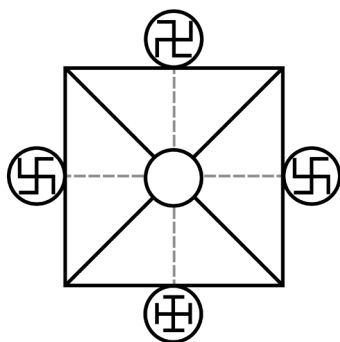


Figure 15. **Symbolic image of the Chetverik meditation.**

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

Anastasia: That was well said about always being in good shape. But what's interesting is that people usually associate the phrase "to always be in shape" with sports, or rather, with athlete training before competitions. For example, I remember that when we were just beginning to practice this meditation in our group, guys started comparing it to sports. They said that any coach is well aware of the fact that by artificially creating conditions for his mentee that are as close to reality as possible, he thus increases his chances of winning the next competition. A good athlete also knows that, despite all the difficulties of training, despite all the bruises and scratches, thanks to overcoming these obstacles, he gains experience and



skills. In time, the athlete gets used to the increased daily demands towards himself. It is only from the outside that overcoming such different “educational” obstacles may appear as something complex and even unnecessary for the main competition. The sportsman himself is completely absorbed in the work on improving his skills. He is well aware that self-pity in training and attempts to wriggle out of the workload will definitely lead to defeat in the competition. The guys came to the conclusion that this is probably just like in this meditation for the activation of the back and lateral Essences and then tracking them in everyday life when a person artificially creates all sorts of obstacles for himself and learns to overcome them. With the possible exception of one difference: here, unlike in sports, the person is his own coach, and so he sets for himself increased requirements for his vigilance. The success of such *work on yourself, just like in sports*, depends directly on how conscientiously the person treats it.

The example is certainly clear for those who begin to practice this meditation. But what I’ve noticed is that people, in this case, used set templates, socially accepted guidelines as positive ones. Sport here is regarded as work on and victory over yourself and is associatively compared to spiritual work. But if we look at the root of the meaning of these processes, they are far from being one and the same concepts.

Rigden: Right. These are the substitutions which few people notice at the beginning of their sports career, but which are felt quite clearly at its end. It is considered in society that if a person goes in for sports (especially elite sports), this means that he wins, first of all, over himself, meaning overcoming negative qualities and laziness, learns discipline, and so on. This is even regarded as a condition for the harmonious development of a Personality. And victories in the professional sport are generally presented as the summit of human labour in self-perfection. But few people notice what global substitutions are hidden in these concepts.



What do the majority of people usually associate sports with? First of all, with a game where the main thing is to win by any means. Secondly, with stadiums where a great mass of sports fans gathers together. This mass focuses all its attention on the game, which triggers a great surge of emotions in it. Besides, mind you, this surge of emotions is quite expected and planned, regardless of the result of the game. Clever people should stop and think about this, about who actually does this and for what purpose. After all, human emotions are powerful energy. A person nourishes the Animal nature with his negative emotions, while a mass of people nourishes the Animal mind with them. And, generally speaking, how did the professional sport appear? How did sports competitions emerge as mass entertainment?

Quite often, people do not analyse even that information which they are presented in the media, not to mention an independent search of the cause of a phenomenon. The press often gives the example that the first Olympic competitions were already organised in ancient Greece. But what was the reason of their origin? Few people know that such “peaceful” entertainment competitions were the consequence of constant wars. The better athletically prepared the warriors of a certain side were, the better was the outcome of wars for their organisers. And this incentive of the Animal nature is still reflected in the realities of the sports today. Preparing for competitions and also the very goal of becoming a champion are, in fact, based on the constant stimulation in an athlete of megalomania, egoism, and the spirit of competition. After all, the more ambitions an athlete has, the more he will practice. And this is not a matter of winning over yourself, as it is advertised everywhere. Actually, all of the Personality’s attention is focused on the development of skills to control its body at the necessary moment, including the use of the body’s reserves and phenomenal abilities. This is just a “small” victory over flesh within the framework of the dominant thinking from Animal nature.

And for what does an athlete sacrifice himself, the time of his life, and his health? For the sake of his personal glory



and, at the same time, for the glorification of the country which provides him with various benefits and privileges in exchange for victory. But what lies behind the organisation of such competitions and emotional participation in them of millions of people? What do they stimulate in people? Few people stop and think about it. And what is the end result of that same champion's career? Does he really conquer himself? No. His result is former glory, a wounded sense of pride that he has been left underappreciated by his country, and inner emptiness. For as soon as he starts having health problems or stops winning competitions, nobody needs him, which is a common occurrence in professional sport.

It is inner emptiness that triggers all these negative surges. Because to win over yourself means to overcome the Animal nature in yourself (this is where the attainment of spiritual harmony lies) and not in mastering to perfection some skills of controlling your physical body. Engaging in sports is wonderful, but only for the purpose of keeping your body in a healthy state, so as not to have major problems from the Animal nature. But it is much more important for a person to concentrate on his spiritual component. That is the point!

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

This meditation, in my view, contains a very important aspect of understanding the nature of man and his complex structure. The meditation makes it possible to understand



from personal experience the mysterious process of emergence of emotional surges and human thoughts. After all, chemical and physical processes in the brain are already a consequence of the “primary ezoosmos”, that is, of the initial impetus of energy. I remember you making an excellent associative comparison of the function of betweenbrain with a kind of a receiver which converts energy fluctuations (signals coming from the Essences) into the subtle matter of feelings and emotions.

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

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

The betweenbrain is one of converters of energies into coarse matter. And the Essences may be compared to television towers that broadcast their programmes



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

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

Moreover, thanks to this meditation technique, a person will be able to understand both himself and other people. When you are able to clearly identify in yourself the moments connected with activation of one or another Essence, it will be easy for you to also feel a hidden influence upon you by other people. How? For example, you are talking to



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

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

Rigden: That is so. But this will happen only if the majority of people in society want to change for the better. Then, humanity will have a chance to follow an entirely different, a qualitatively new way of civilised spiritual development. But what will modern mankind choose – that is the question. After all, this meditation technique had been given to people previously. Moreover, it was brought into the life of society at different times. I would not say it was given in such detail, but it was quite understandable for the thinking of people of those days. But people are people, and many of them, unfortunately, enjoy modernising and complicating the pure knowledge and the simple Truth.



Nevertheless, echoes of this practice can still be found in the secret knowledge of different nations of the world. Only today, it has been camouflaged to the point of absurdity into the rituals that are accompanied by singing, dancing, and fancy shows with tambourines and drums. And all this is done for the purpose of “switching” into an altered state of consciousness for a “disciple” or a “priest” and listen to “a talking spirit” from the right or the left side and so on. Although while doing this practice in its pure form, such complexities are not needed – this is all human, superficial. Here, at first stages, you simply learn to reconfigure the perception of consciousness and track and control your states. And later there are simply working moments... Generally speaking, I should note that since ancient times such basic spiritual practices related to the fundamental knowledge and human spiritual growth have, as a rule, been recorded *in certain signs and symbols*.

Anastasia: Signs and symbols are a special topic. If possible, it would be desirable to hear about them from you personally in more detail and to provide readers with this valuable information. Since ancient times, the history of mankind has nearly always been surrounded by signs and symbols. But after extensively searching for information about them in the libraries of different cities and on the Internet, I came to a disappointing conclusion that signs and symbols are present in every historical epoch, but the knowledge about them has either been lost or the deciphering of their meaning has been so grossly distorted that hardly any Truth has remained. There is no primordial spiritual Knowledge about signs which you have communicated. What is available to ordinary people nowadays? At best, there are dictionaries of symbols, books of dubious content given in the interpretation of “Freemasons” about the paraphernalia of occult teachings. Scientists dissociate themselves from such interpretations because they understand what lies at the root of such publications. At the same time, science has already accumulated very rich material about graphical symbols and signs specific to ancient archaeological cultures of various continents and times. Many of the magical ritual signs which



were considered important in the spiritual culture of different nations are identical. But so far, scientists have been unable to decipher them fully. Now I understand why. Even what you told us in this respect gave me an entirely different understanding of the picture of the world and the knowledge about the human being. While reading works about graphical symbols of archaeological cultures, articles on ethnography, folklore, mythology and cosmogony in the representation of different nations, I came to the conclusion that scientists are lacking exactly this link. That very key to deciphering signs in order to connect, understand and read this unique information which is spiritual wealth of mankind.

Rigden: Yes, unfortunately, despite the abundance of ancient signs and symbols in modern society, much of the Knowledge about them has really been lost by people – that is a fact. But this is not surprising. The problem is in people, in the society itself: starting with an individual and his dominant desires and ending with priorities of the human society. Just look at the history of mankind: continuous wars, a constant struggle for religious and political power and, worst of all, withholding from the majority of people the true spiritual Knowledge which leads to real Freedom of the Personality and liberation of the Soul. Why was the primordial Knowledge concealed from the majority? Why was it distorted beyond recognition and then also interpreted from one’s own mind mired in the materialistic thinking? Why was this information eradicated from the consciousness of new generations and buried in oblivion for millennia? Simply because this primordial Knowledge made it possible for people to develop themselves spiritually on their own, independent of those same politicians and priests who to this day call themselves “intermediaries” between people and gods. This Knowledge made people free, independent of the structures of political and religious power; it allowed *nations to unite* independently. After all, it is very difficult to control spiritually free people, even more so to try to impose on them discord, fear, aggression, and other guidelines from the Animal mind.



Anastasia: I totally agree with you that the problem is indeed in people themselves and in the society they form, as well as in the prevalence of disunity and fragmentation in relationships between people. Even if we take details... For instance, while looking into scientific research regarding ancient signs, even a superficial study of the problems set forth in these works makes you wonder at the wall of artificial obstacles which have to be faced by those who try to get to the heart of the truth today. Under what conditions do scientists have to do their work, say, in ethnology, ethnography, archaeology, and ancient history? Everything is done on sheer enthusiasm, and for meagre wages. At that, in their work, they are faced with numerous bureaucratic or financial obstacles, lack of organisation and coordination in attracting specialists from related disciplines for a more in-depth complex study of various matters. Or often they simply face the conspiracy of silence, the so-called in the world “scientific taboo” on certain topics or findings.

Not to mention the situation on the global scale when in many cases obstacles are created artificially to prevent access to certain information or unique archaeological findings which, in fact, are being hidden from people. Naturally, all this happens not without the involvement of certain interested parties. Such information is either not brought to the attention of a wider scientific community, being left in depositories to collect dust, or significant artefacts end up in private collections, or they are even completely removed by secret services and disappear into thin air. Probably someone is very afraid that this information will shake the ideology and the foundation of somebody’s power which is profitable for controlling the contemporary nations. So all honour to those scientists who, in spite of all the obstacles, continue to work selflessly in this field of science and to inform nations about significant findings which destroy the illusion of “savagery” of the ancient peoples and which often testify to the priority of spiritual values and knowledge in those distant times. But with all this, still, the question arises: why does the society itself remain silent? After all, it is society that should be interested in its spiritual past



in the first place in order to understand and correctly determine the vector of its future.

Rigden: It is silent because the consciousness of the majority of people has been thus processed with the behaviour templates of consumer material thinking to such an extent that an ordinary person cannot comprehend even the formulation of this question itself. When his thinking is blinkered by such guidelines and templates, he simply does not understand why, as a matter of fact, these scientific professions should have a greater priority for society and the state than, for instance, the profession of nanotechnologist, who deals with research at the atomic and molecular level, or of financial analyst, or physicist dealing with new types of weapons? But the rub is that all the researchers, which you mentioned above, of such professions which are “disrespected” in many countries and which are related to studying antiquity and the culture of different peoples, as a priority for themselves, put the super-objective (apart from addressing current scientific issues) of no less than reconstructing all the sides of the **spiritual life of society!** And who among those in power will like this? After all, if the masses know for certain what the ordinary people just like themselves sought millennia ago, what world outlook and sacred, spiritual knowledge they had, how they perfected themselves, and what they devoted their lives to, then the question will arise: where is modern mankind heading to and why this Knowledge has been concealed from the majority for millennia?

After all, how is the human of today different from the human of the past? The difference is only in a slight change of external conditions of existence, but the internal problems, the struggle between the Spiritual nature and the Animal nature have remained the same! Moreover, such large-scale scientific work on the reconstruction of the spiritual side of society’s life implies the decryption of the core sacred meanings and key symbol-creating motives in different cultures and worldviews. And that means that it entails obtaining scientific evidence of the importance of the



role that practically one and the same signs and symbols played for different peoples of the world, in different periods of social formations, regardless of geographic remoteness and isolated habitation of such nations on different continents.

Signs and symbols have existed in the human society from the very beginning. They are still present now in the modern world, regardless of the fact that most people do not understand their meaning and the power of influence they exert. You yourself already know perfectly well, thanks to meditative experience, how some signs and symbols affect the physics of the visible and the invisible worlds. Signs and symbols are the keys to the spiritual treasury of the human society; this is a code to the complex processes which reveals secrets of controlling advanced physics as well as new horizons of scientific knowledge.

Anastasia: Yes, knowing this, one is able to understand what powers each human being possesses by achieving certain levels of self-improvement. However, this imposes a great responsibility as well.

Rigden: Undoubtedly. But people remain people; even having the Knowledge about the power and the significance of signs and symbols, they distorted it with time, added something, and complicated it at their own discretion. As a result, what some people knew at the beginning of a millennium and others at its end was clearly different in meaning and qualitatively different in content. But from time to time this Knowledge was renewed in the human society. Some cultures had vanished, taking “the sacred secrets” to the grave, while others, on the contrary, had formed and blossomed out of the remains of previous generations’ knowledge. So, the presence of this Knowledge in its primordial form has always been topical for any peoples living in different parts of the globe, for it would not simply give a key to the knowledge of their ancestors but also considerably expand their own cognition in the field of spiritual self-development.



In the modern world, one can find entire systems of “their own” traditional symbols and signs with any nation. However, the primordial Knowledge about them has been lost. Even the very names of symbols and signs are no longer connected in the semantic interpretation with the secret knowledge about the human being. They mostly represent a notion of a certain value in science and also have an everyday conditional meaning which characterises one or another manifestation of the material world.

Anastasia: In general, signs are present today and continue to work, but people lack Knowledge about them.

Rigden: Perfectly true. This is the result mankind has arrived at. It is not only the Knowledge that has been lost but even the semantic meaning of the words that certain symbols and signs meant as a complex. Here is a simple example. Let us consider, for instance, the word “symbol”, which is currently used in everyday life by the Russian-speaking population. It is borrowed from the Greek language. But how did it appear in ancient Greece?

In ancient Greece, there existed such a word as “shma” meaning “a sign”, “a banner”, “a heavenly sign.” It should be noted that the ancient cultures of the Aegean region (even before Greece appeared), especially after those peoples came into contact with the eastern peoples (for instance, with the inhabitants of Anatolia (now the territory of Turkey) and with the ancient Egyptians, who had developed “sacred writings” and occult knowledge), much of the knowledge of the invisible world was explained by means of the allegories understandable to the inhabitants of a certain locality. For example, the process and the results of a joint meditation of a group of people who were working with signs (or for specific setting of a working sign that influenced the masses) were explained to the initiate newcomers simply by using associations they could easily understand. The area of influence the sign covered was associatively compared to casting a net into the sea by fishermen (for the profession of a fisherman was very popular in those



times). They were told that if the sign was set in a certain place, for instance, in a room, temple, or in the square, it would influence the people within this space, roughly speaking, like a net set in a certain part of the sea during fishing. In short, in ancient times they used such allegories which the people of that era could understand. Today, of course, all this can be explained to people using modern examples. For instance, the influence of certain signs and symbols can be compared to the radio receiver that operates at a predetermined frequency and distributes radio waves to certain distances, or to the light of the street lamp which illuminates a certain part of the street. And even then, these will still be allegories, because modern people are also very far from understanding the phenomena related to the processes taking place in other dimensions.

So then, it is precisely due to such associative comparison, which was common in secret societies, that the word “to sumbolon” appeared in everyday lexicon of people (who, as the Russian proverb says, “heard ringing but do not know where it comes from”), and this word started to mean a group practice of several fishermen casting nets when fishing. Well, it’s the same old story: those who know nothing about the spiritual side of the matter always equate the meaning of the knowledge they have heard to objects and phenomena of the material world, based on their material understanding. But at the same time this word “to sumbolon” continued to be used by people initiated into the knowledge. As a result, along with the more ancient word “shma” (meaning a sign, a banner, a heavenly sign), the word “symbol” came to be used in the following meanings: “*joining* the invisible with the visible”, “*locating* the invisible reality through a visible sign, *the secret meaning* of which is understood only by a certain group of people.” And later on “symbol” totally replaced this ancient word.

It is also important to know how the Archons react to the growth in popularity among people of knowledge which came from secret spiritual societies. I shall once again use the word “symbol” as an example. When this word began



to gain significance among the population precisely in its primordial meaning, the “Freemasons” interfered in this matter. They began to establish on the territory of Greece their different guilds, corporations, societies, religions, parties, and to place *their signs and symbols as public* signs of distinction of these organisations. They began to “dirty” the word “symbol” with the semantic meaning of ordinary human matters, use it in various aspects of everyday life: as diplomatic agreements, as tickets to the theatre, as names of signet rings of the Athenian judges, and as a name of a share of monetary membership contribution. Echoes of these “perversions” can be found also today. As a result, the primordial meaning of the word “symbol” came to be forgotten and began to disappear from everyday use.

However, interestingly enough, the word “symbol” came into the Russian language exactly in the meaning of “sign.” And the word “sign” (znak - “translator’s note”) originated in the Russian language from the Old Slavonic word “to know” and “to have information about something” (the Old Russian and Ukrainian word “знати”, the Slovenian “znáti”, the Old Czech “znáti”, the Polish “znac”, and so on). That is, the word “знатъ” (“to know” – *translator’s note*) was clear to any Slav, regardless of the existing differences in languages. As a matter of fact, in some sense, it reflected exactly the original meaning of the Greek word “symbol.” So, this is just one of the many examples of transformation of the word that means sign and symbol. Actually, every nationality had their own definitions of a “sign” and a “symbol”, but not every nation today remembers their original meanings. If people had known these original meanings, they would be surprised how identical in meaning they are among the different peoples which in the ancient times lived at considerable distances from each other and were separated by oceans.

Clearly, it is difficult for people to advance in cognising the issue of symbols and signs without having the primary basis of the Knowledge, thanks to which one can view the overall situation over millennia. But this can be corrected. Thus, there exist several working signs which



have constantly been present in human society, regardless of whether the current generation of people knows about them or not. There is also basic knowledge of other signs and symbolism. From the earliest times, the latter were the bearers of certain encoded knowledge about the human being, his energy structure, and also his abilities in the invisible world, including the main one – spiritual liberation.

Since ancient times, the basic signs and symbols have been placed according to specific purposes, depending on their use: in some cases, this was a transfer of Knowledge, while in others they were placed as an element of direct influence upon the one looking at them. When the goal was to pass on the Knowledge, signs and symbols were drawn by the type of “seal.” I shall explain using a simple example. When a person looks at his photograph, the right side of the photograph corresponds to his left hand, whereas the left side of the photograph corresponds to his right hand. It is the same thing on the seal when you look at the original and compare it with its impression. The same applies to the signs related to transfer of the Knowledge, especially the ones designating the Right and the Left Essences.

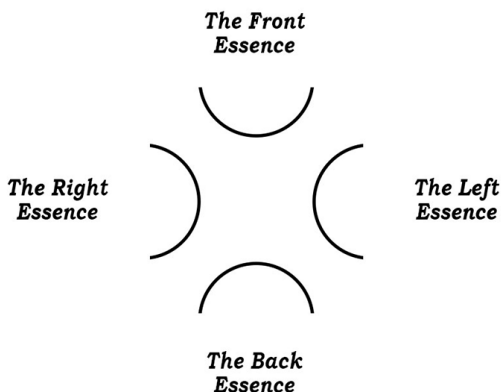


Figure 16. Sample image of a basic symbol intended for transferring the Knowledge.

The right and the left sides are of the “seal” type.



And if the case was about the signs and symbols that were intended for exerting a certain influence on the person looking at them, they were placed strictly according to the actual sides. For example, if it was necessary to activate the Right Essence of man, then the corresponding sign or symbol was placed in front of the right side of the person looking at them, and so on. There were many other nuances, which were already invented by people, about how to read these signs: from left to right or from right to left, from bottom to top or vice versa. But this is already specificity related to the local traditions of different ancient peoples; although it, too, in its turn, was based on certain information. But we are not talking about that now.

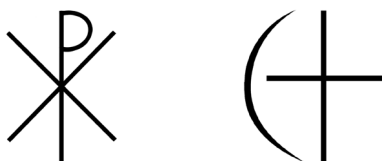


Figure 17. Sample images of symbols and signs intended for the activation of the lateral Essences:

1) a symbolical sign of activation of the Right Essence (the small arc corresponds to the Right Essence of the person looking at the sign);

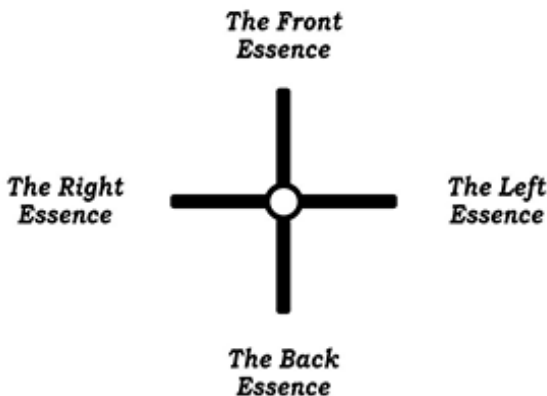
2) a sign of activation of the Left Essence (the large arc corresponds to the Left Essence of the person looking at the sign).

Let us consider the basic knowledge about the four Essences of man and the Soul which was known to people since ancient times. Originally, designation of an ordinary **human being** was in the form of **an equilateral cross with a circle in the centre** (a simplified version was simply an equilateral cross). The horizontal line of the cross designated connection with matter, while the vertical line meant the connection with the spiritual world, or rather, it indicated the presence of elements from the spiritual world in man and the possibility of spiritual elevation. That is why, as a matter of fact, different peoples subsequently



associated the horizontal line with the element of earth, with the material (earthly) world (inward movement), and also with time (as movement from the past to the future), a vector (West East), and with a line separating Heaven and Earth. And the vertical line was associated with the elements of fire and air and their initial upward direction from the material sphere to the spiritual one.

The four-pointed structure of the equilateral cross and a circle inside it (the four main Essences and the Soul) denoted the principal elements in the human structure which embodied the main plan: the creation of conditions for a Personality's choice between the material world and the spiritual one.



*Figure 18. **The symbol of the human being – an equilateral cross with a circle.***

The symbol scheme (of the “seal” type) indicates the symbol of the Soul (the circle) in the centre and the main Essences of man on the four sides from it.

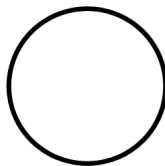
The circle is an ancient symbol of the Soul or of a manifestation from the Spiritual world (including a Spiritual Being; a symbol of God's presence, a designation of the sacred “sound of Ra”); this is a circumference which symbolically bound and contained within itself a part of



the great Void. Given that the Soul is true antimatter, that is, a force coming from the spiritual world, then in the understanding of the material thinking it is Nothing. Sometimes, it was depicted as a dot in the centre of a circle as a symbol of concentrated energy from the spiritual world (in some cases, this was the designation for the initial stage of spiritual development, awakening). And the circle itself symbolised spiritual powers, a characteristic of the Soul in the meaning of perfection, wholeness, constancy, eternity, a designation of the spiritual world, an Existence which has neither beginning nor end.

There is another remarkable fact. In the human structure, the Soul is surrounded by information shells (subpersonalities). But all this is also enclosed in a “shell” consisting of life energy of human – Prana. It is Prana that is a kind of an interlayer between the energy of the Soul and the material world. In the mythology of the peoples of the world, especially where such sacred (spiritual) knowledge about man was reflected, often an associative parallel was drawn between the energy of Prana and fire characteristics of the Sun. Hence, designation of the Soul as a solar disk.

The circle also denoted demarcation of the two spheres (the material and the spiritual). When it came to the knowledge about human, this pointed to information about the Soul being, so to speak, in the intermediate state.

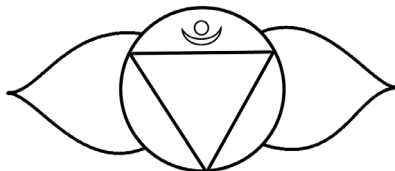


*Figure 19. **Symbol of the Soul
and of the spiritual world – circle.***

Sometimes, together with a circle, elements were depicted that gave it dynamics: for instance, wings, lotus petals, rays, winding snakes, or tongues of flame. Such images



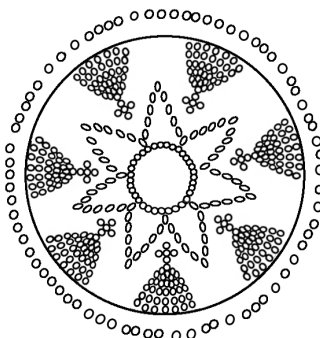
can be found in the sacred symbols of the Tripolye, ancient Indian, ancient Egyptian, ancient Mexican, Sumerian, and ancient Russian cultures. This meant the spiritual growth of man or indicated spiritual Knowledge (Teaching) introduced into this world by a Being from the spiritual world. It also showed the direction of movement *from the inside to the outside* which is a characteristic of the power of the Soul that pushes the Personality towards a choice and the search of spiritual ways for liberation from the captivity of matter. Often in cosmological myths, the ancients enclosed the general scheme of the world in a circle. In such a case, this pointed to creation (formation) of the material world by the spiritual world.



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Figure 20. Symbol of spiritual growth and spiritual Knowledge – a circle with elements that convey dynamics:

1) the Ajna chakra – a conditional designation in spiritual practices of ancient India of the chakran located in the centre of the forehead (“the Third Eye”) in the form of a circle with two lotus petals (in blue colour) with accompanying designations of the forces of Allat (triangle pointing down and the **AllatRa** sign);

2) winged solar disc (ancient Egypt) – a symbol of spiritual Knowledge introduced from “Heaven” (the symbol of the solar gods of different peoples, for example, Ahura Mazda in Zoroastrianism, Assyrian Ashur, Babylonian Shamash, and also one of the designations of the ancient Egyptian god Ra);

3) an example of the sacred solar symbol which was typical for transfer of knowledge in the ancient times (the Palaeolithic period). The pattern is made of a certain number of “grains.” It symbolises the general structure: the seven-dimensional space enclosed in a circle, where beyond the circle there are 72 “grains”, meaning the overall number of dimensions in the Universe; inside the circle, there are seven pyramidal forms with “bundles” consisting of seven “grains”, which are crowned by a structure consisting of five “seeds” (the central one and four “seeds” located crosswise around it). In the centre of the image, there is a “seven-petalled flower” (a seven-pointed star), the centre of which is fringed with 33 “grains”, while each part of the petal consists of 6 “grains.”

Anastasia: Yes, knowledge about the sacred meaning of the circle is recorded in the symbols and signs not only of rock drawings and frescoes on house walls but also of archaeological objects: sacred sculptures, ritual clothing, ceramics, and so on. They have also been preserved in the architecture of ancient temple buildings and simple dwellings (marquees and yurts). Traditional ritual acts of certain beliefs also reflect this knowledge. For instance, ritual walking in a circle around a certain territory or a building, performance of circular dances (ritual circle dances around an invisible centre or fire, a sacred place;



spinning of shamans and dervishes), solemn sitting of sages in a circle to communicate, where the centre of the circle was empty (not filled with anything) as a symbol of the Spiritual nature.

Rigden: By the way, in ancient times people would build their towns similarly; that is, they would place buildings in them exactly in a circle, leaving the centre of the town also empty (not built up) in a form of a round square. First and foremost, such a building plan had deep sacred meaning.

Anastasia: Modern cities obviously lack this, although archaeological examples of such ancient buildings are in existence today. For example, thousands of years ago such a principle was used for building settlements of the Tripolye civilisation in the Danube and Dnieper interfluve. The cities in the ancient Urals built based on the Arkaim prototype were also constructed in the same way. For instance, the so-called by archaeologists Sintashta culture – “The Country of Towns” which was discovered by archaeologists on the territory of Russia (Chelyabinsk oblast (*translator's note: “oblast” means county*), Orenburg oblast, Bashkortostan, and northern Kazakhstan).

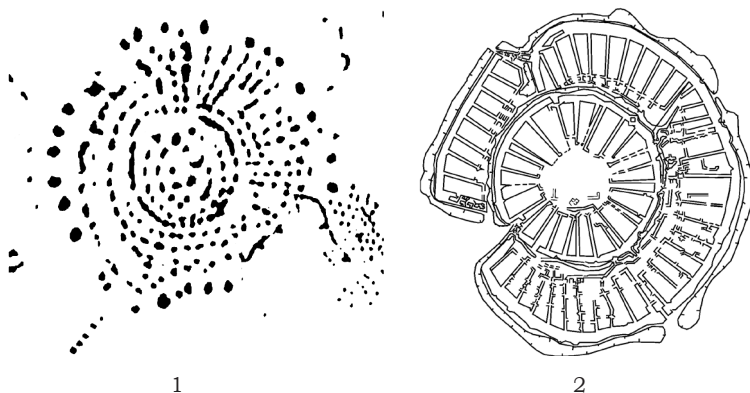


Figure 21. **Layouts of ancient towns arranged in a circle:**



- 1) *a copy of an aerial photograph of the Tripolye settlement Petren (Moldova);*
- 2) *scheme layout of the town of Arkaim (Southern Urals, Russia).*

Rigden: Exactly so. But let us go back to the ancient symbol of human being – an equilateral cross with a circle in the centre. The **lines of the cross** conditionally designate the four Essences of man: **the lateral Essences** (the horizontal lines coming from the centre), **the Back Essence** (the vertical line going down from the centre), and **the Front Essence** (the vertical line going up from the centre). As I have already said, in associative comparisons the characteristics of these Essences were allotted to certain forces in space, for example, the four elements, the four seasonal winds, and also the four cardinal directions. At that, three forces were usually closely interconnected with each other or had negative characteristics of the back and the lateral Essences. And the fourth was the leading one, very special in its properties, and had positive characteristics of the Front Essence. All these forces were also designated with a cross which is the sacred symbol of a human being as one whose structure combines spirit and matter. The vertical line of the cross was associated with the solstice, the movement towards the spiritual world, with the human's aspiration for the Spiritual nature to prevail in him. That is why on the head of sacred gods in the religious traditions of the ancient peoples of the world, a solar disc was often depicted as a symbol of supremacy of the Spiritual nature and of Knowledge introduced from the Spiritual world. The horizontal line indicating the lateral Essences was allegorically called the axis of equinox, associating it with the movement of the Sun (when the Sun crosses the celestial equator at the vernal and autumnal equinoxes).

Anastasia: Yes, this can be traced even now by monuments of the ancient culture. For example, a very interesting bas-relief has been preserved in the ancient Persian city of Persepolis (there also exists its more ancient name which, when translated from the Persian language,



means “the throne of Jamshid”). It depicts a symbol of the Zoroastrian New Year holiday (Navruz) which the Persian (Iranian) and the Turkic peoples celebrate in accordance with the solar calendar. So, the most interesting thing is that this symbol is a bull (the Right Essence) and a lion (the Left Essence), “eternally fighting each other”. In ancient times it was believed that on certain days of the year their powers became equal.

Rigden: That is right. This is exactly why later on people began to link these symbols to days of the solar equinox in nature. Although all this has a different underlying message... The secret meaning of the knowledge about the four Essences of man also went into the notions that were equivalent to the cross.

Anastasia: Majority of modern people associate the cross only with one world religion – Christianity. In turn, ministers of this religion do their utmost to prevent people from being interested in anything greater. After all, the cross is a very ancient symbol and it had appeared long before the emergence of this religion. Images of crosses and their modifications have been known since the Palaeolithic period. For example, a symbol of the cross was found on the monuments dated to the time of the primitive society. Let us take, for instance, images of the Chauvet Cave (France), which are twenty thousand years old and which have been very well preserved thanks to the microclimate of the cave.

Rigden: And even then, it should be mentioned that these discoveries have been made relatively recently. And how many more of such places exist which are still unknown to mankind as of today! But such artefacts are valuable only when people understand the primordial meaning of symbols and not just admire “the amazing art of the ancients”, linking these designations with concepts from the human mind which are imposed by modern religions.

Different variations of the cross symbolically indicated additional information to its main interpretation. For



example, if the tips of the cross had three spheres, that indicated the three-dimensionality of the world where the human being resided or it represented a numerical characteristic of the phenomena that were denoted in the form of an additional sign on the cross. If the lower part of a cross, which corresponded to the Back Essence, was elongated (the so-called long or Latin cross), that meant focus of attention, concentration on the Back Essence (continuous suffering, a reminder of the past that burdened the Soul, stimulation of the sense of guilt and resentment). As you already understand, if a person is in the state of the Animal nature, such an activation of the Back Essence is, in fact, constant stimulation of depression, fear, and self-blame

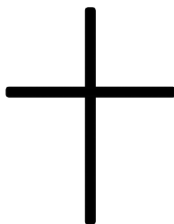


Figure 22. Long or Latin Cross.

Anastasia: At that, Christian believers are imposed upon to wear this particular form of a cross, supposedly as a symbol of Christ's sufferings. So does this mean that instead of Love for God, people are indirectly looped on the thoughts about their suffering, the past, and death? In other words, with this symbol, they subconsciously activate in people negativity related to nothing else but their own past? So this is actually nothing more than a stimulation of the activation of the Back Essence.

Rigden: This is exactly one of the elements we have already discussed; I mean, manipulations with signs in temples. And in this case not only the Back Essence has been emphasised. As a rule, the reverse of such a cross



has the following inscription in the Latin letters: INRI (Iēsus Nazarēnus, Rēx Iūdaeōrum), which means “Jesus of Nazareth, *the king of Judea.*”

Anastasia: I see, they even hammer into the subconscious of believers the supremacy of a certain people over them... And why is there no symbol of the Soul here, of Love for God?

Rigden (with a smile): Well, as you see, when a person has Knowledge, he starts asking questions that are “inconvenient” for the priests in power. How can they place such a symbol if the aims and objectives, according to their big books, are entirely different? They speak of Soul salvation only in theory meant for the masses, but in reality, you see for yourself, what is going on.

Anastasia: Yes, unfortunately, in practice, in contrast to theory, nobody has abolished slavery – they have simply perfected and camouflaged it well as democratic liberty, having thus created a mere illusion of freedom and equality.

Rigden: I will say even more than that. As I have already mentioned, the Latin Cross as a symbol of Christianity was introduced in the fourth century AD when the teaching of Jesus had been transformed into a religion, and the religion gained national status. Incidentally, in genealogy, the Latin cross usually marks the end of a person, the date of death. So, in Christianity, besides this four-pointed long cross intended for believers to wear, there also exist six-pointed and eight-pointed so-called “Patriarchal crosses” with two or three additional bars which, as a rule, cross out the Front Essence. They are worn by archbishops and cardinals. The general concept of this religion interprets the presence of this upper bar as a board (plate) for the aforementioned “title” of Jesus in the Latin abbreviation (INRI). And if the sign also had a lower slanting bar, the believer was simply explained in the material context of the religious interpretation that this was supposedly a bar for Jesus’ feet.

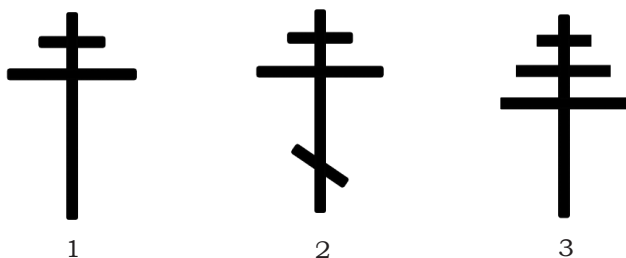


Figure 23. **Patriarchal crosses:**

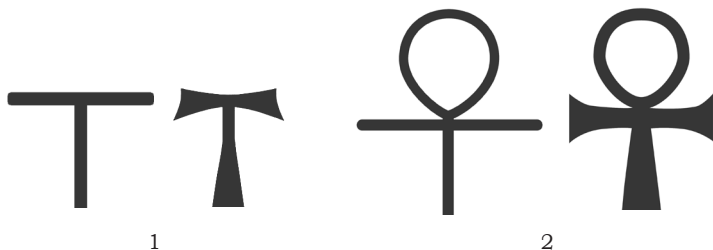
1) the Patriarchal cross – a six-pointed cross with two bars;
 2) the Orthodox cross – an eight-pointed cross with a top bar and a lower slanting diagonal cross (renunciation of the human past);

3) the papal cross – three horizontal bars symbolise material power in the three-dimensional world. In all the cases, the top bar, which crosses out the Front Essence, forms an equilateral cross; that is, above the long horizontal line, there is an equilateral cross –the symbol of a human being (of human power).

Now, let us consider concealment of the interpretation of symbolism of the cross from the masses, which had existed long before the emergence of the Christian religion. For example, in ancient Egypt, such designations of the crosses which are currently known as the tau cross and the ankh cross were popular. In the secret knowledge, the tau cross meant, using the modern language, the human life in the material world, a manifestation of the emotions and thoughts initiated by the back and the lateral Essences. Whereas the ankh cross already combined two different elements: the dominant circle and a tau cross hanging from it. The ankh cross symbolised the perfect human; with the Spiritual nature dominating in him, the prevalence of the Front Essence over the other three other Essences and domination of the spiritual over the material. This is why the ankh cross was placed in the hands of the supreme ancient Egyptian gods as a spiritual symbol, a sign of immortality, of eternal life. The ankh cross is also known as “the key of life”, “the key to energy”, “the key to revival”,



of spiritual transformation. Such meanings were related to the symbolism of a certain stage of spiritual practices when a person's self-unfolding took place, a qualitative transformation of man into an entirely different Spiritual Being. Moreover, knowledge about this cross and its symbolism existed not only in ancient Egypt (Africa) but also in ancient Europe, Asia, and America.



*Figure 24. **The tau cross and the ankh cross:***

- 1) sample images of the tau cross;*
- 2) sample images of the ankh cross.*

So, when an equilateral cross was placed on the tau cross, that meant the power of man over the Essences in the three-dimensional world while human qualities (the Animal nature) dominated in him. In ancient times, such a symbol was usually used in magic, divination, fortune-telling, healing, and so on. If an equilateral cross was enclosed in a circle and placed above the tau cross, it meant the death of a person dominated by the material (Animal) nature during his life; simply put, this symbol meant leaving “for reincarnation.” But other meanings of it existed as well...

Anastasia: So it means that the Patriarchal cross is, in fact, an equilateral cross above the tau cross, a symbol of power over the material world through magic. This is also crossing out the Front Essence; so that means it is a rejection of the spiritual in favour of the material.

Rigden: Quite right. And the bar in the lower part of the cross means a refusal of your human past and devoting



yourself to service. Only the question remains open: “Service to whom?” An answer to it is found in the meaning of the dominant sign in this symbol. As for the long cross with an indication of three bars as stairs leading upwards, which today is called “the papal cross”, since ancient times such a sign has been used to indicate the one who sought power over the three-dimensional world, when the symbolism of an individual person was involved. However, such “delicate” details are naturally never disclosed to believers. This happens partly because the hierarchical top group of people conceals them and partly because ordinary religious ministers, who adhere to the traditional interpretation of this religion, are unaware of this information. And the latter was invented, during formation of the main concept of a given religion, to somehow explain this ancient symbol to the masses.

Perhaps, I shall give a simple example for a better understanding. If we ask a believer who wears a cross next to the skin what he feels when he remembers about it, sees its reflection in the mirror on his body, or touches it, we may then hear the answer which is quite standard in such cases. The person will say that at this moment he recalls the suffering of Jesus Christ during the crucifixion and that he feels a sense of guilt and his own sinfulness. Such an answer is typical of almost all the believers of this religion. Note that at this moment they do not recall the teaching of Christ, His sermons and guidance, do not think about the salvation of their Soul, about Love for God, but instead, they feel a sense of guilt and suffering and experience fear. Why? Because the Back and the Right Essences become active in their energy structures. This is a telling example of how signs and symbols work (influence at the subconscious level) and how priests use them in their systems to control the masses. It is no wonder they conceal the primordial Knowledge from people. Otherwise, if people knew about it, they would start asking questions that are “awkward” for the religious leaders. For example, why they (the believers) are wearing a symbol that imputes a sense of guilt in them, leads them into depression at the subconscious



level, stimulates suffering and negative memories about their past, while religious ministers are wearing a symbol of power over the material world? After all, by definition, both of them in their faith should be striving for Love of God, the salvation of the Soul, and for the Spiritual world.

Anastasia: Yes, when you begin to comprehend what kind of signs and symbols they surround you with from all sides, understanding comes why the material Mind dominates the society, even in places where people try to find a spiritual outlet for themselves.

Rigden: I have already said this many times and I shall also repeat now: it is in the hands of people themselves to change the situation; everything depends on the dominant choice of each person. But let us get back to the topic of the signs of the four Essences. If the equilateral cross was a symbol of a regular person, then **the diagonal cross (turned cross) and its variations (often with a circle in the centre)** referred to a **Personality which is moving along the path of Knowledge** and which is aware of sacred information about the human being and the meditative practices related to the four Essences. I emphasise, to a person who has Knowledge; how he uses it (with which dominant in consciousness) is his personal choice.

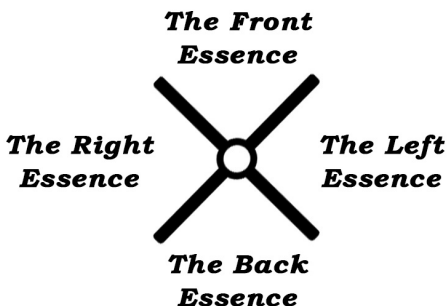


Figure 25. An equilateral diagonal cross with a circle in the centre is a symbol of the Knowledge about the four Essences of man and about the Soul.



The diagonal cross is a symbol of progress in cognition and a conditional division of space into fields (zones) of influence of the Essences; the circle is the designation of the Soul. The interpretation of the pattern of the symbol is shown in “seal” type.

But most often, in the sacred texts, the symbol of the diagonal cross (or its variations) pointed at the Knowledge about the energy structure of a human, his Essences, and interconnection with dimensions. Dimensions were conditionally represented as a number of steps of a truncated pyramid or a staircase, parts of patterns (lotus buds or its petals, contours of mountains, zigzag lines), circles within a circle, little lines, grains, and points. As a rule, they were equal to 3, 4, 5, 6, and 7 in number. A number of 3 identical elements of a symbol usually indicated three-dimensional space. 4 – three dimensions plus the fourth one, time, and it could also serve as a symbol of the four Essences. 5 represented five-dimensional space, but generally, this figure was associated with a five-pointed star as one of the symbols of the feminine principle, a sign of the manifested forces of Allat in the fifth dimension. 6 stood for the sixth dimension which is the highest possible one for the person with the material dominant, from which he can influence the material world in an altered state of consciousness. And the presence of seven identical elements in a pattern meant the 7th dimension, indicating a perfect person and the structure of the world up to the 7th dimension or the concept of “heaven”, “Nirvana”, and “liberation of the Soul.” Sometimes 8, 9, 12, 13, and 33 or 72 conditional marks were depicted near the symbolic indication of the seventh dimension, pointing at the knowledge about the Universe. Such sacred information was often recorded in patterns of ritual objects, garments, or sacred buildings.

Variations of the diagonal cross were quite diverse: a diagonal cross in the form of four connected triangles with a circle in the centre, circles centres of triangular spaces, clover crosses (narrow in the centre and expanding out to the edges), snakes entwined in the form of a cross, and so on.



Figure 26. Variations of the diagonal cross with markings of spaces of the four Essences.

If it was necessary to point at or emphasise the activation, dominance, or blocking of one of the Essences or specific work with these Essences, then this was marked with an additional sign in the corresponding area of the diagonal cross.

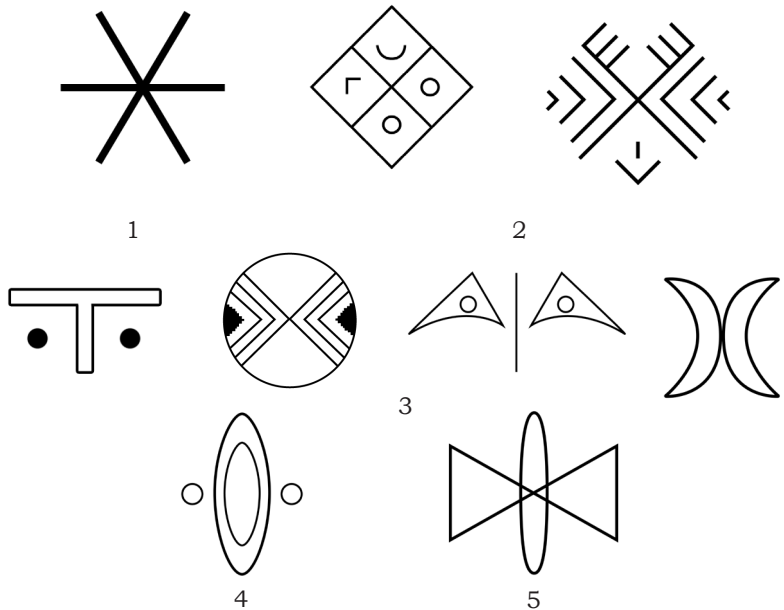


Figure 27. A symbolic indication of the emphasis of work with the four Essences:



1) used as a reference to a symbol of six dimensions; an indication of spiritual knowledge or practices; blocking or activating the work of the lateral Essences of human depending on the adjacent additional designations;

2) examples of conditional designations with signs of the work in meditation with various Essences;

3) each of the symbols indicates emphasis or domination of the lateral Essences in human;

4) the symbol in its form reflects activation of the lateral Essences which manifests as pressure from the outside to the inside and is reflected on the state of man as burdensome, negative, and oppressive feelings (the symbol indicates real deformation of personal space which takes place during this process);

5) the symbol has the same meaning as the previous one but a different schematic representation.

Anastasia: Perhaps, it is worth emphasising that it is the sacred or magical symbols, denoting the sacred knowledge of this or that people that we are talking about... In general, one can say that the main symbols of the four Essences are triangles and hemispheres which touch each other but practically do not intersect.

Rigden: Absolutely. At that, not simply triangles or just hemispheres. As a rule, these are equilateral triangles, the three sides of which point at three-dimensionality of the space from which the Observer (Personality) begins his journey of spiritual development. Two triangles lying horizontally with peaks touching each other symbolise the Right and the Left Essences.

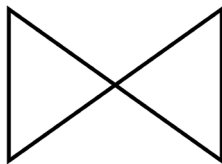


Figure 28. **Symbol of the Right and the Left Essences of man.**



This is a kind of an infinity sign, a constant return to the same tenets from the world of matter, the so-called “variable stability.” This is a stable domination of either the Right or the Left Essence (a flow of equal force from one area of “catching”, or rather, “hunting” for the attention of man, to another) if, of course, these two horizontal triangles are considered in the context of the person’s life who does not control his thoughts. But this is typical precisely of the usual work of the lateral Essences when the Personality chooses thoughts and emotions from the Animal nature. But if a person reaches heights in his spiritual development, then the lateral Essences change their usual behaviour. They become helpers, that force which, by its connection to other dimensions, helps to know the invisible diversity (conditional “infinity”) of this world.

And the triangles pointing downwards and upwards are a special case which needs to be considered in more detail. Two vertically placed triangles that touch each other’s vertices symbolise the Front and the Back Essences.

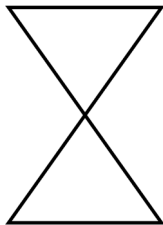


Figure 29. Symbol of the human’s Front Essence is a triangle pointing downward. Symbol of the human’s Back Essence is a triangle pointing upward.

In the context of the original Knowledge about the four Essences of man, the triangle pointing upward was a symbol of the Back Essence, the past, and the visible manifested material world. It is not coincidental that people would later associate a triangle of such a shape specifically with male principle. Its meaning is far from greatness or likeness to a mountain towering towards heaven or to the three



principles of construction of the Universe (the symbol of God). The mountain is a separate image and symbol which is mainly associated with a concept of another dimension. And the symbol of God in the form of a triangle pointing upward signified the three principles of construction of the Universe: God (the idea), Lotus (the plan), and Allat (implementation of the idea and the plan).

The equilateral triangle pointing upwards, according to the primordial Knowledge **about the human being**, signifies two moments. Firstly, starting state of human: as an Observer in a three-dimensional world prior to his independent spiritual development; as an object created in the “image and likeness” of God (the Soul is initially enclosed in a person and three conditions of his spiritual development are set: the spiritual idea, the plan, and an implementation of the idea). Secondly, if we are actually speaking already about the process of human’s spiritual development itself (the emphasis of which shifts to the Front Essence, that is, to the upper triangle pointing downward) or, on the contrary, if we are speaking about the person that is bogged down in matter and in whom the Animal nature dominates, then the meaning of the lower triangle was quite different. In this case, the triangle pointing upwards symbolises not only the Back Essence but also aggression of the material world (that is why it was associated with the element of fire in some cases), movement of matter from expansion to contraction (from the outside to the inside), concentration on the Will of the Animal mind and its power over the pyramidal hierarchy of matter. In other words, the triangle pointing upwards means that which is based on the “earthly”, material and temporal, and which strives for power.

In the primordial Knowledge, **an equilateral triangle pointing down** stands not only for the Front Essence, with the help of which the person grows and develops spiritually. Since ancient times, this symbol has meant **the creating force of Allat**; that is, movement of the spiritual from the primary point of implementation, from manifestation of



the Creator's plan to constant creation and expansion, to perfect form contained in this plan. It is no coincidence that in the ancient times the triangle pointing downwards was associated with symbols of the feminine principle, with supreme goddesses who, in the beliefs of different peoples, embodied the creating functions of the Great Mother as the progenitress of the whole world, connection with *the water environment* (which was an association with the spiritual world). According to the sacred primordial Knowledge about human, when the Personality chooses the Spiritual nature, a manifestation of the creating power of Allat happens in it in the form of spiritual awakening, an expanded state of consciousness, and manifestation of the spiritual Love. That is why during spiritual practices a person experiences feelings of comprehension of everything, omniscience, an all-encompassing Love for the whole world. This is precisely the work of his Front Essence and a manifestation of the powers of Allat which restore and manifest the connection of the Personality with the Soul. Echoes of this Knowledge are traced in the sacred treatises about the world and man, in mythological stories, images, and rituals of many peoples of the world.

Anastasia: Incidentally, in the Tripolye civilisation, for example, it was the symbols of two vertically placed triangles touching each other's vertices that were often depicted on ritual dishes, even with designation of the direction of energy movement during spiritual practices.



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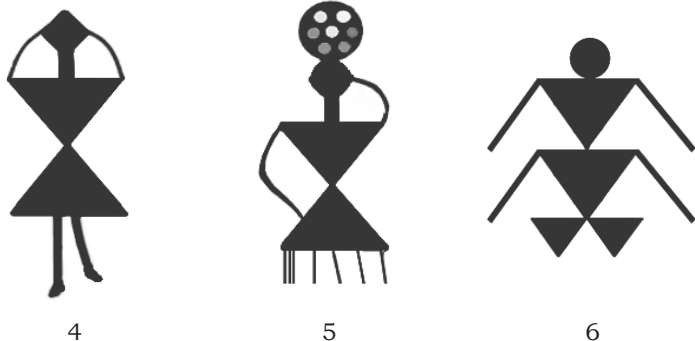


Figure 30. Ancient designations of the knowledge about man and the processes of his spiritual development. Drawings on the ritual ceramics of the Tripolye civilisation (6th-3rd millennium BC):

1) general knowledge about the human structure (three dimensions in the lower triangle, three dimensions in the upper triangle, a symbol of the circle);

2) designation of a common person;

3) designation of a good person who begins his spiritual journey (head in the form of a square, a raised hand, and the emphasis in the upper triangle is made on the Front Essence);

4) a figure in motion with raised hands is one of the sacred designations of the spiritual practice during the work with the Right and the Left Essence;

5) designation of a spiritual practice, attainment of the highest spiritual state, and a connection with the seventh dimension (on the head, there is a circle with seven enclosed circles, in which the upper circles form a triangle pointing downwards; the direction of the arms designate looping of energies);

6) designation of a person walking the spiritual path: it is shown that the Front Essence is dominating over the lateral Essences and leading a person to another, higher world through the power of Allat (the person doubles and manifests in dimensions higher than the third).

Rigden: Yes, these symbols are present everywhere, it is just that most people do not notice them, they are not interested in them, and they do not understand them due



to the absence of the primordial Knowledge. For example, in ancient India, a triangle pointing downwards was used as a symbol of goddess Shakti (an associative image of manifestation of the powers of Allat), whom I have already mentioned. And for god Shiva (one of the three deities in the Indian mythology that embodied also the destructive forces), it was a triangle pointing upwards. Here is another example. When the Greeks visited the banks of the triangle estuary of the great river of ancient Egypt, the Nile, they started calling it “delta.” For ancient Egyptians, this estuary, which gave access to the sea (just like the life-sustaining river itself), was comparable to the sacred lotus, to a triangle pointing downwards which embodied the feminine principle. And the delta base, having multiple channels which lead out to the sea (the aquatic environment), was associated with spiritual paths which, in the sacred interpretations of the ancient Egyptians, were associated with another, spiritual world. Many of the ancient Egyptian goddesses, endowed with functions of Allat, were mistresses of the *aquatic environment* or were connected to it and to a lotus. That is why among the Greeks, too, the delta became a symbol of the feminine principle, the “door of life”, despite the fact that the word itself is derived from the fourth letter of the Greek alphabet, the form of which is a triangle pointing upwards. All in all, it is worthwhile to look more closely at least at the known history of different cultures, and one can find a lot of interesting information. I am not even mentioning the long-forgotten cultures which modern people do not remember, but the archaeological discoveries of which will shake the world in the future with their unique artefacts and spiritual knowledge, provided, of course, that humanity will have this future.

And a few more words about a variation of the symbolism of overlaying of a triangle pointing downwards and a triangle pointing upwards over each other which has been widespread among mystical, occult, and religious movements since ancient times. According to the primordial Knowledge, if the main (top) triangle in this symbol is pointing downwards, is depicted in white



colour (the divine feminine principle, the forces of the spiritual world), and beneath it (you can see its edges) there is a triangle pointing upwards in black colour (the masculine principle, forces of matter), then this means **supremacy of the spiritual world and of the creating forces of Allat over the material world** in six-dimensional space.

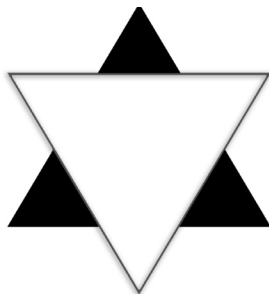


Figure 31. An ancient symbol of the supremacy of the spiritual world over the material world.

And if the triangle pointing upwards overlaps the triangle pointing downwards, it means dominance of the Animal mind, the material world over the spiritual one, a magical influence on matter from the sixth dimension with the dominance of the Animal nature, man's use of the powers of Allat not for spiritual liberation but for gaining power in the material world. Such a sign, so to speak, with exactly the opposite meaning, as a rule, was placed by people seeking secret power over the three-dimensional world and serving the Will and aims of the Animal mind. If the sign was depicted simply without indicating the dominating triangle, it was also called the "reversed sign" because the triangles of the Front and the Back Essences were interchanged in it and the lateral Essences were dominant (with indication of them as triangles located in the vertical). It also meant crossing out of the *rhombus* (one of the symbols of the spiritual transformation of man). In ancient times, this symbol was used mainly in black magic.

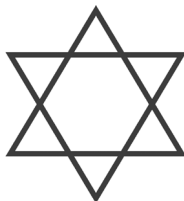


Figure 32. **Reversed sign**

Anastasia: This symbol, by the way, is now widely popularised all over the world under the name of the “Star of David”, naturally, with a plausible interpretation for the broad masses of “the perfect union of spirit and matter” with the dominant triangle pointing upwards. And then people wonder why they live in such an “unhappy world”, where there is a lot of anger and aggression.

Rigden: Well, who is to blame that people are not interested in more than what is being imposed on them by the material Mind. In ancient times in the East, this sign was known as the “ruler of djinns”, a magical symbol of the person ruling over matter with help of powers intended for spiritual development. If one or more triangles pointing downwards were placed inside a large triangle pointing upwards, this meant man’s use of his unique spiritual powers for other purposes, that is, for obtaining certain power in the material world. For example, if three triangles pointing downwards were placed inside a triangle pointing upwards, then this meant the use of the powers of Allat by the material Mind for its own purposes, as a rule, for achieving temporary power in the three-dimensional world. Incidentally, three triangles pointing downwards symbolised the divine principles: the idea, the plan, and its implementation (the realisation of this plan). In ancient images, one can see three triangles pointing downwards that are not restricted by anything. On top of them, a fourth large triangle pointing downwards is placed which means man’s movement towards spiritual liberation. In short, the right use by a person of his life force.

Anastasia: Please, tell the readers more about hemispheres. They are also quite common in patterns of sacred ritual objects and on ancient artefacts as a conditional designation of the four Essences.



Rigden: Yes, for designation of the four Essences, they also used the symbols of semicircle, crescent, and arc as a certain part of the whole. This being said, the lateral arcs, which were located vertically, were symbols of the lateral Essences.

The arc that resembled an overturned crescent or a bowl placed upside down symbolised the Back Essence, and that is why in the sacred symbolism of peoples it was associated with the past that was deprived of life, and it also meant a “dead” teaching, oriented towards the material. However, the sign of an arc or a crescent with horns pointing upwards was originally used to designate the Front Essence as a symbol of manifestation of the powers of the spiritual world – Allat. This, strictly speaking, gave rise to the appearance of designations of other Essences precisely in the form of distinctive arcs and hemispheres. Thanks to such a depiction of the Front Essence and of the sign of Allat, some peoples acquired associative symbol of a bowl as a spiritual container which is ready to be filled with creating powers of Allat (or, in the beliefs of the ancients, with crystal clear water which was an association with the spiritual world).

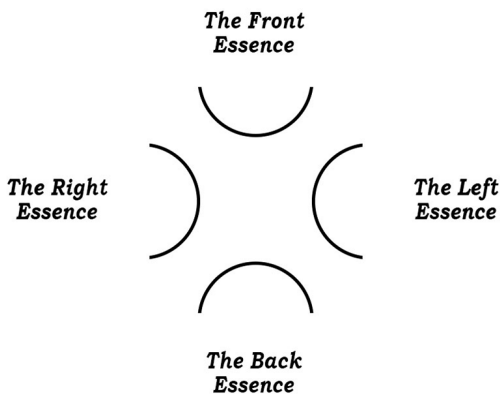
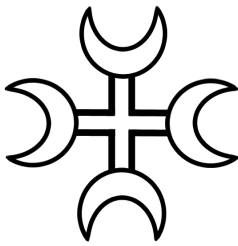


Figure 33. Schematic designation of human's Essences as arcs.



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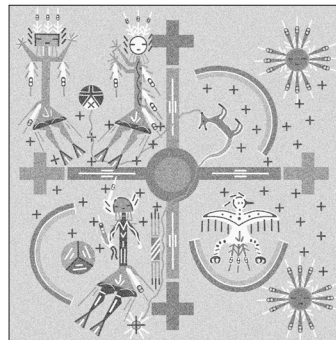
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Figure 34. Symbolic representation of human's Essences as arcs and crescents with the sign of Allat:

1. The Moon Cross (also known as the Croissante cross) was a common sacred symbol among the ancient peoples of Northern Europe;



2. *The pattern of a ritual dish of the Tripolye civilisation with a cross and crescents at the ends (the 4th-3rd millennium BC);*

3. *Symbols of arcs on an artefact of the pre-Christian period of history of Vyatichi - Old Russian eastern Slavic tribes who lived in the Oka River basin;*

4. *A ritual plate of the Tripolye civilisation with the sign of Allat in the centre;*

5. *Signs on ceramics of the Tripolye civilisation (from archaeological findings near village Bernashovka of Vinnitsa region, Ukraine);*

6. *A sacred painting made of coloured sand of the Indian Navajo people (U.S. Southwest, North America).*

Anastasia: You have mentioned the rhombus as one of the symbols of human's spiritual transformation. Please tell, at least in general, about symbols of the square shapes: about the rhombus and the square itself. As of today, people often confuse the meaning of these symbols because they rely on modern interpretations of the ancient knowledge which has already been largely distorted and interpreted at the level of the material worldview.

Rigden: **The square** in the symbolism of the primordial Knowledge is a conditional *base* of the pyramidal shaped human structure, which links all his main Essences. Consequently, different peoples associated the square with a symbol of the Earth, everything earthly, with the union of the four elements, of cardinal points, with the masculine principle (as opposed to the circle which served as a symbol of the feminine principle and the Sky).



Figure 35. **Square, a symbol of the earthly.**



This knowledge was reflected in the structure of many religious buildings of different nations of the world. For example, ziggurats, pyramids, temples, pagodas, churches, and other sacred buildings were built on a square base. At that, as a rule, the architecture of the building itself, in one way or another, reflected knowledge about the transformation of the square into **a circle** or **a rhombus** which was a schematic representation of **a cube** set on one of its corners. That is, these symbols recorded the Knowledge about energy transformation of the human structure during his spiritual liberation, the transition of the Spiritual Personality from the material world into the spiritual one.

A rhombus was also often depicted in the form of an oval “seed” with slightly pointed top and bottom vertices and was associated with a symbol of the feminine principle, life energy, and of fertility of the goddesses who, as a rule, were endowed with functions of the Great Mother. It was designated with signs of fusion of two forces which formed a new shape in space. A rhombus drawn into a square, or *a rhombus* that goes beyond the limits of a square, forming eight angles, *an eight-pointed star* – these are all symbols of the primordial Knowledge about the spiritual liberation of man. These symbols were known to people already in the times of the Palaeolithic age.

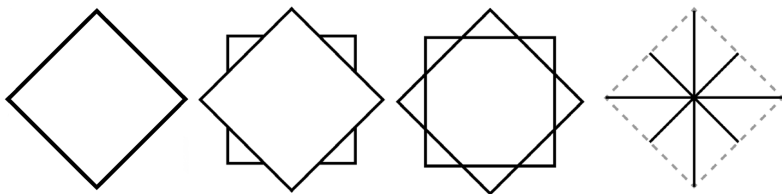
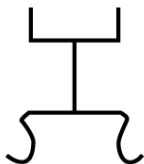


Figure 36. Variations of representation of the rhombus as a symbol of transformation and spiritual liberation of man.



All these images and symbols were based on the knowledge of spiritual practices, particularities of awakening of the spiritual forces in human, a manifestation of the moment of fusion of the Personality with its Soul. Incidentally, the process of reaching such a spiritual fusion, enlightening, perceiving the Truth, was designated in ancient times with a symbol that looked like a “bug.”



*Figure 37. **The symbol of spiritual liberation, enlightenment, attainment of the Truth.***

Notably, it was originally placed in reference to a Personality which has matured spiritually, regardless of whether it was a woman or a man. Often, the “arms” in this sign were depicted with a symbolic sign of Allat, and the “legs” were in a form of two spirals twisted in different directions.

Spirals in the sacred knowledge about the human being are, as a rule, conditional designations of either direction of energy movement in the process of spiritual practice or of the powers of Allat, if it is connected with information about the origin of the world. A spiral twisted clockwise meant positive, creating spiritual forces while a counter clockwise spiral referred to negative, destructive forces of the Animal mind which opposed the powers of Allat. In the designation of spiritual practices, symbols of spirals were used in the meaning of energies or of their fusion. Also, the spiral of three and a half turns designated the energy which in the East, as I have already mentioned, is still being called the “sleeping

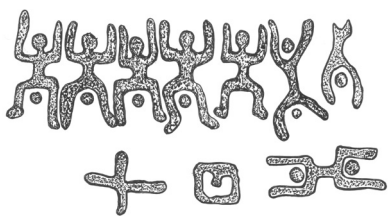


Kundalini serpent” and which symbolises the hidden energy potential of the human being.

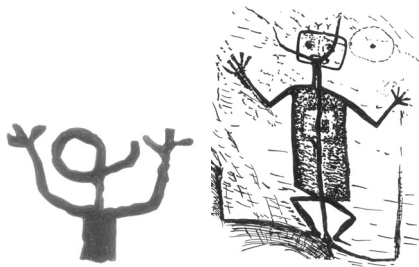


Figure 38. Examples of two differently oriented spirals in the symbolism of ancient peoples.

Later, instead of the above-mentioned sign that looks like a “bug”, female goddesses began to be depicted, thus designating the process of attainment of spiritual fusion with the Soul and liberation of human from the material world. Thus, people recorded one of the original additional explanations that a human being can achieve such a state only with the participation of the creating powers of Allat (the divine feminine principle). Also, indications that were similar in meaning were used in the form of two spiral snakes entwined with each other. If such a symbol was depicted together with an image of a person doing a spiritual practice, then it was usually indicated that the tails of the snakes were coming out of the person’s first chakran (“Muladhara”); the bodies were entwined by three and a half turns, and their heads were close to the seventh chakran (the “thousand-petal lotus”). Thus, the path of movement of this energy in the human energy “body” was conditionally indicated. The Eastern treatises which narrate about spiritual practices still refer to the awakening of the “Kundalini serpent” as the attainment of the spiritual state of enlightenment, an escape into Nirvana. By the way, thanks to such an associative symbol, previously connected with spiritual knowledge, some peoples still revere ordinary snakes, which are found in their localities, as sacred reptiles.



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1-b



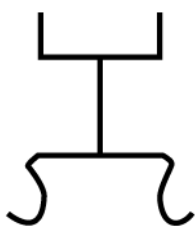
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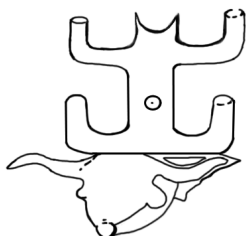
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2-a



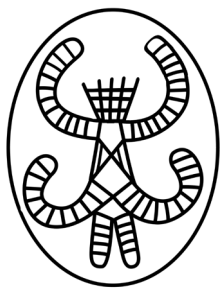
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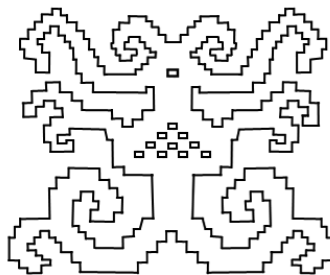
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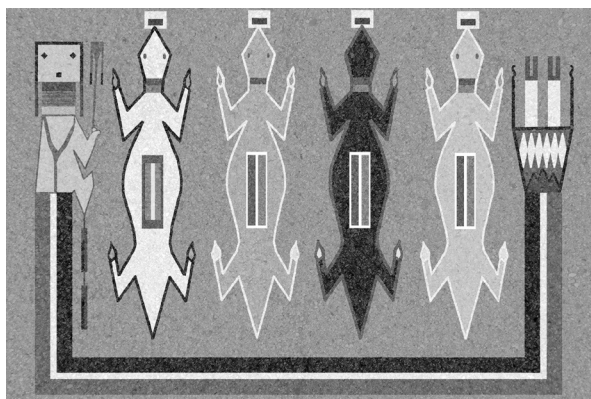
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Figure 39. The symbol of human's spiritual liberation in designations of the ancient peoples:

1) petroglyphs of the ancient people: a) rock carvings discovered in Camonica Valley (circa 4th millennium BC), Val Camonica, foothills of the central Alps, Northern Italy); b) rock carvings found on the coast of the White Sea (circa the 3rd



millennium BC); Republic of Karelia, North-Western Russia), many of the local petroglyphs are visible only at sunrise and at sunset (the time of the morning and the evening spiritual practices); c) petroglyphs found in the valley of El Abra (12th millennium BCE); Columbia, South America); d) petroglyphs found in the north-western part of Brazil (10th-7th millennium BC); South America);

2) symbols of the ancient archaeological culture Çatal Höyük (Çatal Hüyük) (7th millennium BC; Anatolia, Asia Minor): a) image of a “Goddess” with marking of the energy centre – the Soul; b) sign from the graphical symbols of this culture; c) image of a “frog Goddess” (a symbol of revival), under which a bull’s head with wide-set horns is placed (the end of the 7th millennium BC; an artefact of a temple of the Çatal Höyük culture);

3) an ancient sign of the Indian culture;

4) a schematic representation of the Mother Goddess of the ancient Slavs as well as of the Tripolye culture (the 4th-3rd millennium BC; Ukraine);

5) Russian embroidery “Image of a woman in childbirth”;

6) fragment of an ancient Greek vase (Cadmian amphora, circa 680 BC) showing Artemis as Pontius Theron (Mistress of beasts); the reverse swastikas and the attacking dogs represent an aggressive world, while Artemis herself is represented as a spiritual manifestation in this world; the image of fish on the clothes of Artemis is a symbol of immersion in an altered state of consciousness; the six bars on the clothes symbolise six dimensions, the head of Artemis is slightly touching the body - this is a symbol of the seventh dimension; the birds indicate the spiritual, higher world; the two snakes on the sides of the image symbolise achievement of the state of the highest spiritual enlightenment, liberation;

7) a golden plaque depicting a Scythian Goddess (4th century BC; tumulus Large Bliznitsa, Taman peninsula, Krasnodar region, Russia, the “Hermitage” museum, Saint-Petersburg, Russia);

8) sacred colour sand painting of the Indian Navajo People (North America);

9) image of a Scythian goddess under a silver dish handle (4th century BC; tumulus Chertomlyk, Dnepropetrovsk oblast, Ukraine);



10) *a carved plaque with an image of a Goddess (7th-8th century; an archaeological finding near Lake Chud, Perm Region, Russia; Cherdynsky local history museum named after Pushkin);*

11) *a figurine of the Aztec Goddess of water, Chalchiuhtlicue (300-400 years AD; North America, the National Museum of Anthropology in Mexico); Chalchiuhtlicue (“she is dressed in jade”; “she is in a blue dress”) was depicted as a young woman; she guided the righteous over the heavenly bridge (the rainbow).*

Anastasia: Yes, thanks to the ancient artefacts discovered in different corners of the planet, there is already a lot of evidence attesting to people’s special attitude towards this sign that looks like a “bug” and towards images of goddesses that are similar to it. However, strange things are happening in science today: the spiritual aspect of these artefacts is hardly ever considered and most explanations amount to the material understanding; as if on purpose, the spiritual significance and the role of these symbols in cultures of different peoples are being belittled. For example, scientists are often faced with ancient artefacts in the form of goddesses with lines twisted into spirals or spread out in a semicircle in place of legs (or little snakes twisted in a spiral). But they attribute practically all these findings to a “woman in labour in a frog position” or to “anthropomorphic creatures in a frog position which are associated with the magic of fertility and represent a woman’s pose...” and so forth. In general, they connect it to the material aspects of existence without the spiritual component.

Rigden: Well, whatever worldview people have, so are their conclusions. If modern people paid more attention to true spiritual self-perfection, they would better understand the ancient people’s concern about their spiritual development. Here is a simple example. In the 1960s in the southern part of Central Turkey on Konya Plain, archaeologists discovered the city of Çatal Höyük (Catal Hüyük) dated to the 7th millennium BC. And underneath it, there were 12 more layers, the building horizons of cultures that had existed before that time, in a manner of speaking.



Anastasia: Yes, it was a sensational discovery for the scientific world: ancient buildings (an outside narrow entrance to the premises was made on the flat roof), sanctuaries, plaques, figurines, crystalloids of geometric forms, and remains of polychrome wall paintings. According to the scientists' calculations, this ancient city could accommodate about 7,000 inhabitants simultaneously.

Rigden: Quite right. Now, almost every house there had a special room. Scientists provisionally called it the "sanctuary" and, putting it in our words, it was a room for spiritual practices. They tried to place it in the centre of the dwelling. The walls of such a room (especially the eastern and the northern ones) were painted with frescoes, the length of which reached from 12 to 18 metres. But what is most interesting is what was portrayed on them: a "Goddess" in the form of a woman positioned in the pose of the said "bug" (or as scientists call it, "in the frog pose"), with animals and birds, that characterise the four Essences, beside her as well as symbols in the form of the Allat sign (a crescent with horns pointing upwards), a rhombus, two vertically connected triangles (in the form of an "hourglass"), two horizontally connected triangles (in the form of "wings of a butterfly"), symbols in the form of "honeycomb", "seeds", and "waves." At that, these symbols could be found in different combinations: on top of one another, somewhere they doubled or tripled, multiplied, were depicted in terms of positivity and negativity. The "Goddess" was drawn as a fish-woman (a meditative immersion into an altered state of consciousness), as a serpent-woman (a symbol of spiritual practices and the attainment of the state of spiritual enlightenment), and as a bird-woman (connection with the spiritual world). These stories also had women carrying fishing nets which, in turn, pointed at the placement of signs by a group that was doing spiritual practices.

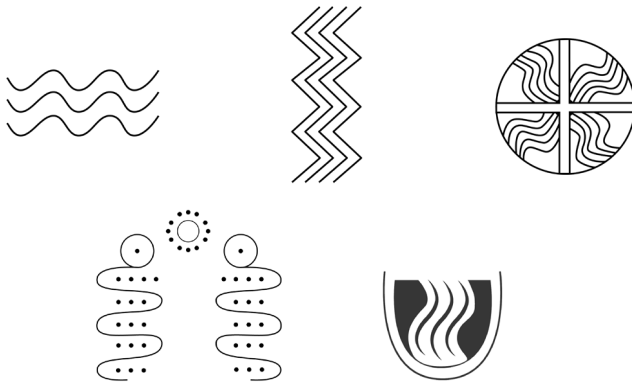
Furthermore, in order to paint these frescoes, they used colours inherent to the Soul in the state of transition: blue and green (this paint was mined from the copper ore), dark and bright red (from mercury oxide and red ochre), yellow (from iron oxide), grey (from galena), purple (from manganese) and,



naturally, white. All this, together with signs and symbols, indicates that people possessed the primordial Knowledge. Incidentally, there was the following tradition even in more ancient times. A group of people was doing spiritual practices together with their leader – an individual who worked on himself more thoroughly than the others and, therefore, advanced faster in his spiritual path. On the walls of the meditation room, in symbols and signs, he kept a record of the spiritual work, the attainment of knowledge, and learning processes of this group. But once the leader reached spiritual liberation, the walls of the meditative room were covered with a white coating. The new group leader began a new “painting”, like from a clean slate. Subsequently, this tradition transferred to the human society, where the emphasis was already placed on human life and the events of it.

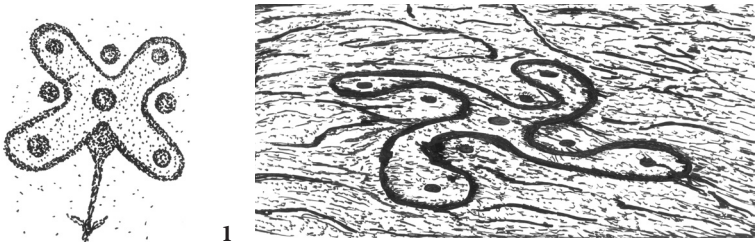
Anastasia: Yes, all this testifies yet once again that people really worked on themselves spiritually; moreover, spiritual perfection was natural for the society’s way of life. This was not a passing fancy or a part of an individual’s private life that is better-kept secret from others, which is what you can see with modern people nowadays. Spiritual development was the ancient people’s meaning of life. Moreover, the very society in which they lived not only maintained but also contributed to this process... You mentioned that the ancient people had a sign in the form of a wave.

Rigden: Yes, the **wave** is an ancient designation of energy and its characteristics or, as they would say today, of the energy field. If this referred to the spiritual, sacred knowledge about the human being, then the number of wavy lines or wavy stripes indicated energies of the dimension with which the person was working in a spiritual practice, or into what dimension he makes a transition, or simply symbolised the work itself in the invisible world. The wavy line in everyday symbolism was used as a designation of water or rivers. And in the sacred knowledge about the Universe, the water was a symbol of *the other world*, which was different from the earthly one, so this is why the connection with the spiritual world was also often indicated in this way.



*Figure 40. **Examples of depicting wave-like symbols of the ancient peoples.***

The proof of the fact that people possessed this spiritual Knowledge already in the ancient times can be found now as well. The main symbols, such as a circle, cross, diagonal cross, triangle, rhombus, square, spiral, star, pyramid, crescent with horns upwards, as well as their modifications, are found on many archaeological artefacts. For example, they are on rock inscriptions, on figurines of the Palaeolithic era, on ritual plates and dishes dating back to the Neolithic times, on symbols of holy garments, things, objects, and jewellery found in burial places. All this points to the fact that people possessed special magical sacred spiritual knowledge during their lifetime.





2-a



2-b



2-c



3



4



5-a



5-b

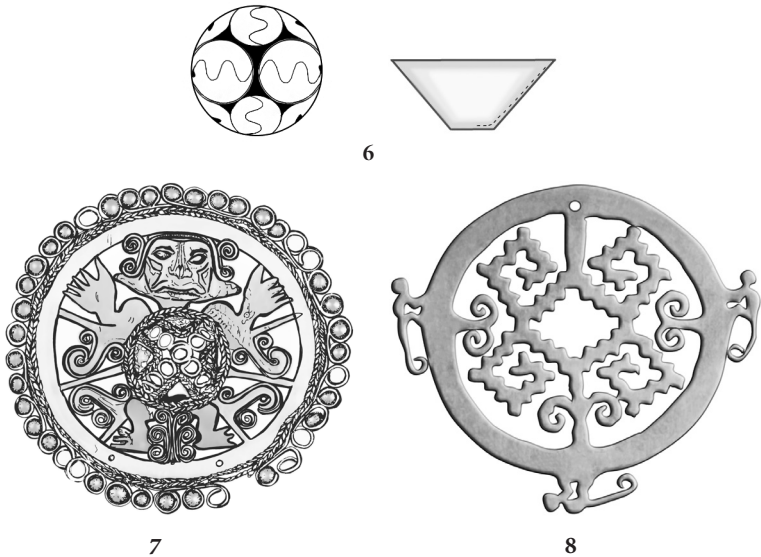


Figure 41. **Examples of depicting sacred knowledge about the human being on artefacts of various ancient peoples:**

1) petroglyphs of the Palaeolithic era: rock carvings (Val Camonica, Northern Italy);

2) female figurines with sacred symbols – different ways of depicting the “Goddesses” of Tripolye (the Tripolye culture, the Cucuteni culture): a) in the first version, the symbols indicate a woman who has attained fusion of the Soul with the Personality, an escape into the seventh dimension, in other words, a highly spiritual Personality; her breasts symbolically show the movement of energy in the area of the chakran connected with life energy – Prana (this uncommon indication means not only a spiritually developed Personality, but it also says that this person could replenish life energy – Prana, without harming others which, in its turn, emphasises the high spiritual status of this “Goddess”); on her stomach, there is a symbol of rhombus, inside which there are a diagonal cross and four points, four “balanced” Essences (which also points to the fact that this woman (“Goddess”) controlled her Essences);



b) in the second version, the symbols indicate a woman who is spiritually developed, but who has not yet reached the fusion of her Personality with the Soul (six horizontal stripes on her chest indicate that she has perceived “six heavens”, but the rhombus with a diagonal cross, which is depicted on the stomach, contains a mark indicating activity of her Left Essence. This means that she does not yet fully control her Essences); c) the third version has a female figurine from Tripolye with a geometric ornament of the pyramid, a designation of the main chakras of the man and the **AllatRa** sign (the artefact was found near settlement Dragushen, Moldova);

3) a sacred figurine (which is crowned by the sign of Allat) is covered with a notation of signs and symbols indicating the four-part structure and other knowledge (Neolithic Age, Central Mediterranean);

4) image on the stone slabs of the entrance to the tomb of Jinan (year 193 AD, Shandong Province, China) of the goddess of immortality Xi Wangmu with a stylised sign of Allat behind her shoulders (in the form of wings) as well as with symbolic figures of the lateral Essences (according to the mythological description, they are hares pounding the potion of immortality in a mortar) standing on cylindrical pedestals (three connected pedestals symbolise the third dimension; according to mythology, they mean mountain peaks), and the mythical tiger Baihu located in the place of the Back Essence (of the past); on the tiger's head is the Left Essence; in other words, emphasis is made precisely on it; in addition, the figure of the tiger is shown in motion, in other words, activity is shown;

5) different versions of the ancient Egyptian temple wall paintings: a) in the first case, the **AllatRa** symbol stands on top of the ankh sign; b) in the second case, the ankh sign is hung as a key to this symbol of spiritual liberation;

6) ceramics of early Tripolye civilisation: ornament of the inner decoration of a ritual bowl in the form of a truncated cone with an image of four spheres with snakes in each of them and of light arcs fringing them;

7) a golden locket (pre-Columbian civilisations of Central America);

8) golden pendant for clothes (pre-Columbian civilisations of South America).



For a person of Knowledge, these symbols told a lot and were to him same as what an open book, written in an understandable language, is to us now. Ancient inscriptions (left on stone blocks, rocks, caves' roofs, and so on), particularly those that included signs and symbols indicating specific spiritual practices, as a rule, also designated the place where people worked on these practices. The place chosen for spiritual practices was special, often in remote caves or open areas. By the way, in the past, only a person of Knowledge, who had personal experience in such practices, had the right to make such inscriptions on rocks. Today, these ancient people who left rock inscriptions are provisionally called "Palaeolithic shamans" by scientists. I would like to draw your attention to the fact that even to this day such places have been preserved where records of entire generations were made and where people came to learn for thousands of years...

Anastasia: Yes, such "stone books" carved on rocks, each the size of a football field, are still being discovered by scientists. For example, rock carvings (petroglyphs) at the White Sea (Zalavruga city, Republic of Karelia, Russia), or the Swedish Nämforsen (in the Ångermanland province) and Tanuma (in Bohuslän), or in the foothills of the central Alps in Val Camonica (Italy), or inscriptions of the African Bushmen in the Drakensberg Mountains, or drawings of the mountain plateau Tassili n'Ajjer in the Sahara, and so on.

Rigden: Quite right. Later, symbols started to be used more often in a more mobile version as amulets, a constant reminder of the human's dual nature and of priority of the spiritual. And it must be noted that they were drawn knowledgeably (in particular, what symbol had to be placed where and why) on pectoral ornaments, houses, ritual dishes, and sacred figurines, which were just as respected in those days as religious paraphernalia is honoured in the modern world.

These symbols were also placed on certain objects as information that was recorded in a special way in signs, including those events that were to take place in the future



or as a guarantee that they will happen. Later, this was transformed into a kind of subject letter, for example, on the “staff of messengers” which had the corresponding notable signs. Thanks to this, a messenger from one nation or a community of people confirmed, so to speak, his authority and the special commission entrusted to him before the representatives of another nation or community.

Anastasia: Yes, “staffs of messengers” were used in ancient Europe, ancient China, also by the ancient African and Australian peoples. But this is known, perhaps, only to the researchers who work on these matters, but for the majority of people, these are little-known facts. However, in the modern society, the symbolic staff of Moses, the caduceus of Hermes, and so on that have been hyped in the modern society’s literature that is available to the masses.

Rigden: Historical artefacts are little known because people themselves are not interested in these matters.

Anastasia: That is so, and even for those who discover these artefacts with symbols and signs, the information there is not entirely clear, and that is why it is described at best as an “ornament” on ritual objects, as signs that are similar to certain sacred symbols of other peoples.

Rigden: Usually, such symbols were depicted on stone or on objects as a means of transferring spiritual experience to descendants. For those walking the spiritual path, these records of Knowledge were spiritually significant.

Anastasia: So, spiritual Knowledge was more important and more significant to those people who lived thousands of years ago than, for example, a map with an exact location of countless treasures or cash savings in a bank is to a modern human being with a consumer format of thinking.

Rigden: Quite right. Even, about ten thousand years ago, spiritual knowledge was valued more than it is now.



As they said in the East, Knowledge is the real treasure which accompanies the one who possesses it everywhere.

Anastasia: Yes, what can be more important in human's life than spiritual development? This is the main purpose and the meaning of life. The history of mankind recorded in signs and symbols has demonstrated the importance of this issue even in such distant times, regardless of the conditions in which people lived. For them, spiritual development was the most important thing, and the material life was secondary. And now? Even though, compared to ancient people, the new generations live in more comfortable conditions, still, more often, they choose the priority of material values, burning through their life, wasting it, guided by the consumer priorities of society.

Rigden: Unfortunately, that is so. By the way, the ancient people treated such inscriptions as transmittal of the most important information to the next generation because everything in this life is transient, except for the spiritual. In ancient times, people had a better understanding that life in this world is too fleeting and it ends very quickly for various reasons, including natural disasters. And to avoid losing Knowledge, it was left on the "eternal stone." Certainly, all of the above mentioned applies to sacred, holy, ritual inscriptions because, in addition to these, the ancient people had, like in modern society, common, calendar, ancestral, historical, and other records.

Some sacred "working" signs (those capable of influencing the physics of the invisible world) could also be used as a symbolic designation of a spiritual person who practiced this knowledge, had experience, and could share it with other people. Before, everything really was clear and simple. Those same signs and symbols, for instance, were drawn not just by whomever, and certainly not for the purpose of decorating your own beloved self as it is done now, usually, without understanding the essence. In ancient times, it was done by the people



in the know who reached a certain level of spiritual development... It is now that people, like monkeys, hook adornments with different symbols and signs onto themselves without even realising what they really mean and how they affect the unconscious. But the main thing for them is that it is cool, expensive and that a neighbour is looking with envy.

Nowadays, many irresponsible politicians and government officials place those symbols which are often slipped to them by “freemasons” onto flags and emblems of cities and countries. They do not even stop and think why it is so important for “freemasons” to put “their” sign or symbol in this region. Officials do not understand the difference between different signs and what trouble they are causing by this “innocent act”, condemning their people (including their families) to additional suffering. For such people, the subordinated to the material Mind system has defined specific priorities: money and an area of the conductor of its power, so that the person would not think about anything bigger.

It is now that leaders of different religions, imitating traditions of the past, clothe themselves in festive garments and decorate themselves with precious metals, stones, and emblems on which various symbols are depicted. Most of them have scarce information about the meaning of these “patterns” and signs, confining themselves only to the narrow limits of the concept of their religion, without even wondering about a more ancient use of these symbols in the spiritual culture of different peoples of the world and about their true purpose. On the whole, it is now that the outer is rich and the inner is empty. And earlier, only some 8-12 thousand years ago, everything was different and had a meaning: modest, but with a lot of significance, outer (sign, symbol), and rich spiritual inner. Generally, it should be noted that for people who lived in those times, knowledge of symbols was so important and natural for their society that they could not even imagine that such valuable information could be forgotten or lost.



Anastasia: You once mentioned that much later, when society started to lean towards the material way of thinking, the simple started to be replaced with the complicated. People complicated signs and symbols by additional interpretation, which came from the mind.

Rigden: That is really so. When due to some causes (natural disasters, epidemics, and so on), transfer of spiritual Knowledge was interrupted or its modernisation from the human mind took place among the peoples, then the next generations would no longer understand it. People would interpret this information from their mind, literally from the perspective of their existing *everyday* experience. This is another factor that contributed to the subsequent distortion and misinterpretation of signs.

Anastasia: Yes, no matter which way you look at it, it all starts with the material inclination of human's consciousness. And if society loses or distorts the essence and the meaning of original Knowledge as a result of interference of the Animal mind, this material inclination will only get worse in the consciousness of future generations...

You know, pursuant to the information you told us, I found many interesting facts in the works dedicated to archaeological and ethnological matters. Of course, the research related to cultural layers of 12 thousand years old BC is scarce, and most of the discoveries are accidental. But starting in the 11-7th millennium BC, many artefacts have been discovered, especially those related to signs.

So then, while studying various cultural layers, one can easily trace in what period the phase of such an inclination towards matter was starting for this or that people. In the layers dating back to antiquity, scientists found more traces of peaceful life of people, a lack of signs of inequality among the inhabitants and, most importantly, evidence of priority of spiritual knowledge in society. Many artefacts with typical signs and symbols point to that. For example, remains of dwellings with rich murals graphics, steatite seals with signs, clay



medallions with carved signs and symbols, fragments of ritual dishes with signs, pottery with rich ornamentation based on mythological stories, and women's clay figurines with sacred symbols on them. And already later on in the timeline, judging by the burials, there appear quite a lot of weapons and jewellery made of gold, silver, and precious stones. A significant stratification of the population takes place: there appear many poor burials while very few rich ones, and then there are whole castes of priests and warriors buried in gold jewellery, with weapons. Besides, if in the early days there was simply an exchange of goods among the population without much need for material hoarding (apparently, the values were different, they were of the non-material nature), later on, gold, money, and trade appear with focus on accumulation of the material wealth by individuals and the corresponding stratification of the population, with the emergence of political and religious systems of government. In other words, you can trace "inclination" of the civilisation in the direction of material thinking. I would say more precisely, towards domination of characteristics of the Animal nature in society, the creation of nations on this basis, the emergence of slavery, and so on.

Another thing that surprised me is the fact that the secondary school curricula of a variety of "civilised" countries mention information about the existence of the human society until the 5th millennium BC only in passing, referring to this period as "prehistory" and describing mainly everyday life, the material living conditions of the so called in science "prehistoric people." And the spiritual side of life of the ancient people is portrayed as primitive beliefs in magic, spirits, in existence of the Soul in a human, in otherworldly mythical realms and gods inhabiting them. But earlier, there had been many interesting and meaningful things too. Why is this being concealed?

For example, in certain periods of time, different communities of people in parts of the globe that were located at a considerable distance from each other suddenly started to move on a massive scale to a more civilised level of existence, as scientists say, to "a culture of productive



economy”; to settled agriculture, to production of pottery with the same basic sacred signs, to domestication of animals, construction of houses (including two-storied ones in some places), with a clear plan of building big cities, and so on. And the myths and legends of the peoples that were geographically unrelated to each other mention that the locals were taught all this by “people from the sky”, and that is the origin of the belief that nature and life of people are governed by special supreme beings. Often, it is during these periods that signs and symbols started to appear on ritual ceramic dishes on a large scale. At the same time, these signs (essentially, the same ones) existed before that time in the communities of the people who lived on different continents, as evidenced by rock carvings (petroglyphs). The signs were found even in rock drawings painted 35,000 years ago!

Rigden: It is simply that, as I have already said, certain signs and symbols existed in society initially.

Anastasia: Yes, and this simple fact is being persistently ignored, probably due to lack of primordial Knowledge in matters so crucial for the human civilisation... So, I found some interesting information in the libraries about those ancient archaeological cultures that you mentioned in the conversation about signs: these are ancient civilisations that existed in Europe and Asia either well before the known Sumerian and Egyptian civilisations or during the same time period. For example, as you have already said, the Tripolye culture which existed in the 4th-3rd millennium BC in ancient Europe (the current territories of Ukraine, Moldova, and Romania). It is known in Romania as the “Cucuteni” culture (by the name of the nearest settlement where the first archaeological findings associated with this culture were discovered on those territories). A lot of ceramics with sacred symbols had been found in the cultural layers of this period. At that, the dishes were of two types: ritual ones (with the ornament of signs and symbols) and common ones (simple, without drawings).



**Figure 42. Symbols and signs
of the Tripolye civilisation
(4th-3rd millennium BC, ancient Europe).**



I would like to mention another important fact that you once pointed out to us. In those settlements, many female figurines with carved sacred signs and ornaments were found, which indicates that these peoples honoured the creating feminine principle. It is also noteworthy that during the excavation of other ancient cultures, not only an abundance of such signs on ceramics was found, but there were also many women's pieces of adornment with the same sacred symbols and female figurines with signs.

The burials of women shamans who possessed the sacred knowledge during life were found nearby as well. The objects and many other features found in burial places pointed at that. This testifies that women took a very active part in the spiritual life of society as well as in the rituals and that it is the feminine divine principle that was especially honoured by people in ancient times.

Rigden: So it should be in a harmonious spiritually developed community. Because the feminine principle in the spiritual aspect is precisely the manifestation of the creating power of Allat...

Anastasia: After you first touched on the subject of signs many years ago, I found many examples of the presence of different signs and symbols in ancient cultures. For example, cultures of the Balkan-Danube region which are a number of archaeological cultures of the Neolithic and the Chalcolithic Ages in 5th-3rd millennium BC which occupied a large area of ancient Europe and the Balkans (a mountain range in the South-East of Europe). A rather rich "ornament" consisting of the main symbols can be seen on the artefacts. It includes circles, spirals, triangles, crosses, pyramids, rhombuses, and other signs.



Figure 43. **Symbols of the cultures of ancient Europe (5th-3rd millennium BC).**

Symbols of different ancient cultures are represented here: the culture Vinča-Tordaş (Turdaş) (modern territories of Southern Europe: Hungary, southwestern Romania, northern Serbia, and



Bulgaria), linear pottery (Central Europe, from Germany's Ruhr region to the borders of the Czech Republic and Slovakia), the Danube culture (Bylany) (the Czech Republic and Slovakia), the Balkan culture Dimini (Aegean coast near the city of Volos, not far from Larissa, Greece), the Baltic Narva culture (in modern Latvia, Estonia, Lithuania, Northern Belarus, and Pskov oblast of Russia), the Lengyel culture (western Hungary, eastern Austria, the Czech Republic, Slovakia), and other cultures of this period of the given region.

Furthermore, I would like to mention the archaeological culture Sesklo (5th millennium BC; near the Volos city located close to the major city of Larissa, the Greek Coast), for which ornament of geometrical shape is typical. During the excavations, figurines and tableware, which were painted with this ornament and often coated with red paint, were unearthed there. Incidentally, pintadera were also found there (the Spanish word "pintadera", from "pintar" meaning "to paint, depict something"). These are a kind of clay contour stamps, usually with an ornamental pattern. They were quite common in many cultures of the Neolithic period. It is believed that one of their functions was to apply some sort of "tattoos" in the form of signs and symbols with paint onto the human body before a sacred ritual or a ceremony.

And, of course, the Shigir culture (5th-4th millennium BC, the Middle Urals and Trans-Urals; modern Russia) may be especially noted. Its artefacts include a sculpture made of larch which is the oldest wooden sculpture found in the world to date. It was named after the place where it was discovered, the "Big Shigir idol." The torso of the statue is covered with carved geometric ornament from all sides. The sculpture itself dates back to the Mesolithic period (9,500 years ago).

Rigden: By the way, on this idol, so called by archaeologists, there is also information about the seven dimensions in the form of seven of his guises (schematic images of human faces). And the seventh dimension is represented as the upper three-dimensional (double-sided) leading "face" while six dimensions are represented in the form of six contour "faces." The latter ones were cut on the



broad planes of the idol's "body": three were cut on the front, symbolising the three-dimensional world, and another three guises, on the reverse side, symbolising dimensions which are inaccessible to an ordinary person (the fourth, the fifth, and the sixth).

Anastasia: The most interesting thing is that scientists are still arguing about what this could mean and also about the meaning of the symbols and signs on it. Interestingly, in the first description of this idol by the museum worker who received this object then, it was mentioned that the idol had his legs crossed. And this points to the lotus position and cognition of the world in the process of meditation. But, obviously, this part of the artefact was very "inconvenient" for someone since it, at the very least, made people think about the connection with the East, so it is precisely this part that "disappeared without a trace" in the museum store-room even before the revolution.

That is what losing the key to the original Knowledge means: the artefact was found, but nobody knows what to do with it and how to read the ancient signs and symbols. As a matter of fact, on the territory of modern Russia, they discovered many symbols of the ancient archaeological cultures that are highly interesting for the researcher. For example, the Upper Volga culture (it was located in the area of the Volga River (Upper Volga), in the Volga-Oka interfluve, on the present territory of the Moscow region, Russia), in the layers of which dishes with carved ornament and symbols were found as well as clay medallions with carved signs (an ancient medallion, in essence, the same tamga). And how informatively valuable are the artefacts, for example, of the Chebarkul culture (the southern part of the Ural Mountains, now Chelyabinsk region, Russia)!

As a matter of fact, the Urals region is very rich in symbols and signs. For instance, the Urals petroglyphs (rock carvings) of the Mesolithic, Neolithic, and Bronze Ages are priceless! Interestingly, they were mainly painted on the rocks which faced the water. And water, as we know, symbolised the other spiritual world in the interpretation of the ancient people. If birds were depicted, then in most



cases they were water birds. And traditionally, like with all ancient peoples of the world, spiritual Knowledge was recorded in the form of geometric shapes (circles, polygons, waves, zigzags, diagonal and straight crosses, and rays) as well as anthropomorphic creatures and hooved animals that designate mainly the four Essences. But most importantly, with human figurines in form of the “bug” (with spread out arms and bent legs), on whose heads there were symbols of spiritual liberation or perfection (either the **AllatRa** sign or the symbol of Allat, or several emanating rays were depicted). I am not even mentioning the most ancient cultures of Siberia with their symbols and signs...

By the way, I gleaned many interesting facts also from the research of the Eastern cultures dating back to the 7th-6th millennium BC, and not only in the Urals but also in Asia (in Near East and Central Asia). For example, the Hacilar culture of “hunters and gatherers” which existed almost *nine thousand years ago*. It is characterised by rich paintings on house walls and tableware with graphic symbols dominated mainly by the solar (sun, circular) and rhombic symbols.

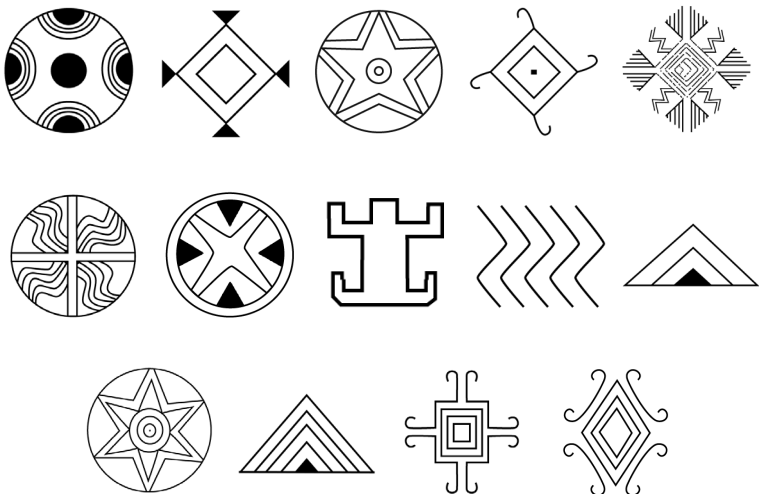


Figure 44. **Symbols of the Hacilar culture (7th-5th millennium BC; Western Asia).**



Or, for example, the culture of Çatalhöyük, which you have mentioned in the conversation, that, just like Hacilar, existed in the 7th millennium BC on the territory of modern Turkey. Its symbols were indeed dominated by many cross-shaped and rhombic images, and there was an obvious reverence for the divine feminine principle. All this points to the fact that ancient people possessed primordial Knowledge about the Soul, the four Essences, and the related spiritual practices.

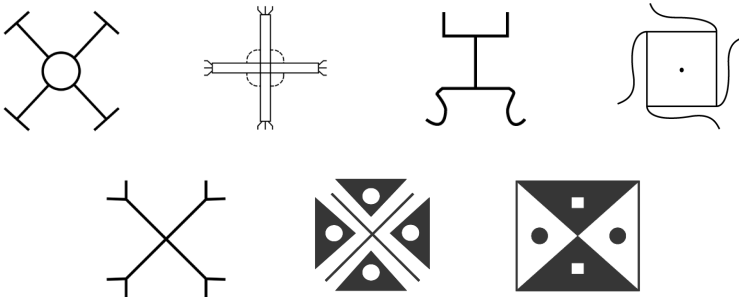


Figure 45. **Symbols of the culture Çatalhöyük**
(7th millennium BC; West Asia).

Interestingly, judging by the burials, the ancient people of this culture did not even have signs of social stratification or any hint at inequality between men and women in the matters of leadership in the spiritual, social, or domestic areas of their community. In the “sanctuaries” discovered by scientists, there were many female figurines of Mother Goddess, and in addition to the paintings, there were relief images of Mother Goddess, ox heads, and lionesses. By the way, the best-known sculpture found in this layer is a female deity sitting on a *cubic throne*, the *side arms* of which are made in the form of *two lionesses*. The same can be observed also in ancient Egypt: same lions as symbols of the lateral Essences and the ox head as a peculiar ancient interpretation of the symbolism of this knowledge.



Rigden: Yes, for the ancient peoples that revered the ox as a sacred animal, such an associative interpretation of this knowledge was typical indeed. More precisely, the bull, the cow, and the snake, as well as other representatives of the tangible animal world, whom I have already mentioned were made holy by people only because at one time the invisible structure of the human being and the world was explained to the previous generations using them as an example. The same applies to the plant world. The animals themselves, reptiles, or plants have nothing to do with this. This is akin to taking an apple and comparing it with the shape of the Soul in the transitional state. One can say that the Soul is approximately the same, round in shape, that its shells have yellow and red colours. Just like an apple ripens in the sun as a fruit, so does the Soul, figuratively speaking, ripen when a person develops spiritually. So then, if the spiritual component of this Knowledge is lost, then for the next generations, the apple will become a sacred fruit which will be worshipped since it was written down in the sacred texts of their ancestors. That is how the Animal mind materialises everything spiritual in the human system in order to establish its power.

In earlier times, the basic spiritual practices were explained almost at the elementary level, essentially just like nowadays. In other words, they took common associative examples of the three-dimensional world, understandable to a person in everyday life. It was only necessary so that he could grasp the initial stages of spiritual work. With his further spiritual development, the need for this disappeared because the person got a personal experience of being on the invisible side of reality (the spiritual world). And that reality is impossible to explain in human words, that is why spiritual people understand each other without words. And those who still do not know about the other side are fighting a losing battle, trying to grasp with logic that which can only be understood with feelings. It is for the latter that such coarse associations of the material world were given.

So, getting back to the “sacred” symbols of the image of the bull. In the associative interpretation of ancient people, the bull's eyes represented a conditional symbol



of the lateral Essences, an elongated nose with a mouth (speaking, or rather, “mooing” about the past) meant the Back Essence, and the top part of the head with arched horns stood for the Front Essence in the form of a crescent with horns pointing upwards (the sign of Allat) and as a symbol of the possibility of leaving for the other world. On the bull’s body, they usually placed the sign of the circle, in which six lines were inscribed like a star with six rays. The latter is a symbol of six material dimensions ruled by the Animal mind. And if the six rays of the star looked like a diagonal cross intersected with a horizontal line, then the two horizontal rays (the “minuses”) pointed also to the control by a person of his lateral Essences or, conversely, to their activity, depending on additional signs. Incidentally, special emphasis was made on the bull’s body either on the abdomen as an associative image of the container of the Animal world or on the back in the associative understanding of the carrier (base) of the material world. Appropriate signs were placed there. Later, when religion appeared as an institution of power and control, total destruction of the old beliefs began and some priests turned the symbol of the bull into a “sacred image” to be worshiped by the masses, concealing the true knowledge, while other priests, fighting for their own power, started interpreting the bull as a negative image along with that knowledge that it embodied.

Anastasia: Such a substitution of an associative image for a sacred one is also traced in modern beliefs nowadays. In such religions as Hinduism, Jainism, Zoroastrianism, the cow is still revered as a sacred animal. In Hinduism, eating its meat is taboo, and earlier, in the first centuries of the Common Era, rulers of India regarded the killing of cows by any resident as a terrible crime, which was punishable by death. Not to mention the fact that all the products and waste of this animal in these religions are still considered to be “sacred and cleansing” and “panacea for all the spiritual and physical ailments.” And what has remained of spiritual knowledge? Practically nothing, just general philosophy with the material inclination



of worshipping an ordinary animal. As a result, entire generations of people, instead of actually working on themselves in a spiritual aspect, are appeasing a common ruminant cloven-hoofed animal.

Rigden: Yes, the Animal mind is strong in its substitutions.

Anastasia: How quickly, after all, it implements its substitutions into the human consciousness and how long they remain in the human society. All these ancient cultures that existed on the territory of ancient Eurasia and their echoes testify that people possessed spiritual Knowledge which was more important to them than everyday life. Apart from the above-mentioned cultures, there are many others that existed in the ancient times and had the same symbols and signs. For example, the Hassouna and Halaf cultures (5th millennium BC; the present Iraq territory (Northern Mesopotamia), Syria, and Turkey; these cultures existed before emergence of the Sumerian civilisation), the Zagros culture: settlements of the encampments Ganj Dareh and Ali Kosh (7th-6th millennium BC in the Zagros mountains, modern-day Iran), the Mehrgarh culture at the foothills of the Sulaymaniyah mountains (4th-5th millennium BC, modern Pakistan territory); the Anau culture (5th millennium BC, near the modern city of Ashgabat, Turkmenistan). And that's far from the whole list which actually covers large territories of people's settlement in those days: from Europe to Siberia and from Africa to Asia. And everywhere you can find similar graphic symbols, one and the same geometrical signs which were richly painted on house walls and tableware.

Rigden: I shall say even more: pay attention to the fact that an abundance of such signs is found exactly in the areas located close in proximity to those places that were important since ancient times, in a spiritual sense. I mean those places where, at some point in time, spiritual people who had appropriate knowledge activated certain working



signs, the power of influence of which was preserved for millennia.

Anastasia: Are you saying that these places are not anomalous zones of energy emission; that is, they are not of natural origin but of an artificial one, that they once were created thanks to the activation of certain working signs?

Rigden: Yes. It is sufficient to follow the events (at least within the available historical data), especially in the spiritual aspect, which occurred in the places you listed, where at some point in time signs were activated.

Anastasia: Actually, yes... If, for example, we take the Tripolye civilisation... Modern city Kiev, for instance, is still being called “an open chakran”, a place of power. And if you consider that there was a Lotus Temple there in the ancient times, and next to it there were settlements of the Tripolye civilisation with an abundance of sacred signs and symbols known not only in ancient Europe but also on other continents...

Rigden (smiling): Well, but why are you saying that the Lotus Temple was?

Anastasia: Well, yes... In fact, if we continue comparing “places of power”, some interesting moments in the history of the civilisation’s spiritual life become visible. For example, if we consider the east coast of Greece near Larissa city... Close to it, there is also the mountainous peninsula Halkidiki, Holy Mount Athos! Indeed, today it is the world’s largest concentration of the Orthodox monkhood, the spiritual dwelling which is revered by many people as the abode of the Holy Mother of God. There, for over a thousand years, prayers have been uttered unceasingly, and everywhere there are ancient symbols and images of the Mother of God and Archangel Gabriel. It will just suffice to mention the Vatopedi monastery (erected in honour of the Annunciation to the Blessed Virgin Mary) or St. Panteleimon monastery (Russik, Rossikon) on Mount



Athos. After all, back in the day, Agapit of Pechersk was directly involved in the spiritual activity of these ancient monasteries. Indeed, these are significant events in time which have remote consequences in the distant future!

Rigden: And it all began with the activation of signs...

Anastasia: Yes, Greece and signs are inseparable concepts. The Balkan Peninsula territory in the past (somewhere from the 3rd to the 2nd millennium BC) is an area of the Aegean expansion, or as it is also called, the Creto-Mycenaean culture. This is one of the mysterious cultures. Judging by the art monuments, the feminine principle was honoured in it also, and the writing system was rich with signs and symbols. As far as I know, the Cypriot-Minoan writing, from which the Cypriot writing system subsequently ensued, has not yet been deciphered. And the signs of the Cypriot writing are very similar to the signs of Tripolye and other ancient cultures. In other words, the signs have remained but their original meaning has been lost.

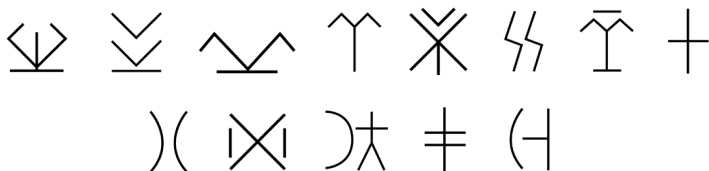


Figure 46. Signs of the Cypriot writing (11th century BC; ancient writing system of the inhabitants of Cyprus island located in the eastern part of Mediterranean Sea).

Rigden: Everything once had one root, there was one language and same signs. But now the language is forgotten, although the signs have remained, only people lost the spiritual component of the Knowledge about these signs. But the memory of the power of the signs' influence has remained in a human being at the genetic level. **If**



you look at the preferences of every Personality, what symbols it intuitively pays attention to the most, and which comfortable for it “ornament” it surrounds itself with even in everyday life, then we can see those same basic signs and symbols. It is enough to take a look at what “patterns” surround a person on everyday objects, what decorations are in the interior and exterior of the house and even on personal things. At that, not only at home but also at work (signs and symbols of businesses or companies, logos of different everyday items, Internet sites, and so on). For people, this is so commonplace that they do not even question from where the root of their desire grows, of such subconscious preference of certain signs and symbols, why they surround themselves with them, and how this influences their lives.

Anastasia: Yes, that’s a fact. I had never really thought about it until I came across the Knowledge given by you. I remember that after I first heard this information and turned my attention to my home environment, the realisation of what surrounded me all along was a revelation for me. There were “patterns” and basic “ornaments” around, emphasising what I subconsciously strived for in my life. Furthermore, some of them were working signs. So every day, seeing all of this before me, I unknowingly activated them with my attention, and thus, my life was influenced entirely according to my choice based on my Personality’s secret subconscious preferences.

Rigden: A close observation of oneself leads to interesting discoveries. A person finds in himself that, which before at times he would easily notice only in others.

Anastasia: Yes, this was a true revelation for me back then which allowed me to adjust my life in this respect as well... And now you have intrigued me by the very idea of tracking the places of signs’ activation starting at times of high antiquity. If analysed, then it all falls into place just like parts of a jigsaw puzzle. For example, Russia, the southern part of the Ural Mountains... The Southern



Urals are rich not only in signs and symbols but also in mysterious, anomalous places. Also there, near Chebarkul, archaeologists found that very “Country of Towns” with the one culture which we have already mentioned in our conversation. These are ancient cities which existed in the 4th-3rd millennium BC on the territory of the present Chelyabinsk and Orenburg regions, Bashkortostan (Russia), and Northern Kazakhstan. That is, there actually was an entire civilisation during the period of ancient Egypt. These towns were originally well designed and had a complex architectural blueprint. Furthermore, in addition to rectangular forms, many of them had a distinct circle shape, while others were egg-shaped (semi-oval; apparently, drawing a parallel with the cosmic egg which was known in the mythology of many ancient peoples).

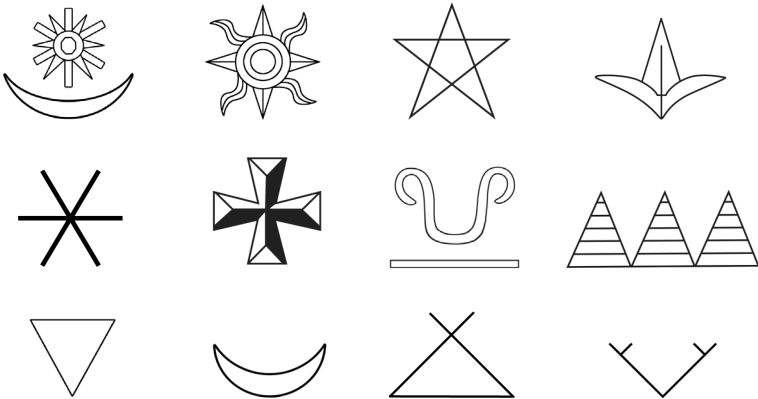
Generally, it should be noted that the ancient cultures of Siberia, which cover large areas of Western Siberia, the Southern Urals, and the western part of Central Asia, are very rich in symbols and signs. But, on the other hand, this is not surprising: after all, the Entrance to Shambala is nearby.

Rigden: Absolutely. The signs and symbols of those places are the richest and the most interesting for the researcher. But still, in order to have at least a general idea about them and see where the roots are growing out of, it is better to cover a larger area for comparing signs and symbols – from the Western Siberia of Russia to the mountains of India, from the Iranian Zagros mountains to the Mongolian plateau.

Anastasia: It will suffice to mention just Altai and its unique archaeological findings and the presence of anomalous areas. The Zagros mountain range (modern Iran) is also quite mysterious, given the presence of many kilometres of limestone caves which have retained not only their nature but also human secrets, symbols, and signs for millennia. And if we consider the spiritual history of generations of the people who lived in those places, then we get rather interesting comparisons. To the west side of the



Zagros Mountains, there are the valleys of Mesopotamia, which is the location of the Sumerian city-states in the 4th-3rd millennium BC. Again, the Sumerian culture is associated with the same main signs and symbols that other ancient peoples had. And some of their sacred legends, for example, about the flood and the paradise island, were later on borrowed by the Jewish priests as they were drafting the texts which would subsequently be included in the Bible, but, of course, without referencing the Sumerian civilisation as the source.



*Figure 47. Signs of the Sumerian civilisation
(3rd millennium BC; South-West Asia).*

Well, and of course, one must not forget to mention prophet Zarathustra who preached the teaching about Ahura Mazda on these territories of ancient Persia (in the 1st millennium BC) which are located precisely in the Zagros Mountains. After all, the holy book *Avesta* and Zoroastrianism religion were created based on this teaching and they had a significant impact on many people of subsequent generations not only of those places.



Figure 48. Image of the symbol of Ahura Mazda on ancient bas-reliefs.

As far as I know, this ideological concept of Zoroastrianism was once very popular in the East and had an impact on the formation of such mass religions as Manichaeism, Mithraism, Judaism, and also the Christian sect of Cathars, who quickly spread their influence in Western Europe in the 11th-13th centuries AD and whose religious beliefs were considered as “dangerous heresy” by the Roman Catholic Church...

Well, this chain of discoveries becomes more interesting every time... Next, the archaeological culture Mehrgarh at the foothills of the Sulaymaniyah Mountains (modern Pakistan) ...

Rigden: The most ancient cultures of Hindustan in the Indus Valley? Yes, those were very interesting times in terms of activating signs...

Anastasia: I remember you once told us about one of the global points of the junction... location of the world’s largest plexus of mountains in Asia: the formation of the systems of the highest mountains of the planet – Pamir, Hindu Kush, and the Karakoram. And in the context of this story, you touched upon the subject of a highly developed culture that existed not far from those places five thousand years ago, that is, in the 3rd millennium BC. You had me so intrigued with this information that I made a more in-depth study of this issue. As of today, archaeologists conditionally call this culture the Indus Valley or, using



another name, the Harappan civilisation, which is named after an archaeological site in Harappa in the western part of South Asia, Pakistan (West Punjab).

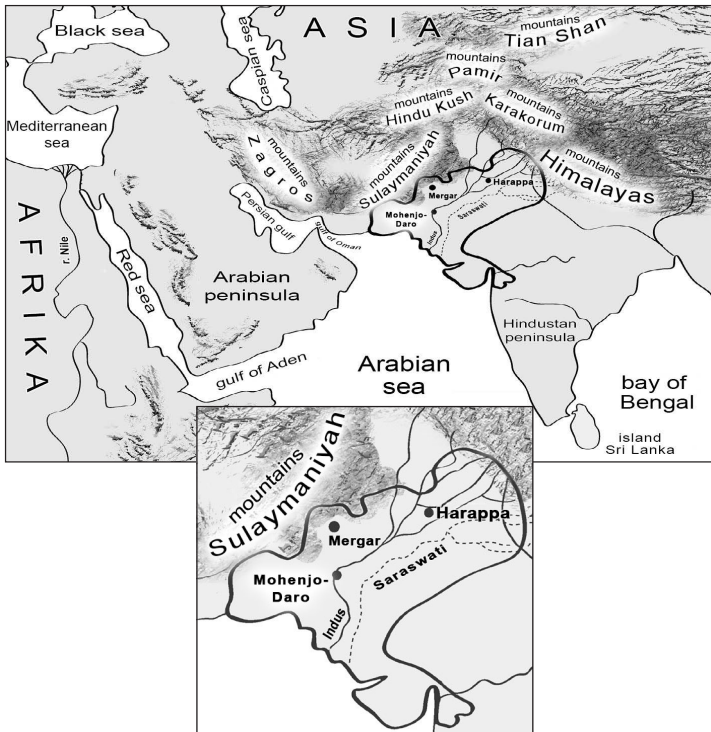


Figure 49. **Map of location of the Harappan civilisation (3rd millennium BC; South Asia).**

The map shows conditional boundaries of the ancient civilisation and some of its main centres - Harappa, Mehrgarh, Mohenjo-daro (named after an excavation site), the Indus River, and the former riverbed of the holy river Saraswati (marked with a dotted line) which embodies a feminine deity in mythology. Saraswati is a legendary ancient river, the area around which was considered sacred. According to the legend, between the rivers Saraswati and Drishadvati, there was a sacred country of Vedism and Brahmanism, created by gods - Brahmavarta (translated from Sanskrit as the



country of Brahma). It was considered to be the “holy land” on which Bharatha people once lived and the sacred texts of the Vedas were compiled.

Actually, I was rather impressed by this quite developed civilisation. It existed for thousands of years on a fairly large area (bigger than other ancient states of that time), had a centralized urban structure, and also a stable culture, which remained unchanged for millennia despite the fact that people of different races and nationalities lived there. Just like what we had in the Soviet Union. But unlike the Union, residents of the Harappan civilisation seemed to possess spiritual knowledge, and this information was available to many people. The Harappan (Indus Valley) civilisation, as you then brought it to our attention, existed during the times of Sumer and Ancient Egypt before the arrival of the Aryans in those lands and before the creation of the sacred Vedas! But it is just amazing what kind of knowledge people of this civilisation had! Your information was like an eye-opener for me to many historical and archaeological messages, and it was quite surprising why archaeologists do not notice such obvious facts.

During the excavations (just like in the Tripolye civilisation of ancient Europe and Çatalhöyük of West Asia), many female figurines made of terracotta were found there which points to the veneration of the Mother Goddess and the Feminine principle, that is, of the creating forces of Allat. In the places of existence of the Harappan civilisation, archaeologists discovered several large “altars” with wells and clearings for ablutions. In essence, this proves that knowledge about special magical transformation with the help of water, when a person with spiritual faith performs an ablution during religious rituals, was known a long time ago!

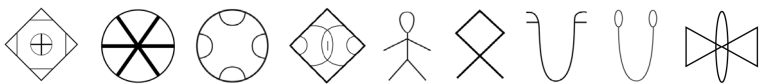


Figure 50. Signs of the Harappan civilisation (3rd-2nd millennium BC; Indus Valley, South Asia).



But the most amazing thing is, of course, the Harappan script which has not yet been decrypted. Scientists find some similar signs in the Sumerian script and voice an opinion regarding proximity to the Hittite hieroglyphic writing. Furthermore, they have discovered that almost 50 characters of the Harappan culture are similar to the signs of Easter Island! Have a look at the location of the South Pacific, in fact, of Easter Island itself, and India and Pakistan, which is the location of the ancient Harappan culture. They are separated by a distance of 13,000 kilometres and thousands of years' time! This points to the fact that these signs and symbols were known in different parts of the world at different times.

Rigden: That is so. I have already said that these signs and symbols, which contained basic Knowledge about the world and the human being, were present on virtually all of the continents, despite the fact that local peoples gave their own colouring to their interpretation at different times.

Anastasia: The importance of some signs, in my opinion, proves another fact of a kind of a "hunt" for them. Take, for instance, the story of Easter Island's ancient writing system. In that area, the knowledge about signs and symbols as well as their use in written language, disappeared quite recently, in the middle of the 19th century, when the island was invaded by the "Western civilisation" with people who had sailed on the Dutch and the Spanish ships. The world learned about the unusual writing system of the island from a Catholic missionary who visited the place. The locals of Easter Island kept records with special signs on wooden boards which were present in almost every home. But at the same time, after revealing the signs of Easter Island to the Europeans, this missionary and his followers did everything to destroy this writing system and burn it as pagan heresy. And what has remained of this culture which existed just recently? Several hundred huge head sculptures as high as multi-storeyed buildings, weighing from twenty tons and scattered around the whole of Easter Island, and also a couple dozen boards with literary texts which miraculously



remained intact as well as a staff and a breast ornament with writing. At that, the latter are scattered throughout different museums of the world. The impression is that the world's priests, having learned about these signs and symbols, did everything to destroy them, even despite the fact that these were already meagre remnants of the once former knowledge.

Rigden: Well, the Archons are not sleeping, they act. Of all the people, they understand what signs are and, all the more so, what an activated sign at work is.

Anastasia: The saddest thing is that this is not an isolated case as far as the total destruction of the knowledge is concerned. At the beginning of the 20th century, one European anthropologist travelled to South Africa. While in the belt of the Drakensberg Mountains (the very same mountains where the Bushmen left their rock inscriptions), he came upon a village of the Basotho people. He was surprised at the fact that all the walls of the conically shaped mud houses with thatched roofs were painted with a different coloured ornament which the homeowners diligently looked after. It turns out that this was the writing system of that nation, in which each sign and symbolic detail of the ornament meant something. The ethnographer published his discovery in one of the specialized journals to draw the attention of linguists. But in response, there was, as they say, silence. And when many years later some specialist accidentally discovered this message and a group of scientists headed to that area to explore this unusual writing system, it turned out that “someone” had already done some serious work to eradicate this ornamented language out of the consciousness of the Basotho people!

Rigden (smiling ironically): Well, why “someone”? Immediately after the publication of that ethnographer, other “specialists” arrived in the region of the Drakensberg Mountains in short order. After all, during that time the Basotho nation was under the British protectorate.



The British authorities, who were manipulated by the “freemasons”, had not interfered much in the affairs of this nation before this case. Their forced “guardianship” over the African nation was related more to diamond mines – kimberlite pipes containing diamonds that had been discovered not far away from those places. But as soon as the information related to the sign and the ornamented script of this people appeared, the “freemasons” reacted to it much faster than to the presence of diamonds in the same places of South Africa in its time.

So these “specialists”, who arrived as Catholic missionaries, promptly created a new writing system (sisuto) based on Latin for these peoples, opened schools, and began teaching this script and English language, forcibly weaning new generation away from the language and the writing of their ancestors. They filled people’s heads so much that by the time the linguistic scholars came there, it turned out that even 70-years-old people no longer remembered the writing of their fathers because they had only been taught English and sisuto. As a result, the local people now blindly copy the pattern of their ancestors without realising its true meaning, modifying and simplifying it, painting on the house often for additional income based on attracting foreign tourists with such a “unique culture of the local people.” And they do not even understand the basis of the spiritual knowledge they were deprived of and why today they and their rulers are still being so easily controlled by foreigners, by engineering unemployment, hunger, riots, and political upheavals in the country.

Anastasia: Well, who could have thought this? It is clear why the Archons’ mouthpieces tell peoples that signs are a primitive language and that there is nothing of value in them, that it is mere folklore... The more people will interpret them in their everyday meaning, the better it is for the Archons so that no one could get to the essence. And the Archons themselves spare no expense on such projects in order to destroy spiritual knowledge and withdraw creating signs and symbols from the peoples’ memory...



Rigden: Well, all is clear with the Archons. But the sad thing is that people themselves, the very majority, allow Archons to do things like that!

Anastasia: A few more words about the Easter Island. The local population has preserved legends that the ceremonial platforms (“ahu”), on which some of the stone statues are situated, serve as the link between the visible and the invisible (the beyond) worlds and that the very stone statues (“moai”) contain the supernatural power of their ancestors. The latter, according to the beliefs, is supposedly capable of controlling natural phenomena and, therefore, to bring about a favourable result, thriving of the nation...

Rigden: There is nothing supernatural there. It is just that at one time, those people lived there who knew how and for what purpose certain signs needed to be activated. Had their descendants not lost the knowledge which they were given, then the people living now on the island would understand themselves and the basic connection with other worlds better. Usually for the chronicle, as a way of passing on knowledge and legends to the descendants, knowledgeable people applied signs onto stone statues while they often adorned themselves with the corresponding tattoos which had a special symbolic meaning. For uninformed people, they were drawings which meant absolutely nothing but which instilled respect and fear of those who, in their opinion, “probably knew something special.” Later on, of course, commonplace imitation took place.

Anastasia: Yes, but there are no signs on the stone heads and platforms located on the Easter Island.

Rigden: And who said that these heads do not have a continuation? Let them dig deeper in those places, and maybe then they will find what is hidden from their eyes. But that is not the point. Even if people discover something interesting through signs and symbols, what



will they do with this? When material thinking dominates and there is a lack of Knowledge, they will at best create a stir in the media in order to attract more tourists to the island and to earn money. That is it. The Knowledge is valuable for the spiritual seeker only when it can be used to perfect oneself and provide spiritual help to other people.

Anastasia: That is indisputable. Your words could not have come at a better time to confirm the data from archaeological excavations of the Harappan civilisation, which I brought with me to this meeting. We did find what we had been looking for – signs, and symbols, and unique artefacts, but their interpretation by modern humans leaves much to be desired. I made drawings of the photos of the archaeological findings, including some artefacts from Mohenjo-daro (conditional name of the ruins of once the largest city of the Harappan civilisation found in the Indus Valley in present-day Pakistan). For example, here is the steatite seal which you had told us about! A man is sitting in the lotus position on a dais. When I first saw this picture, I was of course struck by the fact that five thousand years ago people were doing the same spiritual practices as we are doing now!

However, the museum description of this seal, as well as of other findings, once again made me smile with sadness. Since, in essence, this description reflects the worldview of the people who put it together. But probably, had I not known about the existence of this spiritual practice, in these scholars' shoes, I myself would then, obviously, have reasoned in the same way. Archaeologists describe this image in the following way: a naked male deity with three faces is sitting on a throne in yoga position; there are bracelets on his arms; on his head, there is a sophisticated headdress, the top of which looks like a “branch of a fig tree.” Various conjectures are voiced, including those that since the man depicted on the seal has such “vegetation” over his head, then probably this symbolises the power of this “three-faced deity” over nature.



Figure 51. Seal image of a person doing a spiritual practice on a sign (the Harappan civilisation; 3rd-2nd millennium BC; the Indus Valley, South Asia).

Rigden: I think if the person who made this seal heard such an interpretation by “learned men” from distant future, he would be as surprised as they were upon discovering it. How low in spiritual development the civilisation has dropped in the far future for its “best of the best”, progressive-minded people, “learned scholars”, to reason like this? How could that which aids spiritual liberation of the human being, which is the main purpose of his life, be forgotten? So, for the ancient master, such an interpretation by modern humans would be no less astonishing.

And as far as the seal is concerned, these signs are like an open book for the person who is knowledgeable in the ancient secret writing of signs and symbols that indicate certain basic meditative techniques and spiritual practices which lead to spiritual liberation. It is clearly shown here that the person is sitting in the lotus position. This is not a nude male deity. This is an indication of the beginning of a meditation: activation of the lower chakran



(a burst of energy and its movement through the energy meridians) ... “The throne on hooves” simply indicates that the person is spiritually higher than his Animal nature (the hooves symbolise the latter). Besides, in some cases, such a conditional graphical designation (a small hill on which the meditator is sitting) may indicate the group Leader, when this spiritual practice is done together. The four faces (three visible masks and an invisible one) point at the level of this spiritual practice, in which the integrity of the four Essences is already used to perceive the invisible world. Incidentally, in ancient times, they depicted three-facedness, almost always implying four faces (the fourth invisible side), as evidenced, for example, by mythology and images of “gods” in the ancient Indian civilisation. The sign over his head is far from a “branch of a fig tree.” This shows an outpouring of energy from the “thousand-petal lotus” chakran as well as activation of the indicated working sign during this meditation.

Anastasia: Yes, even the sign itself here speaks of the spiritual level of this person, for whom it is within power to activate it.

Rigden: Certainly, this is not a simple sign. The upper inscription is a reference for a knowing person to this spiritual practice and its purpose.

Anastasia: In fact, all the signs that identify this spiritual practice are present here: a diagonal cross as the symbol of the four Essences, with certain accents; the fish sign meaning submersion into an altered state of consciousness; the wave sign indicating a movement of energies; the sign of the powers of Allat is stylised for the record. In essence, the same ones as in the ancient rock inscriptions. Here, even if people eventually dress these signs in their material understanding, the image itself will retain the basic spiritual information for the informed people of new generations.

Rigden: Quite right.



Anastasia: You know, when I was searching for information about the Harappan civilisation, I also unexpectedly discovered many other interesting facts. For example, take the steatite seal which you have already mentioned... By the way, I think the readers will also be interested to know, like I was in my time, why seals were often made of steatite in ancient times. After all, this material was used as early as the Palaeolithic era, as evidenced by the archaeologists' discoveries of female ritual figurines of "Palaeolithic Venuses" made of this rock.

Rigden: This material was indeed widespread among the peoples in different times. It is precisely steatite that was used for magical figurines in ancient India and ancient Egypt. It was described in legends as a rock endowed with sacred properties. It was used in the Urals, Asia, and Americas. In the ancient times, it was also called "firestone" because it "conquered flames and forced even the fiery firmament to follow its inner form." Sacred philosophy was seen in it. Well, and, of course, this stone is not "empty." Steatite has truly unique properties. Besides being easy to process (it contains talc, magnesite, and chlorite), it has high durability, high heat capacity and thermal conductivity, and resistance to chemical and acoustic effects (it does not resonate and does not conduct sound). In general, as they would say today, the soapstone (as it is now called by geologists) has good insulating properties and serves as a source of positive energy. In the heated state, it emits heat waves which coincide in frequency with the frequency of thermal radiation of a human himself and amount to 8-9 microns. It also has a number of properties which have a positive impact on the human health. This was known even in ancient times, so it was often used both in everyday life and in magic. Besides, thanks to such unique properties of this rock, steatite seals were impossible to burn; they were strong enough and lasted for thousands of years, which is why it was used for the transfer of such knowledge...

Anastasia: And here's a copy of an image of the steatite imprint discovered in Mohenjo-Daro. You once told us about it. The knowledge about the "Fiery Lotus" group meditation



technique is indeed reflected here. Judging by the print, the leading person in the meditation is a woman who has a connection with the spiritual world. The **AllatRa** sign is positioned atop her head.



Figure 52. Seal print image of a group meditation (the Harappan civilisation; 3rd-2nd millennium BC; Indus Valley, South Asia).

Although this seal is described in scientific books as a sacrificial ritual procession of seven figures, where a deity is positioned standing on the sacred “fig tree.” It is clear that when the foundations of spiritual knowledge, as well as the sacred symbols and signs, are lost in the human society, it is difficult to understand anything of the above mentioned from the perspective of the material worldview. For most people, even now this picture will not go beyond their current perception of the world.

Rigden: Everyone carries his own baggage of personal experience through life. According to its contents, a person judges the world but actually, his judgement is about himself. The material worldview grounds people, enslaving the Soul even more, making the load even heavier, and



forcing the person, like a convict, to drag these burdensome chains in his consciousness. The spiritual outlook lends wings to the Soul, it perfects and helps to form personal baggage solely out of the values of the spiritual world, which do not get lost after the physical death of the body.

Anastasia: I am convinced yet again how important it is for man to have personal spiritual experience and Knowledge, and treat his spiritual development with full responsibility. After all, life passes very quickly. In the Harappan civilisation, people knew about this for certain, judging by the remains of their culture. Here is a picture of the seal print that you once mentioned as a symbolic outline of the meditation on the four Essences. Again, it shows a three-faced person sitting in lotus position. Above the head of the meditator in the area of “the thousand-petal lotus” chakran, there is a symbolic depiction of the lotus flower (the ancient Egyptians drew the flower the same way) and a schematic designation of the signs of Allat, “**AllatRa**”.



Figure 53. Seal with an image of the meditation on the four Essences (the Harappan civilisation; 3rd-2nd millennium BC; Indus Valley, South Asia).



And next to it, there is an inscription in the form of symbols and signs. And on the sides of the central image are the *four* beasts.

Besides, those are an elephant, a tiger, a buffalo, and one-horned rhinoceros! The elephant is shown as walking away to the side: this is a symbol of the Back Essence, of human's slow and strong past. The attacking tiger symbolises the aggressive Right Essence. The howling buffalo is a symbol of the Left Essence if we consider the symbolism of ancient India and Southeast Asia, where buffalo symbolises the supernatural power and the masculine principle. And the one-horned rhinoceros, according to the mythology of the ancient peoples of Indus, is a symbol of strength, insight, happiness, and a fearless creature of which even the tiger is afraid. That is, it is endowed with characteristics of the Front Essence. And it is no coincidence that the symbolism of one horn is depicted here.

By the way, you know, I was surprised to discover that seals of the Harappan civilisation had a common theme of a sacred mythical creature with one horn (scientists named it a unicorn) depicted next to the sacred (spiritual) symbols. For me, it was a very intriguing discovery, given all that you had told us earlier about this creature.

Rigden: The unicorn since ancient times has been one of the symbols of the Front Essence which helps a spiritually pure person to connect with his Soul and escape the circle of rebirths. It personified aspiration in only one direction – the spiritual one; and that is why it was endowed with qualities that are typical for a person in the course of his spiritual development: purity, honour, wisdom, strength, courage, and accomplishment of good deeds; it was also associated with powers of Allat - divine purity of the feminine principle (myths about the Virgin and the unicorn).



*Figure 54. **Symbol in the form of unicorns on a seal of the Proto-Indian civilisation.***

(the Harappan civilisation; 3rd-2nd millennium BC; Indus Valley, South Asia). The two unicorns on the seal (the neck and the horns are shown, indicating a helical (spiral) structure) with a circle in the middle, form a conventional symbolic sign of Allat with a circle (the “AllatRa” symbol); above it, there is a rhombic structure and seven large leaves (indicating spiritual transformation of the human being and his exit into the 7th dimension) as well as two small leaves on the sides of the rhombus. In the lower right corner of the seal is a rhombic sign with a sphere inside of it (the rhombus sign is a sign of transformation) also points at a person who has attained spiritual liberation and escape into the 7th dimension during his life (the 4 circles in the corners of the rhombus indicate his four Essences are fully controlled by him; the inner circle is depicted as a symbol of a six-dimensional world; this symbol indicates cognition of all six worlds by the person through inner cognition).

If we trace the history of symbols, we will see that the Sumerians, for instance, placed the unicorn’s image as a symbol associated with a circle (the Soul), which is interpreted by researchers as a “lunar symbol” as well



as an attribute of goddesses in the meaning of spiritual purity. The Assyrians depicted the unicorn on bar-reliefs next to the Tree of Life, and the Egyptians put the best moral qualities into its image. The Persians, according to their sacred knowledge, considered the unicorn to be the perfection, a representative of the “pure world” among animals (originally the four animals), and its horn as the only force that is capable of defeating Ahriman. Let us take the Old Slavic legends and epic tales recorded in the ancient Russian collection of spiritual songs called *The Pigeon Book* (the book that got banned by religious priests in the 13th century), in which the unicorn is referred to as Indrik-Beast (Indra). It has the following lines:

“Our Indrik-Beast is the king of all beasts,
And he goes, the beast, in the dungeons,
He crosses all the mountains of white stone,
And he clears all the creeks and streams.
When this beast leaps in joy,
Then all the Universe stirs up.
All the other beasts bow to this one beast.
And he never ever hurts anyone.”

Anastasia: Yes, I have come across these epic poems which describe the ancient people’s world view, including matters of cosmology, sociology, and spiritual knowledge. But I became interested in them after I’d started to understand their spiritual essence and learned how to separate the wheat from the chaff. For example, Indra is said to be living on the Holy Mountain; he eats and drinks from the Blue Sea, walks horn-like through the dungeons akin the sun in the skies. Considering that the Holy Mountain is the symbol of escape into another dimension, the water means the spiritual world, and the spiral-like horn, with which Indra “walks through the dungeon”, stands for astral travels by means of “tunnelling”, where the “tunnel” is often twisted into a spiral, then the book turns out to be quite fascinating!

Rigden: Had you seen the original version of these epic songs, which the ancestors of the Slavic people once



possessed, you would be surprised at the simplicity of the Truth and the spiritual Knowledge that was contained in such symbols. But, unfortunately, little of these tales has been left in the version that reached modern people. And it is not only because of the distortions that accumulated over the centuries of transfer of the Knowledge. Unfortunately, these epic stories were altered considerably when Christianity began to be propagated, and the “pagan”, originally Slavic beliefs began to be destroyed; in some cases, information was replaced while in others it was altered; some birch bark manuscripts with Old Slavonic records were burned completely altogether. This is when significant substitutions occurred with emphasis on the ideology of the Christian religion.

For example, previously, one of the epithets of Indra was “phar”, which in Old Russian means “a thoroughbred horse, jumper.” Ministers of the Christian religion took advantage of this, and the unicorn in their legend began to live not on the Holy Mountain from the Russian epics but on the Holy Mount Tabor in Palestine which in the Christian tradition is considered to be the place of Christ’s Transformation. But what I would like to say about the epithet “phar” itself. The ancient Slavs used the word in the meaning of a “stallion” in relation to Indra (the unicorn), and this is also a human interpretation of the Knowledge already. According to the original legend (which once was known not just on the territories inhabited by the ancestors of the Slavic people but also in Ancient India and Ancient Iran (the Zagros Mountains), the Front Essence, which was symbolically represented by the unicorn, was linked with the Farno, or, speaking in modern terms, the Grail. The Farno (Farn in the East) was defined as the shining principle, the divine fire that multiplies power, control, and might. It was mentioned that Farno helps the human Soul to cross the bridge which leads to eternal life. And now put all this together with the knowledge that you already have.

Anastasia: For me, this information, just like every meeting with you, is yet another discovery! Now it is clear,



first of all, why they put two wooden horse heads with a large solar symbol (circle) on the ancient Russian huts and shrines. By the way, this tradition was widespread not only in Russia but also among the ancient peoples of the Baltic and Europe. It turns out that besides the fact that it was a stylised **AllatRa** sign, it was also one of the ways to interpret the ancient sacred legend about the unicorn and the Farno. Secondly, if the legend has a common Indo-European root, then its echoes (and, consequently, the remains of the Knowledge) must be sought not only in the ancient Rus epic but also among the literary monuments of ancient Iran and ancient India.

Take ancient India, for example. The most popular Vedic character there was precisely god Indra. Translated from ancient Indian, the root of the word “Indra” means an indication of spiritual Power. Interestingly, it is mentioned that the ability to have many forms is inherent to this god and that it can turn into a horsehair. Indra himself appears in myths as the God of Heaven who is connected with rain (water), who releases rivers and streams and pierces channels (just like the Slavic unicorn Indrik). He is the “son of power”, “one who drinks soma”, friendly, and always ready to come to aid. And most importantly, it is Indra, according to the legend, who fights alone and conquers dragon Vritra (the demon of chaos), and his victory is equated to the victory of the dynamic principle (the powers of Allat) over stagnant chaos (the Animal mind), and it leads to structuring of the Vedic world of “wide spaces.” This battle is the central plot of the legend. If we consider that the ancient Indian “Vrtra” (Vritra) literally translates as “block” or a “barrier” and that Indra represents spiritual power, then, in essence, it all means overcoming the Animal nature, the spiritual victory of human over himself, his liberation.

Rigden: Besides, Indra is believed to be the Guardian of one of *the four cardinal directions*. There is also a reference related to the Knowledge about the structure of the world. In



particular that Indra rules over Svarga (Heaven); according to beliefs of the Hindus, it is a paradise located on the top of Mount Meru. And now recall that in the Slavic and Russian mythology, there was also god Svarog – the god of Heaven, heavenly fire, the father of Dazhbog and Svarozich. In the all-Russian chronicle of the beginning of the 12th century *The Tale of Bygone Years*, which was included in the Hypatian Codex, the following mentions of it have been preserved: “...сега ради прозваша и богъ Сварогъ... и по семь царствова сынъ его именемъ Солнце, его же наричють Дажьбогъ... Солнце царь, сынъ Свароговъ, еже естъ Дажьбогъ...” (“...for this cause, he was called god Svarog ... and his son under the name of the Sun ruled over seven kingdoms. He was named Dazhbog ... The king of the Sun, Svarog’s son, he is Dazhbog...” – *approximate translation from the Church Slavonic language, translator’s note*).

Anastasia: That’s right, it all has one and same root! After all, even if allegorically, but it speaks of seven dimensions and of man’s spiritual work on himself. Svarog, for example, being the embodiment of heaven, according to the epics, “in the darkness of thunderclouds kindled the flame of the heavenly fire (lightning).” And then, “breaking rain clouds with thunderbolts, he kindled the lamp of the sun extinguished by the demons of darkness.” If we take into account the fact that Svarog acts as the Front Essence here, the rain clouds are thoughts from the Animal nature, and the lamp is the Soul “extinguished by the darkness” of subpersonalities, then the old Russian mythology looks quite interesting.

Rigden: I should think so... Incidentally, *The Pigeon Book*, which explains the origin of the world, also mentions the Alatyr-stone. According to the legend, it is believed to have signs inscribed upon it that “speak” of the laws of Svarog, the god of heaven. According to the Old Russian legends, it is from under the Alatyr-stone that the sources of living water begin and carry sustenance and healing (creation), it is beneath this stone that the power that has



no end is hidden, and it is on the Alatyr-stone that fair maiden Dawn sits, who always wakes the world up from the night's sleep. Now put all this together with knowledge about the **AllatRa** sign, of the power of the divine creating feminine principle Allat and of its important role both in the processes of the development of the Universe and in the spiritual awakening of the Personality and its fusion with the Soul. Incidentally, in their spiritual tales from the old times, Allatyr is what the Slavic ancestors called the power of Allat emanating from God as well as the person who accumulated this power and increased it in himself with spiritual labour.

Anastasia: Yes, many things become obvious when you possess spiritual knowledge. You begin to understand not only yourself but also the single spiritual grain of different cultures. I feel sorry for the researchers who see only the material side of the issue even in the already mentioned image of the Harappan civilisation seal, which is so rich in symbols and knowledge. By the way, the image of this person sitting in the lotus position, with the four animals on his sides denoting the four Essences of the human being and a sign over his head, is presented in the scientific literature as an image of a three-faced god with flowers on top of his head and animals at his sides. And, according to their own descriptions, researchers came to the conclusion that this is a patron god of cattle and animals. That's what it means to see the world from the "material point of view", from the perspective of the Will of the Animal mind.

Rigden: Well, it takes only a wish to switch the dominant of the Observer and see the root of the issue. Knowledge recorded in symbols and signs has always existed, but it is only a spiritual seeker who can behold the Truth behind the veil of secrecy.

Anastasia: This copy has another interesting image. On the sides of the meditator are depicted the wild animals that are typical for those places; that is, they are clear



examples to those peoples which glaringly represent the four Essences. And under the “throne” with typical hooves, you can see domesticated animals – goats. In ancient India, the goat was a symbol of fertility, vitality, a guarantee of sustenance (meat, wool, and milk). The sacred Vedas mention that some Vedic gods ride on this animal; for example, Agni – the god of fire, sacrificial bonfire, and home hearth. But all that was already much later than the existence of the Harappan civilisation culture. Given the spiritual symbolism depicted on the seal as well as the location of the goats under the “throne with hooves” on which the person sits, all this symbolises that the meditator is above the domestic earthly attachments and that his spiritual concern exceeds his worries about the material world.

Rigden: Quite right. All these animals are merely associations, clear to the thinking of people of that time, which characterise peculiarities of spiritual knowledge, meditations, and the view of the world that is different from the three-dimensional world. It is nothing more than that. But people are prone to imitate. In the absence of primordial Knowledge, experience, and practice of spiritual practices, or simply from misunderstanding them, they begin to perceive associations from the spiritual teachings as material reality. Moreover, from their material mind, people make these associative images “sacred” and begin to worship them in the material world, thinking that this way they will achieve enlightenment and attain the “grace of heaven.” That is why history knows of incidents when Knowledge was distorted and interpreted from the perspective of the human mind: when spiritual teaching pointed out that “in order to be a part of the divine, it is necessary to kill the beast in yourself”, ignorant people took these words literally. As a result, bloody sacrifices of animals and people came about in the history of mankind, simply because of wrong or deliberately distorted interpretations of the remainder of bygone Knowledge by those who controlled the religious policies or influenced the formation of beliefs of this or



that people. Today, religions together with their sacrifices look somewhat primitive to eyes of the people of the technological civilisation. Since subsistence and survival of the human society as a whole do not depend on their political plurality and the worship show to various gods. Now, the material “god” of the majority of the living people is money, the way it used to be the goat in the family. But some time will pass, and the material priorities will change again, although they will not stop being material because of that... Look at what kind of associations must be used today to renew the lost spiritual Truth – comparisons to generally comprehensible scientific information, bringing up associations to the operation of a computer, equipment, and so on. If the majority of people do not change now in the spiritual aspect, it is quite possible that in the future, if a future comes for this human society, all this knowledge will also be seen literally by people, with a perversion of the spiritual meaning.

Anastasia: I can imagine what kind of slogans technological priests may use: “Sacrifice nano molecules of the latest selective modification to gods, and you will atone for your sins for the whole month. Believe in the mind of the world Supercomputer, and you shall be saved!”

Rigden: All this would be funny if it were not so sad. You may laugh at it, but people should give serious thought to this. The spiritual world is impossible to describe accurately – that world is completely different from the material world. But the spiritual world can really be felt by doing spiritual practices, overcoming your egocentrism, and opening a way to the world Eternal inside of you.

Anastasia: This is really so. The essence of the things you have said can be better appreciated only after you begin to discipline yourself, to work spiritually and practice daily... To conquer your Animal nature and spiritually liberate yourself has been the actual goal of all spiritual teachings since the Palaeolithic times. Another



thing is how people recorded this knowledge in contrast to the modern understanding of information transmittal. Again, in the Harappan civilisation, for instance, another interesting print on terra cotta was found. One side of the plate depicts a person seated in the lotus position (the Observer) having the corresponding meditative symbol over his head. And next to him, there is a person killing a buffalo (defeating his Animal nature). Over the buffalo, there is a lizard with six spikes on its tail. Of course, scientific books suggest that this is hunting, sacrifice, and so on...



*Figure 55. **Image symbolising victory over the Animal nature**
(the Harappan civilisation; 3rd-2nd millennium BC;
Indus Valley, South Asia).*

Rigden: By the way, the lizard is also an ancient traditional symbolic designation of certain spiritual knowledge. It was considered to be a mystical creature just like the snake, but, again, only because the life of this amphibian in the past was associatively compared to different spiritual processes. For example, its image was associated with the ancient past and the ancient structures of the brain as well as with the connection with water (the other world), the fact of presence or immersion (of the Observer and his entering into an altered state of consciousness through it), and penetration (tunnelling,



symbol of the Back Essence). The image of the lizard was also portrayed as a sign of wisdom, a warning of danger, and a symbol of changes.

Regarding this picture, it is not spikes that are shown on the lizard's tail, but merely a symbolic designation of mountains. It is in today's society that we are able to speak about dimensions, the multidimensionality of the world, and altered states of consciousness. In the distant past, however, this associative knowledge was expressed somewhat differently. For people who spent their whole lives surrounded by mountains, the difficult path of self-perfection and renunciation of their Animal nature (worldly desires as well as self-centeredness) was compared to ascending the mountain (overcoming yourself), and passing dimensions in spiritual practices to surmounting the first mountain, and after it a second one, and so on. For many peoples, the mountain is a symbol of spiritual elevation, connection with the supreme worlds, an associative image of connection with different worlds (for example, the earth and the sky, the earth and the underworld), and, respectively, the abode of beings of another world. Getting to "the other world" was only possible by overcoming yourself. But truth be told, because of such associations, when soulless empty material imitation began, the mountain began to be depicted as a place of sacrifice because it is supposedly "located closer to gods."

Anastasia: The pattern on the other side of this terracotta form is also interesting. It shows a smiling woman who has seized two "tigers" (the lateral Essences) by the throat and is standing above an elephant (symbol of slow, departing, strong past – the Back Essence). Her hair is like a symbolic image of 12 little rays. And over her head, there is a sign of the diagonal cross in a circle with crossed out lateral Essences, that is, a symbol of complete control over them. Researchers are at a loss as to interpreting the image because it is the only "Indus script" that depicts, in their opinion, "a spoked wheel above the head of a female deity."



Rigden: Ah, had there been more such “wheels” in the spiritual history of mankind, and not in theory but in practice, this humankind would then be priceless!

Anastasia: Well, considering historical artefacts, the lateral Essences were so tightly held “by the throat” and kept under control not only by the best representatives of the Proto-Indian civilisation who once lived in Asia. Similar symbols are also present in the sacred symbolism of ancient Egyptians (Africa), Indians of Ancient Peru (South America), Scythians, and Slavs (Europe). And, incidentally, later you can see a clear transformation of this ancient associative symbol of the lateral Essences into a corresponding separate symbol in the form of a staff.



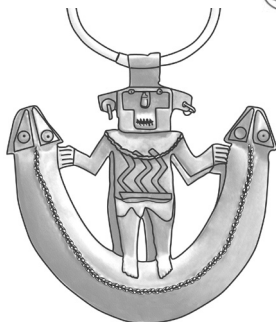
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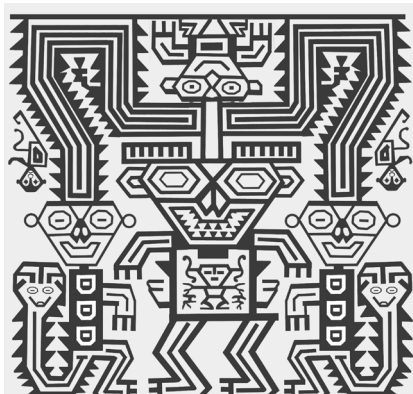
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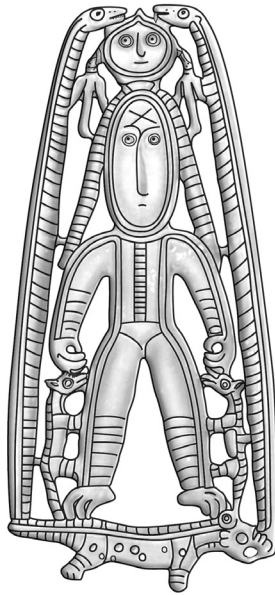
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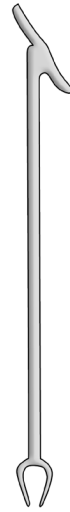
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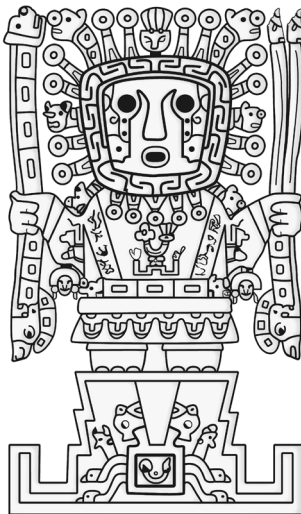
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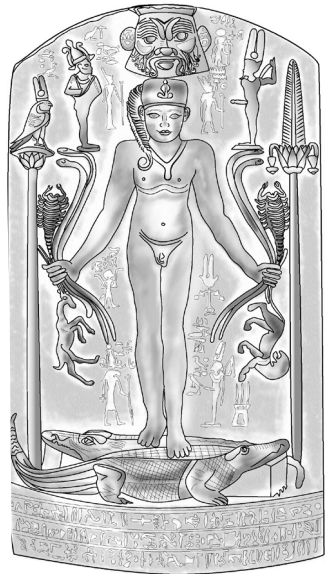
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Figure 56. **Symbolic notation of the spiritual control by man of his lateral Essences among different peoples:**



1) an image on the terra-cotta form: the ancient symbol above the head of a smiling woman who holds two “tigers” by the throat (the Harappan civilisation; 3rd-2nd millennium BC; Indus Valley, South Asia);

2) an image of the Scythian goddess Agrimpasa who was a part of the Scythian pantheon of seven gods (the 7th-3rd centuries BC; the Northern Black Sea region);

3) the ancient Egyptian sign “ankh” holding two mythical animals with hooves (relief in the Egyptian temple of Sobek and Haroeris; year 80 BC; the city of Kom Ombo, Egypt);

4) an old gold pendant of the peoples of South America in the form of a cube-shaped figure standing on a two-headed snake;

5) the sign of a victorious deity, the thunder god of the ancient Slavs – Perun (before Christianity, he was considered to be the supreme god in the pantheon of Kievan Rus of the 9th century AD); according to the legend, after Perun’s victory over a mythical enemy, waters are liberated (in the archaic transformations of the myth, a godly woman (Mokosh), who had been kidnapped by his opponent, is liberated), and heavenly moisture (rain) spills out;

6) a white stone carving on the south facade of the cathedral of Saint Demetrius (a monument of the Russian architecture; the cathedral was built in the years 1194–1197; Vladimir-Suzdal Museum-Reserve; Vladimir, Russia);

7) a rock painting (about 4th-3rd millennium BC; the White Sea coast; Republic of Karelia, North-West Russia);

8) a robe fragment of the Indian culture Paracas (5th-3rd century BC; Ancient Peru; South America);

9) an image of a Scythian Goddess on a bridle ornament – a golden equestrian headband (4th century BC; mound Large Tsimbalka, Zaporozhye region, Ukraine; the Hermitage Museum Saint Petersburg, Russia);

10) a slotted metal plate with an image of the Goddess (7th-8th centuries; an archaeological finding in Lake Chud, Perm Region, Russia; Cherdynsky Regional Museum named after Pushkin);

11) an ancient Egyptian sacred sceptre “Was” in the form of a staff with a curved tip and a forked bottom (a head and hooves of an animal); an attribute of the ancient Egyptian gods meaning control (power) over the Animal nature;



12) in the mythology of Northern American Indians, a symbolic image of a dragon-like serpent with feathers; myths mention that it symbolised storms; this dragon could only be defeated by the Great Hero who had moral purity and superior spiritual strength;

13) a demiurge in the Inca religion – Viracocha, the supreme deity of water and earth (he holds two serpents in his hand – one with seven “sections” of the body indicating seven dimensions, and the other one with three “sections” of the body and cloven hooves indicating the three-dimensional world and the Animal nature); (11th-14th centuries AD, South America);

14) the stele “Horus on the crocodiles” (3rd century BC; Ancient Egypt); Horus is depicted naked as a symbol of purity and not being burdened by material desires on his journey through this world (importance of control of one’s Essences is indicated here as well as domination of the non-material values in the human life).

Rigden: Yes, who could have imagined back then the scale this “transformation” coming from the human mind would take... The symbol that once personified spiritual control of the human being over his lateral Essences (and consequently, the possibility of spiritual development and liberation from the material world), came to be used as a symbol of power over people after loss of the spiritual component because of foolish human imitation. Priests of different religions, magicians, monarchs, kings, tsars and emperors made a material symbol of their all-embracing power and rule over nations out of the staff and the sceptre. By the way, the Greek word sceptre (“sceptra”) and the Latin “sceptra” mean “a staff, support.”

No one remembers anymore why, in fact, this ordinary stick, for possession of which people would sometimes kill each other while striving for power, was endowed with such symbolism as an attribute of “gods of Heaven”, an intermediary between God and men (kings and their servants) and a guarantor of peace and justice? Why was it considered to be a symbol of additional abilities for its bearer and of supreme power in the meaning of “as you wish”? Why did it serve for different peoples as an attribute of death and



resurrection, victory, purification and rebirth, a symbol of heavenly patronage, an attribute of a Bodhisattva, and an indicator of the path? Why did those ancestors who had this symbol depicted beside them have spiritual authority among people in the old days?

Anastasia: That's true. After all, people in ancient Egypt seem to have still known about the spiritual meaning of symbols. The Egyptian triple sceptre, for example, consisted of a whip which symbolised power over matter (the Left Essence), a rod with a hook meaning control of the senses (the Right Essence) and rings – the dominion over one's own thoughts. Of course, this understanding was lost also in Egypt over time, but still, information about the symbols which recorded the old Knowledge has partially reached the present day.

Even today, the artefacts of ancient Egypt astound by their informativeness in terms of spiritual knowledge. Take, for example, the serpent biting its own tail, with 72 rings (body “chains”). Incidentally, I also brought with me drawings with images of adornment of the Harappan civilisation which were discovered by archaeologists. On the territory of the excavation site, they found many terracotta bracelets and rings made in the form of a snake biting its tail, so to speak, the ouroboros of the Harappan civilisation, which testifies to the antiquity of this symbol.

Furthermore, another interesting thing was found: either a ritual belt or a necklace. But what is interesting is its description: it consists of 42 long beads of the carnelian gemstone, 72 bronze spherical beads, 6 bronze beads, 2 bronze crescent-shaped end beads and 2 hollow cylindrical ends also of bronze, and 42 long beads of carnelian! Thinking back, the ancient Egyptians had exactly 42 moral commandments, of which the Jewish priests borrowed only ten to create their religion. These are interesting comparisons. Obviously, this was common knowledge in the ancient world, it's just that, at different times, every nation attributed these commandments to their gods.



Apparently, the fact that these 42 beads were made of carnelian is not a mere coincidence either. In the Neolithic Age, this precious stone was widely used to make various products. It was well known in the states of Mesopotamia, ancient India, ancient Egypt, and among the peoples of ancient Europe, ancient Asia, and ancient America. It was also known in Rus, and it was mentioned in *The Anthologies of Svyatoslav*. A variety of ritual ornaments, amulets, talismans, and ritual objects were made of it. I read that in ancient Egypt, the carnelian was linked to different characters personifying a living Soul and protection in the afterworld, and it was associated with the forehead chakra and clairvoyance. People also knew of its healing properties...

But the most interesting thing in the Harappan ritual adornment is that there are exactly 72 spherical beads, 6 bronze beads and 2 crescents... Given the knowledge of the 72 dimensions of the universe, the six-dimensional structure of the material world, in which the human energy structure is located, and also of the main signs of Allat in the form of the crescent, it may be noted that there existed a rather interesting way of recording and transferring information even via such ritual adornments.

When you possess spiritual Knowledge, you really look at the world with a different, more global view and understand more than what is offered by the material system of values. After all, if you think about the question, why would a human being need such a complex structure with a multitude of adaptive mechanisms, interconnections, an amazing wave structure, and a unique brain capable of operating in different modes and altered states of consciousness? The answer is simple like any truth: because the person has a prospect of spiritual development. Otherwise, he would be no different from any other animal.

Rigden: The greatest value is not in the material acquisitions, but rather, spiritual Knowledge, thanks to which both human and the society can perfect themselves, developing overall. The spiritual knowledge was present in human society from the beginning. It is just that before, just



like nowadays, conditions for the human choice remained: some people delved more deeply into them because they strived to liberate their Soul while others did less since they could not cope with their Animal nature and chose the temporary instead of the eternal. Naturally, this Knowledge had to be renewed from time to time in the human society and adapted for different peoples, by taking into account associations that were understandable to them. That is why we have such a variety of legends, containing one and the same original information. But I repeat: The Knowledge about the tools for human's spiritual perfection was present from the beginning. This can be traced by the most ancient symbols and signs which have already been mentioned in the conversation.

Anastasia: This is an undeniable fact, it is enough to just look at the main ancient signs which symbolise the spiritual world and man's complete spiritual liberation.

Rigden: In this regard, I would draw special attention of the modern mankind to the **AllatRa** sign. Its original portrayal is an empty circle which is edged underneath by a crescent with horns pointing upwards. It is one of the 18 original most ancient working signs. The name of this sign, **AllatRa**, speaks of the quality of its power. The fact is that at the dawn of mankind, thanks to the primordial Knowledge, people knew about the One (of the One Who created everything), denoting His manifestations by the sound Ra. The creating power of Ra, the divine feminine principle, the Mother of all, was initially called Allat. Hence, the people initiated into the spiritual Knowledge started calling this original sign **AllatRa** a symbol of the creating power of the One Who created everything. By the way, in the ancient times, this information about the sacred Primordial sound was attributed to the sacred knowledge about the world order of the Universe in the context of information about the human being as a complex object of this world, who is also unstable in his choice. But the modern people at best associate the sound Ra only with ancient Egyptian myths about god Ra.



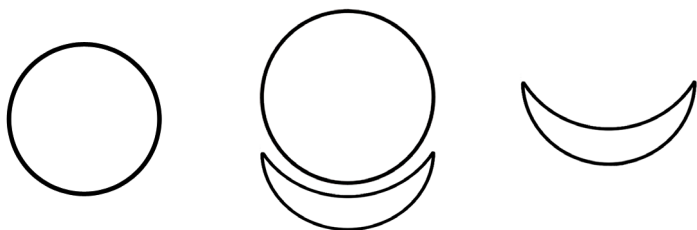
Nevertheless, the **AllatRa** sign as a conductor of the creating power of God has been used by people since ancient times. It remains constantly active and interacts with the visible and the invisible world and influences the human energy structure, regardless of whether the person understands this or not. Still, the main effect of the sign rests on the human choice. If Spiritual nature dominates in the person, this sign influences him as additional spiritual power. That is, the sign comes into a kind of resonance and strengthens the creating spiritual power of the person. And if the person is dominated by the Animal nature, this sign remains neutral in relation to him. A negative person is usually fuelled by entirely different signs which work to activate the material Animal nature. The **AllatRa** sign manifests its influence (the creating spiritual power) the most in a group of people who really work on themselves in each day and join forces in collective spiritual practices (prayers, meditations, and so on).

Geliars, or, as they were allegorically called, for example, in the Middle Ages, the “true warriors of Light of the Lord’s army”, have always tried to introduce this sign to the masses, thus providing help for centuries to the people of new generations who truly followed the spiritual path. In the ancient times, religion was the best way to promote this sign. Even though it was an institute of the priestly power invented by people, it was founded on the grains of true spiritual Knowledge (which had once been given to all in its entirety) as well as on the people who truly walked the spiritual path. The latter were not that many, but it was they who introduced the spiritual symbols and active working signs into the images and attributes of different revered gods. However, those who served the Animal mind inculcated negative signs (which activated the material) into the masses through religion just as diligently.

I have already said that the **circle** is a symbol of the Soul and also one of the **symbols** of manifestation of a spiritual Being from the world of God. And **the symbolic sign of the crescent with its horns pointing upwards** is a symbol of the person who liberated himself spiritually already during his lifetime. **The AllatRa sign** was also used to describe



the one who has come from the spiritual world (the other, the supreme one) into this material world, renewing the lost primordial Knowledge.



***Symbol of the Soul
and of the world***

***The AllatRa
sign***

***Symbolic sign
"Allat"***

Figure 57. The AllatRa sign and its components.

I would like to draw your attention to the fact that the **AllatRa** sign is a working one (pure) exactly in this form, that is, *an empty circle over an empty crescent with horns pointing upwards*. If any images or conditional signs were placed inside the circle or the crescent, the sign ceased to be working (pure) and became only an informative symbol just like any book where you can read general information. Why did the sign cease to be working in this case? Here, it is pure physics. It is just that upon filling the Emptiness with anything, any image, let us say, quantum interactions of the sign with the world get disrupted. More specifically, a sign with a filled in circle or a crescent, interacting with other dimensions out of its second dimension, while transitioning through ezoosmos, will already be perceived in other dimensions (including the third one) as nothing more than a picture, carrying information – a symbol.

Anastasia: In other words, in this case, it will serve only as a symbol and not as a working sign.

Rigden: Correct. Perhaps, I shall try to clarify for people the difference between a working sign and a simple symbol. A working sign, figuratively speaking, can be compared to



an empty bucket which the Observer lowers into the well (activates the sign), gets water (power) out of it with the bucket and then drinks it himself (fills himself) or gives it to others to drink (empowers), or waters his garden (activates a geographical location) which in the future will bring the corresponding fruit (spiritual activation of Personalities who will stay in those places even in the distant future). But if the bucket, which he lowers into the well, is not empty but is filled (an informative symbol, not a working sign), then it becomes meaningless because you will not get water with it. I would even say that it is the same thing as if this bucket would have no bottom; in other words, what you lowered down is what you take out – without any result...

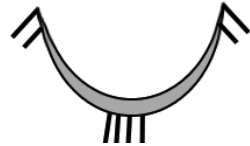
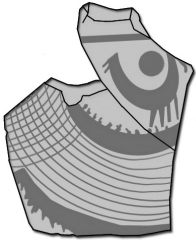
Anastasia: Perhaps, it should also be noted that the working **AllatRa** sign is one of the most powerful signs, and it has often been used by people who walk the spiritual path. Most interestingly, one cannot obtain power from it unless the Personality is in the position of the Observer from the Spiritual nature, in contrast, for example, to the star sign.

Rigden: The **AllatRa** sign works in dimensions above the sixth, and this puts it in line with those few unique working signs, accessible to a person in this world... So, the **AllatRa** sign is a truly powerful sign which allows you to save and multiply the powers of Allat in yourself, the power that comes from God himself and is directed at actual creation, that is, to the implementation of His plan. That is why, in the sacred sense, this sign is considered to be the embodiment of the power of God through Allat.

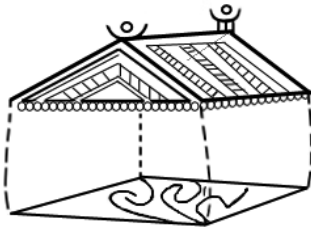
Anastasia: AllatRa, both as a working sign and as a symbol with a filled in circle and additional notations indicating specific Knowledge, has been used as cryptography about spiritual practices or Teachings at different times by different peoples. Examples of this can be found if one familiarises himself with the corresponding archaeological artefacts, monuments of art, writing systems of the already mentioned ancient cultures of India



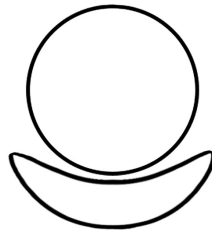
(the Harappan civilisation), the Tripolye civilisation, the Sumerian civilisation, Ancient Egyptian, original cultures of the ancient peoples of Siberia, and so on. Archaeologists find these symbols in rock inscriptions, on ancient prints, stelae, clay tablets, amulets, ritual utensils, clothing, and in the frescoes of ancient “sanctuaries.”



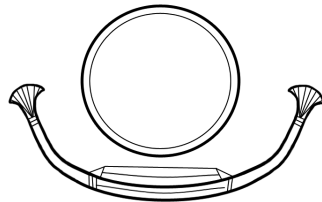
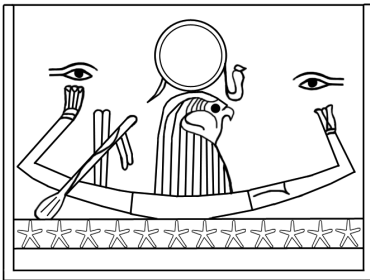
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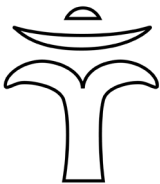
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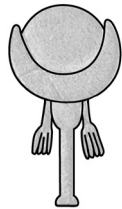
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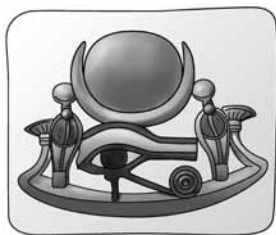
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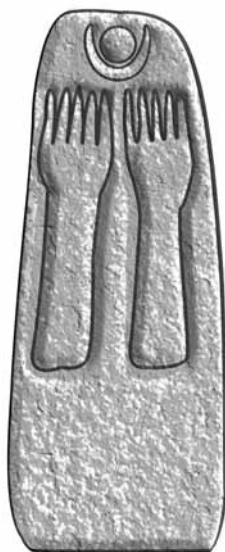
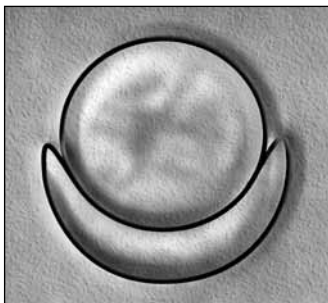
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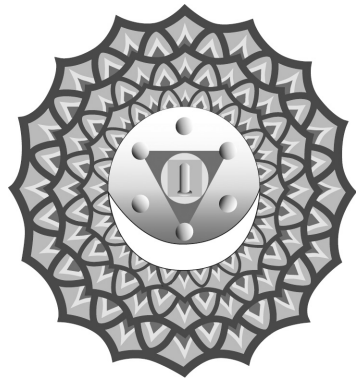
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Figure 58. The AllatRa sign and its symbols in the cultures of ancient Europe, Asia, and Africa:

1) archaeological findings with images of “a sun boat with a circle” (this is the AllatRa symbol since the crescent is depicted with additional elements) on fragments of ritual dishes of the Tripolye civilisation (Ukraine, Eastern Europe);

2) a clay square plate with an image of a house crowned by the AllatRa sign (the Eneolithic cultures of the Balkan-Danube region; findings near town of Ploudiv, Bulgaria);

3) a working AllatRa sign in Minoan culture (2nd millennium BC; Crete);

4) an image of the AllatRa sign in the sacred stories of ancient Egypt in the form of the sacred “sun boat” (Allat) and god Ra (in one case, with a falcon head crowned by an empty disk; in the other case, in the form of an empty disc itself appearing as one of the images of Ra);

5) AllatRa symbols on the artefacts of a) the Hacilar culture (5th millennium BC); b) the Apennine culture (2nd millennium BC); c) cultures of the peoples of the Roman Empire (year 200 AD);

6) the AllatRa sign in the symbol of the panto-Semitic deity Baal worshipped in Phoenicia, Palestine, and Syria;

7) the AllatRa sign on a fragment of a pectoral pendant found in the tomb (shrine) of King Tutankhamun; on the fragment, there is an image of Wadjet (“Eye of Ra” or “Eye



of Horus”) on the solar boat of Ra (end of the 2nd millennium BC; Ancient Egypt);

8) a fragment of the frieze from Marib (5th-4th centuries BC; southern part of the Arabian Peninsula) – the Venus disk (Astar) over the sickle moon;

9) the AllatRa symbol in the impressions of the Akkadian and Assyrian seals;

10) a central stele with the liberation; the AllatRa sign on a stele circa late Bronze Age found among the ruins of the ancient Canaanite temple of the god of the Moon during excavations in the city of Hazor (Upper Galilee, today the north of Israel);

11) a traditional image of the ancient Egyptian goddess of the Sky and Love – Hathor (in the original legends, the daughter of Ra) on the stone reliefs of sacred temples of Ancient Egypt with the AllatRa symbol on her head;

12) a story on a plate with an image of a royal hunt dating back to the Sassanid era (7th century AD; Persia);

13) an example of an image of AllatRa as a symbol (with a filled in circle) – a symbolic graphic representation (yantra) of the Sahasrara crown chakra (“the thousand-petal lotus”) located on top of the head; it is used in meditative practices in Hinduism, Buddhism, and other schools of India.

Rigden: This simply points to the fact that at all times there have been people who possessed sacred Knowledge about the original working signs.

Anastasia: Moreover, you can clearly trace where an **AllatRa** symbol was placed and where it was namely the working sign.

Rigden: Speaking of symbols... There were different symbols based on the interpretation of the **AllatRa** sign. Some of them indicated additional explanations that were understood by people initiated into this Knowledge, while other symbols are variations from the people who tried to strengthen that which was already strong or to additionally highlight certain significant points. Examples of such



symbols based on the **AllatRa** sign are crescent with horns pointing up over which stands either a circle with a cross inside it, or a star, or a symbolic representation of a face, and so on.

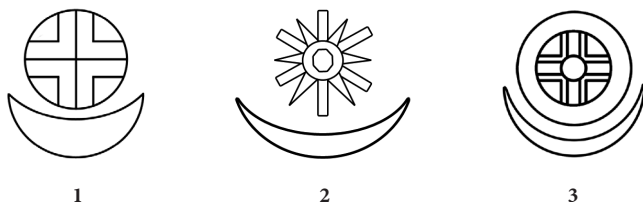


Figure 59. **Examples of the AllatRa symbols:**

- 1) symbol of the Persian culture (6th century BC);
- 2) symbol of the Sumerian culture (3rd millennium BC);
- 3) an Assyrian artefact of the Sun god Ashur and the Sumerian Moon Deity Sin.

The people who had no idea about the true meaning of these symbols would associate them with the Sun or the Moon and regard them simply as an attribute of this or that deity. But for people armed with Knowledge, these symbols were like a hint, a clear message from the past from those who had applied these symbols. For example, let us take the symbol of the crescent with horns pointing upwards, above which a small circle is inscribed into a larger one, and the small circle has a cross with an empty circle in the centre of it. This was a symbolic representation of spiritual Teaching introduced into this world by a Being from the spiritual world (the symbol of the latter is the **AllatRa** sign). The small circle enclosed in the large one symbolises people who are united by this Teaching (a circle of followers). The equilateral cross is a symbol of the human being, and the empty circle in the centre of the cross, in this case (coupled with the overall symbol), indicates not just the Personality. This indicates a Human being who has attained spiritual liberation (the fusion of his Personality with the Soul) through this Teaching, yet one who had stayed to help other people who are walking the spiritual path.



Anastasia: Yes, this is a real spiritual feat: to achieve spiritual liberation, but have the courage to stay here in this harsh material world in order to serve as the Conductor of the powers of Allat... There is another interesting point related to the mentioned symbols. **The AllatRa symbol**, as a rule, was a characteristic of female goddesses. Among the most well-known ones is, for example, the sign of goddess Al-lāt (“the Mother of Gods”), who was revered by the ancient Arabs in the pre-Islamic times. Back in those days, a crescent with horns pointing upwards, indicating a connection with the spiritual world, as well as a circle (which people interpreted as a symbol of the moon) was placed above her symbolic image. Sometimes the crescent would be painted with sun rays as a symbol of movement in the spiritual direction.

Rigden: It is not surprising that the **AllatRa** symbol was connected precisely with female goddesses. The fact is that throughout the history of mankind, so far, only women have become such spiritual Guides, perhaps because they have a maternal instinct in the sense of spiritual care and Love for people. Although, both women and men can be Guides. It is just that men, once they attained spiritual liberation and as soon as the supreme realms were opened to them, quickly left this material world, as they say, without delay and empathy for the fate of the people left here.

Anastasia: It is funny how, even in such matters, women will be women and men will be men... I wanted to share some other findings related to Allat. In the Knowledge which you told us about and which I recorded *in the Sensei-4 book*, you mentioned the fundamental importance of the Allat time which lasts **12 minutes**, or, to be more precise, **11 minutes 56.74 seconds**. I stumbled upon information about a temple of the reign of Pharaoh Ramses II, which was carved out of a cliff in Egypt near the Nile River. In the 1960s, due to the construction of a dam, it was relocated 65 metres higher than the previous location on the same cliff. So then, twice a year, the following optical phenomenon can be observed there: on February 22 and October 22 at



exactly 6:00 am, the first ray of the sun enters the temple through the common entrance and reaches the cult niche of the sanctuary. Then the beam lingers on the statue of god Amun-Ra for 6 minutes and illuminates the statue of Ramses II all of 12 minutes. Notably, on February 22 the light falls on his chest, and on October 22 -- on his crown.

Rigden: People love to record their significance even in a piece of stone and to use spiritual Knowledge to satisfy their pride.

Anastasia: Unfortunately... So then, regarding the symbols. A crescent, as you have mentioned, was often painted with a star instead of a circle. But the star could be five-pointed, and seven-pointed, and eight-pointed, which was drawn as either a geometric figure with pointed projections or simply as rays radiating from the centre.

Rigden: In essence, a star over a crescent is strengthening of what is already strong: this is Allat in Allat. However, such designation is also used as an additional indication of one of the powers of Allat. From ancient times, many-pointed stars have also had their own peculiarities in the interpretation of their symbolism. The seven-pointed star is a symbol of the seventh dimension. The eight-pointed star is a symbol of the rhombus (a cube set on one of the corners as a symbol of human's transformation into a spiritual being, escape into the spiritual world). And **the five-pointed star** is a *working sign* associated with the powers of Allat (manifested at the level of the fifth dimension); it belongs to the group of positively working signs. But such subtleties are only understood by people who work with signs in the invisible world.

The five-pointed star sign activates a sense of justice and hope for the future in a person (at the subconscious level) and also encourages people to unite. But unfortunately, these unique qualities of the sign have often been used and continue to be exploited by people serving the Animal mind. This is, of course, a weak force compared to the **AllatRa** sign, but nevertheless, upon its massive use, it gives a certain



result connected with a particular influence on people and a change of events in the three-dimensional world. In the case of a five-pointed star, no matter if it is pointing up or down, it will still be a sign of one of the creating power of Allat. The only question is what this additional power is spent on, or rather, where it is redirected by people who get it.

Anastasia: Indeed, the five-pointed star has been used since ancient times in different forms of rotation. Its oldest image (if we speak about the artefacts known to this date) is thousands of years old, and it was found in Asia Minor in the culture of which we have already spoken. In the Neolithic era, the sign of the five-pointed star was placed above the head of the Great Goddess as her symbol. And among the ancient Egyptians, the five-ray star stood for a “deity.” Images of the five-pointed star above the head of a bull as a sacred animal are known in some ancient beliefs. At that, the sign of this star was used both with the top pointing down as a positive spiritual symbol, containing elements of the sign of Allat (the central triangle pointing down as a symbol of the divine creating feminine principle) and with the top pointing up, in the same semantic interpretation.

Since ancient times, the star has served as the symbol of victory of the spiritual nature over the material one. In mythology, it was used to designate the union of Heaven and Earth. This sign was popular among the peoples of ancient Europe, Asia (especially the Sumerians and the Persians), Americas (the aboriginals – the American Indians), and others. And judging by the magic rituals of this or that peoples, it was one of the most commonly used symbols. The sign of the five-pointed star was painted on amulets to protect against the forces of evil. Thanks to the Greek language, this star is known today as the “pentagram.” In the modern world, the five-pointed star appears as a symbol of many states. Obviously, because the Knowledge was lost, its image began to be interpreted from the human mind in esoterics, and this star with the top pointing up is considered as a sign of the “White Magician” while a star pointing down, as a sign of the “Black Magician.”



Rigden: Such a differentiation is truly an interpretation from the “human” mind. But it appeared because the creating power of Allat, which is accessible through this sign, was used for negative purposes. The sign of the star only gives a positive impetus, a surge of energy to some change. And where it is later directed by people is a matter of human choice. Here is a simple example: throughout history, the sign of the five-pointed star was often used to achieve revolutions and stage coups. The star encouraged a positive surge in the masses, it gave motivation and inspired to action while stimulating a yearning for the better in people in terms of their inner disposition. That is why people went for these transformations in society with faith, a positive attitude, a hope for a better life and future, with a desire to find the long-awaited Freedom. This is exactly the manifested effect of this sign on the masses. But where to and with help of what directives was all this power redirected by the leaders of such coups? Naturally, towards the power of the Animal mind which substitutes the notions of people’s spiritual aspirations with the implementation of its material programmes. So it happens that in coups and revolutions, people try to overthrow one tyrant in the hopes of gaining their own Freedom, but instead they “elect” another tyrant without realising that nothing of what they expect will change in their lives and that there will be no Freedom of which every Soul dreams. Such substitutions from the Animal mind are not understood even by those who stage these mass “shows” by making use of tremendous human resources (power). People waste their unique power of attention and time, ultimately to strengthen the power of the Animal mind in the material world in which they are to live, even if for a short time. And the greater the power of the Animal nature, the more they forget about their Spiritual nature, losing the true understanding of real Freedom and the meaning of their lives.

Anastasia: Yes, when the original spiritual Knowledge is lost, there is no understanding of what we are doing and what we create for ourselves with our choices.



Rigden: People should take a closer look at history and the world around them. First and foremost, to understand the mistakes of the past and the present and, therefore, not to make them in the future, to determine the vector of their lives and approach this issue with an already in-depth understanding of themselves and society in which they live.

Anastasia: It is for good reason that they say that Knowledge is power! In this regard, I would like to come back to the conversation about the primordial spiritual practices. In particular, I would be very grateful to you if you told the readers **about the Pyramid meditation** which is classified among the fundamental spiritual practices. I hope this meditation will help people, just like it helped us in our time, to comprehend reality, get a personal spiritual experience in knowing your own Soul and, thanks to the deepest feelings, reach an understanding of what true Freedom really is.

Rigden: Can do.

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



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

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

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

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

Anastasia: I agree with you, people are different, and while some quickly grasp the essence, others need time to figure everything out in more detail. But more often, people simply lack the basic knowledge about themselves and the



general mechanisms of the brain's function in different states of consciousness. I know that you possess unique knowledge in the field of neurophysiology and functioning of the human brain. Could you elaborate on the topic of altered states of consciousness, or at least orient the readers in publicly accessible information, or share knowledge that can be made public?

Rigden: Well, perhaps, solely within the limits of the modern scientific understanding of the functioning of the brain so that it might be clearer to people what is meant and in which direction one should conduct one's research. As is it known, the functioning of the brain is associated with electromagnetic waves. The brain can operate in different modes, each of which is characterised by a certain psychic and physiological state of consciousness. The human being as a Personality, thanks to concentrating his attention, can control several such states of consciousness. In everyday life, he is most often in one of the states which in the scientific circles is called the awake state. Scientists, while measuring the brain's electrical activity over time, conditionally indicate **the state of active wakefulness** as beta-rhythm (β -rhythm). Its frequency range is from 14 to 35 Hz, and the voltage is 10-30 mkV. Beta waves are regarded as fast waves and they are low-amplitude vibrations of the overall (total) potential of the brain. On the EEG, the waveform resembles, relatively speaking, "triangles" with pointed tops. Beta rhythm is generally recorded during the functioning of the brain's frontal central regions. However, when a person pays attention to something new, unexpected, to any information that he hears, intensive mental activity, or a powerful emotional excitation, this rhythm grows and can spread to other parts of the brain. Beta rhythm is typical of the brain's functioning when a person works mentally, is emotionally stressed and under the influence of various irritants.

All in all, it should be noted that such a notion as fatigue is not typical for the brain. You must simply understand how it works, switch from one activity to another in time, and be able to change the quality of the states of



consciousness at the right time. Everyday life constantly involves a person's psychological self-tuning, upon which, incidentally, also depends the overall condition of the body. Throughout the day, a person is influenced by different external factors, such as, for example, sound and light, not to mention the effects of the invisible world. All of them are everyday irritants which, one way or another, affect physiological and other biological processes of human life.

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

Anastasia: Thought discipline opens great opportunities for a human being. In the state of meditation, he can control those mechanisms of his complex energy structure that are not accessible in other states (including the awake state). Naturally, when performing a meditative technique correctly, he observes a spiritual surge, insight, development of intuitive knowledge, as well as "side effects" of such work: a burst of energy, good mood, and increase in creativity which, in turn, has a positive effect on the person's general state.

Rigden: Absolutely. All these mechanisms must be understood. Attention in a meditation is like electric current



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

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



to the surrounding world in this way and not otherwise. The person begins to understand why he succumbs to these external provocations and how he should divert his attention from his multiple egocentric desires, instances of resentment and aggression of the Animal nature, how to switch it to the Front Essence and the deepest feelings emanating from the Soul, and abide on the spiritual wave. So when the person does such work on himself on a daily basis without giving any concessions to his Animal nature, then a completely new level of perception opens for him in meditations. He begins to understand what a meditation is and to go deeply into this process, which is unusual for him. The person learns to stay in a completely different state of consciousness, which is different from the awake state and sleep, that is, to sense in practice this difference between the states of consciousness, to understand the world through the deepest feelings and intuitive Knowledge, which is not a product of logic.

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



feelings are a completely different quality of perception and a totally different comprehension of the all-encompassing Knowledge, it is that which people call enlightenment.

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

Rigden: Undoubtedly, that is so. The Animal nature lulls the Personality into different illusions, wrapping its consciousness with a thick, misty veil of the material existence. This fog can only be dispelled by the personal spiritual growth of the human being when he, thanks to the experience gained, begins to understand what the true reality is. Figuratively, the process of man's spiritual growth, his self-control, and self-perfection can be compared to creating conditions for the growth of a tree seed planted into the ground. The seed, as a part of a fruit that once matured in the atmospheric environment (the sky), is conditionally the Soul. The earth is external earthly conditions for the Soul, that is, our thoughts and actions in the material world. What conditions we create for ourselves (whether we have a drought, freeze it, let too much moisture into the soil, or create normal conditions for the seed to grow), let us put it this way, for our spiritual development, so the result will be. After all, if you do not look after the seed,



it can die, and there will be no tree or fruits from it. And if you take care of the seed, it has a chance to sprout out of the ground, force its way into the open air, where it will experience the influence of another environment, which is completely different from earth. But at the same time, it will still retain its roots in the earth, continuing to feel its effects, even though not as much as before, but in its new quality. In other words, during the person's life in three-dimensional space, the Personality has the ability to develop spiritually and achieve fusion with the Soul, therefore, to escape into Eternity. Of course, the "seed", "earth", "tree", "sky", "perception", "development" – these are all words of human associations because, as you have rightly noted, in practice, when the person really starts getting to know and perceive the other world, he understands much more than can be expressed in words.

So, meditation is a tool with which the system of, figuratively speaking, the spiritual navigation of the complex human structure turns on. This helps to coordinate the direction of movement towards the ultimate goal (spiritual liberation), avoid different deviations along the route, and achieve a better quality of notion. And since a human being is a living energy structure, it evolves as a result of use of such precise instruments, thanks to the spiritual development of the controlling operator itself – the Personality.

Anastasia: Yes, in contemporary science, there is still a lack of understanding of the importance of processes which occur in meditative state

Rigden: Well, scientists are still considering meditation itself as a state of "calm wakefulness"; in the human brain, they observe a peculiar frequency rhythm, alpha rhythm, which is apparent primarily in the back part of the head (the area near epiphysis (the pineal gland)), using the technology available to them today. Conditionally, it is assumed that alpha rhythm corresponds to the rhythmic oscillations of the potential with the frequency of 8 Hz to 13 Hz (the average amplitude of 30-70 mkV). Although in reality, this range spans from 7 Hz to 13 Hz in meditation. We must



also understand that when a person has thoughts and pays attention to them, this rhythm reduces the amplitude of oscillation, that is, it weakens or disappears, and is replaced by a different rhythm.

Anastasia: From 7 to 13... These numbers are quite interesting, especially if you make certain comparisons. Interestingly, 7 and 13 are significant numbers in mythology of many peoples. In the symbolism of the secret knowledge, figure seven points at the seventh dimension, which is spiritually important for humans. In mythology, it was associated with the description of the idea of the Universe, it was used as the main numerical value for describing the world tree, the complete number of divine pantheons, and the universal characteristic of almost all that is counted in the mythological space among different peoples of the world. Interestingly, while doing certain spiritual practices, sometimes the meditator will observe the processes and phenomena which are reflected as associations in the basis of certain myths. Apparently, in the ancient times, in order to somehow convey their spiritual experiences to future generations, people would capture the most important moments through associative images in myths, legends, and parables.

Rigden: You have absolutely correctly pointed out that in certain meditations, let us put it this way, an unusual structure of this world opens up to people. How can it be explained to those who do not know about the existence of processes in the invisible world? Only through the associations which listeners can understand. Ultimately, the world's mythology is an attempt by people to record the knowledge of the visible and the invisible worlds, information about the past, and the spiritual experience of mankind in associative forms, which are clear to future generations.

Anastasia: And number 13?! Besides the fact that it stands for a full circle of power ($12 + 1$), it also serves as a special number, for example, in space geometry. You once mentioned the direct connection of geometry with physics



in the course of a conversation about the spatial geometry of the Universe. Back then, you mentioned the knowledge of geometry that was once given to people a long time ago, including the knowledge about semi-regular polyhedra in three-dimensional space.

Among these are the so-called nowadays 13 Archimedean bodies. You know, surprisingly, we studied this topic a long time ago while still at school. I vividly remember this definition: semi-regular polyhedra are the polyhedra, all the facets of which are regular polygons while the polyhedral angles at the vertices are symmetric. But only many years later did I start looking at this knowledge, after your story, from a completely different angle, with an interest of a researcher. It still does not go out of my mind in what a complex sequence, harmonious in the sacred meaning, you then placed the 13 Archimedean bodies!

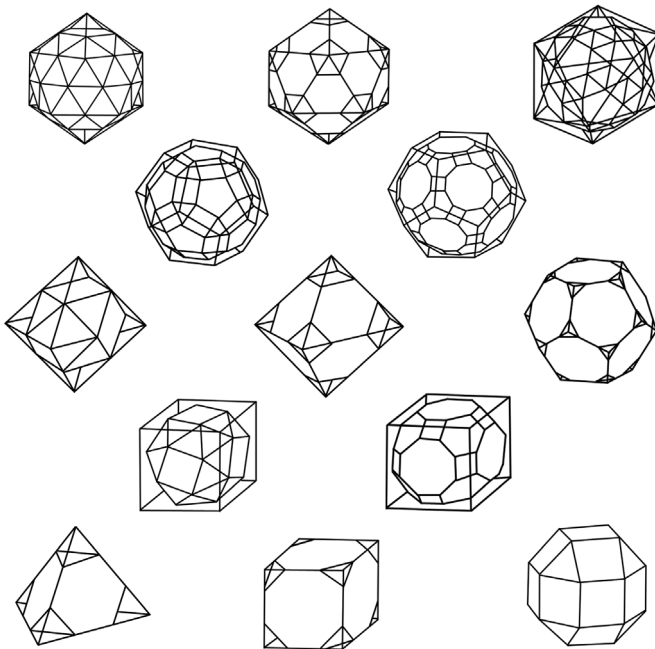


Figure 60. The primordial arrangement of 13 semi-regular polyhedra.

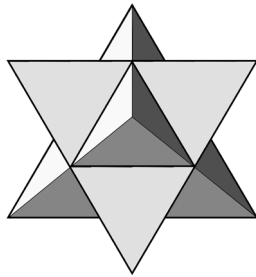


After all, all the basic symbols and signs are observed in this order as well as the outline of the general figure in the form of the diagonal cross consisting of the bodies themselves, moreover, the four Essences and the centre are marked. There is an evolution from simple forms to more complex ones. People, on the other hand, place these semi-regular polyhedra in a slightly different manner, referring to the fact that they were mentioned in the works of ancient Greek scholar Archimedes. But today it is no secret that the discovery of this knowledge is only attributed to his name. As a rule, there is a link typical for such cases, saying that the evidence of the given ancient scholar on this issue is lost. I got interested in how he was able to know about these 13 figures?

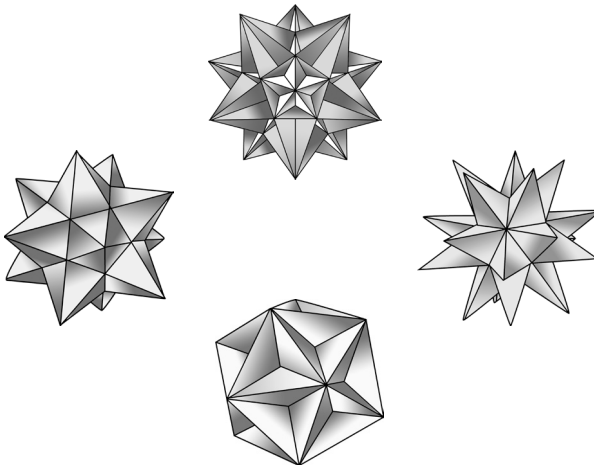
Archimedes came from a noble family and independently studied different sciences, including geometry. In the largest cultural centre of that time, the Egyptian city of Alexandria (which was then under the dominion of the Greeks), as is known, the famous library of Alexandria (Mouseion at Alexandria) had already been founded by that time. It was a higher educational institution of international importance, and unique ancient books (scrolls) from different countries were kept there. It is known that Archimedes worked there afterwards. I did some research in historical sources where such knowledge about polyhedra and spatial figures was mentioned in those days and earlier. As you recommended, I looked into the written records of the Hittites (the Indo-European people who lived in the central part of Asia Minor in the 2nd millennium BC). The Hittites received the mathematical knowledge from the Babylonians. That is, roughly speaking, fifteen centuries before ancient Greek mathematicians Pythagoras, Euclid, and Archimedes, people had already known of such concepts as, for example, raising a number to a power, tables of square and cube roots, formulae for calculating the area of the triangle, trapezium, circle, volume of the cube, parallelepiped, cone, an ordinary and truncated pyramid, as well as other dimensional figures. Indeed, people possessed all this knowledge since ancient times. Judging by monumental building, it was also used by the ancient Egyptians, the Sumerians, the Indians, inhabitants of Mesoamerica, and other ancient peoples.



I also read again the information about the star polyhedra, in particular, the Kepler–Poinsot polyhedra, about the stellated octahedron, which was rediscovered for the modern mankind by the famous scientist Leonardo da Vinci. It is believed that the forms were suggested to people by nature itself. But you are right, what kind of forms are they? These are really symbols and signs! Take the example of the triangle, pyramid, cube, star, and so on. Now I understand better not only the principle of influence through working signs, but also why and how particular symbols were used for a more accurate transfer of a certain meditative technique.



*Figure 61. **The stellated octahedron of Leonardo da Vinci***



*Figure 62. **Star polyhedra: the Kepler–Poinsot polyhedra***



Now people have an opportunity to expand their knowledge both in the field of macro- and microcosm, explore nature at the level of the structure of molecules, atoms, and more subtle organisation of microcosm. Surprisingly, everything is physics, all is wave establishing a specific form of existence! Take crystals of ice or rock crystal (quartz). They often resemble a sharpened pencil, that is, the form of a hexagonal prism with the apex in the form of a hexagonal pyramid.

Everything in the material world has a certain spatial position. Once I became interested in the information about experiments on the effect of sound waves on small particles, in particular, on dry sand placed upon the surface of a vibrating plate. Amazingly, the sand starts to line up into different geometrically regular-shaped patterns under vibration. And their form directly depends on the sound frequency! I will clarify for those readers who do not know that such patterns are called Chladni figures named after their discoverer, a German scientist working in the field of experimental acoustics at the end of the 18th – early 19th centuries. Today, the results of his research are used to study the natural frequencies of phone diaphragms, loudspeakers, and microphones.

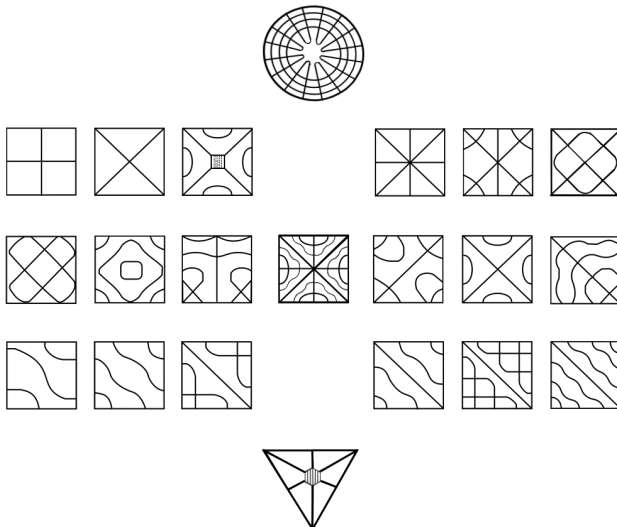


Figure 63. Chladni figures. Geometrical pattern of small particles after the influence of a sound wave of a certain frequency



Rigden: Sound and geometrically regular shaped signs are the realm of pure physics, and, therefore, the first indicator of comprehending the mystery of the global Sound and the working signs by mankind.

In fact, these are scientifically based discoveries of what has been known to people since ancient times and has been recorded in the legends of different peoples.

Anastasia: Yes, this reminds me of that unique information about the Primordial Sound which you mentioned as you were telling us about the Grail – a kind of a “pass” into spiritual world, the world of God. I recorded it *in the book “Sensei-IV”*. You said that the formula of the Primordial Sound consists of certain *working signs*. Their activation leads to the manifestation of a superpower – a combination of the Primordial Lotus and Allat. When one thinks about it from the perspective of the already known Knowledge, for instance, in physics, the geometry of space, global time, and structured information (fundamental information building blocks), one better understands the depth of the Knowledge which you have given to the world.

Rigden: The one who fearlessly penetrates the depth, sooner or later knows the Truth. While being on the surface, one can only observe a distorted reflection of what is hidden in the depth...

Anastasia: Yes, in order to know the Truth, it is necessary to penetrate its depth, which is possible only from the perspective of the Observer from the Spiritual nature. As sages had said, in order to know the Truth, one must forget about oneself... I also wanted to say a few words about fractals in nature (from the Latin word “fractus” meaning “fractured”), these geometric figures that are self-similar inside, which you mentioned in one of the conversations. Fractals really represent an entirely wonderful world of unexpected spatial structures and forms, beauty and harmony! I expanded my knowledge also on these topics. It turns out that I don’t know so many things about the world and how fascinating and useful the very process of cognition is.

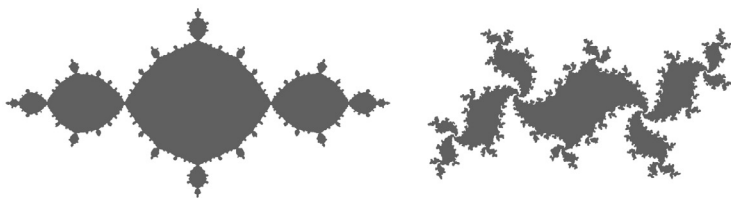


Figure 64. **Julia Set**

A fractal is a geometric shape in which one and the same motif is repeated on a consecutively decreasing scale. Indeed, a pattern that has one and the same structure is repeated quite frequently in nature. One can see this by enlarging or reducing the object of study by any number of times. Self-similarity as a property of fractals can be found in many objects, systems, and natural structures. For example, in snowflakes, clouds, flame, turbulent flow of water, tree crowns, DNA, human blood circulatory system, and so on. Fractals are found in many natural phenomena and processes. This is like another level of complexity of geometry of space, but, as I understand, this is far from the most complex one, taking into consideration what you once told us.

As you advised, I inquired also about modern scientific achievements in the field of fractal geometry. It turns out that the fractal model is being very widely used in many areas of different sciences. For example, in chemical kinetics (from the Greek word “kinetikos” meaning “the moving one”). Taking into consideration that this area of physical chemistry is connected to biology and other areas of natural science, I can imagine what an enormous amount of study material it is, including in the field of medicine. Fractal models are also used to create antenna structures and in computer science to improve traffic as well as to compress and store data in a highly compact form; scientists consider them to be an alternative future of the modern Internet.

Additionally, fractal models are used in nuclear physics and astronomy to study elementary particles, processes on the Sun, and the distribution of galaxies



in the Universe. Indeed, fractal properties are found also in the spiral energy movement, to which you drew our attention back then. I found it in indirect evidence when physicists observed the behaviour of fractal clusters in external electric and magnetic fields with the formation of a spiral as well as turbulent flows. Large vortices would give rise to smaller vortices there, while those – to still smaller ones, and such a division of spiral energies was observed up to those visible limits which were technically available to scientists.

Rigden: When man searches, he actually finds more than he expected to find. The knowledge about fractals is more ancient than modern people imagine. It is just that in the human society, the usual process of borrowing, concealing, and renaming the knowledge occurs; the usual vanity games take place from generation to generation, from century to century.

Anastasia: Yes, I've read about algebraic Newton fractals...

Rigden: Well, this is not the most interesting thing in history... Remember the Sierpinski triangle – the fractal proposed by the Polish mathematician in early 20th century.

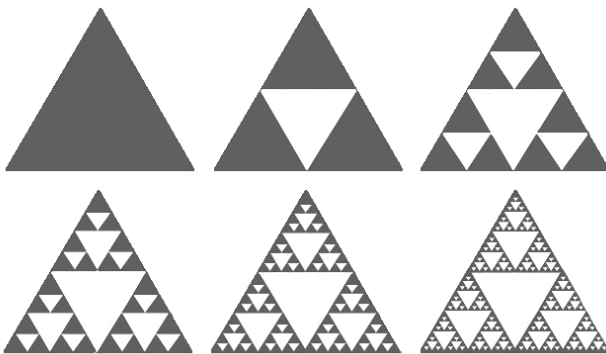


Figure 65. The Sierpinski Fractal triangle. The process of constructing a fractal inside the triangle by constant repetition of division by four equal equilateral triangles.



Anastasia: Is this the triangle in which one can observe the process of repetition of self-similar triangles in a closed system on a plane?

Rigden: That is absolutely right, the so-called recursion, from the Latin word “recursio” meaning a “return.”

Anastasia: Yes, I’ve read about it. I remember getting interested in your words about the Koch snowflake as you were explaining this mathematical process from the perspective of advanced physics. I then started searching for information about this snowflake, and I simultaneously discovered other information, including about this self-similar triangle.

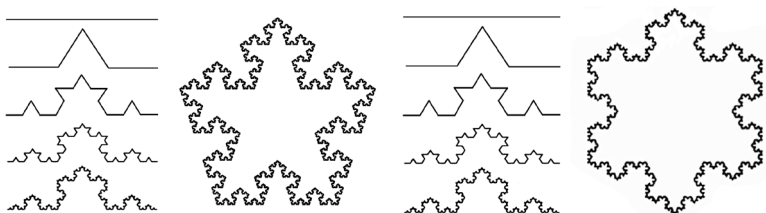


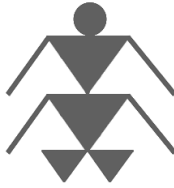
Figure 66. **The Koch snowflake fractal.**

Two examples of the process of transformation of a line into a snowflake by means of multiple division of the line segment into three equal parts and replacement of the middle part with two new segments of similar length.

It became a really interesting discovery for me when I’d compared all these natural geometric shapes of the material world with the primordial Knowledge about the working signs, processes related to human spiritual development, and also with the signs and symbols that I discovered when I was exploring mankind’s archaeological past. Including those which were painted by representatives of different cultures in ancient times onto rocks, ceramic dishes intended for magic and ritual ceremonies or sacred rites, and so on...



1



2



*Figure 67. **Fractals in the images of the Cucuteni-Tripolye civilisation:***

1) the Sierpinski triangle is shown for ease of comparison of the images;

2) images on the Cucuteni-Tripolye ceramics (the 4th-3rd millennium BC; Ancient Europe): a sketch of the spiritual development of the human being, thanks to the forces of the divine feminine principle – Allat (triangle pointing downwards), escape to other dimensions.

Rigden: There is nothing difficult here. If we take symbols and signs of, for example, the Cucuteni-Tripolye or Ancient Egyptian civilisations and match them with information about parallel worlds, tunnelling, and the “Astral mirrors” meditation...

Anastasia: About tunnelling and the “Astral mirrors” meditation?! Of course, recursion in physics! What is an astral tunnel? This is a classic example of endless recursion, only in another dimension... Two mirrors facing each other create two corridors out of fading reflections of mirrors – in physics, this is a known example of infinite repetition of the fractal. And considering that in many cases ornaments of ancient people actually repeat the geometry of spaces, it turns out that ancient people knew more about all these processes than we do, and in practice and not in theory, at that!

Rigden: It is just that in the modern world the majority of people have forgotten the main purpose for which they actually need this knowledge; so, unfortunately, they direct



everything into the material channel of understanding of the world. Why is it that even scientists, while working with the materials, processes, and phenomena which constitute a part of the single whole, are still asking themselves the question: “What is the meaning of my life?” After all, scientific work may eventually help a scientist to understand spiritual aspects if, of course, the person will concern himself with the main work of his life – spiritual self-development. Many people who lived in ancient times, even without possessing such detailed information about the material world that the modern learned man has, but armed with spiritual knowledge, understood the most important thing: what this earthly world is and how to conduct oneself in order to go beyond its boundaries, to reach the spiritual world.

Mirror reflections and deepenings either towards the macrocosm or towards the microcosm of the material world lead to interpenetration, which begets in a person, as an Observer inside the system, a sensation of infinite similarity of a part to the whole. But these sensations are illusory, for matter is temporary and limited in its manifestation. The real eternity for man is concealed only inside his Soul – in this infinitely small something, which has a gateway to infinitely large something, which forms areas of mutual attraction and interpenetration at its intersections. This is the true infinite similarity of a part to the whole.

Anastasia: Yes, there is the gist of Truth in your words. An inner feeling has come over me just now, a kind of a deep understanding that it is in this that the main laws of creation are contained. It’s an interesting state: I clearly understand it, but this realisation comes as if from the Soul; the feeling is that it’s impossible to grasp all its immensity with logic.

Rigden: Well, such things can be understood only with the deepest feelings coming from the Spiritual nature. It will not work otherwise. After all, the structure of man in six dimensions has been created as the most convenient form for the new Personality to know the world, so that it has the



opportunity to mature spiritually and unite with its Soul. I emphasise that the structure has been made precisely for *knowing the world*, and not for an “eternal life” in the material body. Our physical body is, in fact, only a part of the structure, located in three dimensions! It is just that it is from this structure that the new Personality begins its learning process.

So, one can say that each person has potential beginnings of a scientist. It is simply important to, first of all, learn to understand this world from the perspective of the Observer from the Spiritual nature, and then seminal discoveries will not keep themselves waiting. Today people do not see and do not understand much, even having modern devices. They are unable to comprehend many processes with their material thinking since they try to observe and judge phenomena while being inside very limited systems of the third dimension (of their physical bodies, the Earth, and so on), and not outside of them. Although everyone has such an opportunity – to know the world from the perspective of the Observer from Spiritual nature. The work of the brain’s ancient structures while doing spiritual practices, coming in contact with the spiritual world, and understanding the mysteries of creation cannot be replaced with any technology.

Anastasia: That is true. Indeed, each person is a research scientist in a way, regardless of his or her profession. After all, what is the most important thing in any profession? To be Human here and now in any regard and to, first of all, work on yourself. Then the results of such inner quality work will be reflected on the outside of the person’s life, in his help to other people. And if such people are the majority in society, then society will become different, for each part is a carrier of the properties of the whole.

Rigden: Undoubtedly... But let us get back to the topic of meditation as an altered state consciousness. The variety of frequency ranges of the brain, as well as of the surrounding world, is far from having been mastered, even though today



science already has some understanding of this matter. A human being has his own energy field which emits certain radiation. Even if one studies the human structure in 3D, one may discover many interesting peculiarities. The skull, for example, is a good resonator of various frequencies. By the way, human lives on planet Earth which also has its own energy field. The air atmosphere, or more precisely, the ionosphere (upper layers of the Earth's atmosphere located above 50 km), is a huge spherical resonator, a wave duct, which has electrical conductivity and where processes of ionisation and deionisation (from the Latin prefix "re-" meaning "continuation, repetition of action" and "combinatio" meaning "combination") are constantly taking place.

The human being lives in the cavity of this three-dimensional resonator which, of course, influences his energy structure in one way or another. As you remember, the external border of the ionosphere is also an external part of the Earth's magnetosphere, of that very "screen" which protects the planet from cosmic radiation. Thanks to the ionosphere, radio waves, for example, travel over long distances by reflecting off it multiple times. The lightning, which generates low-frequency oscillations when it resonates with molecules of the atmosphere, can give rise to continuous oscillations of a certain nature in the ionosphere, which travel around the planet many times.

Anastasia: Just like person's thoughts when the Animal nature dominates. These "electrical discharges" can at times resonate in such a way that continuous undamped oscillations then go round in circles in the head all day long.

Rigden: Well, what is resonance? The word resonance is derived from the Latin word "resono" meaning "I sound in reply", "I respond". This is a response! The phenomenon of resonance is not simple; it influences the sound, electrical, mechanical, and other oscillating processes. Remember, I once told you that Nicola Tesla constructed a device known today as the "Tesla coil" (Tesla resonant transformer), by



using which he had demonstrated his body glow in high-frequency current? The Soviet inventor Semyon Kirlian subsequently improved upon his development. Thanks to this, today people can observe the so-called Kirlian effect which makes it possible to capture a glow, a kind of halo around various biological inorganic objects placed in alternating electric field of high frequency.

Anastasia: Of course, I remember you telling us back then about another interesting experiment: researchers cut off a part of a leaf which had been freshly picked from a tree. The leaf itself was placed in this field. In the picture, they saw a phantom image of the removed part of the leaf appear. In essence, using our language, the information structure about the whole leaf was preserved, although its physical part had been removed. Later, I expanded my knowledge on these issues as well. Frankly speaking, I discovered many interesting things, including information about an ongoing study of the possibilities of using this phenomenon to diagnose diseases and different psychophysiological states of a person, since it has been noted that the nature of this glow depends on the state of the object of study.

Rigden: The fact that it is being studied today is wonderful. It is just that a significant step in this regard will be made when scientists have at least a general idea about the human energy structure; that is when they will gain an understanding of the most promising directions of their research. So, as it is known, resonant oscillations are most clearly pronounced close to the initiators of these oscillations. What do these oscillations represent? This is a change of the state of the environment, disturbances that carry energy. In other words, this is a change of the environment which occurs because information enters it. The same is true as far as human thoughts are concerned. When thoughts come and you put your attention into them, this activates certain emotions in you. When this information programme (thoughts) resonates with the emotions which have appeared due to those thoughts, then “continuous oscillations” appear which loop the person’s attention on



them. This often happens when lateral Essences attack the Personality. But all this is a consequence of, first of all, human choice! At the same time, he practically does not track this process and the reasons for it. For example, in the morning he can be visited by some thought to which he had paid attention. Then during the day or in the evening, he can get overwhelmed with emotions that correspond to this information programme, although the person himself has already forgotten about this thought. But the programme has already entered him thanks to the power of his attention to it. And it is this programme that triggers thoughts that resonate with emotions, causing, as you say, constant continuous oscillations. It does not come as a surprise that they then keep running round in circles the whole day.

Everything in the world is interconnected and leaves a trace. For instance, in the giant ionospheric resonator, the so-called stationary waves appear under the influence of progressing waves of equal frequency and intensity, which move in the opposite direction. The Chladni patterns experiment can serve as an example of the stationary wave vibration; this is when a bow is moved across the edge of a metallic disc which has sand on it. The resulting sound stimulates stationary waves in the disc, the vibration of which creates a certain geometric pattern. An example of stationary waves in nature are oscillations in the ionospheric resonator known today as the Schumann waves and the resonance effect they produce as the Schumann resonance. Today, scientists have calculated that the frequency of the Schumann resonance is 7.83 Hz and concluded that the waves resonate in a frequency range that is similar to the human brain, including the alpha-rhythm frequencies.

Generally speaking, this frequency range is not as simple as people assume. But, as they say, all it takes is just a wish to study it comprehensively. Because even now there is already an understanding that the alpha-rhythm is characterised by various modulations, an alternation of



increase or decrease of the amplitude of waves (spindles), and “spontaneous” changes. By the way, I would like to note that in such altered states of consciousness, for example, in the state of sleep, during which delta-rhythm with a frequency of 1-4 Hz appears, spindles are generated in the nuclei of the thalamus (optic thalamus, the main part of the betweenbrain), and, more precisely, in its reticular cells...

Anastasia: In other words, in the midbrain. Yes, taking into account what you have recently said about midbrain while explaining the meditation on the four Essences, the comparison looks very interesting. After all, the thalamus, being the betweenbrain’s primary part, is the main subcortical centre, into which impulses from all the sensitivity types come and where, basically, their analysis and synthesis and later their redistribution to various parts of the brain takes place. For example, the thalamic reticular nucleus is connected with the new, old, and ancient cerebral cortex and with other thalamic nuclei. The name is also special – thalamus, from the Greek word “thamos” meaning “a bedchamber, a room”. They named it as if they had known in advance about a place in the brain where one condition changes to another, so to say, where subtle energies are transformed into a coarse wave. Well, the reticular formation in general (from the Latin word “reticulum” meaning “netting” and “formatio” – “formation”) is quite a universal system. It is called “a brain within a brain” for a reason. It is connected with both the cerebrum and the spinal cord.

Rigden: Moreover, other rhythms are being studied which operate at the same frequency as the alpha rhythm but which have a different waveform; they are observed in other areas of the brain. For example, the frequency range of the so-called by scientists mu rhythm is 7-11 Hz (the waveform in the electroencephalogram resembles the Greek letter μ (mu)). Interestingly, today’s science is already considering the assumption that mu rhythm in a way reflects the activity of coordinated work of mirror neurons...



Anastasia: Yes, I remember that memorable conversation with you in the mid-90s about mirror neurons. But no matter how hard I tried to find this information in libraries back then, it wasn't available. And only much later, after a few years, did the media report about those unique experiments which you had mentioned. This is when scientists used monkeys to study the work of command neurons, which activate when the animals did certain actions, and accidentally discovered the so-called mirror neurons, which also responded when the apes just visually saw a familiar action. In other words, mirror neurons activated as if the monkey itself would, for example, take a peanut off the table and eat it, although actually at this time the monkey was just looking at another monkey performing these actions. Moreover, there was information not only about the results of similar experiments with animals but also some information about subsequent experiments with people. I also got interested in your story about the nature of the origin of empathy (from the Greek word "empathia" meaning "compassion, empathy") – human emotional responsiveness towards the feelings of another person, about the so-called by scientists' mechanisms of understanding of the others' consciousness. And considering everything you said above, it just shows the missing pieces in the overall picture of this phenomenon. Your information is really unique, and it sets a vector of purposeful search to make wonderful, individual, and evolutionary discoveries of universal significance.

Rigden: Generally speaking, many interesting things are hidden in the topic of mirror neurons. But it will be fully available only when mankind gets to the fundamental concepts about the invisible human nature, the capabilities of expanded perception of information through altered states of consciousness, in particular, through various spiritual practices and meditations aimed at spiritual development.

Anastasia: This will be a serious evolutionary step in science development which will lead to the understanding of mechanisms of telepathy, human's quick adaptation to various conditions, including space environment, parallel



worlds, and other dimensions, mechanisms of prediction, and modelling of events and actions.

Rigden: Mirror neurons are just a little step of science along the way which in the future may lead to the understanding of the workings of real mechanisms of the overall human structure: how exactly one person reads information, feelings, and emotions of another person even before verbal or visual information about his interlocutor reaches him. Well, of course, provided that this humanity has a future.

Anastasia: Yes, the human choice... Everything rests on it.

Rigden: The neural activity is only partly of electrical nature. People do not understand and “see” a lot of things in the brain’s functioning since they do not yet have such instruments which could detect thinner energies of other dimensions. Although, of course, if we speak about the best tool in reference to knowing the invisible world, then it is definitely the human being himself, who is endowed with the ability to penetrate other worlds and dimensions...

Anastasia: In other words, a person can set a task and receive a ready answer or a result without realising all the particularities and subtleties of the phenomena that accompany this process and its mechanisms. That is, speaking the language of scientists, he can get a practical result while bypassing theoretical calculations. Although for scientists themselves, many of whom consider themselves to be materialists, it will obviously sound like nonsense.

Rigden: Well, this is equivalent to getting an understanding of what faith is: an antonym or a synonym of the word knowledge? **After all, faith without knowledge raises doubts. Doubts make it impossible to understand the Truth. Incomprehension of the Truth makes faith meaningless and empty. Knowledge eliminates doubts as it gives an understanding of the Truth. Understanding**



the Truth fills faith with knowledge. And only faith that is filled with knowledge is true faith.

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

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

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



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

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

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

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

I will just say that the personal space of each individual is unstable; it constantly varies within certain limits of its



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

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



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

Rigden: That is right... Now that we have outlined the human structure as a truncated pyramid, let us move on to its top which is detached from the base. It is in this place, in the pyramid's conditional top which is located above human's head, that his thoughts are born. That is approximately half a metre from the top of the head (the distance is approximate because it is individual). That is what the energy structure of an ordinary person looks like in the understanding of a citizen of the three-dimensional world. It looks like a four-sided truncated pyramid with a conditionally detached top.

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

Then we leave the top of the pyramid, move up higher, and reach the level of the Observer that is detached from the material world. In other words, we rise above thoughts, above matter, and we reach the state of detachment from the earthly, from what, in one way or another, binds us as a Personality to matter. Often in the early stages of



mastering this meditation, it helps to imagine that the meditating person goes with his consciousness out of his pyramidal structure, hovering and observing it from the bird's eye view. Using modern associations, consciousness is kind of located at this height, as if in a vacuum, in zero gravity. This state of the Observer from the Spiritual nature helps to obtain complete inner stillness, an expanded state of consciousness, impartiality of the very process of observation of ongoing processes, helps to abstract the mind from the material body and thoughts, and explore one's energy structure from the perspective of a new vision. *Then, we remain in such a state of consciousness and observe our pyramidal structure and the Soul enclosed in it from the outside.*

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

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



of Nirvana, and other people describe as a state of goodness, divine bliss, achieving harmony, and so on.

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

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

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



and so on, to which at that moment I was already used. But that's what makes it interesting.

At first, everything happened for me only at the level of imagination, but probably that was because at that time I couldn't yet fully get into an altered state of consciousness. Later on, as I practiced this meditation at home every day, wonderful sensations appeared. For example, I started catching the moment of switching the state of consciousness, of a deep immersion, and unusual sensations of the Soul's presence appeared, which are hard to describe with words. You are absolutely right, it is necessary to get a personal experience of the meditation in order to understand the whole inexpressible range of sensations.

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

What happens already at this stage of work in this meditation is, obviously, incomparable to the results of the very first attempts of its exploration. Besides, there's no monotony in this spiritual work: every time this spiritual practice gives one a new awareness, a richer range of sensations, and a clear understanding of the processes



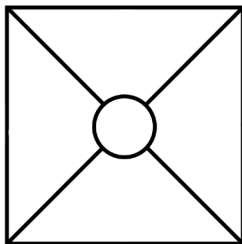
and changes taking place at the invisible level. You already live by this state, and when you finish the meditation, it seems that you leave something near and dear and wait again for that moment when you can feel it once more. Because of this, you get an urge and an active wish to practice it more since you want to stay there longer. For in this wonderful state, you begin feeling something very dear and intimate, an extraordinary comfort; you clearly become aware of the deepest processes which are impossible for the brain to understand in the usual state of consciousness. Importantly, when you leave this meditation, you feel a significant difference between that subtle world and the world of matter of three dimensions. You start feeling many processes in our reality as the work of rough material energies. Surprisingly, in the state of meditation, you gain a clear and precise meaning of your existence, and many things, which used to trouble you in worldly life, appear to be empty and ridiculous. There, you fully realise that the real life values are values for the Soul. This phenomenal experience in a way leaves a certain spiritual mark on your life in three dimensions. This, in its turn, allows you not to lose your spiritual and life's reference points, encourages you to work on yourself harder, track your thoughts and states, and ward off provocations from the Animal nature. The spiritual experience helps to understand where the true happiness lies, which begets feelings of peace and comfort of the Soul, and why you shouldn't chase after a ghostly illusion of this world. Most importantly, you gain an understanding of who you really are and what the meaning of your existence here, in this world, is.

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



the Soul, this subtle connection with it, the feeling of boundless spiritual Love, the feeling of native home – Nirvana and Eternity.

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



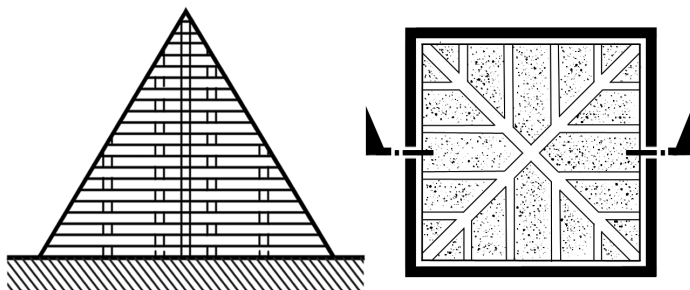
*Figure 68. **Symbolic designation of the "Pyramid" meditation***

Anastasia: You know, as you were explaining this meditation to us for the first time and saying that energies are distributed along the sections of the pyramid, out of curiosity, I later looked into geometry textbooks and read, now with great interest, that which had slipped my attention at school. For example, that the plane which intersects the



pyramid and is parallel to its base, cuts off a similar pyramid. If one cuts a four-sided pyramid with several planes which are parallel to the base, and then projects these sections onto the same plane of the base, then as a result, we'll get a series of squares inscribed in each other. And the square, as it is known, is a symbol of all that is material. Generally speaking, thanks to this additional information, I later started to understand more also about the processes taking place in the meditation. Still, it's important for a person to have all-around basic knowledge.

Rigden: The pyramid's geometry is closely linked to physics. Due to having such a structure and the necessary Knowledge, it is possible to cause certain effects as a result of an interconnection ... among dimensions, due to natural laws of physics. This was, in fact, known to the priests who possessed information about the primordial spiritual practices. It is sufficient to take a look at archaeological facts – ancient pyramidal structures. And people will come across the information that almost all of them had a very important worshipping, ritual, religious, and ideological meaning. They symbolised supernatural powers and embodied the manifestation of certain properties of the world, and that is why people deified them.



*Figure 69. **The layout of the pyramid and its base.***

The structure of the pyramid (built in the 2nd millennium BC) is shown in the layout in sectional view and in horizontal projection, where a filled stone frame is indicated.

The geometric plan of the base of the pyramid particularly stands out.



Anastasia: Yes, today many people know about such long-standing monumental structures as pyramids of the ancient Egyptians in Africa and the truncated pyramids of the peoples of Central and Southern Americas. It is known that the Sumerians in Mesopotamia (Front Asia) also erected stepped structures (3–7 tiers) shaped as truncated pyramids – ziggurats, at the top of which sacred temples were built. The whole complex symbolised for them a “connection between Heaven and Earth”, a mystical, sacral centre.

Rigden: What is more, the symbolism of the pyramid was also linked to people’s destinies after their death, for instance, by the Sumerians, Egyptians, Babylonians... Or in the burial traditions of Syria, Palestine, China, Korea, the North Caucasus, Siberia, and so on.

Anastasia: Undoubtedly, these burial places usually have a stepped pyramidal roof (ideally, up to six steps which earlier, obviously, indicated the number of dimensions, in which the human structure is located). At the top, as a rule, there was an elongated or a hemisphere-shaped stone. It was a symbol of the other world (the seventh dimension); it signified spirituality, the omniscience of a deceased person or a symbol of the departed Soul. And there are even tombs themselves that are square-shaped in design.

Rigden: Many peoples simply made burial mounds, which resembled the pyramid...

Anastasia: Yes, this is the most common type of burial structures on the continents. It is worth mentioning the mounds in the steppes of Russia and Ukraine. For example, mounds of the Abashev archaeological culture which was widespread in the 2nd millennium BC on the territory from the Kaluga region to Ural (Russia). By the way, the “cult of fire and the sun” and ceramics which was richly decorated with geometric ornament were typical for it; in its layers, plenty of women’s adornments in the form of spirals as well as pendants, plaques, and so on were found. What about



the burial mounds of the ancient burial places in Altai, for example, the archaeological finding “golden man of Altai” in Russia or a similar finding in Kazakhstan – a “golden man of Issyk”?! Earthen pyramidal mounds were typical also for the Scythians who lived in the steppe zones of Europe and Asia (from the 7th century BC to the 3rd century AD). This nation also had rich sacred symbolism connected with female goddesses and the so-called by scientists “animal style” art. I’m not even mentioning archaeological monuments of other continents, for example, the Mississippian culture in North America – Cahokia (7th–13th centuries AD) which consists of 109 pyramidal mounds mostly with truncated top. In general, it should be noted that the Mississippian culture is also fairly rich in the symbolism of signs.

Rigden: Certainly, if we look at the symbols of the ancient world, we can easily find one and the same spiritual knowledge in their basis if, of course, one has at least a general idea about it... Here is another example of how Knowledge in the form of the pyramid has been passed down. In the East, for a few thousand years, stupas have been one of the most ancient symbolic sacred structures. Translated from Sanskrit, stupa means “the crown of the head, an earth mound, a heap of earth or stones.” A stupa was built on the tomb of a chief or a king, imitating more ancient burial places, and later it was often used simply as a symbolic structure of religions and as a storage place for “spiritual treasures.”

Anastasia: It’s appropriate to make a small clarification for the reader here. These structures are called differently in different countries, for example, the stupa (India), dagoba (Sri-Lanka), suburgan (Mongolia), “baota”, pagoda (China), and so on. Now the stupa is better known as a monumental structure in the Buddhist architecture, as a symbol of enlightenment.

Rigden: Of course, but if we look at all these stupas, we can see one and the same laying of knowledge in the form of the following symbols: a square, a cube, a pyramid and



a top, as a rule, in the form of a crescent with its horns pointing upwards and a circle above it, in other words, the “AllatRa” sign.

Anastasia: Yes, it isn’t surprising that with such a top, the stupa is considered to be a structure that has a “positive impact on the surrounding environment.”

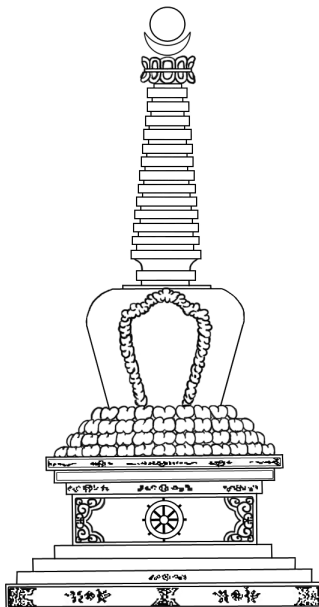


Figure 70. **The architectural religious building of the East – the stupa.**

The architecture reflects the following symbols: three lower steps symbolise three-dimensional space; the square upon which the pyramidal structure rests (the four steps indicate four dimensions – 4, 5, 6, 7); next comes a conventionalised symbol of spiritual transformation, 13 rings, and a Lotus flower; the ancient “AllatRa” sign crowns the structure.



Rigden: By the way, in Buddhism, they added their own detail from the human mind to this structure: an additional architectural “precious stone” was placed on top of the “AllatRa” sign.

Anastasia: Well, that’s because in this religion it does symbolise the “indestructible nature of the *mind and fulfilment of all the desires*”, “a mystical power.”

Rigden: In a word, people remain people... So then, in different parts of the world, all this symbolism of pyramidal structures additionally played an important role to communicate spiritual knowledge through monumental architecture, starting with spiritual practices for knowing and uniting with the Soul of an individual and ending with special Knowledge and the working signs which had been brought to this world from Shambhala for spiritual development of the entire humanity.

Anastasia: As of today, the meaning of these ancient symbols is simply lost for most people, just like spiritual knowledge as well as the symbolic and associative role of the ancient fetish artefacts shaped as pyramids. This is clearly traced in the history of peoples. For dwellers of the ancient world (for instance, for the Indians, Egyptians, Arabs, and Greeks), pyramid-shaped objects were already objects of religious worship which, according to legends, were imbued with supernatural magical power. And it is needless to even talk about our times. Today, even the word “fetish” itself is interpreted differently in different languages: in French, it is “fetiche” meaning an “idol”, in Portuguese “feticio” stands for “sorcery”, and in Latin “facticius” means “artificial”. This is how today they refer to ancient amulets with different symbols, which once held an associative meaning and served to convey spiritual practices and knowledge.

Rigden: It is just that modern people, even if they come across this information, simply do not think about a bigger picture outside the one that is being imposed on them by heralds from priests and politicians. For example, why



did the Indian Brahmans, who lived in far India, or the priests of the Phoenicians who once ruled on the Eastern coast of the Mediterranean Sea, or the druids who lived in Europe independently of each other at different times, consider a simple pile of stones arranged in a pyramidal shape to be sacred? Was there anything special about the stones?! Even researchers, while studying such issues, as a rule, simply limit themselves to the answers voiced by their predecessors, in particular, that for the ancient people, this shape was a sacral symbol of the connection of Earth and Heaven. But why “connection” and why Earth and Heaven? What spiritual knowledge is hidden behind this pyramidal symbolism? If these researchers had been working on perfecting themselves spiritually, I am sure they would reveal to the world much more than merely quotations of commonplace fabrications coming from the human mind.

Anastasia: Without a doubt. Here, even if we examine the “effects” which accompany the “Pyramid” meditation after it has been thoroughly practiced, it will become clear why different peoples at different times called the pyramid the centre, a holy mountain, a fire altar, and a sacred place. When one has experience with these spiritual practices, it is not difficult to understand those who once tried to explain the spiritual essence of this practice to future generations using such associations.

Rigden: It is not difficult to understand because you have a spiritual experience. While most modern people, unfortunately, do not even know that they have a Soul, let alone about spiritual practices for knowing themselves. Although this knowledge, in fact, is even more important for every person than, for example, food and other conditions needed for their physical bodies to exist. Ignorance leads to lack of understanding and an interpretation of the basic information about the spiritual from the human mind. As a result of such literal distortion coming from the Animal nature, people set out in the external search of their spiritual. They look for everything: mountains, holy



places, and religious buildings instead of getting to know themselves and their Soul. And what is the result?

Anastasia: Yes, as of today, the majority of people have access, perhaps, only to the distant echoes of this spiritual practice, which they perceive as separate concepts...

Rigden: Absolutely, and even then, only in the form of the philosophy processed by human understanding. These echoes have become part of the philosophic and religious category of concepts about the common Centre (including the human being) among different peoples of the world. Only **they started calling the Soul, which is encased in human, each in their own fashion:** the location of immediate proximity of God, of spirit, the dwelling place of the Almighty, of unmanifested being; the pivot, the point of rest, around which everything revolves; communication between the worlds, departure into a multitude and return to the unity which holds a totality of all the possibilities; the eternal “here and now”; a pure existence, Paradise, a Holy place; the absolute reality.

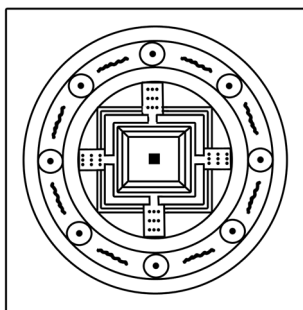
Moreover, different religions started describing this philosophy as they *understood* it. For example, in Hinduism, the Centre is the Inner Witness, the place of absolute, of unity, a point located beyond time, Ishvara. By the way, translated from Sanskrit, the last word means a “ruler” and literally a “personal God”, an independent existence, the divine Spirit within man. The “Ishvara” title is assigned to various gods in India and also to the definition of the cause of the world, a form of a divine incarnation, an attribute of omnipotence and omniscience.

Anastasia: Yes, representatives of various religious and philosophic schools of India are still arguing about this concept, and everyone tries to interpret it from their own mind.

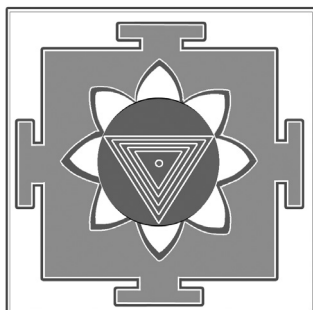
Rigden: But one who has reached the spiritual heights does not need words because the person acquires an inner spiritual



understanding of the very essence of this phenomenon... In Buddhism, for example, the spiritual “centre” means Nirvana and Enlightenment. By the way, as I once told you, in this *religion* during certain visual meditative practices they use a mandala (translated from Sanskrit, it means a “circle, sphere”) – a geometric composition or a structure which is drawn diagrammatically that symbolises the spiritual and the cosmic order of the Universe, as an aspiration for the spiritual centre which gives the clarity of Enlightenment. But what particular form does it have? Usually, this is *a circle within a square or triangles*, which most often *point downwards*, with the central symbol (a circle) in the middle. As a rule, a mandala is divided into *four parts* or into the number of parts divisible by four. Or let us take yantra (“an amulet”, “a magic drawing” when translated from Sanskrit), which is the simplest form of mandala. This is a diagrammatic drawing of a composition of geometric figures, which is used in meditation practices of Hinduism and Buddhism to strengthen the processes of inner concentration during meditation. As a rule, it represents *circles, triangles*, a symbolic drawing of the *lotus, a point* (the centre, zero point) inscribed in a. Again, if we talk about the symbolism of monumental structures, the architectural planning of most Hindu, Buddhist, and Jain temples represents yantras.



1



2

Figure 71. **Mandala and yantra.**

Examples: Mandala in the form of a circle with an indication of a square with a point in the centre and a four-sided pyramid with six steps and a fourfold division;



Kali Yantra (translated from Sanskrit, “kala” means “time”; this word traces back to the Indo-European root that means spinning; a word that is close in its meaning in the Russian language is “kolo”); in Hindu mythology, it means cyclical creations and destructions of the Universe, rotation of time in the concept of rebirth of the Soul and of a subject of fate.

Generally speaking, it should be noted that the quadratic structure, which points at the common ancient symbolism of spiritual knowledge, is also reflected in the architectural planning of temples belonging to other religions. For instance, the temple and monastery complexes of ancient China had a square and a circle in their base. The largest and the famous “Temple of Sky”, for example, is divided into two parts in its planning: one is shaped as a square (a symbol of the Earth; earthly powers) and the other one is rounded (the circle is a symbol of Heaven; heavenly forces). In China, a joint drawing of a square and a circle (Earth and Heaven) still symbolises an ideally balanced person (in spiritual aspect). Another example: the shape of Muslim mosques, which are oriented towards the Kaaba in Mecca, is also square or rectangle...

Anastasia: Yes, you once told us about this and about Christian temples, too. The Christian quatrefoil (“four-leafed clover”, from the Latin word “quadri” meaning “four times” and “folium” – “leaf”) is a cross-in-square temple, the four branches (bays) of which are crowned with dome-shaped curves denoting the “firmament.” You mentioned that the Greek name of such temples is tetraconch (“four shells”; from the Greek word “tetras” meaning “four” and “konche” – a “shell”, a “whirlwind”, “that which is twisted in a spiral”). I got interested in this and discovered many interesting facts. Such constructions were popular not only in ancient Rus but also in Byzantium, countries of Transcaucasia (Armenia and Georgia), Persia (Iran), India, and other ancient countries. They came to the West through the Hellenistic culture which had borrowed many things from the cultures of the ancient East. But what’s remarkable



is the fact that in the temples of early Christianity in the Middle East and in Europe (and later in the Christian temples of ancient Rus as well) the altar at first was actually installed exactly *in the Crossing of the temple as a throne of the “invisible God”!* That is, under the central big dome in the middle of the church. And only much later was the altar moved to the protruding eastern part of the building.

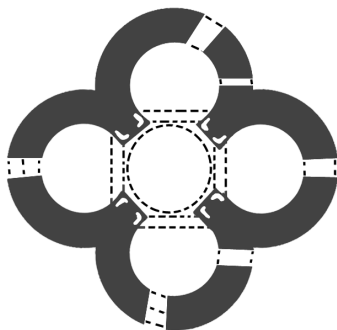


Figure 72. **Scheme of the cross-in-square temple (quadrifolium).**

Rigden: The crossing, or the central inner part of the church, symbolised exactly that *“precious pearl in the shell”* which was known to the entire ancient East as a symbol of *the Soul...* By the way, in the ancient times in Kiev Rus, the first version of Saint Sophia’s Cathedral (the “Divine Wisdom”) in Kiev was nothing other than a *five-nave cross-domed temple with 13 cupolas*, which had a pyramidal composition. Additionally, the Cathedral’s domes had crosses, *at the base of which there were horizontal crescents with horns pointing upwards*. Furthermore, the centre (shaped as a circle) of each cross was crossed with a diagonal cross, and the overall composition was an equilateral cross. All of the ancient spiritual symbolism was there: a circle, a rhomb, indication of 3, 4, 6, 7, 8, 9, 12, and 13, and also the “**AllatRa**” sign. This Cathedral was dedicated to the Annunciation, in other words – to the Mother of God and Archangel Gabriel.

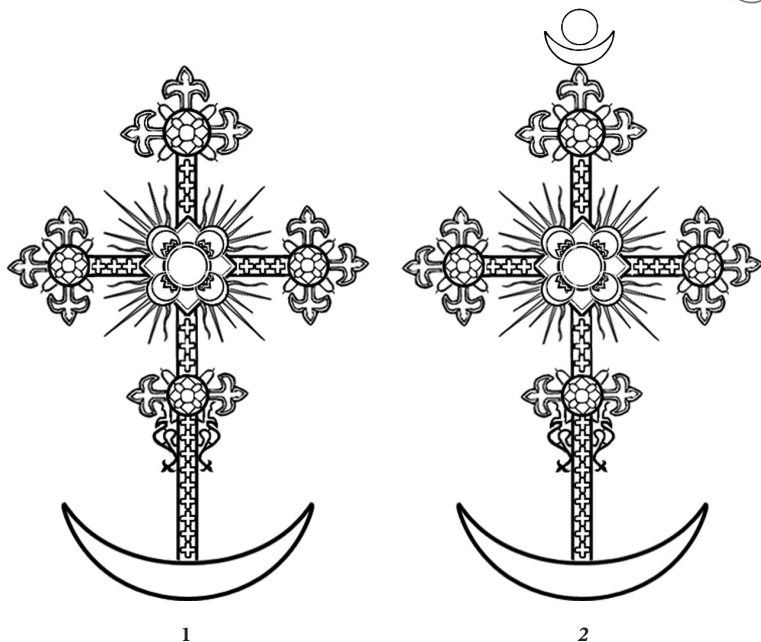


Figure 73. **Symbols of Archangel Gabriel and Virgin Mary.**

1. the cross-symbol of the Virgin Mary;
2. the central cross is a symbol of the Mother of God (the Virgin Mary) with the top symbolising the Teaching brought from the Spiritual world – the “AllatRa” sign (it symbolised both the true spiritual Teaching introduced by Jesus Christ and a transfer of the spiritual Knowledge, “revealing of the Will of the Spiritual world” in the meaning of a “message” from Archangel Gabriel as a messenger of the Spiritual world).

Such a cross is an entire book for people who are initiated into the mystery of spiritual Knowledge and the real teaching of Jesus. It is a personal symbol of the Virgin Mary as of Jesus’s disciple, who attained spiritual liberation during her life and remained to help people



even after her physical death. On the top of the central cross, there was also a finial in the form of a crescent pointing upwards and a circle above it; in other words, the working sign “**AllatRa**”. That distinctive feature pointed at the fact that this Teaching had been brought from the Spiritual world, in that case, by Jesus Christ as a supreme Spiritual Being who had visited this three-dimensional world through an incarnation into the human body. It also pointed at the special meaning of Archangel Gabriel as a Spiritual Being who played an important role in spreading the true spiritual Teaching of Jesus and in the spiritual support of Virgin Mary. Furthermore, all this together indicated the level of Knowledge of those who initiated the installation of this working sign on the central dome of the main temple of Kievan Rus. For the religious priests and followers of that time, simple explanations were given, particularly, that all this symbolism would be understood by the Slavic nations, taking into consideration their traditional symbols.

Anastasia: Yes, this information deserves special attention. *In the book Sensei-II*, I wrote in more detail about the important spiritual role which Archangel Gabriel played, particularly for Kievan Rus. I also mentioned the story about Mary and Jesus in the book “Sensei-IV”; that Jesus passed the true spiritual teaching to his apprentice – a woman named Mary, who attained spiritual liberation from reincarnations during her life. And that she was the one who was supposed to be the head of the true Church of Jesus. But because the Teaching was distorted (due to intrigues of people striving for power and its significant alteration as the religion was being formed), today this church is headed exclusively by men, and the image of the Virgin Mary is associated only with Jesus’s mother, who is called the Mother of God. However, this fact does not diminish the spiritual power of that creating divine feminine principle, thanks to which people who really strive for spiritual salvation find it to this day.



Rigden: I hope that people will not simply read this information but will understand its spiritual meaning. The Spiritual Teaching of Jesus was given in the open form to all people as Knowledge, as a seed of Truth which was one for the entire mankind. This is hard for modern people to understand because instead of the Teaching, they see just concepts of the world religion, with which the name of Jesus is associated today. Regarding Virgin Mary, who is basically staying between the spiritual and the material worlds, she is still serving as a divine Guide of the spiritual power to help those people who are walking the spiritual path. This, by the way, was known to the real apprentices of Jesus, who carried this Knowledge to the masses, although secretly. In every religion, there always existed intelligent, honest, and conscientious people who truly sought spiritual salvation instead of material wealth and benefits for themselves. While secretly possessing this Knowledge, they did everything possible in their positions to pass on the Truth to the following generations, so that true spiritual Knowledge could win its way to the future for those who craved spiritual salvation.

That's why on the walls in the catacombs where the early Christians were hiding, one can find not only the fish symbol and the equilateral cross but also the sign of the crescent with the horns pointing upwards (Allat). That's why the following passage, which is attributed to John the Theologian, appears in the Revelation (12:1): "And a great sign appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars." That's why on, for instance, the ancient monuments of the Old Russian architecture of the 11th-14th centuries precisely such crosses with crescents were placed, which are a symbol of Virgin Mary, indicating that the construction of such cathedrals with exactly such complex signs and symbols was initiated by those people who were connected with the true Knowledge.

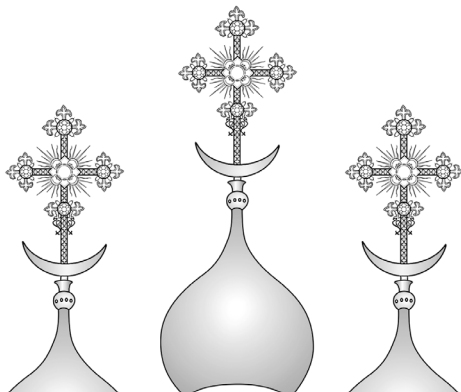
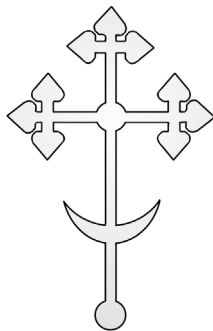


Figure 74. **Domes with the crosses as symbols of Virgin Mary.**

Anastasia: To this day, echoes of the existence of these important symbols and signs in the architecture of the main cathedrals of Kievan Rus have been preserved. For example, crosses that have crescents with horns pointing upwards as a symbol of the Virgin Mary today are crowning the domes of the Church of the Saviour at Berestov, which is located near Kiev-Pechersk Lavra (the first mention of the church at Berestov dates back to the 11th century; Kiev, Ukraine), Cathedral of Saint Demetrius (12th century; Vladimir, Russia), Cathedral of Annunciation of Moscow Kremlin (15th century; Moscow, Russia) as well as many other architectural monuments. They were built by the Slavic masters.

Figure 75. **Simplified scheme of the symbol which was**



later used by people after repeated reconstruction of cathedrals and churches.



Rigden: Quite true. It is worth mentioning that it is Saint Sophia's Cathedral in Kiev that served as an example of constructing such temples with such symbols in Kievan Rus. It was built in the 11th century in the centre of Kiev following the design which Agapit of Pechersk advised to prince Yaroslav the Wise. The temple was unique even in the Byzantine architecture of that time. Yaroslav the Wise (the Grand Prince of Kiev, the former prince of Rostov and the prince of *Novgorod*) met *Agapit of Pechersk the Unmercenary Doctor* due to his illness. At that time, the fame about the medical skills of Agapit extended far beyond Kievan Rus. Yaroslav had problems with his spine due to the damage to his hip and knee joints. So, speaking the modern language, he became a regular patient of Agapit. Due to such necessary communication, which was very advantageous to Yaroslav, and his education from Agapit in many important subjects relating to the Knowledge about both the human being and society as a whole, Prince Yaroslav, one could say, became the "Wise" one.

As a result of such communication, the first independent Russian monasteries appeared, and what's more, in honour of the Holy Mother of God. An active translation of foreign books (especially those from Mount Athos) began as well as a diligent rewriting of the Old Slavonic folios (even the Old Russian "pagan" manuscripts written on the birch bark). The book became the basis of public education. Agapit's erudition and his advice to Yaroslav lead to the fact that Prince himself got interested in reading books, making enlightenment fashionable among both his entourage and common people. Following Agapit's advice, the prince organised the first public schools for children, a large library of the national level was founded in the capital near Sophia's Cathedral, the main signs and symbols were recorded for society, diplomacy at the international level was fine-tuned. So it is not surprising that Kievan Rus reached the height of its development during the reign of Yaroslav the Wise.



Anastasia: These facts are really interesting, and they explain many things about such an extreme change in Yaroslav's behaviour: from the cruel ruler who wouldn't hesitate to use any means to seize power in Kiev to a leader who became "wise" during his reign in Kievan Rus after meeting Agapit of Pechersk... Also, the symbols and the unusual architecture of the five-naval cross-domed temple of Sophia's Cathedral is far from accidental, taking into account the 13 cupolas and the pyramidal composition. By the way, could you explain to readers what the concept of "nave" means in architecture?

Rigden: This word is derived from the Latin word "navis" meaning a "boat". In architecture, it refers to an elongated part of the building, an elongated room resembling a ship, like the symbolic "Sun boat" (which was known already during the Tripolye civilisation, when it was depicted with a circle in the form of the "AllatRa" sign), or as it was called in the Ancient Egyptian mythology, the "Boat of Eternity." By the way, later in the 12th century, seagoing sailing ships received that name (nave). In the symbolic meaning of this cathedral, it meant a "boat sailing through time"; in general, a "spiritual ark" of Kievan Rus.

Anastasia: It should be noted that the building of Saint Sophia's Cathedral in Kiev experienced numerous partial destructions by time and people. In the 17th-18th centuries, as a result of the temple's reconstruction, its external appearance was significantly changed.

Rigden: This is truly so. But interestingly, despite all these vicissitudes of almost a thousand years, to this day, in a special niche – in the arch of the main altar, the same Old Russian Orthodox *pearl* is shining – a *six metre* mosaic of *the Mother of God*, the so-called "Oranta". In Christianity, it is considered to be one of the iconographic types of the Mother of God, who is portrayed full length *with her arms bent at elbows and raised level with her face*.



Anastasia: So, the arms of the Mother of God are depicted in the form of the symbolic sign of Allat – the same ancient symbol of spiritual fusion of the Personality with the Soul, enlightenment and cognition of the Truth, and attainment of spiritual liberation. This symbol was known to the ancient peoples in different times in the form of the above-mentioned symbol which resembles a “bug”, and also images of the ancient goddesses with raised hands. It’s the same ancient symbol which was recorded by “prehistoric” people as a petroglyph, indicating that man can reach such a state of spiritual liberation only with the participation of the creating force of Allat.

Rigden: Absolutely. So then, the image of the Mother of God “Oranta”, who is dressed in blue garments and stands on a *quadrangular* base, is positioned against a *circle-shaped* golden mosaic background. By the way, in an altered state of consciousness (of expanded spiritual perception), a person, while looking at the *Mother of God*, can see the effect of glowing green light radiating from Her. Along the curve of the half-dome over the arch of this unique niche, an inscription in Greek has been preserved from ascetics of Mount Athos for the future generations of Kievan Rus: “Бог среди ея и не подвижется: поможет ей Бог утро заутра.” (“*God is in the midst of her and shall not move: God help her morning by morning*” – translator’s note.)

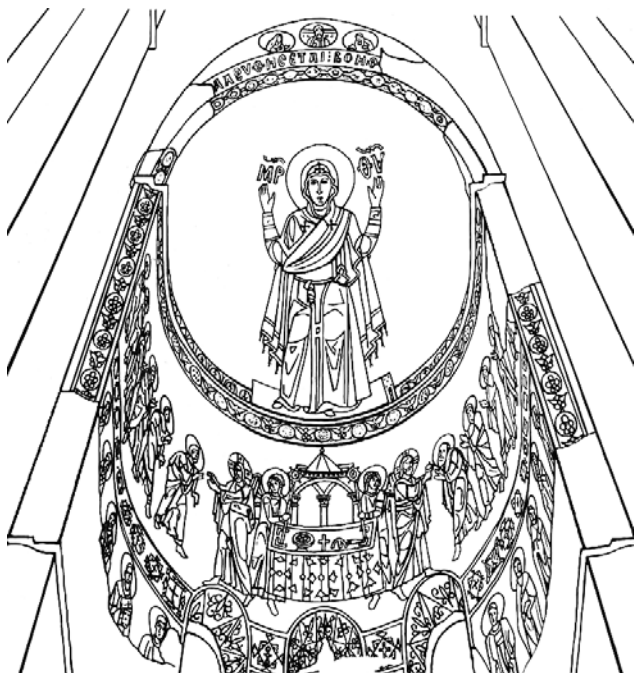
In the context of the story about Kievan Rus, I would like to draw your attention to another equally important page in history. Initially, in Kievan Rus, *Archangel Gabriel and Virgin Mary* were worshipped *together*, as it should be. And only much later, in the 15th century, people separated the honouring of Archangel Gabriel from the cult of Annunciation of the Holy Mother, although this is incorrect. *Where the Virgin holily creates, the Holy Spirit is always with Her.* By the way, in the Slavic beliefs (before Christianity was adopted), the supreme male and female deity were honoured together; using our language, in the meaning of the spiritual symbol of the divine Lotus (plan) and the creating Allat (implementation of the plan).



Anastasia: Yes, this can be traced back to the mythological characters of the Slavic sacred legends which have been preserved since ancient times.

Rigden: Regarding Archangel Gabriel and the Virgin Mary, on the *altar pillars* of the main eastern arch of Sophia's cathedral in Kiev, where the Mother of God "Oranta" is located, mosaic images of the Annunciation have still been preserved.

Anastasia: Yes, on one *pillar* there, there's a picture of *Archangel Gabriel* with fingers of his right hand joined in the *blessing sign*. On the other pillar, there's *the Mother of God* with a spindle in her hand, spinning the spiritual thread of the human life.





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Figure 76. Archangel Gabriel and the Virgin Mary (scheme of the 11th-century frescoes in Saint Sophia's Cathedral; Kiev, Ukraine):

1) a schematic drawing of the 11th-century mosaic "The Mother of God Oranta" (the main altar of the cathedral); the symbol of the crescent with its horns pointing upwards and a circle ("**AllatRa**") encoded in the image;

2) image of Archangel Gabriel, whose right arm is depicted in the blessing gesture (mosaic on the altar pillar);

3) image of the Mother of God with a spindle in her hands, who is spinning the spiritual thread of the human life (mosaic on the altar pillar).



Rigden: I would like to mention that in the Old Slavonic language, the word “веретено” (spindle) is linked to the word “вереть” (to spin) (*a vortex, spiral movement*). By the way, the Slavs were not the only ones to have this word. The ancient Indian word “vartanam” also means “spinning.” Since ancient times, the spindle has been considered in the spiritual aspect to be a magic tool given from above. That is, speaking in modern terms, this is a symbolic description of the prayer, meditation, and spiritual practice. Spinning with yarn using the spindle was a certain spiritual symbol known to many peoples as the union of the “Earth and Heaven”, the union of man during his fleeting life with the spiritual divine nature (the Soul). The yarn in the religious art symbolised human spiritual life, and in the global meaning, it was a symbol of time, the connection of the past, the present, and the future. It was a spiritual component which united all pearls (souls). Many ancient peoples depicted the “Great Mother” with a spindle in her hands.

Anastasia: Interestingly, scientists have ascribed the “Great Mother” to “lunar” goddesses, since she was usually portrayed by different peoples with a certain very ancient sign in the form of “*the Moon’s sickle*”, that is, a crescent with horns pointing upwards, above which a circle was placed.

Rigden: Yes, man does not pay attention to many things until he knows. But as soon as real knowledge touches his brow and his Soul awakens, he gains Wisdom. And Wisdom begets action...

Anastasia: Those are golden words, the very truth itself... I think that for many readers, just like it was for us some time ago, it will be very interesting to find out about the active signs that were circulated in large numbers in Kievan Rus in that time. Could you tell us more about this important moment in history?

Rigden: Agapit of Pechersk partially let Yaroslav the Wise in on the secret of active signs; he told him in detail how



and what particular main places of worship should be built in the capital and in the country and most importantly, how and what signs to place on them. And also what had to be done to activate those signs in order to generate a spiritual surge in people and protect them from the influence of negative forces of the invisible world. Agapit, of course, pursued his own goals, laying the foundation of spiritual signs for future generations, as opposed to the fleeting human goals of Yaroslav. Still, people are people: even if you warn them ten times of the consequences, they still try to make adjustments from the mind to the Knowledge given to them. Unfortunately, Yaroslav was no exception to the human race, at least, in this respect. Knowing what effect the reverse swastika exerts on the masses, Yaroslav still gave an order to put this sign in the decoration of the cathedral to assert his earthly power. And what was the point? What did he achieve? His life flew like an arrow through the illusion of the material world. And the human weakness – *the thirst for gaining earthly power – after death of his physical body just burdened him more and prolonged the agony of his torment as a subpersonality*. The Animal mind, however, is still enjoying this human mistake of his by activating generations of priests towards itself and creating a surge of negative energy in the masses of living people.

It must be said that other than that, Yaroslav truly showed Wisdom. Together with a team of like-minded people he successfully finished this project, thanks to which in a short space of time Kievan Rus turned not only into a prosperous state but also became the “Home of the Blessed Mother of God.” At that time, mostly owing to the proper placement of positive signs and popularisation of the universal cultural and moral values, the best spiritual qualities started to manifest themselves in people more and more. In the worldview of the Slavic people of that time, service to “God’s Truth” became synonymous with service to Good, the supreme spiritual Blessing, victory of *God’s Grace*. In fact, people found a common peaceful ground between their old beliefs and the new ones introduced by



the previous politicians and priests. That is why after the strife on religious grounds in that period of time, a positive surge occurred, such a spiritual unity of people on the territory of the Old Russian state which previously had not differed from other countries of those times, which were drowning in civil strife...

So, Saint Sophia's Cathedral played a key role in this project. First of all, Sophia's Cathedral, built in Kiev, was copied (although not on the same scale but with a similar design of the five-naval cross-domed temple) in the cities of the Old Russian state which were important at that time: Veliky Novgorod (this city still exists in Russia) and also Polotsk (this city exists to this day and is located in the Vitebsk region of Belarus). Not only was the external design copied but also the spiritual content – starting with placement of the main symbols and signs and the icon of the Mother of God “Oranta” and ending with creation of educational libraries and schools for those temples. In Saint Sophia's Cathedral in Veliky Novgorod, they still place a figurine of a dove on the cross of the central dome of the temple as a symbol of the Holy Spirit. In the history of the travails of the temple in Polotsk, it is mentioned that in the 18th century there was even an attempt to remake the temple in the honour of the Descent of the Holy Spirit. The dove is already a substitution by people for the older finial of the cross – the “**AllatRa**” sign in the form of a crescent with its horns pointing upwards and a circle above. Earlier, the dove was depicted with its wings outspread. When a person looked up at the cross of the cathedral, instead of the dove he would see the sign that was visually created by the raised wings and the little head of the dove (in the form of a crescent with its horns pointing up and a circle).

Secondly, the original of those copies – Saint Sophia's Cathedral in Kiev – was built not on its own but as part of a complex. *The four “City Gates”* were built along the corners of the Cathedral at the same distance from it, and



they were also *marked with signs*. Although it would be more correct to say that they were the gates to the so-called Upper town, which was located on the Old Kiev mountain, now the central part of Kiev.

Anastasia: So, the four gates around Saint Sophia's Cathedral in Kiev make a diagonal cross similarly to the four Essences, where the Cathedral itself is the centre as a symbol of the Soul.

Rigden: Precisely. In the religious symbolism of Christianity, gates are entrances leading from the fore church to the temple, and from the temple to the altar. The main gate of the Old Russian iconostasis in an Orthodox temple was located opposite the throne (in the altar) and was called the "Holy Gate" in the meaning of spiritual and not political supremacy. Usually, in its upper part, the Annunciation scene with Archangel Gabriel and the Virgin Mary was depicted, and the bottom part had four Evangelists in pairs on the wings of the doors. So, the opening of the Holy Gate at certain moments of the service symbolises the "opening of the Kingdom of Heaven", that is, an entrance, a passage to another, spiritual world. And this symbol did not appear without a reason. This energy process of the "opening" of a passage into another world really takes place during the spiritual work (both individual and collective) of strong spiritual individuals, regardless of what religion they belong to and in which country they live. By the way, in ancient times among the peoples of, for example, Kievan Rus, the "opening of the gate" of the city meant to let someone into the city; in case of enemies, it meant the capture of the city or the wish of the city dwellers to lay down their weapons. If a chronicle mentioned the closing of the main gates before the enemy, that meant a decision of the residents to offer resistance.

The main "Golden Gate" of the ancient Kiev became the Southern gate facing Mount Athos, which is considered to



be the “Abode of the Mother of God.” To be more precise, geographically, it was located in the southwestern part of the city. On this main gate “Golden gate” of the city, a church was built in honour of Archangel Gabriel and the Mother of God – the church of the Annunciation, in order to “always give joy to that city with the holy Annunciation and a prayer of the holy Mother of God and Archangel Gabriel.”

Anastasia: Yes, historical information about this was recorded in the Hypatian Codex. Even to this day, words have been preserved that can be found in the historical multi-volume collection, which tells about the literature of the ancient Rus (starting in the 11th century) – “The Library of the literature of the Ancient Rus” (volume 1, page 50): “Да еже целование архангель дасть Девице, будеть и граду сему. Къ оной ибо: “Радуися, обрадованнаа! Господь с тобою!”, къ граду же: “Радуися, благоверный граде! Господь с тобою!”. (“If archangel gives a kiss to the Girl, it will be given to the city as well. Because towards her is:” Joy, the joyed one! God is with you!”, and towards the city: “Joy, the pious city! God is with you!” – *translator’s note*). Kiev has historically been under the patronage of the Mother of God and Archangel Gabriel – this is an obvious fact, which today is kept quiet. That is why today on the coat of arms of Kiev one can see Archangel Michael as the patron of the city, who is shown with an unsheathed sword as a symbol of the Kievan princes who waged wars, including among themselves, like so many in position of power at the time.

Rigden: Well, what can you do with these “statesmen” ... As in the ancient times, so is now: “Kings talk about little things like about great things, calling rebellion onto themselves.” But this is not important. The main thing is that people still keep alive the memory and honouring of Archangel Gabriel and Virgin Mary, regardless of the earthly wishes of today’s “princes.”



Anastasia: Without a doubt, this spiritual memory of the peoples can be traced from generation to generation, and it cannot help but make one happy. But let's get back to the conversation, which is so interesting from the historical perspective. So, the "Golden Gate" in Kiev was a symbol of the city, which was equivalent to the Front Essence in the spiritual interpretation of the Knowledge about man. Therefore, the symbol of the city's Past, that is, the Back Essence...

Rigden: And the first stone church of Kievan Rus, which was dedicated to the Blessed Virgin Mary and which today is known in history as the Church of the Tithes, became the conditional Northern "gate." It was built ages ago by Prince Vladimir, Yaroslav's father. The entire old grand-ducal court of Vladimir was located beside it. Generally, it must be mentioned that this place has a more ancient history in relation to pre-Christian places of worship.

Anastasia: Yes, judging by archaeological excavations, foundations of palaces and much older buildings were found there, which belong to the "pagan" times of the Slavs, and also the remains of even more ancient place of worship (a pagan temple) in the form of a stone platform *with four protrusions at the corners*. In other words, even in more ancient times, the Old Kiev mountain had already been an important religious centre of the Slavic peoples who lived in this area.

Rigden: Absolutely. So, Yaroslav the Wise not only restored this church but also consecrated it once again on the advice of Agapit, this time in the right way. The first church in Kievan Rus which was dedicated to the Mother of God symbolised the past that opened a way for the future. And it also played an important role in placement of signs in Kiev.

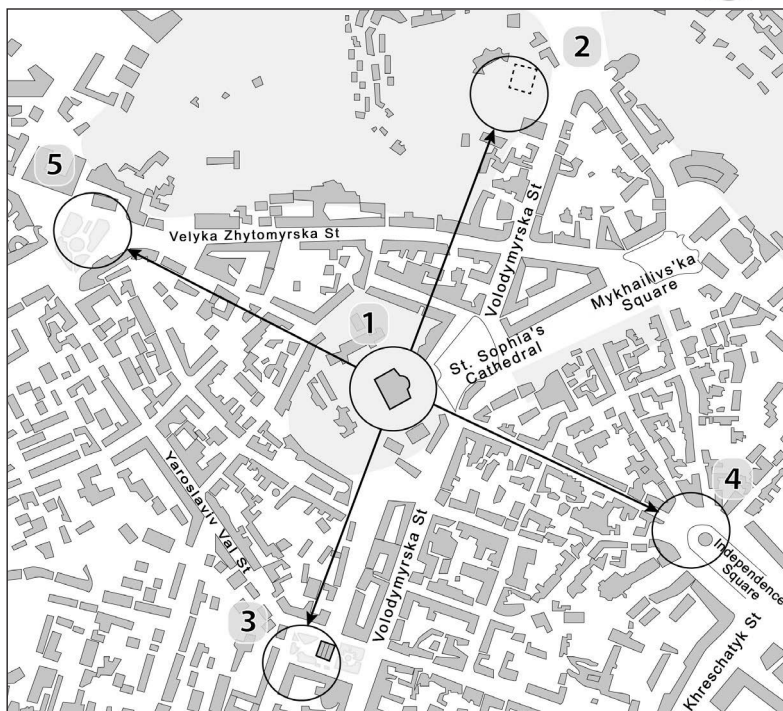


Figure 77. Modern map of the historical centre of the city of Kiev with marks of the previous locations of the “four gates” and the present Saint Sophia’s Cathedral:

- 1) Saint Sophia’s Cathedral;
- 2) location of the foundation of the church of the Tithes (the first stone church in Kievan Rus dedicated to the Holy Mother of God);
- 3) location of the main “Golden Gate”;
- 4) location of “Lach Gates” (“Lyadskiye Gates”);
- 5) location of “Western Gates”.

The “Western Gates”, or as common people called them, “Zhydovski Gates” (Jewish Gates), became the Right Essence for the ancient capital. Geographically, they were located in the north-western part of the city. A few centuries later, when the city of Lviv was founded, the gate got the name of “Lviv Gates” because the road from Kiev to Lviv went through them.



Today, in their place stands L'vivs'ka Square. It is interesting that over time, one can say, nothing changed regarding the activation points which stimulate the Animal nature in people. There was a market here in the olden days, and it remained, only the name changed – it is “Trade Centre” now. Even more, the incentive for hoarding and increasing material wealth in this city (just like in other major cities of the world) is once again blooming with weeds, instead of really important and needed incentives for people – creating deeds from the “fruit-bearing, eternal tree” – the Spiritual nature.

Anastasia: Unfortunately, that is so. If we take a look at modern Kiev, the first thing that catches the eye is the large number of trade centres, banks, and other similar institutions, one is richer than another. One gets the impression that everybody is obsessed only with trade, instead of real spiritually creating deeds, worthy of a civilised human society.

Rigden: Such large cities of the world are a vivid example of the prevailing human choice. But I repeat, to improve the situation is in the hands of people themselves. So, even at that time, Agapit suggested to Yaroslav that he “reinforced” these “Western Gates” with a spiritual and cultural object that has a sign which would balance the invisible forces to avoid tilting towards the Animal nature of the people who visit this place. So a church dedicated to the Presentation of the Lord (Сретение Господнее - translator's note) was built here. This was symbolic. Firstly, the old Slavic word “сретение” meant “meeting”, and according to the old Slavic beliefs, it meant a meeting of man with the divine and its glorification. Secondly, the Biblical story of the Presentation was dedicated to the Mother of God (the Virgin Mary), who brought Baby Christ to the temple on a fortieth day following His birth. In Orthodoxy, the Presentation was celebrated *a week before February 25th*, and in the spiritual aspect, it was considered as a renewal, as a meeting of the old and the new. That is why it was very symbolic that the “Western Gates” in ancient Kiev were reinforced exactly with this spiritual and cultural object.



If Sophia's Cathedral was the centre, the "Golden Gate" was conditionally the Front Essence; the Church of the Mother of God (Church of the Tithes) was the Back Essence, and the "Western Gates" was the Right Essence, then the "Lach Gates" symbolised the Left Essence of the ancient capital of Kievan Rus. They were located at the place where today the city's central square is situated – the Independence Square, popularly known as "Maidan."

Anastasia: You know, when I had heard this information from you for the first time, I was extremely surprised, thinking: "That's interesting, whose idea was it to move the capital's main square exactly to this place, deliberately emphasising the Left Essence?" Because this place, as the capital's square, gathers large crowds of people.

Rigden: Perfectly true. It was done not by accident but quite consciously, as they say, from the Mind, the Animal one. Well, first things first. The area where the Independence Square is located in Kiev today was called "Perevesishche" (that which outweighs – *translator's note*) during the times of Agapit. There was a marsh there, and people called it Goat Swamp since olden times. So then, it is approximately there, in the south-eastern part of the city, where nowadays Sofievskaya street begins on Maidan, leading to the Cathedral, Yaroslav the Wise had the "Eastern Gates" placed there, which opened a way from Kiev to the Pechersk Monastery (currently the Kiev-Pechersk Lavra) and also to the "the Pechenegs' land." In history, these gates got the name "Lyadsky Gates". The word "lyad", when translated from the Old Slavonic language, means "unclean", "unlucky"; and "lyada" means "wasteland", "weeds", "thick bush", "raw land." By the way, a few centuries later, after a long siege of the city, the armies of Batu Khan managed to break into Kiev exactly through the "Lyadsky Gates." Regarding the place itself, it remained a "wasteland" until the 19th century, when freemasons, doing their bit to destroy the spiritual heritage of the Slavs, initiated



construction of the city council building particularly in this “unclean place.”

Anastasia: Yeah, well, “Independence” on Goat Swamp... To make the main square of such a city in such a place?! Yes, freemasons only look “native” to people, but they’re alien in mind.

Rigden: That is why they block nations’ access to the Knowledge; they do everything to make people uninterested in their real spiritual history; they poison people with their lies, hiding obvious facts from them. Just look at their symbols: there are swords, bows and arrows, axes, shields, compasses, and lions everywhere – the freemasons’ symbols. If one just takes interest in history, one can trace an almost simultaneous destruction of even the smallest remnants of those iconic structures which had been built for people and activated with signs, for example, in Kievan Rus during the times of Agapit. For instance, the conservation-restoration of Saint Sophia’s Cathedral in Kiev took place exactly in the 17th-18th centuries, and it was surreptitiously rebuilt in “baroque” style, which is why the building significantly changed its external appearance (including its geometric and spatial image).

Anastasia: Well, authors of historical literature diligently borrow one and the same phrase from each other that “baroque” in those days was a fashionable style of the Renaissance of “western civilisation.”

Rigden: ... and Italy, Rome, was its centre. Does this tell you anything?

Anastasia: Oh, it says a lot. Just take the word “baroque” alone!

Rigden: Indeed. The Italian word “barocco” is derived from the Portuguese “perola barroca” meaning an “imperfect pearl”, in other words, a “pearl with a flaw”, a defect in



a gem, a deformed pearl. This word is also present in the Latin language...

Anastasia: Yes, taking into consideration that this style was connected with aristocratic circles and the church, it is not surprising that the word “barocco” was chosen for it as the name of a deformed pearl. Even more, later it was the dominant style in the European art up to the middle of the 18th century, especially in countries where Catholicism was prevalent. The “baroque” is considered as a triumphal procession of the “western civilisation.

Rigden: Well, yes, a torchlight procession. As they say, whoever has ears, let them hear. It will not be difficult for clever people to understand why Sophia’s Cathedral became the first architectural monument on Ukraine’s territory which was entered into the Worldwide Heritage list of UNESCOs, which means that rebuilding it, transferring it to a religious organisation, or holding church service in it, is prohibited.

Anastasia: That means that the freemasons from the Archons rebuilt the original, and now, using their own plausible tool UNESCO, impose conditions on the local residents that cathedral may not be rebuilt and, moreover, traditional Orthodox church services are not allowed in it? It’s not allowed, so to say, to activate the “pearl”?! Well... This cannot be called anything other than lawlessness.

Rigden: And this is, perhaps, the main spiritual “pearl” of Kievan Rus! And what have freemasons done to other buildings in the same years? In the 18th century, they made attempts to rebuild Sophia’s Cathedral in Veliky Novgorod to distort the geometric and spatial image under the pretext of reinforcing the walls of the building. The cathedral in Polotsk has been rebuilt anew. Furthermore, by the 18th century, Sophia’s Cathedral in Polotsk was already significantly different from its original version, given how many times this building was first destroyed and then restored from the human mind for centuries to



come. Even then, despite this circumstance, freemasons played it safe just in case and erected a church with non-Slavic architecture in the “baroque” style in its place at the beginning of the 18th century.

Well, I am not even talking about the “four gates” of Kiev. As soon as the freemasons started sponsoring politicians in Kiev, the demolition and destruction of the remnants of significant architectural monuments began under various pretexts. An old and well-known method of freemasons is to destroy the original first and then provide their own “copy.” Thus, today we can see only a poor “copy” of the “Golden Gate” and speculation about the freemasons’ “copy” of “Lyadskie Gates” monument, which was almost destroyed in the 19th century when the City Council building was being built. There is a mere reference in the chronicles that some time ago there were “Western Gates” and that the first stone church of the Mother of God stood in Kiev city. That is the whole story of how spiritual signs help some people develop themselves while they make others go mad; how some people create a spiritual pearl for the generations of the living and how others try to apply their “baroque” to it.

Anastasia: Yes, the times and seasons of today’s world.

Rigden: This is just an example from history, many likes of which can be found in the past centuries. The problem is not in buildings, the problem’s in people and in the choices of humanity...

Anastasia: By the way, getting back to the conversation about the peculiarities of architecture of the temples among the peoples of the world using the main symbolism, including the pearl... Just like the Christian temples have the altar part of the building shaped as a semi-circular niche oriented to the East, so do the Muslim mosques have a special semi-circle niche – “mihrab” (the Arabic word “michr’ab” means the “direction of the prayer”). It is oriented towards the location of Mecca – the sacred city for the Muslims (located on the Arab Peninsula in southwest Asia), where one of the

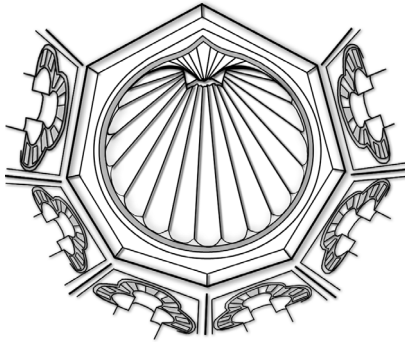


main Muslim shrines is located, a structure in the form of a cube – Kaaba. So, this niche is decorated with ornamental carving, painting and encrustation. Its internal dome is often designed in the form of a shell – the symbol of storage of the precious spiritual pearl.

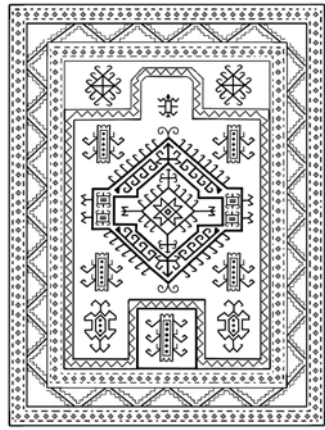
Rigden: That is right. Such a design is understandable because Muslims have a lot of legends about the pearl, and they single it out into the category of special symbols. For example, according to the prophet Mohammed's saying, the world was created from the White Pearl. According to Muslim beliefs, the Almighty created the *White Pearl*, the thickness of which was *seven skies and seven lands* put together. When God called the Pearl to Him, it trembled from *His call* so much that it turned into flowing *Water*. Out of all the creations that at some time of day or night, one way or another, interrupt their glorification of the Almighty, it alone, already being *Water*, *did not for a moment cease to glorify the Creator*, constantly surging and foaming. That is why God gave it superiority over others, making it the *source and the beginning of life of all living beings*. So, all the living beings were made of *Water*. And in order to carry this precious *Water*, the Almighty created *The Wind (Air)*, *having endowed it with an "uncountable multitude" of wings*.

That is why, as a rule, this sacred niche is filled with many symbols. It was associated with the Blessed Virgin, the pure Soul. Earlier inside the mihrab, a burning lamp was hung, because the divine presence in the world or in human was likened to the light of the lamp. The lamp is in the glass, and the glass is like a pearl star – it is a symbol of the "Light on the light."

Anastasia: Regarding the symbols, it's also quite interesting to look at the composition of the prayer mat (namazlik) among the Turkic-speaking nations practicing Islam. In its nominally ornamental picture of the rug, it usually imitates the mihrab of this or that region.



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Figure 78. **Symbolic images in Islam:**

1) a shell-shaped arch of the mihrab niche (Big column mosque-cathedral Mezquita, which is considered to be one of the largest in the world; year 785 – the early 11th century; Cordoba, Spain);

2) a prayer mat (Turkish namazlik); the art of the Turkic-speaking nations practising Islam.

Rigden: By the way, mainly all the same symbols and signs are present there that belong to the cultures and religions of many other peoples: octagons, hexagons, rhombuses, squares, diagonal crosses and so on... Generally speaking, a shell with a pearl in the ancient times was a symbol of the Soul, of the creating divine feminine principle. It was an attribute of many female deities and their names, symbolic of the sacred element of water. As I have mentioned before, the latter meant a habitat that was different from the earthly one and entirely *different* for the human understanding. However, every living thing was derived from it, was dependent on it, and needed it. The Bible mentions the words of Jesus Christ, when he explains what the Kingdom of Heaven is like (Matthew, chapter 13, verses 45-46): “Again, the Kingdom of Heaven



is like a merchant looking for fine pearls who having found *one of great value*, went away, sold everything he owned, and bought it.”

Nacre, which has a *rainbow* effect, was considered the pearl’s “divine shell.” By the way, in the East, the sacred spiritual meaning of the Soul in the form of a pearl was also often described poetically through the image of a water drop on the lotus. The thing is that lotus leaves have a specific whitish wax coating. Since olden days, the unusual effect of the lotus has been known: when water (for example, rain water) gets on the lotus leaves, it beads up into spherical drops. In the sun light, these droplets, shimmering with the iridescent colour of nacre on the whitish coating, seem like precious pearls. Naturally, this effect could not go unnoticed by the Eastern poets, thanks to which their lyrical verses assumed a metaphor with a deep sacred meaning:

From the eternal sky,
 Raindrops suddenly
 Fell on the lotus,
 And light moisture on the leaves ...
 Became a pearl.

The French name for pearl “perle” is derived from the Latin “pirula”, meaning a “speck”. The latter, in turn, is derived from the word “pirium” meaning a “sphere.” The Slavic word “перламутр” (“perlamutr”) is borrowed from the German word “Perlemutter”, where “Perle” stands for a “pearl” and “Mutter” means “Mother”. In Latin, “mater Perlarum” is the “mother of Pearl.” The ancient Romans also called the pearl a “margarita.” This word was borrowed from the ancient Greek language (“margoron” is “nacre”). It is from this word that female names associated with the epithet of the ancient goddesses of Love, beauty, fertility, eternal spring, and life are derived. For example, the name Margarita (pearl) is derived from the epithets of the goddess Aphrodite, who, according to ancient Greek mythology, was born as a result of virgin conception and arose from the sea foam in a shell, like a shining pearl. The name Marina



(“marine”) is derived from the epithets “shining” and the “Mother of pearl” of the ancient Roman goddess Venus (the Latin word “veneris” meaning “love”), which was identified with Aphrodite. One of her symbols was a female dove. That is why in early Christian art, which originated in the Roman Empire, there were images of the Virgin Mary with a shell above her head, as a symbol of the one who brought the “divine pearl.” It should be noted that *the name Maria in the Roman Empire was associated with the concept which was traditional for the peoples living there – of the goddess of Love – “the glowing one” and “Mother of pearl”!* But not “sad”, “rejected” and certainly not “bitterness” as her name was later presented by the Jewish priests for the public.

Anastasia: Those ones *can...*

Rigden: They can only because people themselves do not want to know more than what priests specified for them. And this is the result. But suffice it to take a look at similar sacred symbols and designations among other peoples of the world (the access to the knowledge of which is deliberately being limited in the believer’s mind with the words “pagans”, “infidels”, and so on), and everything will fall into place.

Anastasia: Well, yes, from whom did the priests copy popular ancient symbols, signs, and attributes of divine characters?! From other peoples.

Rigden: Regarding the Virgin Mary, suffice it simply to compare the symbols and names of the Foremother of the ancient peoples of the world, light female deities, and their epithets. And it will become clear that for centuries one and the same spiritual knowledge was passed down to different peoples about the liberation of the human Soul, in which the creating power of the divine feminine principle (Allat) played an important role.

So, the pearl itself in ancient Rus was called “inchi”, which means “different”, “the one”, “the only”, “the true one,



the right one” among the many Slavic and other peoples. That is why later in Christianity the monk was called “inok” and nuns – “inokinia.” The pearl was an associative symbol of the Soul from *another (spiritual) world*. The ancient Russian word “rakovina” “perlamutr” is derived from the ancient words of the Slavic peoples living in Eastern Europe. “Raky”, “rakъve” is a “shell” and is similar to the Latin word “arceō” meaning “I lock.” That is, pearl in a shell is a symbolic designation of the Soul locked inside the material shell of the body, which had been brought here from *another world* and which can liberate itself only when the human consciousness (the Personality) fuses (connects) with the Soul with the help of the spiritual creating power and the dominance of the Spiritual nature in man.

Anastasia: This information is really very interesting for the people today. Interestingly, large pearls in the ancient times were called Orient (the Latin word “orientis” meaning the “rising sun”). This word is borrowed from the East. This is how something “different which attracts with its unidentified quality and inner beauty” was often called in poetry.

Rigden: Quite true. Large pearls were called exactly “unio” (from Latin – “the only one”), and the word “orient” in the East originally meant *radiance of natural pearls*.

Anastasia: Yes, from the perspective of spiritual symbols, you look at all this in quite a *different way!*

Rigden: I will say even more. The cylindrical room under the central large dome or a tower in the *central inner part* of the cross-domed temple was called the main, central apse, where the place for the throne and the altar was allocated. The ceiling of the apse in the form of a semi-dome (of conch, meaning a “shell”, a “spiral whirlwind”, “vortex”) symbolised the “sky.” In architecture, the locking stone, which “locks” the arch or the dome, is still called the *key*. So, as a rule, a mosaic image or a painting of the Mother of God “Oranta” with raised hands as a symbol of the “one who opens the



Gate of Heaven” was originally placed on the inner concave surface of the apse.

Anastasia: Yes, all the symbols of man’s spiritual work on himself are really present here, including the attainment of liberation with the help of the divine power of the feminine principle... The image of the Mother of God “Oranta” was known in Ancient Rus almost from the beginning of Christianisation. Many people associate it with Byzantium but not with the ancient East! Religion and cultural studies handbooks suggest that the name of this icon originates from the Greek word “orantis” meaning “the praying one.” Nothing is mentioned beyond this “limitation”, obviously, out of ignorance or unwillingness to mention other cultures. However, if we dig deeper into history, it becomes clear that an entirely *different* meaning was laid here!

Rigden: You are right, there is really a *different* meaning here, and it is much deeper than it seems at first sight. Regarding the connection with the word “the praying one”, then, obviously, people relied on the information about the early Christian paintings in the Roman catacombs where praying figures were depicted in such a position. But hands raised in such a way, as it has already been mentioned in our conversation, are really the old symbolic image which was known in the time of the Palaeolithic, the Neolithic, and Copper Ages (the existence of ancient Egypt, Mesopotamia, the Harappan and Tripolye civilisations, and so on). This is a symbolic designation of Allat, the symbol of knowledge about the spiritual practices for attaining fusion of the Personality with the Soul, the symbol of spiritual enlightenment and cognition of the Truth.

Anastasia: That’s amazing. It turns out that all the knowledge exists to this day, it is only people’s perception of the world that has radically changed in the opposite direction! Even the architecture, for instance, of the Christian temple, contains the basic Knowledge: square-shaped, four-leaved structure with a centre, cylindrical central room, and pyramidal architecture of the entire



building. This architecture may also be crowned with a pyramidal spire or onion-shaped domes with a pointed element. All this corresponds to the symbolism of the human energy structure, the path of liberation of his Soul: four Essences, the centre is the Soul, personal space, pyramidal structure, architectural symbols of transformation of the square into the circle or octagon (a symbol of the cube). And it has been shown clearly that in the Christian religion it is the creating divine power of the feminine principle that plays the main role of the real Guide from the human world to the spiritual world. It flows through the main female images of Christianity – of Virgin Mary, Mary Magdalene... People divide the images, but their essence is the same – divine Love, *God's Mother* – that through which Love *revives* communication with God in person, restores the former connection with Him through the Soul. It is the spiritual, *good power of Love and Creation of the Mother of God* that is the main guiding and performing power from God! In the Annunciation scenes, the Virgin Mary is often depicted with a lotus, or rather, with a lily in her hand, as a symbol of spiritual purity. She is portrayed trampling a dragon with her feet – the human's Animal nature. After all, taking into account the spiritual knowledge about man and the practice of spiritual path, all this takes on a *different*, deeper meaning!

The Virgin Mary is named a “spiritually reviving power” and the “embodiment of true knowledge.” She is called the “Wisdom of God” – “a painter of everything”, the “Mother of creation”, about whom the Bible says that “She is the breath of the power of God and a pure outpouring of His glory”, “She is a reflection of eternal light and a spotless mirror of the working of God”, “And being but one, she can do all things: and remaining in herself, she maketh all things new: and in all ages entering into holy souls, she maketh them friends of God, and prophets.” The spiritual power of the Virgin Mary is compared to the “Gate of Heaven”! She is named the “Bearer of a Deity”, “The Soul of the world”, “Providence of God”, “Incarnation of Logos” ...



Rigden: Once Jesus said to Mary: “Blessed are you, Mary, because flesh and blood hath not revealed it unto thee, but My Father who is in heaven. And I tell you: you are the Magdala of My Church and the gates of hell shall not prevail against it.” “And I will give unto thee the keys of the Kingdom of Heaven, and whatsoever thou shall bind on earth shall be bound in heaven, and whatsoever you loose on earth shall be loosed in heaven.”

Anastasia: Yes, I remember these important words. I recorded this knowledge *in the book “Sensei-4”* about the fact that it is Mary Magdalene who was that closest disciple to whom Jesus not only entrusted the secret knowledge but also handed the “Keys to the Kingdom of Heaven” – that which today people call the Grail. “Magdala of the Church of Jesus”, the main “Pillar of Faith”, which still holds the true Teaching of Jesus...

Rigden: ... and real spiritual help comes to people for the salvation of their souls.

Anastasia: You know, once when I was in Kiev and visited one of the temples, I saw an old picture of the God’s Mother “Oranta” in the half-length image. Her hands are clearly shown as raised up and spread to the sides in form of a *cup, a half-moon with its horns pointing upwards*. And the circle is highlighted on her chest, where Baby Christ is located as in mother’s bosom under her protection. That is, this is an icon with the “AllatRa” symbol encrypted in it.

I was surprised that people don’t see the obvious. Although had you many years ago not enlightened us on these issues, I probably would similarly not understand why I couldn’t stop looking at that particular icon, why I feel the positive power coming from it. I took a picture of this image of “Oranta” and put it as wallpaper on my mobile phone. Here it is...

Rigden: (with a kind smile, looking at the picture): Our Lady of the Sign or “Znamenie” ... of course, it could not be



anything else... The light-carrying grace of God. The bosom of the Mother of Slavic people. Righteous joy of Your eyes, true Brother, until this time akin a Cresset is shining in the name of Your glory, bringing closer this day of “I am, I shall be!” ... That is a good icon... I have already said that in ancient Rus, the image of the Mother of God was the most revered among people. This icon is named Znamenie (Sign) only among the Slavs of Russia, Ukraine, and Belarus (and also among those peoples who were united later into one big country), and nowhere else. In other countries, it is called the Mother of God “Great Panagia”, “Pantanassa”, “Platytera”. Few people know that in the old Slavic language, the word “знаменьє” (znamenie) is derived from the Old Russian word “знамя” (znamya), which means a “*sign*.” For the first time, such an icon appeared in Rus in the 11th century. But already after the earthly life of **Agapit of Pechersk the Unmercenary Doctor**, people started to call this icon not only “znamenie” but also an “incarnation”, the *sign of salvation*. That is the point!

Anastasia: To this day, one can find references to it. But, unfortunately, the church legends started to emphasise the physical salvation of people rather than the spiritual one. Nevertheless, if one thoroughly studies the history of those years, then even indirect references, in the end, bring us to the historical events related to certain dates. For example, on **February 25th**, 1169, thanks to the icon “Oranta”, a miraculous resolution of the outcome of the battle at *Veliky Novgorod* took place, because of which thereafter people themselves began to honour the Mother of God as their patroness. However, those in power set a celebration in honour of that event as late as on November 27th according to the Julian calendar (December 10th on the Gregorian calendar).

Rigden: That did happen. Simply, this event took place in the days of the Great Lent. It was in a way a bit inconvenient for them to celebrate it because of the lent. So they adjusted it to November 27th to suit the name-day of the Novgorod governor of that time. In any case, everything is as it has always been,



nothing has changed in power. But the most important thing is that people feel the truth. Although in fairness I must say that this icon worked a lot of spiritual miracles in Kievan Rus since the 11th century. Even later, many covert and overt miracles happened thanks to this icon. It became so popular in the entire Orthodox ecumene that people started to depict it not only on the wall paintings in temples. The sign became accessible to people. It was popularised through the copper casting of amulets, quadrifolium icons, encolpion (a relic that was hung on the chest, which was called “ΛΟΗΟ” (lono) or “περσι” (persy) in the old days), minting of small icons, and so on.



Figure 79. **Images of “Oranta”:**

1) a bronze icon insert with an image of “Oranta” (the 12th-13th centuries; Brest, Belarus);

2) serpentine (the front and the back sides) with an image of “Oranta” and the divine Baby Jesus on the front (the 14th century; archaeological finding near the city of Brest, Belarus).



Even today, this icon is still one of the most revered in the Russian Orthodoxy. Even more than that, in Belarus, for example, the icon of the *Mother of God surrounded by four angels* is still the capital's coat of arms (translated from German, “репб” (gerb) (*the Russian word for “coat of arms” – translator’s note*) “erbe” means “heritage”) – a unique symbol of the ancient Slavic city of Minsk (Мінскъ) located on the bank of the river Svisloch (Svislach), one of Dnieper’s tributaries. Legends have preserved a partial reference about the connection of the icon “Znamenie” with ancient Kiev and about its miraculous discovery. All these symbols and signs made a special impact on the spiritual heritage of these Slavic peoples.

Anastasia: Yes, it suffices just to look at the present-day coat of arms of those places in order to understand what symbols the society’s attention is drawn to.



Figure 80. **The modern symbols of Belarus:**



1) coat of arms of the town of Novopolotsk (Vitebsk region, Belarus);

2) coat of arms of the city of Minsk (the Mother of God is surrounded by two angels and two cherubs);

3) the same symbol on the well-known Catholic temple – church of Saints Simon and Helen (early 20th century) located on Independence Square in Minsk.

Rigden: Generally speaking, I must say that the Slavs in the pre-Christian period still preserved the symbolism, mainly of the rhombic type. It can be said that the Slavs and the Baltic peoples were practically the last Indo-European peoples who had long and firmly resisted the intrusion of Christian symbolism into their traditional beliefs. I draw your attention to the fact that by the 10th century, Christianity as a religion had already significantly strengthened its positions in the world as a tool of political power. Still, the symbolism of these peoples was mostly oriented towards the spiritual. But, as I have said, all the changes begin with symbols. Christianity started to exert its influence on the rich sacred symbolism of the Iranian peoples practically since the 6th century and on the Germanic nations, since the 8th century. A major attack by the symbols of this religion (including the ones that have negatively impacting signs) on the Slavs, however, began since the 10th-11th centuries.

But thanks to the timely intervention of Agapit of Pechersk in this process, positive symbols were activated in Kievan Rus, many of which (the signs “**AllatRa**”, Allat, rhombuses, circles, and equilateral crosses) were well known also in the pre-Christian period. Agapit, basically, renewed the Knowledge, including about the four Essences, about the spiritual liberation of man. Of course, this was done not openly but covertly, but still. So, thanks to the spiritual work of Agapit of Pechersk the Unmercenary Doctor, there was a renewal of mostly positive signs, which naturally affected the spiritual future of these peoples.



Anastasia: Yes, and this can be easily traced through various ancient artefacts. For example, by the symbols and signs which had appeared in masse among the Slavic peoples of that time; through icons with the symbol of Allat and the “**AllatRa**” sign; folk embroidery with sacred scenes; through the circulation of rings, fibulae (decorative fastening for garments), earrings, brooches with the symbols of exactly equilateral crosses (and not the long crosses) with the symbols of the four Essences. Interestingly, in the ancient Rus, golden and silver signet rings with images were common in cities, while in villages there were copper ones with *geometric patterns*.

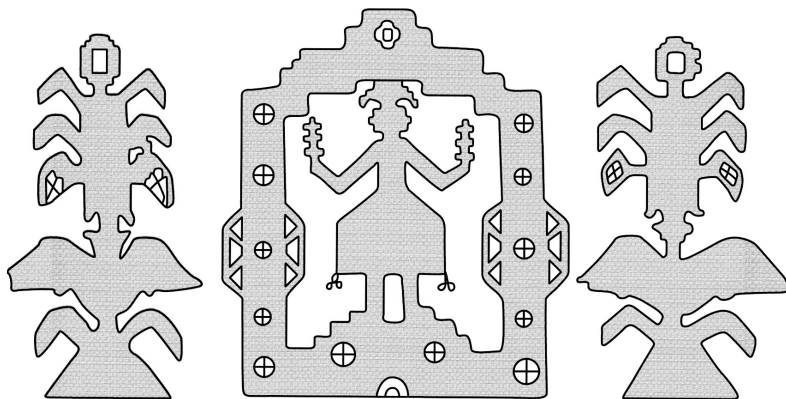


Figure 81. Embroidery with the image of the Old Slavonic heathen temple and goddess Makosh.

Goddess Makosh was in the pantheon of the supreme gods of Kievan Rus in the pre-Christian period. She was one of the main Slavic heavenly patronesses of the feminine principle, fertility, spinning, and weaving.

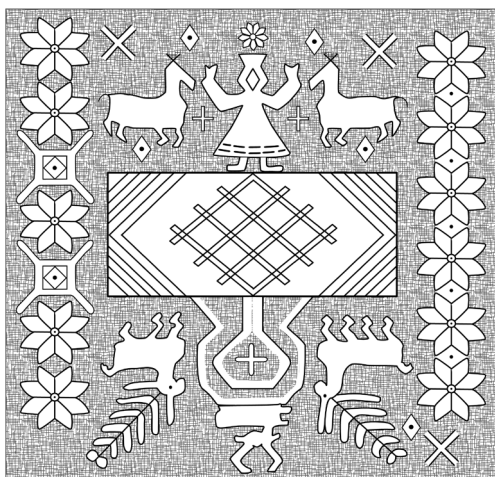
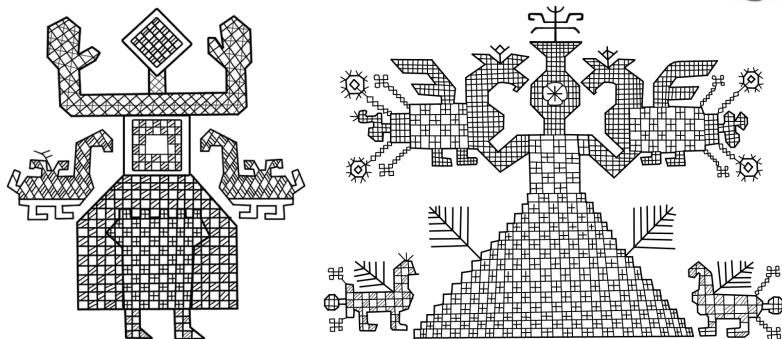


Figure 82. **Samples of Russian folk embroidery with images of sacral symbols.**

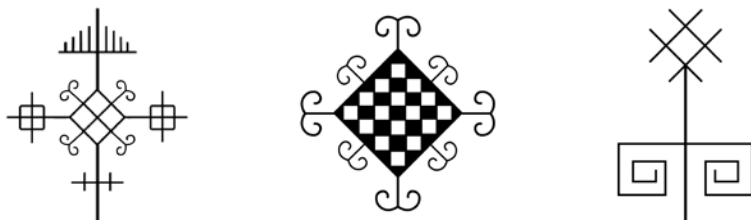


Figure 83. **Elements of Slavic embroidery.**



Figure 84. **Symbols of the Viatichi Slavs**

(early 12th century; images from artefacts found on the territories of Moscow, Kaluga, parts of Smolensk and Bryansk regions; Russia).

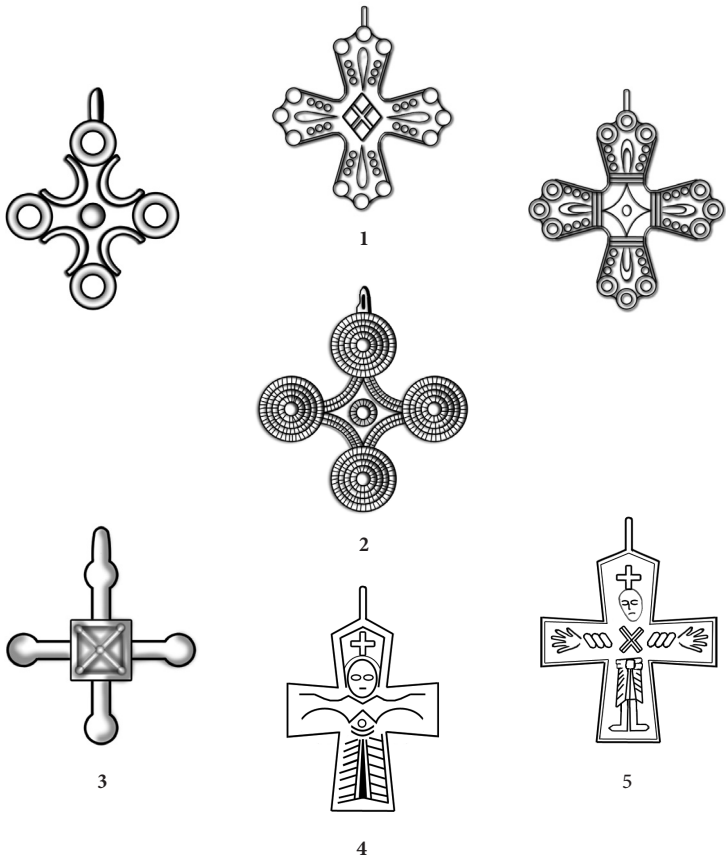


Figure 85. **Christian equilateral crosses**
(the 11th-13th centuries; Kievan Rus)



1) artefacts found on the territory of the former Vitebsk gubernia (Belarus);

2) metal vest cross (discovered in the town of Polotsk, Vitebsk region, Belarus);

3) metal vest cross (found in the town of Borisov, Minsk region, Belarus);

4) cross with an image of Crucifixion (late 10th – early 11th centuries; the artefact from the town of Novogrudok, Grodno region, Belarus);

5) cross with an image of Crucifixion (late 10th – early 11th centuries; the artefact is from the town of Polotsk, Vitebsk region, Belarus);

Rigden: As a rule, people’s attention is deliberately focused on the philosophy of this or that religion or the political ideology but not on signs and certainly not on the true purpose of these signs. While some of them are working signs and affect the human energy structure, they work at the subconscious level, regardless of whether the person understands this or not. People should take a closer look at what specific signs and symbols surround them at home, at work, and in other places of their lives. It is always possible to change the situation for the better if one has the Knowledge – all it takes is the desire of people themselves and their real work in this direction... So, getting back to the conversation about “Oranta.” This is not the only icon with an image of the Mother of God where these symbols and signs were placed.

Anastasia: That’s right, suffice it to look at the image of the miracle-working *Our Lady of the Gate of Dawn* (Vilna icon). It is located in Vilnius city (Lithuania), and today it is quite popular in *Lithuania, Ukraine, Belarus, and Poland*; on top of that, it is venerated by both the Catholics and the Orthodox.



*Figure 86. Image of Our Lady
of the Gate of Dawn (Vilna icon)*

Obviously, different legends are connected with it, including the one about its origin from Korsun (an Old Russian name of the city of Chersonesus, where Prince Vladimir of Kiev – father to Yaroslav the Wise – was baptised). Now the remnants of this city are located in the vicinity of Sevastopol city in Crimea. But it is difficult not to notice the symbol of the crescent with its horns pointing upwards on this icon.



Rigden: Many such images of the Virgin Mary with a crescent with its horns pointing upwards began to appear in the West as the order of Knights Templar (the 12th-13th centuries) emerged and became stronger. Generally speaking, it must be noted that in the previous period of time, Goddesses from other cultures were also depicted with such symbols as the divine feminine principle. For instance, the Iranian Goddess Ardvi Sura Anahita (translated from the Avestan language, it literally means “mighty, immaculate Ardvi) – the goddess of *water* and fertility, to whom a separate hymn “Ardivisur Yasht” (“Yasht 5) is dedicated in the holy book “Avesta.” By the way, the original meaning of the word Ardvi was that of the source of the world’s water flowing from the divine realm of Light and giving rise to all life (the prototype of Allat).



Figure 87. Ardvi Sura Anahita being lifted by a holy bird.

Image fragment on a silver cup (6th century, Iran (Persia); it is now in the Hermitage Museum, Saint Petersburg, Russia).

Here is another example connected with the ancient Egyptian Goddess Isis, whose cult of veneration in ancient



times was widespread both in the East and in the West, for example, in Asia Minor, Syria, Greece, Italy, Gaul, and other countries.

Anastasia: Yes, even during the times of Hellenism, the cult of Isis was very popular far beyond the borders of Egypt. For the public, she was presented as a goddess of the feminine principle, fertility (creation), and the goddess of seafaring. But the first thing that catches the eye in a typical image of her is her head-dress, an attribute in the form of the crescent with its horns pointing upwards and a circle above it (“**AllatRa**”).

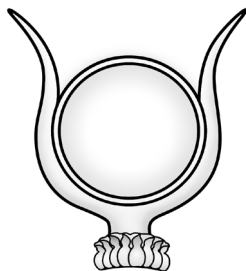


Figure 88. The attribute of ancient Egyptian goddess' head-dress.

Rigden: In sacred interpretation, her name meant the transition stage, that which connected to a *different* sphere. By the way, in the Hellenistic period, the interpretation of the sacred symbols of, for instance, the cross-dome temple was mostly borrowed, as I have already said, from the religious concepts of the East. For example, I have already mentioned in the conversation about the Greek word “apse”, which means a cylindrical room under the central large dome or a tower in the cross-dome temple, and about the locking stone (the “key”) that “locks” the arch. The symbolical meaning of the apse was borrowed by the Greeks from the sacral meaning of the name of the



goddess of ancient Egypt – Isis and one of her attributes – the Egyptian ankh cross, which meant “eternal life”, the “key to life”, a symbol of immortality. The apse (from the ancient Greek “αψίς” meaning “arc, loop, arch, protrusion”, “that which brings together, connects”) – that is how the Greeks referred to any circular shape: disk, orb, cylinder and the firmament.

Anastasia: Yes, the priests of different ancient countries on many occasions had to put up with such massive veneration of the “foreign goddess” by “their herds.” It was difficult for them to overcome the growth of her popularity among the peoples.

Rigden: Of course. Priests fought not only against this, but they also made attempts to lead this movement or at least to borrow some rites and elements from this cult, some epithets for their “local” goddesses in order to enhance their attractiveness and, therefore, to also increase their income. However, with all those “borrowings”, they partially copied the essential knowledge as well. People, who had been truly let into the secret of knowledge about signs and symbols, understood the reason for this popularity among the public. That is why they themselves contributed to the process of dissemination of positive signs and symbols and used any means and opportunities, including capturing them in monumental architecture, in order to pass on this knowledge to future generations. And later this resulted simply in a tradition among different peoples, often without understanding the essence. People began to imitate, guided only by general, superficial philosophy and the experience of previous generations in architecture and art.

For an attentive person, it is enough to look at the architecture of sacred buildings – temples, churches, and other religious structures built both in the ancient times and today, which are located on different continents and which belong to *different religions*. And he will see that they reflect one and the same main spiritual symbols. Often such structures represent architectural solutions



in the form of transformation of the square shape (meaning everything earthly and human) into a spherical shape (meaning heavenly and spiritual) which, as I have already mentioned, symbolises spiritual growth and transformation of the human structure. Basically, this is a symbol of a union of the four Essences of man and attainment of their oneness upon the dominance of the Soul and its subsequent liberation. And the latter in the architecture of sacred buildings was depicted in the form of the cube or a symbolical image of its *eight* vertices (often as a finial – an eight-pointed star). Later the prototype of the cube began to be shown in the form of the octagon, thanks to which the square of the tower was connected to the circle of the dome, as a symbol of final transformation, a qualitative change of the human nature and his exit to the spiritual realm.

The same applies to ancient art. For example, the geometric patterns of the East, such as Muslim palaces and mosques as well as books, garments, and decoration of dishes. They are based on arabesques – squares, circles, triangles, stars, multi-petal flowers, and interweavings which are similar to the lotus and its stem. By the way, the last ones as a motif of the Muslim medieval ornament of the 12th-16th centuries, which is a formation of a spiral with the leaves of bindweed, are called *islimi* (the name is given in the English transcription); translated from the Turkic language, it means “Islamic.” In the East, it is believed that this pattern glorifies the beauty of the earth, reminds people of the heavenly gardens, and also expresses the idea of the symbolical spiritual growth of man, which is reflected in the constantly evolving and blooming shoot, whose path includes many possibilities of its growth and interweaving of different circumstances of the world. And the geometric ornaments in the Muslim art of the Near and Middle East already in the 9th-16th centuries were called *girikh* (the name is given in the English transcription; it is derived from the Persian word meaning a “knot”). I should mention that some of the most widespread symbols are eight-pointed, five-pointed, and six-pointed stars. And in general, geometric ornaments



in the worldview of the Islamic religion symbolise the ideas of unity, harmony, and order, on which, according to their beliefs, the Universe exists, which was created by the One God, the creator of all things – Allah.

Once these symbols also served to transfer the knowledge, and now for most people, they are just objects of spiritual contemplation, just like, for instance, mandalas are for the Hindus. By the way, initially only symbols and signs were used to designate Buddha; the same as in early Christianity to designate Christ. And it is only much later, as the institution of religion had been created, for example, Buddhism, that Buddha was personified as a deity. Generally, as I have already mentioned, geometrical signs in the ornament are a very old tradition of symbolical transfer of knowledge which existed in the East even in the pre-Islamic times. Such an ornament was previously read by, for instance, Arab nomads like an open book, which most understood.

Anastasia: Well, the East and Islam, in particular, are a story in itself. Once, long ago, you told us about prophet Mohammed. This, in turn, generated interest in Islamic traditions, culture, art, architecture, and literature. As is commonly known, the main shrine and the place of pilgrimage for Muslims is the birthplace of Mohammed – Mecca. This place is located in a small valley in the mountains. Even in pre-Islamic times, Mecca had already been the main religious centre of the peoples of the Arabian Peninsula, and the Kaaba (the building in the form of a large cube) was commonly recognised as a shrine by different peoples of the Arabian Peninsula. Scientists still do not know who built it and when. But what is interesting is that, when translated from Arabic, Kaaba (the English transcription of this word) means a cube. And if we take into account that the cube placed on its vertex (or with a marked vertex) among the peoples of the world since ancient times has been an important spiritual symbol, which indicates the human transformation into a Spiritual Being, then the story becomes really interesting.



According to geometry, the cube is a regular hexahedron consisting of 12 edges, 8 vertices (3 edges meet in each of them) and 6 faces, which are squares. It is appropriate to recall that the number 72 can be presented as a combination of 12 by 6. Again, the symbolism of figures and geometric values is quite interesting.

So, after Islam had become the dominant religion in Mecca, Masjid al-Haram mosque became the main place of pilgrimage for Muslims. It is here that the ancient shrine Kaaba is located as well as, by the way, Maqam al-Ibrahim – a small domed building crowned by the symbolic sign of Allat. Inside it, there is a stone with a footprint which, the legend says, belongs to the prophet Ibrahim (Abraham).

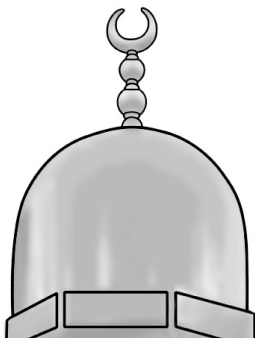


Figure 89. The sign of Allat crowning the dome of Maqam al-Ibrahim in Mecca.

Rigden: Quite true. In Qur'an (Sura 3. Ayah 97), it is clearly written about this sign: "There – clear signs for people are – the place of Ibrahim. And whoever enters it shall be safe." The sign of Allat is precisely the symbol of attaining spiritual liberation – the only possible state of spiritual transformation for a human being, which opens a way to Eternity, the only place he can remain safe from this material world.

Anastasia: I agree with you, it is shown and written very clearly, but people don't seem to notice it or they understand it in their own way based upon their reasoning of residents



of the three-dimensional world. Their attention is focused more on the external. For example, on the outer wall of the Kaaba's Eastern corner, which holds the main relic, the so-called called "Black stone" (Hajar al-Aswad) – an egg-shaped stone which is thirty centimetres long. Scientists assume that this stone is of either volcanic or meteoric origin. But this is not the point. According to the ancient Arabic legend, the angel Jibra'il (Archangel Gabriel in Christianity; in Islam, as it is known, Jibra'il is the most revered angel prophesying the will and revelations of Allah to prophets) handed to Adam, after his repentance, as a sign of the Allah's divine forgiveness, a white stone from paradise as an *altar* for praying on Earth, which marked the beginning of Kaaba. This happened after Adam and Hawwa (Eve) had been expelled from paradise and were separated, and then many years later they met each other again near Mecca. According to the legend, the stone initially was white but turned black because of human sins.



Figure 90. Schematic illustration of the image fragment "Mohammed receives his first revelation from the angel Jibra'il", which depicts angel Jibra'il (Gabriel, Djabrail).



(The illustration original is given in the book Jami al-tawarikh (literally Compendium of Chronicles). Written by Rashid-al-Din Hamadani. The book was published in Tabriz, Persia in 1370. It is now owned by the Edinburgh University Library, Scotland).

According to the belief of the Islamic religion, the Kaaba in Mecca is also considered to be the “Home of God”, “part of the sky tilted over to the earth”, the centre of the universe, and the side to which the prayer of each Muslim should be directed. Believers are made to think that every Muslim should at least once in his life visit Mecca, where he should perform a number of ceremonies, including walking around the Kaaba seven times as a symbol of the divine order and subordination to the single centre.

But if we compare all this information about the Kaaba relic with the Knowledge, it turns out that it’s not about the external worship. After all, the energy projection of a spiritually developed person in the seventh dimension looks like a cube set on one of its vertices! A cube with one of its vertices marked is a symbolic transfer of the spiritual knowledge. And seven circles symbolise cognition of the seven dimensions!

Rigden: Absolutely. Often, the rites of different religions include performing some external action for seven times as a *symbol* of attaining the seventh dimension during lifetime, a special spiritual procession (spiritual development of human during his life) on the way to God. For example, as you correctly noted, in Islam it is walking around the Kaaba seven times and also a number of religious rites associated with number seven. It is based on Muslim beliefs that the throne of Allah is located in paradise *on top of the seventh heaven, where there is “the Lote-tree of the limit”* (Sidrat al-Muntaha). There is an esoteric branch of Islam – Sufism, which had a huge impact on the religious dogmas, philosophy, literature, ethics, and poetry of the Muslims of the East.



By the way, the famous scientist and poet Omar Khayyám also wrote in the style of the Sufi rubaiyat. So, in Sufism, the spiritual cognition, the way to God, is the seven spiritual steps on the path towards self-perfection (tariqa; from the Arabic “tariqah” (the word is given in the English transcription) – a “path”; a “way to the truth”). They are called maqam (when translated from Arabic, it means a “place”, “position”, “station”) – a spiritual, stable state which a Sufi reaches at each stage; a “station” of the tariqa. The way to God is described as a symbolical crossing of the so-called “Seven valleys.”

Anastasia: Yes, those symbolical “seven valleys” in Sufism have quite poetic names. The first one is the Valley of Search, where a person lets go of all his earthly wishes. In the second one – the Valley of Love – he tries to find God as his only Beloved one. In the third one – the Valley of Intuitive knowledge – a Sufi only starts to know God, to perceive the light of the Truth. In the fourth one – the Valley of Detachment – the seeker of God must finally part with his attachments and wishes. In the fifth one – the Valley of Unity – realise the Unity of the world. In the sixth one – the Valley of Wonderment – to contemplate and feel the ocean of Divine Love. And in the seventh – the Valley of Death – the loss of the human “I” and egocentrism takes place, and, according to the Sufis’ understanding, the seeker’s Soul fuses with God. The stage of consciousness when “I” disappears, and only the divine, the true essence remains inside the person, is called “fana” (“nothingness”), which is similar to the Buddhist Nirvana.

Rigden: That’s right, such are their associative concepts of the spiritual steps on the way to God. By the way, Buddhism, basically, has the same six successive steps of perfection leading to enlightenment and liberation, attainment of Nirvana. However, they are called “paramita”, which in Sanskrit means a “crossing”, a “means of salvation”, “that with the help of which the opposite bank (Nirvana) is reached.”



Anastasia: Yes, the same steps which the Sufis have are reflected in the earlier beliefs of India – in Buddhism, and still earlier – in Hinduism. Six perfections – pāramitās.

The first paramita is perfection in the generosity of alms. After all, in Buddhism, it means exactly work on yourself, a breakaway from the attachment to material things, comforts, accumulation, desire for possession, and power. And also the aspiration to stop the circle of suffering from endless earthly wishes (in Sufism in the first Valley, the seeker also lets go of all his earthly wishes), transformation from an egoist into a generous person capable of unselfishly giving, sharing, helping, and doing good not for the sake of profit or his own glory.

The second paramita is perfection in morality. Moral purity is the basis for the other stages of self-perfection, and it allows one to open the door into the spiritual world (Sufis at this stage are trying to find God through their exalted feelings). It is shown in the perfection of the discipline of the mind, having good thoughts and doing good actions and deeds, observing the ethical moral universal principles common to humanity. And, of course, this stage in Buddhism, just like in any other religion, prescribes to keep the vows and follow the rules determined by this religion.

The third paramita is perfection in patience. This is the development of self-control (Sufis consider this as the initial stage of knowing God, the perception of the light of the Truth). Taming of excitement, negative emotions, one's anger, disappointment, depression, steadily overcoming any difficulties and life problems as well as perfecting willpower.

The fourth paramita is perfection in zeal. Basically, this is self-control, getting joy in doing good deeds as well as pleasure from any work, and producing thoughts directed only towards enlightenment. Thanks to which a person parts with his own laziness, envy, jealousy, and egoistic wishes (in Sufism, the seeker must finally part with his attachments and desires).



The fifth paramita is the perfection of meditation. Buddhists call this stage also as “comprehensive awareness” and “contemplation” (Sufis have two stages here: realisation of the Unity of the world and contemplation), when a person stops seeing the world in a constricted way of the egoistic observer and through the sight within him, he starts seeing the true reality of the world, while practicing meditations. Then he begins to understand what the true reality is, and a diversity of worlds opens to him. The person begins to understand what the illusion of the mind is and knowing the real world becomes his dominant wish. It is believed that four other perfections create a favourable environment, in which the spiritual sprout, begotten in meditation, will later give its ripe fruit.

The sixth paramita is the perfection of transcendent (intuitive) wisdom. Quality spiritual transformation of a human being, spiritual awakening. Gaining the pure initial perception devoid of any thoughts, reaching the high nonconceptual forms of consciousness (in Sufism that is losing the human “I”, fusion of the seeker’s Soul with God), spiritual vision where perception of the entire Reality happens instantly, without using the conceptual human mind which needs language, images, earthly associations, and categories of ideas.

Rigden: Yes, such is their conceptual scheme of attaining Nirvana. By the way, they call the sixth stage of intuitive knowledge the Prajnaparamita (“prajña” in Sanskrit means “wisdom”, “understanding”). This name is associated with a woman-bodhisattva, the Mother of Enlightenment, the goddess of the Supreme Perfect Wisdom (Intuition).

As a rule, she is depicted with four arms, sitting in the lotus position on a large lotus flower. Two hands show the sign (mudra) of the Dharma wheel turning – the symbol of attaining enlightenment, spiritual transformation. In her right side hand, there is a standard with the Chintamani jewel, and in the left side hand, a *book on the lotus* is depicted. On the whole, if we delve deeper into the ancient



Hindu philosophy, then this goddess of Supreme Intuition is, in fact, a symbol of the creating force of Allat. Buddhists in their religion, in order to differentiate it from Hinduism in some aspects, avoid the concepts of Soul and God. But what I would like to say is that it does not mean that, when approaching the final stage of his spiritual path, a person does not feel it inside himself - I mean, Soul and God.



Figure 91. The woman Bodhisattva, the Mother of Enlightenment, the goddess of the Supreme Perfect Wisdom – Prajnaparamita



(sculpture of the 13th century; discovered near temple Singhasari located near the city of Malang on Java island; the National Museum of Indonesia in the city of Jakarta).

On the contrary, this state of the highest intuitive omniscience and understanding of everything is attained precisely when one recognises, with the help of spiritual tools, what Soul is and, thanks to daily spiritual work on oneself, gets as close as possible to one's Personality and restores the connection with God through their Soul. It is a different matter that out of a whole army of believers, only a few reach the end of the spiritual path; the others simply philosophise without changing their human essence.

Anastasia: Yes, having practical experience in meditations, one understands your words much deeper.

Rigden: This is natural... The same stages of human spiritual self-perfection on the way to God can also be found in another world religion – Christianity. *Seven sacraments* are associated with the concept of man's salvation there, which symbolically reflect the spiritual path of the believer: baptism, confirmation, confession (penance), Eucharist (holy communion), marriage (wedding), anointing of the sick (unction) and holy orders (ordination). An invisible divine *grace*, the saving power of God is thought to descend through them upon the believer.

Anastasia: Yes, basically, they are the same stages of self-perfection. It's just that different words were used in the general context of this religion. For example, the first sacrament – Baptism, according to the Christian doctrine, is associated with the admission of the believer into the “bosom of the church”, when a person “dies to the life of the flesh, to sinful life, and is reborn out of the Holy Spirit into spiritual, holy life.” It is believed that this opens the perspective of spiritual salvation for man. During the symbolic rite, the person “renounces Satan and all his works, and all his service”; that is, basically, he confirms his readiness in life to abandon the desires of his Animal



nature and serve only his Spiritual nature, which in this religion is referred to as union with the divine nature, service to Christ. Symbolically, there is a whole rite at the basis of the Baptism sacrament, during which prayers are read and a person is either immersed into a water-filled baptismal font, a tank, or he is sprinkled with water.

Rigden: Generally, it should be noted that the ablution ritual, immersion into water, was known to many peoples in the ancient times: the Egyptians, the Persians, the Phoenicians, the Slavs, the Greeks, the Romans, and so on. Incidentally, in the early Christian church rules, it was specified to baptise a baby precisely on the *eighth day* after birth, in memory of the eighth day of the life of Jesus Christ, supposedly replacing the ritual of circumcision with “spiritual circumcision” (liberation from sins) in a form of Baptismal sacrament. But before that, the ritual washing of a newborn baby in the water and giving him name precisely *on the eighth day after birth* was known already to the Romans (as it has already been mentioned, Christianity arose in the Roman empire), who had adopted, in their turn, this tradition from other peoples. Here is another example: in Buddhism, for instance, even today, “Buddha’s birth” is celebrated on the *eighth* day of the *fourth* lunar month by traditionally washing an image of Buddha on this day with scented water as well as tea and praying. Examples are many.

But what I want to say in this respect. Many peoples had this tradition of ritual acts, ablution, and giving the name *on the eighth day after the baby’s birth*, and this is connected with spiritual primordial Knowledge. **When, on the eighth day, the Soul together with all its accompanying shells - subpersonalities, enters a newborn body, they, in fact, experience extreme stress.** After all, subpersonalities, being intelligent information structures of the material world, already have full awareness of all the processes of reincarnation and fear of inevitability of their total annihilation. Getting once again into the flow of life’s energy Prana of a new body, feeling life, but no



longer having ability to control these energies like before (during their lives as Personalities), those subpersonalities that were most attached to matter by their choice, become more aggressively disposed towards the newly emerging Personality, for whom this world and its personal choice are just beginning to manifest. Additionally, as I mentioned earlier, subpersonalities (especially the ones who during their lives gained certain knowledge and experience in “working” with energies, for instance, when during their lifetime a person did magic, psychic practices, and so on), even being “trapped” inside the new body, at first stages until a new Personality has matured, may try to, at least temporarily, to gain control over the body. Why? In order to be able to control consciousness and use the energies of the new body, gaining be it momentary, but power in the material world. The latter, for example, allows them, thanks to projections, to instantly travel in space and visit those places to which they were attached during their lifetime. But in fact, this is called petty theft of the life energy Prana from the new emerging Personality, which shortens the years of its stay in the material world. Moreover, such a riot of the Animal fear and aggressive attacks of these subpersonalities, in a certain way, create unfavourable conditions for the formation of a new Personality and leave their negative mark on its further development. So, in order to protect the new Personality from such tricks of subpersonalities, to minimise the initial stress impact of subpersonalities on it, and also to give a positive spiritual impulse to the new Personality towards its future spiritual development, the washing ritual had been performed since ancient times *on the eighth day after baby’s birth*. That is, basically, why in the beliefs of different peoples of the world it was considered that if a person was helped by such rituals of ablution and anointment at the very beginning of his life path, then in the future, he would be kind. Otherwise, he would become evil.

When conducting such a rite with, let us say, holy water (or vegetable oils used for anointment), which was charged with the spiritual power of the people performing this ritual,



the initial positive spiritual impetus (ezoosmos) was given to the new Personality. In fact, this was, of course, short-term spiritual help. Such beliefs were common among different peoples of the world. They reflected (albeit a primitive form which had been adapted to the thinking of the people living in those times) the essence of the once available Knowledge in society about the true human energy structure within the concepts about subpersonalities, reincarnation of the Soul, and formation of a new Personality.

At that, in the ancient times, this ritual of ablution and naming *on the eighth day after birth* did not assume that the newborn would belong to any religion. Remember that in the Slavic countries or, for instance, in the countries of the ancient East (Egypt, India, Greece, Roman empire, and so on) there was polytheism (from the Greek word “poly” meaning “many” and “Theos” – “God”). In other words, they had a system of religions that accepted worshipping many gods. This is an echo of the beliefs and traditions to worship different spirits and totems, which existed already during the primitive communal system and carried an imprint of the spiritual knowledge about the world and man. So, when a person grew up, their Personality formed, only then did one self-define their life and spiritual path and consciously made their personal choice, including about beliefs.

By the way, regarding the Personality. I have already mentioned that a new Personality in a new body is more or less formed by the age of 5-7 years, and this is when the primary surge takes place in it. Then, by puberty – at the age of 11-14 years (this is individual for each person), a second, stronger energy surge occurs. These surges are, basically, manifestations of the power of the Soul, which are initially directed at helping the Personality find ways of spiritual liberation. But power is power, and it is important through which prism of thinking it passes and where it is later redirected. This is why in these years for the new Personality, its environment is important as well as, first and foremost, the worldview, words, and actions of the people with whom it is in contact on a daily basis and from



whom it absorbs everything like a sponge – both the bad and the good, recording this information on its blank slate of consciousness. These primary markers are imprinted on the subsequent life of the Personality and indirectly influence its life choice: the spiritual or the material one, which will be dominant in it and, consequently, will determine its destiny after death.

Anastasia: Yes, echoes of this knowledge are in some sense embedded in different religious traditions. In Christianity, for example, in Orthodoxy, there's an instruction that children up to 7 years of age are baptised in parents' faith. From 7 to 14 years of age, the child must independently confirm his desire to be baptised, along with the wishes of his parents. And after 14 years of age, he makes his own choice which confession to adhere to. In other words, in Orthodoxy, consent of parents to the baptism is no longer required at this age.

Rigden: By the way, later they started to conduct this basic ritual of ablution and naming on the eighth day after birth on a fortieth day, thus losing the essence of this action. They began to complicate the ceremony and make a religious ritual out of this sacrament. Generally, everything happened as usual – woe from human wit. As a result, today's priests cannot understand themselves and answer many important spiritual questions, not to mention explaining this to parishioners. They are just traditionally guided by religious templates in their answers, without going deeper into their meaning.

Anastasia: People often encounter this; it is the subject of discussion on many websites and online forums. By the way, a long time ago you imparted very interesting information about the sacrament of Baptism. I included it *in the book Sensei 2*. Generally, such ritual sacrament of immersion into the water in different religions of the peoples of the world symbolises (just like in Christianity) moral purification of man and his spiritual revival. If it is an adult, then it is assumed that this sacrament, first



of all, sets the person to rethink his attitude towards the material world, let go of his fears, and change internally. To live thereafter according to the moral law, do good, become better in the spiritual sense, and work on himself. Finally, this is an impetus to hope, spiritual faith, to the Personality making at least the first conscious step towards God. If it is a newborn being baptised, it is assumed that such a “teaching of faith” is entrusted to his godparents (those who adopted him by baptism) when the child grows up.

So, baptism in Christianity is the same first symbolical spiritual stage for believers as in Buddhism, Sufism, and other religions at the first stages of self-perfection. In other words, it is the same realisation of the work on yourself, the cessation of the circle of suffering from endless earthly wishes, separation from the attachment to material things, parting with all your earthly wishes for the sake of spiritual salvation and self-perfection in morality.

Rigden: Yes, same as, only in different words.

Anastasia: The Baptism ritual also includes a second sacrament – confirmation, after which, according to religious canons, the person is admitted to the third sacrament – the first holy communion (Eucharist) and other sacraments of the church.

Rigden: All these sacraments symbolise instructions of the church to the person walking the spiritual path to God. For example, the Christian magically cultic ritual of confirmation (from the Greek word “myron” meaning “chrism”, “aromatic oil”). By the way, a similar ritual of the anointing with vegetable oil was practiced already during the pre-Christian times as a sacred magic ritual among different peoples. It was based on the belief that applying oil on certain parts of the body “scares evil spirits away.” As a rule, these parts of the body corresponded to the main human chakras. For instance, eyes, the centre of the forehead (“the Third eye”), the centre of the chest, of palms and feet. But actually, the following process takes place.



Ordinary vegetable oil, by its properties, is a good accumulator of energy and information, capable of storing information put in it for a long time, similar to water or a crystal. Of course, in this matter it is important who and how “prepares” this oil, meaning what information is put in it, with which dominant. The “preparation” process itself is either reading a prayer, or a magic formula, or a spell. By the way, in actual fact, it can be done silently. After all, the point is not whether this information is pronounced aloud or mentally. The main thing is what stands behind it, what inner feelings the person puts into this process. It is the power of these feelings that charges oil accordingly and defines the vector of its further action, according to the programme put into it. Which particular vector it will be, depends on the person who “prepares” the oil. If it is a spiritually strong Personality, then the help will be spiritual, positive. If it is a strong person in terms of energy, in whom material desires dominate, then one should not expect anything good from this.

When such “charged” oil is applied onto the human body (especially in the areas of chakras), then the programme (energy information), which was previously put into this oil, enters it. Originally, this action was intended to support the person spiritually and activate his Front Essence. As a rule, pure vegetable oil was used for this purpose. And only much later, when this knowledge was lost and simple imitation of this ritual started to take place, then people started to add balms and aromatic substances to the oil, so that if it does not work, at least it had a decent smell. Incidentally, this is what actually pushed people to create such a product as perfume.

Anastasia: Exactly, perfume has the highest concentration of essential oils, compared to other fragrance.

Rigden: And in early Christianity, regular pure vegetable oil was used for this rite, often preferring oils (aromatic resins flowing from cut tree trunks) from the plants of the genus *Commiphora* of *Burseraceae* family – myrrh. It



has excellent antiseptic properties, and that is why now, like earlier, it is used to heal wounds and treat various diseases... But these are just details. And in general, the Christian sacrament of confirmation is a symbolic reflection of the spiritual blessing of the believer at the primary stage of his procession on the way to God, where in such a way the “gifts of the Holy Spirit are given, which return to and strengthen in life spiritual.”

Anastasia: The same stage in other traditional religions is called the stage of self-perfection. For instance, in Buddhism the passing of this stage allows one to open the door to the spiritual world, perfect oneself in the discipline of the mind, affirmation of good thoughts, actions, and good deeds, and follow the ethical moral universal human principles. The same is with Sufis. Although, the similarity is also found in other stages of the spiritual path, which man carries out thanks to inner work on himself.

Rigden: Absolutely. Again, let us take, for instance, the Christian sacrament of penance (confession). The essence of it is not that you come, tell the priest about all the sins of your Animal nature, receive “absolution” from the priest and continue to sin, live the same life. Its essence lies in the real work on yourself, changing your thoughts, desires, and the set of life values, rejecting egoism, envy, jealousy, anger, your pride, and laziness. Generally, in “rejection of sinful thoughts and deeds.” It is not so much regret about the past as a new look at yourself, analysis of your actions to understand and discover your mistakes and affirm the direction of your journey along the spiritual path. The need for understanding the resentment you caused to someone and forgiving everyone who caused resentment to you. It is self-cleaning your Conscience and further life according to its rules. This means forming a habit of positive thinking for yourself. It is internal reliance on God, the rigid control of your thoughts and wishes coming from the Animal nature or, as they say in Christianity, the “intention not to sin in the future.”



By the way, as for controlling thoughts from the Animal nature. The Russian Orthodox ascetic literature, which describes the believer's concentration on his inner world and his personal experience of feelings of unity with God, in fact, says the same thing as many other religions, and that which is natural for any person walking the spiritual path. Only here it is called the teaching about the primary source of sin and "passions as a source of sin in the human soul." Monks share the practical experience of tracking the conception of sin in the human consciousness in the form of thoughts, or rather, the thoughts and desires from the Animal nature, their development and manifestation as negative actions.

The initial stage, the primary moment of conception of "sin", they call a demonic provocation (demonic suggestion; in the meaning of a trick, catching, gain, attack). This is seen as an action from the outside upon the human Soul, because such a thought arises as a result of temptations that surround the person if he pays attention to them, or it may be caused by memories from the past about his own and someone else's sins, or it may be influenced by evil forces and such. Moreover, it is emphasised that these thoughts are random, external, and arise *spontaneously* in the mind, without the person's participation, against his wish. The emergence of such provocative thoughts and rejection of them is regarded as a spiritual exercise and a certain help in knowing (cognising) yourself. And in this manifests human's real freedom of choice. *In order to suppress such a thought from the Animal nature, one must not pay any attention to it at the very beginning of its emergence, "reject it right away."* Unless this is done, then the thought (or the image) lingers and seizes the mind. The person begins to "feed" it with his attention and desire, thus artificially keeping this thought by his own choice in his head.

And then comes the next stage – "union", or more precisely, the "integration" of this thought (from the Animal nature) with the human consciousness (with



the Personality's choice) or, as ascetics write, there is a "conversation with the presented image." So the person harms himself as soon as he contemplates and listens to the harmful thing with his mind. The third stage "pleasure" means a disbalance when "will" comes into play. The person accepts the thought "with pleasure" and makes his final choice, giving preference to this thought *from the outside*. The "will" strives to carry out this thought. The person makes his choice in order to relive a more intense imagined pleasure from this thought. So ends the "uterine development of a sin", or rather, a thought from the Animal nature gains power and enslaves the consciousness of the Personality.

And then this develops into an external action. If the person is not engaged in controlling his thoughts, then he carries out this act practically without any hesitation; and such a state of the power of "random thoughts from the outside" already becomes a habit. So he does not even notice and does not understand that the "alien will" already controls him, and he becomes a slave to his Animal nature. So, in the Christian teaching, just like in the teachings of other traditional world religions, the emphasis is made not only on restraining yourself from committing human "sins" (of pride, anger, vanity, sloth, sadness, greed, and so on) but also not even to allowing thoughts of the non-spiritual nature to develop inside yourself, which is the fundamental principle in comprehension of the spiritual path.

Anastasia: Yes, this is a very significant moment in man's cognition of himself, the same foundations as in other religions... By the way, it has already been mentioned in our conversation that in the Orthodox tradition it is considered that one can confess starting from 7 years of age. In other words, right at the end of the initial period of formation of a new Personality, when the person starts to consciously bear responsibility for his actions. Regarding this age, there's an interesting fact which is not related to religion. For example, in Japan, parents traditionally allow their children up to 5-7 years of age to behave as they like.



But after this age, the period of “permissiveness” is replaced by a relatively strict, disciplined educational process. In other words, all this happens exactly during the final stages of the initial period of formation of a new Personality. It is assumed that starting from this age, the child already must be consciously responsible for his actions.

Rigden: Similar echoes of the old knowledge are recorded by different peoples...

Anastasia: You once mentioned that in early Christianity, the true repentance was called by the Greek word *metanoia* (the word is given in English transcription), which means “after the mind”, “rethinking.”

Rigden: Absolutely. This is the person’s spiritual and moral transformation, which is better facilitated not by an external ritual action but by perception and comprehension of your own spiritual nature at the level of deep feelings. Why does this religion say that God forgives any sin if a person has a true feeling of repentance? Because all this realisation should take place, again, at the level of the deepest feelings, sincere faith, and appeal to God. If the person has decided for himself to live differently, took a serious approach to his self-education in the spiritual direction and carries it out, then he really begins to change. His attitude to his past also changes because he rethinks his life, and results appear in the present in having good thoughts, actions, and deeds.

Anastasia: Yes, for Buddhists this is perfection in zeal, producing thoughts directed towards enlightenment, and battle with their selfish desires. For Sufi Muslims, this is the stage when the seeker of God must part with his addictions and desires for good...

Rigden: That is right. And if we look at the Christian sacrament holy communion (Eucharist; from the Greek word “*eucharistia*”, in which “*eu*” means “good” and “*charis*” is “mercy, grace”), then we can also see the symbolic reflection of one of the stages of spiritual self-perfection, which is



also shared by other religions. The Eucharist is the main ritual of the Christian service (the Divine Liturgy), mass, divine service, during which the disciples are symbolically given communion in bread and wine. In Christianity, this sacrament symbolises communion with God, gratitude, finding unity with the Almighty, admission to the Divine, to the Love of God. It is no coincidence that early Christian authors call the Eucharist the “medicine of immortality”, “the medicine of life.” It is thought that the deeply believing people during the worship service (reading the prayers) can “mentally observe the heavenly service”, in other words, enter deeply into an altered state of consciousness, thanks to prayers.

Anastasia: Well, if we take into account the main action of each ritual – the deepest inner feelings of the believer, then the same process happens as when entering an altered state of consciousness in other traditional religions. It is just that people call it differently; for example, Sufis call it the perception of the light of Truth, the realisation of the Oneness of the world and contemplation; Buddhists – an all-encompassing awareness in meditation. And all this, in essence, is penetration into spiritual spheres in an altered state of consciousness with the help of the person’s deepest feelings.

Rigden: Of course. The true spiritual path of man to God is one – through the deepest inner feelings, but there are many human interpretations of this path. This is why there is a discord from the human mind in that which should be one in spirit.

Anastasia: Yes, unfortunately, even in spiritual matters much is done from the human mind. Take the Christian sacrament of *wedding*, which is traditionally viewed as performing the marriage ceremony between a man and a woman sanctified by the church (placing a crown on the head of those who enter into the religious marriage). In the past, this symbolic ritual also took place at the coronation of monarchs (*marriage* to the kingdom, coronation). Many



people simply regard this action from the perspective of the material thinking, without understanding the essence of this whole ritual, its *symbolism*, which in the spiritual interpretation conceals an entire stage of the perfection of a person himself, his transformation as a Personality.

Rigden: You are right, the approach of society to these spiritual matters is still largely based on the perspective of the material way of thinking. That is why many married couples in the world wish to know the answer to the question “What stage of self-perfection does marriage symbolise?!” As the English philosopher and writer Oscar Wilde joked: “Marriage is too perfect a state for an imperfect person.” Speaking seriously, harmonious relationships between a man and a woman, which are built on sincere love, are wonderful. This can become a beginning, an impetus towards the development in each of them of the highest quality of the feeling – spiritual Love, the one which is called the eternal one, pure, one that endures all sorrows and ills of life, which heartens, inspires, and gives strength. But achieving such a spiritual state is solely the result of individual work of a person on himself (either a man or a woman). This is daily spiritual work, reinforcing the habit and positions of predominance in yourself of the Spiritual nature, keeping your Animal nature “on a chain”, the discipline of thoughts. One must nurture spiritual Love, first of all, inside oneself and not wait for someone to favour you with it one day. And when a person learns to produce spiritual Love inside himself, he will learn to understand and spiritually love others.

But people, as a rule, do not want to work on themselves and tame their Animal nature; figuratively speaking, they do not want to cast their own “log” from their own eye, but they notice even a “mote” in their partner, always trying to control and dominate someone. Often, relationships in families are based not on love but on the selfishness of both spouses. Mutual squabbles and accusations stem from the tyranny of the Animal nature in them both. So it turns out that instead of the expected hopes of a “happy marriage”,



there is a total disappointment. All this is as old as the world, as the world not new.

Ashes to ashes, earth to earth, and spiritual to spiritual. One Soul to one body, and it is about the Soul that the main care should be. With the life of the body it comes and with the death of the body, it goes. Everything else are templates invented by people to justify their lives and their own choice. One should not search for the spiritual path in outer life, for it is inside man, in his feelings, thoughts, words, and deeds. This is his path to the crown – to the spiritual summit, which is the culmination of his life, apogee, the highest stage and the highest point of his self-perfection.

Anastasia: So, in the spiritual interpretation, *wedding* is a stage which assumes the build-up of the deepest feeling of Love, the sense of merging of the Personality with God, which does not depend on the external conditions or the environment but is a result of solely spiritual work of a person on himself, his ability to remain in the state of predominance of the Spiritual nature. And this applies to women as well as men.

I would also like to talk about such Christian sacrament as an anointing (extreme unction). According to religious ideas, this is basically healing by church, the sacrament which is administered to a sick person to heal him from the infirmities of spirit and body, and also to a dying person using oil, that is, olive (wood) or other vegetable oil. It is done at the request of the person or his relatives. It consists of absolution, anointing with oil, and calling grace upon the sick person.

Rigden: Well, regarding the healing, this is not new. A similar action was also common in the magical practice of the priests of ancient Egypt, Babylon, and so on... In fact, all these magical practices of healing have always been present in mass religions; otherwise, the latter would not be so attractive for most people. As for the ritual itself, it



is a kind of imitation of what once had a spiritual basis. Note that many early Christian authors call Jesus Christ in this religion as the only true Doctor of “souls and bodies.” Just a few centuries ago, the general unction was practiced in temples on quite healthy parishioners (it was believed that they were prone to spiritual illnesses, such as despondency, sorrow, and despair, and the reasons for them could be “unrepented sins”, perhaps, even ones of which the person was unaware). Although this tradition has been preserved, today unction is more a ritual of the church healing sick people. If you pay attention, this Christian sacrament practiced today is also linked to number *seven*. For instance, as a rule, *seven* priests perform this ritual, *seven* Gospel stories are read, *seven* prayers, the sick person is anointed *seven times*, and so on. Basically, this is an attempt to achieve quality with quantity. Where does this imitation come from?

Ancient legends of the East mention that a Bodhisattva as a Being from the Spiritual world (in Christianity this spiritual level is usually referred to with the rank of Archangel) could provide additional spiritual power to a person through the touch (laying on) of hands or through information carriers (such as vegetable oil, crystal, water, and so on) could pass additional spiritual power to a person. In general, Bodhisattva gave a person (if he deserved it, of course) a kind of a spiritual present. And the person used this power as he saw fit, according to his choice and faith. By today’s concepts, it is, figuratively speaking, similar to an additional portion of fuel added to a car. This will undoubtedly increase the distance of his travel. But how fast and in what direction this car will go depends on the driver (the Personality).

Naturally, this power worked for a short period of time. But thanks to it, person, for example, during his spiritual practice could penetrate the divine sphere beyond his personal abilities. Accordingly, he could gain valuable experience of being in its reality, practical awareness of a *different* world. Which means getting a spiritual impetus



(ezoosmos) in his development, a new realisation, perception of the world, which totally changed his attitude to the illusory reality of the three-dimensional world. This made it possible to come into contact with the seventh dimension (Nirvana, the seventh Heaven, paradise) and understand what the ultimate Freedom is, or, as they said in the old days, “to feel the breath of Eternity.” This is really a very valuable spiritual gift which is incomparable with anything earthly.

And that is not to mention the influence of this power on the physical body. When a person is provided with such spiritual power, naturally, his organism, thanks to a surge of additional creating energy, improves the quality of its work. As a result, a burst of energy takes place, which positively influences the function of many vital systems, immunity gets a boost, and so on. That is why legends say that this spiritual power can influence any illnesses, even the most serious ones. But physical effects are secondary, the main thing is a spiritual help to the Personality, so to say, “spiritual healing”, the possibility to get in touch with its true home – the spiritual world. That is why, for example, Jesus Christ was called the only true Doctor of “souls and bodies.” Because He, as a supreme Being who came from the Spiritual world, would sometimes give such power to people.

A similar action (but, naturally, with less power) could be accomplished by a person who spiritually liberated himself from earthly reincarnations, that is, one who reached the *seventh* dimension during his life (here is where the link to number seven comes from – seven actions or seven prayers or seven participants in a ritual and so on). Completely different possibilities open before this Personality who has merged with its Soul, becoming qualitatively different - a new Being.

But people are people. Many of them are simply prone to envy and imitation from the human mind. They do not even understand why Christ said: “According to your



faith be it unto you”, when people asked Him to heal their temporary bodies while they had the opportunity to ask Him for Eternity, for the salvation of their Souls...

Anastasia: Well, considering what ideology prevailed in the masses at that time, this isn't surprising. Although the difference between then and now isn't that big. If the modern person is told that he will now be given everything, what will he ask for...

Rigden: Well, yes... Centuries go by, but people do not change. Concerning the sacrament of Anointing of the Sick, in Christianity, it emerged from the knowledge about similar rites (for instance, “healing through incantation prayer”) in the earlier religions that had existed among different peoples. As a rule, they were administered by means of common medical substances (such as, for example, olive oil) which were used in the ancient times. In other words, it was all the same, only presented in the ideological concept of Christianity.

What is the essence of such “incantation” healing? Priests who practice prayers, powerful shamans, psychics, and such can exert short-term influence on a person. But of course, all of this is within the area of the Animal mind; that is to say, at best they can have influence from the position of the sixth dimension. There is no doubt that this does not even come close to the power of a spiritually liberated person, for whom the seventh dimension is open, especially for the one with the power of the Bodhisattva. All these actions and modern rituals of people can be attributed to a kind of mutual “help” in understanding people. They have been practiced in society since Palaeolithic times. But a very important point of these actions has been missing for a long time: if the person who is being helped does not change on the inside, does not work on himself later on to strengthen his Spiritual nature and tame his selfishness, pride (that is, the Animal nature), and so on, then this help will do no good. No one will do the main spiritual work for the person other than himself! Even if the whole world prays for the



salvation of this person, but he does not wish to change by his personal choice, all the efforts of these people will be meaningless. The real sacrament of spiritual healing lies in these words: “According to your faith be it done unto you.” A person chooses which nature to give the power of his attention to, either to the Animal or to the Spiritual. This is why, human desires differ so much: some pray for the health for their mortal bodies, and others – for life eternal for their Personality in the Soul’s true home.

Anastasia: Yes, it cannot be denied that in today’s society only imitation of form takes place, without knowing the essence. Such spiritual power can’t be replaced by seven people wearing the garments of priests; spiritual liberation, of course, can’t be bought with money (this is neither a rank nor a position) or gained by boasting.

Rigden: This is true. It is necessary to work spiritually on yourself a lot in order to attain spiritual liberation. No matter whether you belong to any religion or not; this is personal spiritual work of each person...

Anastasia: The problem is that this knowledge about the possibilities of independent spiritual development of each individual is concealed from society by priests themselves. Even those people who look for Knowledge begin their search guided by the material, conventional worldview, and, accordingly, they find people with the same outlook. So when it comes to spiritual cognition, it is like in the Biblical saying: “If the blind leads the blind, both shall fall into the pit.”

Rigden: Absolutely. As a rule, such people look for teachers partly to shift responsibility for their spiritual development onto them, instead of developing independently. But if you look at the society as a whole, then in most cases, the so-called “teachers” practically do not differ from their “students” in spiritual development. Imitators (from the human mind), who proclaim themselves intermediaries between people and God, are plenty in the world today,



and not only in different religions and sects but simply in society as well. They all want to teach someone instead of transforming themselves spiritually. With such a “grandiose army” of “teachers” of every stripe, those people who have truly come to know the Truth are a mere handful! Why is there such a paradox? Because at every turn you see spiritual worldview being substituted for the material one; there are politics and lust for power and money. It is no secret that today church positions in many religions are bought like seeds at the market. For many, this is just a game of politics, an opportunity to dominate their own kind. But essentially, everyone remains as ordinary people while holding various, even quite high, positions.

Anastasia: Indeed. They artificially create the illusion of being holy for people. Once in the times of the Soviet Union, when I was young, I thought this way about the Soviet government. For me, they were almost demigods, who existed somewhere far away from us (and not in our lives), sitting at their meetings, all of them so righteous, not eating, drinking, and not even going to the bathroom. And when you had debunked this myth for me by showing that they were the same people just like everybody else, I was shocked by this at first, but then I got a real understanding of the situation. I started unwinding the chain: for what reason this myth was created and why I interpreted it in such a way. And I discovered many interesting facts for myself along the way. For example, how favourable images of politicians and priests and their “public image and holiness” (which the glorified candidate does not have at all) are created in the world in general; how “public opinion” towards these people is formed artificially. How people are massively won over to the particular worldview which is advantageous to those in power, how and why the battle for control of the consciousness of entire peoples in different countries takes place, and even for world domination.

Rigden: Yes, getting information is just half the battle. What is much more important is the quality of its perception! Let us take a closer look at, for example, the ritual of the



Christian sacrament of Holy Orders (ordination), meaning inaugural ceremonials of a priest in the church hierarchy. Unfortunately, today in Christianity it has been likened to a ceremonial, theatrical show, performance of empowerment of certain people to “administer sacraments and shepherd the flock.” This is nowhere near spirituality – this is just politics. Given the present attitudes within various Christian churches and movements, which are subordinated to consumer mentality, in most cases, this ritual is already a formality, a tribute to traditions. Everyone already knows everything before the ceremony; high positions, as they say, are bought and allocated. And what occupies the mind of the majority of those present at the time of the ceremony itself? The “seasoned ones” want to know the distribution of power and relations inside the group, the “young” are worried about the sequence of actions – which items and whose “holy hands” to kiss first and how many times to bow. Nothing has changed with time, for the same thing existed in the religions of other peoples at different times, only it was called differently. But the meaning has remained the same. Of course, amongst all this “crowd of power,” one can find true believers who concentrate their attention not on external rituals but on their spiritual feelings for God. But, unfortunately, such people are very few and far between.

Anastasia: Indeed, this is all work of men. Each person chooses for himself that which tempts him the most in his secret desires. But if we have a look at the origins of the sacrament of Holy Orders as such, then what’s meant here is the last, final stage of the person’s spiritual development. It’s the same thing that in Sufism is called the loss of the human “I”, merging of the seeker’s Soul with God; in Buddhism – the perfection of transcendent (intuitive) Wisdom.

Rigden: Of course, people who follow the spiritual path by means of inner work on themselves, regardless of whether they belonged to religions of their time or not, actually passed one and the same stages of self-perfection.



If we trace the origins of, for example, the concept of the “priest”, in ancient times it meant “the person standing before God.” Basically, this is an exit to the seventh dimension, attaining true holiness by a person, his qualitative spiritual transformation already during his life. At this stage of spiritual development, a person truly experiences this power from God, thanks to which he leaves the circle of reincarnations and becomes free, goes to paradise, Nirvana – no matter how people call the Spiritual world, the essence remains the same. So all these stages of man’s spiritual perfection, which are the same in their meaning and content, have been present in all the world religions under one or another cover of special sacraments, stages, passing through parts of the spiritual path, and so on. But what I would like to say in this regard. **Spiritual Knowledge does not belong to any religion**, no matter how hard each of them tried to appropriate it, interpreting it according to their canons and traditions.

Anastasia: Yes, and this can be clearly seen if one carefully studies and compares the spiritual knowledge in the religious cultures of different peoples. As an example, we can consider the Christian sacrament of Confirmation which we have discussed. The application (in the form of the *equilateral cross sign*) of consecrated myrrh on certain parts of the body: face, eyes, ears, chest, arms, and feet is considered in this religion to be the symbol of introduction to the divine grace, through which a person “gets the gifts of the Holy Spirit.” The sign of the cross on the forehead (in the area of the “Third eye” chakran), according to the Christian religion, symbolises the consecration of thoughts, so that the person would be capable of keeping them clean (spiritual thoughts). The sign of the cross on the chest (in the area of the chakran, which, for instance, in Hinduism is called the love chakra – “Anahata”) symbolises Love for God which the person must carry throughout his life. On the eyes (in ancient times they were called “open chakrans”) – so that the person would gain spiritual vision (see God’s grace in every creation). On the ears – so that the person would hear the spiritual world...



Rigden: By the way, in ancient times people who had true spiritual knowledge about this process applied oil not on the ears themselves but exactly on those points over each ear which I had mentioned while talking about the meditation on the four Essences. That is, the very areas above ears where there are structures which participate in the process of person's perception of orientation in the spaces of various dimensions in altered states of consciousness.

Anastasia: Yes, it turns out that everything was once done with the knowledge of the matter... In Christianity, the anointing of hands (in the area where the chakrans of hands are located) symbolises the message for doing good deeds; the anointing of feet (there are also chakrans on the feet) symbolises the opportunity to follow the spiritual path, which leads into the “kingdom of God.” In other words, despite the Christian philosophy of interpretation of the anointing process, the process itself was carried out practically along the points of the main chakrans...

Rigden: Absolutely, if one learns more about the rituals related to anointing with oil among different peoples of the world from ancient times up to now, one can discover a “surprising similarity” in the application of “preyed upon, sanctified” oil on practically one and the same parts of the body; that is to say, activation of certain energy zones of person – chakrans. For example, these rituals were common among the ancient Egyptians, residents of the ancient and modern India, people inhabiting the territories of the ancient Europe, Ural, and Siberia. Furthermore, it is enough for an attentive person to simply take a look at how peoples in different parts of the planet portray gods and saints, with what symbols their main chakras are marked, and how fingers of their hands are connected in certain combinations. It is only for ignorant people that all this is explained in the categories of general concepts as the symbols which form a connection between Heaven and Earth and as ways to create and control a creation of one or another



deity. In actual fact, they point at spiritual symbols and the practical knowledge of human's self-perfection.

For example, in Christianity, or rather, in the Orthodoxy, there is the icon *Christ in Majesty (Spas v Silach)*. At one time, it occupied one of the central positions of the iconostasis of the Orthodox cathedral. In Rus, it was right at a time (the 14th-15th centuries) when the low altar screen was being replaced by a big screen – iconostasis, which separates the altar from the main part of the temple. So this icon is distinguished by its interesting symbolism.



Figure 92. Image of the icon Christ in Majesty (Spas v Silach) (1408, painted by Andrei Rublev; the State Tretyakov Gallery, Moscow, Russia).

It portrays Jesus Christ sitting on a throne. In his left hand, he is holding an open book while with his right hand he is bestowing a blessing by holding his fingers in a certain gesture, where phalanges (finger pads) of the ring finger and the thumb are joined together. You already know that



such position of fingers is used in certain spiritual practices when “looping” of human being’s energy meridians takes place in this manner.

Anastasia: Yes, this gesture clearly demonstrates what particular spiritual instrument the Personality used for meditative work on its energy structure, personal space, and the connection with the spiritual world!

Rigden: I had already told you before that in the secret gestures and the sacred designations of the ancient East, the ring finger, apart from performing additional functions in spiritual practices, conditionally indicated activation of epiphysis cerebri (the pineal gland, the “third eye” chakran). I shall remind you that chakra means a “wheel” (earlier a “circle”, a “disc”) when translated from Sanskrit. Chakrans are a kind of energy centres in the invisible part of the human structure, through which energy movement (an energy *vortex*) passes. In the East, the word “lotus” (“padma”) is also used instead of the word “chakra” to indicate human’s seven energy centres. Incidentally, in Sufism, for example, there is a similar spiritual practice with the main (six) subtle centres in human’s energy body (“lataif”). In various teachings, the “third eye” is still considered to be the “spiritual eye”, the chakran of clairvoyance. Treatises mention that if one activates extrasensory perception, then the “third eye” helps to “obtain transcendental knowledge” and “penetrate the spiritual world.” The “third eye” is regarded as a conductor of a powerful effect, which aids the “act of creation and influence upon something”, opening the possibilities to observe events of the past, the present, and the future. It was also called the chakran of “dispassion and supernatural abilities.” This chakran was conditionally marked with *blue* (azure) colour.

Anastasia: Undoubtedly, the ancient symbolism linked to the ring finger is not as simple as it seems at first sight. You once shared interesting information regarding the origin of the tradition in the human society to wear rings on the ring finger of the right or the left hand.



Rigden: This is a really ancient story. In the beginning, wearing a ring on the ring finger was a secret, purely conditional symbol among the people initiated into sacred knowledge. The ring as such meant movement in a circle, and more precisely, movement in the circle of a turn of a spiral. The symbolism was of two kinds – one related to the right-hand movement (as, for example, the correct swastika) and the other one to the left-hand movement (the incorrect swastika). If a person wore a ring on the ring finger of his right hand, this meant a follower of the forces of light, person's movement towards the One God, towards Eternity. This symbol conditionally showed that a person had chosen only the spiritual way and possessed the Knowledge. If a ring was worn on the ring finger of the left hand, this meant the movement of the person in the opposite direction (towards the material Mind), a follower of dark forces (his possession of the corresponding Knowledge) and his service to the Will of the Animal mind. That is, the difference in wearing a ring on a certain hand was a conditional distinction for the initiated people, that showed which particular Forces and whose Will its owner served.

And the name “the nameless finger” itself (*the ring finger is called “nameless” in Russian – translator’s note*) (the finger without a name) is not accidental. It is derived from certain Knowledge in the aforementioned environment. Both in ancient times and now, the Name of God remains a mystery for people. The real Name of God has not been disclosed to people to this day, despite numerous speculations of the priests of different religions. Why? Legends have it that the unspeakable name of God can control all the forces of nature and all the dimensions (“levels”) in the Universe. As a rule, this information is accompanied by a postscript from priests made on the basis of the legends about the Primordial Sound, which had different names at different times, one of which is the Grail. So this postscript says the following: supposedly, the one who can correctly pronounce the “Name of God” (originally legends had it as the “Primordial Sound”) “can ask God for anything he wishes.” To this day, there is lore that if one calls God by



the secret name, one can draw His attention to oneself. But usually, only spiritually immature people are burning with such desire. For those who live with God inside themselves, there is no such need: they have found Him within their Souls and abide in Him. Spiritually immature people, on the other hand, crave to know the Name. Moreover, they crave for it in order to have their own animal power over everything and everyone. But they do not understand that for them as an immature foetus, this is fatal.

Man's narrowed perception, because of the dominance of the Animal nature in him, reduces the understanding of God to some material subject who, furthermore, is the same as the person sees himself in three-dimensional space. Priests have named God with different "names", creating one or another religion for themselves. More importantly, they still make people fight and be at enmity with each other for the superiority of their religions and the "name" of God, for their dominance over rival religions, and, consequently, their sole right to speak on behalf of God. Due to different epithets as well as an intentionally different interpretation by priests, people mistakenly believe that there are different divine gods. But today all the different "names" of God are, in fact, *epithets*, which in ancient times, instead of the forbidden name of God, meant the One.

Anastasia: You are right, and anyone can confirm this. It is sufficient to trace the etymology of the origin and the original meaning of the words that mean the name of God in different religions.

Rigden: Of course, any intelligent person, after putting this information together, will understand that different "names" of God in religions are merely epithets of the One. For example, let us consider the name of the supreme god of the ancient Egyptians – *Osiris*. This name is a Greek version of the Egyptian name *Usir*. That is, the Greek word "Osiris" is derived from the Egyptian "*U'sir*", which means "*He who is at the top*". Or, for example, what is the meaning of the name of the Avestan deity in Zoroastrianism



Ahura Mazda (later Ormazd, Ormuzd) proclaimed as the One God by the prophet Zarathustra? By the way, the prophet originally mentioned that the name of Ahura Mazda was just a substitution for *the forbidden name of God*, which none among people know. This God was noted as “Nameless” even in the religious calendar. The Avestan “Ahura Mazdā” is translated as “The Wise Lord”, “Master of thought.” The Avestan word “maz-dā” also means “to keep in memory.” As a matter of fact, this “name” is derived from two ancient Iranian words having Aryan (Indo-Iranian) roots. “Ahura” corresponds to the Sanskrit word “asura” meaning “master”, while “maz-dā” to the Indian “mēdhā” which means “wisdom, insight.”

By the way, people have actually forgotten one simple truth – what Wisdom truly is. It is by no means knowledge acquired from books, nor is it life experience, a brilliant mind, or clever logic of thinking. **In the most ancient tradition of different peoples of the world, originally “Wisdom” is a gift of heavens (the euphoria of feelings, epiphany) during the spiritual growth of man. This is a gift with which one can attain the state of the highest enlightenment, omniscience, and understanding of everything.** It is no coincidence that Zoroastrianism mentions Ahura Mazda revealing himself to the prophet Zarathustra, thanks to the “*Good Thought*” only after his persistent spiritual search which had lasted for many years. “The prophet asked, and God answered and mentored him in the *heavenly Wisdom*”, that is, he was “*the one who gives Wisdom, comprehension.*”

So it is precisely from epithets that priests formed the “name” of the One God. This is true for any religion; all the “names” of God are epithets: “God the Saviour”, “the Known God”, “the Worthy”, “the All-embracing”, “the Omnipresent”, “the Radiant”, “the Awakened”, “the Foundation”, “the Divine Power”, “the One who brings happiness”, “the Unperceivable”, and so forth. I am just naming those original semantic designations of the words of different “names” (and, in essence, epithets) of God, which are now



known to many people belonging to one or another popular major world religion. In other words, that information which today lies on the surface and is available to every person interested in this matter – not to mention more ancient roots of borrowing of these words from similar epithets of ancient religions and beliefs, which are completely forgotten nowadays, despite the available archaeological artefacts proving their popularity in the ancient times. But in the end, all these “historical epithets” will lead, step by step, to the original designations of the One in that protolanguage which was common to all the peoples and to which the linguists are theoretically getting only now.

Anastasia: Well, that’s funny and sad at the same time... It means that people in society are fighting, brawling, and arguing over mere epithets of the One who is one and the same for everyone.

Rigden: Unfortunately... without even understanding **the single spiritual essence** for all the peoples, for mankind as a whole. That is why, knowing the human nature, initially the designation of the One, as I said before, was given to people not under His name but under the sound “Ra”, which symbolised the concept of “the One, the Eternal (Supreme).” That is why since ancient times, even conditional designation of God among the people initiated in this Knowledge did not mention His name (by the way, this applies also to the ring finger). It is much later, when discord began in society among people, which was fuelled by priests, that various interpretations and divisions into “our” and “their” gods appeared and so on, eventually leading to loss of the primordial Knowledge. But all these are deeds of humanity.

But let us get back to the topic of rings. The first rings were simple and smooth. By the way, earlier such rings used by the initiated were made exclusively out of crystal as an energy and information accumulator...

Anastasia: That is, of natural material in which the elementary particles (atoms, ions, and molecules) are



located according to the geometric laws of spatial facets and crystal lattices and have mostly geometrically correct form and structure (for instance, polyhedrons, which have already been mentioned in the conversation). In general, one can say that this is, again, a sign only not of the two-dimensional but of three-dimensional space, where the external form reflects the symmetry of the inner laying of the elementary particles and, consequently, the distribution of energies which form them...

Rigden: Certainly... And later, when people began to lose the Knowledge, in order to make such rings, they started to use hard rock stones, wood, or bone. Much later, they used to be made of metal... So, the first rings in the ancient secret societies were simple, and the only difference was on which hand they were worn: the left one or the right one. But after, as they say, an information leak occurred and ordinary people started imitating the attributes of the initiates, rings began to be worn widely in society without understanding the essence, on different fingers, making them of various metals, decorating them with precious stones and so on. Then, the initiates started depicting certain signs and symbols on their rings, which were understandable to their social circle. For example, those belonging to the Light forces would wear a ring on the ring finger of his or her right hand, and the ring had a shape of a serpent biting its tail, with its head located clockwise. Whereas a follower of the Dark forces would wear a ring on the ring finger of his or her left hand. On such a ring, the serpent's head was located, on the contrary, counter-clockwise. But this also did not last long.

Soon, because of human imitation and the distortion of Knowledge, such a conventionality as ring wearing lost its meaning among those who were involved in the primordial Knowledge. However, the tradition of wearing rings as an adornment or a symbol of certain privileges continued among people. People came up with numerous ways of boasting in front of each other, starting with devising made up "super magic signet rings", which supposedly protected a person against diseases and troubles or "gave power", and



ending with symbols of social inequality in the form of a ring of a rich person – an “honorary citizen.” Generally speaking, everything as per usual: human pride without reason.

Anastasia: I would like to illuminate another interesting question in connection with the raised topic of ring finger and rings. Once you talked about the origin of the expression “перст Божий” (“the finger of God” – *translator’s note*), from which, in fact, the concept of “signet ring” is derived.

Rigden: Yes, the Old Slavonic word “perst” means “finger.” Moreover, the ring finger of the right hand was earlier called “perst. To this day, some peoples, for instance, the Kazakhs, still have a custom associated with the ancient popular belief that newborn children should be first given not the mother’s breast to suckle but a ring finger in order to ensure the baby to grow into a good, kind, and spiritual person. These are actual echoes, although in human interpretation, of the mentioned knowledge about the conventional symbolism of the ring finger. Nowadays, ring wearing is a mere fashion and tradition; for example, to put on wedding rings on ring fingers of either the right or the left hand (depending on the country). Nonetheless, echoes of the knowledge once possessed by people can still be found. For instance, in Orthodoxy, at the *wedding*, the ring that newlyweds put on the ring fingers of their right hands still denote *the sign of eternity* and inseparability of *the nuptial crown with the spiritual world*.

Anastasia: The majority of people do not even stop and think about why there are different traditions they follow and from where the root of such traditions grows. But when you understand such details, other information also becomes more clear. For example, what the connection of this finger with another one means in sculptures or images of deities, including as a conditional indication of meditative techniques.

Rigden: As for the position of fingers... If the ring finger, according to meditative functions, symbolised spiritual vision, knowledge, and superpowers, then the thumb symbolised the energy potential of man himself. In



particular, the thumb indicated that the chakran located approximately in the lower abdomen, inside the pelvic girdle, between the tailbone and the pubic symphysis, was involved in the meditation. Externally on the diagrams of man, it was conditionally depicted in the crotch area. But this is only conditional since it is the human energy body and not the physical one that was meant here.

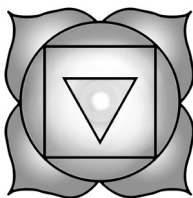


Figure 93. Schematic drawing of the Muladhara chakran in India.

By the way, in India, this chakran is called Muladhara (“mūlādhāra” is a word derived from Sanskrit, where in the English transcription “mula” means a “root”, “base”, while “adhara” is a “foundation”, “basis”, “support”). This chakran is associated also with the awakening of the human energy potential. Traditionally, it has been marked with red colour.

In the East, the awakening of this powerful energy potential is called “the awakening of the sleeping *Kundalini Serpent coiled by three and a half turns.*” I already mentioned this energy more than once as I was speaking about the helical (spiral) structures. Since ancient times, this power has been considered the feminine aspect of the divine power (Allat), and later in Christianity, some of its properties began to be attributed to the Holy Spirit. It helped to awaken a powerful, creative force of spiritual Love in a person, which does not come even close to any physical sensations or manifestations of raw energies.

In India, this chakran was often equated to the home of Brahman. It was considered that the power concealed in this energy centre exists in each person, although in a dormant state. This power awakens only when the person works on



himself and on taming his Animal nature and strives for the Spiritual nature to dominate in him. In Christianity, ascetics (the Greek word “askesis” meaning “an exercise, a practice”) call this stage of spiritual development *the attainment* of the state of *dispassion*. That is, the state outside the influence of passions and desires, the state of rejection of evil intentions and deeds on the path of virtue, the state of purity of the mind. Without this inner work on oneself, no spiritual tool will yield a proper result.

In the East, the result of the awakening of Kundalini is regarded as a qualitative change of the human consciousness, a spiritual awakening, an intuitive perception of the Truth. And in Christianity, this stage is already called *the state of dispassion* itself, when the “mind enters the supersensual”, and the one attaining “is transported to the land of knowledge, where the mind abides as a dwelling in the spirit of God.” In the East, this is considered to be a very powerful impetus for the transformation of the Personality – the ascent of the Kundalini energy from the base of the spine through the centre of the head to the supreme, to its fusion with the divine One. When consciousness merges with the One and this state becomes permanent, “liberation” comes.

In that same Christianity, for example, the attainment of the supreme spiritual state is called “Blessing”, and it is regarded as a universal value, the ultimate frontier of the human aspiration, the journey towards which involves goodness as the personal property of the Holy Spirit. Moreover, it is specified that this special state, which cannot be attained by any usual feeling for a common person, is inaccessible to the imagination and surpasses any logical thinking, it “does not fit in the mind.” In other words, it can be attained only by working on oneself spiritually, in an altered state of consciousness, in the absence of thoughts and imagination, solely with the deepest feelings (“the sixth sense”, which is unknown to an ordinary person). God is considered to be “the greatest Good”, that unchangeable, everlasting, and immortal which contains the supreme power and wisdom.

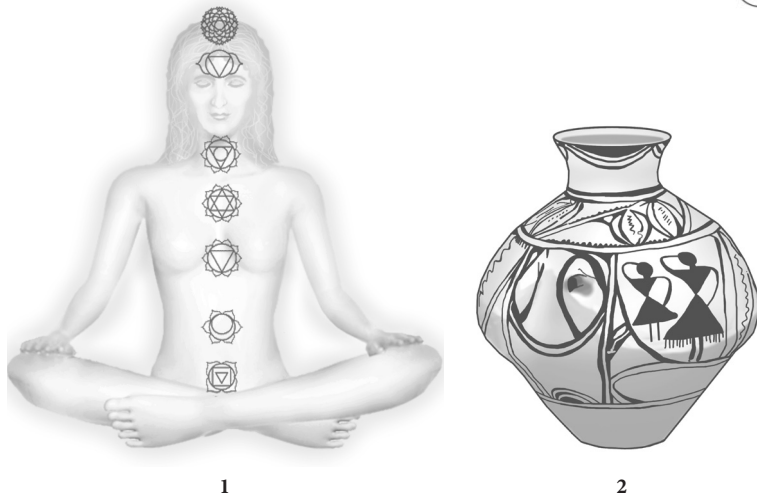


Figure 94. **Conditional designation of the main chakras in the attainment of the supreme state of liberation:**

1. modern traditional schematic representation of the human being in the Lotus position with 7 chakras;

2. schematic representation of attainment of the state of spiritual liberation on a Tripolye ritual jug. The position of the women's hands indicates the connection of the first and the seventh chakras.

It is that Good that each human Soul strives for. In essence, this is exactly the qualitative human transformation and transfiguration of one's energy nature into that form which resembles in the human understanding an energy cube standing on one of its corners.

Anastasia: Yes, this gesture of connecting the ring finger with the thumb as a symbol of connection of God's power with the energy potential of human being itself, moreover from Jesus Christ himself as God's Son, is indeed a real gesture of a blessing of mankind.

Rigden: Furthermore, in the icon *Christ in Majesty (Spas v Silach)*, Jesus is portrayed against the background of geometric shapes. In particular, in the background, there is a red square, on the corners of which a winged man, a lion, a calf, and an eagle are located.



Anastasia: That is, the symbols of the four Essences against the background of a red square.

Rigden: Yes. Nowadays, in Christianity, these images (tetramorphs) are interpreted as symbols of evangelists (Matthew, Mark, Luke, and John, respectively). Because of such priestly interpretation, today few people know about the true nature of these symbols and their origin. And to the “flock” of this global religion, they are explained in the following way: Matthew is an image of a winged *human being*. He was a tax collector, and that is why he is usually portrayed with a sum of money, a spear, a sword...

Anastasia: Well, *the image of the human being symbolises the human nature and desires*. It is a traditional allegorical interpretation of the Back Essence among the ancient Eastern peoples, in the context of the knowledge about the four Essences.



Figure 95. A schematic image of an illustration from Carolingian minuscule (9th century; discovered in France;



a library of Valenciennes): The Mystic Lamb (in the centre) and four “apocalyptic beasts” holding a Book.

Rigden: Absolutely correct, although for a long time now nobody remembers it. Next, comes the symbol of Mark – a lion, the king of animals. The symbol of Luke is a winged calf, where the calf itself is seen as a sacrificial animal.

Anastasia: Well, already in the Proto-Indian civilisation, the calf meant the Animal nature, while the majority of ancient peoples associated it with the characteristic of the Right Essence. And how many old Oriental stories have been dedicated to the fight against the lion and a victory over it as a symbol of taming by man of his cleverest and most power-loving Left Essence – the support of the Animal nature!

Rigden: Well, everything is simple when you understand the obvious... And the symbol of John is an eagle. However, in the context of the knowledge about the four Essences, originally there was another bird. In fact, a falcon should be depicted here, if one follows the original sources, from which priests copied the story for their new religion. For many ancient peoples, including the Egyptians, the bird (falcon) was a symbolical designation of the Front Essence. The eagle is already a priests’ insertion into the information they borrowed from other peoples. But that is already another topic for conversation.

So, what is remarkable in the story of the Orthodox icon *Christ in Majesty (Spas v Silach)*. All these “zoomorphic creatures” are holding a **Book** and are located as symbols at the ends of a secret pattern – a *diagonal cross* in the form of rays coming from the cube. The latter is symbolically depicted as a rhombus. Generally, a *blue (green) oval* is placed over *the red square* in the image, and on top of the oval, there is a *red rhombus* (as a symbol of transformation of a square into a rhombus, that is, the formation of a cube placed on one of its corners).



Anastasia: That's incredible because a cube on a plane in the isometric projection is a regular hexagon, and each of its faces is a rhombus! Everything depends on how you look at it.

Rigden: Quite right. In this case, I would say more precisely: everything depends on who exactly is looking. So, on the icon, Jesus sits on the throne against the background of a red cube. What is more, one of His feet is stepping *onto the corner* of this cube, and the other foot is placed inside the blue oval. In Christianity, the latter is also called “an almond-shaped halo” or “a fish maw”, and it is regarded as a symbol of the Divine might which surrounds Christ during His resurrection and transformation. In this blue (green) oval, there are seraphs (originally in red colour) and cherubs (originally in blue colour) as symbols of the celestial hierarchy. And each of them is depicted in the form of a face surrounded by six wings!

Think of the guises (schematic images of human faces) on the Large Shigir Idol which symbolise dimensions. And such a conditional designation of other dimensions was typical not only for the Shigir culture (the 5th-4th millennium BC, the Middle Urals and Trans-Urals; modern Russia) but also for the Okunev culture in South Siberia (the 2nd millennium BC) and other ancient cultures, long before the emergence of Christianity and the world religions that are known today. By the way, the Okunev culture is quite rich in signs and symbols in the form of circles, spirals, and triangles as well as stylised anthropomorphic figures, images of falcons, female goddesses, and symbolic spiritual signs (of Allat). Such designations were quite widespread in the ancient world.

So, returning to the conversation about the icon *Christ in Majesty (Spas v Silach)*. The colour combination of red and blue in Christianity is also seen as joining the human nature with the divine nature of Jesus Christ. And the very image of Christ is regarded as a symbol of His new, future theophany to people as the Lord of the visible and the invisible worlds, a symbol of unknowable and embodiment.



Figure 96. Arrangement of symbols on the icon Christ in Majesty (Spas v Silach) (1408, painter Andrei Rublev):

1. a lion;
2. a blue (green) oval (sphere);
3. the throne on which Christ is sitting as a Judge;
4. the blessing gesture: connection of the ring finger with the thumb of the right hand;
5. a winged person;
6. Jesus Christ in a golden garment;
7. an eagle;
8. seraphs and cherubs;
9. an open Book;
10. a red rhombus;
11. a red square into which a blue (green) oval is inscribed;
12. a bull;
13. Christ's foot is stepping on a corner of the red rhombus.



Anastasia: Yes, for knowledgeable people this is an amazing icon in its symbolism. The square as a symbol of the earthly with four Essences, the rhombus as a symbol of the cube standing on one of its corners – of the seventh dimension, a symbol of the human spiritual transformation and liberation. The oval denotes personal energy space between a person and his Essences, the connection with other worlds (dimensions). Christ is inside the red *rhombus*, that is, in the seventh dimension, paradise, “the seventh sky”, and He is also blessing with such a significant gesture of the right hand! This has all the basic knowledge about human and his spiritual capabilities on the way to God! This is another confirmation of the fact that when you possess Knowledge, you can maturely understand the key essence of information recorded by people in the past.

Rigden: In principle, such a method of Knowledge transmittal has been used since ancient times. Moreover, as a rule, such, so to say, basic Knowledge was placed in plain view. Suffice it to look at the signs and symbols that surround us in our lives, or at traditional religious images, or look into the history of arts of the peoples of the world in order to understand that this Knowledge has always existed.

Anastasia: You’re right. As far as I know, the icon *Christ in Majesty (Spas v Silach)* has been in the very middle of the iconostasis of the Cathedral of the Annunciation in the Moscow Kremlin since the 14th century to this day. But the question is who *sees* it? In the Christian religion, *Christ in Majesty (Spas v Silach)* symbolises a complex theological concept of what Christ will be like when He appears at the end of times in His full power and glory for the Last Judgment and the future transformation of the Universe, in order to fulfil a Disposition of Providence about the world: “In order to unite everything earthly and heavenly under the head of Christ.”

Rigden: This icon is considered to be a kind of an entire treatise in symbolism, a prophecy of the future in the language of icon-painting.



Anastasia: Interestingly, a special emphasis here is placed on *the Book!* During the Second Coming, Christ is holding an *open Book*, and all the zoomorphic figures are holding a book each. Is Gospel meant here, or does this symbol indicate some common allegorical meaning? I know that since the early days of Christianity, Jesus Christ has been symbolically depicted *as a Book, onto which a turtle dove descends as a manifestation of the Holy Spirit*. I also wondered why it is the turtle dove that is often mentioned in the Bible. It turns out that it is different from the pigeon, smaller in size and is a migratory bird. The turtle dove would appear in Palestine in early spring. It was considered to be the first messenger, a pure bird.

Rigden: That is really so. I will say even more, originally in early Christianity the Holy Spirit was depicted as a white turtle dove (later as a she-dove), but not as a pigeon. Since it was *a symbol of divine Love, the creating feminine principle, the Foremother of all things (Allat)*. And this is connected with even more ancient knowledge, when the divine trinity was presented as Father, *Mother*, and Son. For example, such a triad existed in ancient Egypt: Osiris-Isis-Horus. Later in Christianity, the turtle dove (the she-dove in other images) began to be depicted mainly on paintings of the Annunciation (in the context of portraying the story with Archangel Gabriel and the Virgin Mary) and the baptism of Christ.

Regarding the Book, your observation is correct. It is the fact of the presence of a Book as such that is emphasised, moreover *in its open form, that is, as available for reading*. In the Christian culture, the symbolism of the book is quite significant and deep, so everyone drew it on the basis of generally accepted canons. It could be the Glad Tidings, the Book of Life with the names of the Saved ones, the Book of Revelation about the prophecies of the Second Coming of Christ. By the way, in the last one, there is a story about the Book written “inside and outside”, sealed with seven seals, which cannot be opened and read by anyone other than the



Lamb. It also speaks about four animals – the Guardians around the throne and so on.

Anastasia: Please remind those readers for whom this topic is significant, where exactly in the “Revelation” one can find the story about the Book and the four animals.

Rigden: In the Bible (KJV), this is the 4th and subsequent chapters in the “Revelation” of John. For example, the 4th chapter contains the following lines: “...and in the midst of the throne and round about the throne were four beasts full of eyes before and behind. And the first beast was like a lion, and the second beast like a calf, and the third beast had a face as a man, and the fourth beast was like a flying eagle. And the four beasts had each of them six wings about him, and they were full of eyes within...” And chapter 5 speaks about the Book: “And I saw in the right hand of Him that sat on the throne a book written within and on the backside, sealed with seven seals. And I saw a strong Angel proclaiming with a loud voice, Who is worthy to open the book, and to loose the seals thereof? And no one in heaven, nor in the earth, neither under the earth, was able to open the book, neither to look thereon... And I beheld, and, lo, in the midst of the throne and of the four beasts, and in the midst of the elders, stood a Lamb as it had been slain, having seven horns and seven eyes, which are the seven spirits of God sent forth into all the earth. And He came and took the book out of the right hand of Him that sat upon the throne. And when he had taken the book, the four beasts and four and twenty elders fell down before the Lamb, having every one of them harps, and golden vials full of odours, which are the prayers of saints. And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation; and hast made us unto our God kings and priests: and we shall reign on the earth. And I beheld, and I heard the voice of many angels round about the throne and the beasts and



the elders: and the number of them was ten thousand times ten thousand, and thousands of thousands saying with a loud voice, Worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honour, and glory, and blessing. And every creature which is in heaven, and on the earth, and under the earth, and such as are in the sea, and all that are in them, heard I saying, Blessing, and honour, and glory, and power, be unto him that sitteth upon the throne, and unto the Lamb for ever and ever. And the four beasts said, Amen. And the four and twenty elders fell down and worshipped him that liveth for ever and ever.”

Anastasia: Yes, now these lines do sound in a completely different light of an expanded understanding of the essence of what is happening!

Rigden: Actually, I once mentioned that the sacred book in the sacred symbolism is regarded as a record of sacred symbols, which indicate the Word of God (the Sound of Creation) that was revealed to the world. For example, the ancient Egyptians considered hieroglyphs as sacred signs that implied entire concepts and sometimes individual sounds. Later a simplified writing system appeared, which became applicable not only in religious but also in secular texts.

What are, for example, modern letters in different languages? They are, in fact, conventional signs invented by people. Their various combination is a kind of conditional code for understanding this or that information. Moreover, any conventional sign is neutral by itself. But in different combinations, even a conventional sign becomes part of a peculiar information portal for the conduction and action of this or that power and Will. But all this, let us call it informational space, activates and begins to work only when a person applies his power to it (attention, awareness) by reading this code. For example, when a person sees a closed book and does not know what is written in it, its conventional signs are in a neutral state. But as soon as he



begins to read (if he understands these conventional signs), this is exactly the initial application of power for activating this informational space.

But what is very important is what dominates a person at that moment and what is the power of this application, that is, what is the nature of its origin. For example, a person is reading a modern book, good fiction. But at that moment, the Animal nature dominates in him (selfishness, anger, hatred, and so on). Accordingly, even when reading a good, kind book, its contents will irritate him, make him angry, amuse and entertain his megalomania with “primitiveness”, cause envy and indignation. He will choose those points in it which satisfy his ego. In other words, the conventional signs written in the book will contribute to a greater activation of the power that prevails in a person at that moment, that is, of the Will pursuant to a program from the Animal nature. And if Spiritual nature dominates in the person at that moment, another side will open to him: not only will he enrich himself with the information but he will also be able to sort it out maturely; he may be able to realise the origin of certain sources of power the author himself inserted through the code of conventional signs, activated by him.

Anastasia: So, that same book but which one reads, as they say, with the Love of God in their Soul, will make it possible to understand the information embedded in it without bias, comprehend the essence, to feel and recognise the source of its origin. In other words, the book is a conditional information code and its perception depends on the dominant choice of the person himself.

Rigden: That is right. These conditional informational codes (words and sentences) are recorded in the book by people who, at the time of recording them (writing the book), were dominated by one or another power (or rather, the Will from either the Spiritual world or from the Animal mind). If the person does not know these conditional codes, for example, the language in which the book is written, of



course, he will not be able to read it. But if he knows them and, accordingly, activates them, then he will feel the effect of this activation, that is, an influence upon him of the power of that Will.

Anastasia: In other words, if you are dominated by the Animal nature, then, even while reading spiritual treatises, you'll miss the most important points, you'll deny everything and won't understand anything because of narrowed consciousness at that moment. And if you are dominated by the Spiritual nature, then you will perceive any book in the state of an expanded perception of the world, which will make it easy to separate "the wheat from the chaff" and understand the writer's dominant motives, who put what in there and for what purpose all this was done.

Rigden: Yes, that is to say, when consciousness is dominated by the Spiritual nature (which means there is an expanded perception of the world due to the deepest feelings), you begin to understand the true essence and gain Wisdom. And through Wisdom comes Knowledge. Knowledge, as a sign code, during the activation of which by the Spiritual nature, conditions form not only for the transformation of the Personality but also of the world that surrounds it. Therefore, **the book and the information encoded in it are, in fact, a conductor of the Will** (from either the Spiritual world or the Animal mind). Information codes belong to *exchangeable information; they are neutral* until a person activates them and comes into a resonance with their power. These conventional signs of writing were invented by people. They must not be confused with the original *active working signs, which have been introduced into this world from the outside...* These are completely different concepts and different signs.

Anastasia: Do you mean those original signs?

Rigden: Absolutely. I mean exactly those *original 18 working signs* that still exist in the human society:



9 positive creating signs (introduced from the Spiritual world) and 9 negative working signs (introduced from the Animal mind). These signs are active regardless of the person and his dominant desires and powers. They are active by themselves, that is, they are endowed with power and interact with the surrounding visible and invisible worlds and with the whole complex human structure in six dimensions.

Anastasia: Yes, this information requires deep reflection...

Rigden: And as for information recorded in the symbols of the icon *Christ in Majesty (Spas v Silach)*, in Rus, this knowledge was later disseminated also through the image of the icon of *Our Lady of the Burning Bush (Neopalimaya Kupina)*. So then, the symbolic and allegorical composition of this icon, in the main geometrical details, practically repeats *Christ in Majesty*: a red square (with four evangelists in zoomorphic, apocalyptic images – a human, a lion, a calf, and an eagle), a *diagonal cross*, a hidden *oval*, a *rhombus* (in which the image of the *Mother of God (Our Lady)* is inscribed, 6 angels in the rhombus). In general, everything is as it should be. Only the geometrical elements are named differently in descriptions, for example, as two four-pointed stars overlaying each other (a total of eight vertices) or as an eight-pointed star *with a truncated lower beam!* And the rhombus is, as a rule, *green or blue (navy blue)* in colour, while the square under it is red, as it should be. In the centre of the composition is the Mother of God (Our Lady), who is holding Baby Christ in her left hand, while in her right hand there is a ladder (sometimes a ladder in such icons touches a shoulder of the Mother of God, and sometimes instead of a ladder, a Gate and a rod are drawn as a symbol of the Saviour). All this symbolises that it is the Mother of God that spiritually elevates humanity “from Earth to Heaven.” Among the images in this icon, there is also Archangel Gabriel with a symbol of *glad tidings* – a branch of lily.



Figure 97. Image of the icon of Our Lady of the Burning Bush (late 16th century; from the local line of iconostasis of the Transfiguration cathedral of the Solovetsky monastery; the “Kolomenskoye” Moscow museum-reserve, Russia)

Anastasia: Yes, this icon is well known to fine art experts, for example, by the image of the 16th century of the icon of *Our Lady of the Burning Bush*, which originates from a local line of iconostasis of the Transfiguration Cathedral of the Solovetsky monastery. And many people know about it. Almost every Orthodox family has icons of this kind. Only who among people has paid attention to such sign details? After all, if you ask any person, many people know this icon as the “protector of home from



fires.” At best they will tell you that this icon is based on the Biblical story “about Moses, when he decided to lead his people out of Egypt” or “about a burning blackthorn bush, out of which God called to Moses, and he, as if out of curiosity, went to see why it was on fire but was not consumed by the flames...”

Rigden: (burst out laughing): Though people’s words are amusing, the essence in them is the truth! Priests have always been consumed with curiosity and envy about where a truly Spiritual Being gets so much God’s power. What do you think, how Moses, the Mother of God, and fires are connected?

Anastasia: You know, there is a feeling that all this “connection” has been created artificially. If we keep to the point, the Mother of God, judging by all the spiritual signs and by the fact how many miracles in the world happened through her image over these thousands of years - this is truly *Christ in Majesty*.

Rigden: That is so. The icon of *Our Lady of the Burning Bush (Neopalimaya Kupina)* has nothing to do with all these matters of priesthood. And in Rus, it became called so not from the word “купина” (kupina) meaning “blackthorn, shrub” but from the Old Slavic word “купа” (kupa) which means a “connection”, “elevation”, a “totality of something.” And the fact that it got associated with the belief that it protects from fire, well, at least now it is, as you have correctly noticed, found in every home, after becoming famous for performing miracles. But what is more important is that through it, knowledge has been passed down to the majority, even if in such an “unpacked form.” And it exists now, and this is by no means unimportant!

It is no coincidence that *Our Lady of the Burning Bush (Neopalimaya Kupina)* is associated with the symbol of the immaculate conception by *God’s Mother* from the Holy Spirit. This is exactly a symbol of what I told you



about. *God's Mother* is a conductor of the power of God for every person walking the spiritual path, this is the *power of God's love*, with the help of which the human Soul is liberated from earthly reincarnations. Jesus, as a Spiritual Being from a *different* world, renewed the true Knowledge which got lost in centuries and gave people spiritual tools for spiritual salvation. So, in other words, he left keys. Working on oneself with these tools, a person acquired, figuratively speaking, a *key to the sign*. And He gave *power and signs themselves to God's Mother* as to a conductor of God's power, as to a spiritually liberated Being, who is between the worlds for the sake of spiritual liberation of the human souls. And it is only upon union of diligence and work on oneself of the spiritual seeker and the power of God's Mother (Allat) came together that the Personality merged with the Soul, that is, a person attained liberation of his Soul, the seventh dimension or, as they say in Christianity, "paradise", "the kingdom of the Father and the Son." And it only depends on the choice of a person whether the sign will be active and whether the person will be Worthy of receiving this divine power that will lead him to God. *The key is given for the purpose of being used. And in order to use the key, it is necessary to invest one's effort in this.* So such is the **way of a spiritual person – the way of burning spiritual dispassion, which, only when coupled (together) with the creating power of God, leads to liberation.**

And this is known not only in Christianity but in other religions as well. This was known already in the ancient times when people had different names for God, His Son, and God's Mother (the Great Mother). After all, it is not about priestly conceptions from the mind and their epithets but in one and the same spiritual grains, on which all their religions stand. Here is a simple example.

As I mentioned, not too long ago the cult of the goddess Isis, which originated in ancient Egypt, used to be very popular among different eastern and western folk. By the way, one just needs to turn one's attention to the art of



ancient Egypt, to those of its patterns which have been preserved to this day in buildings, paintings of ancient temples, and sculptural images. And one can see the same symbols of passing down the basis of spiritual Knowledge as everywhere around the world: the working **AllatRa** sign, lotus, circle, cube, diamond, pyramid, cross, square, a symbolic image of the four Essences. So, the cult of the goddess Isis lasted more than one millennium, including the Roman Empire era. And where is the real reason for such popularity hidden? In active signs – *the AllatRa sign*, which was spread in those times through the cult of goddess Isis just like it is being spread today through the cult of God’s Mother. Primordial Knowledge has long been lost for the most part, but symbols and signs have remained!

Anastasia: Yes, Isis as the “Great Mother” was often depicted precisely with the **AllatRa** sign on her head, as we have said, in the form of a *cup-shaped crescent with horns pointing upwards*, above which a circle is located like a protruding side of a pearl.

Rigden: This symbol indicates that this power belongs to the One who created everything in the Universe. I have already said that a long time ago people *denoted the concept of “the One Supreme” (the One Eternal) with the sound Ra*. This is where later, with the emergence of priesthood, a god *named Ra* appeared, who, according to legends, emerged from the lotus flower that had risen from the world’s ocean. The Great Goddess (who was called by different epithets, which were later transformed into names) initially acted as the conductive power of Ra (the One Eternal). At various times, besides Isis, the bearers of such a sign in ancient Egypt were goddess Hathor (a daughter of the sun Ra, her name means the “home of Heaven”), goddess Iusaaset (her name means “the creating hand of God”, “the greatest among those, who emanates”). It was considered, for example, that if



a person tastes goddess Hathor's spiritual gifts, then this will give him more spiritual powers, and she will help him cross over from the earthly world to *the other (spiritual) world*. This is why the following epithets were bestowed upon her: The Great Mother, Goddess of Love, spiritual joy, "The one shining in the rays of Ra," the Great Woman, the Creator of all living things. Among additional associative designations that symbolised her were sycamore as the "Tree of Life" as well as symbols of *eternal life* – the *colours green and blue* which, as legends had it, were commanded by her. The latter is connected to the coded knowledge about *the wave nature of man* and the moment of spiritual transformation.

Anastasia: Yes, the same colours are present, as already mentioned, in the designation of the divine characters who, for different peoples, embody the cosmic order, the waters of life, fertility, the Mother progenitress, and the creating divine power of the feminine principle. In the Christian religion, these colours are inherent to the Mother of God. The rhombus of *Our Lady of the Burning Bush (Neopalimaya Kupina)*, for example, which has the image of the Virgin Mary, is also denoted by *green or blue (navy blue)* colour. This indicates that one and the same basic knowledge was passed down from generation to generation, from nation to nation. Incidentally, there is this ancient word "ГЛАВКА" (Glavka), which the ancient Greeks had borrowed in their time for their mythology from the peoples who once lived on what today are Slavic territories, to denote the creating power of the divine principle connected with water, which also commanded "*green and blue colours*".

Rigden: I will say even more. In order to explain to people the Knowledge of the invisible world, one had to refer to associations and images that could be understood by residents of the three-dimensional world. In the ancient times, the Great Mother (goddess) as the creating power of the Spiritual nature of a human being (whose reflection



eventually became, for instance, that same Isis, who was represented as a woman) was initially depicted in a certain pose reminiscent of a sacred *cube* – when a person is sitting and hugging their knees. From above, the “cube” was crowned with a head, indicating its top. And the “**AllatRa**” sign was placed on the head or on one of the facets of the cube itself.

The essence is simple. This is a symbolic depiction of the path of spiritual liberation of the Personality when it merges with the Soul (regardless of the body in which the person is located, for example, his gender, race, and so on). This is how *the Foremother* was originally depicted in ancient times – *sitting in cubical position. Moreover, she was placed on a square, flat base.* The cube meant the spiritual world, which a person can reach with help of the divine power of the feminine principle (Allat) and qualitatively change his nature, becoming another one – Spiritual Being. It also meant the six dimensions, in which the human structure was located. The flat square stone is the earthly material world, and also four corners as an indication of the four main human Essences. Later, when people started imitating this, priests began to reproduce (immortalise for the sake of earthly glory) their faces in the form of cubic sculptures.

Later, when in that same ancient Egypt, gods began to be portrayed in the form of personalised sculptures, then in order to reflect their divine essence, the god’s figure was placed on a cube. And if it was necessary to indicate a connection between earthly and heavenly (divine), then it was put on a cube, which was placed on a flat square. If the figure was placed simply on a flat square, that meant only the earthly aspect of existence. Such initial cubical statues (as well as their variations of the rhombic types), in their time, were quite widespread canonical sculptural images not only in ancient Egypt but also in other parts of the world.



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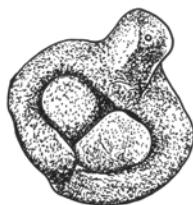
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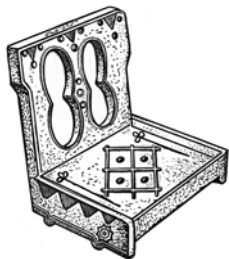
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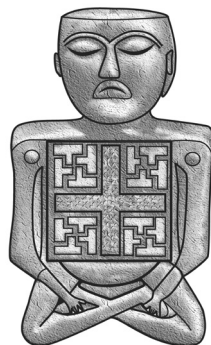
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Figure 98. **Cubical statues and symbols
of the ancient world:**

1. a cubical sculpture of a Palaeolithic “Venus” figurine;
2. a Chinese sculpture in the form of a cube placed on a corner (made of jasper stone; in ancient China, jasper was revered as a “pure stone”, symbolising Heaven; it was believed that a person, while following the path of self-perfection, should create (“smelt out”) in himself as a means to attain immortality, which in the Chinese treatises was called a “wonderful pearl”, a jaspidean jewel”, which would transform his whole body and make him clean and immortal (jaspideous);
3. Palaeolithic cubical sculpture of a goddess in a sitting position with knees bent and arms wrapped around her knees (symbols are drawn on the body; as a rule, she was depicted without a face and sometimes without a head);
4. a fragment of the image “Judgement of Osiris” on an ancient Egyptian papyrus; in ancient Egypt, people, animals, and gods were traditionally depicted in profile;
5. terracotta figurines of people sitting in a pose with knees bent and arms wrapped around them (artefacts of the Harappan Civilisation);
6. an Eneolithic object with a central rhombic symbol;
7. a ritual Eneolithic cubical shape with a geometric ornament (standing supported by four legs, the top is decorated as a symbolic image of six dimensions);
8. a cubic statue of a sitting person, on which there is an image of the ancient Egyptian god of wisdom Thoth (in the form of a baboon) with the “AllatRa” sign (4th-1st centuries BC, the Karnak temple (Thebes, Egypt))
9. a bronze statuette in form of a cube, on which, enthroned, with knees bent and arms wrapped around them, sits the ancient Egyptian goddess of Truth and Justice, of the universal harmony and order– Maat (the 12th-11th centuries BC; Ancient Egypt);
10. a cubic statue of the scribe Kha with the “AllatRa” sign (2nd millennium BC, Abydos, Ancient Egypt);
11. a figure of the Aztec goddess of water – Chalchiuhtlicue (15th–16th centuries BC; Mexico, Central America);
12. a figure of the Aztec “lord of the year”, the god of fire and volcanoes in the mythology of the Indians of Central



America – Xiuhtecuhtli (14th–15th centuries BC; Mexico, Central America);

13. *a cubic figure of a person sitting in the lotus position, with symbols on the body; was used for anchoring a sacred pail; the bucket was discovered on a Viking ship (9th century, Norway);*

14. *a cubic statue of Senusret-Senebefni (2nd millennium BC; Ancient Egypt).*

Anastasia: Indeed, I have often encountered similar figurines of deities sitting in a cubic position among the archaeological finds discovered in different parts of the world. The figurines found in the Palaeolithic layers (the so-called “Great Mother”) also sit in the same way, with legs tucked under and arms on the knees. Similar figurines were discovered among the finds belonging to the Harappan civilisation. And what about the cubic figurines of ancient Indian and Chinese gods?! Not to mention multiple artefacts of the Aztec, Olmec, and Maya in Mesoamerica! On territories where the Slavic people lived, figurines of the *Great Foremother* of the period of Tripolye civilisation were found, where on her bosom there is a rhombus with a diagonal cross inside and with points-centres! And another version of her portrayal has specific symbols of a truncated pyramid or two intertwined serpents which, taking into consideration, for example, ancient Indian knowledge about the power of the “Kundalini Serpent”, symbolise the creating power of a human’s spiritual revival.

Rigden: By the way, two snakes curled up into a ball, for the ancients, were one of the original symbols of *death and resurrection* of nature, its *renewal*. Snakes (for instance, grass snakes) go below ground in the autumn and curl up into a large ball in earth’s burrows, falling into hibernation, then wake up in the spring and leave the burrows (from below ground). That is why they served as an associative example for those people who wanted to understand what reincarnation, death, and resurrection of a human being are in the cycle of rebirths of his Soul.

Anastasia: Yes, many peoples, especially in the East, revered the snake as a symbol associated with fertility,



the feminine principle, earth, water, and also Wisdom. If one considers this knowledge in the spiritual context, then everything falls into place. Regarding the Tripolye civilisation, it is interesting that, for instance, ceramic jugs with sacred symbols were mostly of the *rhombic form*. If one carefully examines archaeological findings, one will find that the significant symbols and signs of spiritual development were depicted on such jugs: the circle, the crescent (with its horns pointing upwards), spirals, triangles (pyramids), wavy snakes (zigzag-like dividing lines, connection with water, in other words, with *the other world*), four pointed crosses, “the sun and the moon”, four “suns”. Moreover, according to archaeological excavations, every house of the Tripolye civilisation had a cross-shaped sacred “altar” (in the form of the diagonal cross), where the first fire for the stove was kindled. It's the same symbol of the fire of the Soul and the four Essences!

Rigden: The rhombus form is often found in the most ancient ornaments. It was called the symbol of unity of Earth and Heaven and was associated with lily and lotus.

Anastasia: Here, even if we trace the etymology of the word “rhombus”, we can discover interesting facts. This word is derived from the Greek “rombos”, which means a “spinning top, magic wheel, tambourine.” In this regard, it suffices to recall the important symbolic role the tambourine played in magical actions, for example, among shamans. Moreover, usually, such a tambourine was decorated with, again, those same main symbols and signs.

Rigden: Absolutely. By the way, it was believed that the shaman extracts the *sacred Sound* from it with one hand, while holding in the other hand the *crossbar* of the tambourine, which, as a rule, had the form of a *diagonal or equilateral cross*. After all, according to the symbolism, it is the intersection of the circle and the cross that creates eight faces (the octagon). The White shamans of Siberia had a belief, “sacred knowledge”, that if the square, that is, the signs of the four elements, is set into motion, then they may



turn into the sign of eternity (circle)... And in the West, in the ancient philosophy, the Greeks called the same process – quintessence (from the Latin word “quinta essentia” – the “fifth essence”), the theory of the fifth element.

Anastasia: That is true, and it was called “the primary ether”, “divine”, “eternal”, and “celestial” (heavenly, being in the sky). Aristotle generally defined the quintessence as the thinnest element, the basic essence, the substance of the whole superlunary world unlike the four elements of the sublunary world, which are subject to cyclicity of interconversion (“emergence and destruction”). Everything is so simple! It turns out that everyone is talking about the same thing, only using different words.

Rigden: Of course, there is nothing difficult if you know! When you reach an understanding, everything becomes simple. Regarding shamans, you have noted quite rightly that in those times this knowledge and such a form of passing it down were natural for different peoples. But even earlier, this basic knowledge was known to the majority in the human society, and people did not need additional explanations, even if they lived in different parts of the planet.

So then, a statue in the form of a cube symbolised the victory of a human’s spiritual nature over the material one; that is, of the Spiritual nature over the Animal nature. It also meant a spiritually mature person who is ready to perceive the divine Word. The latter in those days was considered to be an *inaudible Sound, thanks to which God communicates with man, and spiritual enlightenment of man in the understanding of the One*. That is, gods were sometimes depicted with an open mouth, but more often, corresponding signs were placed on their cubic statues. And later, when hieroglyphs appeared, they began to carve out communications to the One, who had an invisible nature.

Anastasia: I believe that readers will be interested to learn that people knew already in those days about the Primordial Sound.



Rigden: Of course, they did. After all, this is basic spiritual Knowledge... What did, for example, a hieroglyph mean in ancient Egypt? It was initially considered to be a sacred sign, the “divine word”, the sign that indicated the Sound. Moreover, hieroglyphs were written in a specific order and grouped in different *square and rectangular shapes*, which also had its meaning. Such writing was taught only in temple schools called “Houses of life.” Let me remind you that the symbol of “life”, “eternal life” for the ancient Egyptians was the ankh sign, which was called the “key of life”, “key to eternity.” By the way, this peculiar cross, as a symbol of immortality, was associated with water (*the other world*). It was known not only to the ancient Egyptian civilisation but also in the Mayan civilisation, ancient European peoples, for example, to the Scandinavians. It is interesting that the ancient Egyptian scribes themselves who applied sacred signs, as a rule, were depicted in the lotus position (sitting with crossed legs) on a *square flat stone*. The lotus position in ancient times was also conditionally called a “pyramid.”



**Figure 99. An ancient Egyptian statuette
“A Scribe with a Scroll”**

(19th-18th centuries BC, Ancient Egypt; The Pushkin State
Museum of Fine Arts, Moscow, Russia)



The ancient Egyptians had a special attitude to Sound as a sacred manifestation of the invisible One who created everything. That is from whence they have this understanding, recorded in legends, that Sounds awaken the Universe, they awaken not only the Soul but also the most beautiful thing in it – the connection with the invisible One.

Anastasia: Obviously, that is why in ancient Egypt there was a special veneration of music as of great creating power. Mentions have been preserved that in some religious ceremonies only women were trusted to fill the space with sacred sounds, for example, priestesses of goddesses Isis and Hathor, on whose heads, incidentally, there was the **AllatRa** sign.

Rigden: All this, of course, are external rituals, which, however, symbolised precisely the creating power of the divine Allat, which manifested the power of God (the Primordial Sound of creation) through the **AllatRa** sign. But the most important thing in all this theatrical action of associative transfer of spiritual knowledge is the attitude of believers and the working sign, which is seen by masses of people.

Later, when knowledge began to be lost, initiated people started renewing it in the form that could be understood by the new generations. Then another image of the Great Mother goddess became popular, already not in the form of a cube but in the form of a *woman sitting* on a face of a parallelepiped (the hexagon whose opposite facets, which symbolised six dimensions, are equal and parallel, like with the cube). Moreover, the emphasis was placed on the fact that the goddess *sits exactly on the top* of this symbolically depicted cube, by marking or highlighting with ornament one of the vertices of the cube. The feet of the Goddess rested on a *square flat stone*. All this symbolised the connection between the Earth and the Sky. On the head of the Great Mother, there was always the “**AllatRa**” sign, which played a key role in the spiritual activation of the person looking at it.

Spiritual symbols began to be placed in the hands of the *Great Mother*. For example, in the left hand there was



the ankh sign (“*key to eternity*”), and in the right hand there was the *lotus flower* with a long stem (sometimes the goddess was depicted holding the symbolic Left and Right Essences in her hands as a sign of victory over the Animal nature, which was later replaced with a staff). The lotus was initially a symbol of the spiritual Knowledge, spiritual practice, creating forces, perfection, and eternity in the One. That is why it was called the sacred flower (Knowledge) of the radiant One (Ra). Many gods (and not only of ancient Egypt) were depicted sitting on the lotus flower.

Incidentally, as I once mentioned, it is **the lotus that was one of the first symbols of immortality and resurrection** among different peoples in the meaning of spiritual transformation of a human. Later on, this was one way or another reflected in the religious beliefs of different cultures, for example, of ancient India, ancient Egypt, Assyria, Phoenicia, Hittites, and others. If a lotus bud was depicted, this meant potential capabilities (of man) during his lifetime. And if a ripe lotus seed pod was depicted, which has the form of an inverted truncated cone-shaped small pyramid, this meant the result of lifetime actions of man, a kind of “fruit” (a total) after his death. If this stalk with a seed pod was in the hands of a deity, then this meant a fruit-bearing power of creation. Besides, the lotus was often depicted together with the Great Mother (as scientists call her – goddess of the Moon), so later they started drawing it in the form of a bowl.

So, in the hands of the Virgin Mother of the ancient Egyptian culture, the lotus symbolised chastity, spiritual fertility, the virginal purity of the creating power of the feminine principle. Later there were different interpretations of the lotus flower in the hands of the Great goddess: staff (the rod of spiritual power over matter, entwined by one or two serpents, a blossomed sceptre), *knowledge* in the form of *an open scroll (open book)*. Still later, goddess Isis began to be depicted in the following way: the palm of her right hand is pressed to the solar plexus, and with her left hand she holds the Child (the Son of the One), whose name is Horus, which means “the One who is from the Sky.” Horus, as a creating God, was usually depicted with the head of a falcon.



Anastasia: Yes, we have already mentioned in a conversation that in the mythology of the peoples of the world, since ancient times the bird served as an association related to spiritual concepts: with a Spiritual Being “who came from Heaven”, from “*another world*”, as well as with the human’s Front Essence. For many peoples, drawing of wings as such meant the connection with other worlds, dimensions, the symbol of elevation of the Soul into Eternity of the spiritual world after death of the body in the material world. The image of the bird became an archetype for all winged creatures.



*Figure 100. Image of a statuette of the goddess
Isis with Child Horus
(12th century BC, Ancient Egypt; Hermitage museum,
St. Petersburg, Russia).*



Rigden: Absolutely. Besides, birds were also attributes of the gods who personified the struggle of the forces of light and darkness, who acted in the invisible world and induced the human choice to either side. That is why, since ancient times, the initiated divided birds symbolically. For example, *falcon* symbolised the forces of light, spiritual vigilance, and courage in action. *Eagle* symbolised the dark forces and struggle for the material power. But because of imitation and misunderstanding of the essence of these symbols, the symbolism of these birds practically merged and they were being substituted by each other in the human society. However, for an intelligent person, it is enough to look at the modern symbolism of the banners of states and international organisations. Are there many falcons to be found there? However, the number of eagles is countless. This is just another indirect confirmation out of numerous facts of what edge today's society stands on, who controls it, and what power is winning in this world.

Anastasia: The high flight of the falcon in ancient Egypt, for example, was associatively compared to the flight of the Soul in heavenly realms. It was believed that Horus as the Son of Osiris and Isis was called to the human world to unite Heaven and Earth and to fight the forces of Darkness. The embodiment of life force and the Soul – “ba” was represented in the form of a falcon with a person's head. And some gods, on the contrary, were depicted as people with a falcon's head.

Rigden: That is right. Such gods of ancient Egypt as, for instance, Ra and Montu were depicted in the ancient times in the form of a falcon-headed person, and on their heads, there was a sign of a *circle*. Their symbol was a winged sun disk (*circle*). It was an attribute of not only the ancient Egyptian Ra, Montu, and Horus, but later, as I have already mentioned, it was a symbol of gods of other



peoples, for instance, of the supreme god of Good for the ancient Persians – Ahura Mazda.

So, returning to the topic of the symbolism of the Great Mother and the cube. The name of goddess Isis, for example, when translated from the ancient Egyptian language into Greek, means a “throne”, a “seat”. The Greek word “thronos”, in its turn, means “a seat, a raised platform.” This is precisely what has been connected with ancient images of the Great Mother (in the Sitting position) in the form of a cube. The hieroglyph related to the name of Isis was depicted in such a way – as a side view of a flat square stone, a parallelepiped emphasising the fact that the goddess sits at its very top (*corner*). This throne (seat) is also often placed on the head of Isis as a designation of her name, which is one of the ancient epithets of the Great Mother, connected with spiritual elevation, a symbolic holy place, the connection of Heaven and Earth. And that is how the symbolic cube became a throne.



Figure 101. Image of the ancient Egyptian falcon (a part of a pendant; the 7th century BC; Ancient Egypt).

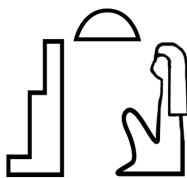


Figure 102. **Ancient Egyptian hieroglyphs of goddess Isis**
(the first symbol is a side view of the throne).

And now it is enough to draw an analogy of what various religions call the place of *becoming closer to God*, to the highest *enlightenment in self-perfection*, and much will become clear. Buddha, for example, was depicted on the “throne” that was named with the epithets “lotus” and “diamond” throne. In Christianity, for example, instead of the word “throne” they used a word that was similar in meaning – “престол” (“prestol” in English transcription – *translator’s note*). The old Slavonic word “престол” (“prestol”) is derived from the word “стол”, “стлатъ”, (“table”, “to spread” – *translator’s note*), moreover, meaning a “sitting place” and even a “platform” (connection with the supreme). That is why there is such a saying: “The throne (prestol) of God is Heaven.”

Anastasia: The communion table (prestol) (a *quadrangular* table with relics that is *covered with a veil*) is the main attribute of the Orthodox church. It stands in the *middle of the altar*. Incidentally, it is interesting that many types of altar compositions represent precisely the *Mother of God on a throne*.

Rigden: Exactly right... But it is worth noting that it is one thing to depict gods with typical symbols in order to pass down spiritual knowledge and another are people with their insatiable thirst for material imitation and power. During the period of development of the political and priestly institution of power in human society, those in power, imitating ancient images of gods who were “sitting on the throne”, did not hesitate to surround their dear selves with all the symbols of “God’s glory”, often without understanding its original essence. I will not



even mention the civilisations of the East (Asia) and the West (Mesoamerica) in this regard; their history has enough of such facts. I will simply give an example of annalistic lore about the “royal regalia” in Rus, about the so-called Throne of Monomakh, which has been preserved to this day.

Earlier, the tsarist throne was called “Tsar’s place.” This was a symbol of supreme power. It was located not only in the prince’s outer entrance hall (in the palace) but also in temples. In the temple, it was, as a rule, placed on the right hand of the Holy Gates of the iconostasis in the form of a *marquee canopy* (cover) *on four pillars*, where behind a separate entrance there was a fenced-in seat. And the *pillars* of this *pyramidal throne* were the figures of *four animals*. And which animals, at that? “A fierce lion, skiment (a monster beast), uena (hyena) – a vicious beast without turning neck, and two oskrogans: one has many knots and the other is also full of light to the brim.”



**Figure 103. The Throne of Monomakh
(the year 1551; The Dormition Cathedral of the Moscow
Kremlin, Moscow, Russia).**



Anastasia: In other words, in the pillars of the Tsar's throne there were symbols of all four Essences of man? The lion and the hyena are lateral Essences, and the one that has many knots must definitely be the Back Essence. And what is the exact translation from the Old Slavonic of the last phrase?

Rigden: "...and the second one is full of light to the edge (limit, top)."

Anastasia: That's precisely about the Front Essence! That's the Old Slavonic ancient language for you... as they say, it's a shame not to know it.

Rigden: Regarding the four Essences, for ancient Slavs, as I have already mentioned, this was nothing new. Their ancient deities, which in the era of propagation of Christianity began to be called pagan, fully reflected all this knowledge that was formulated in understandable to people associative form. For example, let us consider the Slavic deity Strobozh (Stribog) – the god of the four winds. The root of his name comes from the word "to build", and its main function was defined as "the organiser of Good." The four winds of different seasons allegorically stood for the four human Essences, those invisible intelligent spaces that try to dominate in him. At that, three of them are whirling vortices, creating wail and whistle, that spin in a swift dance "to the sound of heavenly choirs." That is why later in the folklore (Russian incantations), people invented curses against "a terrible devil, a violent whirlwind, ... and a flying fiery serpent." And the spring wind was associated with the Front Essence, with the first spring birds, messengers of "good spirits" and with "the singing and music of heavens." So all the tools were given so that people "built Good inside themselves." The rest already depended on their human choice.

Anastasia: Yes, it turns out that the associative concepts of ancient Slavs about the nature of the human spatial structure and his spiritual component were closer to the



truth. For the wind as an element of tangible space comes the closest to characterising the invisible nature of the four Essences!

Rigden: But what is even more interesting regarding the ancient Slavs, their knowledge was recorded not only in mythology but also in architectural buildings! Long before Christianity, in Rus there existed constructions of temples that later became known as “tent-shaped.” The Old Russian word “шаторъ” (“shator” – *translator’s note*) is derived from the Turkic “šatyr” meaning a “tent, canopy.” By the way, the ancient Indian word “chattram” means a “barrier, veil”, and was associated with the meaning of “I open and close Light.”

Anastasia: “I open and close Light”? So, in fact, in the spiritual interpretation, this is “key to heaven”?!

Rigden: Absolutely. So then, in the old Russian architecture, “shator” was the name given to the *finial* of the centric buildings in the form of a tetrahedral or octahedral *pyramid* on the top of towers, temples, and even the front porch in an ordinary wooden house. This was a symbol, speaking in a modern language, of an active aspiration of man for the spiritual (Heaven). In fact, this structure represented an “*octagon placed on quadrangle*”, allowing to make a transition of tiers of square base of, for example, a temple to its *octagonal finial* (marquee), on top of which a small cupola was placed as a topper with a hemisphere.

Anastasia: A topper with a *hemisphere*?! A finial on eight facets with an indication of a cupola?! That’s exactly the *top of the cube placed on its corner*! These are true architectural symbols of pillars of Light!

Rigden: By the way, the world “glavka” (cupola) gave origin to the Old Slavonic word “glava” meaning a “head” as the beginning of everything, the basis, the supreme: head honcho, head of the house, a chapter (head) of birch bark manuscripts, and later books, and so on. But in man himself, “glavka” was the *crown* of his head, the top of man.



Anastasia: Well, the crown of the head has always been marked as the thousand-petalled lotus chakran or, as it is called in India – the SahasraRa chakran which, when translated from Sanskrit, means “a thousand petals of a lotus.” This is the human’s *seventh* chakran. Interestingly, the Hindus believe that it is here that the Spiritual consciousness blocks the lower human essences which bind to earthly attachments and desires the Soul that seeks eternity. It is with the help of this chakran that the Unification with the Supreme as the final stage of the spiritual growth of the Soul in the body shell takes place. It is here, according to the views of religious ascetics of India, that the awakening creative power of Kundalini (“the Kundalini Serpent”), rising through the six chakrans, ends its path, and super-enlightenment takes place, unification with super-consciousness, the Soul with God (the Supreme One).

Rigden: It is also worth paying attention to the symbol with which they mark this chakran – as a transparent diamond, from which subsequently the names “the lotus, diamond throne” of Buddha came from.

Anastasia: Each time I come across the ancient knowledge of Indo-European peoples, their wisdom and the depth of cognition of the spiritual essence never ceases to amaze me.

Rigden: Various peoples, including the ones living on the present Slavic territories, have had this knowledge since ancient times... Moreover, what else was typical for the ancient Russian temples with such construction. They made quite a strong impression with their external symbols and scale of construction. But the inner space of these ancient temples was extremely small and *not intended for populous* “worship.” The *incredible height over the crossing* was emphasised in this inner narrow space of the temple. Often, it is to the *Foremother* of this or that people that such temples were dedicated as to the creating power of the divine feminine principle. So their



internal space also symbolised path of spiritual perfection in a human being himself.

Anastasia: The ancient peoples that once lived on the present Slavic territories really had a rich spiritual heritage, as evidenced by archaeological findings containing the relevant spiritual symbols and signs dating back to the 12th-4th millennia BC. It's just that today, obviously, it is to someone's advantage that modern people who live on those territories mistakenly believe that their ancestors supposedly descended from "savage tribes" who had no spiritual heritage.

Rigden: People should consider why such an "opinion" is being imposed upon them and their children, and why everything is being done to ensure that people themselves are not interested in something greater, in what they are not "supposed to know" as defined by those in power. Why, having the present technical capabilities of the civilisation, the world's priests carry on with information attacks upon these people's consciousness, making "Ivans who do not remember their kinship out of them?"

Anastasia: Yes, if the Slavic peoples wake up from their spiritual slumber, then they, following the generosity of their Soul, will spiritually awaken other peoples, and this all-people's awakening will affect the whole world...

You had once told us some interesting information about the "Revelation" of John. In particular, how he wrote the story of the Apocalypse, using the Jewish priests' information, who had borrowed much from ancient Greek legends, religious beliefs of the Eastern peoples, including from Egyptian and Babylonian myths. I have included all this *in the book Sensei-4*. So, John, as you mentioned, also wrote about the throne set in heaven, on which there was "*the Sitting one*". Most importantly, he speaks of the same *four* apocalyptic beasts standing around the throne!



Rigden: Yes, John also had “*He who is sitting*”, “who looked like gemstones – like jasper and carnelian; and the glow of an emerald circled his throne like a *rainbow*.” Of course, it is all the same. Again, the same *colours* of gemstones that symbolise goddess Isis and other Conductors of Allat. Again, it is the same “throne that was set in heaven, and the Sitting one was on the throne”, “... before the throne a sea of glass like crystal” and “seven lamps of fire burning before the throne, which are the seven Spirits of God.” “In the middle of the throne, and about the throne, were four beasts full of eyes before and behind. And the first beast was like a lion, and the second beast like a calf, and the third beast had a face as a man, and the fourth beast was like a flying eagle. Each of the four beasts had six wings about him and were full of eyes inside and out. Without stopping day or night they were saying, “Holy, holy, holy is the Lord God Almighty, who was, who is, and who is coming.” And when those beasts give glory and honour and thanks to Him who sits on the throne, Who lives forever and ever, the four and twenty elders fall down before Him who sits on the throne, and worship Him that lives forever and ever, and cast their crowns before the throne, saying, Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.” John simply used the information of the Jewish priests. And the latter copied most of this knowledge from the legends of other peoples, having naturally appropriated them to form concepts from the mind and create their own religion.

Only as a basis, he took the plot, naturally, not about the creating power of Allat for the living people but about the Judgement of every person after death of his physical body. The ancient Egyptians called it “the after death Court of the supreme god Osiris” (the wife of the latter, I remind you, was considered to be goddess Isis). I once told you about Osiris. His name means “*One who is at the top*.” He is considered to be the lord of the afterlife world, who holds Court over every human Soul after earthly life, deciding its further fate. In the modern version of the translation



of the papyrus text which tells about the “afterlife Court”, the epithet of the person who enters this “Court” sounds quite amusing – “freshly dead.” As they say, as the person understands life, so he translates into another language. The ancient Egyptians believed that life continues also after death of the physical body but in a different form and in a different space. This view was based on the Knowledge that was once given to all people. The place of Court (*the transition state of human after the physical death*) in the “underworld” was called by the ancient Egyptians as “the Great Hall of Two Truths.” Osiris at the Court, as a Being from the supreme spiritual world, was symbolically depicted *Sitting* on a cubic “throne”, his feet resting on a *square* base. He judges from the top of the cube, to which, as a rule, points the marked corner of the cube. At the Court (in the Great Hall of Two Truths), the *four* defenders of Osiris’ throne are also present...

Anastasia: I remember you once showed us a copy of the papyrus with an image of the Court of Osiris. There were also the *four* defenders of the Osiris’ throne in the underworld who stood on a lotus flower before the Judge.

Rigden: Indeed. According to the legend, they are sons of the Son of Osiris – of Horus (Horus meaning “One who is from the Sky”). Each of them is protected by a certain goddess who is depicted as a *winged woman*. The names of the sons of Horus are Amset, Hapi, Duamutef, and Qebhsenuf.

Amset has a *human face*, Hapi was depicted with a head of a *monkey*, Duamutef – with a head of a *jackal*, Qebhsenuf – with a head of a *falcon*. These *main four* are consistently mentioned in *The Pyramid Texts*, in *The Coffin Texts*, in *The Book of the Dead*, and other religious and magical literature of the ancient Egyptians. Of course, already a large part of the spiritual knowledge has undergone changes and distortions due to interpretation from the mind with domination of the material thinking, but nevertheless, some echoes have remained.

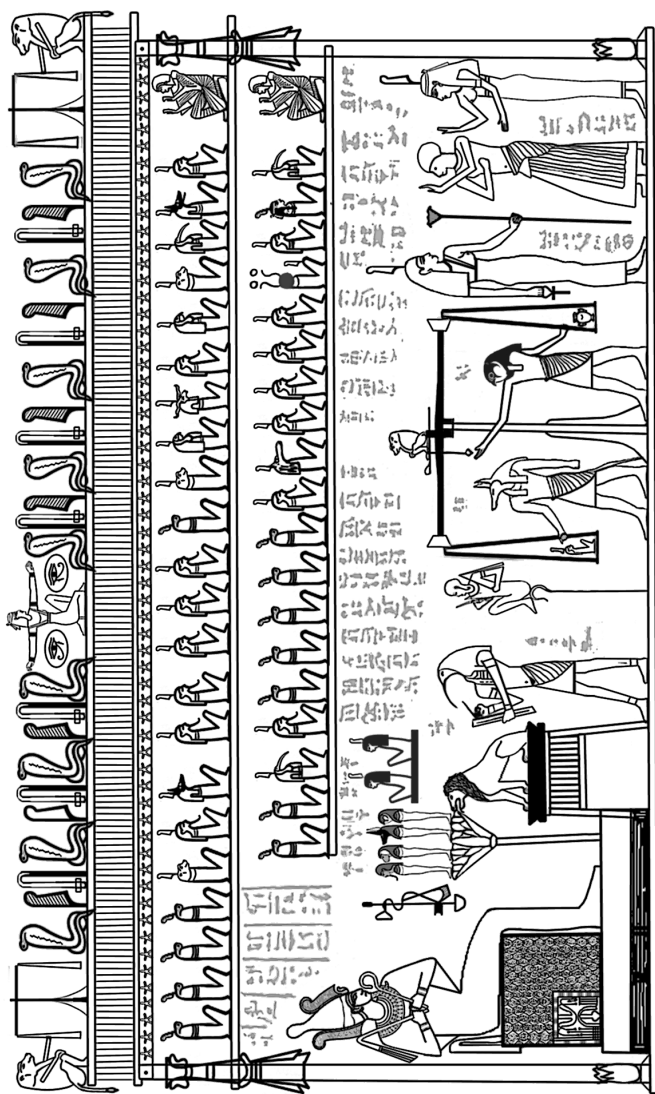


Figure 104. The Court of Osiris
(Diagram of an ancient Egyptian image on papyrus. 6th century BC. The Book of the Dead; Hermitage museum, St. Petersburg, Russia).



In the original spiritual sense, these are precisely the *four* main human Essences. This is exactly the part of the human structure, the real “Witnesses” of the invisible world that, like flight recorders of the aircraft, record all of the overt and covert deeds of the Personality, thoughts, choices, and preferences during the spent life. The Back Essence – Amset, was depicted in the human form as a symbol of all of the human past – the past life of different Personalities (subpersonalities) in the earthly reincarnations of the Soul (John describes it in the following way: “the beast had a face like a man”). The Right Essence – Hapi, was depicted with a head of a monkey (hamadryas baboon) as a symbol of wildness, herd instinct, manifestations of animal instincts, strength, anger, and aggression (John describes it as the “beast like a calf” – a herd animal). The Left Essence – Duamutef – with a head of a jackal is a symbol of a highly developed animal, of lightning fast attack, dexterity, intelligence, and cunning (John describes it as “an animal like a lion”). In general, it should be noted that in the associative image of a jackal, the ancient Egyptians very accurately captured the main characteristics of the Left Essence during its attacks on a person with the corresponding thought forms. Because the jackal also deftly sneaks up on the victim unnoticed and seizes it sharply. It is characterised by audacity and insolence of sudden attacks. It can even seize a bird rising into the air from a high jump. Besides, it is very loud. This beast produces a whining cry when it goes hunting. It howls so loudly that the animals nearby begin to repeat it and to whine in response.

And finally, the symbol of the Front Essence is Qebhsenuf with the head of a falcon (John described it as a “living creature like a flying eagle”; an eagle is already a comment from the priesthood). The falcon was indeed a symbol of spiritual freedom of the person who was aspiring for the spiritual path (upwards, heavenward) towards liberation of his Soul. It was also a symbol of inspiration, ascension through all the levels, and victory over matter. In Egypt, it was the falcon that was the King of Birds, the heavenly nature, one of the first manifestations, a symbol of god Ra. And for many other peoples, such as the Incas, it was



also a solar (sun) symbol that guarded the spiritual path of man and strengthened his spirit. This was compared to the falcon's ability to soar high and long, to be "close to the sun."

In *The Book of the Dead*, these four Essences are also called "masters of the Truth and Verity", "the supreme princes standing behind Osiris's back", the "pillars of Shu" (Shu, according to cosmological legends is "The one who once raised the sky from the ground and is holding it up; that god of air that divides Heaven and Earth", in the sacred legends about man – a designation of his "shadow" in the invisible space). They were placed on the lotus flower, and later - at the sides of the throne, behind the throne, or in front of the throne (John has it as "in the midst of the throne and around the throne").

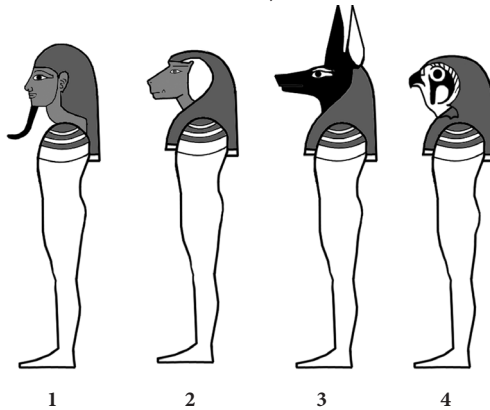


Figure 105. **The Four Essences at the Court of Osiris**
(fragment of "The Court of Osiris" drawing):

1. The Back Essence (Amset) with a human head;
2. The Right Essence (Hapi) with a head of a monkey (hamadryas baboon);
3. The Left Essence (Duamutef) with head of a jackal;
4. The Front Essence (Qebhsenuief) with head of a falcon.

Anastasia: Back then, you had mentioned that in front of the "One sitting on the cube" (Osiris), there is the symbolically depicted *Animal mind*, in the form of a lion, as well as a faded lotus flower on the "altar". Of the latter,



only the seed vessel remains, on which, as a matter of fact, stand these four Essences.

Rigden: That is right. As I have already said, the lotus in this form was usually depicted as the symbol of the spiritual result of the Personality's life path after the death of its body. A lotus with petals is a symbol of active life, and when petals fall off, the essence remains – the spiritual seeds that man gains during his lifetime. The image of the papyrus symbolically shows four main Essences, like Witnesses, standing on this “essence.” They are, simply put, the information about each day the person has lived, so to speak, second by second. The notation above them, as a rule, displays symbolical marks of the count of “thoughts and deeds” (sins) of a person, recorded by each Essence. This is a kind of conditional indicator of the quantitative equivalent of the active domination of each Essence during the life lived by the Personality. It is impossible to hide anything; all the secrets are revealed. These four Essences become like “silent Witnesses” that never lie. All the person's deeds, thoughts, emotions, experiences, all the temptations, what the person was seduced by, and what he chose throughout life – all is there before the Judge.



Figure 106. Silent Witnesses before the Judge, which are standing on a lotus flower (a fragment of “The Court of Osiris” image).



Anastasia: It is interesting that the ancient Egyptian papyrus clearly showed that the human Soul does not take part in this process; it only awaits its fate according to the results of the testimonies of the four Essences while being on the scale.

Rigden: Yes, usually next to it near the bowl, the symbol of the Front Essence was additionally depicted (a figure with a head of the falcon), indicating its involvement in the weighing, thus associatively demonstrating how active it was during the person's lifetime. And one of the Essences of the Animal nature (the Back, the Right, or the Left one) was, as a rule, put near the opposite scale, on which there was a figure of the goddess of Justice and Truth (Maat) or its attribute – a feather. Here, the dominant Essence of the Animal nature was depicted, showing how active it was during the entire human life. Most often, the Left essence (the jackal-headed figure) was depicted in this place. It is considered to be the oldest one (the one leading the Back and the Right Essences) and the cleverest hypostasis of the Animal nature in man.



Figure 107. The weighing of the Soul

(fragment of the “the Court of Osiris” image): on the scale which the jackal-headed figure (the Left Essence; Duamutef) is holding onto, there is a figure of the goddess of Justice and



Truth (Maat); on the scale which the falcon-headed figure (the Front Essence; Kebek Enuf) is holding onto, there is the ancient Egyptian symbol of depicting the Soul; above the scale is the god Thoth (the god of Wisdom, counting, and writing, “the lord of time”), which the ancient Egyptians also depicted in the form of a baboon; according to the legend, Thoth recorded the days of birth and death of people, recorded chronicles, and at the court he recorded the result of the weighing of the Soul of each person.

Anastasia: If we view this from the perspective of spiritual Knowledge, it turns out that these Essences at first provoke certain thoughts in a person during his lifetime, and then, based on his Choice, they record to what he pays the most attention and gives life energy. And after his death, they, so to speak, “rat out” his Personality at this Court?!

Rigden: That is how it is. However, this Court takes place not in the way people have made it up, explaining the processes of the invisible world to each other through associative images that people of the three-dimensional world can understand. These are simply inevitable processes for every Personality, taking place... shall we say, at the level of energy and information, which await it after death of the physical body.

Anastasia: So, if during its lifetime the Personality mostly chose the Animal nature, activating mainly its Back and lateral Essences, then, in fact, it became a “sealed” subpersonality, and the Soul was again immersed in the material world of the Animal Mind, that is, its reincarnation occurred and another confinement in the material body...

Rigden: Indeed, the Soul was again confined, using the language of religion, in “hell.” In ancient Egypt, for example, this was symbolically depicted as devouring (swallowing) the Soul by the monster called Amat. This monster personified the animal world of Intelligent matter in its image, moreover, indicating the three dimensions of the world into which the Soul was sent. In particular, Amat



had the traits of three animals: the crocodile, the lion, and the hippopotamus. That is, simply put, the Soul was sent to reincarnation, returning once again to the earthly life of the three-dimensional world.

And if activation of the Front Essence “outweighed” during the human life, then the “Soul became free.” According to the ancient Egyptian beliefs, it was sent on the “Solar ship”, that also was called the “Ship of eternity”, “the Ship of million years” to Iaru (Ialu; Elysian fields, “Paradise”), that is, to another, spiritual world.

Anastasia: And if we consider that the ancient Egyptians, just like other peoples, such as the Tripolye civilisation, depicted the “Solar ship” in a form of “**AllatRa**” sign (a crescent with a circle, “the smile of Ra”), then the comparison becomes quite intriguing. The one who had once given this Knowledge obviously knew much more about the dimensions of the Universe and the spiritual world than was subsequently reflected in the religious concepts and beliefs of those peoples.

Rigden: All this exists and it all has always been. All this is the symbolism of the real energy processes which take place when the Personality, together with the Soul, leaves the body after its physical death. It is just that all this was explained for a spiritually immature person, for the logic of his material mind, using associative examples of the three-dimensional world, which the society of that time could understand.

Anastasia: Yes, it turns out that “there” it is impossible to change anything. What you have chosen here for yourself is what you get “there.” Life is indeed a very responsible business. Trials (the burden) of life are truly given according to my strength and nothing beyond that. And the main thing is that I understand that, in fact, it is not difficult for me to control myself here and now, ignore these provocative whispers of the Back and the lateral Essences. Because it is all in my hands! It is



I who chooses whether to listen to them or not! I just need a little more control on my part: if some quality of the Animal nature has manifested itself somewhere – I mustn't allow it to develop in me; I must focus more in this moment on positive thoughts and do more spiritual and constructive deeds during the day. This has been said from century to century. We can recall, for instance, recent periods. Let us take, for example, lines from Jesus' biblical "Sermon on the Mount": "The lamp of the body is the eye. So then, if your eye is clear, your whole body will be full of light. But if your eye is evil, your whole body will be full of darkness"; "...where your treasure is, there your heart will be also."

Rigden: Quite true. "Already the one who reaps is receiving rewards and gathering fruit for eternal life, so that sower and reaper can rejoice together". This, in one form or another, is said in almost all the traditional religions of the peoples of the world that have spiritual grains. For example, in the holy book of Islam the Qur'an, the following things are mentioned. The Almighty, having created the heavens and the earth in six days, placed on the water surface His magnificent *throne*, which covered the heavens and the earth and from which He directs his creation. "His Throne was rested on the water so that He may test to find out which of you is the best in deeds." (Surah 11, Verse 7). Moreover, the Throne is referred to by two terms: Kursi (a throne – an elevated sitting place) and Arsh (the highest place that embraces all that exists and is above it). Arsh embraces Kursi and is located above it. According to the Muslim beliefs, it is thought that the Throne now rests on the shoulders of *four* greatest angels supporting it. According to the legend, these angels have different faces: one of them has the face of an eagle, the second one – of a lion, the third one – of a calf, and the fourth one – of man.

The Qur'an mentions that angel Djabrail (who passes on the Revelations of the Almighty to prophets, including in the form of scrolls and books, and who comes to help in case



of need) tells Mohammed about the spiritual mysteries of the human soul, waging its fight in space and time, about reward and retribution for each person on Judgment Day for the deeds in the earthly world. Surah 17, which tells the story of Mohammed's ascent to the *seventh heaven* thanks to angel Djabrail, has such words:

Ayah (11)

Man prays for evil as fervently
As he ought to pray for good –
For mankind is ever hasty
(in being unwise).

Ayah (15)

He who follows the direct path,
Follows to his own advantage.
But he who goes astray by delusion
(from that path),
Does so to his own loss.

And no laden soul
Will bear another's load.
And no one ever was
punished by Us,
Until a Messenger was sent (to them)
(with a warning of punishment
And a message about the right,
direct path).

Here, it is worthwhile paying attention to these and the following lines, from the summit of understanding of the already available Knowledge. For example, knowledge of characteristics of the human structure in six dimensions; the activity of person's four main Essences (including their Testimony at the afterlife Court); about the aspiration of the human Soul for Eternity, its "desire" to live "the last life" in the material world; about the many desires of the Animal nature which block the Soul in "transient lives" and are stimulated by the three Essences for the purpose of implementing the human choice.



Ayah (18)

He that desires (benefits of) life
transient, temporary,
We will immediately deliver to him those things,
to whomsoever We also wish,
As We please.
And (only) then We will assign to him Hell,
Where he will burn,
outcast and despised.

Ayah (19)

He that desires the life of the Hereafter,
And looks for (eternity) of the future world,
And strives for it
As it ought to be striven for,
Being a believer (in God with his whole Soul)
He is the one whose striving,
With benediction, will be accepted (by God)!

Anastasia: Yes, the meaning is deep. So, Djabrail spoke about the activity of these four Essences in relation to a human being. That is, if the person gives attention and wishes for what the Right, the Left, and the Back Essences suggest to him, he will get what he desires. Only, he will then have to answer for his choice with his own sufferings, having become a subpersonality in reincarnations (“in hell”, “burn outcast and despised”), burdening the Soul with new enslavements in matter. And if a person wants to break the cycle of earthly reincarnations and escape into the Eternity of the spiritual world and he tries in his life to do everything in his power to develop spiritually, so that this earthly life becomes the Last one for him, then he has a chance to be accepted in the spiritual world... Yes, such wise lines of the Qur’an truly reflect the spiritual essence, which has come down to the present day from the depths of the ages. It’s just that many people, especially the young generations, are unfamiliar with such spiritual literature of different peoples as, for example, *the Vedas*, *the Avesta*, *Tripitaka*, *the Bible*, and *the Qur’an*; for that matter, just like I was at their age. That’s why many of them don’t



even know that information about the Judgement Day is in *Qur'an* as well.

Rigden: Of course, about the Judgment Day, and about the book of all the actions of a person during his lifetime, and about the justice scales. For example, Surah 99, *The Earthquake* (Az-Zalzalah) (Ayah 7 and 8) says: “Whoever has done (at least) an atom’s weight of good shall see it there (get requital for it). And whoever has done (at least) an atom’s weight of evil shall see it there (get requital for it).” Each person will give an account of his thoughts, actions, and deeds. The world of Islam knows to this day the words of the Prophet Mohammed: “On the Judgment Day, man will not escape the place of the account until he answers four questions: How did you spend your life? How did you use your body? How did you earn and use your property? How did you use your religious knowledge?”

Anastasia: In actuality, this is an account that is related to the four Essences. Because the Back Essence (the human past) is how you have spent your life. The Right Essence is the animal instincts of man, how a person used his body. The Left Essence is the thirst for power and numerous earthly desires associated with it. The Front Essence is how the person developed spiritually throughout his entire life.

Rigden: Absolutely. In Surah 21, *The Prophets* (Al-Anbiya) (Ayah 47), it says: “On Resurrection Day, We shall set up scales of justice so that no one will be dealt with unjustly in any way; not even as small as a grain of a mustard seed. For none can take a count (of deeds) as We do!”

Anastasia: Indeed, people see only the outer religious shell of the faiths unknown to them but do not even try to grasp the essence of spiritual grains that are laid there.

Rigden: Unfortunately, that is so... Mentions of the Soul’s two paths – the true and the false one – exist also in the ancient Indo-European mythology. They have also



been preserved in the Upanishads treatises, which are considered to be the final part of the Vedas, where sacred knowledge and explanations of the secret inner meaning of the spiritual path are laid out. This work is the basis of the orthodox religious philosophical systems of India. The ancient Iranian religion of Zoroastrianism, the sacred book of which is the *Avesta*, also talks about the man's *personal Judgement* after death of his body. In particular, it is mentioned that the after death fate of man depends entirely on how many righteous *good thoughts, words, and deeds* he has accumulated during his life. Three days after death of the body, the human Soul goes to the Bridge of Requital (Chinvat) for the Judgement which is executed by the sons of Ahura Mazda – Mithra, Sraosha, and Rashnu. The actions committed by the person during his earthly life are weighed on the scales by Rashnu (the spirit of righteousness; “direct, honest”). By the way, according to religious treatises, Ahura Mazda had four sons: Mithra, Sraosha, Rashnu, and Ashi (the essence of the Truth, the True Law of the Universe, the “Ashi” term was also used in the meaning of the name of the goddess of Fate, Truth, and Justice).

Ancient Iranian legends mention that each person after death, at the entrance to the other world, would always meet his Daena in a female form – the embodiment of his inner spiritual world. Only for the righteous it appeared as an image of a beautiful girl, and it was believed that the righteous person passed as if through four steps, beginning with the first step – into the heaven of good thoughts, with the second step – of good words, with the third one – of good deeds, and after the fourth step, he reached “infinite light.” And those who wasted their lives on the earthly, amassed for themselves bad thoughts, words, and deeds, were considered cursed souls. For such a burdened Soul, Daena appeared in the form of a dreadful old woman. Such a soul passed through three hells of evil thoughts, words, and deeds, and ultimately, at the fourth stage, it faced the supreme deity of the evil of Ahriman and his helpers.



Anastasia: Even though this is a legend, a lot of real information has been put into it.

Rigden: Well, the purpose of creating legends was to pass information, even through those who do not understand it. So, different world religions, such as Christianity, Islam, Buddhism, Zoroastrianism, and Hinduism, in one form or another, speak about this, so to say, personal Judgement, which not a single living person will escape after death of his physical body. This knowledge is and was present among almost all the peoples of the world, although it was expressed differently. For example, since ancient times, the notion “judgement, court” among the Slavs was used to mean fate and, later, deities associated with the human destiny. It was believed that the “Court” holds in its hands all that is good and disastrous and that its sentences are impossible to avoid neither with mind nor with cunning.

Anastasia: To this day, different peoples interpret the concept of “judgement” (just like in the ancient Indian language) as “connection” and “unity.” For example, the ancient Scandinavians and Germans interpreted it as “a strait, a place that you can swim across,” and the Greeks as a “vault.”

Rigden: Absolutely right. By the way, in the religious beliefs of ancient Greeks, the supreme god Zeus was the leader of the goddesses of fate – Moiras. It was believed that all the people have Moira (the Greek word “Μοῖραι” from “μοῖρα” means “fate, destiny”). In early religious beliefs, they called it the inevitable law of nature, “the divine predestination”. According to the beliefs of the ancient Greeks, Zeus ruled over the earth and below it and passed Judgement on the dead. It was mentioned that the behests of the human fate were often unknown to Zeus, and it was only on golden (celestial solar) scales, where one scale embodied human life, and the other one stood for death, that he learned his fate. Zeus himself remained indifferent to the weighing results. And for the living people, he took the good and the evil out of the



two vessels, and handed them out “blindly” to people, at random.

In the Chinese beliefs, there are mentions of the books of fate, which are stored in the other world, where the main events and the duration of life are indicated for each living person. In the Sumero-Akkadian religious beliefs, it was thought that “to die” meant to meet your “shimta”; in other words, that which invisibly accompanied a person throughout his entire life and which determined his further fate. By the way, there were the concepts of “shedu” and “alade” as two opposing forces that were embodied in the human life force, defining his character and destiny. At that, the word “alade” was used in the meaning of “creation.” And such examples are quite numerous.

Anastasia: You once mentioned that none of the popular beliefs in the ancient world, none of the world religions would have become so widespread among people had they not included information about the invisible world, the human structure, about the spiritual stages of human development, about the responsibility of the Personality for the life spent and the cautions about the consequences of its choice.

Rigden: Religion is only an external form, the variety of which was invented by priests at different times, mainly for the implementation of their earthly goals. However, the foundation for the superstructure (as such a form of different speculative concepts) was the spiritual knowledge which was passed down from generation to generation by different peoples. Otherwise, these religions would not have been attractive to the masses. With their Soul, at the inner level, people do feel the real spiritual grain, no matter what husks from the human mind priests use to cover it up with.

Anastasia: Yes, you have repeatedly told us that *after death of the person's body*, whether he likes it or not, “personal Judgment” on him takes place in the invisible world. As I understand, in religious concepts, for example,



of Christianity, Islam, and Zoroastrianism, there is a fusion of notions of personal Judgment over a person after his death and the overall Judgment of mankind which you have mentioned before, saying that a collective “Judgment Day” has been set for the entire *living* humankind.

Rigden: Quite right. These are the times of the Crossroads. This was foretold a long time ago in different prophecies, that at a certain time *while people are alive*, the collective “Judgment” will take place for the entire humanity.

Anastasia: *In the book Crossroads*, I wrote about these prophecies, which are coming true today and which existed among the different peoples of the world: the Sumerians, the Mayans (*Divination of the Bird Man*), the Celts (divination of *The Wheel of Times*), the ancient Persians, and so on. By the way, the Persians in Zoroastrianism, too, like you’ve said, preserved a lot of information about the afterlife, the Resurrection, the collective Judgment Day (Frashegird as meaning “making (the world) perfect”). According to the beliefs of the Zoroastrians, three Saoshyants must come into the earthly world (saoshyant is an Avestan word, a participle of the future tense of the verb “to save”). The first two Saoshyants will have to restore the teachings of Ahura Mazda at the end of times. And then the last Saoshyant will come for the final battle with bearers of evil and execute the “terrible Judgment.” There is also information that by the end of times, when the circle of millennial evolutions is exhausted (when Asha triumphs – the Truth, Justice, Good), “heaven on earth” can finally set in, where people will live happily: the earth will become like a valley; there will be one language, one law for all people. And that every righteous person brings this event of the world’s transformation closer with his thoughts and deeds. From today’s perspective, all these predictions do not seem to be legends at all.

Rigden: Yes, everything depends on people themselves, on their choice. It is just that today most people do not



understand all the importance of these processes, the importance of personal spiritual transformation, which not only can open the path to Eternity for man but will also invariably entail transformation of the world around him.

Predictions about The Judgment Day have existed for a long time. Priests, while creating this or that religion, also included them in their concepts. But they used this knowledge for their material purposes, emphasising the fact that if you believe only in their religion, you will save yourself after your death, having risen from the dead in a “bodily resurrection” on “Judgment Day.” Well, what have these material substitutions from the human mind led to? To the fact that today some simply laugh at it, others think irresponsibly that this will happen “later”, and “after my death” at that, and “when will that one, the only *day* of Judgement happen anyway.” Still others are killing one another “for their faith”, fanatically and with animal instinct, thinking that they will be “rewarded there” for it. While the majority of believers were simply forced to behave passively, with the idea imposed upon them that they needed to be in the “herd” of only this religion and no other, and everything will be decided for them with a battle somewhere over there in heaven between angels and demons. All these are tricks of the Animal mind and distortions from the priests who crave for earthly power.

Actually, *in the other, spiritual world*, there is no division between the material and the spiritual natures, there is only the Spiritual there! Division and struggle exist in man himself because a part of the spiritual world (the Soul) is placed in the material body. “Angels and demons”, with which priests frighten people, coming up with different guises for them – all this is, in fact, man’s choice of this or that Will (the Will from the Spiritual world or the Will from the Animal mind), which he accepts and which he then considers to be his own. With this choice, man determines his further lot in the decisive inner battle. All the same processes are also projected onto the society. At that, **it is much easier to win against the Animal nature in society**



as a whole than for each person to conquer it inside himself. “The Judgment Day” for mankind is not one day but the sum grand total to which humanity has arrived (all of the society) from its first day until the last one. This is the “Judgment” of the living over the living, which people personally carry out over themselves in the time of global cataclysms and changes on Earth that are related to cosmic phenomena.

Anastasia: Yes, if society had the spiritual vector of development today and if at the head it had the idea of universal unity on the basis of friendship and mutual help among the nations, then indeed, taking into account the current technical capabilities, it would have a chance to survive this period. But with such a discord which we have right now and because politicians and priests stir up animosity among the nations, it is unlikely that the society will have a future. But everything is actually in people’s hands! You once mentioned that in the life of a Real Human, there is always a place for a heroic deed. As people say, the Soul is a measure for everything!

Rigden: That is right... Unfortunately, the modern world leaves much to be desired. Although... everything flows, everything changes. As practice shows, ideas of global scale are implemented only when they are based on the common aspirations and actions of the majority of people, on consolidation of efforts in common interests of different groups. So people themselves can still change the situation; where there’s a will...

Anastasia: So what do people lack for such a spiritual feat of arms for the sake of the future of the entire humanity? Perhaps, the society lacks primordial Knowledge, which, in fact, once united all the people in their main spiritual aspirations?!

Rigden: I have already said, but still I will outline in general terms a summation of what has been said previously. Given the existence of signs, symbols, and certain spiritual grains in different cultures, anyone can



make a conclusion that the Knowledge as such has existed at all times. Moreover, it still exists now. And if a person truly desires for the Spiritual, he can find it.

But the thing is that modern man with his material worldview is a product of the present day's society. And currently the society, unfortunately, has a consumer format of thinking, where more often people become victims of the Animal mind, conductors of its Will, slaves on its galleys. After all, while in the state of domination of the Animal nature, even in the spiritual Knowledge, the person will see yet another opportunity for material gain, for satisfaction of his significance, and other qualities of the Animal nature. This means there will be numerous substitutions and an absence of real spiritual growth even given availability of Knowledge as such.

We will not even go deeper into history. Let us consider a simple example with your books, which, in fact, is typical for the situation in general. No sooner had they come out than, besides the people seeking knowledge, there immediately appeared those ones who started to use the Knowledge from these books to raise their personal image and strengthen their authority, to hype their concepts from the material thinking, to satisfy their megalomania and their significance. Some of them, using this Knowledge as cover, started to call themselves "Teachers" or "servitors", thus trying to earn if not money for this information, then at least some personal authority. The Knowledge, however, is given in the book exactly for the purpose of being disseminated among people in its pure form, without intermediaries who pontificate from their mind and distort the essence of the Knowledge out of ignorance or lack of understanding.

One can certainly feel sorry for these people. For it is the Spiritual nature that encourages them to share the information received with people. But their thinking, encoded with foundations and postulates of prior experience (gained in different religions and sects), redirects this desire and power emanating from the Soul into the already drawn



in their consciousness material direction. So they create an entire bacchanalia: they try to “teach” others and prescribe how they should meditate, while being selfish by nature, without understanding themselves. They believe that they are allowed to make changes to the meditation techniques, to combine, distort, and modify them based on their previous experience gained in different shady institutions of occult and religious character. In general, they try to “teach” others from their human mind. But things remain unchanged.

Precise tools are given in the books, but these people, because of their ignorance, try to spoil them. But as it is known, one cannot build a good thing with a bad tool. Besides, this is happening now, during your life before your very eyes. And what will happen in a hundred years, not to mention millennia, if, of course, this civilisation will have this time?

Anastasia: Yes, that’s true. Unfortunately, such people are many... But still there are many more of those people who have been inspired by the depth of this Knowledge, who try to change themselves, become Human beings, who selflessly distribute this information. There are people who practice meditations from the books without distinguishing themselves from among their friends, with whom they are walking the spiritual path, even if they have a little more experience in these practices than their mates... Such people do not shout right and left, but their spiritual toil, first of all on themselves, can be seen by their deeds and actions.

Rigden: It is good that such people exist. It is for them that the Primordial Knowledge is given. Spiritual tools must be used for self-development and for the pursuit of the supreme. So, the Knowledge does exist in the society, and what is missing is just switching the dominant from the perspective of the Animal nature to the Spiritual nature. What is lacking is the firm choice each day and independent work on yourself. After all, unless a person himself wants to



change (just for himself personally and not for boasting to people) and gets practical experience of work on himself and of control over his thoughts and desires, he will get tangled in a multitude of distorted theories and practices, which have been mutilated beyond recognition, like in a sticky cobweb.

When a person comes in contact with true spiritual Knowledge, he discovers its simplicity, depth, and naturalness for himself. But, as it is known, theory is dead without practice. It is not enough to just know about something; one also needs to be able to apply this knowledge in practice. **Spiritual work on oneself is multifaceted in every day. It involves not only work with spiritual tools but also developing purity of thoughts, deeds, and actions that are worthy of the title of a Human being.**

In absence of such all-encompassing work on oneself, even if the person has received Knowledge, after some time he will question himself: “So now I received some Knowledge, I’ve been doing some practices, but what has changed?” That is, having this Knowledge will only disturb him with other questions from the mind. But why? Because when a person does not work hard on his own spiritual transformation, he is filled with the secret hope that this Knowledge will help him change or improve his material life.

Anastasia: In other words, such a person expects quick visible changes for himself in the material world.

Rigden: Perfectly true. But what can change in that narrow range of the three-dimensional world that he sees and perceives with his five material senses? A brick falling on his foot, for example, will cause the same pain; heat and cold will bring discomfort to the body in the same way; the person will still feel the need for food and sleep. And his Animal nature will terrorise him in the same way with thousands of desires and an appetite for all the pleasures



of the material world. A person, while under the influence of the Animal nature, subconsciously expects some material changes in his life, acquisition of magical power, which will give him satisfaction in something, secret influence over somebody, and so on.

Anastasia: In other words, the person views spiritual Knowledge, with help of which he can spiritually rise above the material world, from the perspective of a resident (Observer) of three-dimensional space. And material thinking in the format of this dimension is limited, as a rule, by secret unfulfilled desires from the Animal nature... Well, that's right, what else can the Animal nature whisper to him: "You haven't acquired secret power over others with this Knowledge, and a material nimbus hasn't begun to shine above your head before the crowd. Where is the promised elevation?"

Rigden: A certain lack of understanding of spiritual processes is undoubtedly present in a person at the first stages of his work on himself. On the outside, yes, nothing changes, the body with its problems continues to age. At first, the person does not notice that thanks to the primordial Knowledge, he gets *that other*, the eternal, that which is much more important than all the three-dimensional, material, and mortal. The Knowledge gives him a foundation for flourishing in him of spiritual power and Wisdom. Knowing about his Animal nature, in certain situations the person will already restrain its manifestations, stop himself, ignore a bad thought, thus changing his future, which would inevitably happen if he had actually allowed a thought from the Animal nature to develop into a situation that is negative for his Spiritual nature. While working on himself every day, he will help someone both with a word and will show an example to others with his good deed, will share spiritual Knowledge with the others. And thus a person, more and more often, will make his conscious Choice each day, that is, "here and now." And from such "here-and-nows", his whole life is woven.



So such doubts are typical only for the one who is at the beginning of his process of spiritual development. But the one who already stands firmly on the spiritual path, changes himself radically, becoming aware more deeply of the meaning of his fleeting life. Each day such people hurry to do many good deeds for people and for the Soul, both planned and completely accidental, increasing their Personality's chance for spiritual salvation. So, while in firm position of the spiritual Observer, as well as having primordial Knowledge and working on himself, man gets practical keys to self-perfection and finds grains of the Truth even if they are hidden in an elevator full of chaff.

Anastasia: Given the development of information technology, today people have time and opportunity to analyse the mistakes and experience of the past of the human civilisation. Moreover, modern people have an opportunity to partially monitor the situation in the world on different aspects of life of the global society, thanks to, for instance, Internet technologies. Many facts of the life and activity of politicians and priests become public more often. This naturally entails an appropriate reaction on the part of society: people no longer trust the authorities.

Many people have begun to realise who is cooking the “soup” of events for nations, colluding with the priestly and political clans – “chefs” in the “kitchen” of the world politics, economy and, most importantly, ideology. Many people have become aware who orders and who executes. But a conviction has been imposed upon people that this situation in society cannot be changed, that “it has been so since the beginning of time.” Although, in fact, people (nations) themselves are the ones who execute and participate in all these processes as well as “consume” the political or religious “product.” And so, many people understand the absurdity of this situation. They understand that it is impossible to live like this anymore. But they do not understand what needs to be done so that life in society truly becomes better, not on paper but in deed. How to change the channel of society's movement so that



it enters the path of stimulating true cultural, moral, and spiritual development in a person, rather than continue to be stuck in a hopeless quagmire of the Animal nature with its consumer format of thinking, wars, and discords?

Rigden: Yes, unfortunately, the sentiment about hopelessness and inevitability of these processes has long been formed in the modern society, but in fact, there is a way out, and it is very simple. People need as much as possible to assess information, everyday life, and its events from the perspective of the Observer from the Spiritual nature; then they will better understand how to live and what to do. This is similar to the example of work on the purity of your consciousness: when a thought from the Animal nature comes, ignore it, do not give it attention; it is better if you pay more attention to the good, to thoughts, deeds, and actions from the Spiritual nature. It is the same in society: simply ignore all the bad things and multiply around you all the good, creating, and kind things. One must not be passive in the affairs of society, you yourself should not create conditions for the flourishing of stimuli that activate the Animal nature in people; for example, cultivation of pride, of that same bribery, of monetary driven, selfish relations instead of friendship, and so on. When most people stop supporting and putting into life the “will” of priests and politicians who stimulate aggression and qualities of the Animal nature in peoples, then many artificially created problems will disappear from the society.

It is just that one needs to understand that we are all humans and are all made from the same thing. None of us is higher or lower. We are all sitting in a barrel of material dirt, that is, we are confined in this material world, in this mortal body, with its “eternal problems and inexhaustible desires.” And at some point, everyone will have to answer for the lived life. Priests and politicians are also people who are on equal footing with everyone else. They are no different from others, except for the exorbitant thirst for earthly power and passion for the accumulation of wealth.



Anastasia: That's right. Judging by the history of development of the human civilisation, priests (just like politicians) were at all times dependent on the support of people, so they did everything to increase their authority among people using all sorts of methods, mainly those based on fears. But in fact, if the majority of people stopped supporting this or that religion, it faded away.

Rigden: You have rightly pointed out that it is just another religion that faded as a certain behaviour pattern for the public consciousness but not people's *faith* in God. It is just that priests used this faith at all times, and, based on it, they created new, favourable for their regime templates, for the purpose of enslaving the public consciousness.

Anastasia: At the time, after one memorable for me conversation with you, I thoroughly researched the issue of motivation and justification, at various times, by priests of the importance of this or that religion for the consciousness of peoples. And I found a number of interesting facts. In almost all beliefs, the emphasis was placed on the ritual of offering sacrifice to this or that god, which constituted the main act in a religious ceremony. Today, for example, in addition to traditional ceremonies, this is a commonplace donation of money "for religious purposes."

I remember the words you said back then: "Do people at least remember what "sacrifice" to God is? After all, almost all the religious systems at different times were built around the ritual of sacrifice. Why since ancient times has "sacrifice" played such an important role in the worship services of different peoples?" What you said later, was a real insight for me. Could you also tell the readers about this significant for humanity moment?

Rigden: Well, it is worth it. I shall start, perhaps, with an ancient Slavic interpretation of the word "жертва" ("zhertva" meaning "sacrifice" – *translator's note*), which, although it may sound amusing, captures the essence. I had once explained that the word "жертва", which appeared in the Russian language in the 11th century in connection with



spread of the Christian religion, is derived from the verbal formation, an ancient Slavic word “жърж” (“zhru”, “I am making a sacrifice”). And the word “zhru” (“жърж”), in its turn, was earlier used among the Slavs in the meaning of “to gorge” (the ancient Slavonic verb “zhrat” is of the Indo-European origin), that is, “to devour”. By the way, “devouring” was connected with the ancient Russian word “живот” (“zhyvot”, “belly, stomach” – *translator’s note*), which in ancient times meant “life.” It is from it that the ancient Slavic word “животное” (“zhyvotnoe” meaning animal – *translator’s note*) is derived, which literally means “that which lives.” By the way, the word “zhyvotnoye” became widespread in the Kievan Rus specifically in the 11th-12th centuries thanks to secret renewal of the primordial spiritual Teaching (including about the four Essences) by Agapit of Pechersk.

Anastasia: So that means that the Old Slavic heathen temples, especially those onto which special signs and symbols were drawn, were not “sacrificial altars” as such. Perhaps, in some cases these were publicly known places where for centuries people came to study spiritual knowledge (using signs and symbols) and to share their experience like, for instance, ancient people gathered in their sacred caves, studying petroglyphs.

Rigden: It will be easy for people to trace it, having had the basic spiritual knowledge... So, they later used the word “жру” (“жърж”, “zhereti”) (I devour – *translator’s note*) to indicate the word “priest.” If one traces the etymology of the related words, one can find that earlier it stood for “one who boasts, reminds of himself, extols.” Hence the origin among the people of the word “priest”, meaning, as one would say now, the real consumer of gifts brought to a conditional deity. By the way, in the old days in Rus, there was such a word as “жерцовать” (“zherctsovat” in the English transcription), which also meant “to gouge”, “to devour.” It is derived from the word “жерц” (“zherts” in the English transcription), meaning a “bribe taker, oppressor, robber, offender.” So people precisely described who is who



in this world. If you search the meaning of the word “victim” (in Russian it is “жертва” (“zhertva”) – *translator’s note*), you can find that it means “that which is being devoured, destroyed” and “that which perishes.” It is that which is given away or that which one loses permanently. This is self-sacrifice, renunciation of benefits and pleasures.

In the religious beliefs of many nations, sacrifice is a propitiatory or gratifying offering to all sorts of deities, mainly from fruits of the earth or from the kingdom of animals. It is a “cleansing from filth and attainment of spiritual purity.” Let us take, for example, the Bible, which mentions sons of the progenitors make a sacrifice to God: Cain made a sacrifice from fruits of the earth, and Abel sacrificed from his flocks. In modern world religions, sacrifice is regarded as a symbol of offering something that is dear and pleasing to you out of your abundance.

But if we delve into the spiritual origins of these symbolic rituals and beliefs, we can understand what true sacrifice to God is, which implies a relationship between God and man. **The real sacrifice to God is when man sacrifices his Animal nature at the altar of his life, that is, he renounces his numerous desires, thoughts, fleeting and temporary illusions, thus opening for himself a spiritual path to true Eternity – to the world of God.** A long time ago, at the dawn of mankind, this was explained to people, that the qualities of the Animal nature are like fruits of the earth, which at first seduce the eye but then quickly rot. It is only by sacrificing these transient things to God that you have the opportunity to pass into His Eternity, that is, by working on yourself and refusing temptations of the Animal nature. And if you develop spiritually, do good, and help to awaken other people who live by their instincts like animals, then for God, this is akin to your joy that you feel as a result of a good brood of your herds.

It is no coincidence that the place for sacrifice or communication of a believer with gods, which nowadays people call the altar (from the Latin “altaria” and from



“altus” meaning “high”), originally in ancient times was indicated simply as a *sign or a symbol*, mainly in the form of a *square, circle, oval* (cylinder), *cube* (rhombus). **All these inscriptions served as clear symbols of spiritual practices, which a person was performing in an altered state of consciousness and, while in that state, he was communicating directly with God at a deep level of feelings. And such a moment of communion with God through feelings is possible only when the Personality is fully immersed in this process and is dominated solely by the Spiritual nature. By making such a Choice in favour of the spiritual world, a person thereby consciously “sacrifices” the customary for the material world domination of Animal nature in his consciousness.** Later, when people started losing the spiritual knowledge, material altars of similar symbolic forms began to be erected (out of clay, wood, metals): this could be a flat, round, or an oval stone, a square table, a cube, and so on. They began to set them on elevations, in temples, to orient them to a certain part of the world and make material sacrifices.

Anastasia: Indeed, a very serious substitution took place in the religious systems.

Rigden: And it lies not only in the substitution of the spiritual worldview with the material one. It is like losing the light inside yourself which makes things visible to your eyes. The substitution occurred at the very root of the global understanding by man of the essence of his life and the surrounding world, the aims and objectives of the temporary stay in this world. The main spiritual component, the principal spiritual guideline has been lost – service to God and continuous connection with Him. That is why the Will of the Animal mind seizes the human consciousness very easily. As a result, they take the illusion of this world to be the essence. Even those who hold spiritual knowledge of generations in their hands are chasing after the ashes of this world – for the material gain and banal power over their flock. Because of their pride, priests consider themselves to be the owners of this universal human spiritual knowledge



and have built a lucrative business on it, in which people become their slaves and permanent sponsors, in other words, they exist by the formula invented by priests: “give money and serve us.” An important point was lost – *gratis service to God and to people*, which implies dissemination of primordial spiritual Knowledge, thus enabling the Personality to fuse with the Soul and for the human being to independently attain spiritual liberation.

Anastasia: Yes, the Animal mind has truly enslaved the modern people. As the ancients would say, man, instead of the free bird which aspires for spiritual heights, has become like a bird’s feather, which the wind carries all over the world at its whim. People noticed a long time ago that boundless increase in material profit and power does not imply improvement of morality.

Rigden: Quite true. So then, the ritual of sacrifice has existed since ancient times. Besides, note that it was typical of different forms of the development of *religion*: tribal, ethnic, state, and global ones. In the *format of religion*, it was mainly treated as a magic act, a ritual of making a sacrifice (offering gifts) to supernatural powers, spirits, or gods with the aim of expressing their devotion to these forces and achieving, thanks to them, so to speak, a certain influence on the state of matter (people and natural phenomena) in a way that is supernatural for the human being. At that, a variety of types of sacrifices was used. For example, burning incense of aromatic herbs as cleansing from filth or asking spirits and gods for something earthly. Hanging colourful pieces of cloth for the propitiation of elements in the places of “power” and of “dwelling” of shamanic spirits, in mountain passes, and near “holy springs”.

Anastasia: Yes, sacrifices of the products of gathering and agriculture are also known for the purpose of a better harvest the following year, a better hunt, or a better catch next time. Cattle were also sacrificed for an increase in offspring or as a request for something related to the affairs of a community or a person in this world.



Rigden: Correct, that is, there were all kinds of different sacrifices in the system of various religious beliefs, ranging from harmless smoking of aromatic herbs to sacrifice of virginity, temple homosexuality, bloody sacrifices of parts of a human body, and the very human lives. And in most cases, all this was done by priests to acquire certain power in the material world, in other words, for earthly purposes.

Anastasia: The most interesting thing is that this happened not only in ancient times but is also being done now, both in religions and in closed secret occult societies, for example, among the Archons. And this despite the fact that the world community has long condemned human sacrifice and similar savagery of the priests of the distant past. I'm sure that for the readers, just like for me in my time, it will be very interesting to know why such sacrifices have been made throughout the history of mankind and why this phenomenon is quite alive in the human society? Why has so much attention been paid to this in religious structures? What is the source of such a substitution of the spiritual knowledge for zealous service to the matter of this word?

Rigden: It is, of course, quite a serious question. But if people today are already starting to think about this as well, then, perhaps, it is worth imparting its global essence. In the material world, there is a *single Animal mind*, which I have mentioned more than once. Today, even modern science records some of its manifestations, which are mainly visible in the behaviour of communities of living beings. For example, starting with reproduction and attack of a quorum of bacteria on cells and ending with collective migration, aggression, the self-destruction of animals, and so on. Speaking of which, the Latin word "quorum" means "of which there are enough", that is, a sufficient number from a community. In science, this phenomenon is called collective intelligence. A sense of quorum (particularly one which is directed at domination, control, and capture of matter as well as devouring of it) controls many processes both in the micro- and in the macro world. In medicine, for



example, cancer cells have been observed to act together as an intelligent community. Even when exposed to medication, they transmit signals to each other and stand still for some time; that is, “together” they block the effect of the drug. Each cell, while getting certain signals from the quorum, changes the model of its behaviour according to the general behaviour (collective intelligence). In other words, this is, in fact, an intelligent organism within an intelligent organism. Today much research has accumulated in the field of biology about the life of communities of bees, ants, mice, rats, dolphins, and large mammals, where the dominance of the collective intelligence is clearly seen.

Manifestations of domination of one matter over another exist everywhere, including in space. This has also been observed by astronomers in the behaviour of planets and star systems. For instance, not far from us, in the star clusters of the Milky Way, there are giant stars which are, in essence, vampires. These are binary stars, where one of the stars simply pulls matter onto itself in the form of gas from its “partner”, to which it is very closely located. And then it completely absorbs this star, consequently, extending its own life and becoming a supergiant star for some time. It is all the same, according to the same laws of domination of matter. Not to mention a collective impact of communities of planets and galaxies on the processes occurring in outer space, that is, that which humanity still cannot study as of today, given the insufficient level of technological capacity. But these phenomena do exist, and even today one can find much indirect evidence of this.

So, submission to the unified Animal mind is typical of any matter, including the human community which consists of beings that partly have material nature. The single Animal mind has a common origin (itself) and its own units in the form of collective and individual minds. Figuratively speaking, it is like an independent organism with its multi-level structure and organisation. Incidentally, the word “organism” is derived from the Greek word “organon”, which means “a tool, an instrument.” To make



it easier to understand all of its complexity and coherence in governance, I will give an example of the human body, which functions as a single whole.

The body has different levels of organisation (molecular, cellular, tissue, and so on). It has a common mind (brain), which coordinates the work of all its biological systems and thus supports the life of the body. Also, there are systems to which organs are subordinated. There are organs, in which cells work in a certain general rhythm. There is a cell as the lowest level of organic individuality, which has its own structure and the ability to replicate, exist, and so on. But that same cell is a part of organs, a part of the system, part of the whole organism. It is the same in the structure of the unified Animal mind of matter. There are many units of collective and individual minds, which closely interact with each other, thus creating entire systems in micro- and macro world, which are subordinate to the one Animal mind.

Anastasia: Since we are talking about controlled matter, then Ahriman should be involved in it somewhere?

Rigden: Precisely. Ahriman is the one who has power over the one Animal mind and uses it for the purpose of separating, so to speak, “a pure Soul” for the world of God through material filters.

Anastasia: I think it will be interesting for any person who stays on the path of self-perfection to find out how the Animal mind acts in a human being.

Rigden: It manifests its Will in different ways: through the Animal nature (through the activity of the back and lateral Essences when they work in its mode), the material body...

Anastasia: Yes, given that most people identify themselves solely with a reflection in the mirror, thinking that the body is them, as people say, “for-real.”



Rigden: If man were only the body, he would thoroughly know all the subtle nuances of controlling it and live by managing tens of thousands of various vital functions and operations which constantly take place in his body. But the body, as a single organism, mainly functions in the mode that is independent of the Personality's consciousness. And what does a person see in his body without a mirror? What does he see here and now with eyes open, in the visible world? He sees only that which he is allowed to see with the two "little windows" (eyes), initially designed for observing this three-dimensional external world from the "dark room" of his consciousness. Will the Personality see and know much about itself or the diversity of the world in such a way? Are thoughts and emotions the product of his consciousness? And does the person know from where and how they appear?

The Animal mind constantly influences a person in one way or another through its branch – the Animal nature which is part of the material world. In most cases, people do not even understand this. Thoughts are simply there, and the person thinks that this is his own "property". It is difficult for people to catch actions and thoughts from the Animal mind inside themselves when they do not know about their dual nature and, naturally, do not monitor all this inside themselves. The result is that they perceive manifestations of the Will of the Animal mind as their own thoughts, desires, emotions, and so on. **In reality, a human being is free only in his Choice, but he is not free from thoughts because his consciousness (the Observer) does not actually produce them, he only chooses** between two flows: thoughts and stimuli from the Spiritual nature (His Will) or thoughts and desires from the Animal mind (his Will). **That is, the person can choose the Will which he liked or which has tempted him, and apply to it the power of his attention which begets action.** This is precisely **the key moment of the human Choice.**

Anastasia: Yes, the person only chooses whether or not to accept this or that invading mood, emotion, thought.



Many readers already understand this in practical terms by tracking their thoughts during the day. Here, for example, is a typical situation which people describe in their letters: “I’ve noticed so many times that everything seems to be fine, and then suddenly a negative thought or an emotion appears, and the mood becomes despondent for no apparent reason. Apathy to everything arises as well as a feeling of inner tension, anxiety, and fear. But I didn’t want it, it happens as if by itself, sort of without my desire. The most interesting thing is that if you start to simply ignore bad thoughts or emotions, which surged suddenly, and intentionally focus on something good, for example, on good thoughts or a good deed, then with time this negativity retreats, as if this state has never existed at all. And if you give in to a bad mood, begin to feel sorry for yourself and so on, in other words, if you give your attention to negative emotions, then this state only gets worse and starts to live inside you, or rather, to poison your life like a parasite. After that, it is quite difficult to sit down to meditate, I simply force myself. On the other hand, when you are already performing a spiritual practice, here you already switch to the state of inner freedom, which is dear to you, to the feeling of immense Gratitude and Love for all that exists, to the purity of feelings...”

Rigden: Certainly, in this switching, ignoring of thoughts from the Animal nature, choice and affirmation of the domination of the Spiritual nature is the essence of work on yourself. The Animal mind forces people to oppose their spiritual nature, to believe only in the domination of matter, in its “indivisible”, “undying” material body. When a person falls into depression, engages in self-blame or, on the contrary, is enveloped in dreams of material desires while pursuing earthly fame, wealth, and so on – all this indicates that at this moment he, without noticing it himself, is subordinate to the Will of the Animal mind and is easily controlled by its system.

Anastasia: A person, in fact, can trace moments of manifestation of the Animal mind by the presence of exciting ideas and material desires from the Animal nature.



Rigden: Yes, but provided that the person will *be tracking* manifestation of such thoughts and desires in himself but not participating in this process and not strengthening it. Control of the human life by the Animal mind is so commonplace that man himself practically does not notice this, writing off its manifestation to his thoughts, desires, habits, character, and so on. But an obvious submission to the Will of the Animal mind can be traced in actions of the so called by psychologists' expressive crowd and even more so – of the acting crowd if the key moment in its activation is the domination of the Animal nature. That is exactly the dominance of the Animal mind and its manifestation through collective intelligence in a “raging” crowd.

In general, it should be understood that all the individuals “with character” lose their “individuality” in a crowd very quickly. They become malleable in the common melting pot of collective intelligence. In such an environment, everyone quickly gets infected with general excitement, impulsiveness, and fast-acting, thoughtless mutual responsiveness. Basically, people in a crowd lose their individuality and become a mass. An individual loses self-consciousness, and in him awaken the bursts and emotions, typical *for the common Will of the crowd*. Moreover, these bursts and emotions are already not subject to the usual for the person limitation and daily control, which he normally exercises over them. That is, collective intelligence (subordinated to the Animal mind) is inherent in the human society, given the fact that people are also a part of the material world.

There is a substantial difference between when a person is in a crowd and is subordinate to the Will of the Animal mind and when the person is in a group of people, but everyone keeps their true individuality. In the first case, a total domination of the Animal nature takes place in his consciousness, it is narrowed, and only material desires, incentives, and animal instincts are active in it, while the Spiritual nature is blocked. In a crowd, an individual vanishes as a Personality; there is only the organism of the



crowd with the single Animal mind. But when the Spiritual nature dominates in a person and he is in a group of like-minded people, who, for example, are doing common good, creative work together, then he keeps his true individuality, by which is meant the connection of his Personality with the Soul (God). He can feel other people, as they say, be on the same wavelength with them, rejoice in their successes, but his consciousness will still be expanded, and he will maintain a constant individual connection with the Soul through his attention and the deepest feelings. A similar process occurs also during collective meditations when people are performing a spiritual practice together, but everyone has a personal connection with their Spiritual nature.

Anastasia: When basic primordial Knowledge about the Spiritual nature is lost in society, and the remaining echoes are thoroughly reworked by religions, it is difficult for people to understand what the domination of the Will of the Spiritual nature is in society and in each person. Today it sounds as a legend “about heaven on earth.” But when it comes to domination of the Will of the Animal mind in the crowd, examples abound, although people, for the most part, do not understand the essence of the invisible source of impact and the reason why this phenomenon is inherent in the human society. Modern science already has a lot of research in social psychology, in the study of the problems of crowd behaviour. If one becomes familiar with it, one will be able to understand that all the characteristics of the Animal nature are quite typical for that same aggressively acting crowd.

For example, *an aggressive crowd* is driven by the common emotion of anger, rage, and blind hatred. This Will, which is alien to the spiritual nature of man, directs actions of people in a crowd towards destruction and killing of their own kind. A *panicking crowd* is overtaken by the common emotion of fear. People exposed to its influence, while fleeing, like any other herd of animals, can trample their fellow human beings in panic. People lose humaneness



at this moment and become beings with a domination of animal instincts, as they say, they “lose their heads” from the fear and desire to save only themselves. The dominating emotions of the so-called *money-grubbing crowd* are such qualities of the Animal mind as greed and the desire to possess greater material wealth. Or, for example, *the rebellious crowd*, which is a constant attribute of all revolutions and coups. It is a typical conductor of the Will of the Animal mind if we consider what actions it commits in its “madness”: killing people, pogroms, arson, the desire to seize weapons, tendency to absolute power, violence, ferocity, and so on.

Rigden: Absolutely correct. At the heart lies an emotion-conductor of the Will of the Animal nature, and also the same laws of influence and struggle for domination of one matter over another. Although humanity, for the most part, does not have even a general idea of the impact of the Animal mind upon it, however, the subject of its isolated manifestations, such as various kinds of crowd behaviour, is studied diligently, especially by intelligence agencies of different countries. Moreover, there is development and implementation of technologies that use the fact of such unconscious actions of people in a crowd to achieve certain political or religious goals.

For example, it has long been known that the most trivial street accident (let us take a traffic accident, for instance) gathers an unintended crowd in the form of curious passersby. This crowd gets infected with emotions of the same type of what has happened, that is, a so called by psychologists “circular reaction” takes place (growing emotional infection in the crowd). It starts, as usual, with a discussion who saw what, who and how was driving, how the driver was turning and which of the drivers is to blame. But such an aggravation of emotional passions may well end in a quick transformation of the crowd from being an *occasional one* (accidental, from the Latin word “occasio” meaning “occurrence”) to expressive, with the topic being changed from discussing the road accident to the blame



game of who is responsible for the terrible quality of roads, bad life, and lack of order in society. If such emotions are heated, it is not far from the transformation of the crowd to *an acting one*.

Perhaps, to better understand exactly how it happens, I will describe a classical scheme of how secret services use the technologies of changing power based on such effects of crowd infection. Moreover, these methods are practiced both by competing states and by the country's own services in different states. For example, at about the same time in different parts of a capital city, "suddenly" road accidents take place. Naturally, random crowds of "onlookers" appear, among whom specialists are found who, with their speeches, can turn an occasional (unintended) crowd into an acting one, and direct it to riots and unrest to overthrow one regime for another. Also a similar infection of the crowd, only by other means and other different schemes, which cause the manifestation of the Animal mind in masses, can be traced to a series of prepared and artificially made colour revolutions in various countries of the world.

Anastasia: The sad thing is that most people are unaware of this, and as a result, such technologies still work in the crowd. If man knew about it, he wouldn't be another pawn in someone else's hands, he wouldn't consciously give in to the Will that is alien to his Spiritual nature and wouldn't be its active conductor, burdening his Personality with the weight of material dominants. But maybe it also happens because of the human habit to live by giving preference in daily life to thoughts and emotions of the Animal nature. Besides, people tend to copy the behaviour of others. And many today do not care about the cleanliness of their thoughts.

Maybe that is why the "animal mood" in society is transmitted more often and faster than anything good, spiritual, and positive. And it spreads among the population like fire along a detonating fuse. Many people encounter such phenomena, but, unfortunately, they are not always



aware of them. For example, they meet their friends or relatives, who, as a rule, start telling them about someone whom they met today or recently, with whom they talked and who strongly impressed them with their negative actions or words. And what's interesting is that the person does not simply relay the words of the "disturber of his peace of mind", but he tries to copy his anger to a tee, his emphasis on certain words, and show his gestures. In other words, while transmitting this information, he is overtaken by the same emotions and the power coming from the Animal mind. Besides, without realising it, he, as a conductor, tries to pass them on, forcibly imposing negativity already onto his friends, colleagues at work, and members of the household. In general, taking into account how common this phenomenon is in the world society and how many times a day different people do this on the scale of mankind, a rather sad situation emerges.

Rigden: It is just that people need to understand the cause of such situations, ignore the Will of the Animal mind, and not to be another of its conductors. Otherwise, if the person gives a lot of personal attention at this moment, for example, to the conversation that captured him, then he will be infected with this and become another conductor of the Animal mind. As a result of such an infection, a person will crave to tell this "news" to his other friends, often with a trick from the Animal nature (as a pretext to discuss or belittle someone, to laugh at someone) and always copying emotions in the same way. The Animal nature is strong in people when they do not know about it and do not keep track of its manifestation in themselves.

Anastasia: It's also interesting that news about something good, kind, and especially about something significant in the spiritual sense does not spread as fast as in the case with the emotional news from the Animal nature. And what is typical is that a person, while sharing the good news, tries to say it in his own voice, as if reproducing some wisdom from this news, as though from himself personally.



Rigden: Unfortunately, it is not common that modern people serve as conductors of the Spiritual world. That is why they see events on television but do not see them without it, they listen to the words of a person but do not understand him without words, they can read books in different languages but they cannot read the book of their lives. They aspire to go with the flow of the river of their lives, stand against the flow, looking for meaning in this, but do not understand that the meaning of their existence is on the other side. Many live just by the dead appearance of things, blindly serving the Animal mind. But one must live by that which begets creation, one must live by the spiritual creation and serve the Spiritual world. Only then will the person see events, understand people, and be able to adjust his life from the perspective of an Observer from the Spiritual nature.

Anastasia: I would also like to touch on a sore subject of modern society – addiction of some people to alcohol and drugs. At one time you were saying how the Animal mind brings the Personality under the control of its Will through these poisons, how addiction to them develops unnoticed by it, and what the person loses when he falls under this influence, which is alien to his spiritual nature.

Rigden: Yes, this is a special topic. One of the ways of the Animal mind to completely place a person under its control is to provoke in him the desire to consume alcohol or drugs. **When a person begins to consume alcohol or drugs, the Animal mind begins to completely dominate over him, to enslave and block any possible manifestation of the power from the Spiritual nature.** At the level of neurophysiology, an imbalance occurs, and many of the brain's neurons get blocked. The person begins to perceive information poorly. Instead, the Animal nature actively dominates in him, and it seems to him that he is a "hero" and that everything in this world is permissible for him. Such a soap bubble (illusion) actually appears not because of the fact that he is such in reality, but simply because failure in the system of brain function occurs,



and the Personality's state of consciousness switches to a different mode, where there is a complete submission to the Animal nature. For the Spiritual nature in a person - this is a collapse; this is like, figuratively speaking, putting the Soul into a deadly poisonous environment. Its power is partially blocked by the "optical filters"-subpersonalities anyway, and such a total domination of the Animal nature in a new Personality simply deprives it of its last chance and hope. **Alcohol and drugs turn a person into an obedient slave of the Animal mind and even in small doses kill in him the spiritual sprout.**

With time, an alcohol or drug addiction develops in a person, and he denies it. At the same time, this person persists in consuming this poison, citing any reasons (traditions, holidays, birthdays, funerals, personal stress, and so on). As a result, he does not notice his spiritual foundations being lost, this addiction escalating into debasing his human nature to the level of animal instincts, and the Personality degrading. I have already mentioned that people in the state of alcoholic intoxication are inadequate in perceiving information. In most cases, all that dominates in them at the moment of alcoholic intoxication (practically poisoning) are the thoughts aloud from the Animal nature about the dear self, about the objects of their pride, about their unfulfilled selfish desires, and unrealised excessive ambitions. This truly is a real tragedy and, first of all, for the Personality itself.

As for people who are seriously engaged in their spiritual development, their body just physically cannot tolerate these poisons (alcohol and drugs). Why? It is because while consuming these toxic substances, the subtle connection with the other, the spiritual world disrupts; using modern language, extrasensory abilities are lost. While under the influence of alcohol or drugs, a person is incapable of reading information that comes from the invisible world; his supernatural powers simply fade. All that he perceives in such a state is a manifestation of the Will of the Animal mind, which the person considers to be his own thoughts and desires.



This was known in ancient times. This is also well known now. For example, in the Soviet Union, there was a powerful system of special services, which included, among other things, departments involved in the study of paranormal phenomena and psychic development among some of their employees, for example, sleepers. So, even the dairy product kefir was excluded from their diet, not to mention a strict ban on alcohol and drugs. Smoking was, technically, allowed: although nicotine and tar intoxicate the body, they do not block mirror neurons, and, consequently, they allow unimpeded work with the invisible world and reading of the necessary information.

So, the person who consumes even small amounts of alcohol, no matter for how long, degrades spiritually as a Personality. **If the desire appears to consume alcohol or to use drugs – these are the first symptoms that you are under control of your Animal nature.** That means you need to take measures to switch the dominant of consciousness, to increase emphasis on some positive aspects, exercise, perform physical labour. It should be noted that if the person completely stops drinking or using drugs, the body eventually recovers, and the person gets an opportunity for spiritual development of his Personality.

Matter's intelligence is very active. It is its manifestations when thoughts about reaching some "boundless freedom" by means of alcohol or drugs are imposed on the "unbelievers" with material thinking. It is its manifestations when thoughts about getting supposedly one of the "possibilities" of some kind of sacred knowing or perceiving "spiritual heights" by means of alcohol or drugs are imposed upon the "believers." All these thoughts are an illusion of the Animal nature which, one way or another, pushes people to continual dependence on the will of the Animal mind and creates attractive thought forms associated with taking another dose of this poison.

Anastasia: Many people simply do not see obvious facts and do not stop and think about why this happens to them and to their friends and why this problem still exists in



society. They do not ask themselves the questions: “How does a persistent alcohol dependency arise and form? Who has artificially introduced it into society and who is actively supporting such a fatal for the Spiritual nature “tradition”?” After all, the person destroys not only himself and his Personality, but also creates problems in the society around him.

This is a real calamity, especially when the person is responsible for his family and children. After all, it’s not about how many material goods he was able to provide for his children. The point is how many spiritual riches the person was able to give them *with his own life’s example*. After all, children are not personal property and not a “crutch”, on which the person intends to lean in old age. First and foremost, these are new Personalities, whose consciousness is a blank slate. They came into this world, just like everyone else, to gain their chance of spiritual liberation. In fact, from an early age, these new Personalities observe and adopt the life experience of the previous generations from people who are of authority to them, mostly from parents, who in many ways serve as an example to them. If a family has “traditions” related to, for example, drinking alcohol, then what is demonstrably imposed upon children since childhood is negative experience and templates of dependence on the Animal nature, which adults show by drinking, for example, at celebrations at home. People consider it to be a harmless action because they do not understand its essence and long-term consequences.

Rigden: They do not understand the misery they commence by doing this, dooming the Souls not only of their children but also of their descendants to suffering. However, the situation can be rectified if people start to work first of all on themselves, if they actively change the society itself, in which they live, for the better. Regarding society. Here one must get to the root of who makes alcohol and drugs popular among people and why is it still being done? This information can be found quite easily even



today. The first ones to introduce drugs and alcohol into mass consumption by people were priests and politicians, who saw obvious benefits in it for themselves. And why? Because, as I have said earlier, the Personality's spiritual component is blocked with the help of drugs and alcohol, and the person can then easily fall under the influence of an alien Will. It becomes easier for conductors from the Animal mind to control him and manipulate his consciousness as part of the crowd ("biomass").

Suffice it to look at the realities of today. Why is all this actually being quietly encouraged despite the clearly visible struggle against these phenomena throughout the world? There is the same propaganda as in the ancient times, but only on a more massive scale, of distribution of alcohol and drugs not only through products themselves and their advertising but also through the formation of stereotypes, their introduction into the mass culture of society. For example, through a massive influence of mass media as well as through popular cultural projects and feature films. After all, the easiest way is to encode a person with behaviour patterns to subordinate him to the system through the images of idols and their "habits", because any individual, as I have already said, is inclined to imitate. In general, it is not all as simple as it seems at first glance.

Anastasia: This, unfortunately, is the truth of today.

Rigden: But again, who prevents people themselves from bringing order to society? Who prevents the Personality from disciplining its thoughts? Everything is in the hands of people themselves. One just needs to be a good example for others and to at least create a favourable environment around oneself in this regard, not to encourage people to consume alcohol and drugs and not to create conditions for spreading this animal addiction among people. To do everything possible to promote spiritual knowledge in mass culture as well as cultural and moral values, and examples of the image of a real Human.



Anastasia: Hopefully, people will become inspired by this knowledge. If it is possible, please, shed some light on a few other points about the Animal mind. You said that it mainly acts through collective and individual minds, in other words, through its subdivisions. Could you clarify its manifestation on a wider scale using an example of the human society?

Rigden: These processes can be tracked both in the micro- and macrocosm. People, because of the duality of their nature, are not only able to consciously approach the study of them but also to create their society on a truly spiritual basis. After all, while developing spiritually, the person has an opportunity to be an Observer from the Spiritual nature and, therefore, to understand manifestations of the Animal mind. He is able to track its actions and correct his development, without allowing this Will, which is alien to his spiritual nature, to interfere with his life. Same with society. For example, now there are many scientific papers on study and monitoring of the nature of public mood. It is just that for the most part they are reduced to the results of the political and priestly control of the masses. But that is not the point. Even in these papers, one can find parts that are quite fascinating.

The mood is a psychological derivative. The subject of mass moods is a certain mass (a number of people, a crowd) that is united due to an action of some factor. *Emotions, feelings*, and other psychological manifestations, which reflect people's behaviour, can serve as such a factor. *Rumours* which, as a rule, are *negative*, serve as an impulse for the formation of a mass. They create hidden resentment in a person (because of activation of the back and the lateral Essences). We have already spoken about how fast these rumours spread and how people willingly serve as conductors of the Will of the Animal mind. If most people *believe* in such rumours, in other words, put the *power of their attention* into them, then, accordingly, they themselves become carriers of this Will, contributing to its further dissemination.



As a rule, a chain of rumours is built on the opposition of “we” and “they.” People’s consciousness becomes narrowed to the present situation, and they do not see the root, the real reason that gave rise to the hotbed of tension. That is why people gather in crowds in the street, wishing to improve their lives, but as a result, it ends in frustration and deterioration of their lives or simply with bloody slaughter. History knows enough examples when the people who came out into the streets even simply in peaceful support of some movement, after joining the crowd, later did not themselves understand what happened to them personally and what made them run with everyone and wreck the infrastructure of their own city, in which they were to live tomorrow.

So, the following are inherent to mass moods: a stimulus, reaction to it, and readiness for action. Such a mass arises depending on a situation and reacts to one and the same stimuli in an identical manner. It is united by a psychic connection which, in its turn, is created out of *similar emotions and impulses*. This special mental state is uniform for most people. Moreover, it usually contains a certain destructive charge and has a hidden negative direction. If people were able to capture the movement of the energy of thought forms in the crowd, they would see that it has the form of a *spiral with a counter-clockwise direction*. One and the same words and emotions are reproduced over and over again while increasing their intensity due to a greater excitation of conductors themselves, who excite each other, and the connection (capture) of the consciousness of the new people willing to listen to speakers or understand the situation. Then the search for the guilty party begins, to whom all kinds of negative qualities are attributed. In the end, the situation may develop into an outpouring of all this negative energy of the mass onto any given or the nearest object or onto the individuals who, in the crowd’s “opinion”, have anything to do with the cause of their troubles or are actually them. By the way, if such a stimulation of each other and circling of gossip are absent, these moods quickly lose their strength.



Anastasia: Yes, this is a traditional search for the “scapegoat”, which is typical for domination of the Animal nature in the human being. It is just that all this is manifested here in a single mass, which is subjected to the influence of the Will of the Animal mind.

Rigden: Absolutely. It should be noted that the Animal mind manifests its Will not only in the mood of a mass, which carries a clear destructive charge but also in a hidden defence of that which it already considers to be his “property.” Infection with the Will of the Animal mind occurs quite quickly in a mass, like the spread of a virus. At that, the crowd, which is subject to this Will and is controlled by it, thoughtlessly rejects all that disrupts or opposes it or somehow tries to break this superficial stereotype. This mass, as a single whole, directs its negativity against a potential disturber of this Will. It is also typical that all the aspirations of a crowd, which is under the influence of the Animal mind, are superficial. They are empty in content; the deepest feelings are not present in them, and there is no connection of an individual with his Spiritual nature. Later, when man is left alone with himself, he cannot explain why he behaved in such an inappropriate and unnatural way while in the raging crowd. The answer is simple: at the moment of his presence in the mass, he was merely one of the conductors of the Will of the Animal Mind.

Anastasia: Yes, basically, such manifestations are somewhat identical both in society and in “attacks” of the Animal nature on an individual. For instance, in the books of the holy elders, you can find examples of their struggle with their “passions.” Among other things, there is also a mention that when a person abides in the spiritual state, then, using our language, the Animal nature starts to test him in every possible way not only with tempting thoughts but even with deterioration of health, aggression on the part of the people around him, and so on. In other words, with its manifestations through the visible and the invisible matter.



Similar examples can be found not only in literature but also tracked in real life, for example, how differently people respond to the Knowledge which has been given thanks to you and recorded in books. There are people who, after reading them, started to wake up spiritually, expand their horizons of knowledge, and try to discipline their thoughts. They merely started tracking the Animal nature in themselves, without giving away their interest in spiritual work on themselves in the outer world. And, in fact, many of them noted that as soon as they started to approach this work on themselves responsibly, they were aggressively attacked by the Animal nature. Moreover, both from their circles (acquaintances, relatives, and friends, who themselves are more often subject to the activation of the Animal nature inside them) and from “their own consciousness.” The Animal nature exerted desperate resistance in response to an attempt against its power in the human consciousness and “sanctity” of its deep-rooted patterns of thinking. Moreover, some people who were particularly persistent in spiritual work would suddenly receive aggressive meaningless calls from distant relatives, former friends, including the ones about whom they have not heard for a long time. But more often, especially in the early stages of work on oneself, out of nowhere there would appear an aggressive attack from the environment at work, at home, and again, from those people who were more susceptible to the influence of their Animal nature than others. The latter, obviously, did not even suspect that at that moment they were only conductors of the Animal mind’s attack.

Rigden: This is natural. The Animal mind will do its utmost in order to return a spiritually awakening person into the old track of the usual domination of the Animal nature, to restore its former power over a cog that is breaking away from its material system. Its job is to awaken the animal fear in man and make him believe in the supremacy of matter, its forces and laws so that the person surrenders spiritually. But, in fact, the choice always remains with the Personality. Thanks to the process of spiritual development,



one cognises not only himself but also the invisible side of the surrounding world. He begins to distinguish reality from the illusion which he previously considered to be the reality. The human being, while feeling his true spiritual nature, starts to lose fears imposed by the Animal nature. *He begins to feel his Soul and its world and understand that when he himself is a Conductor of the Will of the Spiritual nature, then for him, in fact, there are no obstacles in the material world.* So when the person abides in such a clear, expanded state of consciousness, all that remains for the Animal mind in order to return its former power over this Personality is to “keep watch” for the time when the Personality weakens its spiritual control, gives in to emotions or temptations with any thoughts and desires from the Animal nature. One must simply understand this and not fall for its tricks. But the main thing in this process of the activity of the Animal mind during the spiritual awakening of man is that the person himself, while being in the position of the Observer from the Spiritual nature, gains practical experience and understanding of those things before which the Animal mind is powerless.

The only thing the Animal mind cannot resist is spiritual power. That is, when a person already consciously chooses the spiritual path and lives by his inner spiritual world, by his depth, the interconnection by means of feelings through his Soul with the world of God, when he is able to not only bring it to heel but also to control his Animal nature and its multiple manifestations in various emotions and desires. Of course, this “fighting” experience, in a way, is gained due to attacks from the Animal mind, which spiritually awakening people draw upon themselves. Consciousness becomes a battlefield. But the result of the victory is worth it, for a person awakens spiritual powers within himself, strengthens them, understands the reality and the meaning of his existence, and begins to consciously seek God, strive for the Spiritual world, that is, for Eternity.

The spiritual power given to a human being is immense. If the majority of people in the modern society can realise



this simple truth, understand all the frailty and temporality of matter that surrounds them, and begin to awaken spiritually, then this will affect the whole human society in general, and the monad will turn over. This is when the golden millennium, about which people have dreamt since time immemorial, will come.

Anastasia: It all starts with the first step in the spiritual direction of an individual as a unit of the structure of this society. That is why it is important for everyone to know their true nature, to know that, before which the Animal mind is powerless, how to track its manifestation in oneself and prevent its domination and violence against one's Personality.

Rigden: Absolutely, and this is much simpler than people think while being in the state of spiritual inaction. *Man simply must not allow the Will of the Animal mind to become his reality.*

But let us return to our conversation about material sacrifices. The knowledge of the existence of collective and individual mind was also present in the society of that time as an integral part of spiritual knowledge. Understanding one's dual nature helped one make an informed choice, to which of the natures (the Spiritual or the Animal one) to devote his transient life and which will to serve. By the way, the basis of the primordial Knowledge about the collective and individual minds later gave rise to archaic beliefs, for example, totemism, animism, fetishism, animatism, and shamanism. Let us consider totemism. Initially, a totem designated *a certain sign*, through which the person possessing spiritual knowledge could influence natural elements, processes, and fauna, in other words, matter. And much later, because of people's temptation by magical practices, increased dominance of the Animal nature in communities, and the desire to achieve abundance and material well-being, people have turned all this into the totem cult, a whole set of beliefs in the supernatural "kinship" between tribes and certain totems (animals,



plants, natural phenomena, and inanimate objects). Once again, where was the emphasis? On the people's request for the Animal mind to "share power with them", that is, supernatural power to achieve some worldly goods or to give them power over others and so on. As it is known, like attracts like.

Magic, animism (belief in spirits and supernatural beings), and fetishism (worship of inanimate objects – fetishes which are endowed, according to people's belief, with supernatural powers) appeared in the same way. So appeared animatism (the cult of worship of impersonal, supernatural power which, in people's opinion, determines the vital processes in nature, for example, success in hunting, in war, a better harvest, and so on), shamanism (based on the cult of spirits, faith in supernatural communication of the cult's mediator – shaman – with spirits). These cults were once formed on the basis of spiritual knowledge after substitutions from the Animal nature started to take place, priesthood was born, and race for power began. In them, knowledge of the laws of matter began to be applied in favour of the system of the Animal mind. That is, people started worshipping and imitating the "strongest one." They started deifying him and creating a halo of immunity. And in some cases, they would even eat "the strongest one", as in some cults it was thought to be necessary to be like him and to get his strength. Moreover, representatives of such beliefs were characterised by an aggressive attitude towards any otherwise-minded people. Attacking the enemy (people who worshipped other cults) and their destruction were strongly encouraged. Well, the purpose of worship of such rites spoke for themselves: enrichment, that is, multiplying material wealth, obtaining guarantees of fertility of land and people, and favour of the elements, which were achieved as a result of concluding an agreement (often in blood) with "supernatural powers", that was sealed with sacrifices.

Anastasia: In other words, these actions are typical for the material being (or mass) that is influenced by the Will of the Animal mind.



Rigden: And all this worked: the elements stayed away from the villages, nature gave good harvests, and people who asked for strength and dexterity in the material world in their “prayers” were given these and other qualities they desired. In general, in many cases, people received from matter those benefits they asked for in return for their “prayer” in faith (*the dominant choice*) and a material sacrifice to the place where they lived.

But what was the real price that Personalities paid for providing their mortal bodies with these temporal, earthly benefits by the Will of the Animal mind?! Even during the most harmless “sacred ritual”, people spent *the power of their faith* on it, their inner, creative deepest feelings, which are initially intended for Personality to merge with the Soul and for liberation from the captivity of matter. Otherwise, no effect would take place in the material world. Such human material desires, together with increasing comfort and conditions of existence as well as accumulation of wealth, have only contributed to strengthening the Animal nature in man, to greater temptation and allure of possessing “supernatural powers”, divisions and strife among people, and the emergence of institutions of political and priestly power. For individual possession of this or that power led to division into clans, to conflicts and strife, which would sometimes lead people to pointless destruction of even their own families, when sons would go against their fathers because of their belief in the power of the totem of a neighbouring tribe.

But it must be said that in spite of such worship and sacrifice to the Animal mind of matter, spiritual sprouts still made their way. That is, there were people who intuitively sought primordial spiritual Knowledge in their faith, thirsting for peace, kindness, and unity. After all, along with the cult, each nation also had a rich mythology of the origin of a human being and the world, which was also originally based on the single grain of the primordial Knowledge that was common to all the peoples.



There were, of course, peaceful tribes who used primordial knowledge chiefly for their spiritual development, that is, as intended. They lived modestly, understanding the temporal nature and the transience of their life and the fact that it is given for the spiritual transformation of man, “preparation for other, eternal life.” These people obtained the food necessary for their tribe through physical labour, without spending their valuable power (which is the deepest inner feelings based on sincere faith) that is intended for spiritual development. As for the material world, they used this unique power only in extremely rare cases, for example, when they were threatened by real danger from an unexpected natural disaster, capable of destroying their entire tribe.

They also had a better social organisation than modern mankind. They lived in groups and were friends with each other. They had no leaders, but there were experienced people who preserved spiritual, magical, and medical knowledge and passed it on to those young people who were most talented spiritually. The person who was the most experienced in these matters was considered to be the head that was recognised by all and was elected only upon an agreement of the entire community. Everyone could turn to him for important advice. At that, this person had no special privileges or power in the group and lived like everyone else.

By the way, descendants of some of these peoples still live now and have the same social organisation. With that, they live in conditions that are much worse in comparison to those of people in “civilised”, to be precise, in more comfortable and affluent, countries. But this does not prevent them from living humanely in their communities. Where there’s a wish, there’s a way! For example, the Bushmen – African peoples who speak the ancient Khoisan languages with click consonants. They are the same ones who kept records in rock paintings. By the way, the name “Khoisan clicking languages” is purely conditional. The word “Khoisan” is derived from the word “khoi” meaning



“man”, which in its turn was used to indicate the self-name of the African people Khoi-Khoin (who also spoke a clicking language), which means “people’s people” or “real people.”

Anastasia: Yes, this is an interesting comparison: “real people” spoke in a clicking language, which is obviously an echo of the “bird language” that you once mentioned as the people’s first proto-language. The Real Human was a Human even in the ancient times! As the saying goes, real people are not those that speak beautifully but those who live properly.

Rigden: Absolutely. We recently mentioned in our conversation the Ainu people, who are an ancient population of the Japanese Islands. This nation with European facial features once upon a time came there from the territories on which modern Russia is located. So, in the Japanese language “ainu” (the English transcription of the word) literally, too, means a “real human.” Of course, I cannot say that their modern descendants have preserved all the knowledge, mythology, and social organisation, which their distant ancestors had. But pay attention to their national dress, and you will see signs and symbols that are familiar to you and that will tell you a lot.

Anastasia: Interesting... So much for archaic beliefs! Speaking of signs and symbols, you have practically eliminated the serious gaps in science, “white spots” of the issue of genesis of archaic beliefs. Indeed, scientists have endlessly debated this issue for more than just one century. But many are of the opinion that it was all a “caveman’s misconception” associated with the mindset of the primitive people. But they understand that this “embryo” has practically all the main elements of future world religions (which have influenced masses of people for some unknown to them reason), including in terms of sacrificial offerings.

Rigden (grinning): “A caveman’s misconception”?! Modern man is no different from the “primitive man”: he has the same brain structure, the same thinking with its multiple



desires of the Animal nature, and the same impulses of the Spiritual nature. As it was, so it still is on the verge of Choice.

Anastasia: You're right, man's own pride prevents him from understanding the Truth. In every age, one can find the "pundits" who praised to the skies achievements of their contemporaries, criticising the development level of previous generations. Although in the next century, these strong statements were condemned already by their own descendants. Very few paid attention impartially to the interesting facts about the spiritual development of man from the distant past.

And regarding the peaceful tribes' social organisation which you have mentioned, modern humans, indeed, have much to learn here. It's particularly noteworthy that everyone lived in peace and friendship, and the most experienced person unselfishly and actively helped people, living according to the ideology of Good, without having any privileges or power in the community. On the whole, he lived like the rest of his people. It's a good example for those people who today consider themselves to be leaders and priests, that is, politicians and church ministers. I think that any sensible nation would like to have such a social organisation. Here's an interesting comparison: if in the past, an experienced person, living like everyone else, in practice helped the community with his knowledge, by working with people individually, then in the modern world, priests and politicians not only exist separately from people, but they also try to strengthen their power through mass moods by means of various promises. Although in fact, if we follow historical examples of even thousands of years old, nobody has ever fulfilled these promises. For priests and politicians, this is just an ancient game of promises based *on the people's faith*.

Rigden: It is simply necessary to understand why it happens this way and why society itself supports this



process, stepping on the same rake every time. All this is predictable when society is dominated by the consumer thinking. What are the promises of politicians and priests? For those in power, it is just a method of manipulating the masses, that is, public mood. This is a play on the desires and aspirations of, I emphasise, the masses, the thinking patterns of which are formed through mass media owned by those in power. For the masses, promises and assurances of politicians and priests are an expression of the consumer format that has nothing to do not only with true spirituality but also with delivering what has been promised. What the masses have been promised to be “given and provided for free” is what people already consider as their own in their thoughts and live by this illusion of hope. The only question here is one of personal gain, which affects their financial interests. Knowing this consumer desire of people, priests and politicians simply manipulate the mood of the masses.

For example, while people live in hopes that the priests and politicians will be keeping their promises, the latter go about their business carefree. As soon as discontent starts brewing in society and people run out of patience, a political theatre of action unfolds. Incitement of negative sentiments begins in society with help of priests and politicians. Rumours are spread from their circles about who exactly is deceiving people and who is to blame for all the ills (and people’s anger is focused on yet another pawn of politicians and priests), who allegedly has failed to keep his promises and whose words do not agree with his actions (people always perceive the latter as a betrayal of their needs). As a result, through mass media, those in power quickly bring the masses to the critical point, and an emotional explosion takes place. Priests and politicians remove one of their pawns and put another in its place that starts making idle promises and assurances to people exactly the same way, gaining popularity for itself through the faith of people themselves. And again, thoughts from the Animal nature start running around in people in a new circle.



Anastasia: So, that means that the leadership of any country in the world, in fact, corresponds to the consumer needs of their people. In other words, when some candidate or an organisation, in the election campaign, state that they will help to achieve the masses' aspirations, people rush to vote for the fulfilment of their desires from the Animal nature. And after the election, with the help of mass media, the illusion is simply supported in people that their desires are being fulfilled or they will be fulfilled in the "near future." That is, there is a prolongation of hopes and aspirations of the masses to a certain time. And such a game of the Animal mind happens from generation to generation. People, as it turns out, thus redirect the power of their attention. In other words, instead of fulfilling the spiritual needs of their Personality and the Soul, they waste it on nothing. And then they just sit around and wait for someone to start creating their material and spiritual life for them. That is a true substitution of reality by the Animal mind.

Rigden: That is right. And such a substitution of man's actions for his inaction, especially in spiritual matters, began precisely with the creation of religion as such. In particular, with the development of the institution of priesthood, when spiritual foundations started to be substituted with material views and promises. Priests took advantage of the fact that people who perfected themselves spiritually lived by their anticipation of spiritual liberation, of future bliss in *another* world. On this basis, priests created the system of religion, which politicians later borrowed from them to create their system of politics. That is, through persuasions and suggestions, priests first formed a strong opinion in people that man himself is spiritually weak and "sinful", and, is not capable of achieving spiritual freedom without the priests' help. They instilled into masses that man can get spiritual freedom only if he slavishly carries out the priests' will, follows their rituals, and sponsors them for his entire conscious life. In other words, it was instilled that people would not be able to achieve spiritual freedom by independently



working on themselves but only through intermediaries – priests. However, while launching the mechanism of influencing the masses, priests immediately suggested to people the idea of “postponing” the implementation of the aspirations, putting off realisation of their spiritual desire for an indefinite period. For example, in eschatological religions and beliefs, in order to bind people specifically to their own religion, priests used the information about the last “Judgment Day” of the world existence, which they borrowed from other ancient religions. However, nothing was told to believers about the ancient mentions in other religions, they were just being convinced that only by abiding in this religion and serving its priests for free their entire lives, they would one day surely be saved. Thus, priests maintained their power by giving people promises of a future after-death bliss, which, in fact, is an empty illusion since, without real spiritual work on itself, the Personality has no future.

In the political system, people’s spiritual aspirations were just replaced with material desires and promises of, instead of eternity, some illusory freedom “in the near future.” Only politicians, unlike priests, constantly instil that without them, people will not be able to build a truly free and safe society with a good level of material prosperity and equality. They form in people *faith* in a good “ruler” (politician) who will secure a happy future for them and constantly undermine their belief in life, which society can build without politicians and priests. Therefore, both priests and politicians are interested in the consumer way of society’s development, so as not to lose their power over it. Otherwise, the world society can consolidate and choose a vector in the direction of a truly spiritual development, which will naturally reject the system of political and priestly power as unnecessary.

Anastasia: Looking at the world today, the question arises as to with which dominant in consciousness people come up with political and religious theories and introduce them to the masses?



Rigden: This is a substantial question. Those who want to find the answer to it should take a closer look at modern society and its dominating values. After all, sacrifices to the single Animal mind have remained. Pride is eating people; they are dominated and easily manipulated by the Animal nature (as a structure unit of the Animal mind), instilling pride for an “individual mind.” And the saddest thing is that modern people are so full of these qualities of the Animal nature that they do not notice the obvious, convincing each other of one and the same (looping of thoughts) that the spiritual world does not exist and that there is only the material, visible world they can see; “paradise in the body.” That is, people perceive what is foreign to their spiritual nature as the truth, circulating the information with which priests and politicians fuel their worldview.

As a result, the majority in society have chosen to live by laws of the Animal mind: for example, worship and imitation of the strongest one in this material world (whether these are people, countries, organisations, secret orders, priests, or politicians, fighting to achieve greater power), pursuing only material goals. It is sufficient to observe how divided people are among themselves in the world, how politicians and priests launch wars for the sake of their profits and power, drawing up “contracts in blood” and offering up millions of human lives as a sacrifice for their own profit, success, and the well-being of their descendants. How huge crowds of people are quickly wound up to aggression and are controlled by the collective Animal mind like herds of animals. How people, trying to make it in life, “bend over backwards” in front of higher management in order to get something more, something better for themselves, they give bribes, make deals with their consciousness for the sake of material benefits, guarantees of success for their business, and a better material provision for their posterity. And in old age, they are ready to make any “sacrifice” in order to get health and former power over someone. In short, they live by the harsh laws of matter, of the single Animal mind.



After all, in order to get something in the material world, you have to give away something valuable – this is the point of making a sacrifice in the domain of the Animal mind. So man gives away the most precious thing he has, that for which he was born into this world. He is wasting into nothingness the power that is intended for reaching Eternity on achieving a short-lived, fleeting illusion, on what tomorrow will turn to ash, and for him, it will be a crash. He is wasting the power of his attention, the deepest feelings of sincere inner faith intended for the spiritual development throughout his life, for uniting his Personality with the Soul, and salvation in Eternity in order to attain temporary, foolish dreams of power, health, wealth, and success in the material world. Thus, in relation to himself and his Soul, a person, in fact, commits a crime, which burdens him for a long time, including after death of the physical body. After all, nothing can be worse than this! That is why people suffer during their lives, without even understanding the true reason for the torment of their spirit, writing everything off to external factors and the environment. But a choice is a choice. Whatever a person gives preference to in his transient life is what he gets.

As I have already mentioned, Jesus Christ said: “According to your faith be it unto you.” Priests have, of course, turned Him into goods sold by the piece for themselves, “the atoning sacrifice for the sins of mankind.” But Jesus Christ was and still is a great Spiritual Being, one of those who possessed the enormous power of the Spiritual world (the world of God) capable of transforming any matter. When performing a miracle for which people asked, He would say: “According to your faith be it unto you.” Some prayed to him for health (for healing a disease) and received it, others for food; some prayed for a haul of fish and others for the resurrection of the physical body. And the robber who hung next to Jesus on the cross, suffering from hunger and torture, while in death throes of his body, asked Christ only for the salvation of his Soul. And this Man was granted *spiritual liberation* by the One who is truly close to God in His eternal world. It is just that priests



presented this truth differently in the canonical Gospels by introducing the concept of resurrection in the body for the flock and omitting details about reincarnations and liberation of the Soul, about which Jesus told people in his Teaching. That is why priests destroyed the true followers of Christ, those who, despite priestly religions, remembered and kept His Teaching in spiritual purity. For instance, suffice it to mention ruthless persecution and extermination by fire and sword of the Gnostics (in the 1st-3rd centuries AD) and the Cathars (in the 11th-13th centuries AD), who preserved the knowledge about reincarnations of the Soul, about the dual nature of man, his Essences, the role of the Feminine principle in the creation of the world, about the power of signs and symbols and much more, which priests had tried to erase from the peoples' memory.

Anastasia: Yes, truly, according to your faith be it unto you.

Rigden: Now, too, people go to church, but what do they ask of God, what do they pray for? For that same health, prosperity, wealth, success, and material benefits for themselves and their near and dear! This is the same sacrifice and service to the single Animal mind, an invocation to the power of secret otherworldly and supernatural forces to achieve material goals and please one's mortal body. After all, nowadays almost every religion has prayers addressed to saints, gods, and spirits, which supposedly help in the treatment of one or another illness, in doing human deeds in the material world, and bring success in various everyday matters. And what is required of people for this? Just to pray (that is, to use their own inner deepest feelings of faith) about their problems *in this world, about the material need*, and to donate money to a certain temple (or rather, to those who own this temple). Priests have even created entire lists with detailed instructions of what believers must do and how, to whom, and in what human need to pray. And it is only at the end of this list that you can find a small postscript saying that, of course, you can also pray for a surge of spiritual energy and for the salvation of the



Soul. What will the person who is looking at this long list of desires of his back and lateral Essences pay attention to?

Anastasia: Yes, it's no wonder that at the "Court of Osiris" in the ancient Egyptian papyrus, where all these Essences are placed one after another in a certain sequence, the Front Essence (the falcon-headed figure) stands last in this "queue" of human desires and prayers during the spent life.

Rigden: Unfortunately, after all this time nothing has changed in this matter regarding either an individual or, as a consequence, society as a whole. **Modern man must understand that no matter what religion he belongs to or even if he considers himself outside of religion, walking the spiritual path on his own, he must pray only for his Soul's salvation and really work on himself in every day. It is necessary to put your Animal nature on the altar of your life, giving up the multitude of its desires and illusory thoughts. For this is the only sacrifice that is acceptable to God (no matter by what epithets people call Him) which opens a spiritual path into His world to a person.**

Anastasia: Judging by letters from the readers who belong to the ranks of the faithful of different religions, people are also concerned about another issue regarding the salvation of the Soul. Many people pray fervently not only for their own health or healing of their relatives but also for the salvation of the souls of all the people, considering the very thought of saving only their own Soul to be selfish. Is this right or not? By the way, readers also note that they meet many people who talk with fervour about saving the world and mankind but who at the same time don't bother with transforming themselves spiritually.

Rigden: Man always becomes like the person who serves as a role model for him. He is inclined to indulge in pride that he can also pray for someone, even though he himself is a spiritually immature being. And there are



many such people. I would compare them to fishermen who found themselves in the middle of the river in the winter because of a misunderstanding and fell through the ice. The drowning fishermen are the state of the modern mankind. At the same time, many people, while sinking to the bottom and not even making an attempt to save themselves, foolishly waste time and energy thinking about how they will be saving others. But how can someone who is drowning himself save others? After all, in order to save someone, you must, first of all, get out onto solid ice and even better to the shore, and then save the rest. **The gist of the Truth is simple: save yourself first before saving others.**

Even if all the people on Earth pray for the salvation of the Soul of one person and the person himself does not want to change, then all these prayers and expenditures of spiritual powers will be for nothing. Nobody can obtain forgiveness for the accumulated “sins” of the Personality and subpersonalities. Only the person himself, by changing internally and beginning to work on himself, can by real actions achieve fusion of his Personality with the Soul, become a spiritual Being, and find true salvation in Eternity.

Of course, people can get health as well as wealth and success for someone by prayer, but in doing so they will reduce their chance of saving themselves and their Soul, in fact, unwisely exchanging Eternity for ashes. After all, what you have given your preference to is what you have received. You either sacrifice the spiritual (eternal) or the animal (transient) – such is the choice in the fleeting life of the Personality. If a person, abiding in prayer, wishes for God to give him earthly blessings (from the health of the body to material wealth), then by doing this he, in fact, ruins his Personality and his Soul. Even while praying with good intentions for the health of his loved ones, is he doing good for their Soul, all the more so for his own Soul? *You must not ask for anything material from God because, in fact, you will put your spiritual power into requests to the material world.* And it is those that will be giving who run things in



this world, whispering desires from the Animal nature to you. It will all be given to you, that little for which you ask, but much more will be taken away from you. And God has nothing to do with it. After all, you yourself make a choice in favour of matter and, with your choice, you ruin your spiritual destiny, exchanging Eternity for a mortal moment.

Anastasia: The vast majority of people pray specifically for health simply out of ignorance, citing the fact that their ancestors did so, but more so because of fear of the unknown and of losing life. I myself in my young years experienced this panic from the Animal nature and understand very well how these people feel. But in fact, if one looks in an unbiased way at the events of those years, I can say that the health problems at that time helped me radically change my attitude towards life. This encouraged me to seek alternative solutions, which ultimately led to you and to discovery of the spiritual world, thanks to your knowledge. This meeting influenced the rest of my fate, changed my life and, judging by the many letters from readers, not only mine. But I've met you in my life, and what are other people to do?

Rigden: Actually, all the circumstances in the person's life (both bad and good ones) are given according to his or her strength. They are given for a person to understand something, to overcome himself, and encounter spiritual knowledge in one way or another. And with which dominance in his consciousness, he will be perceiving these circumstances is his personal choice, which ultimately determines the future (after death) fate of his Personality.

Different situations happen in life. Sometimes, a person is still full of life energy, and suddenly a deadly disease strikes him. As a rule, upon discovering it, the person starts, on the one hand, to re-evaluate his life and, on the other, to give way to despair, yielding to provocative thoughts from the Animal nature. After all, the Animal nature always shows one and the same illusion to a person that he will live a very very long time. People are often unaware of the transience of time and the necessity and the importance of



spiritual work on themselves. But the truth of life is that man is not only mortal – he is *suddenly mortal*. In reality, he has no time “for later” – he only has “here and now” in this changeable material world.

If the outcome is clear and there are no chances, even in such cases one should not despair. It is necessary to hold on and keep fighting for life. But most importantly, *to double your effort of taking care of your Soul* and help other people to understand the real values of life and the transience of the given life time. If you have been able to realise it yourself – help someone else. After all, by helping other people, in the spiritual sense, you help yourself. Thus, you can help yourself much more than the doctor who is temporarily saving your material body. And death is death: one way or another, sooner or later, it will be inevitable for any person. **What matters is not the number of years lived but the quality of the life lived in the spiritual sense.** One person can live a hundred and twenty years of useless selfish life, and another only one and twenty years, but of quality spiritual life, the life of a real Human Being. And the difference in their after death fate will be enormous. After all, life does not end with death of the body. For the person who has practically no lifetime left, it is important to earn if not salvation of his Personality and the Soul, then at least Peace.

Anastasia: Peace?

Rigden: Yes. If at the end of his life, the Truth suddenly opened to a person, but, in fact, he had been following it unconsciously all his life, then he has a chance, with the benefit of Knowledge, even in the remaining part of his life time to make a breakthrough in his spiritual development and earn if not salvation of the Soul, then at least Peace. The latter means that if Peace is destined for a person for his spiritual labour, then his current Personality, when it becomes a subpersonality, will be blocked from its sufferings, although it will not be deprived of voiceless contemplation of the new Personality’s life’s journey, its



hardships and mistakes. After all, upon rebirth, figuratively speaking, together with the machine (the body), the driver changes as well; if he drives unskilfully through life, he brings extreme discomfort to all its silent passengers (subpersonalities). By the way, it is on the basis of echoes of the Knowledge about Peace that people created different after death rituals, such as, for example, the burial service and so on. But the fact is that person himself must earn this Peace during his lifetime.

Of course, there are other cases when the person discovers the Truth in the summer of his life, but rejects it, tempted by the illusion of the material world. However, time flies fast. At the end of life's journey, as a rule, such people become disappointed, for both the lies of illusions about the world and substitution from the Animal nature manifest themselves. The person would gladly plunge into the Truth, but his war is lost, and Peace is no longer available.

So people simply need to gain an understanding of the following: the material is for the material and the spiritual is for the spiritual. If a person has material problems, including health problems, he must solve them with help of the usual resources instead of focusing all his attention on this and drawing on his unique inner powers intended for spiritual salvation. Health issues relate exactly to the discipline of the mind and to abstaining from excessive desires of one's Animal nature.

All illnesses are cured with knowledge. If a person already has a serious health problem, well, there are doctors and specialists in various diseases. Modern medicine, as a science, today has so expanded its capabilities in the field of genetics, pharmacology, and biotechnology that actually many diseases can be cured now, even those which are today said to be incurable. Furthermore, modern medicine even allows to fight such a disease as old age.

Anastasia: Prolongation of biological life beyond the limit of the species, that is, increasing life for an extended period



of time?! Yeah, I still remember the results of your unique experiments!

Rigden: Well, I am not talking about that now; but about capabilities of modern medicine...

Anastasia: I must say that I have been very impressed with your research in these areas, especially with the experiments on prolongation of the lifespan of laboratory animals. What surprised me most is that in order to make this medicinal drug, you used simple ingredients that are available for mass production. Chrono Protector – as our mutual acquaintance called it jokingly! As they say, every joke has a bit of a joke in it. Your experimental drug is a true protection against time. After all, the results of your experiment, in fact, prove that it is possible already today to prolong the human life up to 200 years at least, and at best in the future, taking into account functionality of the human brain – up to 1,000 years!

Rigden: It is possible, without, by the way, biological ageing. But what is the point?! Where a direct way is apparent, what is the point of taking a detour.

Anastasia: Well... As far as I remember, at the beginning of the experiment, the animals had the biological age that was above the average, which, when counted in human years, would equal to 65 years. Already after a few months, as a result of the overall regeneration of the body, which followed after only three injections of the medicine, the biological age of the laboratory animals corresponded to 35–40 years of human life. And most importantly, it remained so until the animals were withdrawn from the experiment.

Rigden: Yes, the animals were withdrawn from the experiment when their real age exceeded the limit of the species by more than two times... So what?

Anastasia: That is more than 200 years when converted to human age! And had the animals continued to receive



these, so to speak, “chrono protectors”, they could have lived much longer.

Rigden: Absolutely... If you are leading up to a conclusion about humans, then I shall tell you the following. Even if a person who has lived to see old age (not to mention adolescence) starts receiving this medicine, then his body will rejuvenate itself to middle age and it will stay in such a state for a long time. As the experiment has shown, over 200 years and without ageing at that, preserving middle age of the body throughout life. Naturally, immortality of the material body is out of the question, for any matter is mortal. But it is quite possible to significantly prolong the biological life of the human being beyond the limit of the species and, what is more, to do it scientifically. There is no magic here, it is just ordinary knowledge. After all, the intercellular matrix was at the basis of the medicine I used...

Anastasia: It’s an amazing fact that you’ve practically proved that the intercellular matrix as a unique intercellular substance plays a crucial role in the regeneration of body cells and affects life prolongation beyond the limit of the species! As of today, science knows that the molecular damage of the structures of the intercellular matrix not only accompanies ageing but also causes many serious diseases.

Rigden: Naturally, even small changes in the structure of the intercellular matrix contribute to development of various kinds of pathologies! One of the major causes of ageing is exactly the increase of molecular changes in the body, primarily in the structure of the intercellular matrix.

Anastasia: The intercellular matrix in the human body is quite diverse and in general has been studied well enough. But no research has paid much attention to that kind of *pre-form of the intercellular matrix* as such which you pointed out and which is hidden *in the embryonic cord!*

Rigden: There is an ancient wisdom: the cause of every end is hidden in the beginning.



Anastasia: That's a fact! What is currently taking place in the scientific world causes confusion, to say the least. After all, the scientists who study the problems of gerontology got stuck at the point that the lifespan of each species, including the human being, is genetically predetermined, and as of today, it has been scientifically proven that the human potential has the capacity of 100–120 years. So scientists focus their research on the prolongation of the active period of life of the elderly person without leaving the limits of this research. They are running in circles round the stem cells of the body to get caught in the endless loop of developing and selling peptide drugs. But it doesn't go further than this.

Rigden: Well, I think the answer is obvious why it does not go any further in today's society, with its powerful modern technology and global scientific potential.

Anastasia: Right, I understand that in the modern world, the consumer attitude to life, unfortunately, is becoming increasingly more dominant in the minds of people, and the very format of the social worldview leaves much to be desired... But your knowledge and developments are a landmark sensation! They contain unique information about the intercellular matrix, the necessary conditions for body regeneration ... and about peculiarities of creating artificial gravity. This is valuable information about the human being even for such sciences as gravitational physiology and biology! After all, this field of knowledge is practically a blank spot in science! The influence of the gravitational field in which we live hasn't been studied enough. What about space? We haven't even gone into space beyond the Earth's gravitational field, not to mention the study of gravity and its effect on the human being on other planets. So when will people experimentally get to the numerical characteristics of the impact of different levels of gravity and to the understanding that in the human body there is a whole system that reacts to changes in gravity, not to mention a way to control it? How many centuries will it take?



Rigden: What will change in man himself? Different time- different burden. Besides, will people have this time?

Anastasia: Well, as they say, better late than never! After all, already today scientists understand that functioning of a living organism depends, to a large extent, on the magnitude of gravitational forces and how fast the body responds to the reduction of gravity, decreasing the volume of that same proverbial intercellular fluid. But that's not the point here. After all, your knowledge and research actually prove that planet Earth with its gravity conditions is not the native home of mankind! You can say that we're all aliens here! Your information provides the basis for theoretical calculations of gravitational conditions under which self-regeneration takes place in the human body and, consequently, life span increases by dozens of times what it currently is... This will be such a breakthrough in the human worldview!

Rigden: Because the consumer mindset dominates in today's society, it is better that people think that they have descended from a monkey on Earth. The knowledge you are referring to is useful only when the entire world community, or at least its majority, will go in the direction of spiritual development and domination of the Spiritual nature in people. Otherwise, this knowledge is meaningless! When the Animal nature dominates the consciousness of the majority, the life of people will be bitter like a melted candle, which gives neither light nor warmth. For the present society, this knowledge will do no good. Furthermore, I would say it would be harmful for the reason that an increase in the human lifespan (even by twenty years) will result in an increase in population of the planet. This will inevitably lead to crises, both food and economic ones, which would be partially created artificially by politicians and priests. Especially, since in this matter, it is also necessary to consider the growing negative dynamics of the activity of different natural processes on Earth. In order to avoid all these consequences at such a time and prolong the lives of people, it is, first of all, necessary to change the vector



of development of society from the consumer one to the spiritual and creating vector, so that the universal spiritual and moral laws would be dominant in society – and not on paper but in deed.

Knowledge is, first of all, a responsibility. If these developments fall into the hands of a limited circle of people, then this will lead to even more serious consequences for the entire mankind than if the majority of people possessed them. Just imagine some priests or politicians getting hold of these developments. They have always been the first ones interested in these “breakthroughs” in science in order to “immortalise” themselves and the power of their Animal nature. Suffice it to look into history: representatives of secret societies have sought the elixir of immortality for centuries. However, immortality in the body is definitely a myth, for any matter is mortal and finite. But extending life for a certain period of time is quite real. With that in mind, just imagine what would happen if people, their children, grandchildren, and great-grandchildren would tolerate and feed for 200 years some group of priests and politicians who will not grow old while generations of people will be dying? This will inevitably lead to wars and bloodshed. Once again, the Animal mind will dominate through human weaknesses, and one matter will be destroying the other. What is the point?

The time of life is transient and flies very quickly, no matter whether it is a hundred, two hundred, or a thousand years. But will man’s torment and his inner anguish subside as a result of it? And then you will have to answer for all these spent years, for everything that you have created in yourself during these moments. Those who have truly come into contact with the spiritual world of God through the depth of their feelings understand how transient and short-lived all this illusory material world is. Personally, I would not for a minute extend the predetermined period of existence for myself in this material world, in this mortal body with its perennial problems and desires.



Anastasia: Yes, that's true. However, this is understood by those who have personal spiritual experience. Most people, however, can't even control themselves and their Animal nature. I think that when people's lives are longer, they will have more opportunities to understand themselves. They won't be in such a hurry as now, galloping through life, making many mistakes, living according to templates just like everybody else and realising only towards the end of their lives that all this was empty and not worthy of their attention. They will have time to learn and understand the Knowledge and consciously develop themselves spiritually, given the experience of their mistakes in the past. After all, it can also be seen as a chance for their spiritual development, for achieving fusion of the Personality with the Soul and going beyond the material world!

Rigden: Yes, for a person it can indeed be a chance, but only when society changes its behaviour patterns, its consumer outlook. Which is nothing complicated. It is necessary for the human being to understand his true, spiritual essence. Then he will be able to bring real changes into the life of society and awaken people around him. In this respect, even one person is a Warrior and can do many useful things! After all, in life, each person has many "roles", which provide him with an opportunity to communicate with different people: a parent, relative, neighbour, friend, professional, athlete, student, worker, leader, social activist, "resident" of the Internet, and so on. And to think of how many people he has already encountered in his life: childhood friends, classmates, fellow students, colleagues, business partners, distant relatives, and acquaintances. This is already a whole mini-society: people whom he met in the past and those with whom he communicates in the present. So it means he can make changes everywhere – both at work and at home, both among the people he knows and among those he does not know, regardless of their nationality, social status, and religion. All of these seemingly different Personalities really have much in common. We are all human beings, we all suffer from the same manifestations of the Animal nature and rejoice alike



at the real spiritual manifestations, for we are all “guests” in the material world, and here temporarily.

Anastasia: Yes, you are right, there’s nothing difficult about it: you just constantly perfect yourself spiritually, live by the spiritual world, apply this Knowledge to practice, and you begin to live in society humanely, as befits a real Human being, and then pass this Knowledge on.

When we look around and see what’s going on in religions and in the world politics... It seems that there are many different faiths now, and practically all of them urge one to take care of one’s spiritual purity and moral values. But in reality, and it is no secret now, most ministers of all kinds of cults are guided purely by mercenary interests and they form consumer way of thinking in people, tightening the loop of matter around a person even more and knocking spiritual foundation out from under his feet. Wherever you look, substitutions are everywhere. Priests exploit crowds of believers like farmers exploit dairy cows, cajoling material resources from their pockets under any pretext. They stop at nothing and use power over the flock to increase their political influence for personal gain, of course.

Not to mention politics. The result of the effect of the Animal mind on society through this area of activity, associated with power and control, is evident. Selfishness, acquisitiveness, and the dog-eat-dog attitude has become a norm in society. Nations are divided into social groups, parties, and religions, and they are forced to oppose, fight, and kill one another for interests of their leaders, who use one and the same ancient method of different promises to control the masses. It is clear how and for what purpose aggression is activated in the world community, but the sad thing is that people themselves support this. And this happens at a time when just the opposite is needed, the entire international community must consolidate for the sake of survival of mankind as a species, given the growth of dynamics, frequency, and scale of natural disasters as well as those problems humanity will face in the near future.



Rigden: Yes, unless society changes, mankind simply will not survive. During the time of global change, people, because of an aggressive activation of the Animal nature (which obeys the general Animal mind), like any other intelligent matter, will simply fight for survival on their own. That is, nations will be destroying one another, and those who survive will be destroyed by nature itself. It is only possible to survive the coming cataclysms if the whole humanity unites and the society transforms in the spiritual sense. If people are jointly able to change the direction of movement of the international community from the consumer channel towards the true spiritual development, with the domination of the Spiritual nature in it, then the mankind will have a chance to survive this period. What is more, both the society and future generations will be able to reach an entirely new stage of its development. But nowadays this depends on the real choices and actions of each person! Most importantly, many intelligent people of the planet understand this, they see the impending disaster and the collapse of society, but they do not know how to withstand all this and what to do.

Anastasia: What needs to be done in order to change the society here and now? Where do we start?

Rigden: Start with the simple, start with yourself. When a person understands the meaning of his life and the meaning of spiritual development, he will qualitatively change himself. And if this knowledge is available to many people on Earth, then the society as a whole will change sooner or later and, therefore, the vector of movement of the human civilisation as a whole will be entirely different.

Anastasia: It is actually very difficult for a modern person, who has gotten tangled up in the works of the human mind (in the host of existing religions, their concepts, and dogmas) to understand the spiritual essence, that meaning, and the true reason for which he exists in this world. The simple Truth became complicated, and because of this, the essence became incomprehensible. Of course, a variety of



tools is available to almost any person today: there are spiritual practices, prayers, meditation techniques, and so on. The ultimate goal is clear – it is spiritual liberation. But this common foundation, the essence, thanks to which this higher spiritual state is achieved, has been lost. After all, tools themselves don't give an understanding of the fundamental principle. It lies in the consciousness and the deepest feelings of the Master who works on himself with the help of these tools. Could you tell people about the elementary Truth: what is the purpose of human's spiritual development?

Rigden: The purpose of human's spiritual development is in his qualitative inner change. This implies, first of all, not just recovery of the inner spiritual dialogue with God in each day lived through your deepest feelings, through your sincere love for Him, but also living by this mystery. Human, in reality, is drawn to such pure inner dialogue with God. This innermost need is most manifested in him in childhood when the memory of incarnations is still fresh. He feels this deep sensual contact through his Soul, which can manifest outwardly in the form of sincere child's joy and the all-embracing, pure love for everything and everyone. That is why it is believed that children are closer to God than adults. After all, the new Personality is still pure and is connected to the Soul by its sincerity and faith, and the latter harbours hope of salvation towards the new Personality. That is why, from that point on, it seems to a person for the most part of his life that the best is yet to come. In fact, in the minutes of manifestation of his "sincere happiness", the little person is experiencing the deepest feelings of coming in contact with his spiritual nature, attention, love, and care of God for his Soul, even in such difficult for it conditions as confinement in the body.

Over time, the new Personality starts to perceive and know the surrounding world, and this conversation through feelings is transferred to the communication with the closest people – mother, father, and relatives. The



first external visual images are fixed in consciousness, thanks to experiencing at this time the deepest feelings of sincere Love coming from God. The latter is connected solely with the inner world of a human, with this wordless, true conversation with God in His Love. That is why we have the warmest memories of childhood, for example, of the mother as of the almighty, the loved being, for whom nothing is impossible in this world. But as adults, we look at her already through different eyes: as an adult woman with her own fate.

When the body begins to mature and the new Personality begins to make the choice in favour of the Animal nature more often, person, through folly, loses this invisible sensual dialogue with God. Although the Soul itself does not stop “knocking” at the person, giving him its signals. In the person’s life, circumstances arise, which, in one way or another, urge him to return to this Soul- soothing dialogue with God. But the person, guided by thoughts from the Animal nature, refuses to listen and to be heard by his Spiritual nature, which is the Soul conducting God’s Love.

At that point, the Animal nature substitutes itself for this live communication. The Personality, observing its thoughts, can clearly trace this process in itself if it wishes. This process begins when the person, when distracted by thoughts from the Animal nature, or, as they said in the ancient times, “by the ashes”, loses the Dialogue with the One Who is Eternal, the One Who is most dear and near to him. *At this moment, the person starts feeling inner loneliness.* As a consequence of this, *he starts making a substitution, looking for external communication* with those who, like he himself, are temporal here and consist of dust. Or, completely succumbing to the thoughts of his Animal nature, he begins to talk “to himself.” But this communication is completely different from the spiritual Dialogue with God. Feelings of sincerity and spiritual purity leave him, while feelings of resentment, pride, jealousy, and self-interest appear.



These are the most radical substitutions from the Animal nature when it dominates consciousness. They take place because one ceases to understand himself and his spiritual nature, which makes up the true meaning of his life. His earthly selfhood distorts the understanding of the power of the deepest desire of the Soul to become free and independent of matter, to escape from its captivity. A person no longer understands his real feelings. He locks himself away from everyone in his selfish fortress. He begins to try on the image masks offered by the Animal nature. In such a state, he mentally addresses not God but himself. He actually begins to listen to and talk only to himself, or rather, to his Animal nature, which substitutes the eternal Truth with a temporal illusion, turning the person into its conductor. Such a dialogue with himself turns into a dialogue of a mortal human, which makes him spiteful and dependant on many material needs. He no longer lives by God, he is no longer free, he finds pleasure and the meaning of his miserable existence in matter (devoting his life time and attention to accumulating it), in bringing others under his control and inflicting suffering upon them. At that, the essence of this substitution is that the person himself does not notice this; it seems to him that he is doing everything right; and this way, “in his opinion”, will be better for others.

But abiding in the dialogue of a mortal person, he finds no happiness and continues to sway in his material desires like a pendulum. Time passes, and an understanding comes that all this is vanity of vanities. He recalls that at one time in his childhood he had sincere joy, pure love, and confidence, which gave him a sensation of incredible inner freedom. And now there is no sincerity, no purity, and no faith – everything is lost, and each day brings only sorrow to his Soul.

But God’s Love does not leave man even when he forgets about it. God never leaves a human, for His Love, thanks to the Soul, is always with him. However, a human does not always want to accept this eternal Love and often



puts off the sacred learning of it until “later”, guided by momentary, temporary desires of mortal matter. **But man does not have this “later”, there is only “here and now”, in which true movement and choice take place. One only needs to open up and trust in God.** There is no point in wasting the precious time of life. **As soon as the Animal nature begins an attack that stimulates the feeling of loneliness, one simply must immediately overcome this earthly selfhood and, with the sincerity of a child, address God, relying on His Will.** Address as you can, with your sincere words, thoughts, and, most importantly, with the inner, deepest feeling like for the nearest and dearest Being. When the person begins to talk to his Soul with a feeling of deep repentance, the Love of God multiplies in him manifold. God comes into the Soul and gives it peace. It becomes a source of inexhaustible inner power for the person. It revives in him the spirit of faith, provides an opportunity to understand the experience gained and get a new perspective on his life. The person acquires the gift of insight: he abides in Love, for he abides in God and God in him. He has something to say to God and he has the power of sincerity and faith needed to feel His spiritual answer. And this dialogue of the two beings who love each other is infinite. For God is communication in Love. Man realises that abiding in this communion, spiritualisation and unity with God is the real, true life. This mystery happens in each of us when we accept it and open up before God in our sincere feelings.

But if the person relies on his selfhood, he himself closes the Gate of his Soul and feels forever lonely, regardless of how many friends or relatives surround him. But if the Gate of the Soul is open for communion with God, a person is never alone, for he is always in conversation with Him. When he resumes this inner communication with God, a sound understanding comes to him that his perception of life is limited and that he sees only a part of it. God is the only one who sees the life of a human in its fullness. An understanding comes that even the greatest suffering is that circumstance which actually takes him to



the path of communication with God and a renewal of the lost spiritual connections. For God sees man's temptations and his potential for inner spiritual changes. That is why God gives such circumstances, thanks to which the person gains experience and an understanding of his choice, an opportunity to restore communication with Him, which ultimately contributes to the fusion of the Personality with the Soul and escape into the spiritual world. But the choice is always up to a human what to live with – mortal pride or eternal grace.

Spiritual practices help a person perfect this Dialogue with God at the deep level of feelings, where purity of intentions reigns. They act as guides that create conditions for the Personality to connect with the Soul, enrich the inner world, and acquire Knowledge, power, and the purity of feelings emanating from the spiritual world. Spiritual practices are the tools with which the person starts to understand an entirely different world and to realise his very close relationship to it. They accompany the Personality from the first tentative step of cognition to the complete transition to the spiritual world, from the desire to change oneself to understanding the necessity of abiding in God constantly. This is a way of life. This is the way to Eternity. This is like a breath of fresh air, water, light, and spiritual warmth, this is the joy of repentance and the happiness of abiding in God's Love.

The person who begins to work on himself and to learn spiritual practices often gives up doing them, becomes discouraged, reluctant and lazy to do them, inventing excuses for oneself and different distractions from the Dialogue with God. But when such a state appears, you should stop and think who is it that does not let you talk to God? Who creates mental barriers and illusory obstacles in your consciousness? Who makes you think that the matters of this temporal, instantaneous world are more significant than the most important thing in your life – spiritual salvation in Eternity? Who does not want you to walk the spiritual path? There is one answer – the Animal



nature. This is why when its clear opposition is manifested in the form of laziness, unwillingness, and excuses, you should double your efforts and begin to work on yourself spiritually. On the contrary, it is necessary to increase the time of meditations, dive deeper into feelings no matter what, knock at the spiritual world more persistently and restore your salvational sincere Dialogue with God. You must do spiritual practices at least twice a day and during the day preserve the connection with your inner world, with the Soul, with the sense of God's presence. Then it will be not just a way of life – it will become that spiritual path which with every step will be bringing you into Eternity.

When the person lives in God, he has no inner discord, no conflict with himself. He no longer has the desire for individual requests, which are full of fear and worries of the material world, because he understands that the essence of their origin is from his earthly selfhood. He no longer tries to understand with the mind where God is at work and where not, for he starts to feel and Know all this. And this knowledge comes not from the mind but from the deepest feelings of the Soul. After all, man believes with the mind but Knows with the Soul. He begins to focus his inner life only on the Soul, for through it, he cognises God and the infinite spiritual world, which is his real home. Man acquires oneness with his own Soul. There is no more space left in him for bad things because he begins to live in God's world, a sense of peace from contact with Him.

And such communication takes place constantly. There is no longer anything other than God in man's inner life, and the Soul stands pure before Him. This communion is a mystery of the two. Man feels the presence of God and loves Him, reaches out for Him like a loving person for the loved Being to whom he craves to be forever near and to communicate with Him infinitely. Over time, the person gets a real understanding of the fact that not only is God constantly present in him but that He is present everywhere, in the entire surrounding world. Man realises that God is everything to everyone. So, the one who has



started the dialogue with God soon changes himself, acquiring a different understanding and a different view of the world. But most importantly, the Personality during its life, thanks to such independent communication with God, begins to abide in His spiritual world, acquiring that state of fusion with the Soul, which in various religions is called differently – holiness, Nirvana, the supreme connection with God, and so on. This state is that true freedom, that true existence, to which man aspires his entire life.

Anastasia: Thank you from all the people who truly thirst for spiritual enlightenment! This understanding truly opens one's eyes to the real essence of the spiritual development of each person!

Rigden: Do not Thank me, thank Him, for the one conducting only humbly passes on His Will, His Wisdom!

Anastasia: THANK **YOU!** Yes, words cannot express everything, there are so many sincere feelings here! For the many people who thirst for the Truth, this is a real spiritual insight, a revelation how to qualitatively transform oneself.

Rigden: It is important for people to remember that **attention is the key element** in their everyday life. Whatever a person pays and gives attention to in his life (to what thoughts, preferences, and desires) is what he receives. **In its real manifestation, life is informational exchange**, which is far from being limited to the narrow spectrum of the perceptible and audible frequencies, which man perceives to a degree in this three-dimensional world. I have already used the figurative example of information building blocks (bricks) to explain that information is everywhere and is contained in everything. It exists outside of time and space because it forms everything, including time and space. Information influences an individual constantly, but it starts fully working within such an individual, according to its programme, only when the individual begins to give it attention, that is, when he makes a choice. That is, activation takes place of the human structures which



are connected not only to the three-dimensional world (for instance, consciousness, subconsciousness) but also to the overall human energy structure. The Personality, unnoticed by itself, starts to live by this information, it becomes a part of its reality. Therefore, by paying attention to certain information, one creates one's subsequent destiny with his choice. By giving the power of his attention to such information, he, in fact, gives life to the programme contained therein, which is what transforms his life into one or another reality.

Anastasia: Yes, this is a very important point for understanding, how a person becomes a conductor of the Will of the Animal mind or a conductor of the Will of the Spiritual world. It's all about constant choice. Whichever information (a programme of someone's Will) one put the most attention into and supports, that is exactly the Will he becomes a conductor of. The problem of modern mankind is that many people do not understand themselves, thus they thoughtlessly give their attention to the external but not to the inner world.

Rigden: Human's main component, around which his entire structure is built, is the Soul, and the Personality in this structure represents a module for the spiritual, qualitatively new transformation of this power. By the way, the word "module", when translated from Latin ("modulus"), means "a small unit" or "a small measure." In other words, the fundamental principle in the human being is his spiritual component. The intention of creation of man as of a rational entity with the spiritual fundamental element lies in his spiritual transformation of himself with the preservation of the right of choice, in the creation of a true conductor of the powers of the Spiritual world under conditions of the material world.

Indeed, many people in the modern world do not understand themselves, their real capabilities, and the tremendous spiritual power contained within them, and that is why they do not understand how to transform



their lives and the life of society in order to improve their quality. They do not even understand what real life or real happiness is. People attempt to substitute even the internal spiritual feast of communication with God and contact with the spiritual world, which the person experiences by the deepest feelings during spiritual practices, for external rites and celebrations invented by the human mind. Yet, the most interesting thing is that man also awaits this external humane celebration with great hope. And, when it happens, then it, in fact, drains the person, turning him into a kind of an “orphan”, by disappointing sensations, for the person has been subconsciously waiting for something greater, not in terms of entertainment or satisfying the flesh but in the deepest feelings, which he didn’t get. All this is due to the fact that this is a substitution of the real spiritual rejoicing (which the person experiences every time coming in contact with the spiritual world) for an ordinary theatrical performance from the mind with associated external material decorations.

So many concepts in people’s lives are substituted by setting the programmes of the Will of the Animal mind, for people themselves often choose thoughts and desires from the Animal mind, focusing their attention and life energy on them. People’s problem lies in the fact that, while making their choice and becoming conductors and executors of the will of the Animal Mind, without even understanding this, they believe that it (the Animal Mind) does not exist as such. After all, the Animal Mind is invisible to their eyes, unlike their physical bodies and the surrounding three-dimensional world. Such people underestimate its might and power. They do not understand its capabilities of controlling the human mind, and, most importantly, its aspiration for the total materialisation of people’s consciousness in the entire human community. And the latter will turn all people, without exception, into conductors of the Will of the Animal mind, which will increase its power considerably.

The resource of the life energy of mankind with its capabilities related to the presence of “the perpetual engine”



(the Soul) in the structure of each person is very important to the Animal mind. For the smart ones, it is enough to take a look at the events of the last centuries. How dramatically the population of the planet has increased, how much in just a span of just two centuries technologies have developed, that are primarily designed to ensure mass communication of people on the planet, that is, to promote unification of everyone into a single information field. How at the same time the consumer format of thinking is being intensively imposed all over the world, how an evident slant of the civilisation towards matter is taking place. This is none other than preparation by the Animal mind for total control over mankind and use of its powers and resources for its own purposes, which may not even be related to the three-dimensional world. Within its power, there are dimensions that are higher and more interesting within the limits of the densely populated material world, where even minor changes entail more global changes in the lower dimensions, which lead to certain results of the replenishment of Animal mind's power. And the latter is necessary for the survival of the Animal mind itself, which depends on matter, and for extension of its temporary existence in opposition to the greater powers – the powers of Allat. And for this, the Animal mind will not spare any sacrifices in the form of collective and individual minds subordinated to its Will.

So, people should think hard on which edge the global community is currently standing, whose Will they are thoughtlessly implementing, and what consequences await both every Personality individually and the human civilisation as a whole. Today, it is extremely important for the mankind, just as it is for every Personality, to wake up spiritually, unite on the spiritual basis, and change the “minus” to “plus”, using for spiritual purposes the technical base prepared by the Animal mind to do this. And the result will not keep itself waiting. In the invisible world, such decisions and actions taken by the consolidated humanity can stop the vortex of the rapidly growing spinning of events along the reverse swastika. Thanks to which, people will not only be able to prevent future events that are to take place according to the



programme of the Animal mind, which threaten the very fact of mankind's existence, but also to spin the vortex of events in the direction of the right swastika. The latter is nothing other than activating the creating powers of Allat and, consequently, creating a completely *different* future for the entire mankind.

Anastasia: Yes, I understand what you are talking about, for the real capabilities both of man and society as a whole are not limited to the three-dimensional world. However, in order for the society to attain a qualitatively different level of understanding, people must learn to control their Animal nature, they need to live by the spiritual transformation.

Rigden: Perfectly true. This is exactly why the main base of the primordial spiritual Knowledge has been given: starting with your previous books and ending with this one. They are sufficient for the person not only to awake spiritually but also, by working on himself, to independently attain spiritual fusion of his Personality with the Soul. Certainly, provided that people really engage in self-perfection, do not distort this Knowledge, and follow it as if along a navigating channel, while expanding their horizons of knowing the world and orientating themselves spiritually in this turbulent ocean of material life.

The Knowledge comes to a person at an important stage of his life, even if he is unaware of this, but it is revealed to him only when the person begins to spiritually transform himself and becomes worthy of accepting it. Otherwise, it will be of no use to him. The important thing is how well people will master the already obtained Knowledge, how significant the changes in their inner spiritual growth will be, and what transformations will take place in the society as a result. Because the next level of Knowledge is an opportunity for people to make spiritual transformations in the higher dimensions of the material world which, as I have already mentioned, can lead to global changes in the lower dimensions. And this is great responsibility, this



means a clash with forces of the Animal mind, which will not give up its ground that easily. This, if you will, is the area of using “supernatural powers”, or, as this used to be called, the art of “the supreme white magic”, and people who directly opposed the Animal mind’s forces, against which they waged battles on that side of reality, were named Geliars.

Anastasia: Well, unfortunately, today most people do not understand elementary spiritual things. And those who even receive this Knowledge are often in no hurry to transform themselves, living by their old templates imposed by the system of the Animal mind. People still lack a firm desire to live and create from their Spiritual nature. This is also seen from ordinary situations in life. For instance, a person, upon reading these books and coming into contact with the Truth, is quickly inspired with the desire to work on himself and make spiritual changes in his life. However, after a short period of time, having once again shifted his attention to everyday problems and troubles of the material world, his spiritual desire quickly fades away. Through the Animal nature, the system once again takes control of his consciousness, although the person’s Soul greatly suffers from such animal oppression.

Rigden: The person who lives by the hidden desires of his Animal nature is spiritually weak. That is why, upon coming in contact with the Truth, he gets inflamed like a match but then he is quickly extinguished because he still has no spiritual support either in himself or in the society around him. But if the person has a firm intention of escaping the reign of power of his Animal nature, then he must return more often to the source of the Truth – the books which will help him to shift his attention and come out of the narrowed state of consciousness. Moreover, one must understand that at initial stages of his spiritual development, communication with like-minded people will play a major role for him. This spiritual mutual support is particularly important for those who are at the very beginning of their journey.



Just recall how such communication within your group helped you all at the beginning of your spiritual journey to overcome not only the lack of confidence in yourself and in your strength but also to resist hidden attacks of the Animal nature in time. The thing is that at the initial stages of the person's awakening, simple confusion and templated substitutions often take place in his head, which results in misreading where manifestations of his Animal nature are and where the Spiritual nature is manifesting itself. In a group of like-minded people, communicating with other people, one comes to understand oneself faster and better. As a rule, at first people are afraid of "giving away" the secrets of their Animal nature, especially in a group; they fear baring their problems in public, though they gladly listen to those who have the courage to do this. When the person "gives up" the positions of his Animal nature, then, in essence, he blocks its loopholes, that is, the possibility of secret action. Besides, a group of like-minded people will not only hear the person out but will also share their own similar situations and methods they have found for resolving them. Thus, one gets not only spiritual support from like-minded people but also helpful input which expands his knowledge and experience.

Such practice has existed since ancient times. For example, the early Christians practiced the so-called public confessions in small communes. This is basically the same heart-to-heart chat with friends, which brings spiritual benefit to the person. But with creation of the institution for controlling the masses – religion, much was turned upside down.

Anastasia: That is so. Officially, the practice of confession for all the faithful of "sensible age" was introduced into Christianity in 1215 by resolutions of the Fourth Council of the Lateran. By the way, that council adopted a whole set of measures to fight heresy (including creating the Inquisition) for the purpose of strengthening the authority of the Church. Those measures were included into reforms and the development of the code of the "canon law". This



was the Church's response to the spread of the mass scale "heretical movements" in the early 13th century – Cathars, Albigenses, Waldenses, and so on. The latter's guilt was only in the fact that people wanted to know the Truth about the real Teaching of Christ and started searching for it and developing spiritually without intermediaries.

So then, regarding the accepted by religion practice of confession. It was imposed on the believer that he should do it at least once a year. The believer had to confess his sins to a priest who, in turn, gave absolution in the name of Jesus Christ using "words of absolution" that had been specifically determined by the church. It was considered a necessary condition for the person to obtain "divine forgiveness", for it had been established by the priests that without a confession, the person would not be allowed to "Holy Communion", and without it, there would supposedly be no salvation for one, because due to the church dogma, "communion is a reunion with Christ", "a blessed communion of the Soul to eternal life". Otherwise, the person was expelled from religion. They scared him by telling him that he would be denied the right to be buried according to the Christian rites and so on.

Yes, of course, the difference is significant. It is one thing when man himself aspires to improve and perfect himself, to communicate with like-minded people and friends, wants to understand himself, to receive spiritual support, and do what he can to help others. And it's quite another when the person is obliged to do it under threat of excommunication from the Church and public harassment, moreover, on behalf of an official organisation – the Roman Catholic Church, which in those days, in fact, was an institution of executive power. Indeed, everything was turned upside down as if on purpose so that people would repent out of fear and not be guided by spirit; so that they would not even think about engaging in spiritual pursuits on their own.

Rigden: These are exactly substitutions from the Animal mind, which people do not notice while being its



conductors, thinking that such thoughts are their own, that they are intended to strengthen their power and at the same time to supposedly contribute to the “population’s spiritual growth”. Spiritual matters cannot be forced; it is one’s personal choice that is important here. Everything is built on it. After all, there are no bad people, there are just people who do not know their real spiritual abilities, and so they suffer.

Anastasia: It is known that man’s personal spiritual transformation has always had a certain impact on the society around him. You have repeatedly mentioned that if such spiritually awakened people were a majority, then the society, too, would change. Could you tell people how to qualitatively transform society in order to get away from the clichés and stereotypical templates of the Animal nature as well as consumer thinking and reorient the vector of movement of modern civilisation towards spiritual development?

Rigden: Everything is simple. It is necessary to create conditions for a fundamentally **new model of society, taking into consideration the dual nature of a human being, eliminating the smallest possibilities of manifestation of the Animal nature’s temptations in all spheres of the society.**

How to start building such a society? If the majority of people indeed have an intention to create a civilisation that would live according to the spiritual principles, everything can be solved in a very simple way. The first thing to do is to put the spiritual development of society in order. In a civilisation that is oriented towards the spiritual vector, that is, claims a high level of development, there should be no fragmentation into different religions; furthermore, there should be no religion as such as an institution of controlling the masses and no intermediaries between God and man. It should not have *even a hint of such a phenomenon as the priesthood, no matter what they call this structure, which creates religious systems and institutions of different*



religions in the world. There should be a desire and certain actions of society itself in creating life conditions for the spiritual development of the human Personality as such, as a basic component of such a society!

The dawn of mankind saw the beginnings of such an organisation of people's lives, where more attention was paid to the spiritual life of community, while material problems were secondary. As a result of geographic and other causes, many groups of people, who had one and the same spiritual grains of Knowledge, existed isolated from each other. Over time, because primordial Knowledge got lost and the Animal nature became more dominant in people, a division within groups began, and social inequality emerged. The emergence of the institution of priesthood and the establishment of different religions was based on the foundation of the initial spiritual grains of the Knowledge. However, the system itself was built according to the material dominant. In fact, it is an attempt of the Animal mind to completely dominate and control the conglomerate of intelligent matter it deems to be humanity with its unique source of power – life energy intended for spiritual purposes.

Anastasia: That means that religion as a system serves the interests of the Animal mind, although it attracts masses of people to itself precisely because of the spiritual grains. Yes, if we look at all the variety of spiritual teachings, beliefs, and religions of the world's nations while rejecting the husks of the priestly system and its concepts, presence of one and the same Knowledge becomes obvious: how a person should adhere to the spiritual path and not fall for temptations of the material world. It's just that all these grains of Knowledge are, in fact, about one and the same thing, but served in a variety of human interpretations.

Rigden: That is correct, and this knowledge is not a religion, that is why it can be found in different parts of the planet among different peoples with different beliefs. This Knowledge contributes to the natural process of the spiritual development of man, regardless of race, nationality,



a region of residence, social status, and so on. But by using this Knowledge, priests created their own religions, which are the fruit of the human mind. They came up with distinctive features and differences of one religion from another only in order to have power over a large number of people.

History of humanity has seen times when attempts were made to turn masses of people into atheists. It seemed they were pursuing noble goals – to save people from the iron heel of the priesthood. But the problem was that the Animal nature still remained dominant in different spheres of society. So instead of a “bright future”, conditions were created in humanity for a worse form of the dominance of the Animal mind’s Will to manifest in people’s consciousness. The concepts of the Soul and God were eliminated for new generations as such and replaced by the selfish “I” and material priorities in life. The result of such a treatment of mankind by the Animal mind is evident: the materialistic worldview dominates in the world society, and the consciousness of most people has been enslaved by material behaviour patterns and directives. Today, a person who believes in one God and prays for the salvation of his Soul is, unfortunately, perceived by most people as a “relic of the past”, as a kind of an individual who has been alienated from society and whose consciousness is supposedly “blinkerered by a religion or a sect”, even if he has nothing to do with these organisations.

Why has such a negative attitude towards the main meaning of the human life – spiritual development, God, and the Soul – gained such a foothold in today’s society? Because the priorities of the Animal mind are being promoted and glorified everywhere, and they orient society towards material values and consumer principles. The minds of people are dominated by an attitude of saving and accumulating money, property, real estate, an unlimited right to preserve and pass them on by inheritance. Man narrow-mindedly sees the purpose of his life in this, thus attempting to get fame for himself not only during



life but also to keep it after his death (this is a sort of an element of a substitution from the Animal mind, so to speak, a substitute for immortality). Individual desires of the masses of people are reduced to an aspiration to possess something, have power in the material world, turn everything that surrounds them, including themselves, into their indivisible property. All this does not simply point at pathogenic signs of infection of society by the Animal mind's attitudes but also at the fact that humanity is coming to the edge of self-destruction. And unless urgent measures are taken now for its spiritual recovery, tomorrow may be too late, because destructive processes will have become irreversible. The most important thing is to realise that only man himself can save both himself and the surrounding society, with his choice and his actions.

Anastasia: Yes, those two age-old questions are: "Who is to blame?" and "What do we do?"

Rigden: People must not waste time searching for someone to blame, entertaining their Animal nature, or wait for someone to do something for them. They themselves need to start acting and become a good example to others. In society, people are drawn to those who have Honour and Dignity, who help others for free, who live according to their Conscience, who truly serve the spiritual world, ignoring material priorities. That is the kind of person you need to be, first of all, improving yourself.

In a civilised society with the spiritual vector of development, everyone from childhood should be able to ignore thoughts from the Animal nature, understand their dual nature, their own energy structure and its capabilities. A human must know that he is directly connected to the spiritual world, that there is one God and there should be no intermediaries at all in communicating with Him. This is a sacrament of the two: man and God. It is necessary to create conditions in society so that new Personalities that come into this world understand the primary meaning of life: to increase their spiritual power, to follow cultural and



moral foundations that are natural for people, to be more humane and kind in their thoughts, words, and deeds, to perfect themselves internally, and, ultimately, to save their Soul.

We need to take into account the mistakes of the past and not lose the main spiritual reference points. In today's world, people forget one simple truth: the time of their lives flies very fast. They see a certain degree of freedom in achieving their material desires. In fact, this freedom is conditional, it is illusory. Man actually cannot possess anyone or anything in the material world, even if he conquers peoples or a significant territory in it and gains power over its many riches. He is born alone and dies alone. This world, for a human, is only an illusion of information, which creates conditions for affirmation of his dominant choice.

In such a qualitatively new society, various spiritual self-improvement tools must be on record and available to the Personality. If a person wants to use additional tools for his spiritual development, for instance, in the form of prayers, spiritual practices, meditation, and so on – he is more than welcome, this is his desire. But tools are just tools. They attune the attention, not unlike a tonometer, to a certain frequency, allow one for a moment to feel the other side, the other world, the world of God, to get experience, compare and understand the difference from this world, come in contact with one's Soul through the deepest feelings, and feel its power. But then person returns to the familiar three-dimensional world again, in which he once again makes his choice each day. And here, it is very important what he will choose in the future, with this spiritual experience under his belt. Will the person want to qualitatively transform his nature and become a Spiritual Being or will he be seduced by a temporary illusion from the Animal mind and thus condemn his Soul and Personality to continued suffering? All this seems to be a small detail and only a result of the personal choice of a single individual. But the choice of each person adds up to the movement of a civilisation as



a whole, which depends on each choice. It all starts with the purity and sincerity of intentions of each individual in the society, his or her true inner choice, and a responsible approach to life, given its very limited term.

In order to establish civilised order in society, and, first and foremost, in the spiritual aspect, it is necessary for the society to have as many as possible spiritually literate people. This refers to those who perfect and transform themselves spiritually, expanding their horizons of knowledge. At first stages, it is imperative for such people to join forces for the purpose of disseminating the Knowledge in various spheres of society. It is necessary to create conditions for more enlightened and intellectually developed people in the world community, in whom the Spiritual nature dominates, who would have free access to the primordial knowledge for cognising the world and themselves.

Anastasia: In other words, to do everything possible so that the priorities based on the internal need to create and increase Good became firmly established in society: “I give to God” and “I give to people”, rather than the current “give-and-take” format of consumer thinking of buying and selling.

Rigden: Absolutely right... So then, next it is necessary to abolish the very structure of priesthood, this mass of various religious hierarchies and armies of priests who perform sacrificial rites and who consider themselves to be intermediaries between people and God (no matter how He may be called in different religions), but, in fact, who just live at the expense of the public. For many of them, religion is a mere occupation and a source of income (acquired at the expense of ordinary believers’ labour); it is a means of manipulation of mass consciousness through faith for political purposes. In order to abolish the structure of priesthood, revolutions are not necessary, there is no need to organise bloody showdowns, strife, and similar provocations of the Animal nature. It is possible to abolish the system in a peaceful way. After all, priests are people, too, just like everybody else; they also tend



to make mistakes just like any person. It is simply necessary to create such conditions for society in which the institution of priesthood disintegrates on its own as unnecessary. Then people who belong to it will find themselves in other professions which are more useful for society, according to their real priorities and choices in life.

Anastasia: How do we create such conditions?

Rigden: In fact, it is not that difficult. People should simply stop “sinning” themselves, by seducing priests with their alms. In the end, when this business ceases to bring them personal income, they will be forced to take off their priestly garments and go to work for the benefit of society just like everyone else.

In general, if we speak about the concept of sin as a religious term, alms to priests can be called one of the heaviest sins, no matter what denomination they belong to. Why? A person donates to priests and their army of hired servants in the mistaken belief that they are more holy than him, that these people wearing other garments are closer to God and, therefore, their prayer is more effective. But priests are people just like the rest; they have not yet saved themselves and their Soul, so how can they save others? At the same time, once again, the person should stop and think for whom this material sacrifice is made and for what purposes.

So the material alms of believers are needed only by the army of priests. God needs neither money nor other riches of the material world. Relations between man and God are based solely on the deepest, personal feelings of the person from the contact with the spiritual world, his sincere Love and gratitude to God. These true deepest feelings of man towards God are the only real treasure that can be accepted by that world. These relationships with the spiritual world take place without any intermediaries.

It should be understood that as long as the person evaluates the world from the perspective of a resident of



three-dimensional space, that is, through the prism of his material thinking, then in many spiritual matters he will be full of illusions cast by his pride. He thinks that since he has deigned to pay some of his attention to the spiritual world, then entire hosts of angels have to take care of him, cater to his requests, and practically carry him to paradise on royal pillows. In reality, until the Personality matures spiritually, it is unnoticeable to the spiritual world. I apologise for a commonplace human comparison, but such Personalities are like millions of reproductive cells. Gametes have a set of chromosomes and carry hereditary characteristics. A person does not even notice their material emergence, existence, and death. Moreover, he sometimes uses their power without even realising it. However, when two gametes fuse into a zygote and embryo begins to develop, here at least one person, I mean the woman (in the spiritual sense, the divine feminine principle), will be unable to ignore this fact. She will surely pay close attention to this phenomenon and will take care of the new being in the future. It is the same in the spiritual aspect. People need to develop themselves diligently, master spiritual practices, live by means of communication with the world of God at a deep level of feelings so that the Personality is able to fuse with the Soul and they earn the right to be accepted into Eternity. Then the spiritual world, too, will turn its attention to this individual, it will dote on him as a long-awaited new perfect Being.

Unfortunately, the ancient Truth about achieving fusion of the Personality with the Soul has been lost in the modern world, and a person, hoping to express his Love and gratitude towards God, gives material alms to priests, thereby pandering to the Animal mind in tempting and seducing people in priestly garments with the material world. You sin, and the priest sins by taking the alms, which become a subject of temptation for him. With your alms, you make him think not about the spiritual but about the material, not about taking care of his Soul and true service to God but of increasing his material income. Do you understand where the severity of this sin lies? With his



alms, a person pushes the Personality and the Soul of the priest into “hell”, inclining his choice in favour of matter, that is, the Animal mind, while also burdening himself with this sinful act. This sin is even more terrible than killing the human body, because the body is a temporary garment, in fact, ashes. While this sin is like a deadly poison for the Soul, which deprives this Personality of the chance to break through to eternal life. At the heart of such material alms and sacrifice lies a substitution of the Animal mind in the form, as you have mentioned, of the typical purchase and sale formula: “you scratch my back and I’ll scratch yours”, belief in the possibility of a material “buy-out”, a “payoff” for their sins, and in acquisition of new wealth in the future – from health to prosperity.

Anastasia: Many people have just never stopped and thought about it. At that, ordinary believers regard such requests of alms in favour of the church as natural and humane, because this implies helping other people. Since usually priests and their servants justify their requests of alms, for example, by construction of a new temple, church needs (previously in sermons, the word Church was often linked to the concept of Heavenly Church), help to the needy believers and so on. Nobody reports to the flock about the actual circumstances of distribution of this public money or provides them with any financial statements of income and expenses.

Rigden: In a normal civilised society, helping other people, just like building, for example, a temple intended for collective spiritual practices, can and should be done by associations of ordinary citizens, residents of a particular locality or a settlement. All this is done according to the following principle: people come together, decide, and get it done if it really is vitally important for the locals and if they really wish it. For instance, people in a village want to build a temple – for themselves, their children, and fellow villagers; they are to live here and they should decide how to live – not someone from above. And you can rest assured that for themselves, their relatives, friends,



and children, spiritually competent people will certainly build an appropriate temple without signs that activate the material nature in man, but only with signs that awaken people's spiritual component. In a temple or at another place intended for collective spiritual practices, people will exchange knowledge and experience as equals and pray together for the salvation of their Souls to the glory and gratitude of God's Love. They will not conduct, like the majority of priests in today's temples, political or priestly religious monologues for the flock, mixing spiritual knowledge with the desires and aims of the Animal nature or indoctrination according to priestly programmes. For this will indeed be intended for people and their spiritual development, and not for mixing spiritual grains with material aims or for priestly business and exactions from the flock by "recruits" in priestly garments. In it, people will be developing themselves spiritually independently.

No one should profit from temples and places where people gather for spiritual development and communication. As soon as exactions, sales, paid services, or paying salaries to anyone start in temples or "holy places", temptations will arise as well, how to earn more and then how to get more power without much effort. After all, for an idle mind, it is easier to carry a candle in a pompous theatrical ritual and to liken one's pride to the analogy with a supreme being than to work with a pneumatic hammer in a coal mine. And the person will not even notice himself falling into a web of vices. This is a long known manoeuvre of the Animal nature.

But it is not about temples as such but about people. One can engage in spiritual perfection anywhere – both outdoors and indoors. I have already recounted how in the ancient times, people engaged in spiritual development in caves, and generations of people came there and learned spiritual practices by the signs and symbols painted on the rock walls by their ancestors. These caves still exist today; no one has been tempted by their material poverty, and spiritually literate people can use the spiritual values – the Knowledge – even now. Priests of different religions,



as far back as the ancient times, would build magnificent temples to perform their rituals, decorating them with gold and jewels, for example, in ancient Egypt, Babylon, ancient Greece, and so on. And where are those temples now? They have been replaced by ruins, and the gold has long been looted by the people who were tempted by such material treasures. **It is a disgrace to tempt people with material things in the places where spiritual education takes place.**

So, people must not be allowed to make a profit from the spiritual aspiration of others. Dissemination of spiritual knowledge must not bring any financial or other material benefit to a person. This is the only way it is possible to avoid material temptations, and then the person will do this with all of his heart and Soul, with sincerity of his spiritual intentions!

Anastasia: Yes, the problem of most believers is that by making donations to religions, people, in fact, in a way buy their way out of the spiritual work on themselves, writing off the matters of their Conscience onto priesthood. Instead of doing good themselves in the world, it is easier for them to give money to “the servants of the altar.” And the priesthood uses this with impunity.

Rigden: Unfortunately, this is so. However, not quite with impunity, for no one has yet succeeded, and no one will in the future, in avoiding personal Judgment, and each person will be rewarded according to his deeds and thoughts. As for the people themselves who attempt to buy their way out of spiritual work at the expense of alms to priests, that is their mistake. In fact, this is self-deception, for no matter what material ransom a person has made up for himself, no one will do the spiritual work for him. It is not his money in the temple that is important but his personal involvement in the constructive deeds of society and personal spiritual changes associated with this. As for donations and temples, it is enough for an intelligent person to look at the realities of today. Construction of churches



in cities has been turned into business projects. What is taken into consideration is not quality but quantity, not how many people will truly be able to have exposure to the spiritual but what economic profitability and political benefit it will bring. At that, every religious organisation, especially in big cities, tries to grab for itself a piece of land closer to areas of mass gatherings of people in order to ensure the biggest influx of parishioners.

The fragmentation of religion into sects and their strife with each other is just a fight for power, where the importance of a person is judged by his wallet, and power over ordinary believers is seen as political power over electorate. Everything is turned upside down! And it can only be set right when people in society become more competent in spiritual matters themselves, begin to expand their horizons of Knowledge and outlook, do what they can to participate in the life of society, live with God inside, and do good and creative deeds. Then the “need” for commercial brokers between God and man will cease to exist.

Anastasia: In connection with this, another important question arises. In the priestly “army”, there are certainly people who have chosen to serve one or another religion with hope of spiritual liberation, without knowing the true state of affairs in the system before getting into it. However, even while in it and observing things that are not shown to the masses of believers, they haven’t lost in this political dirt the purity of their faith and their sincere intentions to serve only God and not priestly clans. Once you said that the true spirituality of such, in fact, “God’s people”, who, unfortunately, are very few in the whole world, is what holds up, like pillars, the glory of any mass religion or belief. If the system of religions is abolished as such, what should people do who are truly walking towards God, while engaged in spiritual asceticism and at the same time sincerely help other people for free?

Rigden: Well, first of all, today there are too few of those who have the sincere desire to serve God instead of their



pride, by taking care of the human souls without getting remuneration for it, at that. In fact, such people are indeed few among the millions who serve in the army of priests of different religions. The overwhelming majority of those who serve in religions are outsiders who have been tempted by material aims and not by spiritual salvation. And, secondly, no external changes will stop the internal spiritual process for the true “God’s people.” Even after changing their profession and working, like everyone else, for the benefit of society, they will continue to develop themselves spiritually just as sincerely, devoting their free time to helping others. For this is their spiritual need, their internal life, which prevails over circumstances of this world. So, external changes will not stop them, rather they will delight them, given what they have to face and see in the everyday interior life of a religious community, as well as in the actions and deeds of their “colleagues”.

One of the necessary conditions for achieving a qualitative transformation of society is **the understanding by people themselves the meaning of their spiritual development as well as the cessation of participation in tempting with power and material values of the people** who belong to the “army” of priesthood. Do not give them money (donations) or presents of any kind; do not appease their pride with bowing, worshipping, hand-kissing, servility, obedience, supplications, or similar temptations for their Animal nature. In other words, **you must not “sin” yourself and provoke others into it.** After all, this person is just like you. He (a servant of the sacrifice cult) does not differ from an ordinary person in any way, since his Soul is also located in the body, in this material world. Here, no one can be either lower or higher, for all human souls suffer equally from this material captivity.

A human being has only one way out of these material pincers – to develop spiritually and liberate his Soul, leave for the world of God. **There are no such people who have not at least once felt this need coming from their Soul and manifesting in aspiration for true spiritual**



freedom. It is a different matter that man's Animal nature interprets this need of the Soul in its own way, distorting the very concept of "freedom", endowing it with material quality, which is alien to Spiritual nature. All people are believers; only each person uses the power of his faith as he chooses. By the way, those who consider themselves to be quite ardent atheists are actually, when they are alone, prone to the same fears and superstitions as any believer. In society, these people are basically those same priests, only on a "small" scale, the only difference being, they openly glorify qualities of the Animal nature (their self-love, pride, vanity, and so on).

Anastasia: Once the institution of the priesthood is abolished in society, how can people avoid similar mistakes in the future? I mean while disseminating spiritual knowledge, how not to be tempted by pride, vanity, how not to desire power over your own kind, that is, how to resist temptations of the Animal nature.

Rigden: If the civilisation moves in the spiritual direction, it will be possible to solve this issue quite easily. It must be understood that a human being has a dual nature, and constant swings between the Animal and the Spiritual nature take place in him. Consequently, it must be done in such a way that *spiritual cognition and dissemination of universal humanitarian primordial Knowledge is not to the advantage of man's Animal nature as a conductor of the Animal mind, representing the material world and its interests, but so that it is absolutely acceptable and favourable for development of the Spiritual nature in man as a conductor of the Spiritual world.* It is important to make the primordial spiritual Knowledge accessible to all people and while disseminating it, eliminate any possibility of tempting people with incentives of the Animal nature.

Anastasia: So, it is necessary for people themselves to create such conditions in society, in which for those who spiritually educate others, it would be materially disadvantageous.



Rigden: Yes, in this matter it is necessary to eliminate any possibilities of manipulation of public consciousness by conductors of the Animal mind as well as any chance of someone deriving economic profit or political benefit; furthermore, it is necessary to prevent distortion of information and manipulation of it to someone's advantage, that is, this kind of manifestation of discretionary power in the field of Knowledge dissemination.

Anastasia: However, this will truly be possible only when many people learn the basics of the primordial Knowledge. And when the world community has this information, the majority of people will begin to accurately separate the spiritual wheat from the chaff, and they will not succumb to the influence and provocations of people with bad intentions. They will be able to ignore manifestations of the Animal nature within themselves and uphold the Spiritual nature in their community and the environment.

Rigden: Absolutely. First of all, people should awaken spiritually, and then these vestiges of colonial thinking will fall off on their own in society, and a whole army of various parasites and their freeloaders, who live at the expense of peoples' faith, will be cast out of the spiritual field. For as long as they live off ordinary people, they will come up with any number of things just to live their lives as social parasites, freeloaders in society, and so that on top of it people kiss their hands for that and hold them in high esteem.

People must learn to be the masters of their own spiritual destiny and not to expect someone to do their vital spiritual work for them; they must independently perfect themselves, work on themselves, and broaden their horizons of cognition of the world. Not to expect mercy from priests and politicians, not to indulge in illusions, and not to allow themselves to be manipulated. It is necessary to be a more mature Personality, a socially active and spiritually responsible Human being. And in order not to repeat the mistakes of the past and to avoid the dependence on the



Will of the Animal mind in the future as well as distortions of spiritual Knowledge and return to the priestly schemes, it is necessary that those *who decided to help themselves and other people in spiritual matters did that to the detriment of their pride and material interests*. Because, as I have already said, where financial interest appears or the possibility to satisfy one's pride, get any kind of benefit or gain privileges and power over someone, sooner or later a temptation will arise and a weakness of the human spirit will manifest itself.

How does this look in real life? If a person independently improves himself, has a spiritual experience and an inner need to disseminate spiritual Knowledge, he helps people in his spare time, they learn and, in their turn, they also help other people in these matters, and those help the next ones. But everyone should work for the benefit of society, have some sort of civilian occupation, earning their daily bread with their work. In their spare time, people must study and share experience and knowledge with others as equals, like with good friends, suppressing their Animal nature and guided by the Spiritual nature in their actions. This is a real help to people and at the same time work on yourself: detection of manifestations in yourself of the Spiritual and Animal natures, effective control over one's thoughts, studying one's nature, and spiritual development. That is the point: you yourself grow and help others.

Do you understand what is so special about disseminating spiritual knowledge in this way? A person goes to share the knowledge about God with people and spends his own time, his effort and resources, without getting anything material in return, no temptations or gratification of his Animal nature. The only thing that he gets is spiritual augmentation while communicating dispassionately with Souls of the people who are suffering just like him. What you sow in yourself is what you will eventually reap. Spiritual to spiritual and material to the material. That is, this person sacrifices his earthly selfhood in the form of ambitions of his Animal nature on the spiritual altar of



his life, and also multiplies his spiritual “gifts” as a result of communication with people. These gifts are not material (not money, food, things, or human ambitions from pride). This is exactly that spiritual component which a person passes to other people through the spiritual Knowledge. For, by disseminating spiritual Knowledge, the person thus resists the unified Animal mind, and helps others, at least a little bit, to know, feel, and understand the divine essence that is hidden in them and that does not belong to the material world. Matter is mortal, but the Soul is immortal. The Personality has freedom of choice: whether to become mortal or to leave for Eternity. This is the whole point, and everything must grow from here.

One must remember that the Animal mind is very strong, and a human being, by virtue of his dual nature and because of the swings in his choice between the two natures, is weak. Even those who are steadfastly walking along the spiritual path are exposed to attacks of the Animal nature. Should a person get just a little distracted or become slightly tempted by the material, as the Animal mind seizes his consciousness at once, often winning during those moments of his life when the Personality’s choice is particularly important. This is why it is recommended to be vigilant, to work on yourself relentlessly, and not give an inch to your Animal nature. If you have stepped on a rake once, know how to avoid it next time. While disseminating spiritual Knowledge, there is always a temptation from the Animal nature by pride, likening oneself to a superior being, in the desire to appropriate this Knowledge and interpret it in one’s own way from one’s mind, while talking to other people. This is how the distortion of it from the Animal nature usually happens as well as substitution with material concepts, and, as a result, the primordial Knowledge is lost. The person must understand that spiritual Knowledge is given to all people. The human being is not God, or an angel, or a cherub, and nor is he the Holy Spirit. He is only human, just like all people, since his Soul is confined to the multidimensional energy structure, which belongs to the material world.



Anastasia: There is another important question, which interests our readers. Can the person give somebody an absolution of his or her “sins”, forgive anything to anyone in the spiritual sense on behalf of superior Spiritual Beings?

Rigden: *Man cannot absolve anyone of “sins” or pray for anyone, for he himself is imperfect. And no one on Earth is given the power to forgive on behalf of superior Spiritual Beings, and even more so on behalf of God.*

Absolution of “sin” is associated with confession, which we have already mentioned in our conversation. It is necessary to understand the psychological nature of the origin of such a phenomenon in religion as confession. The effect of catharsis (from the Greek word “katharsis” meaning “purification”) is well known not only to ministers of various religions but also to psychoanalysts and psychotherapists. People knew about it also in ancient times. This is a therapeutic method when a person recalls moving moments of their life, which gave rise to a deep experience of an inner conflict or a psychoneurotic disorder. In fact, for a person, this is a psychological relief, which is inherent in any heart-to-heart conversation, for example, with a friend about one’s troubles or problems, after which his state of depression disappears, and the person experiences a kind of a psychological relief. As they say: “joy shared is joy doubled, while sorrow shared is sorrow halved.” And in most cases, the more pride there is in a person, the harder it is for him or her to confess any wrongdoing. Religions’ ministers added this practice to their armoury. Confessing an offence was presented as a kind of a sacrifice, which was certain to be followed by a reward – “forgiveness of wrongful actions” or the “remission of sins.” This way, they basically dishabituated people from working on themselves spiritually and accustomed them to the thought that, if a person asked sincerely enough, they were sure to receive this forgiveness. I repeat: this is simply a purely psychological technique, which is based on the person’s faith.



But here is what I want to say in this respect. A heart-to-heart conversation is certainly good. But it only temporarily helps a person experience one of the consequences of his inner conflict at that particular moment, but it does not solve the main thing – removing the cause of the conflict. The roots of the latter lie in the daily habit of thinking, which is mostly related to the concentration of the Personality’s attention on thoughts and desires of the Animal nature. Only the person himself can radically eliminate the cause of such conflicts’ origin in himself. No one else can do this for him. Only he himself, with his choice and internal changes, by multiplying his good deeds and seriously working on himself, can spiritually purify himself, evolve, and as a mature Being, escape from the material captivity, free his Soul. Only he himself, thanks to his spiritual work, can on his own leave for the seventh dimension (“the seventh heaven”, “paradise”, Nirvana), that is, make his spiritual way into the world of God. Any person who truly walks along the spiritual path, who works on himself, and whose life is dominated by his personal, innermost communion with God, Love, and connection with the Spiritual nature, sooner or later reaches this understanding on his own.

People should learn to understand their dual nature, understand and forgive each other’s mistakes in such a way as if they themselves were learning this lesson and as if this were happening exactly to them. To err is human. However, spiritually strong people not only acknowledge their mistakes, but they can also learn from them. They have the courage and patience to realise the mistakes made and fix them if possible. One should not be unhappy about what cannot be repaired. But you should double your efforts in what will unfailingly bring spiritual joy not only to you but to other people as well. Life is a real school, where mistakes are lessons, and the gained experience – a mentor.

As they say, a smooth sea does not make a skilled sailor. Once he gains Wisdom, thanks to the spiritual experience, the person begins to steer his ship confidently and purposefully in the midst of a raging ocean of life, avoiding



mistakes of the past, not allowing the elements of the past to toss him from side to side, causing inner conflicts. As sages of the ancient times said, holding life's steering wheel in the raging ocean of life requires, first of all, spiritual work on oneself. For such a brave person who steers his ship through the storm of life's elements, sooner or later a day will come when a completely different, spiritual, pure world, which he has not previously known within himself, will open to his inner eye. This world begets peace in the Soul and allows Wisdom to emerge victorious out of the elements of matter and moor on the shore of Eternity.

Anastasia: Indeed, one mustn't give cause, first of all, to oneself, for the emergence and strengthening in consciousness of thoughts about different material temptations – and that's a fact. I think that many people would like to live and create in a society where those who walk side by side through life do not trample one another into the mud of egoistic ambitions, negative emotions, and other manifestations of the Animal nature, but instead stimulate good in society and treat each other with understanding and respect. Judging by the history of mankind, people have dreamt about it for a long time.

Rigden: Quite true. So, when the spiritual matters of society are taken care of by society itself and this becomes natural and a priority in it, then there will be order. And for this, it is necessary to create such conditions that the majority of people in this civilisation live for spiritual purposes and not for material priorities, like today. This is when all the priestly structures will disappear by themselves, because the structure of secret power over people, which remains at the expense of concealment of the true spiritual Knowledge, will cease to exist. People will know about the Truth, and it will be available to everyone.

Anastasia: Yes, qualitative changes in society require a change of mindset of the people themselves who make up this society. All this assumes an innovative way of thinking as well as an innovative culture and behaviour



which are, moreover, introduced at the initiative of society itself. Although, in fact, everything new is a well-forgotten old. People have long dreamt of creating an ideal equitable society, where freedom and equality would reign. But priests and politicians use this desire of the peoples, including it into their promises but in reality, doing everything to prevent this from happening. So this “equality” actually has always been a formality, even after priests and politicians provoked favourable to them social upheavals, reforms, and revolutions, as well as changes of one religion, party, or social order for another. It is easy to notice that the outcome of such disturbances is always the same: priests and politicians once again create a management hierarchy (the elite with privileges); that is, the situation in society, does not actually change. In fact, only the advertising sign, the name of a social system, or a dominant religion changes. Perhaps, this happens because people have long forgotten what true equality and freedom are.

Rigden: People look at tree tops, but they do not see the roots. And the bottom line is this: **all people are equal and, first of all, when it comes to the conditions of imprisonment in this material world, in the characteristics of their spiritual and animal natures, the transience of their lives, and the temporariness of their stay in this world! All people are born and die alone and all have their own spiritual destiny, which they themselves form with their own choice.** All people are kind by their Spiritual nature because everyone has a Soul, and in this sense, everyone is kindred and very affined to each other, for Souls are united, they are from the world of God. And this **unites all** people, *regardless of the social status, place of residence, religious beliefs, and nationality of their bodies.* After all, it is not the people’s (new Personalities’) fault that they got a particular body with certain genetic inheritance of one or another race or the fact that they were born Chinese, Englishmen, Nigerians, and so on. That is, that their biological, material shell has been reproduced in this or that ethnic group.



But note that, despite certain physiological differences, people, regardless of belonging to one or another race, assess themselves and other people, both familiar and unfamiliar to them, *by the degree of humaneness*; all the peoples have concepts of Good and Evil. This assessment exists on the battlefield of their consciousness, based on the choice between the Spiritual and the Animal natures. And the main thing for people is not what their friend's body looks like, but what the person is like on the inside, what his "spiritual beauty" is.

A body is a body. What the majority of people have really learned about their bodies can be summed up by the phrase: "something hurts here." The beauty ideals of the body in the human society are relative, and they are conditioned by advertising of some people and imitation of others. Moreover, different peoples have their own ideas about the beauty of the body: some people consider it beautiful to lengthen their necks with rings from childhood while others prefer to have teenage shape. But this is not the point. It is not the fault of people's Souls that they have been crammed into these or those bodies. The Personality's body, just like all the external conditions of its existence, is a consequence of the chosen priorities, dominant desires, and the choice that was once made by the subpersonalities of the present person.

Who divides people so intensely today, splitting the single whole – mankind – into parts: races, ethnic, and various social and religious groups? Politicians and priests. They determine the direction of development of science in various areas, create conditions for people to be involved in expanding and deepening of certain topics and, consequently, integrating them into the educational system of the younger generation. For example, who studies nations and nationalism? Political scientists. They obtain academic degrees and various rewards for this "research" and for the development of their different speculative concepts in a general direction assigned to them, according to political orders. So they dig in all directions, inventing



different theories, for all of them want to live well and have a decent salary, honour, and respect.

For their personal power, global politicians divide nations, and they do this with people's own hands. For example, representatives of science (consciously or without understanding the global essence) carry out for payment the programmes and directives of politicians, thus implementing their political decisions and actually promoting in society the perspectives that are beneficial to those in power. Moreover, they base all these theories on numerous historical facts (under the plausible pretext of historical knowledge), demonstrating destructive models of the past supposedly under the slogans of public censure, as in "you mustn't do that." But in fact, this is a demonstration and imposing on people models of stereotypical behaviour, and options of "how else it can be done", which contribute to even greater division, that is, society's differentiation. For instance, they describe the ideas of class struggle, inequality, racial discrimination, social injustice, division of people into "superior" and "inferior", into the "elite" and the "flock", ways to start wars, and so on. Take any political science textbook of any country of the world. This is a sheer aggravation of xenophobia (from the Greek "xenos" meaning "alien" and "phobos" meaning "fear"), that is, of rejection, fear, and hatred towards each other, intolerance of anything foreign or unfamiliar, and thus subconsciously adversarial to a person. But no textbook will say how things really are at the highest levels of power, what today's politicians and priests actually build their power upon, and how they exploit entire nations in their profit-making interests.

So, division and fragmentation of society are stimulated by world politicians and priests *artificially!* What for? To create in people's consciousness an image of the *enemy* and keep the whole society in fear and obedience with this image. So that under this pretext aimed at fighting someone, society would, without thinking, approve the allocation of large funds from the state budget of their country to "tighten security measures" and for other similar expenses. In other



words, the state would thus strengthen its control and power over people. And who represents the state? Groups of politicians, that is, individuals with their own interests. They use this artificially created public “fear”, which at times is sponsored by them, in order to strengthen their power and simply to plunder the budget under the pretext of secrecy and ensuring the security of the population.

Suffice it to look at what is shown to people on television. There is continuous intimidation, about how everything in their country is bad – murders, explosions, robberies, scandals, victims of natural disasters, in other words, constant emergencies and incidents. How can a normal psyche endure all this? And why is this all shown? Isn't there any good news in the world? There is, only it is not shown much on purpose. For they foist that which is deeply repugnant to the spiritual nature of man but which strongly activates his Animal nature instead. Politicians and priests actually benefit from a person being like a hunted animal, so that he is dominated by animal fear for his life, and for the masses – by animal servility and aggression towards an artificially created image of an enemy. Then power over such zombified people becomes unlimited. So, society has an inevitable result: while the majority of people wish for equality, freedom, and justice, in the global society politicians and priests actually stimulate constant wars and incitement of racial, national, and religious hatred among people.

Anastasia: Yes, sheer deception. This is equivalent to giving shovels to people so that they dig graves for themselves with their own hands, thinking that they are digging a foundation for a new house for their multinational family. Wherever you look, there is factitious, artificial division and fragmentation of humanity. But all this deception can exist only until people change this situation themselves.

Rigden: Quite right, everything is in people's hands, or rather, in the way of their thinking. There is one Truth. But if the person allows a small difference in it with his mind,



the Truth eventually becomes infinitely divided emptiness in him. To know the Truth does not mean to divide everything in it with the mind: “pro” or “con”. To know the Truth means to comprehend with the Soul its single essence and the infinity of spiritual freedom. From the spiritual nature stems the natural human need to live **in equality, brotherhood, unity with the entire humanity, and the realisation that all the people on the planet are kindred and very affined to each other in their spiritual component.**

When the Animal nature dominates in a person, it distorts this need. And then the person begins to compare himself with others in the consumer format of thinking, believing himself to be equal to those who, in his opinion, are “higher than him” in some way and not even remembering about those who are in some way “lower than him”. And politicians and priests use this with great success by including similar ideas about equality and brotherhood in their slogans, religious writings, political concepts, and laws on pieces of paper.

Anastasia: Well yes, and then people wonder how it happens when all seem to be brothers and sisters, and constitutions and international conventions talk about the international humanitarian law, about the elimination of all forms of racial discrimination, about equality of all people and so on, that is they are written with care for people and their rights based on the principle of parity. But, in fact, we live in the world of opportunities that are far from equal for all.

Rigden: People are divided by matter and its needs, that is, by the Animal nature. **But if people are guided by their Spiritual nature, then collectively they will be able to overcome any differences among themselves.**

Perhaps, I will share an ancient Eastern **parable about two brothers**, which tells a story about the human choice and its consequences. “Once long ago, in one settlement, two twin brothers came into the world. Although they were



born within minutes of each other, for the rest of his life the firstborn considered himself the elder and therefore, smarter. When the brothers grew up, it so happened that one traveller stopped for a night in their house. He turned out to be a Spiritual and a Wise person. At that time, the people of this settlement were at war with neighbouring people. This war brought a lot of grief to the people. But nobody knew how to avoid the war and death. And the brothers asked the Wise man for advice.

The Spiritual man, after listening to them, told them simple truths about the essence of life and death. He told them what happens in the world of people, about the nature of human's duality, what keeps him in the chains of ignorance, and how to break free from them. He spoke about how to find the true way, save one's Soul, and come to that which lies beyond life and death. In the end, he said: **"It is only possible to become free from death when one knows the Truth. The Truth is a domain of the inner. The Path to the Truth is a domain of the outer. And only having walked this Path, will you know the Truth and become free from death."** But each of the brothers understood the words of the Wise man in his own way. And each chose his own Path to save his Soul.

The elder brother decided to perfect himself in spiritual knowledge. He left his native land to avoid participating in the war. Visited many countries, where he studied religions of the local peoples and chose from them what he considered to be the best, that which would lead him to attaining the "property of the inner." Eventually, he gained most diverse knowledge and experience and so succeeded in his endeavours that he considered himself an Enlightened man endowed by the goodwill of the Chosen one. Moreover, he so believed it himself that many people believed him and began to learn from him.

The younger brother went to the people and began to tell them the simple truths he had heard from the Wise man. Some people listened to his words. Others laughed,



thinking that everything in this world is decided by rulers, who listen to the gods' advice. But soon even those who laughed at him began to listen to the young man's speeches because his words were honest – there was the Truth in them. And people told him that they did not want the war, they did not want to kill anyone and did not want to die themselves. But what were they do, for they were forced to fight by their rulers? To which the young man replied: **“If rulers can destroy but cannot create, what is their merit? If they cannot resurrect the dead, how can they condemn the living to death? Any person can cut off a branch from a tree, but only a Master can attach it to the tree. And the ruler is only human. He is also afraid of death, just like any of you, so he is hiding behind the lives of his warriors, issuing decrees. But his decrees are executed by you. The ruler is one, while you are many. He deceives you, saying that he is strong, for his power is you, doing his will against yours. If people lay down their arms, there will be no one to fight. The power of a mountain is not in the stone lying on its top but in its monolithic nature.”** And the people were inspired by that wisdom and shared it with the neighbouring people, with whom they were at war. The Truth was heard. And everyone laid down their weapons. So, in that place, thanks to the ordinary young man who had shared the true word of the Wise man with the people, the war stopped and peace came. And many lives were saved by the Truth, and many found a Path to it.

But time passes quickly. Gone were the earthly years of brothers. As they were born on the same day, so they died. Thanks to tireless zeal, the elder brother reached such heights in his spiritual perfection that he could appear before the Guardian himself, behind whom towered the Chinvat bridge. And he was allowed to behold with his own eyes his younger brother cross this bridge and the Gatekeeper thrust open before him the Gate of Eternity. And the highly spiritual elder brother was so amazed by what he had seen that all his subsequent nine reincarnations he firmly followed the spiritual path of the



younger brother, keeping the memory of what he saw and telling people about it.”

Anastasia: Yes, this is a very good parable, educational. It's true, for many people the spiritual remains at the level of high self-opinion instead of real work on yourself; mind you, just like in society as a whole – everything is there on paper, but in reality, it's a road of sorrows.

Rigden: Actually, it is people who choose how to live, from every individual to a group, from a small to a large community. The world politicians and priests convince people that it is them, as administrative personnel, who are the unifying force and that without them nations will do nothing. They instil this and divide people constantly; otherwise, peoples would start to act without them, moreover, together. For everything depends on people, they are the ones who implement the plans of priests and politicians, doing real work and carrying out different programmes in society. **There can be no politician or priest unless people themselves support him.** As soon as a politician or priest is deprived of such support, he loses authority and power, everyone forgets about him, and he becomes an ordinary member of society, just like everyone else.

Anastasia: Please, tell us what should the model of society be? Today, there are many forms of state and political structure (governance of society), political regimes, and ideologies. However, when you begin to examine closely each individual ideology or such a form, you understand that everything is built on the Animal nature, inhumanly. Even if in theory everything is beautifully drawn up, in practice, judging by historical events, it turned out like in the saying: “the proof is in the pudding.”

Rigden: That is because everything that you have listed here is built on politics, that is, on management, power, and the undivided rule of politicians and priests over society. Haven't you noticed that even the words are written separately – “state and society”? Plus, the state



is viewed as a political superstructure of the society and rule of authority over people. Take a look at the etymology of the word “государство” (“state” – *translator’s note*) in the Russian language, for example. “Gosudarstvo” (state) is a possession of “gosudar” (a sovereign). The Old Russian word “gosudar” denoted both “*a particular person with power*” and a “*contract formula*”, for example, “Gospodin Velikiy Novgorod.” This word is connected to “gospodar”, that is what an owner, master, or the ruling prince, was called. The Persians in the ancient East had an even more precise definition – the “owner of sheep” (“gōspanddār”). And do you know how the word “politics” originated?

Anastasia: Well, as far as I know, from the Greek words “politike (techne)” meaning the “art of ruling the state.” And then some refer to the fact that these words, in their turn, are derived from the Greek words “poly” meaning “many” and “techne” – “art”, “craft.” Others believe that it originates from the Greek word “polis”, which ancient Greeks used for their city states.

Rigden: This answer is quite predictable. This information is introduced to the human consciousness through many textbooks and books. But let us delve deeper into details. Where from did ancient Greece receive such a form of social governance, moreover with the self-designation of the highest official in ancient Greek city states – archon? From ancient Rome – from the then forming supporting “nest” of the priests of freemasons, who were actually the ones who established religious cults and forms of social governance for their own purposes, created craft guilds, and so on. Where did the Greeks get such a form of government as a democracy (from the Greek words “demos” meaning “people” and “kratos” as “power” or “rule”, that is, the “rule of the people”)? From the same place where the Romans got republic (from the Latin words “res” meaning matter and “publicus” – public; “res publica” – “public matter”). All these forms of government were devised by the priests of freemasons (Archons) and promoted them among peoples through public figures.



You may wonder why under these so-called “public” forms of government and political regimes, which republic and democracy represent in the world today, peoples themselves are, in fact, removed from governing their own country. Although on paper everything is written beautifully, the law takes into account methods of collective decision-making, including “equal opportunities”, “granting personal and political rights and freedoms to citizens”, and so on. But in reality, we have a real seizure of the “people’s power” by local and central priestly and political elites of the governing bodies and their arbitrary rule. These self-appointed “elites” almost openly divide public property among themselves, exploit people by neglecting their interests, and use the state resources for their own or their clan’s selfish purposes simply for the sake of profit. While public is fed, as always, by promises from election to election. In reality, there is an ordinary behind-the-scenes struggle of financial and political groups, semi-feudal “princelings” and “grey cardinals”, fighting for an extension of spheres of influence, that is, their feeder. This is happening all over the world and, above all, in “civilised” countries. The same applies to the ideological models of political power, for example, liberalism (from the Latin word “liberalis” meaning “free”) with its implementation of individual freedoms as well as socialism (from the Latin word “socialis” meaning “social”), which is based on the public ideas of social justice, freedom, equality, and so on. I am not even mentioning aggressively oriented ideologies, political regimes, and forms of power based on one-man rule – tyranny (monarchy) or minority rule – oligarchy (aristocracy).

So why does such a phenomenon occur in the modern world? Because everything was initially developed based on two stimulants of managing the masses – *faith and fear*, under the laws of materialism, or rather, the Animal mind, in favour of the lower instincts of man, his earthly selfhood, where the spiritual goals, proclaimed on paper, served (and still serve today) only as cover for the actual absolute power of politicians and priests. That is why even today everybody is only talking about an ideal, humanitarian



human society. But is anyone actually creating it in the real world? And even the very formulation of a question about the creation of an ideal society is invariably connected *not* to society as such but to what will be the *form of state power* over that society while preserving the same global system of governance over people by, again, priests and politicians.

Anastasia: That's right! For people, any regime is a constant choice between two evils.

Rigden: Quite right. So, let us return to the word "politics". The word "polis" is derived from the Italian "polizza", which means a "receipt", "contract." The archons are very fond of launching their projects under words that have a double meaning. Considering themselves to be intermediaries between gods and people, the Archons projected the priestly model of governance onto society, or rather, onto that part of society which for one reason or another was not subordinated to their religious power (for instance, it would include people who lived in other countries, believed only in their local gods, had a different culture, and so on). The word "politics" was formed by them out of two Greek words: from "poly" standing for "many" and "Theos" meaning "God" – and meant nothing more than the rule of "many gods" over society. It is from there that "tin gods" came about – politicians, who are subordinated to the system of the Archons' rule. It is not surprising that today many countries live with the Anglo-Saxon law as well as Continental law, some of the most common among the world's legal systems. But back in the day, the basis for their creation was the Roman law, which was developed by the priesthood in Ancient Rome ("The Law of the Twelve Tables" and other priestly documents for governing people, written in the best traditions of the Animal nature).

Anastasia: Well, yes, and that is why, as people say, the political law, just like the religious one, is always punitive. And in general, it is sad, of course, that the world community



lives according to the rules made by the Archons, under their aggressive signs...

Rigden: It lives so because people actually do not know who governs them and how, and they do not know because they do not delve deeply into these matters. If people show more interest in world's history or at least heraldry (in medieval Latin "heraldus" meaning a "herald"; the study of coats of arms), it will open their eyes to rather interesting facts, to which they simply did not pay any attention previously. In particular, if we have a look at the standards, flags, emblems of principedoms, cities, and coats of arms of states which, as a rule, were designed by the wards of Archons and palmed off onto ignorant rulers, then we can see the signs and symbols in them that influence the subconscious and activate the Animal nature in people.

All this exists today as well, and, just like before, it is intended to secretly influence people's consciousness. It is enough to have a look at the official symbols of the modern countries of the world, their central and local government bodies, ministries, departments, and services as well as at the symbols printed on the banknotes of various currencies of the world. These are mainly crosses, a mark to block the Front Essence (with a sign or a symbol, more often with the royal attributes of earthly power in form of a crown) and emphasis on the Animal nature, I mean lateral Essences of a person, which are mostly depicted in the form of one or another aggressive animal on each side of the central symbol. It is enough to look at the number of coats of arms and emblems marked with freemasons' signs or symbols, starting with cities and countries and ending with international organisations and corporations: bow and arrows (together and separately), axe, sickle, hammer, sword, rapiers, firearms, compass, lion, leopard, dragon, eagle, Phrygian cap, an olive branch (Jewish priesthood). Not to mention the presence, in many cases, of certain numerical symbols in the form of stars (6, 13, and so on).



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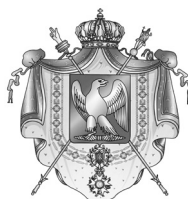
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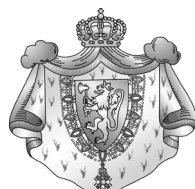
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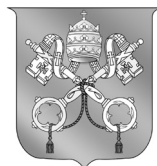
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14

Figure 108. **Coats of arms of various countries:**

1) Gambia; 2) Bhutan; 3) Guyana; 4) the Federal Republic of Germany; 5) the German Democratic Republic (1949-1990); 6) France; 7) USA; 8) Netherlands; 9) French Empire (1804-1815); 10) Norway; 11) Georgia (1991-2004); the sevenfold structure of the coat of arms (seven rays and seven stars) is given for comparison to the coat of arms; 12) Georgia (since 2004); 13) Belgium; 14) Vatican.



These aggressive signs are used in public attributes intended for mass production; that is, people often see and use them, while taking them for granted, in documents, on buildings, clothes, in mass media, and so on. Their effect on the human psyche is like a drop that wears away a stone – they subconsciously stimulate the Animal nature and aggression, awakening the lower instincts. As a result, all this contributes to the growth of tension in society, like methane gas in a mine. At some point, it is enough to strike a spark, that is, to provoke aggression in a certain mass of people for an entire state to be swept up in a wave of violence and irreversible destructive consequences, or rather, *predictable* inevitable consequences.

But this scheme of secret control of people works only as long as the majority of people do not know about it. Archons use every opportunity to place their signs and symbols on the “territories under control”, to put, so to say, their “mould”. What is more, all this is done “quietly”, with formal “participation of peoples” in such discussions. The decision, as a rule, is made by a narrow circle of officials, and yet another story is invented for the general public that precisely these symbols and signs are “very significant” for people living in this city or state from the point of view of history, philosophy, and culture of this area. Furthermore, sometimes these matters involve scientists, who are given the task of substantiating precisely such an opinion and no other. But what I want to say about it is this. If people themselves, regardless of someone's opinion, become interested in history of their country and their people and in symbols and signs, if they expand their horizons in these matters as well, responsibly approaching the process of cognition from the perspective of the Observer of the Spiritual nature, it will be more difficult to deceive them. After all, we are talking about the land where they, their children, and grandchildren are to live. In other words, when people know the Truth, at the local level they will put things in order themselves. For the main power is in the majority, in society itself, and not in a bunch of priests' and politicians' minions.



Anastasia: So, the Archons have made levers of control over the global society for themselves out of the world politics, and from states as such, they've made tools of violence over nations and the means of enrichment for themselves and a handful of puppets in power whom they control.

Rigden: It is no secret that in any country of the world, the real politics is done “behind the scenes”, where its decisions and deals are not discussed with the voters.

Anastasia: Yes, and society itself secretly promotes the model, where the “strong destroys the weak”, starting with relationships in a small group of people (a family, firm, organisation) and ending with relations between countries when strong states devour the weak ones and compete among themselves. In other words, the same laws of the Animal mind.

Rigden: Absolutely. Evidence of such a system, which has been artificially created by people themselves and which works as a conductor of the will of the Animal mind, can be seen if one knows the whole truth of what politicians have been doing. Perhaps, for a better understanding, I will give a typical example from history. Several centuries ago in medieval Europe, there were many feudal principalities governed by rulers of all kinds. Each such “princeling and politician” had his soldiers, flags, coats of arms, retinue, and something resembling a government. His princely *mercenary army* was called a “*gang of bandits*” (from the Celtic “band” meaning a “bond”). So, what did they do? Princes were constantly at war among themselves and thus expanded the territory under their control, establishing taxation on the occupied lands for local merchants, craftsmen, and peasants. That is, they collected tax (payments) from them for their patronage and protection from other princes, who, in fact, were also “bandits.” And you had better not refuse such Prince's “benefaction” since the one who protected and threatened was the same person! But the point is that there were many such hunters for other people's belongings



for there was major “competition” among the princes, so to speak, to provide “military (security) services” to the public. Today, one “princeling-politician” organises bloody showdowns, and tomorrow another one. And they all longed to be the defenders of the “orphaned and oppressed”! But in fact, it was a real robbery under the guise of protecting the population. As they say, a gang is still a gang.

And today, nothing has changed in the world politics. Only now, open abuse of peoples is called “peaceful taxation”, but the system of extortion has remained the same. This violently-peaceful, voluntary-compulsory collection of money is a robbery of the population of the planet on small and large scale. It is just that today all this came to be called by more beautiful words – monopoly on legitimate abuse (monopoly on customs duties, food, information, and so on).

Anastasia: That is true. In many countries, a fee is taken from people even for a simple, formal piece of paper (to process documents, confirm your own rights, and even to accept a complaint for consideration). This surely doesn't make the citizens' life any easier.

Rigden: Well, gangs will be gangs, they have remained as they were, only now they are robbing the population already on a different scale, using the laws written by them... Although it is all about people themselves, who are the majority, but do nothing, while the Archons are a minority, but constantly acting and very aggressively. That is all the difference. It is necessary for people themselves to wake up, broaden their horizons of knowledge, actively participate in the management of the world society, combine their efforts, be friends with each other, regardless of nationality, race, and country of residence. Then mankind will eventually come to that model of a just society of which it has dreamt for so long.

Archons have made sure that many people work for politics, in other words, that a significant human potential



was involved. Besides, the innovative human resource is mostly in their power, because the world science, in general, is sponsored and controlled by the organisations and funds dependent on them. Moreover, the Archons initiated the creation of various sciences, which study and develop methods of controlling the masses, so that people themselves invent how to put themselves into Archons' shackles. For example, let us take sociology (from the Latin word "societas", which stands for "society", and "logos" which means "the study of") – the science which studies society and the laws of its development, social groups, and relationships of the Personality with society. What exactly do scientists study in the context of this science, executing the programme tasks of those who sponsor and shelter them? Sociology does not study the inner world of human. Those in power have assigned this task to psychology and put the heat on to direct the priorities of its development at nurturing egoists in society under any plausible pretext. And spiritual matters were completely put under control of priests, who are feeding off religions. Everything is divided and complicated in order to discourage a person from getting to the essence: what is the meaning of his life, who he really is, and what truly enormous potential he has. So, sociology studies the behaviour of large masses of people as well as various interactions in small social groups. In other words, these scientists observe the behaviour of the individual and the collective Animal mind. But who uses the results of their research and for what purposes? Again, politicians and priests do so in order to make it easier to govern people and to push the right buttons in their consciousness, activating the Animal nature.

And that is not to mention political science. It is ludicrous and sad to say what objective this "science" has and what it studies. For example, predicting a change of ruling regimes, the outcome of the political struggle of parties, inventing and producing political images for candidates, engaging in pre-election campaigns, and thinking up the speeches (not deeds!) and new promises with which to win the public sympathy for a candidate during an election campaign.



But political scientists, just like sociologists, psychologists, journalists, and other participants of this political show are people of people. A politician only pays for some people to create a myth about him for other people, so that he can get to greater power for the sake of his own interests. So it means that he is nothing on his own, without the support of people, who promote him with their own hands; moreover, later people themselves carry out the orders of this politician and also suffer from them.

In the world, the elections of politicians have long been turned into one-off mass political show under the name of “people power.” What is its hidden purpose, what is its influence on nations? What do masses see? Televised casting of candidates, some elements of reality show with juicy details of private lives of the “main characters”, their competition with each other in shocking statements, an endless stream of mutual accusations, and so on. That is, everything is done to stimulate the Animal nature in people, make emotions and thoughts go round in a vicious circle so that as a result it would be easier to control this mass, regardless of who among these political puppets of those in power will win.

Who today defines the vector of development of the global society? The Archons do, and they manipulate the world politics as their own tool of power over nations. The Archons are subordinated to the system of the Animal mind, and they implement “their” ideas through politicians. But the majority of people do not know about these things happening “behind the global scenes.” They are deliberately fogged only by that theatre of actions which takes place on the political scene of their country, thereby limiting the range of their cognition of more, narrowing their consciousness and, consequently, depriving them of the desire to compare and analyse the events on the scale of the world society. So people see politicians developing laws, by which the society is to live. But they do not even go into the question why these particular laws and why these particular politicians carry out these projects? Why similar things are being



implemented or have already been implemented in other countries of the world and how has it affected the life of society in reality, what dominant did it activate in it?

At best they let people understand that the politicians of their country defend the positions of a particular gang, which they represent. But again, who makes all these programs a reality? Management of the current affairs of any state is carried out by the officials belonging, again, to the people. And who are politicians in any country? Politicians are people from the “elite”, who in their majority have *mainly* come into power in order to secure their business and satisfy their megalomania. Because such people who became dependent and fell under the power of the system of the Animal mind are no longer satisfied with money. They already want to have something more, for example, the ability to control a large number of people and secretly enjoy these people’s servility.

Many of them do not even understand that they are only conductors of the Will of the Animal mind. Whether a person realises this or not, his Soul definitely suffers from this choice of the Personality and an unwise waste of life forces, which separates it from the Spiritual world ever more. After all, life passes very quickly, and power is given for a short time, but the price for it is disproportionately high. A life’s moment of human weakness turns into a long agony of a subpersonality and prolongation of the Soul’s ordeals in the captivity of matter. Too high a price will have to be paid for choosing those illusions which, like vapour, appear for a short time and then disappear in the darkness of existence.

Those clever politicians who manage to see this global bluff and understand the current destructive direction of movement of the world society along the path of “reverse swastika” and realise where from the root of all the evil of formation of negative world events grows, in their turn, also do not know what is to be done. They are looking for an answer to the question how to actually get rid of this



“old, sick tree” of the system of power of the world priests, whose infected roots have entwined the whole world like an octopus.

Actually, there is nothing difficult here if you understand the tools used by the Archons, in whose hands most of the Earth’s capital is concentrated. The task of the Archons is to impose another illusion, an ideology of the Animal mind to as many people as possible so that the masses believe in it. For example, to convince the public of the advantages of the material way of thinking and the consumer format of public relations, to frighten people with another world crisis, to convince of the necessity of starting a war or an ethnic strife, to set the followers of different religions at loggerheads, to arrange bloody strife, conflicts, colour revolutions, and so on. And then, when masses of people are infected with these ideas, people themselves materialise them, starting to perpetrate all this disgrace with their own hands.

The main thing for the Archons is to activate the Animal nature in people, or rather, their collective Animal mind. After all, they only write scenarios and sponsor their politicians. And it is their overall world political web that is the active tool to influence the masses. After all, who is a politician? An actor, one who plays the role written for him. His task is to make frequent appearances on the television screens of his country as well as in the press, speak beautifully, and inform people about certain ideas. Politics is the art of lying from Ahriman; it was initially formed this way by the Archons and still continues to exist in this form in the global society. So, a politician is, in fact, an actor. On the public stages of their countries, the politicians who work for the Archons convey the ideas of their priests- “scriptwriters” and “producers-sponsors”, whose existence people do not even suspect. The public, while listening to the performances of such “actors”, thinks that everything said is a “great idea” of these politicians, which so convincingly calls for war or ethnic strife, supposedly in the name of a “happy future of this nation.” But none of them mentions that war brings death, and any



strife brings instability and economic recession in society. The crowd listens and hears the illusions, catching the ideas, which activate the Animal nature and which by and large come from the programs and purposes of the Will of the Animal mind.

Imagine the Archons proposing to each sensible person on the planet individually an idea that he should go to war with his brother so that Archons could live well. Where would everybody tell them to go? That's right, to a certain well-known address. What intelligent person would want to destroy the peace and quiet of his family, relatives, and friends? What is war for most people? It is death, destruction, and grief. And what is a provoked war among nations for the Archons? It is not so much a method of quick enrichment as a political game and the creation of conditions for greater control, expansion, and assertion of their power over the population of the countries at war. After all, during a war, the warring states not only deplete their resources. After it is over, the survivors still live in fear, and the countries are politically and economically dependent on the "the mighty of this world." The people on both sides continue to be afraid of each other and feel hatred even towards new generations born after the war. In other words, the masses live in constant fear of a threat of a new war. In other words, any war is a way of division, fragmentation of society, a method of intimidation of the people. It is not people who want war but politicians and priests. It is not one country that attacks another, but a bunch of politicians and priests are playing their game at the expense of the lives of millions of ordinary people. But if friendship flourishes among nations and people themselves actively contribute to it, the process of unification of the entire world community will begin. Together, people will be able to prevent any war, for all the conflicts in the modern world occur at the level of information to start with, that is, firstly in people's heads, the world community, and only then are developed and implemented with their hands. For **first comes information, choice, a change of consciousness, and only then – the consequence of all this is action.**



People must not only understand this but also, to the best of their ability, they must actively oppose triggering of any war, especially at a stage of preparation of public opinion in the Internet and the media. Otherwise, the Archons will continue to use the effect of “infecting” the crowd through the army of their politicians and priests, by playing out public performances, bullying billions of television viewers and enslaving their minds in fear and obedience to the material system.

If activism of the world society is awakened in the matters of self-government, and the very process of governance and all of its information is made transparent, and also this tool of Archons is eliminated – politics and priesthood as world systems, through which they influence the masses, then much in the life of society can qualitatively change. The Archons are just a small pitiful bunch compared to the entire mankind, and they live by deception alone that cannot last forever, like everything dead. For the one who has once betrayed himself and his spiritual nature, the Truth seems stinky. He lives by deceiving others but, in fact, deceiving himself. The reason for the lie is not in a word but in the desire to deceive one’s nature.

Anastasia: So, the same situation exists in politics as with the spiritual aspect of society’s life. If such a tool of influence over masses as politics is abolished in the world society, then, in fact, such phenomena as power will disappear from it as well as jobs of “freeloaders”, that is, those who profit from public property. And clever, honest people, who truly care about the life and destinies of nations not in words but in deeds, who, unfortunately, are not that many in the political system, will continue to help the society just as conscientiously and unselfishly once the institution of the political power is abolished. For example, they will teach people the basics of public self-government and control, will apply their expertise in the good deeds of society, and so on. Although such people in politics, just like “people of God” in religion, are few, still they exist.



For them, Honour, Conscience, a sincere service to society, devotion, and commitment to what they are doing are not just words but a way of being, where their life is placed on the altar of service to mankind.

Rigden: Yes, this is a real feat – to be in the system and still remain a Human Being. And the help of these honest and clever people will be significant for society. It is necessary that the changes take place not in a particular country but everywhere among nations of the entire world. Then this process will be difficult to stop. Certainly, it is necessary that the majority of the people in the world get inspired with this idea, that people become more mature in Knowledge and participate more actively in the positive transformation of all the spheres of society, starting with their country and ending with the world community. Mankind must unite. Only by joining forces can people build an entirely new world society, where the Truth will reign and where there will be no place for any regime as a means of violence over people. Then in this united world community, there will be neither priests, nor politicians, nor presidents, that is, those people who rule over nations.

Incidentally, the word “president” also had appeared in society at the suggestion of the Archons, who are fans of double meanings. They did not name this position of the “leader of a group”, for example, preamble (from the Latin word “*praeambulus*” meaning “*the one who goes in front*”). They reserved this word for the advancement of their affairs and use it to denote the introduction of legislative acts, declarations, or international documents controlled by freemasons. While the position of the head of executive power, who governs the people, was called the president, which, when translated from the Latin “*praesidens*” literally means the “*one who sits in front*”, in essence, blocking the movement of people. Suffice it to look at how many presidents of various corporations, companies, and academies of sciences we have in the world today. I am not even talking about politics. But the essence is the same. As priests implement their power in the name of God, so do politicians, while in the presidential chairs of their



countries, exercise their power in the name of the people. For the first time, the Archons tested the word “president” on the consciousness of the masses by way of the title of “head of nation” during the war for independence of the American colonies. Remember, I told you about it?

Anastasia: Is this when the Archons directed and sponsored their project to create the “most free and democratic country in the world”? Yes, of course, I wrote this information down *in the book Sensei-4*. They devise their operations carefully, plan for many years ahead and skillfully use those same signs and symbols, and even names, which influence the masses at the subconscious level...

Rigden: When the majority of people show competence in these questions as well, these problems will disappear as such. People themselves should exclude, in all spheres of their life, any possibility of manifestation of the Animal nature in a person, shielding themselves and society this way from submission to the Will of the Animal mind. It is necessary to set the spiritual vector of development for mankind thanks to participation and efforts of each person. That is, to create a healthy environment for the regeneration of the Spiritual nature in a person and its blossoming as well as for the popularisation of cultural and moral values in the entire global community. When people themselves and the world community abolish the kind of institutions that imply the very notion of power, then many artificially created problems will disappear. The management of society should belong to society itself and not to the Archons and their representatives. In the united society, there should be no borders at all. All people in the world should live in space in which moving about is absolutely unrestricted, that is, to have every opportunity to move absolutely freely on the planet, without limitations. There should be no conditions for the emergence of strife among people, including ethnic conflicts. There are national cultures of the peoples of the world, which contain various traditions and knowledge of humanity. But there is also the supreme concept – the



spiritual, which unites people of all nationalities and which, for example, in the Russian language is known by the word Человек (Chelovek, meaning “man/person/human” – *translator’s note*).

By the way, the word “Chelovek” itself is anything but simple. “Chelo” originally meant “supreme”, and that is why in the old days the word indicated a “forehead”. And the word “vek” stands for “power”, and it originally meant “filled with power”, “eternal”. **Chelovek (Man or Person) stands for the one who is filled with (full of) the supreme (spiritual) power. And the Real Man (Chelovek) or the Primordial Man/Person is the filled one in whom this supreme, eternal power – the Spiritual nature – dominates.**

So, all the questions should be decided together by people themselves, starting with local village councils and ending at the world level. And this process should be absolutely open to all the participants of society. Modern technologies allow this stipulation to be implemented in practice. Moreover, all these questions of the society life should be discussed and decided in their spare time off work. Such a system of a self-governing society will work only when people themselves take on the responsibility for improvement of life of the whole society and express their readiness to spend their personal time to participate in any way they can in the matters of society, including collaborative creation, on a regular basis. This is equivalent to when a person controls his thoughts and desires from the Animal nature and when he assumes responsibility not just for controlling himself in these matters but also in working on creation of kind thoughts, actions, and deeds from the Spiritual nature.

Also in society, there should not even exist such a notion as “regime of secrecy” in the matters of self-government of society. First of all, this concerns funding, that is, distribution and order of using resources. Now in the world, most of the information about the flow of funds is inaccessible to the public. As a rule, in the countries



this concealment is justified by state secrets, involving the matters of national security, economic, political interests, and so on. But where the money is actually going, people do not know.

Why does this happen? That is because the world political and priestly gangs exist and there is a struggle for power and control of financial streams. Under this guise of “secrecy”, politicians pass laws that are favourable for their rule and their business and plunder the state budget. And people live in poverty again. The same thing happens also at the world level among states, only this theft takes place already on a larger scale. If the institutions of political and priestly power are abolished in the world, secrets will vanish as well. When the world society becomes united in its creative processes and spiritual aspirations, the concept of secrecy will disappear. Society itself will simply decide what expenditure items are a priority and what their funds should be spent on in the first place in order to improve life in it. And each person of the world community should be able to monitor what exactly the funds have been used for and what needs they have been spent on, to the last penny. Basically, to create such conditions that there is not a single loophole for stealing public funds or self-serving profiteering off them.

Resolving the issues of self-government of the world society should be open and transparent at all levels. Now people do not participate in this process not only on a global scale but even in their own country. Let's take a more or less loyal example – the Slavic countries. In the present system, people have delegated their “rights” to deputies, who, having got into power, sit there for years in the “immunity”, getting a bunch of benefits and privileges. For the most part, these deputies defend their personal interests or interests of some corporations, which belong to priests and politicians (those in power). Thus they operate with the power from the people (acting on behalf of the people or supposedly in their *name*), which has nothing to do with addressing these questions. By the way, the word “deputy” itself is also derived from



a dead language (one of the favourites of Archons) – Latin. “Deputatus” (deputare) means “to point, to intend”. Note that it is not a chosen but an *appointed, sent* (“from above” by those in power) person! Basically, it was so in the past. In the Ancient Greece, for example, the name “deputy” was given to a servant of a priest, whom the latter sent with “holy orders” to Delphi or to Olympus. And in ancient Christian church, the name “deputy” was given to one of the clergymen, who was walking in front of the patriarch cleaning the way for him.

In the new global community, oriented towards the spiritual vector of development, there must be no “permanent” representatives at all, like present-day deputies and such. If it is necessary to delegate one’s authorised representatives to public meetings to communicate the opinion of people of this or that area, then certainly. But these people should really be elected from the people according to their personal and moral qualities, the level of responsibility and professionalism, and certain deeds, which they have already undertaken for society. These representatives should be deprived of any benefits and privileges. They must carry out public activities at their own expense, in their spare leisure time, without receiving any material or other compensation, or any advantages over other participants of society. Moreover, only when this person improves the living conditions of all the participants of the society, together with everyone, he improves life for himself as well. As the result of creation of such conditions, the current issues of society life will be dealt with by honest, intelligent people, who are ready to sacrifice their personal time not for themselves but for the sake of service to society, in some sense, to the detriment of their material life, receiving nothing in return. Naturally, society will control the resolution of such issues and formulate the priorities. And the most important, life-supporting issues should be addressed by the entire world community.

By the way, modern technology makes it possible to hold such open public meetings in real time, without costly trips and gatherings, and solve everything easily at the local



level. This not only saves a lot of time and funds, allowing prompt action on manageable issues but, what is equally important, the openness of such “online meetings” to the public also eliminates unnecessary mass “gatherings” and excludes secret games and lobbying of private interests to the detriment of society.

Anastasia: All right, voting, control of vote count and data verification, prompt resolution of issues, and voicing of different views – all this can really be done even online. But what if someone wants to monopolise digital and online technologies into private hands and thus create an instrument of power for themselves?

Rigden: If society itself controls and thwarts any attempts to monopolise digital, online, or other technologies as well as means of communication, this will not happen. And on the whole, while building such a society, it should be taken into account that all the strategic and life-sustaining enterprises and their resources should belong to society. This applies to the energy sector, financial institutions (banks and so on), production and sale of medicine and medical equipment, development and mining operations, and also large industrial, agricultural, and scientific enterprises. All these should belong to the entire world community. Ownership of all this by private capital must not be allowed, in other words, for all of it in one way or another to be in private hands or belong to any particular individuals or groups. Only under these conditions, it is possible to avoid corruption, rising prices, and financial crises. Society itself will set prices that are acceptable for living, will define the quality of services, and so on.

Otherwise, if nothing changes, it will be as it is now, if not worse. That is, corruption will thrive as well as various scams, purchase and sale of “air”, unconscionable loans, inflation, and all the other traps of the Animal mind in the area of “free market relationships.” It is enough to look at the modern world. All the collapses and sharp rises of national and international currencies, various world economic, food,



political, and other crises – all this is artificial, all this is done by people. It is just that someone creates conditions for this and earns incredible capitals from it, while someone else loses his shirt during these artificially stimulated processes. In a normal human society, this is unacceptable.

Anastasia: You have mentioned that financial institutions must belong to the entire world society. So, it implies that people will still deal with money in one form or another.

Rigden: Money is an equivalent of exchange. An equivalent in the sense of having power (from the Latin “aequus” meaning “equal” and “valentis” as “having a meaning, power”). This power is a derivative from the material world and there is no escaping it. Man lives in the material world and resides in the physical body. And the latter is subject to the laws of a three-dimensional world, that is, the physical body has to be fed, dressed, kept clean; it is necessary to satisfy the required, life-supporting needs, fight its diseases, and so on. For this purpose, of course, food, medicine, clothes, and other items of the material world are needed. Therefore, a person needs to earn the means for daily living needs, which support his existence in the body.

Anastasia: But as long as money is in use in any form, there will be a division into rich and poor, as history shows. Besides, wealth implies the existence of private business and, therefore, property.

Rigden: As for the rich and poor... Society must create such conditions for its existence so that there is no poverty in it at all. At the present level of technology, all this is quite possible to achieve: to feed all the people, turn the desert into a blooming garden, clean even polluted waters and make them fit for use, and use alternative energy sources instead of fossil fuels. All these technologies already exist, but they are only available to few. Most people in the world do not know about it. This information is concealed on purpose, and the development of such progressive



technologies is restrained artificially all over the world by the order of the world's priests. Why is this done? So that those same Archons can keep their power and the political levers of influence in the world society, continue to exploit billions of people, increase tension in the world, and keep most people in fear of falling below the poverty line. For when the consciousness of the masses is busy with issues of survival, it is much easier to manipulate and control them and incline the choice of people in favour of implementation of the Animal mind's Will.

So, when building a new society, it is necessary to make it so that poverty as a phenomenon does not exist on the planet at all. It is essential that people are provided with all the necessary things and that there is only medium and high level of prosperity. If a person is a workaholic, he is welcome to earn. Honest private business is quite acceptable, for example, providing some services to the public, but in no way, is it acceptable to own "factories and steamboats", that is, large enterprises, monopolies, and entire industries that support the life of society.

There must be clear restrictions on wealth! The maximum capitalisation of one family as a social unit should not exceed ten million dollars in monetary value (according to today's prices) including all tangible and fixed assets. And even that is a lot! For now, I am naming too high a number only so as not to shock those people who have a much larger capital. These funds are more than enough to support a family. And excess, that is, family income that exceeds this sum must go towards the needs of society. In other words, a person will not get rich from this, and at the same time, he will help other people. After all, since ancient times it has been known that the true riches of a hardworking person are in his spiritual wealth. And in the society where universal human spiritual and moral values will dominate, such actions and examples of man must be made prestigious.

After all, what drives rich people in the world today, is it the thirst for money itself? No. They are driven by the banal



desire from the Animal nature to show off to others. Like, he has a better car, a better house, and even his socks cost much more than a neighbour earns in a month. All this is ridiculous, it's all nonsense, which has been imposed by the consumer society and the fashion that the clever create to deceive the foolish, so that it would be easier to swindle them out of their money. It is unlimited capital that breeds aggression in society, provokes envy, the desire to manipulate other people, and promotes domination of the Animal nature in a person. In a normal, civilised society this must not happen at all. This is not nice and is disreputable. But it should be “cool, respectable, and prestigious” to help society and people, and not simply to feed someone one time or give toys once only, but to provide real, regular practical help to villages, towns, regions, and so on; that is, do what one can to help society.

Anastasia: How can people in responsible positions be protected from the temptation of using their status?

Rigden: Elementary. The executive bureaucracy that deals with the current affairs of society should be reduced to the necessary minimum and prevented as best as possible from having any opportunities to use their official position for personal, private interests. In other words, it is necessary to create such conditions for work of people in these positions that would exclude any possibility of being tempted by power, status, or material gain. Moreover, to make it so that people could constantly monitor (including in real time mode) the activity of functionaries, that is, nomenclature employees of the administrative machinery. And the very process of performance by officials of their duties must be made so open to the public that these people would not be able to exercise the qualities of their Animal nature in their positions. Then functionaries will truly become public servants, that is, they will conscientiously serve people and perform their duties honestly.

Anastasia: This is certainly good. But personally, I cannot imagine how this will look in real life.



Rigden: Do not worry, there are many intelligent, professional people in every area of the life of society (and in this one as well), who, when they embrace the general idea, will be able to, upon joining forces with like-minded people (not only in their own country), think everything through sensibly from the least to the most. If people (each person whom this information has not left indifferent) do not sit back and do nothing but start to put things in order at least in the professional and other areas of life of society that are more familiar to them, then sooner or later they will succeed. People themselves will create a system that will block all the possible loopholes and any possibilities for the manifestation of any corruption in society, especially in public positions. By virtue of having work experience in a particular field, knowing its “pitfalls”, keeping a close watch and controlling their Animal nature, they will think it through how to exclude every possibility, all preconditions for the creation of conditions that tempt a person.

Anastasia: All right, and how will the public control and manage, for instance, science? After all, science is diverse, and in such specific matters one should really be an expert, or at least understand what is discussed and choose promising directions of its development.

Rigden: There are specialists, scientists, who pursue one field of science or another and develop it. Society provides funds for that field depending on how important, necessary, and impactful it is for the entire world society today. Society should take care of its savings like a careful owner and spend funds on what is really necessary. In science, for example, it is necessary to exclude instances of allocation of funds to those who crave to have any power over people, who, as people say, are engaged in science “eyewash”, but at the same time do nothing useful. It is necessary to liberate scientific environment of such people or transfer them to another job and create the conditions there under which society would benefit from them. I have already said that science is the process of knowing the Truth. It should not be a means of achieving power. A specialist must do his



work conscientiously and have the appropriate conditions for life and proper professional activity.

Generally, in any branch and sphere of life, it is necessary to create such conditions that there would not even be possibilities for the manifestation of domination of the Animal nature, so that all information would be open to people, and society would make major decisions together. The community must take care of each person, and the person must take care of the community. It is necessary to use this property of the human nature – imitation. Imitation is an instinct of the Animal nature in human. But you won't get rid of it because we reside in the material body and live in the material world. They should simply be used correctly. For example, when it becomes fashionable and popular in society to do good, to selflessly help people, gratuitously serve the public good, to possess such qualities as honesty, responsibility, and conscientiousness – in general, to be a real Human being – this will be taken up by many, as a result of imitation. But most importantly, these ideas will pervade new generations, for whom such human aspirations, cultural and moral values, and the dominance of the Spiritual nature will become quite natural norms of life. This means that for new generations it will be easier to overcome their Animal nature, exercise their personal spiritual growth, which naturally will be reflected in the perfection of the world community itself.

Anastasia: Yes, it really is an absolutely new model of mankind, of which people have dreamt for a long time as an ideal of the civic society. It's just that they imagined all this narrow-mindedly, within the limits of desires from the Animal nature. Now I understand why they didn't manage to bring this idea to life. People tried to create such a society not from the perspective of their true, spiritual nature but from the perspective of the material system of power and control which, one way or another, overlaps with the programmes of Will of the Animal mind. In most cases, they documented even the very idea of



a new social order with infusion of their Animal nature desires.

Rigden: Quite right. But here is what I want to say in this regard. In our time, humanity has, for the first time in history during the course of all of its existence, such a unique opportunity – *creation of a self-governing united world community with the spiritual vector of development*. Previously, some 30-50 years ago, the implementation of this idea on a global scale would have been impossible, since there were no technical conditions and no availability to the majority of people of interactive communication via the now familiar to many means of communications, for example, mobile communication and the Internet.

In their historical time, individual groups of those initiated into the primordial Knowledge tried to transform society. I mean, for instance, Imhotep and his people or the Knights Templar. And for some time they managed to improve the life of people of their country and even several states at least a little bit and to give many Personalities an opportunity to develop spiritually during their short human lives. But all these are individual cases, practice of which later did not develop properly because all this was done under the conditions of existence of the rule of politicians and priests over society, and more precisely in the conditions of existence of an artificially created priestly system of control of mankind, according to programs of Will of the Animal mind.

And now humanity has the only realistic chance of saving themselves and their future. Today in the human society, the Animal mind is reaching its apogee, a triumph over human thinking. Just look at the speed with which the consumer format of thinking is being imposed upon the world. A little more, and all the spiritual stimuli will be destroyed or substituted both in society and in the consciousness of an individual. And basically, the fast pace of overall introduction of accessible technical means



of communication among the peoples around the world and popularisation of “minimum acceptable literacy” in these matters for the public exactly the work of global conductors of the Animal mind for the purpose of organising subsequent total control over mankind and submission of the latter to its Will. But this is also a weakness of the Animal mind. Mankind has a unique opportunity to use the same tools and the technical base prepared by it in order to self-organise and unite, directly oppose the Animal mind, and create a free society on the planet. Now there is a unique opportunity to turn over the monad; otherwise, a little longer and it will be too late. For everything depends on the *human choice!*

Anastasia: Yes, this is indeed a real opportunity to turn over the monad. Curiously, the principle of rule and control in society today is presented to people in the form of a pyramid with its top pointing up. At its bottom is the majority of the population, in fact, those “surviving” in the beggarly conditions that were artificially created by politicians and priests. And at the top, there are only a few “endowed” with power by this society, who live by using public wealth and have most of benefits and privileges.

But if the sign is turned over, we get a triangle with the top pointing down, according to the principle of creative Allat as the symbol of society, in which there is no rule as such, where each person, while perfecting spiritually, improves their life on account of benefiting the entire mankind, where the world society controls the processes of its life, moves in the spiritual direction, and uses all the amenities and resources. This is exactly the movement from lower to higher, this is the real progress, a qualitative evolutionary leap of the human civilisation!

Rigden: Quite true, so actually there is nothing difficult here. Simply people themselves should actively engage in the process of transformation of society and create to the best of their ability the necessary conditions for

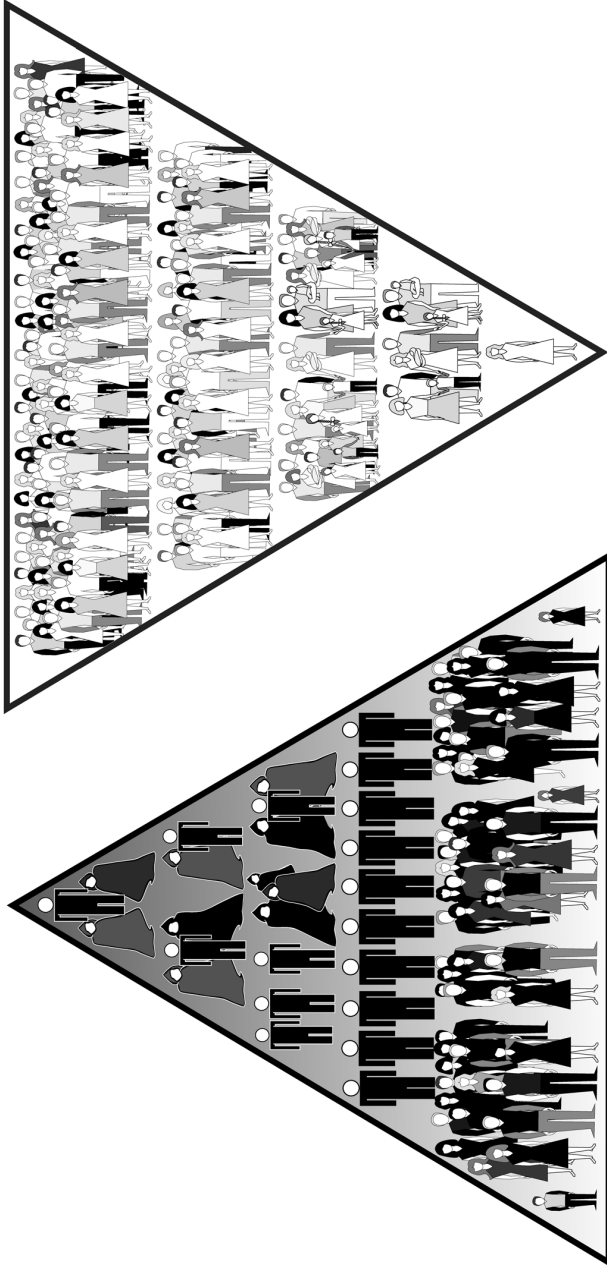


Figure 109. The pyramid of the human society:

*A triangle with the top pointing up is a symbol of the power of priests and politicians over nations;
A triangle with the top pointing down is a symbol of a free and equal society – the Allat of peoples.*



education of nations, unification of the world community, and for human civilisation to follow the spiritual vector of development.

The main conditions for creating such a society:

- 1) improving people's spiritual and intellectual literacy;
- 2) human's spiritual self-perfection and his active participation in the life of society;
- 3) autonomous unification of nations into one world society;
- 4) abolition of the global system of rule of priests and politicians;
- 5) stringent restrictions on individual capitalisation;
- 6) the governance of society must belong only to society itself as a whole;
- 7) most important of all – ideological transformation of the society, which is inseparably connected to the domination of Spiritual nature and moral values both in the person and in society.**

As every person should keep track in himself of manifestations of negative thoughts coming from the Animal nature, so society as a whole must control its “collective, public thoughts.” And because the main source of the latter is mass media in all its forms, society itself must keep an eye on its cleanliness.

That is, what should be developed is the culture of popularisation of spiritual and moral values, knowledge, good, conscience, honour, dignity, and friendship among people, of positive, creative models and examples of thinking, the best human actions both of the Personality and groups of people. There should be no propaganda of negativity imposed by the Animal mind – of wars, violence, murder, strife, hatred, selfishness, and so on. Moreover, the initiative and the matter of popularisation of the constructive ideology must come from society itself as well as prevention of any attempts of imposing the destructive ideology upon people. These conditions are the basis for



the formation of a united world community with a spiritual vector of development.

Here, it is important to understand how significant is the role played in the life of humanity by an *artificial information field*, which is created by people themselves, while conductors of either the Will of the Animal mind or conductors of the Will of the Spiritual world. Today it is no secret that thanks to mass media, a certain *human communication mass* is being formed in the world, which outnumbers any largest physical gathering of people many times over. But also in this *artificial information field*, various patterns of uniform perception, thinking, behaviour, and actions of people are also created, spread (by means of infection and imitation), and function. And they form this invisible unified mass. That is, there is massification of consciousness and behaviour of many individuals, who belong to objectively unrelated social groups and cultures. Transpersonal communication connects and unites different people. But what is remarkable is that, in contrast to the physical crowd, in this large mass each person individually, *by one's own choice*, connects to a flow of one or another information, which eventually makes up a general diverse information field. These flows, like thousands of streams, have their direction, expansion, strengthening, and deepening into programs of one or another information channel that unites them. Within limits of the material world, there are only two diametrically opposed vectors of information: from the Will of the Animal mind and from the Will of the Spiritual world, each of which forms its own information field and, accordingly, its "critical mass." The latter, as a phenomenon, is subject to the laws of the physics of the material world (only on a global scale) and implies this mass, which is necessary to start a self-sustaining chain reaction in the human society with employment of an enormous amount of energy. Thus, when there is an obvious preponderance in the global domination of programs of one of the two information fields (from the Will of the Animal mind or from the Will of the Spiritual world), *thanks to the human communication mass*, the monad will turn over.



Anastasia: That is, outwardly (illusory), the highest possible degree of individualisation of people kind of remains. And a person seems to be free to choose how to get information, for example, whether to listen to the radio, read newspapers, magazines, watch different TV channels (and then discuss it with other people), or pay attention to different messages and entertainment on the Internet. But it turns out that there is no freedom as such, and all this is just an illusion of individualisation. In fact, by choosing something out of civilisation's offerings, a person connects to an artificially created information field which, one can say, forms a mass out of thin air. After all, most people, just like him, watch one and the same channels on television, read the same newspapers, listen to the same radio, visit the same websites, and communicate online via social networks. And the degree of orientation of the activity of such a mass is constantly monitored and controlled with, for example, TV ratings, the highest website traffic, popularity of certain articles in the press, and so on.

But this is a veritable massification of psyche, which has previously been practiced by shamans with a tambourine, magicians by means of rituals, and the like enchanters in front of the public. Only now the same ancient mechanism of influencing the human consciousness is carried out with new tools and on a more global scale. But principles are the same. I mean, at first the audience is provided with a certain set of information; a single system of its perception by the masses, common goals, and value orientations are created. The modern communicator broadcasts messages, which cause, for example, the suggestion of stupor, noncritical imitation, and blind submission, that is, an emotional and psychological condition that is common for the audience. This eventually leads to a build-up of a certain pattern of thinking and behaviour formed by this information of the *human communication mass* and the direction of its attention, and therefore also actions in the programmed direction, moreover, it goes unnoticed for the individual who makes up this mass.



Rigden: Quite true. This is an influence on the human consciousness that has been known since ancient times. But today it is used in fundamentally new quality. And its global differential is that in the artificial information field, which broadcasts the Will of the Animal mind through people-conductors, with all the variety of information which stimulates the Animal nature in a person, an individual, in fact, has no choice. For the Personality, this is a dead end in spiritual development, no matter how much information a person gets from this source. For all this information will focus the person's attention on prolongation of the Animal mind's life.

However, in the information field which has been artificially created in humanity and which broadcasts the Will of the Spiritual world through people-conductors, the choice remains for an individual. Since by receiving the Truth, due to its reproduction in pure form by such people through the same artificial information field, every person gets an opportunity to know himself, to become an Observer from the Spiritual nature. That is, to connect to the *global information field*, which in its essence can in no way be compared to the limited, artificially created information field of mankind created in the material world. And so, a person will help his Personality grow and qualitatively transform spiritually into a new Being. And that is the key difference.

Anastasia: You said it exactly right – a limited, artificially created information field. For the mass consciousness, a myth is created through mass media (first of all, television and Internet) and actively supported and cultivated, which forms a certain perception of the world, creates installations, and in its diversity, contributes to the mutual strengthening of information. This myth reinforces in consciousness of an individual, in essence, made up causal relationships between real objects, generates legends about events and public persons of the past and present, forms or presents a ready-made invented model of attitude towards reality.



This fragmented knowledge about the world, but served in a such beautiful wrapper myth, creates among the masses an illusion of comprehensive knowledge about the world and those events that take place. The same principle of false perception triggers in them as in the audience at a magician's show: "I saw it, so it must be true". Although in fact, people do not even analyse the received information on their own and do not bother to understand the reasons who and why needs the masses to pay attention to this information, while looping it on such a narrow range of matter of the three-dimensional world. Despite all the external variety of information, people are actually dishabituated from thinking independently, by rebuilding the perception and thinking of the audience after their own fashion. The clip character of the flow of different messages alone deserves special notice, where the main aim is to excite emotionally and attract attention to this or that message.

Rigden: I would say more precisely that the main goal here is not to attract but to distract the attention of a person from his inner spiritual development. Besides, if you look at all the diversity of today's information, at its basis you can see the single material root and activation in a person of desires of the Animal nature, where everything is built on provoking specific emotions and forming a certain mindset in the crowd under the cross influence of various sources of information.

Anastasia: Indeed, if a person is on the Animal nature's wavelength, then, in fact, he has no choice as he does not even realise that he is an object of external manipulations and he perceives the images and thoughts imposed upon him as his own ideas, without thinking about the true source of their origin. But when a person is an Observer from the Spiritual nature, he has something to compare to, he really has a choice, he understands how the Animal mind influences him, what the Spiritual world is, how fleeting life is, and how important personal spiritual self-perfection in it is.



Rigden: Yes, that is all true. Many people, unfortunately, do not even give a thought to whence various thoughts appear in them, why they give attention to them, and keep up the life of one or another program in themselves. Who and why needs to make it so that a large mass of people (among whom, like a speck of dust, you are also) saw this or that impressive story, film, a shocking message, or read an emotionally charged article. People do not think about the original source, what this information carries in itself, whom it really serves, what is, in general, behind one or another artificially created information field worldwide, to which a person gives his attention, wasting valuable life time on it.

Here is a simple example from the life of a modern average family resting at home in the evening after working day. As a rule, everyone is busy with their own informational entertainment. Some spend time online, focusing their attention on messages, games, and entertainment that excite them the most and captures their attention. It is enough to look at the official statistics and the names of the most visited web sites to understand what hooks of the Animal nature still hold people's attention, forming a mass of a certain type with its own characteristics. Other members of the family listen, for example, to music, experiencing emotions that correspond to this melody. Still others watch TV, empathising with the characters of films and programmes and mentally taking part in a virtual action. And some people are busy with domestic chores, but they also scroll in their thoughts information, for example, about the moments that affected them psychologically, events of the day, news obtained from mass media, or about their current personal problems.

But in absolutely all of mentioned above, attention is captured equally to the maximum by their avocation which, in fact, has a material vector and is connected to the forces of the Animal mind. In fact, all these "occupations" are empty; this is informational distraction that destroys life time. And life, like water in hands, runs out quickly. It seems that



a person has not done anything bad, but nothing good has come from his existence either. By its content, life ends up being empty, like an ear of grain in the wind, which was blown about here and there, and then rotted on the vine without giving spiritual fruit. Same here, everyone, like ears of grain, *is distracted from their spiritual development* by external information. People's consciousness becomes so narrowed, fixated on this or that emotion and thoughts from the Animal nature that, in these moments, nobody even thinks about the spiritual, not to mention about doing serious work on themselves. Though in fact, spiritual development is the most important thing in the life of any person, it is the meaning of his existence.

The person empathises emotionally, gives much attention to an empty illusion, which does not give him anything, as it does not enrich him spiritually. But this illusion pumps out emotions (power) from the mass of people formed by it. Everything that an individual gets after participating expansively (intrusively, impulsively, emotionally unrestrained) in this illusory for the psyche of the masses show is devastation, strengthening of thoughts, emotions, and desires from the Animal nature, in fact, poison for the Soul. Thus, the formed mass of people that have been engrossed by this or that informational illusion, which casts each individual into a kind of illusory reverie and ignores any hint at his spiritual development, is invisibly controlled by the Animal mind. Each day, people unconsciously give their life force to it, paying their attention to information of the Animal nature and thus, like donors, constantly feeding and increasing the power of the Animal mind.

But awakening spiritually, the person begins to think about these vital for him questions. He begins to realise that until then he was just an unconsenting element of reproduction and of distribution of information from the Animal nature for this mass. By awakening spiritually and working on himself, a person, in fact, makes his true choice. He becomes an active conductor of the Will of the Spiritual world, contributing to the dissemination of the Truth in the existing artificially created by people information field. The



Truth becomes a power, which multiplies his capabilities many times over.

Anastasia: Yes, the Truth, as it turns out, is very simple... So it appears that, at this stage, the Animal mind is actively creating a system that in theory should globally cover the consciousness of the majority of people on the planet.

Rigden: Unfortunately, that is so. A tool is actively being perfected right now which includes all the super effects of new mass communications. This tool is already well known to most people on this planet, I mean the Internet, as one of the most effective means of massification of the human psyche today. Nowadays the Internet, which is rapidly taking place of television, is being actively implemented around the world. Every effort is being made to provide mass access to it for different nations, that is, to attract the maximum number of people to the world wide web. Its advantage over television, print media, and radio is that the Internet combines all these means of mass communication but is less costly and, therefore, more accessible to the masses. It retains a degree of human individualisation. But most importantly, embedded in it is the disposition to reproduce and duplicate information across the world at the expense of the formed mass itself as well as of “opinion leaders” and active people. But this global technology also hides the Animal mind’s weak spot. And smart people should take it into account.

If previously a person, while in a physical crowd and understanding all the absurdity of actions committed by it, could in actual fact do little to change the situation, now every active person is given such an opportunity. In other words, thanks to Internet technologies, **even one Man in the field is already a Warrior, for he alone brings spiritual Truth to many people.** Each person gets an opportunity to reproduce information, quickly transmit, and replicate it. Everyone who has received this information is given the right to make his own conscious choice: to



continue to serve the destructive Will of the Animal mind or to implement the creative Will of the Spiritual world.

Now such unique conditions have formed, under which mankind can use its chance and turn over the monad towards spiritual development of the civilisation. It can create an entirely new social world order, using the tools of informational influence of the Animal mind upon people for the purpose and in a direction that is completely opposite to it – development of humanity in the spiritual and creative way. The personal contribution of each person to the common cause of spiritual and moral transformation of society is very important. One can say that every, even the most seemingly simple and “insignificant” thing done for the purpose of disseminating the Truth, in the end, one way or another, affects the global situation in society and forms its future. Like the sea is formed from many streams and rivers, so the global creative information field is formed out of thoughts and actions of the many people, who accepted the Truth and became its active conductors. If a person, who has all this information, wishes to disseminate it, then it is necessary for him or her: *1) to provide people with the entire extent of Knowledge outlined in these books while trying to disseminate it to a maximum number of people across the planet; 2) to contribute to the processes of unification of people on the basis of this information, which will invariably entail a change in behaviour and attitudes as well as formation of new values and spiritual self-education of the community.* Provided that these objectives are implemented, it is inevitable that a self-sufficient world society will form which will be capable of organising itself, solving important issues, and implementing the decisions taken. Active communication of its every participant will only serve to strengthen, support, and expand the impact of this information, convey a certain emotional and psychological tone to other people, inspire them by an example of behaviour, the general idea, and actions. In general, there is nothing difficult here. The main thing is to convey information to people in pure



form, be an active participant of the process of formation of the new society, and to constantly work on yourself.

People have dreamt of such a society since the dawn of times, calling it in their legends “the Land of Good”, “the state of bliss”, “the golden millennium”, “the world of justice”, “millennium”, that is, the future that can get closer by divine intervention but will be reached through human actions. For example, in Christianity the concept of “millennium” belongs to eschatology (the Greek word “eschatos” meaning “the last one”, “finite” and “logos” – a “word”, a “teaching”), that is, to the religious teaching about the final destinies of the world and man, about the last stages of the domination of the animal mind in humanity. Eschatology looks at the topics of “the future millennial reign of Christ after the Second Coming – the return to Earth and His victory over Satan”, of the Armageddon – the final battle between good and evil at the end of times, in which “*kings of the entire inhabited Earth*” will take part. But who is it, who in the context of this Christian teaching is called Satan? The Animal mind of the material world.

Suffice it to look around to see what’s going on: struggle for power, the priestly, political, and economic violence of gangs from the Archons over nations; dominance of market and consumer attitudes which form purely materialistic thinking in people; relationships based on the animal instincts. There is a veritable aggressive informational attack on the human society by the Animal Mind, in fact, an information war. The modern man more often chooses matter and hardly comes out of the sphere of influence of his Animal nature, his earthly selfhood, selfishness. As a conductor, he imposes this model of behaviour onto others, without even noticing that he is in the grip of the Will that is alien to his Spiritual nature. This is precisely the power, “the guise of Satan”, of the Animal mind who has enslaved mankind and is now walking around in it without a mask.

But the opportunity to change everything is in people’s hands! People are waiting for divine intervention. But



it is the same as with human dialogue with God. It can be achieved only by choice, actions, and real spiritual transformation of man himself! The Bible has the following words of Jesus to his disciples: “I will ask the Father, and He will give you another Comforter, that He may be with you forever; that is, the Spirit of Truth, Whom the world cannot receive, because it does not see Him or know Him...” The Knowledge has been given to man, and his choice and action depend only on him! And changes in the whole global society depend on actions of every person! For all the living people, this is really the last remaining chance to spiritually save themselves and the civilisation.

Building such a society is a necessity since this is the only model that will allow humanity to survive in the future. It is actually easy to build it. The foundations have been given, while the details of this new model will not be hard for people to work out together. Already now, there are many competent and clever people who really can and want to change the modern society, make it free and equal not on paper under slogans of the Archons but in life, from the perspective of domination of the Spiritual nature in man. Building such a society depends on the actions and the personal choice of each individual. The Archons have accustomed people to doing nothing and to waiting passively for someone to come, decide, and do everything for them. They have limited the “prison Freedom” in their system for a person to a place on the couch, where he can spit at the TV set as much as he wants and abuse politicians and priests because nobody will hear him anyway. But it is easy for one to destroy this imposed illusion in oneself. One simply must not sit back and do nothing; it is necessary to transform yourself and society and be a messenger of peace in the full sense of this word.

Anastasia: A messenger? Well said indeed! Because a messenger is inherently the one who brings knowledge! And in the modern world, this name is also given to a character in a classic tragedy who narrates outside the scene about what is happening. Given all the above-mentioned, a messenger



of peace is one who knows and explains the hidden meaning of what is happening to all people who are watching the performance on the world stage.

Rigden: All of us, while in bodies, take part in the theatre of matter. The spectacle is shocking, but it is edifying. The Truth reveals itself to the eyes of some, while others are absorbed by the performance acting. The only difference is whose side your consciousness is on in this place of illusory shows.

A messenger is capable of communicating the Truth to many people – friends, relatives, acquaintances, and strangers. He is able to induce the desire in them to tell the Truth to their circles, and they can tell others. And so the message will fly around the world like a falcon in its swift flight. How fast this information will disseminate in society depends on people themselves, on the efforts of each messenger. The more there are of those who get inspired by the Truth, the more there will be of those who will begin to change the situation in the global society, according to their opportunities at the local level. All conceivable available means can be used for dissemination of information: verbal transmission, mass media, including radio, press, television, and the main lever of mass communication today – the Internet. If every person applies his hand, his mind, and the purity of his intentions to it, then this original information will spread very quickly around the world, and within a short period of time, this idea will permeate the majority. And in the majority lies the real power! Once people receive and get inspired by this information, they themselves will understand everything -- how to improve the life of society according to their real abilities, and a tide of universal unification will start. So, a lot depends on one person. The main thing is not to sit back and wait for mercy from the Archons!

The genuine spiritual side of a human being in relation to society is manifested in his sincere intention and selfless action for the good of society. Once united in such an



intention, people will be able to achieve more and create conditions to form an entirely new civilisation – humanity that will be guided by the essence of *the Word* “**AllatRa**”.

The secret of this *Word* was once kept in their circles by the spiritually initiated people who were resisting the power of the Animal mind in any of its manifestations. These were the true warriors of Light, the keepers of the Primordial Knowledge. For their feat of arms, the Truth was revealed to them: “There is no power greater than the Spiritual power! By possessing the Primordial Knowledge, you also possess the power. By possessing the power, you influence with the word that is the glory, the name, and the call. The glory heralds the Truth in the radiance of immortality for those who have been crowned in honour in approaching the One. The name manifests the sign of the Primordial One, which is the basis and the key to understanding events. The eternal call is the Primordial Sound, the Sound of Creation. It fills the sign with the power of Allat and makes it mighty in creation. For Allat is the manifestation of God’s Will, it is the all-inherent force, the Foremother of everything created according to His Will. The worthy one follows the eternal call of the Soul, resounding the cry of the Soul’s victory: “**AllatRa**”! Everyone who hears it is a Summoned one, and together are the power capable of changing the entire world.” The creating power coming from God is

AllatRa

No period has been put in this book because the final word rests with people...

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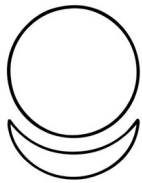
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The books by Anastasia Novykh are well-known all over the world as spiritual, intellectual bestsellers that give answers to exclusively personal questions of every person, that give a deep understanding of the world and oneself, strengthen the best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

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

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



ALLATRA

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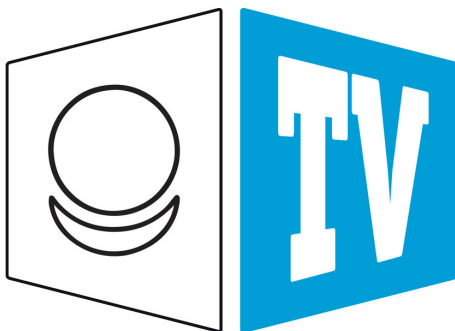
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AllatRa

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

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

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