

# Keyifli Okumalar Dileriz

Binlerce kategoride milyonlarca PDF e-kitap, ders kitapları, dergiler ve romanlara platformumuz üzerinden ücretsiz ulaşabilirsiniz.

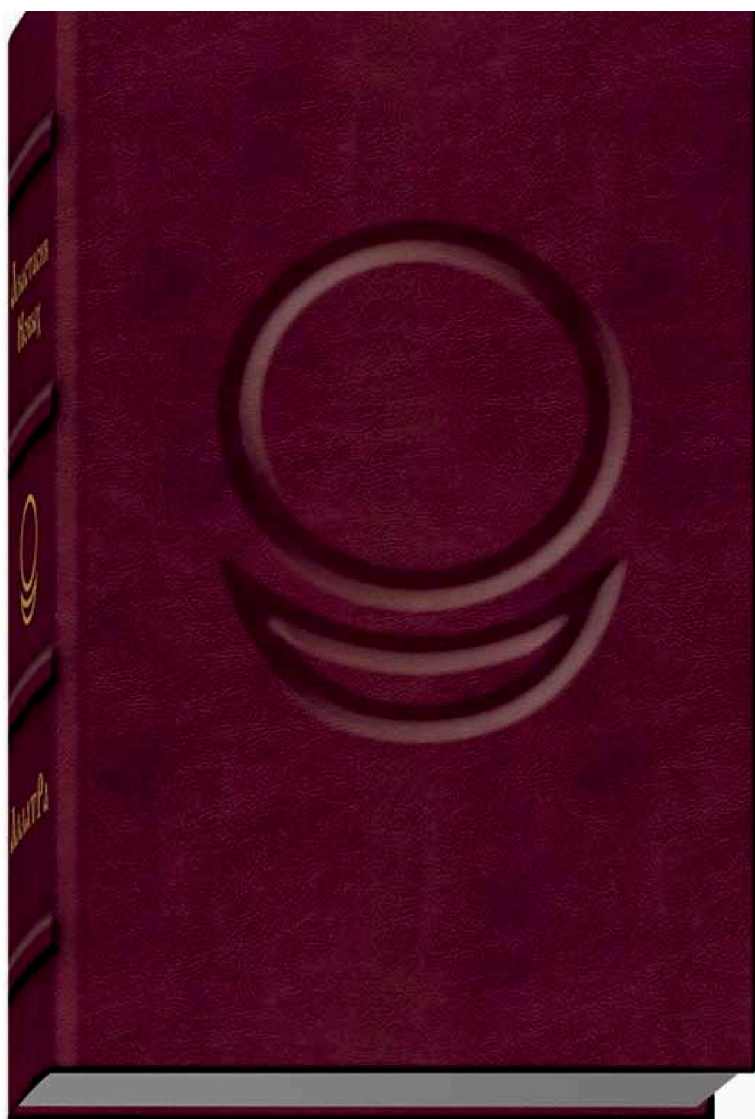
## RESMİ WEB SİTEMİZ

<https://rantey.org>

### Yedek ve Duyuru Kanallarımız

Sitemize erişim engeli gelmesi veya adres değişikliği durumunda aşağıdaki kanallardan güncel giriş adresine erişebilirsiniz:

- Telegram: <https://t.me/birkitapbir>
- WhatsApp Kanalımız : <https://whatsapp.com/channel/0029VbDHv8uE50Us4lvMoc0Y>



ANASTASIA NOVYKH

# ALLATRa

Kiev  
2016

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.

**ISBN 978-966-2690-07-1** © Anastasia Novykh, 2013  
© ALLATRA Publishing House, 2013  
© Translated from Russian  
by Alexander Kvartalny, 2016





## **Cry of an Angel Clad in Clothes, or Sufferings of a Man with an Angel, in Place of a Soul.**

To whom, why am I writing these lines? Most likely to myself. Because, abiding in a holy place for years, just twice have I been recognized, and only by the people with the Soul that is, by God's will, free from the mind. Man's mind is a true stumbling stone, perhaps, an entire cliff facing the Soul. One cannot go around or leap it. To climb up over sharp stones, scraping your nails till they bleed and falling down the slippery ledges, sweet from the mind; then to get up anew after regaining 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, from frail pants, creates illusions of all that you will wish for. So long as you keep wishing. Wishing for earthly love with a blazing hearth, for children to give birth to, for wealth, or 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 is 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; for long I ruled over the countless peoples. And every time the clothing would be tight, the clothes would hamper me and hinder me from living. They'd shake with fear and get sick, and, like all others',



at first they'd wish for much until I'd tame them. That wild beast of which the dress is woven fears just his 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 waste the whole Eternity on only just one moment? What is the point here? To suffer in the arms of the beast's skin, to serve the pants decaying day by day. Is life in this? But 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 things happened that convinced me once again of the fact that a sincere desire of a single person to help people, together with his or her real actions and self-perfection, do bear wonderful fruit. And it's not even about the books as reading matter, but rather, about understanding and putting the Knowledge given there into practice. A book is just a means of transferring the Knowledge; the Knowledge not as a concept of "property" or "one's conclusion" but as Wisdom from above that passes through centuries. Wisdom like an Open Gate for entering that wonderful higher state of spirituality, through which 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 will vanish in the dust of ages.

It is this Wisdom, like a genuine grain, that gives good seedlings in man, 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 discover the boundless realm of knowing the Truth. It helps him to rise above his earthly selfhood and see the world from the height of spiritual view without prejudices and material blinders. The Wisdom endows man 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 realize the root of human troubles and improve the atmosphere of one's spiritual life. It gives the main *keys* to understanding the complex reality of man 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 know the hidden essence of past and future events. This Wisdom is precisely the creating principle fathered by Him, which opens for each person who has accepted It a 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 for the search of the Truth. In the secular world, they teach you only intellect, memory and knowledge from logic. Whereas while knowing the Truth, one must master the elevated stage of self-perfection, awareness and understanding of the deepest spiritual feelings that emanate from the Soul. After all, the entire spiritual experience lies beyond the boundaries of the mind...

**Anastasia:** Yes, you have mentioned this before. However it is only now, after years of working on myself in each day, when I started to feel and understand information in a comprehensive way, that I've realized in practice what this spiritual experience which lies beyond the mind is. The spiritual understanding of the world and myself helped me a lot here, 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 the spiritual grains of Wisdom have been shared with people. The books were more than just welcomed with gratitude. Encountering this Wisdom, the souls of many of them, like a touched string, are making an inaudible triumphant sound. Furthermore, these books have made even those people hesitate in their choice, the consciousness of whom is dominated by the Animal nature. People started to work



on themselves harder, trying to control their thoughts, understand the direction of movement in their development and the essence of their spiritual needs, and see the eternal grains in traditional beliefs. Readers of these books did not just start awakening – they began evolving 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 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 stereotyped format of the consumer thinking: “I’ve read the latest book, when will the next one come out?” The third ones attempt to do the spiritual practices described in the books, in fact, without changing their material priorities, so they are constantly arguing with themselves. And their questions are of the same nature: “I’ve been doing spiritual practices, but no miracle is happening and nothing changes in my life”.

**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 don’t 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 stereotypes of egocentrism of the world and personal doubts. They are like lotus flowers: once they are lit up with sunrays, 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 is different from the human one. When a person overcomes the vile things within himself, works on himself each day, develops and transforms himself spiritually as a human being, he becomes enlightened. When the person evolves spiritually, he encounters questions from his mind. Experience in spiritual practices makes him aware of the fact that his material brain is limited in its perception and is a part of the body; the body is temporal and finite. As for the Soul dwelling inside him, it is invisible, yet eternal. He understands that it is impossible to precisely express the experience from 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. Because the divine is a *different* language, a language not from the mind but from the deepest feelings, which the Soul of any person can understand. It is the universal language of human Souls. And this is exactly the language of the Truth.

**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 precisely with the deepest feelings. It is difficult to share your own experience in words. Although the people who are on the same spiritual wavelength with you understand you without any words.



**Rigden:** The question of how to share your 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 this is an experience of cognition of an entirely *different world*, which is unlike the material one. In other words, everything you will 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 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 civilization. The question is as follows: "Is there such Knowledge which people will not be able to use for military purposes, but this information 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 come, 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 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 this besides the visible light, including radio waves, infrared, ultraviolet, X-rays, gamma radiation, are electromagnetic waves of a different wave length, which is either shorter or longer than



the rays that are visible to the human eye. Generally speaking, what has been seen is what the instruments invented by people have seen, thanks to the latest scientific breakthroughs.

**Rigden:** Among the cosmic ocean of a multitude of waves of a variety of natures, these electromagnetic waves, which are known to the present-day science, occupy just a small spectrum 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, for example, 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's 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's interesting... Scientists believe that modern humans appeared up to 40 thousand years ago, and the first "authentic" Homo 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 right away...

Besides, mankind itself belongs to the civilisations which get 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 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's 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 civilization. As a rule, such civilizations are short-lived and exist within relatively short periods of time because they destroy themselves in wars.



**Anastasia:** Hmmm... 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 man.

**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 from 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” indicating, for example, 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, analytical methods are often used for building models and theories and making predictions to study astronomical events.

**Rigden** (grinned): In the creaking cart of purely materialistic worldview, you will not go far in real science. Still, sooner or later, a real scientist will get to such scientific horizons where it will not be possible to use the existing props, on which the entire 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



do not 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 go deep into the nature of these phenomena, it is necessary to have a fundamentally *different* world perception, which is entirely different in quality from the material worldview.

**Anastasia:** Understanding 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 getting its tip rest against something or touch something.”

**Rigden:** That is really so. And, answering the question, I shall touch upon just a few very important matters of astrophysics, naturally, in the form that is accessible to the human thinking. But **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-assumption, which is stereotypical for the modern educated mind, of the Big Bang, which, as scientists believe, happened at the birth of the Universe. They substantiate this popular hypothetical theory with the laws of thermodynamics. According to this 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 know as of today is what they substantiate it with. Scientists think they have grasped well enough this branch of physics which studies the laws of thermal equilibrium and conversion of heat into other kinds of energy. Even the term “thermodynamics” itself, when translated from Greek, characterises their debates in the scientific community very well: “*therme*” meaning heat, warmth and “*dynamikos*” meaning powerful. Indeed, each of the disputes there is full of heat and ardour.

**Rigden:** Impassionate 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 knowing one* 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 are numerous while the latter are much fewer. A knowing person is valuable to any research team. He or she is like a proton (when translated from Greek, it means “*prōtos*”, the first one), like this elementary particle which always has a positive charge and which forms all the atomic nuclei. So is a knowing person, on whom, one can say, all the science in this group rests.

**Rigden:** That is true. I hope that the Knowledge, which people will get, will increase the number of *the knowing ones* not only in science but also in society, and change the understanding of the world, including in the matters of the origin of the Universe. As I have already said, 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 the size of the proton and with the mass of around a billion tons are non-existent.

**But there is the following phenomenon in the nature of the cosmos: 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 activity of the black hole. The largest and the “heaviest” compounds which 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 ( $1 \text{ fm} = 10^{-15} \text{ meters}$ ). 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 is truly very interesting information. In this connection, 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” which 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 ones: “to think, teach, interpret” and “to shape, form, create.”

For ease of understanding, let us 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 have decided to carry out a kind of an 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 us say, not the usual white but transparent. Your actions: in the empty glass aquarium, you build a beautiful castle, using the transparent building blocks of foam plastic (like a children’s toy construction set), with a lot of rooms, towers and so on. 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 *forces*, applying which you *are building* with the help of this *unusual material*. Next, you have built a 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 surface of the water: some individually, 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 individual 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 not 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 conventional transparent building blocks are a figurative comparison **to the information that creates matter, setting to it certain parameters, shape, volume, mass and so on.** And the visible castle is already one of the material products of the **ordered information, from which elementary sub-particles are formed 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 their 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 the doughnut.

**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 the way in which matter, too, disappears? If there's no information, there's no manifestation of matter?

**Rigden:** Quite right. By the way, here is an interesting fact: the amount of matter in the Universe is constantly changing, and these fluctuations, both towards its increase and decrease, can be quite sizeable. At that, **the amount of information is always stable, thanks to which the overall mass of the Universe has not changed even by one billionth of a gram since the day of Creation up to 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. Everything of genius is simple, as always... These information building blocks of the universe never disappear anywhere, that is, they never leave the boundaries of the Universe (in our example, of the aquarium) and exist in it in a strictly ordered form. 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 at 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 us put it this way: it is the 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 not formed chaotically by itself as is believed!

**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. As a result of this, various processes take place: for example, explosions of massive stars, 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 the 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 remnants of the explosion of this supernova 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 is still sliding 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 to associate with remnants of a supernova. I was amazed by the fact that the size of this star is assumed to be only 25 km; that is, it is actually a star the size of a town, but it 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 the cosmos.

**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; that is, 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 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 the laws of thermodynamics, are based on interactions of the “visible matter” or on its logically predictable behaviour. Although there are many strange things here as well. Let us take, for example, black holes in the Universe – these mysterious objects, which are unexplored by contemporary science, that 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 be-



lieved 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 gravitation 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, that is, its radius increases. The size of this object may vary...

The modern theory of stellar evolution regards the formation of black holes as a result of collapse of massive and supermassive stars. As I see 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, but it will just become a neutron star or a white dwarf. 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 is not bad. You get the general idea of how the global science currently marks time, getting caught in a vicious circle of pointless discussions.

**Anastasia:** I might not be thoroughly aware of the details of their discussions, but I have a general idea... Besides, I got interested in another thing. It is assumed that within the black hole, time and space are significantly distorted due to enormous gravity. 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 the stellar matter may compress to such a degree that eventually it turns into a point with an infinite density, that is, a singularity may arise.

**Rigden:** To put it simply, theorists try to fit their 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; 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 set in. Since numerous questions arise, to which scientists are unable to find answers from the perspective of the material worldview, such confusing modern theories appear. Authors simply puzzle each other. 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 which is similar to that of a fable elephant.



That is, instead of addressing the matter 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 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 is in principle non-existent for them.

**Anastasia:** But, perhaps, the funniest thing about this modern theory is, in my opinion, the so-called “primordial black holes.” According to assumptions of scientists, 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 10<sup>15</sup> grams, which supposedly may have remained intact somewhere in the open Universe until present) to a supergiant and supermassive 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 10<sup>15</sup> 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 am glad you understand this. With such a state of things, 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 the 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 lack just the basics: *Knowledge and a guideline in the right direction*. Having these two, 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 have 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, that which is called **the black hole** on the scale of the Universe **is a phenomenon which itself is transient and which does not have mass. Emergence and disappearance of any number of black holes in the Universe does 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. But its role in astrophysical transformations of the Universe is colossal.**

Associatively, I would compare a black hole to 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 volume (at least, the informational one). 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 essence, it is Nothing.

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

**Rigden:** Speaking of which: vacuum is far from empty. Here is a simple example. In 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 100000 molecules per cubic centimetre. Scientists already see that even the absolute vacuum, in which particles are supposed to be completely absent, is not “an absolute void” free from any characteristics. Modern physics has already approached the theory of the physical vacuum as scientists have named the lowest energy state of quantum fields. The physical vacuum in the said theory is characterised by absence of any real particles, yet at the same time it contains all sorts of virtual particles. However, there is another theory (though not persistently 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 coarse matter.

Time will surely judge who is closer to the Truth. The problem is that many scientists, wanting to cognise the Truth, in reality 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 his or her spiritual purity. For it is the latter that reveals the Truth of the beyond in its pristine nature.

**Anastasia:** Yes, I recalled this theoretical scheme of the creation of particles and antiparticles. It is amazing that everything there is also according to the scheme of the diagonal cross... Once you made a very clear and associative comparison of the Universe with 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 the 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, since 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, is the black hole like Something, like a foreign inclusion which is not common to



the material world?

**Rigden:** Yes, you could say so.

**Anastasia:** You mentioned that the role of the black hole in astrophysical transformations of the Universe is enormous. Please tell more about this and about the main functions of the black hole, at least 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 it 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 fair regarding black holes in the Universe either, since immune cells continuously furrow the space 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 they disappear back into Nowhere. At that, they disappear instantly, quite often (but not always) leaving behind themselves in the material world entire clusters of star fragments and huge clouds of dust and gases, which are fairly easy to detect with the help of 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 workshop.

It is difficult to explain how Something appears out of Nowhere, destroys entire star clusters at times, and 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 the 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 emergence and 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* world outlook.

**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 nonetheless?

**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 us 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 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 be 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 turns out it is as a kind of a mincing machine.

**Anastasia:** Please specify whether the term “accretion zone” is used here in the same meaning as understood by modern scientists. You mean the accretion disk as a powerful source of radiation, which revolves around the black hole and is formed 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, having collided 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 reset 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 off 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 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 remain floating on the water surface. The question is: "Where will the castle itself (matter) disappear?" It is clear why my question brings a smile to your face. You will 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. Suddenly, 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 are immediately bouncing off of it (as if from something super dense) like a tennis ball off the asphalt. Have you imagined this? Well, this is exactly, albeit in a slightly distorted way, how 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 do not 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 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, information building blocks make up both the fastest and the heaviest micro-objects of this world, just like everything else...



**Anastasia:** And if hypothetically we imagine, say... a neutron star which would consist of such heaviest, short-lived objects; it turns out that it would decrease in its size by hundreds of times more, and its mass would grow, so the gravitation contraction of the star would increase, too. Roughly speaking, could such a star in this case 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 have 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 have 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 his or her 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, disposal of unnecessary matter takes place. This is almost like an eraser (a rubber) cleaning the paper surface of inscriptions. Matter vanishes entirely, without even 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 us face it, quite unexpectedly for the weeds. Another thing is 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, attracting 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, sci-



entists 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 got 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 (at rest) is the particle known to all – the 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 kinds 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 can-



not 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, the purity of thoughts and the flexibility of the mind allow a true scientist to have a broader view of the world and remove the imposed stereotypes. 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 say what mass represents on the global scale?

**Rigden:** Everything is actually simpler than people think. The amount of matter (its volume, density and so on) 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 interaction of one matter with**



**another under certain conditions.** Like I have 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 simply 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 macrocosms 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 the spiral shape** or move in a spiral, from micro-objects to macro-objects. For instance, let us 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 shaped nucleus.

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

**Rigden:** Correct. Inside their cytoskeleton, you will find a linearly twisted spiral, a double helix (spiral), 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, that is, the double-stranded DNA molecule. In most cases, the DNA has the structure of the double spiral! Even certain bacteria, which are prokaryotes (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 the stages of the cell cycle, chromonemata are the basis of the chromosome...

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

**Rigden:** Note the following: in a non-dividing 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 ( $\alpha$ -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 the cranium, spine and so on), cartilages, and tendons consist of it.

Here is 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 human or animal hair  $\alpha$ -keratin. The longest part of its peptide chain is twisted in the right-handed  $\alpha$ -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 already a microfibril of hair. These are simply processes which are visible in the material world and which are formed at the invisible energy level of the organisation of matter.



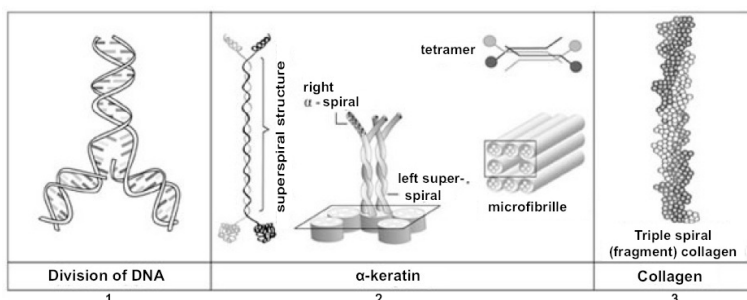


**Figure 1. Helical (spiral) structures:**

- 1) division of DNA;
- 2)  $\alpha$ -keratin protein;
- 3) threefold collagen spiral;

The spiral (helical) structure is one of the most convenient forms of long-term storage of information. Today, science is only 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 do a genetic examination to determine a biological relationship. Previously, blood was used for the 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, point at the person's life style: what medicines he or she took, what he or she ate, etc. The DNA analysis of a 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 only stands on the threshold of perceiving the mysteries of spiral structure (which also exists in abundance in man) 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. Incidentally, 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 thoughts 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 with 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 (spiral) 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 us say that initially this knowledge was given to people precisely in a positive way.

Let us take hair, for instance. Hair keeps information about a person and the connection with his or her 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 certain purposes, 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, being in an altered state of consciousness (meditating), 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 preliminary 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) or suppress outbursts of his Animal nature. Hair was never cut from the forehead because the front part of a person and the front space before him were seen as 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 or her hair. However, such influence can only reinforce what already dominates in such a Personality. In other words, through the hair of a good person, 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 itself 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 is 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 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 of 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 to 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 macrocsm, 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, the centre of which may be located dozens of metres below the ocean level), fields 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 what is reflected in the 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 few cases such “coincidences” can be explained by contacts between cultures. How did the ancient people know how the Universe and life in it was 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 multistage 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 the quantitative and qualitative characteristics of elements are 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 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 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 outlook, was not the final annihilation of man. Life and death are closely connected with each other, and they supplement 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 de-



scribe how exactly the Universe will perish. Clever people should think about the question how ancient people could have known all this and 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 or the birth and destruction of the Universe.

Nevertheless, the 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 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 an 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 “rukh.” 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 Foetus, the primary seed). *On the surface of the sphere, under the influence of the powers 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 powers of Allat* (in mythology – the Foremother 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 the 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 focuses 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 get 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, that is, 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 right  swastika (the “straight”, “right” swastika), in other words, as a cross with edges bent to the left. Such a swastika symbolizes the clockwise movement – in the right direction. By the way, translated from Sanskrit, the Old Indian word “swastika” from the word “su” means “associated with good”, that is, “su-asti” means “the beautiful exists”, “good ex-



istence.”

*But simultaneously, while spinning the Universe in the right spiral, the power 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 powers of Allat. (Peoples symbolically depicted this motion “from the outside to the inside” as the wrong, aggressive,  reverse swastika, that is, as a cross with edges bent to the right. Such a swastika symbolizes counterclockwise movement – in the left direction. In mythology, the emergence of the opposing force is reflected in the image of 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 right swastika form along the edges. And if you spin this liquid counterclockwise, 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 more flattened.* This point is recorded in the cosmic legends of peoples of the world as the cracking of the world egg, splitting it in 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 creative ones being the water deities, had bodies of the 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 it turns out 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 general 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 the possibility to look at the world from a com-



pletely 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 creative 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, 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 would not 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 us 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 its 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 revitalizing principle.

**Rigden:** That’s right. According to this legend, it is be-



lieved 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, 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 pay attention to 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 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 macocosm and the microcosm. It will then become clear why information never disappears anywhere and why, being 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 or her brain a little, many things can change, at least in people’s lives... On the other hand, I have not 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 plates as heritage for descendants. Later on people called such heritage the Books of Thoth, though the plates were eventually destroyed, or more exactly melted, because most people have always valued gold more than Knowledge. Nevertheless, copies of the plates, re-inscribed on papyrus sheets, or at least a part of them, have been preserved. Unfortunately, such copies were 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, being saved and rehidden 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 us put it this way, of the present “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, trying to lynch this Knowledge and, laughing foolishly at the truth, will hide their fear of the Truth.

**Anastasia:** Yet, 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 civilization towards the true spiritual development.

**Rigden** (smiling): If only people could hear your words.

**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 or she already understands much beyond the patterns of the material world and when his or her Soul aspires to go beyond the horizon of events. But so many people... How many times has the Knowledge 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 Vidiya (translated from Sanskrit, this name means 'Knowledge'). She had a disciple whose name was Amrit ('immortal'). When the disciple had grown up, Mistress Vidiya 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 grain of the Truth.” Amrit asked: “Mistress Vidiya, 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 grain of the Truth.” Mistress Vidiya 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 horns adorned with gold. Amrit went to the council, hoping to get an answer to his question of where to find the single grain of the 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 haven. 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 man’s thoughts. If man acts with evil thoughts, suffering follows him like a cart’s wheel follows ox’s legs. If man acts with good thoughts, joy follows him like a shade from the bright



sun. The meaning of man'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, 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 man. All that which exists and which 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 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 of the single seed of the 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 grains 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 Vidiya was in the garden. Delighted to see her, Amrit began telling her about all 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 grain of the Truth, I decided to spend all the money on lessons from the famous guru. Now I have acquired great knowledge in many sciences and can tell you about many grains of the Truth in each of them...” So Amrit began recounting what he had learned. However, Mistress Vidiya, 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 is knowledge from the mind. It does not mean that you have found and known the single grain of the Truth. Multitude comes from the One. In order to penetrate the essence of the Sacred, you need the ability to feel as well as awareness and understanding.” Mistress Vidiya 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 Vidiya 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, thanks to which a big tree grows. But only through the ability to feel can you know the in-



visible, 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 grain of the 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 grain of the 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 Vidiya 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 shall I show people what I do not know myself?” Mistress Vidiya smiled: “Become the one you don’t know. Become yourself, for you have a part of the single seed of the Truth in you. Man is just a vessel for the Soul – the source of his Essence. Find that One and perceive It. This is the most important thing. Having perceived the single seed of the Truth, you will know yourself.” Amrit asked: “But how do I do this?” Mistress Vidiya replied: “Use your mind for the benefit of people and gain experience. **When your deeds coming from the feelings for the sake of the Truth outnumber words coming from your mind said for**



**the Ego, you will then perceive the single grain of the 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. At the same time 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, there is no broadening of the horizons and the most important thing – 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 the 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, an active slave trade from the African continent was developed. 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 this people corresponded to the stereotype created by politicians of his country, in other words, that “savages are not even human beings.” The culture of this people was discovered (though just for a





narrow circle of specialists from Europe) by the French Africanist ethnographer Marcel Griaule. First of all, he was interested in the spiritual side of life of the Dogon, and that is why the priests of this people 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 the 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 appeared from the word “Amma.”

**Anastasia:** It is interesting that the Dogon in Africa



have “Amma” while, according to the Indian legends, the Universe arose from the vibration of the sacred sound “Om.” In the Vedas, this sound is 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 – the 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 goes *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 with a spiral of eight coils of red copper. The Moon is surrounded with 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 eight “main” signs...

**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 the question: “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 the human being.

**Anastasia:** It is very rare, but they become available to man... 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 knowledge, being “sacred” for this or that people, 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 with 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 other-worldly possibilities to man.



**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 arranged using four parts, it turns out that this indirectly points at the connection with the 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 the 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, spirit Yo appeared (from whom the first powerful forces Pembo and Faro descended, which took part in the creation of the world), 22 basic elements and the 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 called 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 creative 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. Legends remain that when they saw from the sky the mother earth naked and devoid of speech, they made a skirt for her of ten wisps of filaments of heavenly plants. It is precisely the 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, the desire arises to give everything up and leave for Africa, since such knowledge exists there.

**Rigden** (burst out laughing): There is nothing to do there, in that Africa. It would be the same thing as going to Tibet. You will 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 vein of Knowledge, from the perspective of the spiritual worldview. The information that used to be inessential 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 one as if it took its right place. Now imagine what the people who don't possess such information will think about, for example, signs? After all, the majority of modern 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 pre-dynastic 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 stereotyped materialistic worldview of people, which does not go beyond the boundaries of cognition 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 or her 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 artifi-



cially. From this comes an understanding of what this fleeting life is, what man himself should aspire to, and how to use its power for your own spiritual development.

**Rigden: In this illusory world, everything is fleeting like a mirage in the desert. So 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 comprehend the beautiful, because everything in this material world, including human life, is nothing more than foam bubbles on the sea sand.**

Man feels 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 the outside – 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 incentives already in a different way, based on the knowledge and experience gained in this life. And here a very important role is played by man's dominant worldview, his Knowledge of the world and himself. If the material worldview dominates him, if 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, man begins to panic and fear it and regard this three-dimensional world as the only reality of his exist-



ence. He wastes the power of his life on achieving gratification of his own Ego in the material world, on gaining power over other people, and on accumulating earthly wealth. However, with the death of the body, man loses all this, leaving behind in his afterdeath fate from his past life just a bundle of negative energy, which will be bringing sufferings and anxiety to him for a long time to come. On the other hand, if the spiritual worldview dominates man and if he not simply has 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 the real 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 the perception of the Soul contributes to the 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 the lack of the *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, being 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, of which people have dreamt for millennia.

There are readers who have been naturally endowed 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, become 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 get ready for 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 both they and even future generations, which will get in touch 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 the Knowledge about yourself and your nature, and also about the main action in human life – work on yourself. The seeds of different sprouts of his Essence are concealed in man, but only one of them is true. Why is man, 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 man’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 to the flourishing of all the best that is in him. When man acquires the 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 a direct connection of each person 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 new-born 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 and of 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 it 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 shells.

**What is the human being?** During lifetime, the 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 struc-



ture of the physical body, which is visible to the eye, together with its physical and chemical processes as well as 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 shells, 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 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 man 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. In fact, this is 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 for a rebirth (reincarnation), turning into (let’s call it 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 shells, is enclosed in this formation. The information shells are subpersonalities from previous incarnations, including the Personality from the recent life.

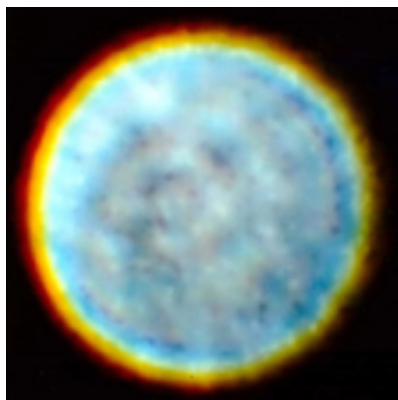


***Photo 1. The human Soul in the state of transition, after the death of the physical body.***

*In the photograph of the Soul, one can clearly see the edge shell. 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.*

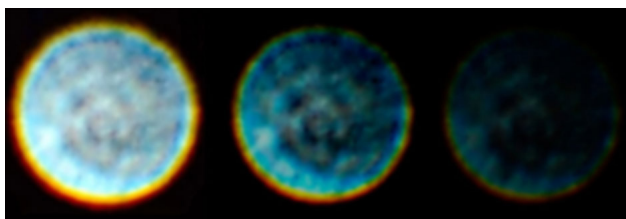


***Photo 2. The human Soul disappearing from the material world during the process of transition.***



Information shells, 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:** It turns out 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 the whole 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 man does not remember his previous lives and, accordingly, 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 call-



ing 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, 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 is formed.

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 is 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 at 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 antimaterial 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 the 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, preferences as well as on the sensory and emotional priorities that were accumulated in its past life.

For example, if in his or her past life a person was good and kind and did much for his or her 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 or her 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 the true light gets distorted or penetrates less. In other words, the more the Animal side dominated a person during his or her life and the more material values prevailed, the harder time he or she 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 his or her Soul.



**Anastasia:** It turns out 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 late for anyone, even for such a person, to reverse the situation, for the Personality has life force and the right of choice... Otherwise, the same thing that his subpersonalities are currently experiencing awaits him. By the way, it is exactly 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 terms 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 in the human being. But in the structure of a new body, the subpersonality is already in a desperate situation of a chained mind that understands everything, feels a strong sensory and emotional pain but cannot do anything, including to share 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 that incredibly awful pressure; the same mistakes made by the new Personality again, and an understanding of your own impotence 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 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, which are 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) of aspirations of the Soul.

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

**Rigden:** They are simply annihilated, since they are merely information structures.



**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 itself 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 he did not 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 strengthen 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 man, 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, on which the entire structure is centred! Everything else is just additional information for development. After the spiritual Personality matures, after the Personality merges with the Soul (after the 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, and in fact it is transformed into a different quality, for information (information building blocks, which make up everything) 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 and fill the subpersonality with this energy, then such a subpersonality does gain the 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 pre-



sent 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 guises of the Animal mind, its manifestations and connections in the material world. The Spiritual world is inaccessible to the Animal mind.

**Anastasia:** Wow! It turns out that a real medium spends his or her prana (there’s a leak), and all this in order to feed this subpersonality. It is an unequal exchange: a person spends the valuable energy intended for his spiritual growth for some trifling information from the subpersonality. It turns out that such “nourishment” of the subpersonality is just another trick of the Animal mind! Now I understand why traditional religions oppose actions of mediums and what is the origin of legends 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 it only from the perspective of the Spiritual nature of the living, from the perspective of spiritual Love, which is creating 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, even the person himself, and not only his relatives, knew nothing about it during his lifetime. 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. The subpersonality can also manifest its activity when living people start thinking about it (the dead person), giving it the power of their attention. What is this fraught with 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 and puts in this process their attention, non-localised fear, and asthenic emotions (grief, despondency, and depression), which arise as a result of thinking about the dead person, then 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 information exchange, 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 (“burden”) and sorrow, gets caught in a loop of thoughts: “if he had been alive, this would not happen to me” or “this would not happen, 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 for the impending death and so on.

This brings sufferings both to the person who recalls, manifesting in him or her the dominant thoughts from the Animal nature, and to the subpersonality whom she or he recalls. On the one hand, such a 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 a contact with a living person means for the subpersonality, I will explain using 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 realization further reinforces torments and sufferings of the doomed person.

**Anastasia:** Yes, truly, we do not know what we're doing. So it turns out 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 must historical, public Personalities be suffering, or rather, they are already subpersonalities, which the living people recall for many centuries and even millennia. It turns out that such mass reminiscences aggravate their sufferings even further.

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

**Anastasia:** Well, yes, considering the fact that history, too, is being written not about the Spiritual na-



ture prevailing among the peoples of the world but that the Animal nature dominates mankind: who ruled over whom, and against whom wars were waged... All right, could you please say 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 in their turn, they 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 faith of people themselves in this superstition. This happens at the expense of the pow-



er of living people. Besides, we must not forget about activation of power, the signs with which the shaman worked with 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:** It turns out 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 for 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 and the 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 guidelines on a person or activates the old ones. **The Animal nature is dead man's dictatorship!**



**Anastasia:** You have hit the mark here. As they say, earth is a coffin for every dead man. Everything that man desires in this material world is indeed transient and mortal...

**Rigden:** The clever tricks of the Animal nature are diverse. 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 most terrible thing is when man 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 the 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 situation of a hungry person who stands and sees 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 showering from the subpersonality's egoism, such as: "Why me?! I've been so good!" **Because you were choosing momentary pleasures, material values instead of Eternity. Because in your thoughts, you secretly lusted for power over others, pleased your Animal nature and acted against your Consciousness. 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 how they could live 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 stereotyped “reasons” and “responses” imposed on 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 as far as transforming themselves and their destiny goes. While others, on the contrary, act actively 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 man? Can it somehow be connected to the person’s previous life?

**Rigden:** There are, of course, different cases. 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 work on itself 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. Man is born with a great energy potential, which, if used properly, contributes to a faster spiritual growth of the Personality and gives it real chances to merge with the Soul and leave the circle of rebirths.

Such talented people are many. They feel that they are different from everyone. Since childhood, such people are quite sociable, they 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 in which they got, 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 confrontation from the side of the Animal nature, which will do everything to use this power for its own purposes. If society lacks Knowledge which explains these moments, if numerous thinking patterns are set, like traps, in the format of the Animal nature, then such gifted people, following priorities of society, start spending their unique power to implement 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 they mostly use this gift to build a career for themselves, gain power, 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 so happens in life when, a clearly “intellectually weak” person, in their opinion, one without higher education, builds a financial “empire” which has 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 people broadened their horizons and chose spiritual priorities in life, that is, if they radically changed their inner direction of movement from negative to positive, then they would be able to achieve much in their spiritual development. Consciously transforming themselves for the better, for the spiritual, they have a more than real chance to achieve spiritual liberation, leave the circle of reincarnations, already in this life. Although, every living person, by the way, has such a chance. It is 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 man's inner world*. If a person tries to change their external conditions without changing internally, that will not do any good.

**Anastasia:** I guess, just like the majority of people when they stay alone, such people, too, feel the burden of matter and everyday problems from time to time. They obviously understand that everything they have achieved in



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 real selfish, aggressive mutants – there is no other name for these 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 on the part of 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 spiritual sense, the person falls back, thus burdening their Personality and the Soul. Naturally, he or she gets into the reincarnation circle again, only this time into conditions, which are much worse. And, as a fact, this Personality has to experience death, become a subpersonality, and then suffer in new bodies for a very long time because of his or her “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, being just a step away from spiritual Eternity, to give preference to mortal matter. The body will die anyway, but what will you be left with?! The fear of inevitable destruction that intelligent material structure has is exactly the main reason due to which the inner opposition to God and his world, coming from the Animal nature, appears in a person. Such a confrontation 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 a 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 frightening to lose a battle, but it is fatal to lose the war.

Why does man fear God, first loving Him and then hating Him? Because everyone, due to repeated reincarnations of their Soul, knows subconsciously that there is the 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, thus, distort reality. And if 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 unfold with extra details. Let’s take, for instance, the tales of “God’s Judgement.” In fact, everything is simple: each time after the 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 spent life, 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 is everything twisted and interpreted, for instance, in 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 man (Personality) didn’t start from scratch every time, with the 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 those unbearable sufferings 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 man has to plunge into this world again for the sake of independent, conscious spiritual maturation of his Personality.

Nevertheless, what is good about such a “clean slate” of consciousness of the new Personality? First of all, priorities are inscribed on it anew, determining the dominant Choice during life of the new Personality, regardless of previous “merits” of subpersonalities. That is, if man 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 live by the spiritual world. However, if man (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 way – to become a subpersonality. For man 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, man *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*, its Love for God, abiding in it constantly. In this state, man 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 man 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, he who abides in Love abides in God, and God abides in him, for God is Love.



**Rigden:** A truly holy Man *lives* by this.

**Anastasia:** The Knowledge about subpersonalities is valuable, but in a person it may give rise to the 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 zero, just like everyone else in the group. But he became so inspired by those seeds of the 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 admit 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 for Motherland, he is ready to die for it. He does not 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 the true Love for God, by which he **lives** in every day, then there is no room for any doubt in him. He has just one goal – victory for the sake of liberating his Soul!*

**Anastasia:** Yes, victory at any price...

**Rigden:** So, saving his Soul is the main thing in the life of man, 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 world. 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 thing – work on oneself. The human brain is like a computer: the output depends on what you input; 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 in this case, 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 keeps 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 associations that are similar to 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 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 poor with 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 a 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 for in particular. By the way, why is a person always missing something and why is he searching for and learning something new? 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 dominates 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 the 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”, 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 yourself and your 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”, is 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 disguised with spiritual postulates.

It is pride that motivates many thoughts of man. 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 man, 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 saying, with this “Self” (the Personality), he is to leave “beyond” after the 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 force, which comes from the Soul. Since the Soul is a very powerful particle from the non-material world, it always has one vector of movement, one wish – to escape from this world into its own world, which people call the spiritual world, the world of God. This initial impetus from the Soul is the basic principle of generation of the powerful deepest feelings. If one uses this power purposefully in the spiritual course, then it will be sufficient for the person, regardless of the past, to leave the cycle of rebirths during his or her life.

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, being guided by his or her associations, begins “to interpret” the arising feeling according to the thinking pattern that he or she 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 or her consciousness since childhood, the entire accumulated life experience, the formed behaviour and thinking patterns (including those shaped because of mass media) which became rooted in his or her subconscious, as well as his or her personal horizons of knowledge, the ability to control thoughts and focus his attention. Man'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 multi-coloured 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), giving shades to this force. Whichever dominant is 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 desires of a person.

**Anastasia:** As they say, force will always be force. It is man's choice and where he directs this force that matter.



**Rigden:** Absolutely correct. Take, for instance, the feeling of pride or of hatred. There is one present-day 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 the 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 done something wrong. The matter is solely about the inner feelings of the “offended” person himself. It is just that the Animal nature, which is dominant in the consciousness of this person, simply uses the same power of the deepest feelings, but it only paints it in other thoughts with imagination, presenting everything as a negative situation. Furthermore, this invented “sketched story” is then added with different associations, which the person has gathered from the behaviour pattern imposed on him in similar situations. And there you have a 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 of oneself and doubts arise from not knowing the Truth. Ignorance of the Truth – from



the reluctance to look inside oneself, for the Truth is there. *The Truth is Life or Death. The fear of the Truth, which comes from the Animal nature, distorts the Truth, trying to estrange it. But the Truth is inevitable, no matter what choice the person makes. **Even a dungeon will not deprive a light Soul of freedom, and no earthly power will liberate the animal doomed to death.***

**Anastasia:** So, in essence, it turns out 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 man, figuratively compared the body to a boat, in which man sails on 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-permeating 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, 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 a 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 which is subject to decay and destruction. Everything visible will disappear and turn to nothing, the way a burning candle disappears. Only he 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 he who is not attached to visible things takes care of the Soul... That is really so. It is 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 in certain moments, but later they realise this and gain the valuable experience of avoiding such traps of it. Such people often ask how to protect against attacks of the Animal nature and how to foresee their manifestations, how to recognise them and prevent the 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 and develops himself and does spiritual practices, he has an expanded state of consciousness. In meditations, for example, he feels that his consciousness kind of goes beyond the usual facets of perceiving the world. And most importantly, the person experiences the feeling of joy, happiness, **emanating outwards from the Soul**, that is, as though from within him, from the depth of his feelings to the outside surrounding world. It is this feeling that the brain identifies as feelings of heavenly happiness, joy, and freedom. Consciousness becomes clear, sharp. All the earthly problems seem trifles compared to this feeling of native home, of immense peace and Eternity. 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 us 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 has failed” (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* where from 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 on the chest.

As a result of such a violent attack of the Animal nature, within a short period of time man 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 bad and uncomfortable inside, as if something gets compressed inside the chest. It is difficult to focus on any work because extraneous thoughts are constantly distracting to reflect on one and the same sore subject. Resentment or, as they say, an “emotional pain” arises; bad thoughts weigh down, self-blame begins and self-torment for something appears. A tangle of negative thoughts, associations, and emotions arises. In general, attention gets focused on the problem, which is being intensified by the Animal nature. Man’s consciousness narrows



down to the point of this problem. He starts seeing only this problem and nothing more. For example, a person turns on 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 abstract subjects. But eventually he or she does not even notice that consciousness still unwittingly takes the conversation into the channel of the same far-fetched 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 exactly the beginning of an attack of the Animal nature.

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

**Rigden:** Absolutely, he simply loses a holistic perception of the picture of the world; his consciousness becomes narrower. Man becomes obsessed with a certain problem. Figuratively speaking, earlier 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 man at his own weaknesses,



for it is aware of all the weak spots of the person, of his past and present, of all his secret dreams, on which he once focused his attention, wishing for this or that good of this world for his precious self. Also, the desires, which burden the spiritual way, again, do not appear in a person, or rather in his new Personality out of nowhere. These are mostly traditional materially inclined patterns, which dominate in the surrounding society. Which is why the majority of people is 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 incentives 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 supposedly is “super” in all respects, and everyone else is nothing less than a “vermin”. When a person 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 also in your direction. The Animal nature of such a person will immediately begin to defend its positions aggressively. The fact is that, while being 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 “I, me, and myself” 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, which 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 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 form 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 certain far-fetched 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 out of those that external situations grow 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, man 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. Man 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 man.

**Anastasia:** Well, until man begins to understand his nature, it will be difficult for him to comprehend in what his true “happiness” lies...

**Rigden:** There is **another type of attack of the Animal nature** – the soft and subtle one, **based on 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 down 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, time has been lost and efforts wasted. So this is the subtle substitution.

Here is another version of the “substitution of notions” attack of the Animal nature. For example, you have managed to notice an attack and 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 being under the influence of the Animal nature and not bothering much about working on himself, a person only boasts about his “accomplishments” in the spiritual development in front



of others. He thinks mistakenly (out of pride) that he “is watching” 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 sally alone so that he could later boast to his pack that he went hunting for man himself on his own. 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, having cuddled up to each other’s backs from 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 the 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 namely his obstacles 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 about 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, self-absorption 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 any everyday bustle**. If man wants to seriously 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 experiences and of his way of thinking, and 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 people with a big illusion about what man'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 growing spiritually, then we understand that this world is also an illusion. Having a practical experience of work on myself in each day, I have already realised on a deeper level how important it is to understand who exactly in you 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. The comparison mechanisms have been built into man's nature to enable him to learn, get and process experience, acquire skills, borrow a behaviour style and so on faster, through imitation and the 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 – the Spiritual nature or the Animal nature.

When the Spiritual nature dominates, comparison plays a secondary role. It is necessary only for the transfer of your spiritual experience through known associations. While the very process of cognition in a spiritual practice, for example, happens due to the intuitive feeling, expanded consciousness and an inner understanding that is entirely new for the person, where there is no need to compare anything, where there is simply clarity of realization of all the processes that 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 the Animal nature dominates, the 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. Being 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 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 excessive self-criticism. The Animal nature tends to amplify the thoughts of self-suppression and self-oppression in a person, that he, again once 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. This must be paid attention to when such judgmental thoughts appear.

Secondly, numerous egoistic illusions – thinking stereotypes as well as the work of the Animal nature, which cause emotional outbursts that push a person to judge someone. The patterns of such character, for instance, “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 the 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 to form the habit of negative thinking of the Personality, in other words, whatever a person talks or thinks about, everything will be bad and negative with 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 outburst of





which creates an act of action and creation of something (emotions, thoughts, actions, events) in the visible and 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 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, the person becomes easily manipulated by the material Mind through the system of consumption values, where satisfying endless needs of the Animal nature 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 man. 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? Man’s fear of the opinion of other people’s Animal nature comes from hubris and conceit. Why? Because in this case, another person’s criticism is seen 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 take a counterattack. It is like in reconnaissance. If you have to confront an enemy that 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 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 and everyone carries his own cross, 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 proud, 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 each 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 Man 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 watch on your thoughts, it is very difficult to allow yourself to skive. In man, the purity of inner candour with himself is important, for 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 partner in conversation, but about what they themselves would like to look into. 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 he will later be responsible. Being an example and taking*



*responsibility for your thoughts, words and actions is worthy of Man. Giving advice when you are not asked to and preaching when it is not wanted to means to commit an act of violence even over a lazy and mistaken, but still a Personality.*

Life takes from each according to his abilities and gives to everyone according to their merits, and not according to the external, but according to 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 being 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. We must remember: the wise man learns even from his enemies.*

The purpose and objectives of the Animal nature are to distract a person by different 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, in other words, self-admiration. These are the two main extremes of the Animal nature. **Always, when the Animal nature attacks, flows**



**from the inside to the outside disappear, and there appears pressure from the outside to the inside, 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 of a 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 ways of his fight and his habits, if you foresee the slightest signs of an attack and properly react to his “favourite hits” timely, then you have time to deliver counter-attacks and, therefore, more chances for victory. You must anticipate a strike and shun in time. And if you do not even suspect that the Animal nature is your opponent, thinking that it is your partner, well then, of course, it is no good talking about your chances of winning. After all, you will perceive his assaults and aggressive attacks as your natural state without understanding why and what for 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 secretly stays in the enemy’s**



camp, he will think about neither delicacies, nor luxury, nor 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, craving or jealousy on other people'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 seared 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 constricted consciousness imposed on you by the Animal nature?

**Rigden:** Realizing 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 **move away from attaching 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. We need to realize 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 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, a person switches to a positive perception of the world after such a change in the state of consciousness. 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 the temporariness and the mortality of matter, the choice of the life course for the spiritual guidance 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 your-



self. 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 and on 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 the 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 sensual 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 and a little more and he will die. Where do the roots of this fear grow from? Exactly from these subpersonalities serving as optical filters that are filled with fear before the power of the Soul because they experienced reincarnation and understand their doom, the 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 walk towards the light of the Soul no matter what and 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 the 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 was growing out of the rock crevice. Hanging in the middle of the cliff, he realized 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 alone 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 now going to believe in You forever.” So he called 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 his both 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 your each mental answer. 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 the 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 dive 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 loves in me?” “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 from which 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, there appears 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 of the “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 accurate spiritual practice is work with the deepest feelings and not with thoughts. During these moments, only the spiritual desire dominates man, just like in the Soul.



**Anastasia:** For the Personality, it is a 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 during this state a burst of energy takes place, there is a strong surge of endorphins and other hormones of “happiness”, man’s physical and psychological condition improves substantially.

This is especially noticeable during deep meditations when all 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 that 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, having turned off all his thought-form perception and completely abstracted 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 world and the processes which have no parallel 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 patterns and purposes of the Animal nature and of 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. 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 informa-



tion 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 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 who work on themselves little as far as tracking the thoughts of the Animal nature goes.

**Anastasia:** That's the problem: the people who become involved in spiritual practices do not yet quite understand the point here and what creates conditions for the joy of the Soul. 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 a contact of the Personality with the spiritual world happens, and there comes an 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 yourself and a sense of purpose. In other words, 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 with associative examples, parables, and so on. Perhaps, I will once again explain all that I have said about the "optical filters" using imagery for better understanding. The Soul is like a clear spring, a well. When you feel the Soul, when you maintain constant contact through feelings with it, 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 much more difficult to have it. 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 with 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 main thing again and see your main goal.

The Personality is just a foetus 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 he who has Death behind him, but he who has spiritual Life behind him.

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

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

**Anastasia:** Yes, once you said the words that got etched





on my memory, **“No one will save the Soul for you, and no one other than you will do this spiritual work.”** Please tell the readers how a person should approach spiritual practices if he sincerely wishes his spiritual salvation?

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

Many people mistakenly believe that it is enough just to learn how to do a certain meditation technique and that is all – something good should happen to them like in a fairy tale. No, this is a mistake. A person will change for the better only when he seeks it himself, when he makes the spiritual the top priority of his life, when he controls his thoughts each second, tracks manifestations of his Animal nature, does as many good deeds as possible, lives with only one main goal – to come to God as a mature Spiritual Being. Meditation is just a tool, with which you must toil for a long time to make something “good” out of yourself. Besides, this tool is many-sided. For example, man will not be able to fully comprehend, that is, to get to know to the end the “Lotus Flower” the spiritual practice – an entire life will not be enough. Any meditation, just like Wisdom, has no limits in learning it. Meditating is boring only for those who are lazy or exalt themselves out of pride, “I have mastered this meditation – I want another one.” I repeat that meditation is a tool, and he who sincerely wants to reach spiritual heights and is not lazy to work on himself, he can



attain the maximum already during this life.

**Anastasia:** This is all true. But I faced the fact that many people, instead of not losing valuable time and rushing 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 some person were 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 like they have. For many, this is significant. Such people believe that if they behold such an example, it will mean that they will be able to live this way.

**Rigden:** I have already said that it is typical of people to imitate and have associative thinking. But it is more important to become Man yourself and not to waste valuable time looking for someone who aspires to do the same. **Man, as a Personality, will be of a much better use to himself and to society when he becomes an example to 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, man paves his own path. All is in the hands of man. His desire and aspiration do 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 man, 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 with 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 high-style small talk and said: ‘What are you talking about?! I’m just wishing you that you were fortunate in life.’

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

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

‘What 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 the fear of losing their illusions and being miserable. He is unhappy 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* was 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 have found the Truth, when I had left, like clothes, 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 belief? 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 all my inseparable embrace of my Soul. My sincere Love for Him is immense. My embrace is so strong, and my Love for Him is so boundless that wherever God sent me he would be there with me. And if He is with me, why should I be afraid? Life for me is where He is. For my Soul it would be better to be out of Heaven with God than in Heaven without Him.’

‘Well, 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 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, home, 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. In the spiritual, as in 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 to others, and then positive changes will not keep themselves waiting in you and in society.

**Anastasia:** Yes, there is the Truth in your words, which touches and moves the Soul deeply. The 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 have said 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 senior, the “lonely”, married and unmarried people.

**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 nearest, shortest path to God.

**Anastasia:** Could you say more about it, at least about those things that can be said in public, in public 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 patterns imposed 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 over and influence on the masses.

An important role in this information is given to one of the most powerful energies in the human body, let us call it conventionally the sexual energy. The accessible information regarding this issue, as a rule, is looped on either 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 a 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 peace of the soul, but feels, as a



rule, emptiness or overexertion.

The 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, on what he concentrates his attention. If a person uses it in the context of domination of the Animal nature, it turns into a cult of self-worth, 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 of man. Note that the same desire – to have the best and most attractive – is manifested in both men and women in other areas: cars, apartments, clothes and so on. The root of this all is the Animal nature that is always seeking power and acquisition of the temporary, the finite and the earthly. And in a global sense, the Animal mind wins, 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, which, in fact, is 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 the human structure, both in the visible and the invisible one. 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, thought is the activator. By the way, the word hormone (“horma□”), 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, the 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 a 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’ll explain it 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, he sees his essence, when there is an “wonderment in silence”.

Do you see the difference? This state is very different from the usual common sexual burst of a human being that 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 understanding that is reflected in the domination of some instant mood, shaky feelings or many greedy “wants.” All this often happens when man is under the illusion that he supposedly dominates someone or gives all of himself, but does not get a reciprocal feeling, when he demonstrates a 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 others. In relationships all this sooner or later turns into misunderstanding and tension and generates hatred and enmity as it is based not on the real deepest feeling, but on the desires of the Animal nature. Again, at that, a person starts blaming everyone and everything, but not himself. However, all this shows that he just asserts his own Ego and that he does not know how to Love actually, but that he requires such Love for himself. That is, “war and peace” begin, first of all, in consciousness. The problem of man 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 the recovery of the unity of Souls. A Loving person sees kinship in another one 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 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 noticed 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, dwelling with his consciousness in a full chalice of Love. The 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 open the real mystery to them, 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, unfortunately, are still traditional, as of today: “Is it possible for the modern man to change?”

**Rigden:** Quite so. It’s just that man does not know much about his abilities.

**Anastasia:** What can hold man back in cognition?

**Rigden:** It is mostly the fear from the Animal nature – the 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 a deep understanding of the world also give rise to fear in man (from the Animal nature) to come in contact with the Eternal and lose that transient which he has now, figuratively speaking, that very same branch, to which that man from the parable is clinging, of which I spoke 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 patterns 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 *the sixth sense*, the sense of intuition that can be developed with certain meditative and spiritual practices) allows 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 many-sided and varied that it is irrational to study it only from the perspective of a three-dimensional space. Man's multidimensional 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 man, 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



physics, which has not been studied as of today. 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, the well-coordinated work and the possibilities of a macro object, you must start with studying and understanding its microcosm.

**Anastasia:** As of today, experiments have proven that man, thanks to his phenomenal abilities, can change the polarization of light rays, the electromagnetic field, 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 those 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 man, 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 man, 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 stays. 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 the distance and the transfer of energy and much more. But quantum physics, we can say, is also limited: it stands on the threshold of two worlds, in which matter (particle) transforms into energy (wave).

With further immersion, quantum physics disappears, and a brand new, a yet unknown world begins – the multi-dimensional 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 such a paradox, I would call it, the paradox of man. 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 reassign the elementary particles in their places 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 donut hole when the donut is eaten... It turns out 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 the 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 Superobserver 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 governs it. It depends exactly on this Superobserver 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, either 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 through different programs. 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 “non-living” interacts; such is His will, such is His idea.

Man 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 observ-





ing it. Just like it is valuable for a person to observe his spiritual transformations, so it is valuable for God to observe the Souls; precious is he who has returned to Him. At the same time, the freedom of choice remains with man himself. A person is free to choose either path. But everything is temporary and mortal except for the path to Eternity. It is the Personality that, during 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 only 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 takes place, 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 informa-



tion 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).

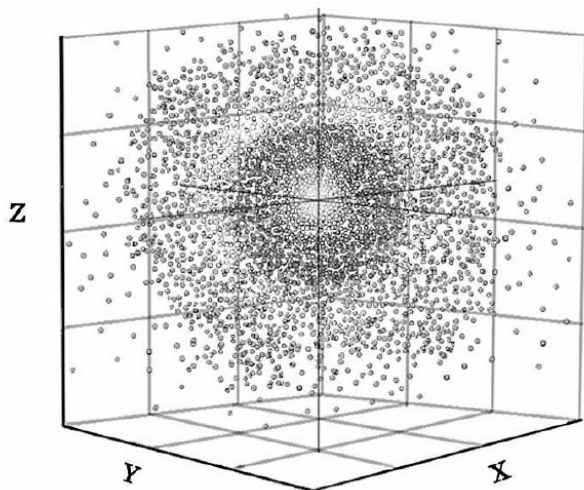


*Figure 2. The electron cloud of the hydrogen atom: an area of the three-dimensional space around the atom nucleus which retains the*



*most likely location of the electron.*

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 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.

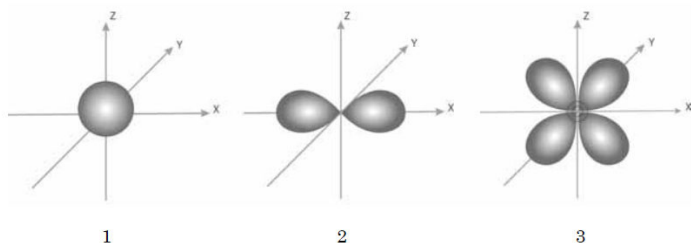


*Figure 3. Various shapes of atomic orbitals  
(the “geometry” of quantum chemistry)*

- 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, according, again, 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 included in 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, depending on the charge location, this helix (one and the same) can be both left-handed and right-handed. It is thanks to this spiral shape and a change of location of charge concentration that this electron goes easily 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, in 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 goes 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 goes 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.

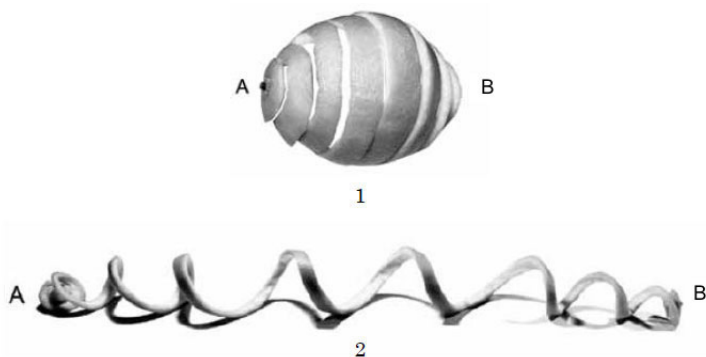


**Figure 4. Figurative example of the electron transformation from a particle into a wave:**

*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 that has not been measured and that 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 say, after the choice of the Observer, one object will only exist 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 the 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 an 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. Associative images appear as a result of it, and the Truth gets 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 conscious-



ness 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 its diversity, like you are many and you're everywhere. This is when a real meditation happens as the process of knowing 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 is activated, 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 they say: what you have more, 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. Man 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 with the deepest feelings, the whole world and its diverse manifestations.





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 Superobserver 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 prove scientifically the existence of God?

**Rigden:** Yes. Man has a Soul as a part of the divine power. The more he transforms his inner world, the more his Personality fuses with the Soul, unfolding before God, and the more he becomes spiritually stronger and gets the ability to influence the physical world from higher dimensions. The more such people there are, the greater and more significant their influence is. The Superobserver is God, who can influence everything. Man as an Observer from the Spiritual nature is the Observer who can interfere in the processes of the world and change them at the microlevel. Of course, certain manipulations with matter are accessible to people from



the perspective of the Observer from the Animal nature. But man gets the real power of influence only when his Observer from the Spiritual nature is activated.

**Anastasia:** When you do spiritual practices and have an expanded view of the reality of the world, you realize that this is a fact. Incredible wonders made by those who, at different times and on different continents, were considered holy serve as a proof to 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 lie in them. Observation is the first step to knowing the hidden secrets. We influence a particular situation, its possible outcome and a predetermination 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 is 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 glass-



es” 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 and a person’s way of thinking and the way his world view is formed. As a rule, in a consumer society, a person is instilled into certain attitudes 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 organised in such a way that it adopts to various stereotypes very quickly, moreover, it will further be based on them until the person chooses some new ones. Thus, man begins to build his life from childhood, in essence, 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 a personal choice. He chooses a kind of a very narrow life range of perception of the world and himself, not being interested in the bigger. 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 through vision, represent? What we see, according to quantum physics, for example, 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 into this three-dimen-



sional world and is placed in 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, in general, our 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 this 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 ago. Moreover, this copy cannot be called even a tiny bit of the information 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 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 a biodevice that is exceptional in the complexity of its structure, functions (including defence), and it has an astronomical number of elements and relations between them that 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 it 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, for being asleep, awake and so forth. It has an inherent constant self-reorganization of its system. It usually remains stable for 0.5 to 2.5 seconds, and then some variables and flexible links are activated, others get turned off, with the hard links are constantly working. The brain is a 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. He 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 a proof of this for the present-day scholars is the experiments conducted with the participation of people who engage in certain meditative practices 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 includes 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 inher-



ent in any person, if developed.

**Anastasia:** This is, in fact, the evidence that a person having 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 means or the known sense 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 a man 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 is formed. The “stars” sort of line up in the form of peculiar “star clusters” of a particular form – spheres, clouds, streams and beams having 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 using these or that chakras 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 does "thought stopping." And the information in its pure form is obtained due to the force called the sixth sense, intuition (intuitive Knowledge) by people since ancient times. And learning in this way is much deeper, richer and more varied than the usual visible perception of the visible world. After all, the Observer from the Spiritual nature perceives the energy processes with feelings, wholly and clearly, knowing 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 he perceives according to the task assigned to him 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 already during this life. After all, what we think about will be created, manifesting this or that 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.

Man as the Observer from the Animal nature registers on the objects that are important for him in the surrounding world reinforcing their importance for himself with 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 is what makes him anxious, manifests multiple illusions that grasp his attention even more.





Man 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 man, 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 realized the value of the Knowledge that you are giving us. Indeed, the things experienced 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 many-sidedness of the “Lotus Flower” meditation in relation to the work with the deepest feelings and the wonderful practical basic Knowledge about yourself that enable one to know the human energy structure in the “Pyramid” meditation. By the way, is it possible to tell the world about this meditation? If yes, 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 this is a very effective meditation



that helps you to feel your true inner self and also to understand man's complex structure that is little known to the present-day people. However, before speaking about this meditation, I think it is worth acquainting people more with the knowledge concerning the invisible structure of man. Since ancient times, different peoples have possessed this knowledge. I cannot say that they are completely lost nowadays, some mentions of them have partially remained, but in what form is another question. But there is nothing to be surprised about, man's sophisticated mind is capable of much more.

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

**The overall structure of man 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 and the 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, interaction and various processes of the exchange of



energy and information take place between the physical and the energy parts of man's structure.

As I have previously said, everything in the world is interconnected. The world is multi-dimensional and has different parallels. **The human being 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. **Man steadily and simultaneously exists in six dimensions that constantly influence each other. But man has a chance during his life to unite his Personality with the Soul, to gain spiritual maturity and leave for the 7th dimension (Nirvana, heaven), that is, to attain spiritual liberation and even to know higher dimensions if he wishes to.** For comparison, the Bodhisattva, as a Spiritual Being existing freely during the earthly incarnation in a human structure of 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. 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 with 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 alterations in them.

**Anastasia:** Yes, that is a good example that gives an understanding what unique opportunities man has for the 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 saying once 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 is not the same thing. 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 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 in parallel to him, and he is not even aware of their existence. So are the parallel worlds: they are many, some come in contact with one another, others exist in parallels, 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 that 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 between, say, 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. 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 ezoosmos directly. This is the highest dimension that an individual Spiritual mind can comprehend, thanks to its development in this universe world manifested through the 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 would not have been any movement, and therefore there would not have been life.

This knowledge has existed since ancient times, however, 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. Besides, 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 symbolized the complex energy architectonic of the 71st dimension transiting to the 72nd dimension. The snake’s bite of its own tail symbolized the transition of complex into simple and the connection of the 72nd dimension with the 1st dimension.

**Anastasia:** Yes, I have repeatedly met 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 to learn an essential



detail, namely, how the snake's head is supposed to be turned – clockwise or counterclockwise? 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 civilization” – proto-Indian civilization that existed in the 3rd-2nd 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 location of the snake's head was exactly in the clockwise direction as a symbol of creation and development. The schematic representation of the



number of dimensions in the form of ring-scales, was, respectively, from left to right. A circle (snake's coil) was also the symbol of the creative and spiral movement of the Universe (the clockwise, correct swastika), in other words movement according to the main action of the forces of the 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 proclaimed for themselves the supremacy of matter over Spirit obeying the will of the Animal mind and making the principle of domination of the material power a reality.

**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 plots from Freemasons.

**Rigden:** This phenomenon was quite common, for example, in the Middle Ages, during the outburst of alchemy, in which the direction of the head of this ancient reptile was often depicted counterclockwise 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 wasn't a good idea because symbols and signs play a significant role in the life of a society, even if the society suspects nothing.

But some pictured the snake's head counterclockwise



knowingly, while others because of the basic human confusion, loss of knowledge or incorrect copying of the ancient information, on the basis of which the given plot was drawn. 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-Shesha. According to the Indian mythology, the Universe is a giant *global snake biting its tail* and wrapping the Universe *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, the form of which reminded of a blossoming lotus flower with Mount Meru in the middle of it.

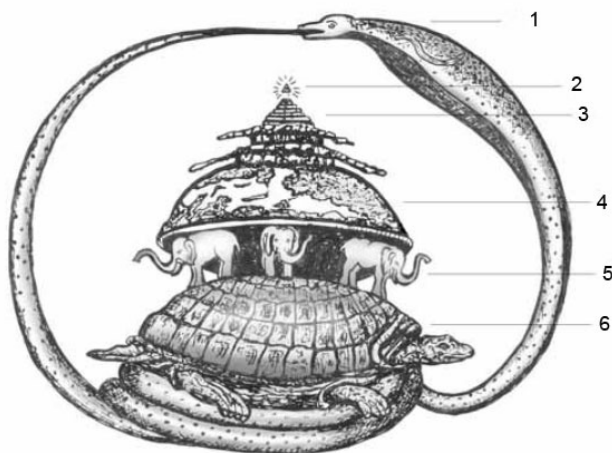


*Figure 6. The Ancient Indian symbolic representation of the world*

***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 symbolizing 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 counterclockwise. 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 the 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:** It turns out 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 had such knowledge?

**Rigden:** Unfortunately, this West African people, like many others, no longer possesses such knowledge, but has only partially preserved some of the information to our times in its legends that were passed down to their ancestors long, long time ago. Although once such knowledge was given on different continents to different peoples that were geographically unrelated to 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, the symbol of the serpent biting its tail acquired the meaning of unity, all in one, in the human interpretation. 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, periodicity of time, birth



and death. This symbol of the Universe, immortalized in the ancient Egyptian images, later appeared with the 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 symbolizes 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, indeed **everything is simple in this world when you possess Knowledge.** Concerning the mention of 72... Surprisingly, in fact the number of 72 is a combination of figures: 12 times (cycles) by 6.

**Rigden:** Absolutely. This number is interesting in many ways. In the ancient Egypt, for example, there was 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 were formed to change the physics of



space. A clear example is a set of the “great pyramids” in Giza built during the time of ancient Egypt. However, 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 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, his activity, speaking our language, as a Bodhisattva and about the fact that the ancient Egyptians associated the number 72 with sacred religious symbols.

**Rigden:** That is correct. The ideas of the ancient Egyptians about the sacred number 72 is 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. Osiris was portrayed not only as a human, but also as a lotus flower (initially with 72 petals). Some images of him concealed knowledge about the Universe. 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 plots were redrawn numerable times and copied by the 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 thinking of the average person. 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, 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 world view, a qualitatively different level of Knowledge.

**Rigden:** Yes, otherwise, we will get the same confusion just like with the medieval Kabbalists. Today it is an open secret that the 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 the 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 later 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 from God. In fact, this is a limited understanding 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 for absolute power, exchanging Eternity for an illusory moment.

**Rigden:** Unfortunately, people yield to illusions imposed on them by the Animal mind, not considering carefully and ignoring their most important asset – the Spiritual essence. Let us 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 civilized 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 what I want to say on this matter. People often think from the perspective of their human desires, losing sight of the important things. As the figure 72 stood for 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 subordinate to the Archons circles were formed, the size of which varied within 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 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 organized 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 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, 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 of their greed for wealth and the 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 “civilized” 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 people not only can 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. Man, thanks to his unique energy structure, is connected with all the 72 dimensions. However, it is one thing to be connected without even realizing these invisible connections and another is 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 life. But, as I said, a person who has known the seventh dimension, ceases to be human, he becomes like a new-born 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 reincarnation 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 cognizing higher dimensions, man, 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. Man, evolving spiritually to the level of a Bodhisattva, passes 72 guises in the spiritual development, 72 “mirrors”. Of course, this way of cognizing the world conceived by God is not easy, and for such a spiritual path exact and the right tools are needed just like in science; in other words, the knowledge of certain meditative techniques that enable gradual spiritual development. It is clear that this path





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

Even a great spiritual journey starts with little, with the first steps. You must practice spiritual awareness, and not the understanding from egoism and the mind filled with dreams of fulfilment of the earthly desires. If a person wishing to develop spiritually limits himself only to such desires as “I want”, “I’ll become”, “I will”, and does nothing for real and does not change in his daily life, then no good will come of it. But if a person is really engaged in self-education and self-development untiringly working on himself with the help of discipline, self-control and spiritual practices, then eventually he learns how to control his emotions, his behaviour, and his thoughts. It is only when the person masters an altered state of consciousness, which is new to him, and steadies himself in taming his Animal nature that the invisible world will start revealing him its secrets. Spiritually refining 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 realizes the complexity of this world, he simultaneously comprehends its simplicity in the light of the unfolding eternal Truth. Evolving spiritually, man can waver in his choice until he passes the sixth dimension in his spiritual development. In the seventh dimension, he loses all doubt as a new Spiritual Being, and only the Truth remains and just one vector – the spiritual vector of further development.



In the ancient times in the East, the stages of learning the path of a Bodhisattva by man was 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 lake, under 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 carved its way to the surface. Uniting the Soul with the Personality and the spiritual liberation when the seventh dimension was attained, when a new Spiritual Being was conceived and when 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 very different world. And most importantly, to the accessibility of the direct rays of the Sun (the power of the spiritual world) not distorted by the muddy waters, under which (the rays) the bud began to unfold its snow-white petals. Its every new unfolded petal personified the spiritual attainment of the next dimension by the Personality. And this process went on until Man learned all the 72 dimensions, in other words until all the 72 petal unfolded fully and a magnificent lotus appeared in its all divine beauty under the shining rays of the mighty Luminary who created him. And so Man, having reached the level of a Bodhisattva, stood in all his spiritual wealth before He 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 have specified one



important point about why in the ancient times an unfolded lotus petal was 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 with the process of growth and unfolding of new lotus petals that appear, grow and gain momentum in their development, although before this their projection was only in the laying of the genetic program of development of the given flower. So in his structure during the cognition of and becoming familiar with each new dimension, man manifests a “new petal” that is, relatively speaking, 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 relationships, which have been built into him initially, takes place in the energy structure of man during his spiritual development.

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

**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 of the information of the material three-dimensional world with physical sense organs by the new Personality. 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 world, in other words to make his informed 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 occurs between dimensions.

A simple example is a human thought. Why cannot scientists still 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 that are 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 occur and consist of various combinations of the very conditional building blocks of the universe, of which I spoke earlier.



**Anastasia:** Yes, science today knows little about other dimensions, but we already have information that makes intelligent people think. For example, it is interesting that man sees his body in this particular shape, and not in another one 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 invisible to the eye), or in the Kirlian photography, man will look somewhat different.

**Rigden:** Undoubtedly, in short, with modern equipment or certain meditation techniques you can see different forms of light, man's electromagnetic field, the form of the aura and so on. And all this 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**, man looks different from the perspective of interaction of subtle energies – **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, due to the movement and power of the Allat. And beyond the Universe, there is a world that is qualitatively different from it – the spiritual world, the world of God, in which, as a matter of fact, a person can get as a new Spiritual Being. In this case, it is sufficient for him to reach the seventh



dimension, having escaped from the material captivity, in order to pass to the spiritual world afterwards at his will.

But let's get back to the material world. Man 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 having power over other people in the three-dimensional world. This is the main desire that makes a person successful here if the Animal nature dominates. Although this dominant desire remains virtually unnoticed for the consciousness of the person in the state of submission to the will of the Animal Mind. At best, the person is even trying to justify it to himself with noble causes, giving alleged care to other people and helping them.

**Anastasia:** In other words, these supernatural abilities can be present not only in the people walking along the spiritual path and maintaining the dominance of the Spiritual nature in themselves, but also in those who walk in the opposite direction and live under the rule of the will of the Animal nature.

**Rigden:** That is 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 influencing the lower dimensions and weak structures from there (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 influ-



ence, man himself is not fully aware of why he is given this power and what he really does, what changes he really makes 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 simplifies in the subsequent dimensions (above the sixth).

**Rigden:** For the Observer from higher dimensions any person in the first dimension represents, speaking in human associations, a common point, 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 further simplifies in the subsequent higher dimensions. And finally, in the 72nd dimension, a spiritually undeveloped person represents, just like in the first dimension, only a point, nothing. **And this is the answer to the most important question of any person!** 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 He who stands 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 for nothing not being able to use



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. 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 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 **is transformed 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 man 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 Man 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, so many discovered artefacts, which hold 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 the basic knowledge. I remember when you first told us about man's energy structure, for me it was not a mere revelation, but a real shock that 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 struc-



ture becomes more complex in each subsequent dimension?

**Rigden:** In order for people to realize 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 pebbles are the main parts of the energy structure of man. 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 man **in the first dimension (one-dimensional world), then it will look like a point similar to a star in the sky.** And if you zoom in on this point, and then delve into its structure, you are able to see the entire complexity of the energy structure of man, 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 seen 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 di-



mension.

**Anastasia:** That is so. But even in this example, you understand how complex the human structure is even in this three-dimensional space. After all, what I see in the mirror is far from what that there is inside 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 know little about how their body is organized 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, first of all, the Animal nature is activated, not wanting to lose its power over man, immediately creating rejection and misunderstanding 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 three-dimensional space.

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 characterized by length and width. In short, residents of a two-dimensional world do not understand what vol-



ume 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 out of it. In other words, they do not see the real picture because it is beyond their dimension, beyond their usual state of consciousness that has certain 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, 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. The brain, or rather, its usual state of consciousness, is a kind of a barrier to knowing more, knowing what lies beyond 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, partially of a four-dimensional world (the three-dimensional space and time are meant here).

The fourth dimension – time (as a factor of measure-



ment) – 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 reviews himself, for example, while looking in the mirror, or compares his photographs of 20 years ago with how he looks now. But our brain, being in a usual state of consciousness, does not notice the constant movement of time, of life itself as ezoosmos and as an inner impulse of energy.

But this does not mean that a person generally cannot perceive it. 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. Second, 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 dimensions from the second one up to the sixth one*, specifically in an altered state of consciousness. Man cannot consciously perceive the first dimension. For him, it will just be a point, “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, fast walker, fast runner.” When you do something on the computer, for example, you edit a text, then 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 do not think 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, such small coloured dots, which, when zoomed in, will look as 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 (in more detail) the image on it will be.



What is a pixel? It is just an element of an image sensor, 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 the vector direction of the electric field, in its turn, is controlled by the software component and the processor of the videocard.

When you move a “mouse” with your hand, the electrical signals from the optical sensor go via USB (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 the 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 thanks to 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 point.

**Anastasia:** One can say that I, in a way, 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 one: an information building block pulls 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. So is 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 information with all its complexity of interconnections “is flowing” through information building blocks, thanks to ezoosmos. Even if we watch a man sitting motionless, then, in fact, this is just an illusion because actually an intensive and a very rich information exchange takes 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 constantly.

**Rigden:** And the higher the dimension (for example, the fifth one, the sixth one), from which a person makes 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 man (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 the functions of the second dimension are much broader. Here is a simple example. Any record presumes storing information. What is 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 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, in the



third dimension we will get, according to our example, either a cake, or light in the house, or the result that will destroy our house, after applying energy and acting upon the information from the second 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 man – 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 later waste it and what they can really achieve. After all, today most people observe themselves (and consequently assess their lives) from one side, only from the perspective of thinking of a “resident” of three-dimensional space.

Modern man does not even realize 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 vital energy on the materialization 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 that make up a part of the Animal mind these forces are invisible, but they are fateful for man, because there is a part of Eternity (the Soul) in him, and he has an opportunity to become an immortal Spiritual Being.

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

**Rigden:** That is absolutely correct. For better understanding, I will illustrate what a person's choice between the two dominant forces is with a figurative example of an Internet user. 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 for man. So, it is the person's attention that starts the process of movement at the level of the first dimension. Everything starts from 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 realize the full significance of the actions that have happened at the level of the first dimension, but he then 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 bulk amount of information hides. The Internet in general represents a complex interconnection with the world, but... through different root (base) servers belonging to certain "authoritative" organizations 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." An Internet user does not think about all this, as a rule, diving into the stream of information provided for him *to choose from*. He sees details, but he does not see the whole picture, but he should. So, the appearance of signs, symbols, and different computer programmes as well as of 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, he as a Personality lets this flow of information into him-



self, 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 a person to specific actions within the programme of this *Will from the outside*. Of 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, a person does not perceive what exactly he changes by applying the power of his attention to the programme that he has chosen neither in the first dimension nor in the dimensions above. But he, being a Personality who has made a choice at a given point of time, is wasting his life force on materializing 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 power of creation, a 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 conditions the independence of behaviour from objective reasons.” It is interesting that psychologists relate will to the control of your own behaviour, which, as they believe, becomes possible thanks to using 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 three-dimensional space. If we consider our example, a person just activates the incoming flow of information with his choice and spends his life force on realization 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. A 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, being 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 does that particular action happen?", "Who spurs me on to these thoughts?", "Who gives rise to these particular desires?", "Who is opposing in me and whom?", and "Who is asking these questions and who is replying to them?" And there are very few of those who comprehend themselves, 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 one. 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 man, 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 all of this are the 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 for 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 one, then sooner or later a series of events happens that lead to the desired result, even when by that time the person no longer needs it. In other words, a Personality may have 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 lot of 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 to just plant a tree, build a house and raise children?” And they themselves respond in their thoughts that if it 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” organization 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 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 wastes 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 ex-





perience by his Personality. Figuratively speaking, time and life energy is 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, to tune your car (to satisfy the ego) from the master – the Animal nature, then, as a result, you will run out of the time and energy given to you. Eventually, you will lie so “beautiful” at a car dump (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 could have taken place – into a Spiritual Being.

**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 mortal all the more.

**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 the Animal nature dominates, it is difficult to realize that there is something bigger other than this material world. But when the Personality works on itself and gets in touch with the spiritual world as a result, then it comes to realize that it is the spiritual world that is the real and the main creative force, and the rest in a person’s life is just the games of the Animal mind, a chase of the elusive illusion.

**Anastasia:** Yes, this Knowledge is really interesting and important, and it gives a completely different un-



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

**The Aspects are energy and information structures, and they play an important role both in the life of man and in his afterdeath destiny.** They have great capabilities and are connected with other dimensions, where interaction takes place on a subtle energy level. Thanks to them, a person can influence the world from the perspective of higher dimensions of the material world, up to the sixth dimension. **Man’s Aspects are named according to their location around the structure as well as the conditional orientation relative to his physical body: the Front, the Back, the Right and the Left Aspects.** They represent the main fields, so to speak, the “living sides” of a four-sided truncated pyramid in the overall human structure. They are approximately located at an arm’s length from the



physical body of a person in the directions corresponding to their names: in the front, in the back, at the sides (on the right and on the left side).

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

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

Each of the four Aspects represents, let us say, a certain energy field. Figuratively speaking, this is a "transparent cluster" which can turn into any thought form that a person sets: a mirror image of the person himself or



some image of an animal, spirit and so on. We can say that man, while doing certain meditation techniques, being in an altered state of consciousness, setting one of the Aspects to a certain thought-form, and focusing his attention on the latter, materializes the Aspect.

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

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

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



deepest spiritual intentions can be observed in him.

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

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

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

**Anastasia:** Sleepers are largely unknown to society. This is a secret special forces unit in the national security structures of civilized countries. It is quite surprising that the policy of “materialization of consciousness of the population” takes place everywhere in the global com-



munity and that the very “seditious thought” of creating a science to study the human energy body, the existence of which has already been known for a very long time, is ridiculed. In this context, an increase in the development of such special forces takes place in almost all civilized states, which compete with one another. After all, their specialists are able to extract information without leaving the room, influence certain individuals at the energy level or protect the top figures of these countries.

**Rigden:** Because the key word in this matter is “politics.” That is why this knowledge is not available to peoples. By the way, do you know the origin of this special term “sleeper”? As they say, as you name a ship, so it will sail. The word sleeper was borrowed from the Norse mythology. The supreme god there was Odin. He was the god of wisdom and the father of witchcraft, magic spells, connoisseur of runes and legends, a priest, a bearer of magical power, he had a shamanic “intuition”, knew magical arts, was cunning and 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 world of people, the same political and priestly competitions at the expense of power and people’s neck are still going on. It’s a pity there are people who work for this priestly structure and squander their unique powers on nothing, on whims of the human mind enslaved by the Animal mind.



**Rigden:** What can you do, people themselves make their choices. As they say in the East, “He who knows the Truth not, whose thought is unstable and whose faith wavers, his wisdom does not become perfect.” But let us get back to the topic of our conversation.

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

**The Right aspect** is located at an arm’s length to the right of the physical body of a person. This is, in essence, one of the constituent parts of the Animal nature in man. More precisely, the Right aspect has several qualitatively different functions, the manifestation of which depends on which is dominant in man: the Spiritual nature or the Animal nature. The Right aspect is closely



related to this world. The main emotional characteristics of its manifestation in man when dominated by the Animal nature are aggression, despondency or fear. If it is not controlled by a person in a proper way, then he often becomes subject to its “attacks.” The latter are felt as a flow of bad thoughts or thoughts that provoke negative feelings and as a sudden surge of the state of depression. Its attacks are characterized by the narrowing of consciousness to the level of a certain problem as well as by such emotional states as despondency, anger, greed, resentment, self-blame, manifestation of any fantasy or illusion, looping of thoughts on the same problem. But this happens when a person gives the power of his attention to these thoughts.

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

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

**Rigden:** That is so. The inhibition of the Front aspects in people and the activation of their lateral aspects is





carried out by specialists experienced in these things. Such influence is similar to hypnosis.

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

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

**The Left aspect** is located at an arm's length to the left of the physical body. This Aspect is connected with the world of Ahriman, the world of the sacred knowledge of the material principle. It is endowed with a great number of features and functions. But again, their use by the Personality depends on what is dominant in man: the Spiritual or the Animal nature. When the Animal nature dominates the Left aspect is characterized by guile, pride, deceit and seduction. This is a clever and cunning Aspect, which will present everything in the best possible light, its only aim being the distraction of



a person from the main aim – from the spiritual path. If the Personality does not control this Aspect in a proper way, it triggers doubts in a person and leads away from the spiritual path. While the Right aspect is associated with blunt aggression and anger, the Left aspect, on the other hand, can win with its logic, show the clarity of consciousness in building a logical chain from the Animal nature. Just like the Front aspect, it pushes a person to search for something new, but in the material direction, suggesting that a person deserves more or that he is more significant than others. In general, the idea of megalomania and the thirst for secret power over others are the basis of its attacks on the Personality when the Animal nature dominates in consciousness.

When such thoughts visit a person, in the state of meditation one can also trace pressure from the outside: it will be felt as downward and pressing from the left side. If a person disciplines himself and his thoughts more often, steadily adhering to the spiritual path, then the Left aspect also becomes a personal assistant and a private “informant” on sacred matters. The Left aspect is commonly referred to or portrayed in ancient treatises either as a terrifying beast or a clever and cunning animal, such as the wolf, jackal, a mythical monster, dragon, snake, or as a Guardian and a spirit. As a rule, the indicated element is earth or, rather, the ashes as a symbol of temporal values in this world.

**Anastasia:** I will clarify for the readers that the Front aspect and partially the Back aspect (in the mode of control and the tracking of information here and now) are active helpers in the spiritual self-development of man. At the same time, the lateral Aspects (the Left and the Right ones) as well as the Back aspect (with its database of information about the past) perform more of the sleeper’s functions working with other people’s Aspects



of the same name, and they also play a key role during the activation of the Animal nature in man.

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

These Aspects are convenient for fulfilling specific goals and objectives in the invisible world. These Aspects are a kind of “intelligent, living instruments” of the invisible world, which help a person in his spiritual development if, of course, he knows how to use and control them. If he does not exercise such control, which is, first of all, related to the purity of his thoughts, then these lateral Aspects control him, in other words, they gain control over him through the domination of Animal nature. To learn how to control and handle one's lateral Aspects, to start with, it is necessary to learn to understand what they are and how they work. You must be able to track their manifestations in you, their maximum activation. The latter is usually manifested in the form of one and the same “mental habits”, psychological “hooks” of the Personality that are based on a negative and selfish way of thinking. Under the domination of the Animal nature the lateral Aspects do not care what negative or flatter-



ing thoughts they can activate in the consciousness and what external images they can use for this purpose (that is why usually people blame everyone else for their mental troubles but never themselves). The most important thing for the lateral Aspects is the power of attention of the person himself, thanks to which they are increasing their influence over him, figuratively speaking, they bring him into dependency on them.

Most people do not know and do not understand how their Aspects function in daily life because of the material veil of the usual three-dimensional world. This is despite the fact that people are often faced with their manifestation. After all, when we think about other people, our acquaintances, friends, relatives and so on (about the people with whom we have had a personal contact and, therefore, came in contact with their auras), then we are actually making contact directly with their Aspects. If we think in a spiritual vein, in a positive way, then our Front aspects correlate, and if we think in the material line, in a negative way, then the corresponding lateral Aspects come in contact with each other. How does this happen? No sooner has a person thought, focused his thought on a certain person than an information exchange at the level of subtle energies takes place between the corresponding Aspects of this person and the person about whom he thinks. For example, we just thought of someone whom we have not seen in ten years, and he literally calls us almost immediately or visits us the same day. Or it can happen that sometimes during a conversation a person knows in advance exactly what the interlocutor is going to say, he feels his mood and the flow of thoughts before he says anything. What is the reason here? This is exactly a manifestation of interaction of Aspects. It is just that one of our Aspects has come into contact with the corresponding Aspect of another person. After all, for Aspects, neither time nor



space exists in our understanding. They live by different laws. These are a kind of intermediaries of the Personality in its connection with other worlds.

It often happens that a person who does not particularly care about the cleanliness of his thoughts (who is open to influence from the outside) is busy with his daily chores and all of a sudden he gets angry or feels inexplicable fear for no reason. Actually, the reason for this lies in the exchange of information. This exchange can be of different kinds, and also in the form of informational manifestations of subpersonalities, about which we have already spoken, and the interaction of the lateral Aspects of a person with the corresponding Aspects of people and for other reasons as well. It may also be a manifestation of the will of the Animal mind (for a reason which the person does not even suspect), through its system of activation of the Animal nature in a particular individual or in many people, regardless of where they are and whether they know 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 understand it, but it is they who choose which thoughts to give preference to. And mechanisms of influence from the invisible world can vary greatly. If a person is in the state of domination of the Animal nature, then it is quite easy to trigger a negative surge in him (aggression and fear) in such an invisible way with the help of the lateral



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

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

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



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

**Anastasia:** And if the Spiritual nature dominates in man?

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

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



spective of other dimensions.

**Rigden:** This is natural. Since at the early stages of knowing his Aspects man has not yet overcome the habit fixed in his consciousness by his life experience in a three-dimensional world, when any new phenomenon causes a mixture and struggle between two emotions in him: fear and extreme curiosity. Whichever wins in him, so the result of cognition will be. This kind of fear is just a wrong choice, an emotion from the Animal nature, into which a person invests the power of his attention, and thus, materializes it. One must have spiritual freedom in cognising the world, that is, one must be liberated from such fears through your firm choice, self-knowledge, and pursuit of a higher, spiritual world. The person who is more experienced in spiritual cognition does not fear the invisible world, which is unfolding before him. He starts to simply use this knowledge, realizing that the Aspects observed by him are his own integral parts. In fact, it is himself in various manifestations of complex reality.

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

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





to give the power of his attention to all of this, to stand on the side of the spiritual and wish for just one thing – his spiritual liberation and movement towards God.

The spiritual development of man can be figuratively compared with movement of a car with recurring slippings. At first, the human consciousness switches from one emotional state to another frequently and uncontrollably. This can be compared to an inexperienced driver who still confuses the acceleration pedal with brakes. Discipline of thoughts and control of his state of consciousness is exactly an attempt of a person to learn to control himself, his emotions, wishes and thoughts, while at the same time keeping a clear direction of his overall movement – his view of life and the main choice. That is, to live life consciously and with full responsibility, clearly focusing on the spiritual direction and keeping it in the focus of his attention all the time. Figuratively speaking, this is an intention to drive the car to the goal despite any small slips. Naturally, the more often you control yourself and the more attentive you are on your way (and not just stand gaping, paying attention to the thoughts and emotions of the lateral Aspects), the higher the speed of your movement (spiritual development) will be.

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

**Rigden:** They just live their lives according to their



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

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

**Rigden:** The medieval scholar Omar Khayyam, as a man who possessed a wide range of knowledge in a variety of fields starting from physics and mathematics to philosophy and the 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 –  
It’s to nothingness that we shall return once more.”

**Anastasia:** Omar Khayyam knew of the four Aspects of man?!

**Rigden** (smiling): And how do you like this Rubai 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 to be together is inside you stirred.

Or another verse by Omar Khayyam:

When *the eternal branch of celebration* grows from the  
 root of delight,  
 If the life of your body, like garment, becomes for you  
 too tight,  
 Do not put your trust in your fleshly, camping marquee,  
 For the *four* ancient pegs of it are lacking the might.

**Anastasia:** The eternal branch that grows from the root of delight? 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 Aspects. In addition, their main mythological images are present here: the beast is the Right aspect, man is the Back aspect with the human past, the evil spirit is the Left aspect, and the angel is the Front aspect. It's amazing! Perhaps, had I not known about the Aspects, I would have associated these words with material concepts. It turns out that people do not see at least half 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 a deeper learning in order to get hold of the key to the 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 Aspects of man with the single centre – the Soul.

**Anastasia:** I remember you once told us that the an-



cient 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 treasuries of humanity. So, one can also understand people: what today is offered to them as an alternative knowledge about the Soul is (besides teachings of certain traditional religions) mostly books of the 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, the person who globally understands what is being referred to can easily sweep aside the husks of what was accumulated with time and understand the essence, provided that he, certainly, has the primordial Knowledge. The initial information has simply been lost in society. Hence, all the misfortunes. 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 Aspects, 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 Aspects of the human being.

The sacred knowledge about the Aspects 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 the sacred, spiritual knowledge of this or that people 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 the ritual ceremonial practice, has preserved the following notions. For instance, viewing a shaman as a being with 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 this name comes 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, earlier mostly women possessed the 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 the woman, the feminine principle. In other words, in ancient times the spiritual, sacral knowledge was kept and passed down to future generations mostly by shamanesses 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 the sacred knowledge. Take even the findings of four thousand years ago 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.

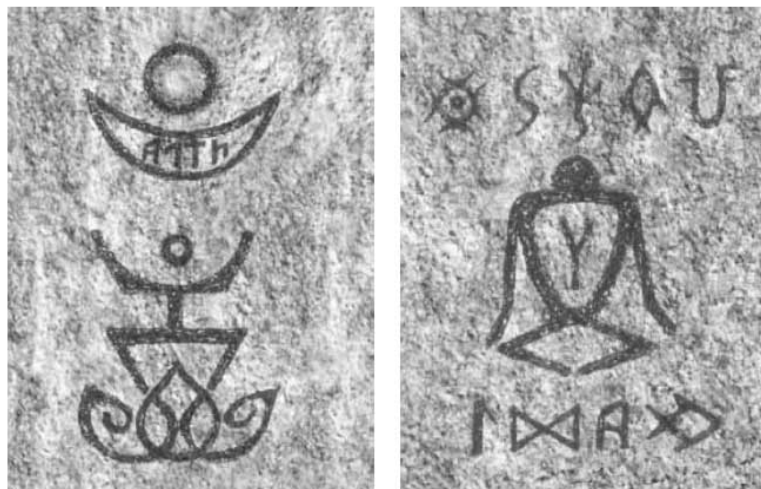


*Figure 7. Petroglyphs of the Altai Mountains  
(Kosh-Agachsky Distict, Altai Republic, Russia).*

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, 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, among 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 saying 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 to 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 the god of Knowledge (Bilge Khaan) lived on *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. The 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, of which I'm aware 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 Aspects, as you've said, the Yakuts also had the idea of the shaman's spirit helpers.

**Rigden:** Well, not only the Yakuts but other peoples have mentions of this. In particular, that at shaman's





disposal there are spirit helpers, which in ritual chants, for example, 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 doing some deed: they negotiate with other spirits, charm, fight spirits of sickness; they prophesy, obtain the desired object and so on. The Knowledge about the four Aspects 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 “holy pictures” of the Permian shamans are: birds (the Front aspect), lizards (the Back aspect), two mythical creatures of almost identical nature (the lateral Aspects), 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, the ones who already had the 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 aspects by means of using traditional elements, meaning the Animal nature – *cloven hooves (much later the lateral Aspects 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 – heavenly mistresses of the world that combined elements of a female body and a female elk (a revered sacred animal). 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 Aspects under their command, so to say, for earthly purposes these concepts began to be confused, which can be traced from images on different archaeological artefacts.



*Figure 8. Plaque of Permian and Pechora shamans.*

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, moreover, in a negative way; so the majority of people associate its representatives with black magicians and sorcerers. Voodoo appeared on the island of Haiti (located in the Caribbean Sea, which divides North and South Americas), among the population whose ancestors came from West African tribes, who 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 aspect); the spirit of this body granted by the great Serpent named Damballa (this is an interpreted echo of the knowledge about the Left aspect); a special channel which connects the human being with his star in the sky (this is an echo of the knowledge about the Back aspect); the “Big kind angel” meaning life force in their understanding (this is an echo of the knowledge about the Front aspect); and the “little kind angel” (the Soul; this is an echo of the knowledge about man’s Centre). At that, these two “angels” are regarded as the most important parts for man, and it is about them that believers worry the most. Even usual death is not as scary for these people as, because of actions of black magicians, the prospect of forever losing their Soul, or turning into a wandering spirit, or becoming a weak-willed zombie, which fulfils orders of a sorcerer. 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 Vodou 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:** Is it when you were telling about 72 dimensions, the spiral, the Dahomey mythical serpent Aido Hwedo, which as a servant carried this god (Mawu-Lisa) in its mouth during the act of creation of the world?

**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 integrity of work of the four Aspects during cognition of higher dimensions by man?

**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 Aspects, although modern admirers of this religion interpret it in their own way.

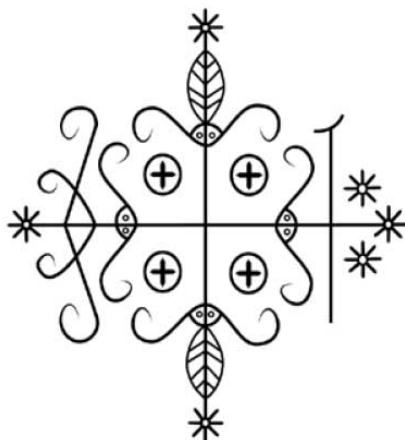


*Figure 9. Pattern of Legba symbol.*

Unfortunately, the emphasis has long been changed from the spiritual to the consumer attitude to 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 man, 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, without caring about those who would come after them. Yet, thanks to the fact that this Knowledge was disseminated at its time among the peoples of the ancient world which lived on different continents, today its echoes can be found in different corners of the Earth.



For instance, in such rites as the Holyway, 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, pay attention to the sand painting called *The Whirling Logs* made for the sacred *The Night Way* chant.

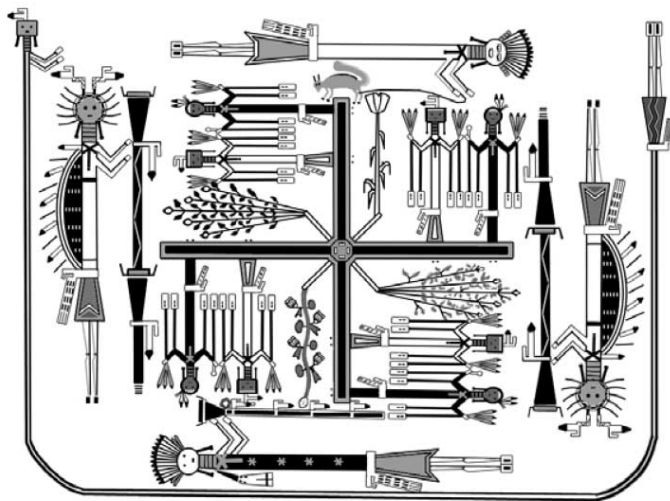


Figure 10. *The Whirling Logs*  
(a sacred painting of the Navajo tribe).

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 (Yeis). 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 Aspects, where the lateral Aspects are depicted as guardian spirits, the



Back aspect is represented as the past with four identical marks (which indicate time – the fourth dimension). And the Front aspect is presented in the form of the main Yei holding a squirrel bag – the Speaking white god (the Quiet talker) which protects people. He was associated with the east, dawn and cereals. 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 Yeis and symbolizes the heavenly-earthly path. This is a stylized symbol of Allat.

**Anastasia:** This is a comprehensive picture, judging by your story. It turns out it includes the knowledge both the human being and the Universe.

**Rigden:** Absolutely. References to the four Aspects 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 of the 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 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 aspect, they carried a banner with the image of Zhu Que (“The Vermilion bird”), symbolising the south, which was a respected cardinal direction among the Chinese. Behind, as a symbol of the Back aspect, 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 aspect, there was a banner with an image of Qing Long (“the green dragon”) – the symbol of the east. On the right, as a symbol of the Right aspect, 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 people.

**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, is Huangdi (“the yellow emperor”) not 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 aspect (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 originated already from the ancient Chinese shamans, who, during sacred rituals, put on the proper four-eyed mask. Why was precisely a four-eyed symbol depicted? First of all, this is related to the conditional designation of the four Aspects. Secondly, this is because, while doing certain meditative techniques, man obtains the 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, obstacles disappear before his inner vision.

**Anastasia:** Yes, this vision is impressive, especially when you only begin to cognise the invisible world from such an “all-embracing perspective.” I remember that twenty years ago, when our group was only learning these practices, how I was personally astounded by this first experience. It was quite unusual to observe processes and experience that totally unusual feeling of such an inner “visual” perception. Yet, even more impressive was the opportunity of getting an all-embracing view of any object, both about its outer and inner structure, and also of the related information, with which it (this object) was 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 in 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 exactly to the name of Huangdi. Besides, this medical treatise *Huangdi Neijing* itself is translated as *The Inner Canon of Huangdi*. Everything outer, physical, originates from 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 Aspects 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, and now I will only say for 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 Aspects, 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 the water as if on the ground; it is an embodiment of the



love of mankind and humaneness, a symbol of unity. By the way, ancient texts frequently mention the unicorn on par with deer, or rather, as their a kind of 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 Aspects, 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. The wolf is a traditional designation of the Left aspect, and the bull designates the Right aspect. 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 aspect but also the lateral Aspects (the Animal nature), which, under appropriate control of them and switching of their operation mode, played the role of active helpers, which 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, which was disguised as myths, in particular the Knowledge about the invisible structure of man, his spiritual component, and the real capabilities of knowing the invisible world.

Next, a hidden symbol of the Front aspect in ancient China was Ch'i-ti, the sovereign of the south, whose personification was Zhu Que (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, it was personified as the wind deity, it was associated with the solar (sun) symbol of nature and an embodiment of the love of 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 immortal fly on this bird. But again, knowing the characteristic of the Front aspect and its interconnection with the invisible world, it is clear why the myth about this symbol was described from this precise perspective.

A hidden symbol of the Back aspect 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 aspect: 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 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 the 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 domelike 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 sings 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 this was taking place in the single Universe, having a spiral structure (coils of the snake entwined around the turtle). It is no coincidence that later a character appeared in the Chinese mythology that was called Xuan Wu – “the dark warrior”, which had a corresponding emblem. He was often depicted with a beautiful face, hair falling down on 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 certain spiritual knowledge. It is the latter – the spiritual Knowledge and service to the Will of the Spiritual world that was personified with 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 in 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. He is a bad warrior who does not improve in battle... So, getting back to the subject matter. A hidden symbol of the Right aspect in the ancient Chinese mythology was Bai Di, the ruler of the west (“the white emperor”, that is, the spirit named Shao Hao, 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, the patron of the West. Incidentally, the white tiger (the hidden symbol of the Right aspect) and the green dragon (the hidden symbol of the Left aspect) 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 aspects also act as activators of emotions and thoughts from the Animal nature, their Guardian functions and the “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 aspect 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 green dragon”). Images of the green 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 green dragon as a helper of the god of wealth in the folk pictures of a conjuring character and auspicious meaning. 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 exuding flames as well as gold, silver and coral. 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 pictures was usually the dragon associated with money. Again, if one compares all this information with the characteristics of the Left aspect (slyness, pride, deceit, desire of secret power), then an totally different underlying motive of this entire legend appears.

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 the image which was previously popular with tribes, which is older and more significant in mythology and which combines the features of a bird (later of the 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. Having united the latter ones, 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 the victory over the black dragon (which was an embodiment of evil spirits), with the restoration



of cosmic equilibrium, which was disturbed as a result of a catastrophe, during which the four earthly pillars collapsed.

Moreover, it is to this creative divine feminine guise 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 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 Nu Wa was often portrayed together with Fuxi (Fu Xi) that resembled her – a being with a human body and a snake’s tail instead of legs. At that, their bodies were intertwined. The people who did not possess the 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 transfer 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.





*Figure 11. **Progenitors of the world and the human being Nu Wa and Fu Xi, according to ancient Chinese mythology.***

*(depicted on silk; the 7th century AD.*

*Turpan. Xinjiang province; the artefact was discovered by scientists in 1928).*

*The picture shows Mother Progenitress Nu Wa and the culture hero Fu Xi. Their bodies are spirally entwined with each other in 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 snakes’ 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; the human Personality is born and lives in them, making its choice), as well as the four main human Aspects connected with other dimensions. Above the deities’ heads, there is a circle, which contains a bird’s leg with claws to indicate connection with a entirely different environment – the heavenly (spiritual) world.*

The founder of the civilisation, the culture hero Fu Xi, who was regarded as Nu Wa’s brother, and later likewise her husband, also combined the 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 is already much later that people started to call him “the dragon-like” and associate him in legends with the lung-dragon and “draconian foundations.”

There is also another interesting point. Different cosmological myths were inherent in the 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 the emphasis of today? The modern world knows that the 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 the 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 idea of dynamical balance of alternative tendencies.” In other words, new generations in modern world know nothing about the original mythology, which mentions the beginning of the world’s origin by the spiritual forces and its ordering by the divine feminine principle. The “fundamental” Chinese philosophy begins immediately 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 divine principle of creation. 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 an answer to this question, even more so having the 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 popularized as having an auspicious meaning and bringing untold *earthly* wealth. Sometimes during campaigns 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 is doing hidden, not exactly good deeds throughout the world.



**Anastasia:** Yes, I mentioned this occult society in the book Sensei-4 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 sight for those who know.

**Rigden:** Undoubtedly. 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, the Assyrian kingdom, for instance, which contemporary historians call the first known *world* state that was founded on blood and conquest.

**Anastasia:** Hmmm... Our history, unfortunately, is still being written from the dictation of the Archons' ideology: the emphasis is being made not on the first societies in the world regarding the spiritual achievement of the human civilization but on the first communities based on aggression and conquest of foreign lands.

**Rigden:** Well, to change the situation is in the hands of people themselves... So, what did the 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, the symbols and signs that indicated the activation of *the lateral Aspects*!

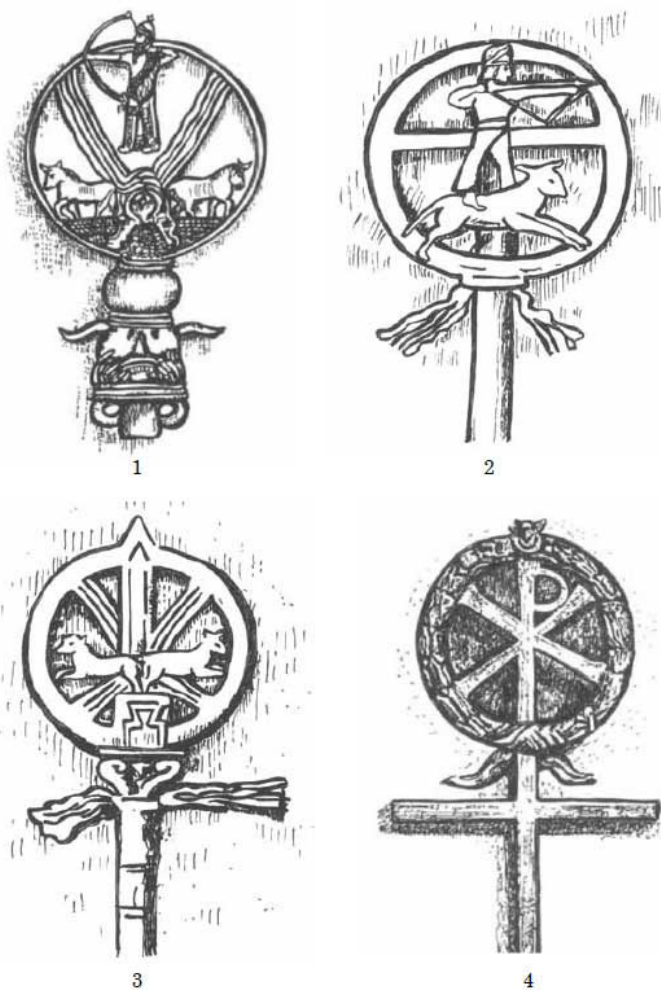


*Figure 12. Examples of the symbols indicating the activation of the lateral Aspects:*

*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 then, all these standards and banners were used to ease the control of troops. And if we speak about the Assyrian kingdom, everything is clear here. At a certain period of time Babylonia, where the priestly circles from 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 this sign of aggression (the monogram of Constantine the Great), which had long been used during wars, in religion. Now, it is placed in many cities of the world, and many people can see it. But this is war without declaring war! Someone obviously knew much more about this sign when imposing it on Constantine as a symbol of a new state religion in the state that was powerful in the world at that time.

**Rigden:** Regrettably, that is so. Many people, when they go to a religious temple of the denomination among which they number themselves, they practically do not notice what signs and symbols surround them and for what purpose they are placed there. But man clearly senses their work according to 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 such an "obsessive" psychological state he has. He considers such a state to be natural because he has repeatedly experienced it, getting into



such institutions.

And if one looks carefully, in such places one can see a variety of signs activating both the Spiritual nature in man, the aspiration for God and the Animal nature through awakening subconscious fears. Very often in cultic and religious institutions, there are many more signs that negatively affect the human psyche than those that stimulate the development and strengthening of the Spiritual nature in man. Why? It is all about the goals and objectives, namely manipulation techniques, of this or that religion – the practice which has been inherited from religions of the past and which has been perfected with 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 unconditionally follow veiled orders of the manipulator, believing at the same time that he is doing this of his own free will.

**Anastasia:** And signs are precisely that very instrument of influence which flawlessly influences the subconscious of any person.

**Rigden:** Quite so. People have possessed the knowledge about this since ancient times; suffice it to look at the drawings and signs of the Palaeolithic era. Unfortunately, as of today, it is not the majority of people who have this information, like it was in the days of old, but only the ones who are at the ruling top of the peoples. But the situation can be helped, if only there is a desire of the majority itself. 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 cultic 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 mass religious holidays or the events which are typical to this or that nationality when people traditionally visit temples to keep company to their friends and relatives). In other words, when a spiritual surge occurs, but the Personality cannot realise 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 gets into the religious establishment where mostly positive signs are placed, 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 to 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, being alone, usually experiences emptiness). Whereas he would feel exactly the fullness of the awakening of the deepest feelings, which give awareness, a spiritual surge of energy, charge him with the desire 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





had really had the spiritual guideline in 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 than the positive ones in such cultic and religious establishments.

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 Aspect. These signs create imbalance in the psyche, narrow consciousness, and escalate the state of fear, despair and servile behaviour in an individual. In this state, he takes any information on faith. At the same time, a small number of positive signs in such establishments stimulate in man 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 this or that religion.



*Figure 13. Symbols of swastikas (direct and reverse ones) in the patterns of interior and exterior of different religious institutions.*

As a result of such unspoken, preliminary treatment with signs, which strengthens subsequent verbal suggestions, church-goers, including, one would think, grown-up, intelligent people, who have higher education and



scientific degrees, become trusting like children. They are willing to listen to any cock-and-bull stories of the people clothed in religious garments, without even getting into the heart of matter: where there are suggestions from the Animal mind and where there are indeed some grains that stimulate their spiritual growth.

**Anastasia:** Yes, in such a state of “hopelessness” or the panic of a “drowning person”, people catch at any straw given to them... So, at first fear is triggered in an individual, and then the manipulator demonstrates a way to get rid of this fear, at that, 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 sufferings, starts to treat his new “friend” with dignity and respect, for the latter gives him the feeling of hope, or rather, supports in him the illusion of quick liberation. However, note that the cellmate only promises, doing nothing to really set this person free, because he himself is a bounded “slave”, who simply does his work.

So is in religion. Its servants are like “cellmates” who are quite far from being free themselves. However, they, while advocating their religion, as a rule, 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 (to 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 his any *request*, 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 oftentimes workers of this or that religion themselves are unaware of what exactly they are doing and whom they really serve.

**Anastasia:** In general, the hidden manipulation of religious priests, who pursue the goal of bending as many people as possible to their power, is that they first create appropriate conditions and a source of fear for a 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 for them. The more things there are that are unclear to a person, the smaller is the person’s degree of awareness of what is happening to him and the greater is the fear that *these unclear things* instil in him. Moreover, this process strengthens and loops the Personality’s attention on itself. As for priests, the more fear they instil in the peoples that are enslaved by their ideology, the stronger their power is as well as the authority these peoples support.

**Rigden:** Yes, it is just that there is a real manipulation with human feelings, moreover, in favour of the Animal mind. 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’ view. However, they are placed in such a way that they do not attract attention to them unless you know about them. They can be added into 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.

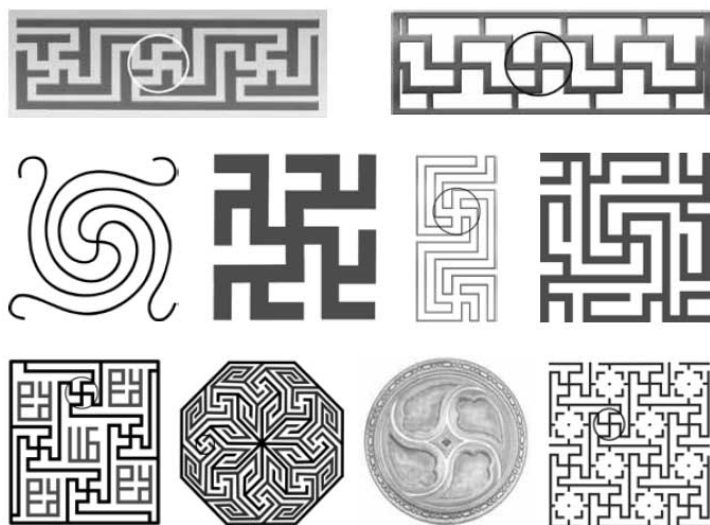


*Figure 14. The symbol of the reverse swastika in patterns of the interior and the exterior of different religious institutions.*

It should be understood that at the subconscious level any person detects the major part of information from the visible world, even if he is consciously focused on something else. So, man 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, man is open and is searching for help. But instead of spiritual help, in most cases he receives material substitutions in such institutions and a certain looping of his state. Namely, negative signs intensify subconscious fears in him, while religious workers sup-



plement those with their standard verbal suggestions, due to which certain material wishes and aspirations are formed in a person. Man focuses the power of his attention on this. Which, in its turn, further reinforces the influence of the lateral and the back Aspects on him.

**Anastasia:** Yes, the signs that have 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 appears, a believer gets assigned 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 exactly is, and what its true nature is. There are several signs which have been used since ancient times to activate the Animal nature in man. Naturally, the activation of such signs bodes no good for society. But people themselves choose what emotions and thoughts to give preference to and to put the power of their attention in them.

**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 aspects. 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 aspects. The essence of these rituals is to endow a person with the characteristics and “supernatural power” of this or that aggressive beast that 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 to use the capabilities of the Right and the Left aspects, which, as a rule, are known only 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 the people who contribute to his rise in earthly power and the spirits who contribute to the downfall of his Soul.

**Anastasia:** I’m convinced once again of how important it is for the majority of people to understand “who is who” in this world, 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 civilization 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. Different 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 reality of their own choosing by doing appropriate actions and 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 of today, unfortunately, most people choose the power 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, supporting and strengthening with their own hands the power of the Archons.

Look what is being popularised in the world, what substitutions take place? There are numerous signboards and calls 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 peoples. And then open your eyes, look around, and you will understand that this was an illusion which 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 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 be willing to move in the direction of spiritual self-perfection, while at the same time wishing also for 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. Pay attention what such people seek in their everyday lives and what they pay attention to, giving the status of paramount importance in their day? Some are preoccupied with strengthening their personal influence on people, asserting their own significance, earning on 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 the false promises of resurrection in their beloved bodies. Others meditate, attracting wealth, luck, happiness, and health. Someone, because of the domination in him of the Animal nature and through his folly, begins to consider himself “enlightened” and competent in many



“spiritual matters” and mix different meditation techniques he knows, mixing the sinful with the righteous. And what is the basis of all this? Pride and assertion 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 popularized by the world media in order to verify this personally. After all, these are mostly common methods of Archons, so to say, “meditations” for the masses to attract material wealth.

**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 no money is 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 have his hair 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 favourite body will simply, just like any animal, die. 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 at-



tention 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 Aspects.

**Anastasia:** Yes, different peoples of the world have quite a lot of information recorded in different rituals, mystic practices and sacred legends regarding the four Aspects and the spiritual Centre. Incidentally, according to different stories, every people would place these four Aspects, orienting the Front aspect 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, orientation of these four Aspects according to cardinal directions, assigning a particular colour to them and so on depended on local tradi-



tional preferences, customs and common beliefs of this or that people, which were formed for centuries based on the sacred 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 aspect towards the south. For shamans of the northern peoples (of Siberia), the main direction during the performance of rituals where they turned their faces (the Front aspect) was usually the North. Whereas for shamans of the southern and the eastern peoples 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 aspect 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 literal understanding of associative examples. But nevertheless, even today one can find many interesting mentions, including those regarding the secret knowledge about the four Aspects of man.

**Anastasia:** Such knowledge can be found in totemic sources and mythological conceptions of the peoples of Europe, Asia, Africa, America...

**Rigden:** Quite right. In most cases, small peoples, which live on different continents, as a result of their rather long isolation from contacts with representatives of the “civilized 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 civilization” 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 another new religion that was dominant in the “world civilization”, 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 have the “spiritual knowledge” and no one else in the world has it. 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 once and the same. It’s just that people gave different form to it and called it “their own.”

After all, any renewed spiritual Teaching, in fact, was being formed with regard to 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 peoples, 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 of the priesthood on 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”, the basic knowledge about the four Aspects is present in the secret knowledge of practically all the world religions to-



day. 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 profitable for them and what will strengthen their power among the people, but 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 being formed, much is being 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* emphasises man's independent cognition of the world and of himself. For it represents for the masses a wide variety of practices which "lead to enlightenment" and which, by the way, were 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 man 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, so to speak, has appropriated this teaching.

So, the four Aspects of man are mentioned both in the all-Indian sacred tradition and in the Buddhist reli-



gious 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 as “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 the oneness of the *five categories*: clairvoyance, clairsaudience, having supernatural powers, reading other people's thoughts, and the memory of past lives. It is mentioned that the perfect 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 existence”...

**Anastasia:** In fact, this oneness of five categories describes the result of work with the **four main Aspects 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 Aspects 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, man realises **how to operate the Front aspect**, which, in its 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 come in 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 the 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 on 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, his small sphere, man makes changes in the big sphere.

**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 Aspects is reflected in Buddhist 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, memory of past lives), it turns out that each of those points at the capabilities of a specific Aspect.

This is what I can say from the practical experience of our group. For example, when we were learning the “tunneling” meditation technique, which involved work with the Back aspect, we actually were able to learn about our past and even partially “read” information about the past lives of our subpersonalities. The philosophy of Buddhism understands the acquisition of the “memory of past lives” as “the knowledge of your past births and the memory of your previous temporary states.”

Regarding the capabilities of the Left and Right aspects, in our time we had a very good illustrative example. This was the spiritual work of those four warriors whom you were teaching the art of the Geliar warrior. That was when I realised how **the person's control over the Left aspect** reveals in him such abilities as knowing and reading other people's thoughts. By and large, this is not only revealing of such abilities but also perception of structures of the subtle world through feelings and also exercising influence through them. I clearly saw how restraining **the Right aspect** with a strict control of your thoughts and certain meditation practices leads to influencing the coarse structures of the world and to 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 firmness of this group of four: the acquisition of excellent professional skills did not shake their spiritual inten-



tions, 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, there appeared an imbalance in favour of the Animal nature. And the main thing is that sincerity got lost as well as the desire of achieving precisely the spiritual goal. Simply, verbal covering behind noble intentions began 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 could recognise their mistakes and firmly adhere to the spiritual direction. Such experience grants the opportunity to further walk the spiritual path in a more mature and conscious way.

**Rigden:** In fact, while going through the stage of knowing the Right and the Left aspects, instead of gaining control over them, man risks to get under the control of these very clever Aspects, if he is tempted by the desire to possess invisible force and power over other people. And as a result, to 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, escape from the circle of reincarnations. This is a kind of a trap for the people who hesitate in their main choice.

In this regard, there is an interesting parable about the treasure hunt. “Once upon a time, a Wise man was pass-



ing by a village. He told the villagers there that countless treasures were hidden under the ground directly below their main square. Whoever uncovers them will find 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 excavate the main square and dig up the treasures all together. Armed with tools, they began to dig. However, after a while, when they still had not found the results from their labour which they had expected, the villagers' enthusiasm began to fade. The first people to abandon the excavations were the ones who talked a lot; rather than actually do anything themselves to find the treasures, they only tried to tell others how they should work. These were followed by the people who got quickly exhausted by this hard work. They decided these treasures could not be 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, too, quit the job. Other people simply enjoyed the experience of the treasure hunt. They believed that these feelings of joy in searching must be the treasures promised by the Wise man. Eventually, as time dragged on and round them only mud and rocks were strewn, 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. Meanwhile, the failed treasure hunters continued justifying themselves for the rest of their lives and explaining 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 searching out 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 found.”

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 also those deviate from the spiritual path who are tempted by the abilities that have opened up in them to satisfy their significance in this world. 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 of this world, which is temporary for them. They choose this 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 thing is 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 existence.” For example, in the collection of the Buddhist sacred texts Tripitaka, there is a very interesting sutra called *On the Fruits of Reclusheship*. 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 *On the Fruits of Reclusheship*, 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 orally and which was written later. Besides, as the religion of Buddhism was being formed, alterations were being made to it for 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 informa-



tion 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 recluseship", 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 Way, which the monk walks as a person who is engaged in spiritual self-perfection, meditations, as the one seeking to get to Nirvana. 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, with a pure, clear one... obedient and alert, that has achieved dispassionateness..." 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..." The four great elements in philosophical discussions are usually interpreted as air, earth, water and fire. Such allegories, by which the ancients meant the four main Aspects, 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 *On the Fruits of Recluse-ship* describes a manifestation of various superpowers in the 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 damage in 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 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, moreover from the human mind.

But, in fact, 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, “before your liver starts to ache, you don’t remember about it, if, of course, you know it exists.” When man works on himself, does spiritual practices and takes daily care of the liberation of his Soul, his energy structure is changed and is gradually transformed into a qualitatively different structure, which I have already described. 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, the 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 such “discussions” described in their treatises resemble a situation with the 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. You know about this because you have 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 working on themselves in the process of walking their spiritual path.





**Rigden:** Certainly, in this matter, there are no borders or division, 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 of space, achieve the desired with the power of thought, bend objects and time “to their will”, or achieve the supreme power over the world. But mythology is merely the camouflaged sacred knowledge about man and the world.

**Anastasia:** That is, basically, these are all echoes of the past knowledge about the mastering of man of the practices to control his four Aspects.

**Rigden:** Perfectly true. 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 the person learns to control his Right and Left aspects. It is the work of these Aspects 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 (“sid-



dhis”) 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 the 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 the 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 go stray from the spiritual path and will not accomplish the main thing 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 the Geliarship as we say. 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 is taken there, but only the ones who have certain personal qualities, abilities and already existing professional skills. But other people knew about this group of Buddha, as they say, the ones who wished but who were not taking part. 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 one thing is to have supernatural powers for the sake of egoistic goals and pride, and quite another is 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 your main spiritual goal as the only meaning of human existence – spiritual liberation, that is, exit to Nirvana. Otherwise, one can fall into illusion and mistake the temporary as 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 popularize 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 practice. For instance, Jnana Shakti means the powers related to the properties of clairvoyance, clairsaudience, 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 the 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 power of the feminine principle, its force of creation on the scale of the Universe (Adi Shakti). In spiritual practices, this power is mentioned as forces endowed



with the functions of Allat and the four Aspects of man. 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 a usual religious legend. While a knowledgeable person perfectly understands 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 Aspects, which has its sign, lives its own life and is responsible for the connection with a certain dimension. Knowing this sign, one can directly contact a specific Aspect.

**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 remember that the Chinese Taoism, too, regards the human body as a microcosm inhabited by different 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 for the purpose of gaining the goodwill of these spirits of the human “body.”

**Rigden:** Taoism inherited this knowledge already from the 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 conditional contract, gave the person the 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 to him at any moment. In other words, there is a significant difference between winning the favour of spirits (including your own lateral Aspects) in order to have supernatural powers in the material world in your transient life, or learn to control your Aspects, gain integrity and attain 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 emphasizes 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 come 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 the 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 world. 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 undertakes, let us put it this way, the commitment to bear responsibility of a “warrior of light” from the Spiritual world. But this is the way of the 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 on the spiritual work on themselves in each day. That is the most important thing! One should prove not to people that you are better than others in something but to prove to God that you are worthy of being accepted to the spiritual world, that you are worthy of your Personality abiding 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 turns out, they are basically no longer needed for the 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 Aspects, which gave rise not to the best events in his life. So the Personality realises the root of its sufferings. When man begins to understand more than it is favourable to his Animal nature, he ignores the needs of his egoistic existence and cultivates the habit of being ready to repel its attacks every minute. Over time, this work on oneself bears spiritual fruit. It is no coincidence that it has been said: "The thought you watch over leads to 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 more often monitor the situation in himself, observe what he thinks about, and ask himself what he chooses here and now: the suffering of this world or Eternity for himself and his Soul? After all, the most important thing in life is the salvation of your 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 – “жрать” (“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 man 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, 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 man, 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 contrary to the expectations, the Sage did not reply anything 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 with 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 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 desperate attempts of the latter to break free from his strong arms. Finally, the Sage released the young man, who, after hastily resurfacing, started to breathe avidly 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: "So, in order to be-



come Wise, you must just as strongly desire to save your Soul 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 worldly man with the load, I helped him only because today he was the only one among everyone who was really searching for exactly what he was asking about."

**Anastasia:** It's a marvellous parable, and it very accurately describes both secret desires of many people, who only dream of the spiritual path, and the state of the person who truly craves for spiritual salvation and does much for it.

**Rigden:** The journey of attaining inner Freedom always begins with a single 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 keep 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 from habits, certain patterns of thinking and so on. There is a big difference here: one thing is to really change yourself and your habits and another thing is, without changing yourself, to wish to acquire greater importance in this



world with the help of this knowledge.

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 takes care of, figuratively speaking, the purity of his thoughts-drops, with which he daily fills his consciousness, giving attention to them and confirming his choice. With time, his consciousness gains the habit of concentrating only on kind thoughts and feelings. The Personality becomes like a young green shoot at dawn, which gathers for itself life-giving crystal clear dew-drops, which nourish it with moisture and stimulate its rapid growth, which allows him to eventually 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 there appeared states of depression, dissatisfaction with life and so on. 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, man learns to control his thoughts and control his main four Aspects. 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 the widest range of information about the world and makes it possible to maintain a constant connection with the Soul, which is a 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 recognize and adjust yourself in the process of your spiritual journey. If you content yourself only with theory, this is like treading water, wasting life's valuable time. As the ancients used to say, the one who soars towards spiritual summits gets ahead of the one who walks the path. He who walks gets ahead of the one who crawls along the way of knowledge. And the crawling one gets ahead of the one who stands still. To make the first step means to start moving forward towards knowing 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 at first talk about a simple but useful meditation intended for knowing your four Aspects. Different peoples called it differently at different times. For example, in ancient times the Slavs, long before the advent of Christianity and introduction of this religion in the consciousness of this people, called it Chetverik, and it was one of the basic initial practices in the process of self-perfection on man's spiritual path...

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

**Rigden:** This simple meditation, in fact, is the first step towards getting consciously acquainted with your Aspects. While mastering it, a person learns not only to control his emotional states but also to understand the real reason of their emergence. As a rule, in usual life,



the person does not notice or keep track of why he is suddenly overwhelmed by different by moods and emotions, which are changeable like weather, such as anger, aggression, slyness accompanied by selfishness, or fear, or sudden memories of the past with their burden of negativity and so on. At best, the person identifies such states in himself as an evident manifestation of the Animal nature, which has already fully captured his consciousness. He begins to suffer from this vicious circle of thoughts and emotions, at the same time strengthening them with his attention. In other words, man does not trace the initial provocation from the lateral Aspects. Whereas this meditation helps to develop skills, which make it possible not only to track this process but also to stop it in time, that is, to terminate it before this state completely engulfs man. So, this meditation is not only very effective, but, what is equally important, especially for beginners, it is easy to learn, since it is similar to a psychotechnique.

**The purpose of this meditation** is to learn to understand the moments of activation of each of the four Aspects, feel them deeply, identify emotional outbursts accompanying this activation, and understand the nature of manifestation of different thoughts, which have been caused by this process and which subsequently affect the change of mood.

The meditation is done in the standing position. The meditator imagines himself standing in the centre of the base of a small four-sided pyramid; that is, he is located in the median centre of the space divided in the form of a diagonal cross, and each part of that space will, in fact, represent a field of one of the four Aspects. I shall make some clarifications. The square base of the pyramid is conditionally divided with diagonal lines, that is, in the form of the letter “X”, with a diagonal cross, into four



equal parts. The meditator is located at the centre of intersection of the lines of the cross, which conditionally divides the space around the person into four parts that have volume. In short, in front of the meditator as well as behind and on each side of him, there are triangular-like spaces. This is how the fields of the four Aspects will approximately look like in the human understanding...

Now, I shall specify the location of the centre of each Aspect. The centres of these Aspects in these triangular spaces are located approximately at the distance of a little further than an arm stretched in the horizontal direction towards each of the four sides. The energy centre of each of the Aspects conditionally represents a kind of a bundle, let us say, which resembles a ball or a small sphere in form and in consistency, figuratively speaking, something like a gas planet. The small sphere is a symbolic representation of the centre of each Aspect to better learn and easily understand this meditation. This is actually a complex structure. Such a figurative comparison with a sphere is similar to perceiving the human structure in the first dimension when it looks like a point. But from the highest dimensions, the human structure is already perceived in all its multidimensionality, as a complex energy structure. It is the same thing with the centres of these Aspects: they are spheres conditionally so that the resident of a three-dimensional world could understand them.

*So, we calm our thoughts, emotions, and get immersed into a meditative state. The breathing is usual and quiet. We open the hand charkans located in the centre of the palms. We breathe in, letting in the Qi energy (the energy of air) through the hand chakrans and raise it along the arms to the shoulder level. When we exhale, we move the Qi (air) energy from shoulders down along the lateral meridians (located approximately on each side of the body)*



*and join the two flows in the Hara chakran (located approximately at three fingers' thickness below the navel), filling our lower abdomen with this energy like a bowl with water. Then, after filling it (some people will imagine it mentally at the first stages, while others will have a sensation of slight heaviness in the lower abdomen), we move the accumulated energy from the lower abdomen up along the spine into the head, particularly into the hypothalamic region of the betweenbrain (the "ancient structures" of the brain, which are located almost in the centre of the head). This place (the centre of the head) will be a kind of a median centre, to which the meditator will be constantly "returning" in this meditation.*

**Anastasia:** Here, I would like to mention two interesting points, which you once told us about. First, it is no coincidence that filling the Hara chakran is often associated with filling a bowl with water. When translated from Japanese, the word "Hara" means "stomach." While the earlier Sanskrit word "harā", as you said, represented in ancient Indian treatises one of the names of the supreme creating power of the feminine principle – the goddess Shakti. Water and a bowl in the context of the primordial knowledge about man had an allegorical meaning, which indicated the powers and processes acting in spiritual practices. Secondly, regarding this meditation in particular. You then drew our attention to the fact that the meditator concentrates on the breathing only in the beginning, as on the everyday process that is usual to him, before filling the lower abdomen with energy. However, later he simply shifts his attention to the energy moving along the spine and to tracing the further process of meditation, while breathing already takes place naturally, automatically. In due time, these clarifications helped me to understand the first steps related to mastering this meditation.



**Rigden:** Correct. During the meditation, the breathing must be relaxed and natural, and all the attention must be focused on the processes that are happening at this moment... So, at the beginning, of course, just like in any other meditation, all the feelings must be in balance, in the state of quiet. Accordingly, all the four Aspects of man will also be in the “neutral”, unexcited state. The meditator senses them as if simultaneously. The centres of the Aspects are like big balls, suns, planets and so forth, you can imagine all this whatever you like at the beginning. Over time, while practicing this meditation, the person will learn to feel how they work according to his own inner sensations. And having gained his own relevant experience, it will no longer be necessary for him to have these images, for another stage of knowing yourself will begin here.

**Anastasia:** Yes, I’ve noticed such a peculiarity, based on my initial experience of mastering spiritual practices: when you listen for the first time how to do a new meditation, “a thousand questions” from the mind arise about how exactly to do it. Now I understand why you always give such diverse associative comparisons and clarifications while explaining a new meditation. These are clarifications for the mind so that the material brain could at least understand something at first and simply grasp a general scheme of meditation. In other words, this is an attempt to explain to a person (whose consciousness is currently operating in the mode of perception of three-dimensional space) those phenomena which will take place during the meditation when his consciousness switches to the mode of perceiving other dimensions, or rather, the parts of his structure which are located in other dimensions. After all, when you do the meditation itself, everything turns out to be very simple and clear, because you do it with your deepest feelings, moreover in an altered state of consciousness, when you





have an extended perception of the world, and the typical self-analysis of a resident of three-dimensional space is switched off.

**Rigden:** Undoubtedly, all the dimensions are interconnected and influence one another. This is also true for the six dimensions in which the “multilayer” human energy structure is located. In order to understand the phenomena that take place in dimensions higher than the third one, a person needs a meditative experience and real changes, let us say, at least in his basic worldview and daily work on himself. Only then will he be able to understand what the world really is and what secrets it hides in itself. When man gets his own experience, he will no longer need “thousands of words” or different explanations from the mind; hinting at a manifestation of this or that phenomenon will be enough for him to identify it and understand what happens and how.

By the way, I shall note another piece of information as food for thought regarding the structures of the brain that are involved in this meditation. The betweenbrain is a kind of a collector of all types of sensitivity. It directly takes part in the processes of regulating memory, sleep, instinctive behaviour, psychical reactions, correction of different kinds of sensitivity and so on. For instance, what does the hypothalamus represent, which is a portion of the betweenbrain, weighing only about 5 grams? The hypothalamus contains the most important centres of the vegetative nervous system. In general, it is in it that the coordination of functions of the sympathetic and the parasympathetic centres of the vegetative nervous system takes place, on which, one can say, the whole body is based. The hypothalamus controls the main processes of homeostasis, that is, it supports the dynamic equilibrium of the internal environment during changes of external conditions, through coordinated



reactions. Moreover, medulla oblongata, among other things, contains the centre also of the main nerve of the parasympathetic nervous system, the longest of all the cranial nerves – the vagus nerve (nervus vagus), the branches of which take part also in the formation of the *solar plexus*.

But let us get back to the meditation... *It is from the centre of the brain (the conditional, median centre), from the above-mentioned hypothalamic area of the betweenbrain, and further through certain points of his head that the meditator carries the energy (which he had accumulated in “Hara” and moved along the spine to the brain) to the centre of each Aspect by turn.* So, a person artificially activates his Aspects, thus generating in himself different initial emotional outbursts, and studies them at the same time. **The task of the meditator is** to learn to recognize the work of each of his Aspects, the result of which is manifested in daily life as certain emotional outbursts and thoughts. Let us take a closer look at the process of a person's interaction with each of his main Aspects during the meditation.

**At first the meditator works with the Right aspect.** *In the process of the meditation, the Qi energy goes from the hypothalamic area of the betweenbrain through the right amygdaloid nucleus located deep inside the temporal lobe of the brain. Next, through the point located above the right ear, the energy goes directly to the sphere centre of the Right aspect.*

*For those who do not know the structure of their brain, I shall note that the human brain contains two amygdaloid nuclei located on the right and on the left sides. This is a very interesting subcortical brain structure, which is related to the formation of different kinds of emotions.*



**Anastasia:** Yes, as of today, science is already aware of the fact that amygdaloid nuclei are responsible for the human ability to read information from the faces of the people around. Thus, a person subconsciously understands how these people feel at the moment. But the information reading mechanism itself is still not entirely clear to scientists.

**Rigden:** Understandably, because this reading, like many other functions of the amygdaloid nuclei, is connected to the work of the lateral Aspects of man in his energy structure. In the physical body, the functions of amygdaloid nuclei are related to vegetative emotional reactions, provision of defensive behaviour, and motivation of conditioned reflexes. Moreover, as of today, it has been established scientifically that damaging the amygdaloid nucleus can cause a partial disappearance of the structures responsible for rage, aggression as well as for the memory of danger. In other words, this may lead to a partial disappearance of fear in a person, which will expose him to constant danger, of which he will be unaware. Medicine has even known attempts of treating fears and uncontrolled outbursts of aggression by means of surgical destruction of the amygdaloid nucleus. I want to note that the end does not always justify the means of achieving it. Victory over oneself is much more important than any surgical intervention. All the more so because man will still not be able to get rid of all his fears and manifestations of the Animal nature. Actually, the human body has no “extra parts”, so one should not remove anything from it unless it is absolutely necessary.

And a couple more words about the point above the ear. This area also has the structures (which are connected to the human structure at the level of energy) that take part in the process of perception by a person in an altered state of consciousness of spatial relationships... or,



more precisely, of his orientation in the spaces of different dimensions. The four Aspects are also involved in this process. Although a certain phenomenon is present here. For these Aspects, no space and time exist in the way in which they are perceived by the resident of three-dimensional space. But it is thanks to the work of the Aspects that an intuitively accurate sensation of orientation in time and space appears in man.

Of course, earlier people did not know such details about the connection between the human energy structure and physical structures of the brain. Nevertheless, those who practiced this meditation in ancient times did it just as successfully. Ancient people simply imagined “a breath of wind” at this stage of meditation pass first through the centre of the head, then through its external points to specific places in space, thanks to which certain actions took place there. For instance, the ancient Russian spiritual practices presented this process as *spinning a vortex*, as a contact with the masters of the four winds that *were endowed with the properties of the four seasons: winter, summer, autumn and spring (the last one, which was endowed with characteristics of the Front aspect, was revered the most by the ancient Slavs)*.

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

**Rigden:** Yes, but for general intellectual development, this knowledge is useful... Later, the practical experience of doing this meditation can simply be used in everyday life to observe in yourself the initial processes of origin of negative thoughts and emotions and, consequently, to timely prevent their undesirable development. With time, this process of work on yourself becomes like a habit, for instance, like walking. After all,



at first man learns to keep his balance, then to move legs, and then this process becomes a part of a daily habit. As a result, man no longer pays attention to how he moves in space. He simply uses the result of his earlier work to do certain everyday tasks. So is with the experience of practicing this meditation. By controlling the emergence of his emotional states in each day, man preserves his attention and life energy unspent for more significant spiritual tasks. And without such a control, he usually unconsciously wastes this energy on programmes and the will of the Animal mind, allowing negative thoughts and emotions dominate his consciousness.

**So, how does the inner work with the centre of the Right aspect take place.** Usually in his everyday life, a person does not notice any of his Aspects activate, but he feels the result of such a process very well. When the lateral Aspects start working, the person's mood can suddenly change, moreover, for no apparent reason. Man becomes depressed, or the feeling of fear, disappointment, grief, and apathy washes over him, or, on the contrary, aggression and long standing grudges begin to emerge and so on. Why does this happen? Because the lateral Aspects are activated, in this case it is the Right aspect. Then, the Aspect triggers the formation of thoughts that correspond to this emotional outburst and captures man's attention with them. Like a skilful manipulator, it catches him on the state of hypersensitivity, so to say, "offering" him a choice of different versions of thoughts but in one and the same emotional tone.

In other words, when the Animal nature dominates man, the lateral Aspects in their usual mode of operation provoke such emotional outbursts in the Personality. And what do such outbursts mean for the human brain? They are basically a sort of a code which activates certain blocks of memory which store the once gained



experience of such mental worries, emotions and states. Having opened the memory “storerooms” and captured the person’s attention with their contents, the lateral Aspects thus pull the person into a negative state. Next comes the process of strengthening the mood in this direction, a kind of a looping on one and the same thoughts.

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

When the Animal nature dominates human consciousness, the lateral Aspects try to always distract the attention of the Personality from the main thing – from focusing on spiritual liberation. And if we take this frequently recurring process on the scale of the whole life, then it turns out that such “trifles” of psychological excessive self-blame constantly draw man’s attention away from attaining the main goal of his life. Moreover, they contribute to the fact that a person falls into the illusion of existence and does not understand the real reason of why he actually lives here and now, in these conditions, why he is “imprisoned” in this temporary, mortal body.



Unfortunately, it often happens that life flies by very quickly, and a person does not even have time to understand why he was actually born, what the power of his attention has been spent on, and on what trifles and trinkets (empty desires, arguments, struggle for leadership and so on) he has wasted his precious reserve of life energy.

**Anastasia:** Yes, previously I would also often experience such a looping of thoughts and worries in this regard, such an unnoticeable, focus of attention, or rather, it was usual for me, on some empty little things of life, resentment, disappointments, aggression or satisfaction of the sense of significance, which at that point of time seemed very important to me. But later I realised that the main thing for me was to know myself and my nature in order to understand at the right time what exactly is happening to you and how to prevent or adjust this process. As you once advised, what helps well in practice to abandon this “pettiness of existence” is a global view from the perspective of your Observer from the Spiritual nature, a real understanding of the transience of life and of the priority of certain questions for your true self, that is, for your Spiritual nature.

**Rigden:** To put it simply, an expanded state of consciousness... That is right. And a narrowed state of consciousness is exactly typical of the work of the Animal nature, so to say, “materialization” of your consciousness. For example, why does depression arise? Because of active work of the Right aspect. In such cases, a person tries to seclude himself, run away from society and, as they say, he “whines” alone. And if such one-type impact continues long enough, it can even drive a person to suicide, which, by the way, is what the Kandouks use. And no antidepressants will help here! How can the situation be helped by chemical substances, which influence only



the processes of the coarse matter of three-dimensional world, if the whole point is about a similar influence taking place at the level of subtle energies? On the other hand, it is quite within the power of each person to stop these phenomena in himself. Besides, this is not that difficult to do if, of course, one knows how.

But let us get back to the meditation technique itself... *So, the meditator takes a breath, and upon exhalation, the energy goes from the centre of the head ("the ancient structures" of the brain) through the point located above the right ear to the spherical centre of his Right aspect. The spherical centre of **the Right aspect starts rotating counter-clockwise**.* I draw your attention to the fact that the movement of the centres of the Right and the Left aspects occurs exactly counter-clockwise. This is mere physics. The idea that they rotate clockwise is already a game of imagination. At first, spinning the sphere counter-clockwise occurs at the level of imagination. But subsequently, the meditator begins to feel both the rotation of this sphere and a clear sense of the "sphere" of the Right aspect as *dense and hot*.

Thus, a person artificially activates the centre of the Right aspect. The latter starts its usual work, the one that takes place when the Animal nature dominates in an individual's consciousness. Each person has had moments in life when during fear or an intense emotion he as if experienced heat or vice versa he got too cold. Physiologists attribute this to a reaction of the vegetative system. But the nature of this phenomenon lies much deeper – at the level of the physics of the invisible world.

So, the task of the meditator is to feel different emotional outbursts, which are typical for the work of this Aspect, in order to recognize them later on in everyday sensations and to stop them at the very beginning of





their emergence. During this meditation, a person, on one hand, kind of relives all this range of sensations 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 follows the situation: what particular emotional outbursts trigger the emergence of an oppressive state of consciousness, what feelings arise at that, what thoughts awaken anger and aggression, what life episodes and associations come up in this connection and so on. All this takes place through re-living this negative state. Of course, sensations will hardly be pleasant. At first, a sense of mild anxiety will appear; then anger, aggression, or fear may arise, or a state of oppression, or a sense of past resentment. The more energy (the "Qi" during breathing) the person will put into the centre of the Right aspect, the more heat he will sense from this sphere, and the stronger the negative feelings will become.

**Anastasia:** It must be mentioned that the people who do this meditation for the first time often make the following mistakes. Knowing what kind of unpleasant emotions are expected to be manifested (and everyone is usually aware of their "skeletons in the closets"), at the first stages of learning this meditation they can block themselves from such emotions consciously or unconsciously. As a result, at their first attempts, people practically do not sense anything, or at best they sense warmth or cold from the sphere centres themselves during their rotation.

**Rigden:** That is correct. It is just that when a person understands that he is about to experience an unpleasant state, the person can unconsciously block himself



from these sensations manifesting. The Animal nature does not like to give up its key positions. The meditator should be aware of this and try to do the meditation well and not pass the time idly, lulling himself into a false sense of security with the thoughts that probably “I’m such a good, highly spiritual individual, and nothing negative happens with me.”

This meditation is performed so that a person could actually feel those states at the physical and psychological level, feel those emotional outbursts that each of his Aspects generates. Thus, he will learn to recognise the very moment of the beginning of an attack of his Animal nature, the emergence of these emotional outbursts, their influence and manifestation in everyday life. He will begin to understand “where the root of all evil grows from”, this negative state, which has suddenly washed over him. He will learn to identify this state in himself and, most importantly, to control and prevent such attacks as well as the situation going from bad to worse. And if while learning this meditation in practice, instead of really working on himself, a person will be lazy or simply find comfort in the illusion of his megalomania, then it will be very difficult for him in his daily life. Because the Animal nature will be fully prepared to use its entire secret arsenal, while the person will not know how to resist it.

Many people in such cases attribute all these attacks to their external circumstances or to other people, thus only intensifying the uncontrolled activity of their Animal nature. But time passes, people and circumstances change in their lives, while attacks remain the same. Why? Because all the problems are inside man. As man knows himself, he gets rid of his mental problems. The cause is not in the outer but in the inner. While knowing yourself, you need to learn to understand also the people



around you, which means to learn to be kind.

**Anastasia:** This is an undeniable fact: when you yourself change, your attitude towards the world around you changes, too... Yes, there is a big difference between what a person expects in his ideas from the mind at the beginning of practicing meditation techniques and what happens in reality. This is like in the example with a lemon. If a person imagines a lemon, this can at best cause increased salivation in him. But if he tastes it, he will have a whole range of sensations.

**Rigden:** That is right, it is the same thing here: one needs not to imagine a hypothetical presence of these emotions but to really feel them. But let us go back to the meditation itself. *After the meditator has felt the influence of his Right aspect, he calms his thoughts and feelings once again. There is a very important point that needs to be learnt: the person mentally stops the movement of this rotating spherical centre of the Right aspect.* At the first stages of learning, he can imagine this process as he likes, for instance, that he mentally stops the spinning of this sphere “with a hand” or with an order of thought. *Then the meditator as the Observer returns to the conditional, median centre in the head. There, he once again feels the state of peace and quiet, the neutral position of all the four Aspects simultaneously.* At this time, residual phenomena may still be felt, which will manifest themselves both at the physical level as unpleasant heat from the right sphere (as if from fire) and at the level of sensory-emotional outbursts, such as, for instance, anger and irritation. This background will quickly fade away after some time as soon as the person intentionally switches attention to the subsequent processes of the meditation.

**Anastasia:** Yes, it is one thing to conscientiously spin



this sphere, but it's more important to learn to stop it. I know from practical experience that in everyday life, until a person masters and starts noticing the beginning of the Animal nature's attack, it is important for him to at least learn to prevent its further development. That is, once you notice already an obvious manifestation of the Animal nature, then at least you shouldn't focus your attention on strengthening obsessive emotions, feelings and thoughts. In other words, not to get involved into this process stimulated by the Animal nature and not to carry out this battle against yourself at the expense of your own power and resources.

**Rigden:** That is true. **Any battle begins on the battlefield of the human mind. Who can tame his anger, he is like a sage who has won his battle without even starting it...** So, the next stage of the meditation. *After the meditator has restored the state of inner calm, he once again switches his attention to breathing and repeats the scheme of the beginning of the meditation, that is, he fills the "Hara" with the Qi energy through the chakras of hands. Then he once again moves this energy through the spine to the ancient centre of the brain (the conditional, median centre). But now he directs the energy from this centre to the left amygdaloid nucleus, through the point located above the left ear to the spherical centre of the Left aspect. And then **he begins to work with his Left aspect**, rotating the centre of the Left aspect **counter-clockwise** artificially, with the help of focusing attention and thought.* The task is to feel the beginning of activation of this Aspect, what emotional outbursts it generates at that, which form the corresponding mood.

As a rule, the person gets the following range of outbursts: **a sense of pride**, self-love, temptation, increased libido, desire of having secret power over others



and so on. Corresponding images may appear related to these feelings, to megalomania, lack of restraints, sexual desires from the perspective of domination of the “alpha male” (or the “alpha female”) of the so-called lust based on egocentrism, greed, the desire to possess someone or something. If one senses heat during the rotation of the centre of the Right Aspect, during the rotation of the spherical centre of the Left aspect one will be able to feel an increasing sense of cold from it.

*Having experienced all the emotional outbursts of his Left aspect, the meditator calms his emotions once again: he mentally stops the rotation of the spherical centre of this Aspect. Then he returns as an Observer to the conditional, median centre of his consciousness (to the neutral position). He focuses on the state of calm and silence and feels the neutral position of all the four Aspects simultaneously. The physiological sensation of cold, the residual unpleasant emotions and the feelings generated by the activity of the Left aspect may still be “issuing background activity” for some time.*

After this, the meditator proceeds to studying the emotional outbursts generated by **the Back aspect**. For this, he first of all *switches his attention to breathing and focuses on the process of filling the “Hara”*; then he turns attention to the movement of the Qi energy from “Hara” along the spine into the ancient centre of the brain (the conditional, median centre). However, now he directs the Qi energy already through the occipital area to the spherical centre of the Back aspect, activating this centre. I draw your attention to the fact that the spherical centre of the Back aspect can rotate in different directions: both in the right (clockwise) and in the left one (counter-clockwise). This depends on the feelings that appear (which arise in one’s memory or which dominate at that moment). They are usually connected with some



past experience, a significant emotional outburst during the domination of this or that Aspect. And this experience directly links to the activation of a certain Aspect at that moment, most often the Left or the Right one (in which case the rotation of the spherical centre of the Back aspect will be counter-clockwise) or the Front aspect (in this case, the spherical centre of the Back aspect will rotate clockwise). These can be feelings from the person's present or the past, or various visions, depending on the power of emotional outbursts of the past. Sensations from the centre of the Back aspect may also be different, starting from the deadly cold and ending with a range of warm, pleasant sensations.

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



*this spherical centre and returns with his consciousness to his conditional, median centre of the head. He calms thoughts and emotions once again, restores the state of peace, quiet, and the neutral sensation of all the four Aspects simultaneously.*

**Then the meditator proceeds to working with the Front aspect.** This is the most pleasant part of the meditation. At first, as usual, we switch our attention to breathing, repeating the scheme of filling “Hara” with the Qi energy through hand chakras and the subsequent movement of this energy along the spine into the ancient centre of the brain (the conditional, median centre). Only now the Qi energy goes from the centre of the ancient brain through the point located in the centre between the eyebrows into the spherical centre of the Front aspect.

*We concentrate on the spherical centre of the Front aspect, rotating it **clockwise**. At this time, one will sense a clear interconnection with the solar plexus area, or rather, with the centre of the human energy structure – the Soul. As for feelings, there will be a surge of energy, a sensation of comfort, pleasant warmth, joy, detachment from the material world, and contact with the spiritual world. The more the centre of the Front aspect will be spinning, the more one will be filled with these feelings. It is like a kind of an emotional outlet for a person. In this meditation, it is important to work with the Front aspect after all the others in order to acquire the state of stability, balancing of mood, and generation of a spiritual surge. It is with this comprehensive, blissful state of expanded perception that the meditator not only leaves this meditation, but he also preserves it in his usual state of consciousness. In this meditation, just like in life, it is important not only to stop the negative activation of the back and lateral Aspects but also to learn to activate your Front aspect and to timely switch to the*



positive state of consciousness and thinking.

The meditator ends this meditation as usual with an order to himself: “Inhale-exhale, clench-unclench fists with force.” This meditation takes 20-30 minutes. At the first stages, it 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 outbursts throughout a usual day. While practicing this meditation, one will be able to see its effectiveness in everyday life after one learns to understand which of his Aspects triggers one or another emotional and sensory outburst. After all, he will then be able to timely disrupt a negative flow by stopping the activation of the centres of the back and the lateral Aspects and switch to the Front aspect, to a positive emotional outburst, and the corresponding mood and thinking.

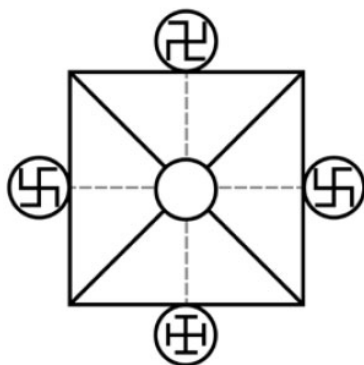


Figure 15. Symbolic image of the Chetverik meditation.

This meditation is a like step to subsequent develop-





ment and attainment of more significant spiritual goals. It is only a tool for a person to learn to control himself instead of being controlled by the Animal nature. Thanks to this meditation, man learns to easily navigate in his sensations and emotional outbursts, just like a good musician, for whom it is enough to only see sheet music in order to understand what the melody is and how it will sound. Such a control helps one in daily life to maintain the dominance of the Spiritual nature and the habit of living like a human being, according to one's Conscience. Generally speaking, as they say, to be always in shape.

**Anastasia:** You have said well about always being in shape. But what's interesting is that people usually associate the phrase "to be always 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 with sports. That any coach is well aware of the fact that if he artificially creates for his mentee conditions that are as close to reality as possible, he thus increases his chances of winning the nearest 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. Over time, the athlete gets used to the daily increased demands for 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 competition. The guys came to the conclusion that this was obvious, just like in this meditation on the activation of the back and lateral Aspects and then tracking them in everyday life, when a



person artificially creates all sorts of obstacles for himself and learns to overcome them. Except maybe for the only difference: here, unlike in sports, the person is a coach for himself, and so he sets to himself increased requirements to 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 begins to practice this meditation. But what I've noticed is that people in this case used a stereotyped, 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, laziness, learns discipline and so on. This is even regarded as a condition for harmonious development of the Personality. And victories in the elite 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 the game where the main thing is to win by any means. Secondly, with stadiums, where a great mass of sports fans gather together. This mass focuses all its attention on the game, which triggers a great surge of emotions in it. Besides, mind that this surge of emotions is quite expected and planned, regard-



less of the result of the game. Clever people should think about this and about who and for what purpose does it in reality. 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 elite sport generally 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 organized already 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 athletes the warriors of a certain side were, the better was the outcome of wars for their organizers. 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 the attention of the Personality is focused on the development of skills to control its body at the necessary moment, including the use of the body’s reserves and supernatural abilities. This is just a “small” victory over the flesh within the dominant thinking from the Animal nature.

And what for does an athlete sacrifice himself, his life time and health? For the sake of glory for himself personally and at the same time for the glorification of the country that provides him with different benefits and



privileges for the victory. But what lies behind the organisation of such competitions and emotional participation of millions of people in them? What do they stimulate in people? Few people think about it. And what, as a result, does the career of, for example, a sports champion end with? Does he really conquer himself? No. His result is former glory, the wounded sense of pride that he has remained 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 common 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 to master to perfection some skills of controlling your physical body). Going in for 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 man focuses on serious everyday work on himself, on his own spiritual development, in general, if he learns to be on a qualitatively different wave of perception, then his Aspects, too, 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 process 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 work of the betweenbrain with a kind of a receiver, which converts energy fluctuations (signals coming from the Aspects) 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 work of the ancient structures of the brain may be figuratively compared to a television set (by the way, the word television is derived exactly from the Greek word “tele” meaning “far” and the Latin word “visor”, which stands for an “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 in 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 is, associatively speaking, a certain “signal decoding unit”, a “sound and video signal detector”, an “intermediate frequency amplifier”, an “au-



dio power amplifier”, and a “cathode ray tube”. That is, it 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 a kind of one of converters of energies into coarse matter. And the Aspects may be compared to television towers, which 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 aspects. 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 on 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 out of his own fears, or a melodrama titled “the wailing wall about the lost past.” That is, these Aspects will very skilfully draw any plausible illusion, “make a mountain out of a molehill”, and force the person to deeply experience different negative emotions, while using at the same time that which is so valuable for his spiritual development – attention.

But if the person switches to the perception of the “television broadcasting” of his Front aspect, he will be able to see and feel an entirely different perception of the world, that which is useful for his spiritual growth. For example, a “documentary” about the 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. Truth is that after such a “film”, the stereotyped human life will seem sheer acting. So it depends only 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, the person will be able to understand both himself and other people. When you are able to clearly identify in yourself the moments connected with the activation of one or another Aspect, it will be easy for you to also feel a hidden influence on you from 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 Aspects. Or rather, you enter into the state of the Observer that is detached from circumstances and trace in yourself which of your Aspects is activated by this information. After all, besides verbal exchange of information between people, there is also an interaction of their Aspects. Thanks to such tracking of influence of this information on you, you will understand on what original emotional foundation it was being formed and for achieving what particular, real purposes, which are hidden from you, it is being communicated. For example, if your interlocutor is telling lies or practices deceit, your Left aspect will definitely be activated. If he provokes aggression in you, the centre of your Right aspect will start spinning. And if he awakens in you a surge of positive emotions, Love, and Good, then your Front aspect is activated. Thus, you can follow the real situation and not that illusion which is being constantly imposed on 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 the 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. In this case, humanity will have a chance to follow an entirely different, a qualitatively new way of civilized spiritual development. But what will modern mankind choose – that is the question. After all, this meditation technique was 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 the people of those days. But people are people, and many of them, unfortunately, enjoy modernizing and complicating the pure knowledge and the simple Truth. Nevertheless, echoes of this practice can still be found in the secret knowledge of different peoples 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 in pure form while doing this practice, such complexities are not needed – this is all human, superficial. Here, you simply learn at the first stages to reconfigure the perception of consciousness and track and control your states. And later there are simply working moments... Generally speaking, I must note that since ancient times such basic spiritual practices related to the fundamental knowledge and human spiritual growth, as a rule, have 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 provide readers with this valuable information. Since ancient times, the history of mankind has nearly always been surrounded with signs and symbols. But after extensively searching for information about them in the libraries of different cities and on the Internet, I came to an unpromising 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 that primordial, spiritual Knowledge about signs which you have communicated. What is now available to ordinary people? 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 where the roots of such publications come from. At the same time, science has already accumulated very rich material about graphical symbols and signs specific to ancient archaeological cultures of different continents and times. Many of the magical, ritual signs that were considered important in the spiritual culture of different peoples are identical. But scientists have yet been unable to decipher them fully. Now I understand why. Even what you had 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, cosmogony in the representation of different peoples, I came to the conclusion that scientists are lacking exactly this link. That very key to deciphering signs is missing 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 the priorities of the human society. Just look at the history of mankind: continuous wars, constant struggle for religious and political power and, worst of all, withholding from the majority of people the true spiritual Knowledge, which lead to the 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 independently, regardless of, for example, 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 *peoples 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 has to be faced by those who today try to get to the heart of the truth. Under what conditions do scientists have to do their work, say, in ethnology, ethnography, archaeology, and ancient history? Everything is done on sheer enthusiasm, for meagre wages. At that, in their work they are faced with numerous bureaucratic or financial obstacles, lack of organization and coordination in attracting specialists from related disciplines for a more in-depth, complex study of different 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 access certain information or unique archaeological findings, which, in fact, are being hidden from people. Naturally, all this happens not without the involvement of certain structures interested in it. 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 withdrawn 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 peoples today. So all honour to those scientists who, in spite of all the obstacles, continue to work selflessly in this field of science and inform peoples 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 the question arises: why does 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 processed with the stereotypes of consumer material thinking to such an extent that the very statement of the question is not clear to an ordinary person. When his thinking is blinkered with such guidelines and stereotypes, 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 man today different from the man in 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. Which 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 peoples 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 key 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, you understand what powers each human being has, as you reach certain stages in self-perfection. But this also places a great responsibility.

**Rigden:** Undoubtedly. But people remain people; even having the Knowledge about the power and the significance of signs and symbols, they would distort it with time, add something, and complicate it at their own discretion, as they understood it. 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 would be renewed in the human society. Some cultures would disappear, taking “the sacred se-



crets” to the grave, while others, on the contrary, would form and bloom out on the remnants of the knowledge of the previous generations. 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 modern world, one can find entire systems of “their own” traditional symbols and signs with any people. 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 the 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 had got 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 thanks to the allegories which were clear to the inhabitants of a certain locality. For example, the process and the results of a joint meditation of a group of the people that were working with signs (or for a certain setting of the working sign that influenced the masses) were explained to the initiate newcomers simply using the 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, it is thanks to such an associative comparison, which was common in secret societies, that the word “to symbolon” appeared in everyday use in the speech 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, generally, everything happened as usual: 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 sum-bolon” was continued to be used by the 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 of popularity among the population of the knowledge coming 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 place *their signs and symbols* as *public* signs of distinction of these organizations. They began to “dirty” the word “symbol” with the semantic meaning of ordinary human matters, use it in different 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 shared monetary 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, it is interesting that the word “symbol” came into the Russian language exactly in the meaning of “sign.” And the word “sign” 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 “ЗНАТЬ” (“to know” – translator’s note) was clear to any Slav, regardless of the existing differences in the 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 a sign and a symbol. Actually, every people 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 divided 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 helped. Thus, there exist several working signs, which have constantly been present in the human society, regardless of whether the current generation of people knows about them or not. There is also basic knowledge of other signs and symbology. 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 about 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 the transfer of the Knowledge, while in others they were placed as an element of influence directly on the one looking at them. When the goal was to transfer the Knowledge, signs and symbols were drawn by the type of “seals.” 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 its original and compare it with its impression. The same applies to the signs related to the transfer of the Knowledge, especially to the designations of the Right and the Left aspects.

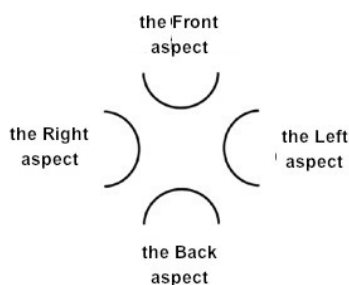


*Figure 16. Sample image of a basic symbol intended for transferring the Knowledge.*

*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 certain influence on the person looking at them, they were placed strictly according to the real sides. For example, if it was necessary to activate the Right aspect 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 discussing different things now.



*Figure 17. Sample images of the symbols and signs intended for the activation of the lateral Aspects:*

- 1) *a symbolical sign of the activation of the Right aspect (the small arc corresponds to the Right aspect of the person looking at the sign);*
- 2) *a sign of the activation of the Left aspect (the large arc corresponds to the Left aspect of the person looking at the sign).*

Let us consider the basic knowledge about the four Aspects of man and the Soul, which was known to people since ancient times. An ordinary **human being** was originally designated 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-limbedness of the equilateral cross and a circle inside it (the four main Aspects and the Soul) indicated the main elements in the human structure, which embodied the main plan: the creation of conditions for a *choice of the Personality* between the material world and the spiritual one.**

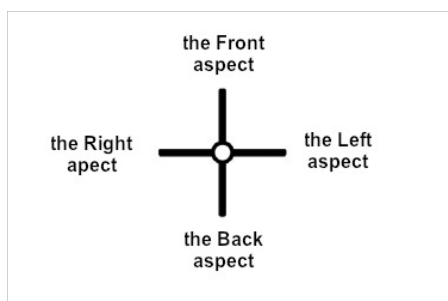


*Figure 18. The symbol of the human being – an equilateral cross with a circle.*

*The symbol scheme (of the “seal” type) indicates: the symbol of the Soul (the circle) in the centre and the main Aspects 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 limited and contained 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 point 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 the spiritual powers, the property of the Soul in the meaning of perfection, wholeness, constancy, eternity, a designation of the spiritual world, the 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 the life energy of man – 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 the fire characteristics of the Sun. Hence, the designation of the Soul as a solar disk.

The circle also meant delimitation of the two spheres (the material and the spiritual ones). When it came to the knowledge about man, this indicated the information about the Soul, which was located, so to speak, in the intermediate state.

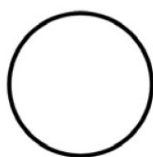
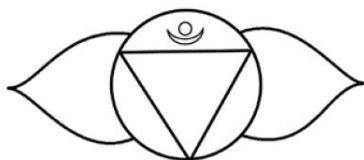


*Figure 19. The symbol of the Soul and the spiritual world – the circle.*

Sometimes, together with a circle, some elements were depicted that gave dynamics to it, 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 the spiritual Knowledge (Teaching) introduced into this world by a Being from the spiritual world. This 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 this case, this pointed to the constitution (creation) of the material world by the spiritual world.



1



2



3

**Figure 20. Symbol of spiritual growth and the spiritual Knowledge – a circle with the 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 sign “ALLATRa”);
- 2) winged solar disc (ancient Egypt) – a symbol of the spiritual Knowledge introduced from “Heaven” (a 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) a sample image of the sacred solar symbol, which was typical for the transfer of knowledge in the ancient times (the Palaeolithic period). The pattern is made of a certain number of “grains.” It symbolizes 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-petal flower” (a seven-pointed star), the centre of which is fringed with 33 “grains”, and each part of the petal consists of 6 “grains.”



**Anastasia:** Yes, the knowledge about the sacred meaning of the circle is recorded in the symbols and signs of not only rock drawings and paintings 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 jurts). 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 to communicate circle-wise, 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 circle-wise, leaving the centre of the town also empty (not built up) in a form of a round square. First of all, such a building plan had a 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 civilization in the Danube and Dnieper inter-fluve. The cities built akin Arkaim in the ancient Urals 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, Orenburg oblast, Bashkortostan and northern Kazakhstan).



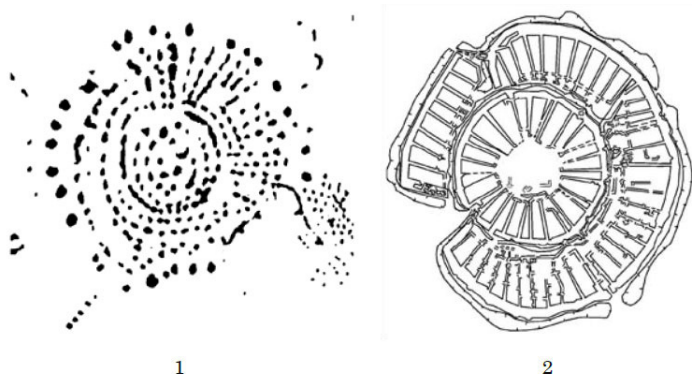


Figure 21. *Plans of the ancient towns located circle-wise:*

- 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 designation of the human being – an equilateral cross with a circle in the centre. **The lines of the cross** conditionally designate the four Aspects of man: **the lateral Aspects** (the horizontal lines coming from the centre), **the Back aspect** (the vertical line going down from the centre), and **the Front aspect** (the vertical line going up from the centre). As I have already said, in associative comparisons the characteristics of these Aspects were allotted to certain forces in space, for example, the four elements, the four seasonal winds and also the four cardinal directions. At that, the three forces were usually closely interconnected with each other or had negative characteristics of the back and the lateral Aspects. And the forth one was the leading one, very special in its properties, and it had the positive characteristics of the Front aspect. All these forces were also designated with a cross, which is the sacred symbol of the human being as of the being in whose structure spirit and matter are



combined. The vertical line of the cross was associated with the solstice, movement towards the spiritual world, with the aspiration of man 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 the Knowledge introduced from the Spiritual world. The horizontal line indicating the lateral Aspects 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 aspect) and a lion (the Left aspect), “permanently 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 the days of the solar equinox in nature. Although all this has a different underlying message... The secret meaning of the knowledge about the four Aspects of man was also put in the notions that were equivalent to the cross.

**Anastasia:** The majority of modern people associate the cross only with one world religion – Christianity. In turn, ministers of this religion do their utmost to pre-



vent 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, the symbol of the cross was found on the monuments dated to the time of the primitive society. Let us take, for instance, the images of the Chauvet Cave (France), which are twenty thousand years old and which have been preserved very well, thanks to the microclimate of the cave.

**Rigden:** And 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 being 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 aspect, was elongated (the so-called long or Latin cross), that meant the focus of attention, concentration on the Back aspect (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 stays in the state of the Animal nature, such an activation of the Back aspect is, in fact, constant stimulation of depression, fear and self-blame.

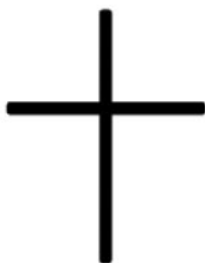


Figure 22. *Long or Latin Cross.*

**Anastasia:** At that, Christian believers are imposed to wear this particular form of the cross, supposedly as a symbol of Christ's sufferings. So does it turn out 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 the negativity related to nothing else but their own past? So this is actually nothing more than a stimulation of the activation of the Back aspect.

**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 aspect has been emphasised. As a rule, the back side of such a cross has the following inscription in the Latin letters: INRI (Iesus Nasareus Rex Iudaeorum), 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** (smiling): Well, you see, when a person has the Knowledge, he starts asking questions that are "inap-



propriate” 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 the salvation only in the theory for the masses, while in practice you can 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 death date of a person. 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 aspect. 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 that, in the material context of the religious interpretation, this was supposedly a bar for Jesus’s 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 aspect, forms an equilateral cross; that is, above the long horizontal line, there is an equilateral cross – a symbol of the human being (of human power).*

Now, let us consider the concealment of the interpretation of the 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. The tau cross in the secret knowledge meant, using the modern language, the human life in the material world, a manifestation of the emotions and thoughts initiated by the back and lateral Aspects. Whereas the ankh cross already combined two different elements: the dominant circle and a tau cross attached to it. The ankh cross symbolised the perfect man with the Spiritual nature dominating in him, the prevalence of the Front aspect over the other three other aspects, of the 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, as a sign of immortal-



ity, of eternal life. The ankh cross is also known as “the key of life”, “the key to energy”, “the key of 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, the knowledge about this cross and its symbolism existed not only in ancient Egypt (Africa) but also in ancient Europe, ancient Asia, and ancient America.

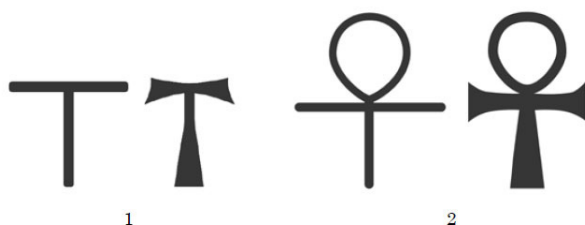


*Figure 24. The tau cross and the ankh cross:*

- 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 Aspects in the three-dimensional world, while the 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 the person dominated by the material (Animal) nature during his life; simply put, this symbol meant leaving “for reincarnation.” But there existed its other meanings 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 aspect; so it turns out it is a refusal of the spiritual in favour of the material.

**Rigden:** Quite right. And the bar in the lower part of the cross means the 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, in case it involved the symbolism of an individual person. 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 in this religion, are unaware of this information. And the latter, as the general concept of this religion is being formed, is, in fact, a contrived interpretation used for explaining 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 of this cross, 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 aspects 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 (believers) are wearing a symbol that imposes a sense of guilt on 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 the Love of God, the salvation of the Soul, and the Spiritual world.

**Anastasia:** Yes, when you begin to comprehend with what kind of signs and symbols they surround you from all sides, an understanding comes why the material Mind dominates the society, even where people try to find a spiritual outlet for themselves.

**Rigden:** I have already said this many times and I shall also repeat now: to change the situation is in the hands of people themselves; everything depends on the dominant choice of each person. But let us get back to the topic of the signs of the four Aspects. If the equilateral cross was a symbol of a common person, then **the diagonal cross (the turned cross) and its variations (often with a circle in the centre)** referred to **the Personality which is moving along the path of the Knowledge** and which is aware of the sacred information about the human being and the meditative practices on the four Aspects. I emphasise, the person who has the Knowledge, but the way he uses it (with which



dominant in consciousness) is his personal choice.

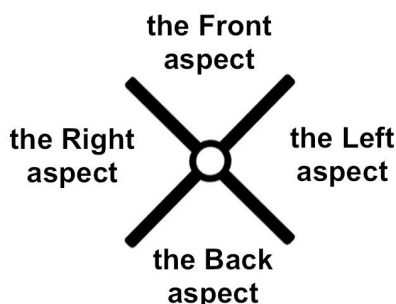


**Figure 25. An equilateral diagonal cross with a circle in the centre is a symbol of the Knowledge about the four Aspects of the man and the Soul.**

*The diagonal cross is a symbol of progress in cognition and a conditional division of space into the fields (zones) of influence of the Aspects; the circle is the designation of the Soul. The interpretation of the pattern of the symbol is shown in “seal” type.*

But most often the symbol of the diagonal cross (or its variations) pointed in the sacred texts at the Knowledge about the energy structure of man, his Aspects, 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, its petals, contours of mountains, zigzag lines), circles inside a circle, little lines, grains, and points. As a rule, their number was 3, 4, 5, 6, and 7. The 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 Aspects. 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 possi-



ble 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 the 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: the 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 to the edges), snakes entwined in the form of a cross and so on.

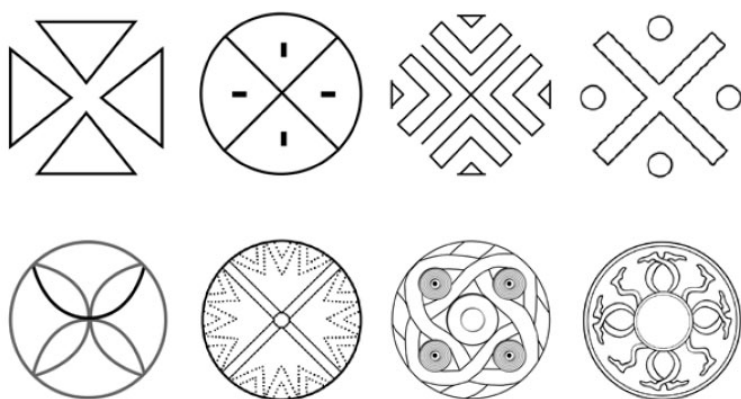


Figure 26. *Variations of the diagonal cross with markings of the spaces of the four Aspects.*



If it had been necessary to point at or emphasize the activation, dominance or blocking of one of the Aspects or specific work with these Aspects, then this was marked with an additional sign in the corresponding area of the diagonal cross.

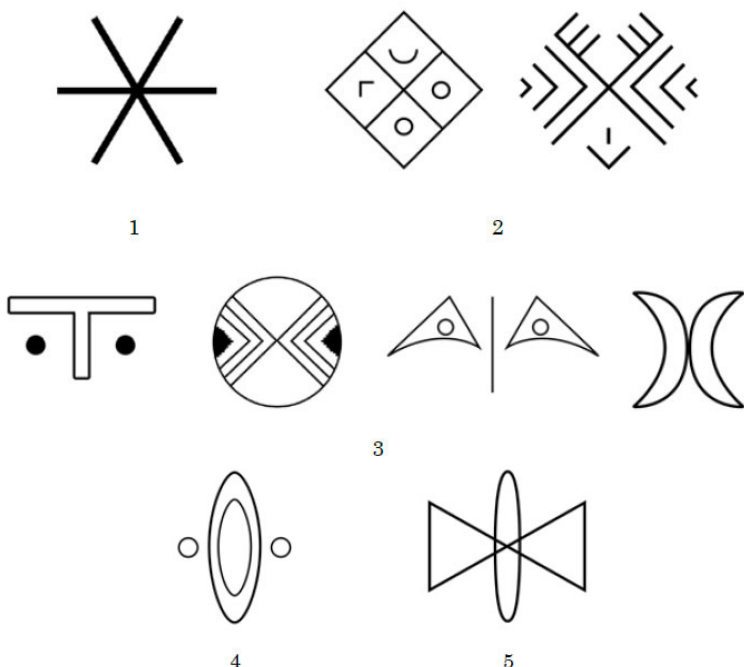


**Figure 27. Symbolic indication of the emphasis of work with the four Aspects:**

1. is used as a reference to: a symbol of six dimensions; indication of the spiritual knowledge or practices; blocking or activating the work of the lateral Aspects of man depending on the adjacent additional designations;
2. examples of conditional designations with signs of the work in meditation with various Aspects;
3. each of the symbols indicates the emphasis or domination of the lateral Aspects in man;



4. *the symbol in its form reflects the activation of the lateral Aspects, 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 the real deformation of personal space which takes place during this process);*
5. *the symbol has the same meaning as the previous one but another schematic representation.*

**Anastasia:** Perhaps, it is worth emphasising that it is the sacred or magical symbols designating 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 Aspects 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 the three-dimensionality of the space from which the Observer (Personality) begins his journey of spiritual development. Two triangles lying horizontally and touching each other with peaks symbolise the Right and the Left aspects.

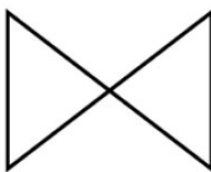


*Figure 28. Symbol of the Right and the Left aspects of man.*

This is a kind of the infinity sign, a constant return to the same guidelines from the world of matter, the so-called “variable stability.” This is a stable domination of either the Right or the Left aspect (the flow of equal force from one area of “catching”, or rather, “hunting” for the attention of man to the other one) 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 Aspects when the Personality chooses thoughts and emotions from the Animal nature. But if a person reaches heights in his spiritual development, then the lateral Aspects change their usual behaviour. They become helpers, that force which with its connection to other dimensions helps to know the invisible diversity (the conditional "infinity") of this world.

And the triangles pointing downwards and upwards are a special case, which should be considered in more detail. Two vertically placed triangles that touch each other's vertices symbolise the Front and the Back aspects.



*Figure 29. Symbol of the Front aspect of man is a triangle pointing downwards. Symbol of the Back aspect of man is a triangle pointing upwards.*

In the context of the original Knowledge about the four Aspects of man, the triangle pointing upwards was a symbol of the Back aspect, the past, and the visible, manifested material world. It is not coincidental that it is with the male principle that people would later associate a triangle of such a shape. Its meaning is far from greatness, likeness to a mountain towering towards heaven or 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 upwards 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, the starting state of man: as an Observer in a three-dimensional world before 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 contained: the spiritual idea, the plan, and an implementation of the idea). Secondly, if we are speaking directly already about the process of man’s spiritual development itself (the emphasis of whom shifts to the Front aspect, that is, to the upper triangle pointing upwards) 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 symbolizes not only the Back aspect but also the aggression of the material world (that is why it was associated with the element of fire in some cases), the 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, **the equilateral triangle pointing downwards** stands not only for the Front aspect, with the help of which the person grows and de-



velops 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, manifestation of the Creator's plan to constant creation and expansion, to a perfect form enclosed in this plan. It is no coincidence that in the ancient times the triangle pointing downwards was associated with the 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 and contact with *the water environment* (which was an association with the spiritual world). According to the sacred primordial Knowledge about man, when the Personality chooses the Spiritual nature, a manifestation of the creating power of Allat is happening 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 the feelings of understanding of everything, omniscience, an all-encompassing Love for the whole world. This is precisely the work of his Front aspect and a manifestation of the powers of Allat, which restore and manifest the connection of the Personality with the Soul. The 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 civilization, for example, it is the symbol of two vertically spaced triangles touching each other's vertices that was often depicted on ritual dishes, even with a designation of the direction of energy movement during spiritual practices.



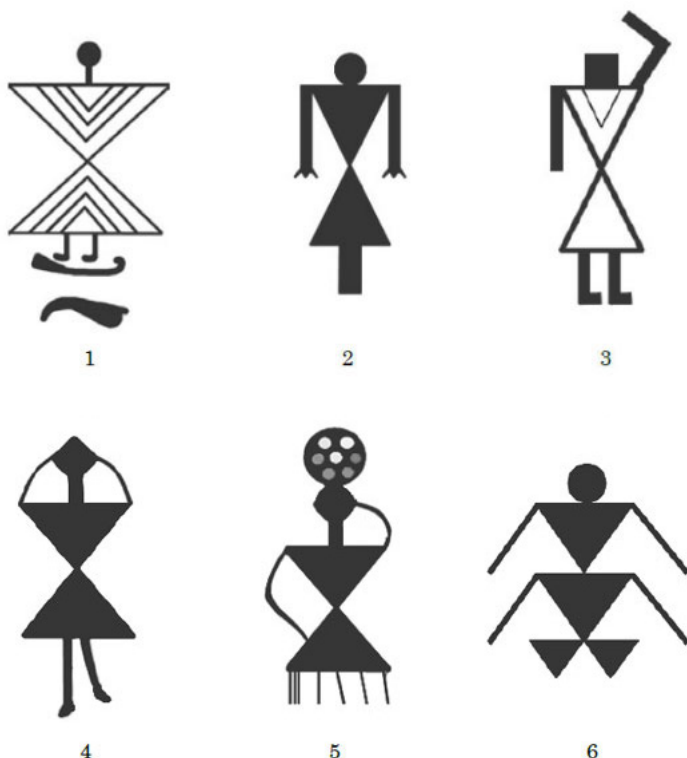


**Figure 30. Ancient designations of the knowledge about man and the processes of his spiritual development.**

*Drawings on the ritual ceramics of the Tripolye civilization  
(the 6th-3rd millennium BC):*

1. general knowledge about the human structure (three dimensions in the lower triangle, three dimensions in the upper triangle, the symbol of the circle);
2. designation of a common person;
3. designation of a good person who begins his spiritual journey (the head in the form of a square, a raised hand, and the emphasis in the upper triangle is made on the Front aspect);
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 aspects;



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 the person walking the spiritual path: it is shown that the Front aspect dominates the lateral Aspects and leads a person to another, higher world through the power of Allat (the person is doubled 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 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 the ancient Egypt, the Nile, they started calling it “delta.” For the 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 the functions of Allat were mistresses of the *aquatic environment* or were connected to it and with 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. Generally speaking, it is worth searching more attentively at least in 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 the spiritual knowledge, provided, of course, that humanity has this future.

And a few more words about the variation of the symbol overlay of triangles pointing downwards and upwards, 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 of the black colour (the masculine principle, the forces of matter), then this means ***the supremacy of the spiritual world and of the creating forces of Allat over the material world in six-dimensional space.***

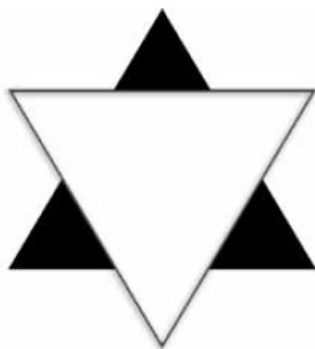


*Figure 31. Ancient symbol of the supremacy of the spiritual word*



*over the material world.*

And if the triangle pointing upwards overlaps the triangle pointing downwards, it means the 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 the 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 called also a "reversed sign" because the triangles of the Front and the Back aspects were interchanged in it, and the lateral Aspects were dominant (they were indicated as triangles located in the vertical). This also meant crossing out the *rhombus* (one of the symbols of the spiritual transformation of man). In ancient times, this symbol was mainly used in black magic.



*Figure 32. Reversed sign.*

**Anastasia:** This symbol, by the way, is now widely hyped 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 people then 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 the help of the 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 a 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 the person of his life energy.

**Anastasia:** Please, tell the readers more about hemispheres. They are also quite common in the patterns of sacred, ritual objects, ancient artefacts as a conditional designation of the four Aspects.

**Rigden:** Yes, for designation of the four Aspects, they also used the symbol 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 Aspects.

The arc that resembled an overturned crescent or a bowl placed upside down symbolised the Back aspect, 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, which was oriented towards the material. However, the sign of the arc or a crescent with horns pointing upwards was originally used to designate the Front aspect 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 Aspects precisely in the form of distinctive arcs and hemispheres. Thanks to such a depiction of the Front aspect and the sign of Allat, some peoples acquired the 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 of the spiritual world).

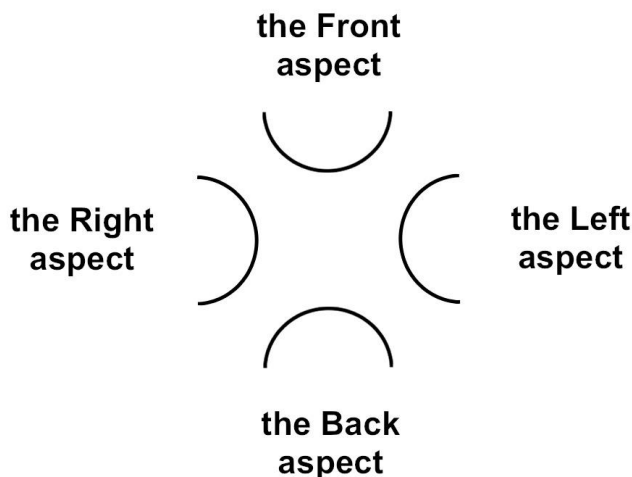


*Figure 33. Schematic designation of the human Aspects as arcs.*



1



2



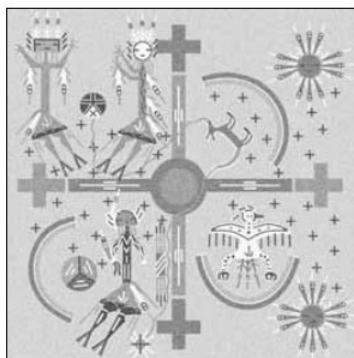
3



4



5



6

**Figure 34. Symbolic representation of the human Aspects as arcs and crescents with the sign of Allat:**

1) the Moon Cross (also known as the Croissant cross) was a common sacred symbol among the ancient peoples of Northern Europe;



- 2) *pattern of a ritual dish of the Tripolye civilization 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 civilization with the sign of Allat in the centre;*
- 5) *signs on ceramics of the Tripolye civilization (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 the spiritual transformation of man. Please tell at least in general about the 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 *basis* of the pyramidal shaped human structure, which links all his main Aspects. Consequently, different peoples associated the square with the 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. The square – a symbol of the earthly.*





This knowledge was reflected in the structure of many religious buildings of different peoples 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 the knowledge about the transformation of the square into **the circle** or **the rhombus**, which was a schematic representation of **the 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, a transition of the Spiritual Personality from the material world into the spiritual one.

**The rhombus** was also often depicted in the form of an oval “grain” with slightly pointed top and bottom vertices and was associated with the symbol of the feminine principle, life energy, and of the fertility of the goddesses who, as a rule, were endowed with the functions of the Great Mother. It was designated with the signs of fusion of two forces that formed a new shape in space. The rhombus inscribed in a square, or *the rhombus* that goes beyond the 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.

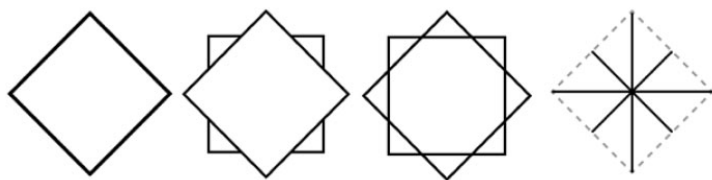


*Figure 36. Variations of representation of the rhombus as a symbol of transformation and the spiritual liberation of man.*



All these images and symbols were based on the knowledge of spiritual practices, particularities of awakening of the spiritual forces in man, 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.”

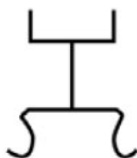


*Figure 37. The symbol of spiritual liberation, enlightenment, attainment of the Truth.*

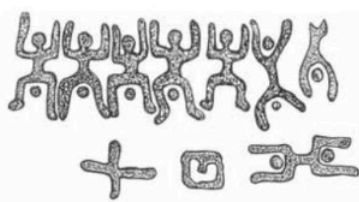
At that, originally, it was placed in regard to a spiritually matured Personality, regardless of whether it was a woman or a man. Often, the “arms” in this sign were depicted with a symbolic sign of Allat, and the “legs” had the form of two spirals twisted in different directions.

**Spirals** in the sacred knowledge about the human being are, as a rule, conditional designations or directions of energy movement in the process of either the spiritual practice or the powers of Allat, if it is connected with the information about the origin of the world. The spiral that was twisted clockwise meant positive, creating spiritual forces, while a counterclockwise spiral referred to negative, destructive forces of the Animal mind, which were opposing the powers of Allat. In the designation of spiritual practices, the 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 the spiritual fusion with the Soul and the liberation of man from the material world. Thus, people recorded one of the original additional explanations that the 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 the 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 in three and a half turns, and their heads were close to the seventh chakran (“Sahasrara” or the “thousand-petaled lotus”). Thus, the path of the 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, which had been previously connected with the spiritual knowledge, some peoples still revere ordinary snakes, which are found in their localities, as sacred reptiles.



1-a



1-b



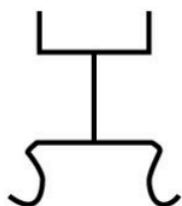
1-c



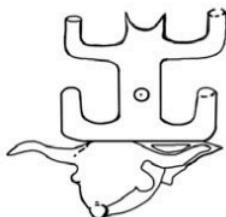
1-d



2-a



2-b



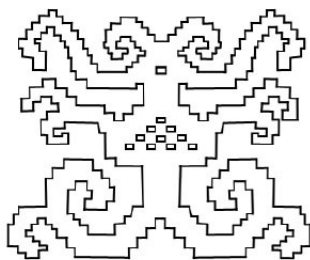
2-c



3



4



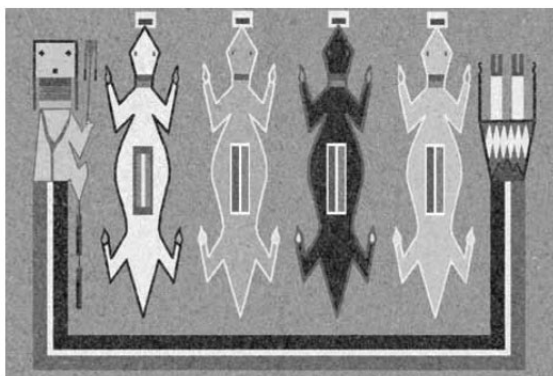
5



6



7



8



9



10



11

**Figure 39. The symbol of spiritual liberation of man 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 (the 12th millennium BCE); Columbia, South America);*
- d) petroglyphs found in the north-western part of Brazil (the 10th-7th millennium BC); South America);*
- 2) *symbols of the ancient archaeological culture Çatal Höyük (Çatal Hüyük) (the 7th millennium BC; Anatolia, Asia Minor):*
    - a) image of a “Goddess” with a 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; 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 (Boeotian 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 the achievement of the state of the highest spiritual enlightenment, liberation;*
  - 7) *a golden plaque depicting a Scythian Goddess (the 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 (the*





*4th century BC; tumulus Chertomlyk, Dnepropetrovsk oblast, Ukraine);*

*10) a carved plaque with an image of a Goddess (the 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 through the heavenly bridge (the rainbow).*

**Anastasia:** Yes, there is already a lot of evidence, thanks to the ancient artefacts discovered in different corners of the planet, which testify to people's special attitude towards this sign that looks like a "bug" and towards the 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 the cultures of different peoples is being belittled. For example, scientists are often faced with ancient artefacts in the form of goddesses with lines twisted into spirals or spread in a semicircle in place of legs (or little snakes twisted in spirals). But they attribute practically all these findings to a "labouring woman in the frog position" or to "anthropomorphic creatures in the frog position, which are associated with the magic of fertility and represent the woman's pose..." and so forth. In general, they connect it to the material aspects of existence without the spiritual component.

**Rigden:** Well, what kind of worldview people have, so are their conclusions. If modern people paid more attention to the true spiritual self-perfection, they would bet-





ter understand the concern of the ancient people 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. Underneath it, there were 12 more layers, so to say, the building horizons of the cultures that had existed before that time.

**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, microliths of geometric forms, and remains of polychrome wall paintings. According to scientific calculations, this ancient city could accommodate about 7,000 inhabitants simultaneously.

**Rigden:** Quite right. So, almost every house there had a special room. Scientists conditionally called it the “sanctuary”, and, putting 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 the most interesting point is what was painted 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 Aspects beside her as well as symbols in the form of the sign of Allat (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”, “grain”, 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 the form of positivity



and negativity. The “Goddess” was drawn as a fish-woman (a meditative immersion in 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 its turn pointed at the positioning of signs by the group that was doing spiritual practices.

Furthermore, in order to paint these frescoes, they used the colours that are 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 gale-na), purple (from manganese) and, naturally, white. All this, together with the 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 its leader – the person who worked more thoroughly on himself than others and, therefore, advanced faster in his spiritual path. On the walls of the meditation room, he kept record in symbols and signs of the spiritual work, the attainment of knowledge and the learning processes of this group. But once the leader reached spiritual liberation, the walls of the meditative room were covered with white coating. A new leader of the group began a new “painting”, like with a clean slate. Subsequently, this tradition passed to the human society, where the emphasis was put on the human life and its events.

**Anastasia:** Yes, all this testifies yet another time that people really worked on themselves; moreover, spiritual perfection was natural for the way of life of society. This was not a passing fancy or such a part of an individual’s private life that is better kept secret from others, which



you can see with modern people nowadays. Spiritual development was the meaning of life of the ancient people. 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 the energies of the dimension with which the person was working in a spiritual practice, or into what dimension he makes a transition in it, 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 often indicated in this way.

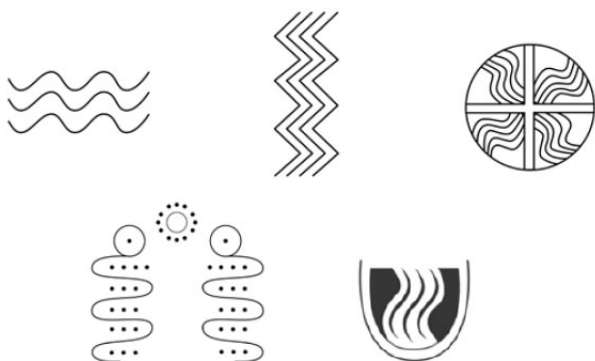


*Figure 40. Examples of depicting wave-like symbols of the ancient peoples.*

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 the circle, the cross, the diagonal cross, the triangle, the rhombus, the square, the spiral, the star, the pyramid, crescent with horns upwards, as well as their modifications are found on many archaeological artefacts. For example, they can exist on rock inscriptions, on figurines of the Palaeolithic era, on ritual plates and dishes dating back to the Neolithic times, on the 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.



1



2-a



2-b



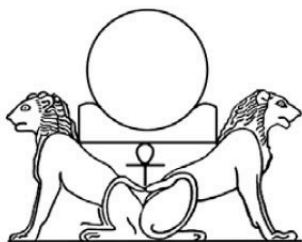
2-c



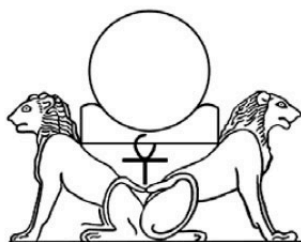
3



4



5-a



5-b

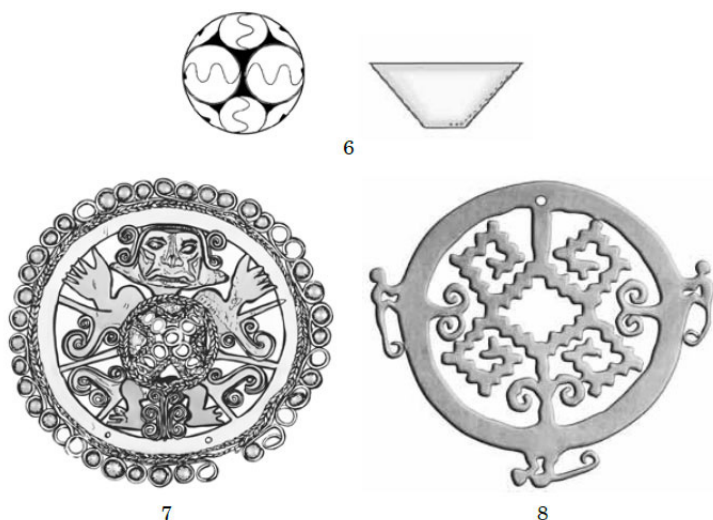


**Figure 41. Examples of depicting the sacred knowledge about the human being on artefacts of various ancient peoples:**

- 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 the woman who has attained the 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 the life energy – Prana (this uncommon indication means not only a spiritually developed Personality, but it also says that this person could replenish the 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 the rhombus, inside which there is a diagonal cross and four points, four “balanced” Aspects (which also points at the fact that this woman (“Goddess”) controlled her Aspects);
  - b) in the second version, the symbols indicate the 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 the activity of her Left aspect. This means that she does not yet fully control her Aspects); c) the third version has a female figurine from the 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 fourfold 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 conditional sign of Allat behind her shoulders (in the form of wings) as well as with symbolic figures of the lateral Aspects (according to the mythological description, they are hares pounding the potion of immortality in a mortar) standing on cylindrical pedestals (three connected pedestals symbolize the third dimension; according to the mythology, they mean mountain peaks), and the mythical tiger Baihu located in the place of the Back aspect (of the past); on the head of the tiger, there is the Left aspect; in other words, the emphasis is made precisely on it; besides, 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 suspended as a key to this symbol of spiritual liberation;*
- 6) ceramics of the early Tripolye civilization: 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 civilizations of Central America);*
- 8) golden pendant for clothes (pre-Columbian civilizations of South America).*

For a person of the Knowledge, these symbols showed a lot and were the same for him as what an open book written in an understandable language is for us. Ancient inscriptions (left on stone blocks, rocks, cave roofs and so on), particularly those that included signs and



symbols indicating specific spiritual practices, as a rule, also designated the place where people were doing 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 conditionally called “Palaeolithic shamans” by scientists. I would like to draw your attention to the fact that until today even 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 (town Zalavruga, Republic of Karelia, Russia), or the Swedish Nemforsen (in the province Ångermanland) 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 would more often be used in a more mobile version as amulets as a constant reminder of the dual nature of man and of the 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 respected in those days just like people honour religious symbols 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 object writing, for example, on the “staff of messengers”, which had corresponding notable signs. Thanks to this, a messenger from one people or a community of people confirmed, so to speak, his authority and the special commission entrusted to him before the representatives of another people or a community.

**Anastasia:** Yes, “staffs of messengers” were used in ancient Europe and ancient China, and also by the ancient African and Australian peoples. But this is known, perhaps, only to the researchers who work on these matters, and for the majority of people, these are little known facts. However, it is the symbolic staff of Moses, the caduceus of Hermes and so on that have been hyped in the modern society in the 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 and as signs that are similar to certain sacred symbols of other peoples.

**Rigden:** Usually, such symbols were depicted on the stone or on objects as a means of transferring spiritual experience to descendants. For those walking the spiritual path, these records of the Knowledge were spiritually significant.

**Anastasia:** That is, the spiritual Knowledge was more important and more significant for 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 for the modern human being with a consumer format of thinking.

**Rigden:** Quite right. Even, ten thousand years ago, the spiritual knowledge was valued more than it is now. As they said in the East, the real treasure is the Knowledge, which accompanies the person who possesses it everywhere.

**Anastasia:** Yes, what can be more important in life of the human being 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 above all, and the material life was secondary. And now? New generations, although they live in more comfortable conditions compared to the ancient people, choose more often the priority of material values; they live a fast life, wasting it, and are guided by the consumer priorities of society.

**Rigden:** Unfortunately, that is so. By the way, the ancient people treated such inscriptions as the transfer 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 due to different reasons, including natural disasters. And to avoid losing the Knowledge, it was left on the “eternal stone.” Certainly, all of the above mentioned applies to the 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, when activated, 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. Earlier, everything was really simple and clear. Signs and symbols, for instance, were drawn not just by anyone and certainly not for the purpose of decorating oneself like it is done now, usually, without understanding the essence. In ancient times, it was done by the knowing people who reached a certain level of spiritual development... It is now that people, like monkeys, cling adornments with different symbols and signs on to 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 the neighbour is looking with envy.

It is now that many irresponsible politicians and government officials place on the flags and emblems of cities and countries those symbols which are often slipped to them by “freemasons.” They do not even think why it is so important for the “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 with this “innocent act”, condemning their people (including their families) to additional suffering. For such people, the system subordinated to the material Mind has defined specific priorities: money and an area of conductor of its power, so that the person would not think about something bigger.

It is now that the leaders of different religions, imitating the traditions of the past, clothe themselves in festive garments and decorate themselves with precious metals, stones and emblems that retain a variety of symbols. The majority of them have scarce information about the meaning of these “patterns” and signs, confining them-



selves 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 that the inner is empty. And earlier, only some 8-12 thousand years ago, everything was different and had meaning: there was the modest outer, but which said a lot (a sign, symbol) and the rich spiritual inner. Generally, it should be noted that for the people who lived in those times, the 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. Signs and symbols became more complex, and they received additional interpretation, which was from the mind.

**Rigden:** That is really so. When due to some causes (natural disasters, epidemics and so on) the transfer of the spiritual Knowledge was interrupted or its modernization from the human mind took place among the peoples, then the next generations would not understand it. People would interpret this information from their mind, literally from the perspective of their existing *everyday* experience. This is another point that would contribute 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 consciousness of man. And if society loses or distorts the essence and the meaning of the 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, following the information that you told us, I found many interesting facts in the works dedicated to archaeological and ethnological matters. Of course, the research related to the cultural layers of 12 thousand years old BC is scarce, and most of the discoveries are accidental. But since the 11-7th millennium BC, many artefacts have been discovered, especially those related to signs.

So, during the study of different cultural layers, one can easily trace in what period the stage of such an inclination towards matter started 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, the evidence of priority of the spiritual knowledge in society. Many artefacts with typical signs and symbols point at that. For example, remains of dwellings with rich wall painting, 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 later on the timeline, judging by the burials, there appears quite a lot of weapons, jewellery made of gold, silver, and precious stones. A significant stratification of the population takes place: there appear many poor burials while the rich ones are single, and then there are whole classes 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 the material hoarding (apparently, the values were different, they were of the non-material nature), later on, gold, money, and trade appear with



the focus on the 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 the “inclination” of the civilization in the direction of the material thinking. I would say more precisely, towards the domination of characteristics of the Animal nature in society, creation of states 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 “civilized” countries mention the 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 the life of the ancient people is portrayed as primitive beliefs in magic, spirits, in the existence of the Soul in man, in otherworldly mythical realms and gods inhabiting them. But earlier, too, there had been many interesting and meaningful things. Why is this being concealed?

For example, in certain periods of time, different communities of people in the parts of the globe that were located at a considerable distance from each other suddenly started to move to a more civilized level of existence on a massive scale, as scientists say, to “a culture of productive economy”; to settled agriculture, and production of pottery with the same basic sacred signs, and 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 the 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:** Simply, as I have already said, certain signs and symbols existed in the society initially.

**Anastasia:** Yes, and this simple fact is being persistently ignored, probably due to the lack of the primordial Knowledge in such key matters for the human civilization... 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 civilizations that existed in Europe, Asia either well before the known Sumerian and Egyptian civilizations 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). In the cultural layers of this period, a lot of ceramics with sacred symbols was found. Besides, the dishes were of two types: the ritual ones (with the ornament of signs and symbols) and the common ones (simple, without drawings).



*Figure 42. Symbols and signs of the Tripolye civilisation  
(the 4th-3rd millennium BC, ancient Europe).*

I would like to mention another important fact that you once pointed 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 the 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 the 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 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 a 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, the cultures of the Balkan-Danube region, which is 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.

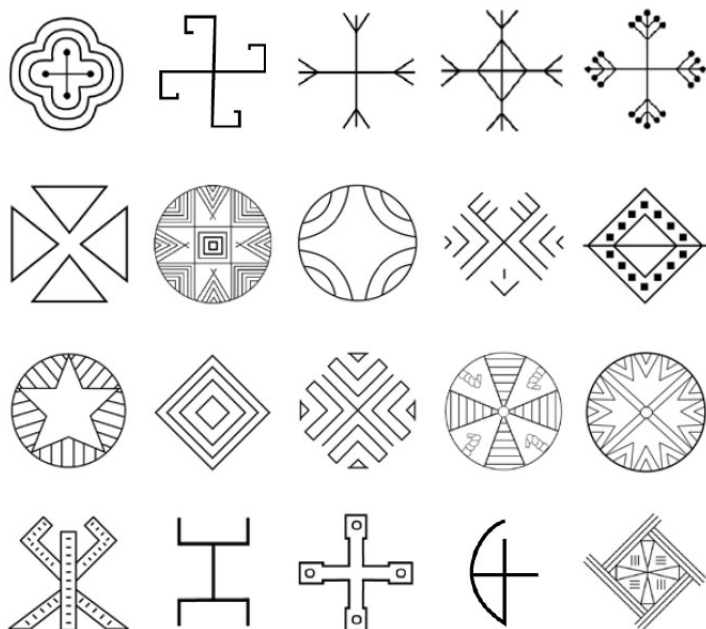


**Figure 43. Symbols of the cultures of ancient Europe** (the 5th-3rd millennium BC). Symbols of different ancient cultures are represented here: the culture Vinča-Tordaş (Turdaş) (modern territories of Southern Europe: Hungary, south-western Romania, northern Serbia, and Bulgaria), linear pottery (Central 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 (the 5th millennium BC; near the city Vo-



los located close to the major city of Larissa, the Greek Coast), which is also characterized by the ornament of geometrical shape. During the excavations, figurines and tableware which were painted in 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 such clay contour stamps, usually having 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 on the human body before a sacred ritual or a ceremony.

And, of course, the Shigir culture (the 5th-4th millennium BC, the Middle Urals and Trans-Urals; modern Russia) can be 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, this idol, so called by archaeologists, also has information about the seven dimensions in the form of the seven of his guises (schematic images of the human faces). And the seventh dimension is represented as the upper volumetric (double-sided) leading “face” while the 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 ones).



**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 then received this object, 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 as it at 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 already 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, is a tamga). And how informative 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 that faced the water. And water, as we know, symbolised another, spiritual world in the interpreta-



tion of the ancient people. If birds were depicted, then in most cases they were water birds. And traditionally, like with all the ancient peoples of the world, the spiritual Knowledge was recorded in the form of geometric shapes (circles, polygons, waves, zigzags, diagonal and direct (Greek) crosses, and rays) as well as anthropomorphic creatures, hooved animals that characterise mainly the four Aspects. But most importantly, with the human figurines in the form of the “bug” (with arms set aside and legs bent), on whose heads there were symbols of spiritual liberation or perfection (either the “ALLATRa” sign or the symbol of Allat, or several outgoing rays were depicted). I am not even talking about the most ancient cultures of Siberia with their symbols and signs...

By the way, I discovered many interesting facts also from the studies 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). This, for example, is the Hacilar culture of “hunters and gatherers”, which existed almost *nine thousand years ago*. It is characterized by rich paintings on house walls, tableware with graphic symbols dominated mainly by the solar (sun, circular) and rhombic symbols.



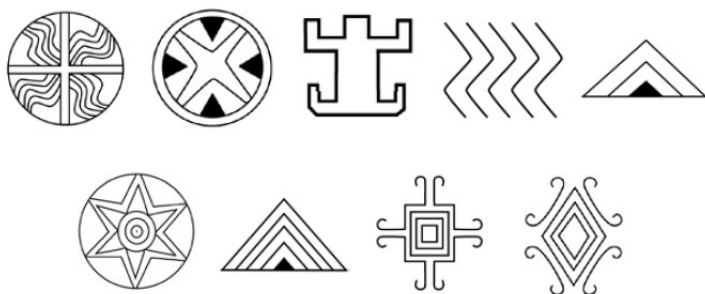


*Figure 44. Symbols of the Hacilar culture  
(the 7th-5th millennium BC; Western Asia).*

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 the ancient people possessed the primordial Knowledge about the Soul, the four Aspects, and the related spiritual practices.

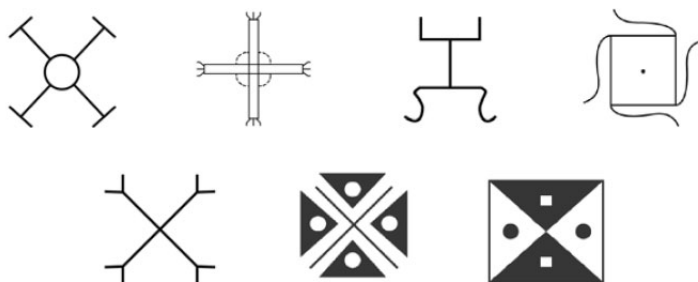


*Figure 45. Symbols of the culture Çatalhöyük  
(the 7th millennium BC; West Asia).*

Interestingly, judging by the burials, the ancient people of this culture did not have even signs of social stratifi-



cation 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 the ancient Egypt: there are the same lions as symbols of the lateral Aspects 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 once the invisible structure of the human being and the world was explained to the previous generations using them as an example. The same applies the plant world. The animals themselves, reptiles or plants have nothing to do with this. This is equivalent to the situation when you take an apple and compare 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 is the Soul, figuratively speaking, ripens when a person develops spiritually. So, 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 because 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.



Earlier, the basic spiritual practices, essentially just like nowadays, were explained almost at the elementary level. In other words, they took common associative examples of the three-dimensional world that were clear to a person in everyday life. It was only necessary to ensure that man could grasp the initial stages of spiritual work. With his further spiritual development, the need for this disappeared because the person received personal experience of being on the invisible side of reality (the spiritual world). And that reality is impossible to explain in human words, so 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 the ancient people, the bull’s eyes represented a conditional symbol of the lateral Aspects, an elongated nose with a mouth (speaking, or rather, “mooing” about the past) meant the Back aspect, and the top part of the head with arched horns stood for the Front aspect in the form of a crescent with horns pointing upwards (the sign of Allat) and as a symbol of the possibility of leaving for a different 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 the six material dimensions dominated 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 Aspects 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, a 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 together with that knowledge that it embodied.

**Anastasia:** Such a substitution of an associative image for a sacred one is traced in modern beliefs nowadays. In such religions as Hinduism, Jainism, Zoroastrianism, the cow is still revered as a sacred animal. Eating its meat in Hinduism 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. I’m not even mentioning the fact that all the products and waste of this animal in these religions are still considered as “sacred and cleansing” and “panacea for all the spiritual and physical ailments.” And what has remained of the spiritual knowledge? Practically nothing, just the 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 spiritual aspect, are pleasing 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 all this is preserved in the human society. All these ancient cultures that existed on the territory of ancient Eurasia



and their echoes testify that people possessed the 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 that had the same symbols and signs. For example, the Hassouna and Halaf cultures (the 5th millennium BC; the territory of the present Iraq (Northern Mesopotamia), Syria, and Turkey; these cultures existed before the emergence of the Sumerian civilization), the Zagros culture: settlements of the encampments Ganj Dareh and Ali Kosh (the 7th-6th millennium BC in the Zagros mountains, modern-day Iran), the Mehrgarh culture at the foothills of the Sulaymaniyah mountains (the 6th-5th millennium BC, the territory of modern Pakistan); the Anau culture (the 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 spiritual sense. I mean those places where at some point in time the spiritual people who had the appropriate knowledge activated certain working signs, the power of influence of which was preserved for millennia.

**Anastasia:** You are saying that these places are not anomalous zones of emission of energy, that is, they are not of natural origin but of the artificial one; 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 aspects, which took place in the places which you listed, where at some point in time signs were activated.

**Anastasia:** Actually, yes... If, for example, we take the Tripolye civilization... Modern city Kiev, for example, 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 civilization with an abundance of sacred signs and symbols known not only in ancient Europe but also on other continents...

**Rigden** (smiling): Well, why are you saying that the Lotus Temple was?

**Anastasia:** Well, yes... In fact, if we continue comparing the “places of power”, some interesting moments in the history of the civilization’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! After all today, it is the world’s largest concentration of the Orthodox monkhood, a spiritual abode which is revered by many people as the lot 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 conse-



quences in the distant future!

**Rigden:** And it all began with the activation of signs...

**Anastasia:** Yes, Greece and signs are inseparable concepts. The territory of the Balkan Peninsula in the past (somewhere from the 3rd to the 2nd millennium BC) is the area of expansion of the Aegean, or as it is also called, the Creto-Mycenaean culture. This is one of the mysterious cultures. Judging by monuments of art, the feminine principle in it was also honoured, 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 appeared, 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.

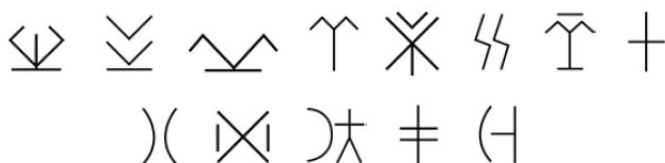


*Figure 46. Signs of the Cypriot writing  
(the 11th century BC; ancient writing system of the inhabitants of  
Cyprus island located in the eastern Mediterranean).*

**Rigden:** Everything once had one root, there was one language and the same signs. But now the language is forgotten, although the signs have remained, but it is just that people lost the spiritual component of the Knowledge about these signs. But the memory of the power of influence of the signs has remained in man at the genetic level. *If you look at the preferences of every Personality, what symbols it intuitively pays attention to the most and what comfortable “ornament” it surrounds itself with, even in everyday*



*life, then we can see the same basic signs and symbols.* It is enough to look what “patterns” surround a person on everyday objects, decorations 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 realization of what surrounded me all the time was a revelation for me. There were “patterns” and basic “ornaments” around, emphasizing 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 the secret, subconscious preferences of my Personality.

**Rigden:** A close observation of oneself leads to interesting discoveries. A person finds in himself that, which at times he would easily notice only in others.

**Anastasia:** Yes, this was a true revelation for me then, and it 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 activation of signs since 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 Cherbarkul, archaeologists also found that very “Country of Towns” with the one culture which we have already mentioned in the 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 civilization during the period of ancient Egypt. These towns were originally well designed and had a complex architectural project. Furthermore, in addition to rectangular forms, many of them had a clear shape of a circle, while others were egg-shaped (semi-oval, apparently a parallel was drawn 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, there is the Entrance to Shambala 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 grow, 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 (mod-



ern 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 civilization as the source.

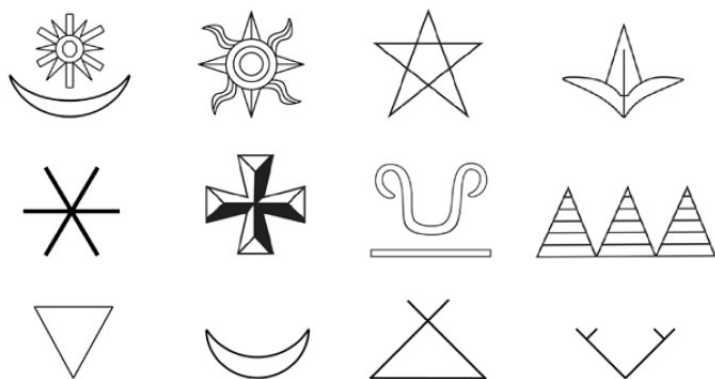


*Figure 47. Signs of the Sumerian civilization  
(the 3rd millennium BC; South-West Asia).*

Well, of course, one must also mention Prophet Zarathustra, who preached the teaching about Ahura Mazda on these territories of ancient Persia (in the 1st mil-



lennium BC), which are located precisely in the Zagros Mountains. After all, the holy book *Avesta* and the 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 the 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...

Thus, this chain of discoveries becomes more interesting with each 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 intersection... the place of the world's largest plexus of mountains in Asia: the connection of the systems of the highest mountains of the planet – Pamir, Hindu Kush, and Karakoram. And in the context of this story, you touched upon the subject of a highly developed culture, which 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 civilization, which is named after an archaeological site in Harappa in the western part of South Asia, Pakistan (West Punjab).

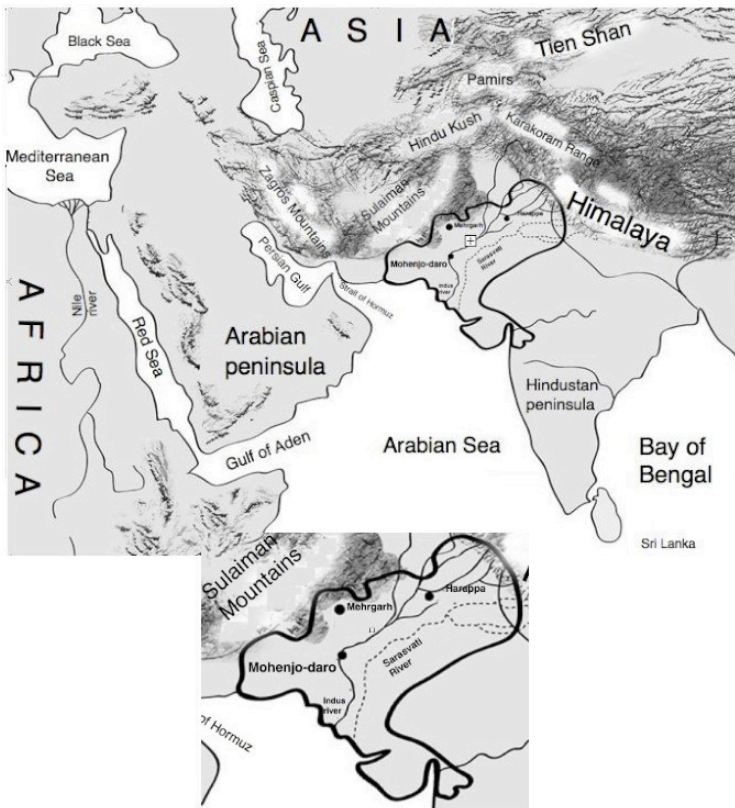


**Figure 49. Map of location of the Harappan civilization** (the 3rd millennium BC; South Asia). The map shows conditional boundaries of the ancient civilization and some of its main centres - Harappa, Mehrgarh, Mohenjo-daro (named after an excavation site), the Indus River and the former riverbed of the holy river Saraswati (marked with a dotted line), which embodies a feminine deity in mythology. The 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 – Brahmanavarta (translated from Sanskrit as the country of Brahman). It was considered as the “holy land” on which the Bharatha people once lived and the sacred texts of the Vedas were compiled.



Actually, I was rather impressed with this quite developed civilization. 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, the residents of the Harappan civilization seemed to possess the spiritual knowledge, and this information was available to many people. The Harappan (Indus Valley) civilization, as you then brought it to our attention, existed in the time 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 the people of this civilization 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 civilization 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, the Feminine principle, that is, of the creating forces of Allat. In the places of existence of the Harappan civilization, archaeologists discovered several large “altars” with wells and sites for ablutions. In essence, this proves that the knowledge about a special magical transformation with the help of water, when a person with spiritual faith makes an ablution during religious rituals, was known a long time ago!

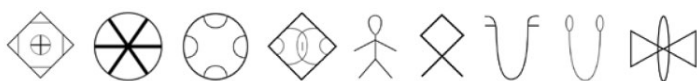


Figure 50. *Signs of the Harappan civilization*



*(the 3rd-2nd millennium BC; Indus Valley, South Asia).*

But the most amazing thing, of course, is the Harappan script, which has not yet been decrypted. Scientists find some similar signs in the Sumerian script and voice the view about the proximity to the Hittite hieroglyphic writing. Furthermore, they 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 the distance of 13,000 kilometres and the time of thousands of years! 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 the basic Knowledge about the world and the human being were present on almost all the continents, despite the fact that the local people gave them their own colouring in 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. Let us take, for instance, the story of the ancient writing system of Easter Island. In that area, the knowledge about signs and symbols, as well as their use in writing, disappeared quite recently in the middle of the 19th century, when the island was invaded by the “Western civilization” with the 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 having opened 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 located in 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 this was already poor remnants of the once former knowledge.

**Rigden:** Well, the Archons do not sleep, they act. Of all the people, they understand what signs are and, all the more so, what an activated sign in 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. Staying in the belt of the Drakensberg Mountains (the very same mountains where the Bushmen left their rock inscriptions), he came to 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 different coloured ornament, which was carefully watched over by the home owners. It turns out that this was the writing system of that people, 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 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 head-



ed in that area to explore this unusual writing system, it turned out that “someone” had already done some serious work to root 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 on short notice. After all, during that time the Basotho people was under the British protectorate. The British authorities, which were manipulated by the “freemasons”, had not interfered much in the affairs of this people before this case. Their forced “guardianship” over the African people 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.

So these “specialists”, who arrived as Catholic missionaries, promptly created a new writing system (sisuto) based on Latin for this people, opened schools and began teaching this script and the English language, forcibly weaning new generation away from the language and the writing of their ancestors. They stuffed people’s heads so much that by the time when 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 realizing its true meaning, modifying and simplifying it, painting the house often for additional earnings 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, causing unemployment, hunger, riots and political upheavals in the country.

**Anastasia:** Well, who could have thought this? It is clear why heralds from the Archons tell peoples that signs are a primitive language and that there is nothing of value in them, 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 do not spare money on such projects to destroy spiritual knowledge and withdraw creating signs and symbols from the memory of peoples...

**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 Easter Island. The local population has preserved legends that the ceremonial platforms (“ahu”), on which some of the stone statues are located, 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, lead to a successful outcome, the prosperity of the people...

**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



transfer of knowledge and legends for descendants, the knowing people applied signs on 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, simple imitation took place.

**Anastasia:** Yes, but there are no signs on the stone heads and the platforms located on Easter Island.

**Rigden:** And who said that these heads do not have bodies? 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 the material thinking dominates and there is lack of Knowledge, they will at best create a stir in the media in order to attract more tourists to the island and earn money. That is it. The Knowledge is valuable for the spiritual seeker only when it can be used to perfect yourself and provide spiritual help to other people.

**Anastasia:** This cannot be denied. Your words confirm like no other the material of archaeological excavations of the Harappan civilization, which I brought with me to this meeting. We found what we had been looking for – both 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 civilization found in the Indus Valley in present-day Pakistan). This is, for example, 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 people five thousand years ago were doing the same spiritual practices as we are doing now!

However, the museum description itself of this seal, as well as of other findings, once again made me smile sadly. Because, in fact, this description reflects the world view of the people who provided it. But probably I myself, had I not known about the existence of this spiritual practice, then, obviously, being in the shoes of these scholars, would 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 the 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.” Different assumptions are voiced, including those that if the man depicted on the seal has such a “vegetation” over his head, then probably this symbolizes 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 civilization; the 3rd-2nd millennium BC; the Indus Valley, South Asia).*

**Rigden:** I think if the person who made this seal heard such an interpretation of “learned men” from distant future, he would be as surprised as they were upon discovering it. How low in the spiritual development the civilization has dropped in the far future for its “best colour”, progressive-minded people, “learned scholars”, to reason like this? How could that be forgotten which aids the spiritual liberation of the human being, which is the main purpose of his life? So for the ancient master, such an interpretation by modern humans would be no less an astonishment.



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, which point at some 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: the 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 (the three visible masks and an invisible one) point at the level of this spiritual practice, in which the integrity of the four Aspects is already used to cognise 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 the mythology and the images of “gods” in the ancient Indian civilization. The sign over his head is far from a “branch of the fig tree.” This shows an outburst of energy from the chakran “thousand-petaled lotus” as well as an activation of the indicated working sign during this meditation.

**Anastasia:** Yes, even the sign itself here speaks of the spiritual level of this person, who is capable of activating 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 Aspects, 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 shown symbolically in writing... In essence, the same ones as in the ancient rock inscriptions. Here, even if people eventually enrobe these signs in their material understanding, the image itself will retain the basic spiritual information for the knowing people of new generations.

**Rigden:** Quite right.

**Anastasia:** You know, when I was searching for information about the Harappan civilization, 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 archeologically discovered female ritual figurines of the “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 America. 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. And, of course, this stone is not “empty.” Steatite has truly unique properties. Besides being easy to process (it includes talc, magnesite, and chlorite), it has high durability, high heat ca-



capacity and thermal conductivity, resistance to chemical and acoustic effects (it does not resonate and does not conduct sound). In general, as they would say today, the talcum peach (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 the thermal radiation of man 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 the rock, steatite seals were impossible to burn; they were strong enough and preserved for thousands of years, so this is why it was used for the transfer of such knowledge...

**Anastasia:** And here's a copy of an image of the steatite seal discovered in Mohenjo-Daro. You once told us about it. The knowledge about the group meditation technique the "Fiery Lotus" 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. On her head, the "ALLATRA" sign is placed.



*Figure 52. Seal print image of a group meditation  
(the Harappan civilization; the 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 standing on the sacred “fig tree.” It is clear that when the foundations of the 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 way of thinking. For the majority of people, this picture will not go beyond their current view of the world even now.

**Rigden:** Each person carries his own baggage of personal experience through life. Man judges the world by its contents, but actually this judgement of his is about himself. The material worldview makes people down-to-earth, enslaving the Soul even more, making the load even heavier and forcing man, 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 from 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 civilization, 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 Aspects. Again, it shows a three-faced person sitting in the lotus position. Above the head of the meditator in the area of the chakran “the thousand-petaled lotus”, there is a symbolic depiction of the lotus flower (the flower was painted in the same way by the ancient Egyptians) and a schematic designation of the signs of Allat and “ALLATRa”. And next to it, there is an inscription in the form of symbols and signs. And on the sides of the central image, there are *four* beasts.



*Figure 53. Seal with an image of the meditation on the four*



### *Aspects*

*(the Harappan civilization; the 3rd-2nd millennium BC; the Indus Valley, South Asia).*

Besides, those *four beasts* are: an elephant, a tiger, a buffalo, and a one-horned rhinoceros! The elephant is shown as walking aside: this is a symbol of the Back aspect, of the man's slow and strong past. The attacking tiger symbolizes the aggressive Right aspect. The howling buffalo is a symbol of the Left aspect if we consider the symbolism of the ancient India and Southeast Asia, where the buffalo symbolizes the supernatural power and the masculine principle. And the one-horned rhinoceros, according to the mythology of the ancient peoples of the 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 the characteristics of the Front aspect. And it is no coincidence that the symbol of one horn is shown here.

By the way, you know, I was surprised to discover that seals of the Harappan civilization had a common motive of a sacred mythical creature with one horn (scientists call it the unicorn) shown 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 aspect, and it 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 the qualities that are typical for a person in the course of his spiritual development: purity, honour, wisdom, strength, courage, and the good things done; it was also associated with the powers of Allat, the divine purity of the feminine principle (myths of the Virgin and the unicorn).





**Figure 54. Symbol in the form of unicorns on a seal of the Proto-Indian civilization**

(the Harappan civilization; the 3rd-2nd millennium BC; the Indus Valley, South Asia). The two unicorns on the seal (the neck and the horns are shown, indicating the 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 the spiritual transformation of the human being and his access of the 7th dimension) as well as two small leaves on the sides of the rhombus. In the lower right corner of the seal, the rhombic sign with a sphere inside it (the rhombus sign is a sign of transformation) also points at the 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 the four of his Aspects under full control; the inner circle is depicted as a symbol of a six-dimensional world; this symbol indicates the cognition of all the six worlds by the person through inner knowing).

If we trace the history of the symbols, we will see that, for example, the Sumerians placed the image of the unicorn as a symbol associated with the 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



bas-reliefs next to the Tree of Life, and the Egyptians put the best moral qualities in its image. The Persians, according to their sacred knowledge, considered the unicorn as a 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 Ahri-man. 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 main beast,  
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 hurts ever anyone.”

**Anastasia:** Yes, I came across these epic poems which describe the world view of the ancient people, including matters of cosmology, sociology and spiritual knowledge. But I got interested in them after I’d started to realise 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 “tunneling”, where the “tunnel” is often twisted into a spiral, then the book turns out to be quite interesting!



**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 enclosed in such symbols. But, unfortunately, little is left of the version of these tales that reached the modern people. And it is not only because of the distortions that accumulated throughout the centuries of the transfer of the Knowledge. Unfortunately, these epic stories were considerably altered when Christianity began to be propagated, and the “pagan”, originally Slavic beliefs began to be destroyed; in some cases, the information was replaced while in others it was altered; some birch bark manuscripts with Old Slavonic records were also burned completely. This is when significant substitutions occurred with an emphasis on the ideology of the Christian religion.

For example, previously, one of the epithets of Indra was “far”, which in Old Russian means “a thoroughbred horse, racer.” Ministers of the Christian religion took advantage of this, and the unicorn in their legend lived 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 a place of the Transfiguration of Christ. But what I would like to say about the epithet “far” itself. The ancient Slavs used the word in the meaning of a “stallion” in relation to Indra (the unicorn), and this is also already a human interpretation of the Knowledge. According to the original legend (which once was known not only on the territories inhabited by the ancestors of the Slavic people but also in Ancient India, Ancient Iran (the Zagros Mountains), the Front aspect, which was symbolically represented by the unicorn, was linked with the Farno, or, speaking in modern terms, the Grail. The Farno (the Farn in the East) was defined as the shining principle, the divine fire that



multiplies power, control and might. It was mentioned that the Farno helps the human Soul to pass the bridge that leads to eternal life. And now match all this with the knowledge that you already have.

**Anastasia:** For me, this information, just like every meeting with you, is another discovery! Now, first of all, it is clear why the ancient Russian huts and shrines had two wooden horse heads with a large solar symbol (circle). 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 conventionalized “**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 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 the spiritual Power. Interestingly, it is mentioned that the ability to have many forms is peculiar 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 Indrik the unicorn). He is the “son of power”, “drinking soma”, friendly and is 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 equivalent to the victory of the dynamic principle (the powers of Allat) over the stagnant chaos (the Animal mind), and it leads to the organization of the Vedic world of “broad spaces.” This



battle appears as the central plot of the legend. If we consider that the ancient Indian “Vrtra” (Vritra) literally translates as “congestion” or a “barrier” and that Indra represents spiritual power, then, in essence, it all means overcoming the Animal nature, the spiritual victory of man 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: “...сего ради прозваша и богъ Сварогъ... и по семь царствова сынъ его именемъ Солнце, его же наричють Дажьбогъ... Солнце царь, сынъ Свароговъ, еже есть 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, all this has one and same root! After all, although 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 consider that Svarog acts as the Front



aspect 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 match all this with the knowledge of 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 the 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 civilization 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 Aspects of the human being and a sign over his head, is presented in the scientific literature as an im-



age of a three-faced god with flowers on top of his head and animals on 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 Observer to see the root of the issue. The 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 one can see the wild animals that are typical for those places; that is, they are clear examples for those peoples and they vividly represent the four Aspects. 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 fire, and home fire. But all that was much later than the existence of the culture of the Harappan civilization. Given the spiritual symbolism depicted in the seal as well as the location of the goats under the "throne with hooves" on which the person sits, all this symbolizes 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 mere associations, which are clear to the thinking of the people of that time and which characterize peculiarities of the spiritual knowledge, meditations, and the view of the world that is different from the three-dimensional world.



No more than that. But people are prone to imitate. In the absence of the primordial Knowledge, experience and practice of spiritual practices or simply misunderstanding them, they begin to perceive associations from the spiritual teachings for the material reality. Moreover, people make these associative images “sacred” from their material mind 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 the Knowledge was distorted and interpreted from the perspective of the human mind: when the spiritual teaching pointed 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, that is how bloody sacrifices of animals and people appeared in the history of mankind, simply because of the wrong or deliberately distorted interpretations of the remainder of the 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 in the eyes of the people of the technological civilization. Because sustenance and the survival of the human society as a whole does not depend on their political plurality and the worship show to different gods. Now, the material “god” of the majority of the living people is money as 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, associations with the operation of the 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 can use: “Sacrifice nanomolecules of the latest selective modification to gods, and you will atone 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 inside you a way to the world Eternal.

**Anastasia:** This is really so. The essence of the things you have said can be especially understood only after you begin to discipline yourself, work spiritually and practice daily... To win over your Animal nature and spiritually liberate yourself has been the actual goal of all the spiritual teachings starting from the Palaeolithic times. Another thing is how people recorded this knowledge in contrast to the modern understanding of information transfer. Again, in the Harappan civilization, 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 (winning over his Animal nature). Over the buffalo, there is a lizard with six spikes on the tail. Of course, scientific books suggest that this is hunting, sacrifice and so on...



*Figure 55. Image symbolizing the victory over the Animal nature (the Harappan civilization; the 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, the symbol of the Back aspect). The image of the lizard was also portrayed as a sign of wisdom, a danger warning, and a symbol of changes.

Regarding this figure, the lizard's tail is not marked with spikes, this is merely a symbolic designation of mountains. It is in today's society that we have the opportunity 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 the 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, as ascending the first mountain, and after it a second one and so on. The mountain in many nations 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 a soulless and empty material imitation began, the mountain was defined 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 grabbed two “tigers” (the lateral Aspects) by the throat, standing above an elephant (the symbol of the slow, passing, and strong past – the Back aspect). 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 the crossed out lateral Aspects, 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 mankind then would be priceless!

**Anastasia:** Well, considering historical artefacts, the lateral Aspects were held so tight “by the throat” and



kept under control not only by the best representatives of the Proto-Indian civilization 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, afterwards you can see a clear transformation of this ancient associative symbol of the lateral Aspects into a corresponding individual symbol in the form of the staff.



1



2



3



4



5



6



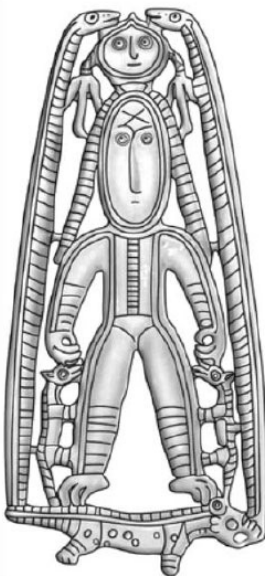
7



8



9



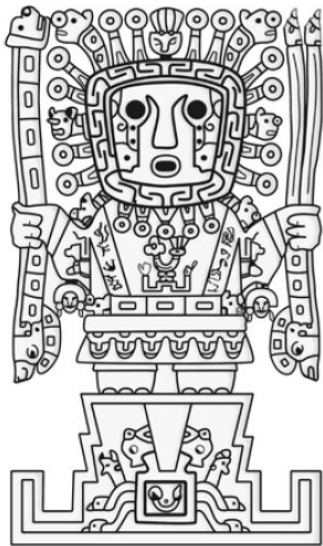
10



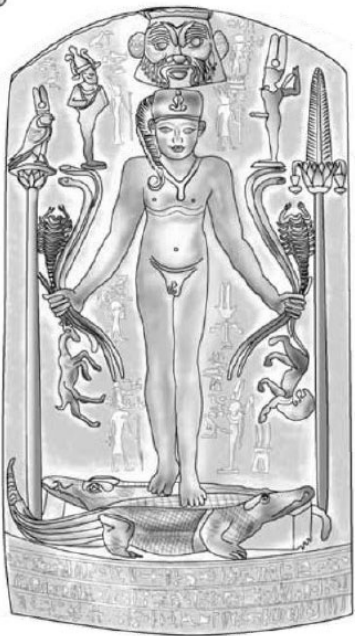
11



12



13



14





**Figure 56. Symbolic notation of the spiritual control by man of his lateral Aspects among different peoples:**

1. *an image on the terracotta form: the ancient symbol above the head of a smiling woman who keeps two “tigers” by the throat (the Harappan civilization; the 3rd-2nd millennium BC; the Indus Valley, South Asia);*
2. *an image of the Scythian goddess Argimpasa who formed 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 released (in the archaic transformations of the myth, a godly woman (Mokosh), who had been kidnapped by his opponent, is released), and heavenly moisture (rain) is shed;*
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 the 4th-3rd millennium BC; the White Sea coast; Republic of Karelia, North-West Russia);*
8. *a robe fragment of the Indian culture Paracas (the 5th-3rd century BC; Ancient Peru; South America);*
9. *an image of a Scythian Goddess on a bridle ornament – a golden equestrian front bridle (the 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 (the 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. *a symbolic image of a dragon-like serpent with feathers in the mythology of the Northern American Indians; myths mention that it symbolized storms; this dragon could only be defeated by the Great Hero who had moral purity and a superior spiritual strength;*
  13. *the supreme deity of water and earth, a demiurge in the Inca religion – Viracocha (he holds two serpents in his hand – one with seven “divisions” of the body indicating seven dimensions, and the other one with three “divisions” of the body and cloven hooves indicating a three-dimensional world and the Animal nature); (the 11th-16th centuries AD, South America);*
  14. *the stele “Horus on the crocodiles” (the 3rd century BC; Ancient Egypt); Horus is depicted naked as a symbol of purity and not being burdened by material desires in his walk through this world (the importance of control of one’s Aspects is indicated here as well as the domination of the non-material values in the human life).*

**Rigden:** Yes, who could have imagined back then the scale which this “transformation” from the human mind would take... The symbol that once personified the spiritual control of the human being over his lateral Aspects (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 the loss of the spiritual component because of a 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 (“sceptron”) and the Latin “sceptrum” mean “a staff, prop.”

No one remembers anymore why, in fact, this ordinary stick, for which people would sometimes kill each other to possess it while striving for power, was endowed with such symbolism as the attribute of “gods of Heaven”, an





intermediary between God and men (kings and their servants) and the guarantor of peace and justice? Why was it considered to be a symbol of additional capabilities for its bearer and of the supreme power in the meaning “as you wish”? Why did it serve for different peoples as an attribute of death and resurrection, victory, purification and rebirth, a symbol of the 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 the spiritual authority among the people in the old days?

**Anastasia:** That’s true. After all, the 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 symbolized the power over matter (the Left aspect), a rod with a hook meaning the control of the senses (the Right aspect) and rings – the rule over one’s own thoughts. Of course, this understanding was lost also in Egypt over time, but still the information about the symbols which recorded the old Knowledge has partially reached the present day.

Artefacts of ancient Egypt strike as being informative in terms of spiritual knowledge even today. Take, for example, the serpent biting its own tail, with 72 rings (body “chains”). Incidentally, I brought with me also drawings of adornment of the Harappan civilization, 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 civilization, which testifies to the ancient past of this symbol.

Furthermore, another interesting thing was discovered: it is 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 every nation attributed these commandments to their gods in different time.

Apparently, the fact that these 42 beads were made of carnelian is not a mere coincidence either. This precious stone was widely used to make different products in the Neolithic age. 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, 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 was a rather interesting way to record and transfer information even through such ritual adornment.

Having the 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 man 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 the prospects of spiritual development. Otherwise, he would be no different from any other animal.

**Rigden:** The greatest value is not the material acquisitions, but rather, the spiritual Knowledge, thanks to which both man and the human society can perfect itself, developing generally. The spiritual knowledge was initially present in the human society. It is just that earlier, just like nowadays, conditions for the human choice remained: some people delved more deeply into them because they strived to liberate the 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, taking into account the associations that were clear for them. That is why we have such a variation of legends which have one and the same original information. But I repeat that the Knowledge about the tools for the spiritual perfection of man was present originally. This can be traced through the ancient symbols and signs which have already been mentioned in the conversation.

**Anastasia:** This is an undeniable fact, and you can just look at the basic ancient signs which symbolise the spiritual world and the full spiritual liberation of man.

**Rigden:** In this regard, I would draw special attention of the modern mankind to the sign “ALLATRA”. Its original



representation is an empty circle which is edged underneath with a crescent with horns pointing upwards. It is one of the 18 original the 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 original Knowledge, people knew of the One (the One Who created everything), designating His manifestation with 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**” as 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 referred to the sacred knowledge about the world order of the Universe in the context of information about the human being as a complex subject of this world, who is also unstable in his choice. And the modern people associate the sound Ra at best only with the myths of ancient Egypt 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 the 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 towards 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 peo-



ple 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. Although, of course, it was an institute of the priestly power invented by people, but it was based on the grains of the true spiritual Knowledge (which once was given in full for all) as well as on the people who truly walked the spiritual path. The latter were not that many, but it was them who introduced the spiritual symbols and active working signs into the images and attributes of different revered gods. However, negative signs (which activated the material) were introduced as diligently into the masses through religion by those who served the Animal mind.

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 he who has come from the spiritual world (the other, the supreme one) into this material world, renewing the lost primordial Knowledge.

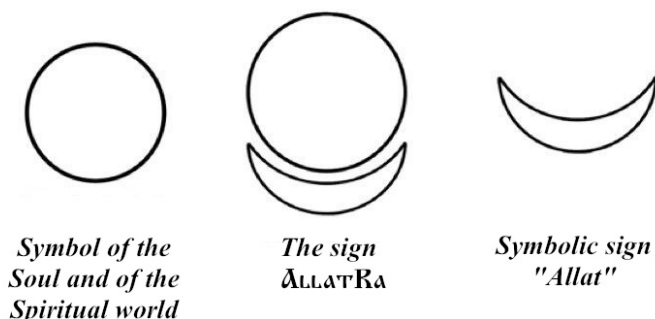


Figure 57. The “ALLATRa” sign and its components.

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 conventional 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? It is pure physics here. It is just that if you fill it with anything, any image, the *Hollow spaces* of the sign or, let us say, the quantum interactions of the sign with the world get disrupted. More specifically, a sign with a filled 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. I shall try, perhaps, to better explain to 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 the 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 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 lower is what you take out – without any result...

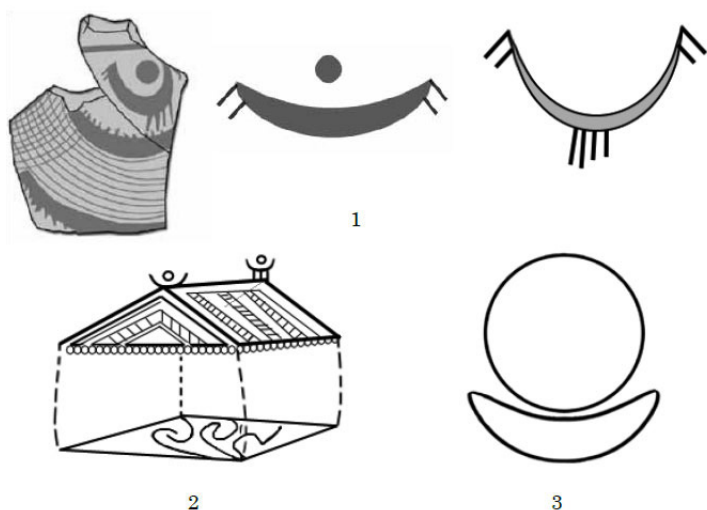
**Anastasia:** Perhaps, it should also be noted that the working sign “ALLATRa” is one of the most powerful signs, and it has often been used by the people who walk the spiritual path. Most interestingly, you cannot obtain power from it unless the Personality is present in the position of the Observer from the Spiritual nature, in contrast, for example, to the sign of the star.

**Rigden:** The “ALLATRa” sign works in dimensions above the sixth one, and this puts it in line with those few unique working signs that are available for the 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 which is directed immediately at creation, that is, to implement His plan. That is why in the sacred sense this sign is considered to be the embodiment of the power of God through Allat.

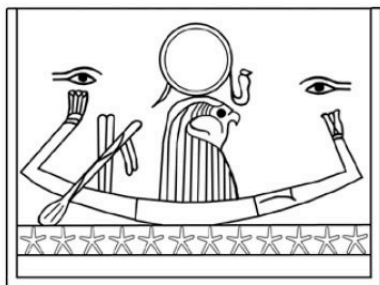
**Anastasia:** “ALLATRa” both as a working sign and as a symbol with a filled circle and additional notation in-



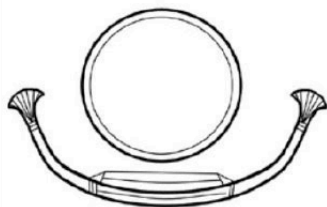
dicating the specific Knowledge has been used as cryptography about spiritual practices or Teachings at different times by different peoples. Examples of this can be found if one gets acquainted with the corresponding archaeological artefacts, monuments of art, writing systems of the already mentioned ancient cultures of India (the Harappan civilization), the Tripolye civilization, the Sumerian civilization, 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.”







4



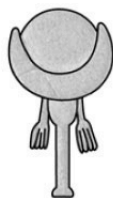
5-a



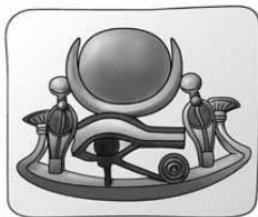
5-b



5-c



6



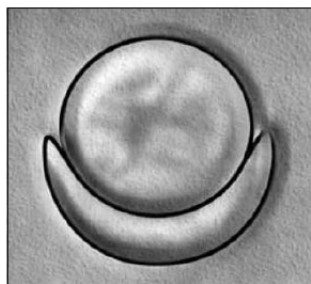
7



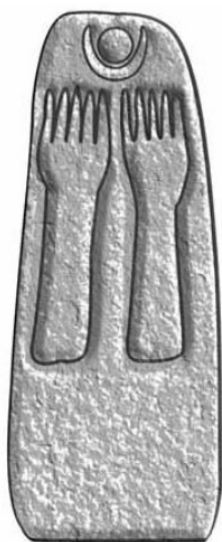
8



9



anastasia.org



10



11



12



13

**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 civilization (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 Plovdiv, Bulgaria);*
3. *the working sign “AllatRa” in Minoan culture (the 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 with an empty disk; in the other case, in the form of an empty disc itself appearing as one of the images of Ra);*
  5. *the “AllatRa” symbols on the artefacts of:*
    - a) *the Hacilar culture (the 5th millennium BC);*
    - b) *the Apennine culture (the 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 (the end of the 2nd millennium BC; Ancient Egypt);*
  8. *a fragment of the frieze from Marib (the 5th-4th centuries BC; the 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 liberation; the “AllatRa” sign on a stele of the 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 the head;*
  12. *a story on a plate with an image of the royal hunting dating back to the Sassanid era (the 7th century AD; Persia);*
  13. *an example image of “AllatRa” as a symbol (with a filled circle) – a symbolic graphic representation (yantra) of the Sahasrara crown chakra (“the thousand-petalled lotus”) located on top of the head; it is used in meditative practices in Hinduism, Buddhism and other schools of India.*



**Rigden:** It simply points at the fact that at all times there have been people who possessed the sacred Knowledge about the original working signs.

**Anastasia:** Moreover, you can clearly trace where the “ALLATRA” symbol was placed and where it was a working sign.

**Rigden:** Speaking of symbols... There existed different symbols based on the interpretation of the “ALLATRA” sign. Some of them indicated additional explanations that were understood by the people initiated in 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. The examples of such symbols based on the “ALLATRA” sign are the 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.

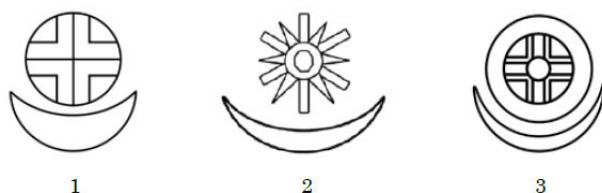


*Figure 59. Examples of the “ALLATRA” symbols:*

1. *symbol of the Persian culture (the 6th century BC);*
2. *symbol of the Sumerian culture (the 3rd millennium BC);*
3. *an Assyrian attribute 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 the people possessing the Knowledge these symbols were like a hint, a clear message from the past from those who had painted these symbols. For ex-



ample, 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 the 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 symbolizes the 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 the Human being who has attained spiritual liberation (the fusion of his Personality with the Soul) through this Teaching and who stayed to help other people who walk 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 a Guide of the powers of Allat... There is another interesting point related to the mentioned symbols. **The “ALLATRA” symbol** was a characteristic of female goddesses, as a rule. Among the most well-known ones is, for example, the sign of goddess Al-lāt (“the Mother of Gods”) revered by the ancient Arabs in the pre-Islamic times. Back in those days, a crescent with horns pointing upwards, indicating 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 with precisely female goddesses. The fact is that throughout the history of mankind, only women have become such spiritual Guides so far, perhaps be-



cause they have the maternal instinct in the sense of the 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:** There now, 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 book *Sensei-4*, you mentioned the fundamental importance of the time of Allat, 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 on 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 twice a year, the following light phenomenon can be observed there: on February 22 and October 22 at exactly 6:00 am, the first ray of the sun penetrates 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 as many as 12 minutes. Notably, on February 22 the light falls on his chest, and on October 22 it falls on the crown.

**Rigden:** People love to record their significance even in a piece of stone and use the spiritual Knowledge to satisfy their pride.

**Anastasia:** Unfortunately... So regarding the symbols. A crescent, as you have mentioned, was often painted with a star instead of a circle. But the star could be both five-pointed, and seven-pointed, and eight-pointed,



which was drawn as either a geometric figure with pointed ledges 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 transformation of man 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 the people who work with signs in the invisible world.

The sign of the five-pointed star 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 the people serving the Animal mind. This is, of course, a weak force compared to the “**ALLATRa**” sign, but nevertheless due to 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 the 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 on what this additional power is spent, or rather, where it is redirected by the 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 nine thousand 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 located 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. The sign of this star both with the top pointing down was used 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) and America (the aborigines – the American Indians) and others. And judging by the magic rituals of this or that people, 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 division is truly an interpretation from the “human” mind. But it appeared because the cre-





ating power of Allat, which is available 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 the history, the sign of the five-pointed star was often used to make revolutions and stage coups. The star encouraged a positive surge in the masses, it gave motivation, inspired for action while stimulating a yearning for the better in people in terms of their inner disposition. That is why people went towards these transformations in society with faith, a positive attitude, a hope for a better life and future, with the desire to find the long-awaited Freedom. This is exactly the manifested effect of this sign on the masses. But what for and with what purpose was all this power redirected by the leaders of such coups? Naturally, towards the power of the Animal mind, which substitutes the notion of people's spiritual aspirations with implementation of its material programmes. So it turns out that in revolutions and coups people try to overthrow one tyrant in the hope of gaining their own Freedom, but instead they "choose" another tyrant without realizing 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", using tremendous human resources (power). People waste their unique power of attention and time to eventually strengthen the power of the Animal mind in the material world in which they are to live, although for a short time. And the greater the power of the Animal nature is, the more they forget about their Spiritual nature, losing the true understanding of the real Freedom and the meaning of their lives.

**Anastasia:** Yes, when the original spiritual Knowledge



is lost, there is no understanding of what we do and create for ourselves with our choices.

**Rigden:** People should take a closer look at the history and the world around them. First of all, 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 the society in which they live.

**Anastasia:** It is for a 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 belongs to 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 the real Freedom really is.

**Rigden:** This can be done.

**Anastasia:** But before you proceed with the technique of doing this unique meditation, I would like to clarify some moments with you that are significant for the readers, first of all the ones related to understanding what an altered state of consciousness during meditation is. You know, I faced such cases when people, even after reading the books, did meditations, to put it mildly, simply with imagination. In a detailed discussion, it turned out that they just did not understand what a meditation really was, what an altered state of consciousness in practice was, although they had read about it a lot. In some cases, people, thinking that they were meditating,



in fact, remained practically in the waking state, which is typical for them during the day, without bothering to switch to a different state of consciousness. That is why they often had thoughts about everyday matters, about their current work, everyday life, experiences during the day and so on; that is, they had various distracting thoughts during these conditional classes. Naturally, such a meditation, as a theory, happened only in their imagination. In other cases, people simply fell asleep instead of meditating. Generally, it happened after they were exhausted during the work day and then sat down to meditate. Sleep, as it is known, is also one of the altered states of consciousness. So they mistook it for meditation, and that is why while making such an “effort of will”, in the sense of forcing themselves to meditate despite being tired after a work day, they, in fact, did not see any results.

**Rigden:** These people need to understand what altered states of consciousness are, what they can be and what the difference between them is. Such altered states of consciousness, such as a dream or a meditation, are characterized by a complete relaxation of the body, by mental calmness and drowsiness. But this is only an indicator of *the beginning of an altered state of consciousness*. The division comes later: some people get immersed in meditation (a conscious control of the subtle processes of the invisible world) while others fall asleep (the unconscious state).

**Anastasia:** I’ve been saying just the same! In other words, people lack a real practical understanding of what a true meditation is and how it really takes place.

**Rigden:** I would advise these people to, first of all, understand what an elementary autogenic training is, learn to relax the body, control their thoughts, practice keeping



their attention focused on one thing for long periods of time, and then to proceed to practicing meditation, that is, to a deeper immersion into an altered state of consciousness; to become familiar with the basic meditation techniques that you described in the first book *Sensei* and in the other books in the series and then begin to master the fundamental spiritual practices.

**Anastasia:** I agree with you, people are different, and while some quickly grasp the essence, others need time to figure everything out in more detail. But more often people simply lack the basic knowledge about themselves and the general mechanisms of the brain work in different states of consciousness. I know that you possess unique knowledge in the field of neurophysiology and the functioning of the human brain. Could you elaborate on the topic of altered states of consciousness or at least orient the readers in publicly accessible information, or share the knowledge that can be announced in public?

**Rigden:** Well, perhaps, solely within the limits of the modern scientific understanding of the functioning of the brain so that it could be clearer for the people what is meant and in which direction one should conduct their research. As it is known, the functioning of the brain is associated with electromagnetic waves. The brain can operate in different modes, each of which is characterized by a certain psychic and physiological state of consciousness. The human being as a Personality, thanks to concentrating his attention, can control several of such states of consciousness. In everyday life, he is most often present in one of the states which in the scientific circles is called the waking state. Scientists, while measuring the brain's electrical activity over time, conditionally indicate **the state of active wakefulness** as beta-rhythm ( $\beta$ -rhythm). Its frequency range is from 14 to



35 Hz, and the voltage is 10-30 mkV. Beta waves are regarded as fast waves, and they are low-amplitude vibrations of the overall (total) potential of the brain. On the EEG, the waveform resembles, relatively speaking, “triangles” with pointed tops. Beta rhythm is generally recorded during the work of the brain’s frontal central regions. However, when a person pays attention to something new, unexpected, to any information that he hears, intensive mental activity or a powerful emotional excitation, this rhythm grows and can spread to other parts of the brain. Beta rhythm is typical of the functioning of the brain when a person works mentally, is emotionally stressed and under the influence of different irritants.

It should be noted that, generally, such a notion as fatigue is not typical for the brain. You must simply understand how it works, switch from one activity to another timely and be able to qualitatively change states of consciousness at the proper time. Everyday life is constantly linked to the person’s psychological self-tuning, on which, incidentally, the overall condition of the body also depends. Throughout the day, a person is influenced by different external factors, such as, for example, sound and light, not to mention the effects of the invisible world. All of them are everyday irritants which one way or another affect physiological and other biological processes of human life.

Excessive anxiety, anger, irritability and psychological fatigue are accompanied by tension of the muscles of face, neck, arms and so on. In its turn, a tense muscle also becomes a generator of excitation impulses. The task of the person performing an autogenic training or tuning to a meditation is to limit the flow of excitatory signals. That is why he sits down in a comfortable position, in silence (eliminates any sound stimuli), closes



his eyes (eliminates the impact of the sources of visual stimuli), switches his attention from different everyday thoughts, experiences, and worries to inner peace and silence (that is, when possible, he eliminates the direct influence of the invisible world). Next, he focuses on relaxing his muscles (eliminates another channel of excitation) and then entirely reaches the state of complete relaxation. Thus, a person readjusts the working pattern of his psyche and, consequently, of the nervous system. Thanks to such self-tuning, he can control himself through clear mental self-orders (auto-reports).

**Anastasia:** The discipline of thoughts opens great opportunities for man. In the state of meditation, he can control those mechanisms of his complex energy structure that are not available in other states (including the waking state). Naturally, when a meditative technique is done correctly, he observes a spiritual surge, insight, the development of intuitive knowledge as well as the “side effects” of such work: a burst of energy, good mood, increase in creativity, which in its turn has a positive effect on the general condition of the person.

**Rigden:** Absolutely. All these mechanisms must be understood. Attention in a meditation is like electric current in the network: what you connect to it is what will work. Therefore, it is important to keep a focus on the main processes taking place during the meditation. Generally, the person doing a spiritual practice can be compared to a military pilot performing a combat mission in a supersonic fighter. Initially, the pilot practices to perfection all the actions on the aviation (training flight) simulator on the ground, simulating a plane flight. This can be compared to the person who has just started to learn the primary stages of meditation. Namely, the process of relaxation, disconnection from extraneous thoughts, immersion in the state of meditation, the pri-



mary 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 the theoretical ideas about meditation to getting the first practical skills.

The second stage in learning the meditative practices is similar, figuratively speaking, to getting practical experience of the pilot immediately in the air when he gets into a fighting machine and trains in flight. Here, he comes to understand that controlling a fighting machine in the sky is not quite the same as performing the same exercises on a simulator and imitator on earth. The significant difference is not in the technique but in the sensations and the understanding of the flight process and life in a completely different space – the sky. Like the pilot, the meditator understands the essential difference between that theoretical knowledge and practice when he works on himself daily and controls his Animal nature. The person begins to change. And this is the important thing because a meditation is only a tool! In other words, in everyday life, he begins to control his thoughts, keep them pure, track his psychological reactions and avoid negativity in his consciousness. When the person does not control his thoughts, he blames everyone for his troubles and wrongs, he condemns all, is unhappy with much, teaches everyone without practicing what he preaches and so on. But when the person begins to work on himself, he turns his attention not on the external but on his internal causes as to why he perceives and reacts to the surrounding world in this way and not otherwise. The person begins to understand why he succumbs to these external provocations and how he can divert his attention from his multiple egocentric desires, instances of resentment and aggression of the Animal nature, how to switch it to the Front aspect and the deepest feelings



emanating from the Soul, and abide on the spiritual wave. So when the person does such work on himself on a daily basis without giving an easy time to his Animal nature, then a completely new level of perception opens for him in meditations. He begins to understand what a meditation is and go deeply into this process, which is unusual for him. The human being learns to work and stay in a completely different state of consciousness, which is different from the waking state and sleep, that is, to sense in practice this difference between the states of consciousness, to understand the world through the deepest feelings and the intuitive Knowledge, which is not a product of logic.

And finally, the third stage is when the military pilot performs a combat mission in flight on a supersonic fighter. He no longer thinks about the mechanisms of operation of the plane, he simply automatically starts them. He does not think about that unusual space in which he is, he already lives in this space. The pilot feels every movement of the aircraft, and his attention is focused on the main thing: to carry out the combat mission. So is the human being who is deeply engaged in spiritual practices. At this stage, he makes the habit of controlling his Animal nature, automatically starts the meditation mechanisms with clear mental orders and performs the meditation itself solely with his deepest feelings without any thoughts. The mechanism of spiritual practices (assuming that an individual does serious work on himself in everyday life) brings the person to a completely different level of perception, including the 4th, the 5th or the 6th dimension from the perspective of the Observer from the Spiritual nature. He begins to explore the familiar world of matter and the world of subtle energies only with his deepest feelings, not with logic and material thoughts. After all, thoughts are a product of matter, nothing more than that. However,





the spiritual, deepest feelings are a completely different quality of perception and a totally different comprehension of the all-encompassing Knowledge, it is that which people call enlightenment.

**Anastasia:** On that side, one gains an amazing clarity and precision of understanding the processes which take place there. However, after a meditation, when you try to explain to others what you experienced, you realize that it is impossible to accurately communicate what you felt on that side through familiar images and associations. Thanks to this, you realize that there is a significant difference in your daily life between the real processes and the mind's game – those associations with which logic operates from the perspective of the material perception of the world. Yes, when you start experiencing it all in practice and get in touch with the true reality, then you maturely realize why each day that you spend in the spiritual work is so important and for what thoughts and deeds you squander the power of your attention each day. After all, everything has inevitable consequences, first of all, for your Soul and your Personality.

**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 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, being a part of a fruit that once matured in the atmosphere (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 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 the tree. And if you take care of the seed, it has a chance to sprout out of the ground, force its way into the territory of air, where it will experience the influence of another environment, which is completely different from the 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 the 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 what can be expressed in words.

So a 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 movement. And since a human being is a living energy structure, it evolves as a result of using of such precise instruments, thanks to the spiritual development of the controlling operator itself – the Personality.

**Anastasia:** Yes, there is still a misunderstanding in modern science of the importance of the processes occur-



ring in the state of meditation.

**Rigden:** Well, scientists are still considering meditation itself as a state of “quiet wakefulness”; in the human brain, they observe a peculiar frequency rhythm, alpha rhythm, which is mostly shown 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 the 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 gets 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 the 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 mentioned that in certain meditations, let us put it this way, an unusual structure of this world opens 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 of 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 space 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 semiregular polyhedra in three-dimensional space.

Among these are the so-called today 13 Archimedean bodies. Surprisingly, we studied this topic a long time ago still at school. I vividly remember this definition: semiregular 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, at a completely different angle, with the interest of a researcher. It still does not go out of my head in what a complex sequence, harmonious in the sacred meaning, you then placed the 13 Archimedean bodies!

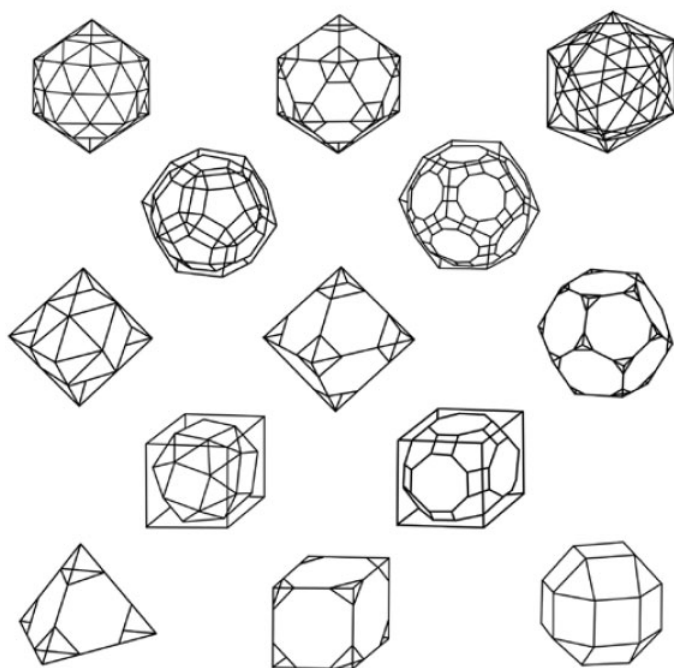


*Figure 60. The primordial arrangement of 13 semiregular polyhedra.*

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 Aspects and the centre are marked. There is an evolution from simple dimensional forms to more complex ones. People, on the other hand, place these semiregular 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 an open 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 in it afterwards. I did a research in historical sources where else 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 information 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



prompted 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.

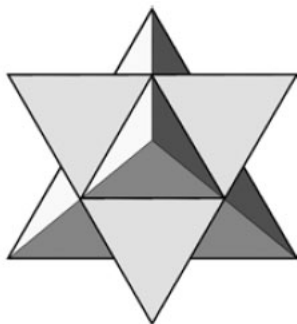


*Figure 61. The stellated octahedron of Leonardo da Vinci.*

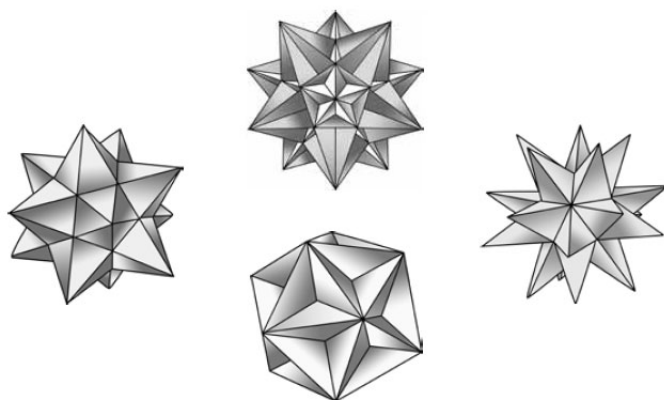


*Figure 62. Star polyhedra: the Kepler-Poinsot polyhedra.*

Now people have the ability 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 organization 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 in different geometrically regular-shaped patterns under the 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.



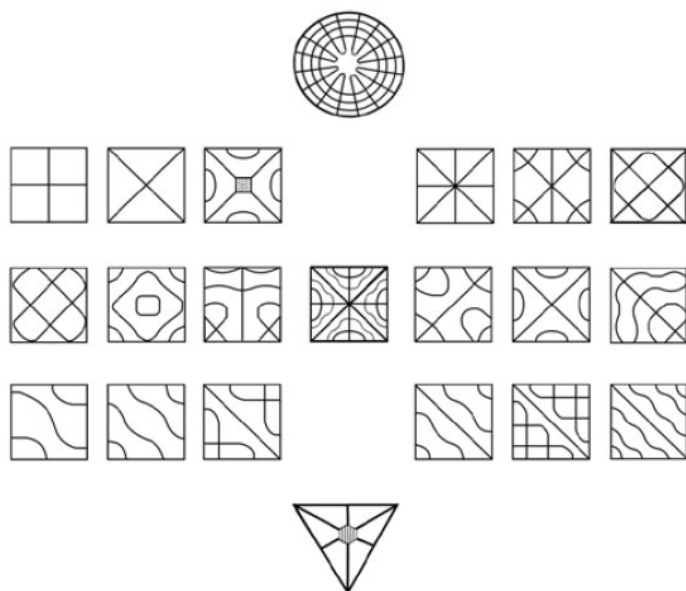


Figure 63. *Chladni figures.*

*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 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 wrote it down in the book “Sensei-4”. You said that the formula of the Primordial Sound consists of certain



*working signs*. Their activation leads to a manifestation of a superpower – a combination of the Primordial Lotus and Allat. When you think about it from the perspective of the already known Knowledge, for instance, in physics, geometry of space, global time, and structured information (fundamental information building blocks), you better understand 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 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 “crushed”), 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.

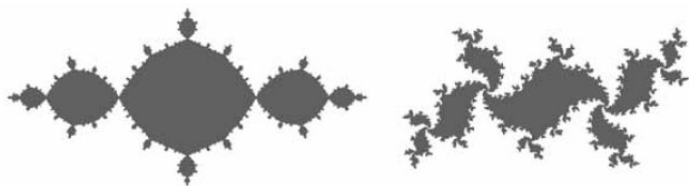


Figure 64. *Julia Set*



A fractal is a geometric shape in which one and the same motif is repeated in 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 in any number of times. Self-similarity as the 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 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 discovered it in indirect evidence, when physicists observed the behaviour of fractal



clusters in external electric and magnetic fields with the formation of a spiral and 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 until those visible limits which were technically available to scientists.

**Rigden:** When man searches, he actually finds more than he has 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; 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.

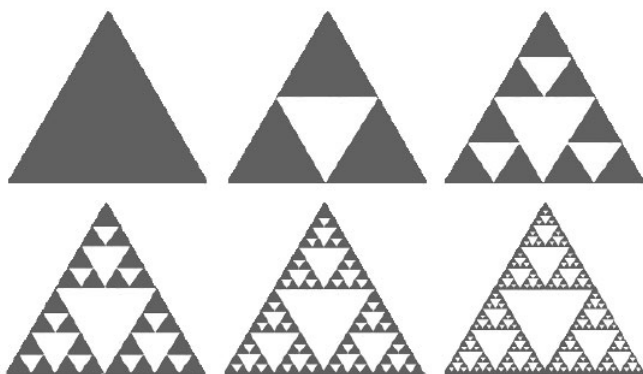


*Figure 65. The Sierpinski Triangle fractal.*

*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.

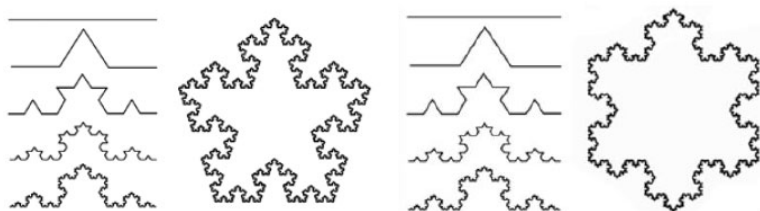


*Figure 66. The Koch snowflake fractal.*

*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...

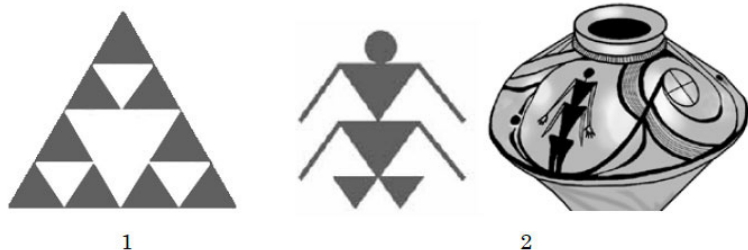


Figure 67. *Fractals in the images of the Cucuteni-Tripolye civilization:*

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 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 civilizations 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, at that, in practice and not in theory!

**Rigden:** It is just that in modern world the majority of people have forgotten the main purpose for which, as a matter of fact, they 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 does the main work of his life – the spiritual self-development. Many people living in ancient times, even without possessing such detailed information about the material world like the modern learned man has but having the spiritual knowledge, understood the main thing: what this earthly world is and how to have control of oneself in order to go beyond its boundaries, to reach the spiritual world.

*Mirror reflections and deepening either towards the macrocosm or 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 in its intersections. This is the true infinite similarity of a part to the whole.*

**Anastasia:** Yes, there is the Truth in your words. An



inner feeling has come over me just now, a kind of a deep understanding that it is here that the main laws of creation are contained. It's an interesting state: I clearly understand it, but this realization comes as if from the Soul; the feeling is that it's impossible to embrace 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 had 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 at the time of 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 respect and to, first of all, improve yourself. Then 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 studied, even though today science already has some understanding of this matter. The human being has his own energy field, which emits certain radiation. Even if one studies the human structure in the third dimension, one may discover many interesting peculiarities. The skull, for example, is a good resonator of various frequencies. By the way, man 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-guide, which has electrical conductivity and where processes of ionization and recombination (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 multiple times from it. 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 man's thoughts when the Animal nature dominates. These "electrical discharges" can at times resonate in such a way that these continuous oscillations then go round in circles in the head the whole day.

**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 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), using which he had demonstrated his body glow in high frequency current? The Soviet inventor Semyon Kirlian subsequently improved 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 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 psycho-physiological states of a person, since the nature of this glow has been observed to depend on the state of 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; this 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 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 in 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 Aspects 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 has 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 is interconnected in the world 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 figures 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, on which sand is poured. The resulting sound excites 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 already now there is 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 the delta-rhythm with the 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 betweenbrain. Yes, taking into account what you have recently said about the betweenbrain while explaining the meditation on the four Aspects, 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 “thalamos” meaning “a bed-chamber, a room”. They called it as if they had known in advance about a place in the brain where one condition changes to another one, 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  $\mu$  (mu)). Interestingly, today's science is already considering the assumption that the mu rhythm in a way reflects the activity of teamwork of mirror neurons...



**Anastasia:** Yes, I remember that memorable conversation with you in 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 these 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 responded also when the apes just visually saw a familiar action. In other words, mirror neurons got activated as if the monkey itself, for example, would take peanut off the table and eat it, although actually at this time the monkey was just looking at another monkey doing 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 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 consciousness of others. 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 a 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 the mechanisms of telepathy, quick adaptation of man in different contexts, including the 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 work of the 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 nature of neural activity is only partly electrical. People do not understand and do not “see” very many 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 pose a problem 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 bypassing theoretical calculations. Although for scientists themselves, many of whom consider themselves to be materialist, 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 excludes doubts as it gives an understanding of the Truth. Understanding the Truth fills faith with knowledge. And only the faith that is filled with knowledge is the true faith.**

**Anastasia:** So it happens in life. In practice, I have repeatedly come across cases when the person tries to do a whole range of different meditations but doesn't want to change himself, remaining selfish in nature and wishing to satisfy his own significance in everything and gain personal power over everything. Such people are often visited by doubts, pride, and incomprehension of the simple truths. But I've also seen other people who try to work on themselves each day, and they have an entirely different result of the same meditations. Aspiring to be Human in each day, developing themselves and doing spiritual practices, they begin to understand the silent Knowledge, gaining the true faith. For such people who have spiritual diligence, I would appreciate it if you could tell more about one of the fundamental meditations – the “Pyramid.”

**Rigden:** In this respect, there is an ancient Eastern wisdom: if one man during his life has defeated many people many times in battles, and another man has





conquered only himself, the latter has won a greater victory than the first one. Because it is much more important for a person to conquer himself rather than all the other people.

I hope that in view of the already available knowledge, people will better understand the meditation “Pyramid.” So, as I have mentioned before, from the perspective of the Observer of a higher dimension, the human structure does not look the same as it looks as in the three-dimensional world (with arms, legs, a head, and a trunk). It looks as a complex shape which more than anything resembles a four-sided truncated pyramid with its top detached. This is, of course, if we pick the closest association understandable for the thinking of a resident of a three-dimensional world. Thanks to the “Pyramid” meditation, a person can feel his energy structure, which is connected to the four Aspects, expand his perception, and, most importantly, feel his Soul.

It is desirable to do the **“Pyramid” meditation** while sitting in the lotus position or simply in a cross-legged position in the “Indian style”, placing your hands on your knees, palms down. However, if due to some reason, a person is unable to sit in such a position for a long time, this meditation can be done, for example, while sitting on a chair. The main thing is inner, spiritual processes taking place in a person.

*So we close our eyes, tune in, calm down, relax the body, free our mind from thoughts, all our worries, and emotional outbursts. In general, we fully enter into an altered state of consciousness – a meditation. While in the state of meditation, we start examining our energy structure, which is connected to the four Aspects. That is to say, it is necessary from the perspective of the Observer located inside the truncated pyramid to feel the Right, Left,*



*Back, and Front aspects as “live sides” of the truncated pyramid.* These sides are located approximately at an arm’s length from the physical body of the person.

**Anastasia:** Figuratively speaking, in front of the meditating person at an arm’s length, there is a live energy field, conditionally in the form of the front wall of a truncated pyramid. It’s the same on both sides and behind. These fields form a quadrangle base, in the middle of which there is a meditating person sitting in the lotus position.

**Rigden:** Yes. These four Aspects are like frontier guards of our energy field or, in other words, of our personal space. What is *personal space*? Between the physical body and the four Aspects, there is space ranging from the critical 7 centimetres up to 1 metre. Personal space looks like an oval with a blurred outline (as it was called in the ancient times, “an egg” or “a fish float”), which in volume is larger than the human body. As a rule, in the secret writing of signs and symbols, it is conditionally designated with the symbol of the oval.

I will just say that the personal space of each individual is unstable; it constantly varies within certain limits of its volume. This depends on many factors, even on a change of mood of an individual. But usually people do not notice this, they do not understand and, what is more, they do not see it with their physical sight, let alone control it and, consequently, control their states. But this is not our topic now. It is worth noting that the distribution of energies in the human pyramidal structure is slightly different from how a person would perceive it from the perspective of the Observer of the third or the fourth dimensions – through the energy meridians of the body, arms, and legs. Here, energies are distributed on the cross-sections of the pyramid,



according to the physics and the geometry of spaces of higher dimensions.

So, the conditional sides of the truncated pyramid are our four Aspects. The Soul is confined in the middle of this structure in some kind of a light cocoon. It is located approximately in the lower third part of the structure, and if one uses the physical body as a reference point, then it is at the level of the solar plexus and the upper part of the abdomen. By the way, in the East since ancient times, *the Soul* in a cocoon has been symbolically depicted as a *pearl in a shell*. It was a symbol of man's spiritual development, which is hidden from the eye, inside his structure. It was a miracle of Revival. Its nacreous whiteness symbolised spiritual purity, wisdom, perfection, and sacred knowledge. It should be noted that this associative comparison of the Soul with a pearl can be traced in all the religions of the world. For Hindus and Buddhists, the pearl is an image of spiritual enlightenment. Christians combine the "priceless pearl from the waters of baptism" with the concept of the Soul and the Mother of God and Her spiritual purity. Islam has a legend that the pearl is one of the names of God and that in the other world it is pearls that form spheres around holy souls. Such associations are partly related to spiritual vision, because the meditating person during certain spiritual practices sometimes *sees processes taking place in the area where the Soul is located, which he associates with a shining, a play of bright light coming from the Soul, which looks like glitter and sparkling of the pearl's nacre in the sunlight*.

**Anastasia:** Once you gave another good association, as you were saying about the shell of the Soul during reincarnation, that it looks like an iridescent film on a soap bubble. I wrote this knowledge down in the book *Ezoosmos*.



**Rigden:** That is right... Now that we have outlined the human structure as a truncated pyramid, let us move on to its top, which is detached from the base. It is in this place, in the pyramid's conditional top, which is located above man's head, that his thoughts are born. Approximately that is half a metre from the top of the head (the distance is approximate because it is individual). This is what the energy structure of an ordinary person looks like in the understanding of a citizen of a three-dimensional world. It looks like a 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 Aspects. This feeling is like you are surrounded by four absolutely different people standing close to you. If you close your eyes and relax, you can feel their presence due to certain pressure on your personal space. Once we have felt the four Aspects, we move to the top of the pyramid. There, we observe the primary process of "formation" of our different thoughts (which later get transformed through the cacodemon and the agathodaemon centres, which you mentioned in the book Birds and a Stone; one might say, they acquire material characteristics), how these energies appear, and ways of their movement, interaction, and blocking. We differentiate their impact; simply put, we track all these processes and then we either calm them or completely abstract our mind from them.*

*Then we leave this top of the pyramid, move up higher and reach the level of the Observer that is detached from the material world. In other words, we rise above thoughts, above matter and we reach the state of detachment from the earthly, from what one way or another binds us as a Personality to matter. Often in the early stages*



of mastering this meditation, it helps to imagine that the meditating person goes with his consciousness out of his pyramidal structure, hovering and observing it from the bird's eye view. Using modern associations, consciousness is kind of located at this height, as if in vacuum, in zero gravity. This state of the Observer from the Spiritual nature helps to obtain complete inner stillness, an expanded state of consciousness, impartiality of the very process of observation of ongoing processes, helps to abstract the mind from the material body and thoughts and explore one's energy structure from the perspective of a new vision. *Further, we remain in such a state of consciousness and observe from the outside our pyramidal structure and the Soul enclosed in it.*

Next, the most important part of the meditation takes place. *We make the best possible direct approximation of consciousness (the Personality) to the Soul, and we do it at a deep level of feelings. That is, we immerse ourselves (as an Observer) through the top of the pyramid, through the inner energy structure of the pyramid itself into its very centre – the Soul.* At this stage of meditation, the brain often gives an associative perception as if a person dives, just like when diving into the water but without the pressure that is typical for this physical process. During such an immersion, people who are inherently very sensitive to energy processes, especially those with a well-developed intuitive perception, notice even phases of a gradual switching of the operation mode of their consciousness to new levels of sensory perception, which have previously been unknown to them.

So it is necessary to come as close as possible to the glowing cocoon in the centre of the pyramid, where this particle from the spiritual world is located. And then to touch it at the level of the deepest feelings. Of course,



it is impossible for the person to fully feel the Soul and comprehend its spiritual depth until he has spiritually matured and united with it. But even this contact of feelings begets the state which Buddhists, for example, call a touch of Nirvana and other people describe as a state of goodness, divine bliss, achieving harmony and so on.

Thanks to this meditation, it is possible to understand yourself and your complex multi-dimensional structure better and become aware of the fact that many thoughts appear and disappear not of our own “will.” But we can observe and influence them, abstract our mind from them and block them. The most important thing is that with this meditation, a person as a Personality will gain an experience of not only a sense of divine presence but also of a connection with his Soul, develop skills of a constant contact with it, and realise in practice that the Soul is the main and the most important part of the whole human structure. The Soul is you, but the real you. The rest of the energy structure in six dimensions is built around it. In this meditation, the person acquires the experience of an entirely different perception of his reality and learns to perceive himself from the perspective of the Observer from the Spiritual nature.

The time for this meditation is individual, just like with any other spiritual practice. To begin with, I recommend doing it for 20 minutes. It could be done once a day or several times a day, as you prefer. The main thing is to do it thoroughly. Later on, the time of the meditation can be increased, for example up to 30 minutes. But again, the most important part in this process is not time but precisely inner sensations and the development of a spiritual, deep connection through feelings with the Soul.



**Anastasia:** This meditation is truly unique. I can say from personal experience that there's a significant difference in sensations when you only start learning this spiritual practice and when you already have an experience of doing it. At first, the technique itself seemed unusual for me because the understanding of how to do the spiritual practice, let's say, in the "geometry of space", was new to me. After all, it didn't involve any work with chakras or a sensation of energy movement along the energy meridians of the body and so on, to which at that moment I was already used. But that's what makes it interesting.

At first, everything happened for me only at the level of imagination, but probably that was because at that time I couldn't yet fully get into an altered state of consciousness. Later on, as I practiced this meditation at home every day, wonderful sensations appeared. For example, I started catching the moment of switching the state of consciousness, of a deep immersion, and unusual sensations of the Soul's presence appeared, which are hard to describe with words. You are absolutely right, it is necessary to get a personal experience of the meditation yourself in order to understand the whole inexpressible range of sensations.

And I have several other observations about the sense of time during the process of meditation. Earlier, when we just started doing the first spiritual practices, it was quite challenging for me to sit in a meditation for 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 becomes



symbolical, as your imagination is at work for the most part. Now, many years later, when I do the “Pyramid” and really get into an altered state of consciousness, then time, space, and, generally speaking, all this crude reality of the three dimensional world kind of cease to exist. You only start this process, go towards the Soul, and you are kind of picked up from the other, spiritual side, and the Front aspect starts working actively...

What happens already at this stage of work in this meditation is, obviously, incomparable with the results of the very first attempts to practice it. Besides, there's no monotony in this spiritual work: every time this spiritual practice gives one a new awareness, a richer range of sensations, and a clear understanding of the processes and changes taking place at the invisible level. You already live by this state, and when you finish the meditation, it seems that you leave something near and dear and wait again for that moment when you can feel it once more. Because of this, an intention and an active wish appears to practice it more, since you want to stay there longer. For in this wonderful state, you begin feeling something very dear and near, an unusual comfort; you clearly become aware of the deepest processes, which are impossible for the brain to understand in the usual state of consciousness. Importantly, when you leave this meditation, you feel a significant difference between that subtle world and the world of matter of three dimensions. You start feeling very many processes in our reality as the work of rough material energies. Surprisingly, in the state of meditation, you gain a clear meaning of your existence, and many things, which used to trouble you in worldly life, appear to be empty and ridiculous. There, you fully realise that the real life values are values for the Soul. This phenomenal experience in a way leaves a certain spiritual mark on your life in three dimensions. This, in its turn, allows you not to lose your





spiritual and life's reference points, encourages to work on yourself harder, track your thoughts and states, and prevent provocations from the Animal nature. The spiritual experience helps to understand where the true happiness lies, which begets the feeling of peace of mind and comfort of the Soul, and why you shouldn't chase after a ghostly illusion of this world. Most importantly, you gain an understanding of who you really are and what the meaning of your existence here, in this world, is.

**Rigden:** Space and time in this world have an intermittent (cascade) nature. Everything material is intermittent and saltatory; everything is ezoosmos. This material world is unstable and temporal. The world of God, however, the spiritual world, is stable and eternal. After this meditation, it is really possible, even in the usual state of consciousness, thanks to the experience gained, to feel these deepest feelings coming from Soul, this subtle connection with it, the feeling of boundless spiritual Love, the feeling of native home – Nirvana and Eternity.

A long time ago, this meditation was a commonly known technique of self-perfection in the human society, one of the basic techniques to develop the deepest feelings and a sensual connection of the Personality with the Soul. However, gradually, as the process of materialisation of society's consciousness developed, people started forgetting and losing this meditation technique, just like, by the way, many other things of the spiritual Knowledge. Sometimes, even mentions of it got deliberately destroyed. As long as the true spiritual Knowledge was present in society, it was passed to next generations in the form of symbols as the most important thing which was also taken for granted in man's worldview. For example, the symbolic designation of the "Pyramid" medi-



tation (the full version of the symbol) was a square with a diagonal cross and an empty circle in its centre.

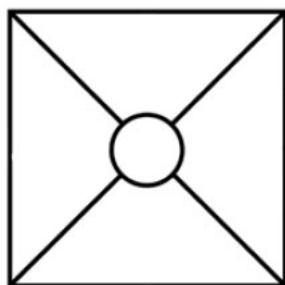


*Figure 68. Symbolic designation of the “Pyramid” meditation.*

**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, already with great interest, that which had slipped my attention at school. For example, a 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, as a result, we'll get a series of squares inscribed in each other. As it is known, the square is a symbol of all the 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-round basic knowledge.

**Rigden:** The pyramid's geometry is closely linked to physics. 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. In fact, it was known to the priests who possessed the information about the initial spiritual practices. It is sufficient to pay attention to 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.

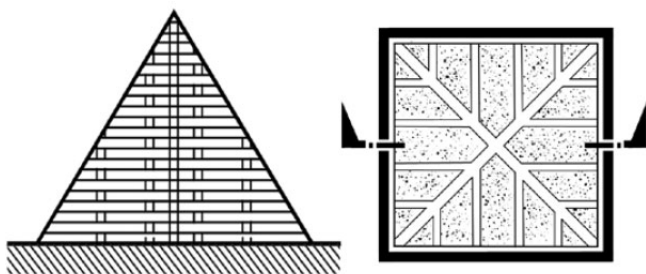


*Figure 69. Layout of the pyramid and its base.*

*The structure of the pyramid (built in the 2nd millennium BC) is shown in the layout in section and in the horizontal section, where a stone frame with filling is indicated. The geometric plan of the base of the pyramid particularly stands out.*

**Anastasia:** Yes, today many people know about such longstanding 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 and 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 dead person or a symbol of the departed Soul. Tombs themselves are even found square-shaped in their planning.

**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 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 adornment in the form of spirals as well as pendants, plaques and so on was 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 people also had a rich sacred symbolism connected with female goddesses and the so-called by scientists the “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 a 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 the Knowledge in the form of the pyramid has been passed down. For a few thousand years in the East, 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 building of religions and as a storage place of “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 mostly known as a monumental building 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.”

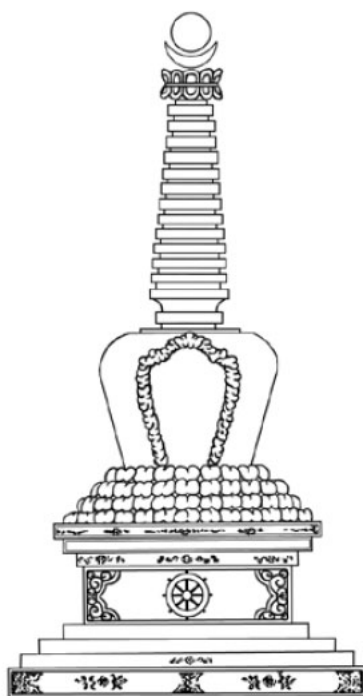


*Figure 70. Architectural religious building of the East – the stupa.*

*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, in this *religion* it does symbolise the “indestructible nature of the *mind and a fulfilment of all the desires*”, “a mystical power.”

**Rigden:** In a word, people remain people... So 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 from 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 Shambala for the 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 and also 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. Needless to say 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 name ancient amulets with different symbols, which once associatively served to communicate 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 than 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 considered a simple pile of stones put 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 connection of Earth and Heaven. Why a “connection” and why Earth and Heaven? What spiritual knowledge is hidden behind this pyramidal symbolism? If these researchers perfected themselves spiritually, I am sure they would tell the world much more than merely quote commonplace inventions 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 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 each person than, for example, food and other conditions needed for their physical bodies to exist. Ignorance leads to a lack of understanding and an interpretation of the basic information about the spiritual from the human mind. As a result of such literal distortion 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 cognising 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 man, after their own fashion:** the place of immediate proximity of God, 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 unconditional, 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 he 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 drawn schematically 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 schematic 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 *square*. Again, if we talk about the symbolism of monumental structures, the architectural planning of most Hindu, Buddhist, and Jain temples represents yantras.

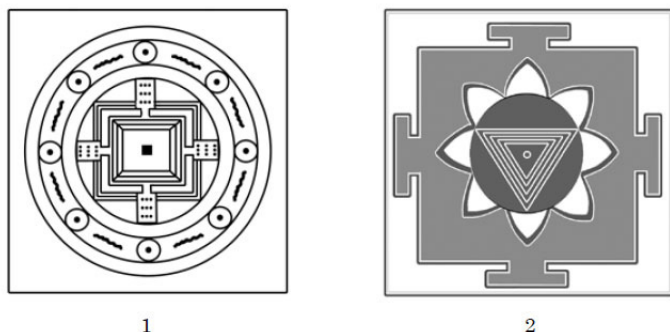


Figure 71. **Mandala and yantra.**

*Examples:*

- 1) *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;*
- 2) *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 reflected also 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 form 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 quadrifolium (“four-leaved 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”, “*what is spirally twisted*”). I got interested in it 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.

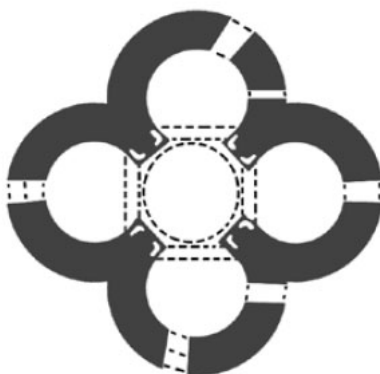


Figure 72. *Scheme of the cross-in-square temple (quadrifolium).*

**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*. Even more, the centre (shaped as a circle) of each cross was intersected with a diagonal cross, and the overall composition was an equilateral cross. There was the entire ancient spiritual symbolism 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.

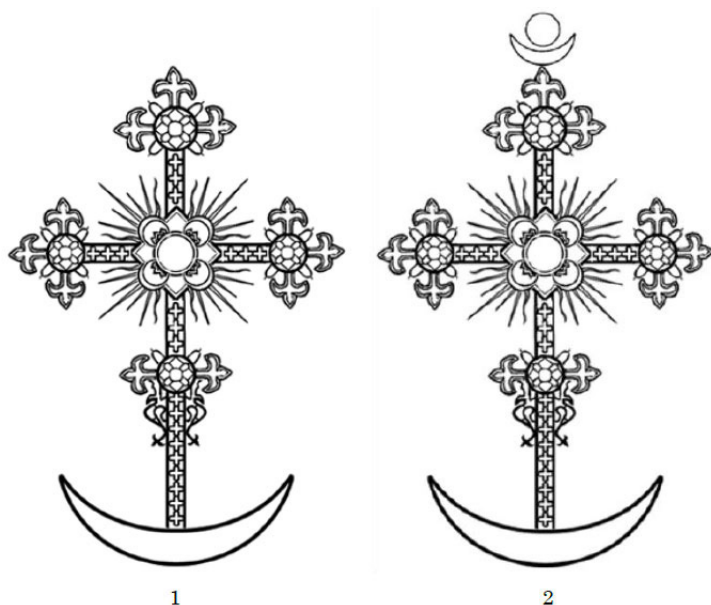


Figure 73. **Symbols of Archangel Gabriel and Virgin Mary:**

- 1) the cross and 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 the people confided to the mystery of the spiritual Knowledge and the real teaching of Jesus. It is a personal *symbol of the Virgin Mary* as of Jesus’s disciple, who reached the 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 the Virgin Mary. Even more, 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 the capital 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.

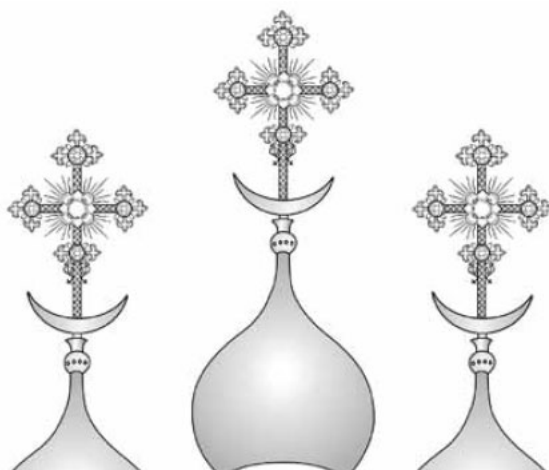
**Anastasia:** Yes, this information deserves special attention. In the book *Sensei 2*, I wrote more about the important spiritual role which Archangel Gabriel played, particularly for Kievan Rus. I also mentioned the story about Mary and Jesus in the book *“Sensei-4”*; that Jesus passed the true spiritual teaching to his apprentice – a woman named Mary, who reached the spiritual liberation from reincarnations during her life. And that she was the one who had to be the head of the true Church of Jesus. But because the Teaching was distorted (due to intrigues of the people striving for power and its significant alteration as the religion was being created), 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 understand its spiritual meaning. The Spiritual Teaching of Jesus was given in the open form to all the people as Knowledge, as a seed of the Truth which was one for the entire mankind. This is hard to understand for modern people, because instead of the Teaching they see just concepts of the world religion, with which the name of Jesus is associated today. Regarding the 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. Secretly keeping this Knowledge, they did everything possible in their positions to pass the Truth to the following generations, so that the true spiritual Knowledge could win its way to the future for those ones who craved for 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 assigned 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 the ancient monuments, for instance, of the Old Russian architecture of the 11th-14th centuries, precisely such crosses with crescents were placed which are a symbol of the 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.





Picture 74. *Domes with the crosses as symbols of the Virgin Mary.*

**Anastasia:** To this day, echoes of information about the existence of these important symbols and signs in 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 Transfiguration Church in Berestove (Church of the Saviour at Berestove), which is located near Kiev-Pechersk Lavra (the first mention of the church at Berestove 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.

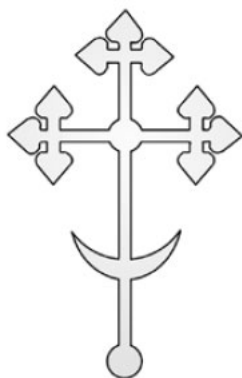


*Figure 75. Simplified scheme of the symbol which was later used by people after repeated re-construction of cathedrals and churches.*

**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 the 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, moreover, in honour of the Holy Mother of God. An active translation of foreign books (especially from Mount Athos) began as well as 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 adjusted. 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 in such an extreme change of the behaviour of Yaroslav: 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, such an elongated room resembling a ship, like the symbolic “Sun boat” (which was known already during the Tripolye civilization, 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, up to this day in a special niche – in the arch of the main altar, the same Old Russian Orthodox *pearl* is shining in a special niche – 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 in elbows and her arms raised to the level of 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 powers of Allat.



**Rigden:** Absolutely. So, 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), man, 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 посреди 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 honoured *together*, as it should be. And only much later, in the 15th century, people singled out the honouring of Archangel Gabriel from the cult of Annunciation of the Holy Mother, although this is incorrect. *Where the Virgin creates in a holy way, there is always the Holy Spirit 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 Lotos (plan) and the creating Allat (implementation of the plan).

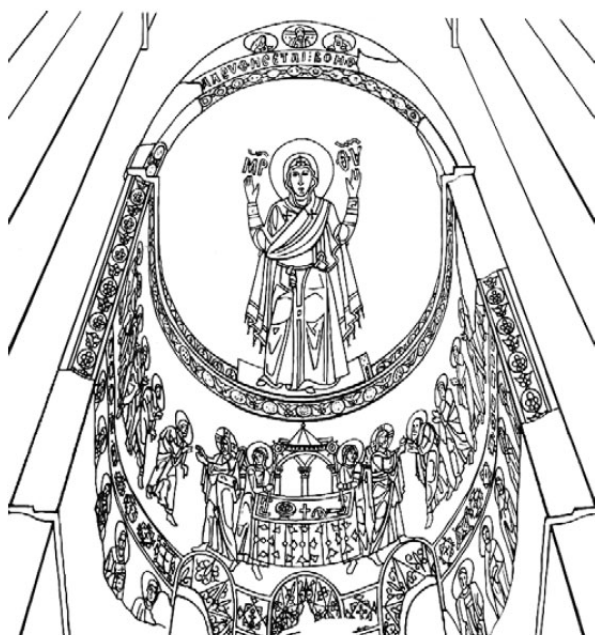
**Anastasia:** Yes, this can be traced back to the mythological characters of the Slavic sacred legends, which have been preserved since ancient times.

**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*, whose fingers of his right hand are 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.





2



3

Figure 76. **Archangel Gabriel and the Virgin Mary** (scheme of the 11th century frescoes in Saint Sophia's Cathedral; the city of 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") is 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 “вертеть” (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 out of threads 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 thread 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 things like a thread connecting all pearls (souls). Many ancient peoples depicted the “Great Mother” with a spindle in her hands.

**Anastasia:** Interestingly, scientists have attributed 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 the 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 to us some time ago, it will be very interesting to find out about the active signs that were distributed in large numbers in Kievan Rus in that time. Could you tell 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 the 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 due 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 often. In the worldview of the Slavic people of that time, the service to the “God’s Truth” became synonymous with the service to Good, the supreme spiritual Blessing, the 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, a positive surge occurred, such a spiritual unity of the people on the territory of the Old Russian state which previously had not differed from other countries of that time, 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 planning 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 Vitebsk region of Belarus). Not only external planning was copied but also the spiritual filling – starting from the placement of the main symbols and signs and the icon of the Mother of God “Oranta” and ending with the 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 twists and turns 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 the people of 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 a 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 will be more correct to say that they were the gates to the so-called Upper town, which was located on Old Kiev mountain, which is 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 Aspects, 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 forechurch 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 pass 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 gate before the enemy, that meant the 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 south-western part of the city. On this main gate “Golden gate” of the city, a church was built in the 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 is 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 from the 11th century) – “The library of the literature of the Ancient Rus” (volume 1, page 50): “Да еже целование архангель дасть Девине, будетъ 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 and to the city. Because towards her is:” Joy, the joyed one! God is with you!”, and towards the city: “Joy, the good-like 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 silent. 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 between themselves, alike many others who had power in that 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 on themselves.” But this is not important. The main thing is that people still keep alive the memory and honouring of Archangel Gabriel and the Virgin Mary, regardless of the earthly wishes of today’s “princes.”

**Anastasia:** Without a doubt, this spiritual memory of the people can be traced from generation to generation, and it cannot stop the feeling of happiness. But let’s get back to the conversation, which is so interesting in the historical perspective. So, the “Golden Gate” in Kiev was a symbol of the city, which was equal to the Front aspect in the spiritual interpretation of the Knowledge about man. Therefore, the symbol of the city’s Past, that is, the Back aspect...

**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 Northern conditional “gate.” It was built already 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 regarding 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 placing signs in Kiev.

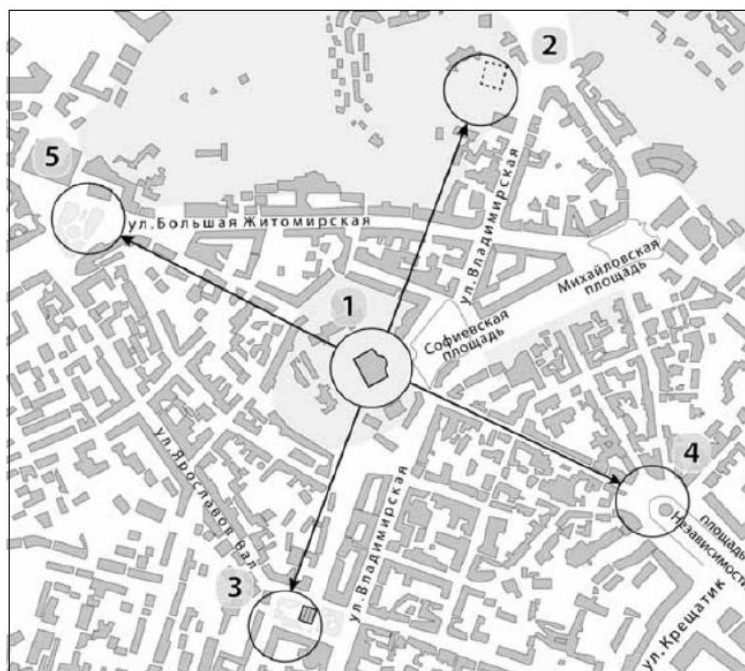




**Figure 77. Modern map of the historical centre of the city of Kiev with marks of the previous locations of the “four gates” and the present Saint Sophia’s Cathedral:**

- 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, “Zhidovskye Gates” (Jewish Gates), became the Right aspect 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, there is L’vivs’ka Square at that place. It is interesting that over time, one can say, nothing changed in this place regarding the activation points, which stimulate the Animal nature in people. There was a market here in the old 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, where one is richer than another. One gets the impression that everybody is obsessed only with trade, instead of real spiritual and creating deeds, which are worthy of a civilized 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 was built here. This was symbolic. Firstly, the old Slavic word “спере́ние” meant a “meeting”, and according to the old Slavic beliefs, it meant a meeting of man with the divine and his glorification. Secondly, the Biblical story of the Presentation was dedicated to the Mother of God (the Virgin Mary), who brought the Baby Christ to the temple on the fortieth day since 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, “Golden Gate” was conditionally the Front aspect; the Church of the Mother of God (Church of the Tithes) was the Back aspect, and the “Western Gates” were the Right aspect, then the “Lach Gates” were the symbol of the Left aspect 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, which is popularly known as “Maidan.”

**Anastasia:** You know, when I had heard this information from you for the first time, I was overwhelmingly surprised, having thought: “That’s interesting, whose





idea was it to move the capital's main square exactly to this place, deliberately emphasising the Left aspect?" Because this place, as the capital's square, gathers 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 outbalances – *translator's note*) during the times of Agapit. There was a marsh there, and people called it Goat Swamp from olden times. So, approximately there, in the south-eastern part of the city, where nowadays Sophievskaya 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 to Kiev-Pechersk Lavra) and also to the "the Pechenegs' land." These gates got the name "Lyadskie Gates" in history. 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 Baty-khan managed to break in Kiev exactly through the "Lyadskiye 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 the construction of the city council building particularly in this "unclean place."

**Anastasia:** Yeah, well, "Independence" on Goat Swamp... To make the central 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 access to the Knowl-



edge for peoples; 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 symbols of freemasons. Suffice it to take interest in history, and one can trace an almost simultaneous deliberate destruction and perversion 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 rebuilt in the "baroque" style on the quiet, 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 the "western civilization."

**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 the deformed pearl. Even more, later it was the dominant style in the European art up to the middle of the 18th century, especially in the 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, he who has ears, let him hear. It will not be difficult for clever people to understand why Sophia’s Cathedral became the first architectural monument on the territory of Ukraine which was inscribed on the Worldwide Heritage list of UNESCO, which means that it is forbidden to rebuild it, transfer it to any religious organisation and hold a church service in it.

**Anastasia:** It turns out that the freemasons from the Archons have rebuilt the original and now, using their own specious tool UNESCO, they impose conditions on the local residents that cathedral may not be rebuilt and, moreover, traditionally Orthodox church services are not allowed in it? It’s not allowed, so to say, to activate the “pearl”?! Well... This cannot be called 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 was 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 during the centuries to come. Even then, despite this circumstance,



freemasons played 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 different pretexts. An old and well-known method of freemasons is 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 “Lyadskiye Gates” monument, which had been 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 how spiritual signs help some people to develop themselves while they make others 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 the world today.

**Rigden:** This is just an example from history, and many of them can be found in the past centuries. The matter is not in buildings but in people and in the human choice...

**Anastasia:** By the way, getting back to the conversation about the peculiarities of the 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 Mus-



lim mosques have a special semicircle 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 shines 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 clear because Muslims have a lot of legends about the pearl, and they single it out into the category of special symbols. For example, by saying of the Prophet Muhammad, the world was created from the White Pearl. According to Muslim beliefs, the Almighty created the *White Pearl*, whose thickness was *seven skies and seven lands* taken together. When God called the Pearl to Him, it trembled from *His call* and turned into flowing *Water*. From all the creations that at some time of day or night, one way or another, interrupt their glorification to the Almighty, it alone, already being *Water*, *not for a moment ceased to glorify the Creator*, constantly waving 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 *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 man 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 carpet nominally ornamental picture, it usually imitates the mihrab of this or that region.

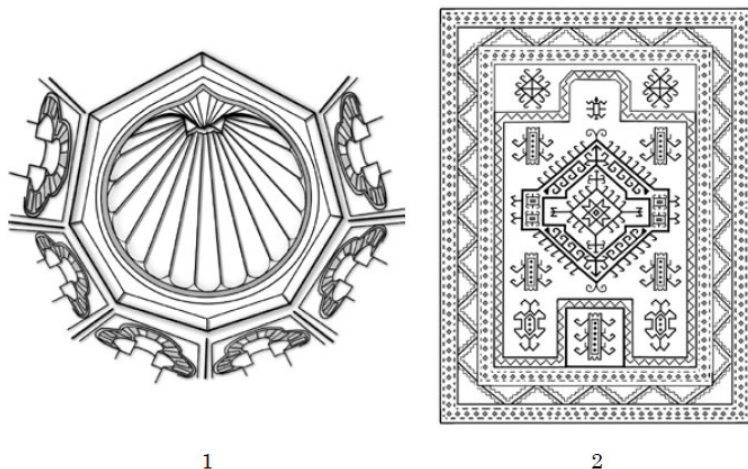


*Figure 78. Symbolic images in Islam:*

- 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); art of the Turkic-speaking nations practising Islam.

**Rigden:** By the way, there are mainly all the same symbols and signs 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, a symbol of the water sacred element. 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 (Mathew, chapter 13, verses 45-46): “Again, the Kingdom of Heaven is like a merchant looking for fine pearls. When he found *one of great value*, he went away and sold everything he had and bought it.”

Nacre, which has *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. Thing is that the lotus leaves have 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 word of nacre “perle” is derived from the Latin “pirula”, meaning a “speck”. The latter, in its turn, is derived from the word “pirium” meaning a “sphere.” The Slavic word “перламыт” is borrowed from the Ger-



man 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 as “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 (a 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 public.

**Anastasia:** Those ones *can...*

**Rigden:** They can only because people themselves do not want to know more than what priests specified for them. Here is the result. But suffice it to take a look at similar sacred symbols and notation 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, a pearl in the 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 a 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 allotted. 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, originally on the inner concave surface of the apse, as a rule, there was 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.”

**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 Christianization. Many people associate it with Byzantium but not with the ancient East! Religion and culture 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 civilizations and so on). This is a symbolic designation of Allat, the symbol of knowledge about the spiritual practices to attain the 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, but only people’s perception of the world 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 Aspects, 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 goes through the main female images of Christianity – of the Virgin Mary, Mary Magdalene... People divide the images, but their essence is the same – the divine Love, *God's Mother* – that which through Love *revives* communication with God in man, restores with Him the former connection through the Soul. It is 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 as trampling a dragon with her feet – the human Animal nature. After all, taking into account the spiritual knowledge about man and the practice of spiritual path, all this gets a *different*, deeper meaning!

The Virgin Mary is named as a “spiritually reviving power” and the “embodiment of the 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 influence flowing from 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 as 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 whatever 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 being in Kiev and visiting one of temples, I saw the old picture of the God’s Mother “Oranta” in the belt’s image. She has clearly shown hands which are raised up and spread to the sides in form of a *cup, a half-moon with its horns pointing upwards*. And the *circle* is expressed 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 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 good smile, looking at the picture): Our Lady of the Sign or “Znameniye”... of course, it could not



be any different... The light-carrying grace of God. The bosom of the Mother of the Slavic people. Existing joy of Your eyes, half-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 the 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 “знаменье” is derived from the Old Russian word “знамя”, 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 later people themselves began to honour the Mother of God as their patroness. However, those in power set a celebration in honour of that event 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, 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 did a lot of spiritual miracles in Kievan Rus since the 11th century. Even later many covert and overt the miracles that 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, encolpions (relics that were hung on the chest, which was called “люю” or “перси” in the old days), minting of small icons and so on.



1



2



*Figure 79. Images of “Oranta”:*

- 1) a bronze inserted icon with an image of “Oranta” (the 12th-13th centuries; Brest, Belarus);*
- 2) zmeyevik (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, 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, “repб” (the Russian word for “coat of arms” – translator’s note) “erbe” means “heritage”) – a unique symbol of the ancient Slavic city of Minsk (МѢНЬСКЪ) located on the bank of the river Svisloch (Svislach), one of the Dnieper’s tributaries. Legends have preserved a partial reference about the connection of the icon “Znamenije” 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 to what symbols the society’s attention is drawn.





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 with 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 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 the Christians 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. And 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 of 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 Aspects, 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 different ancient artefacts. For example, by the symbols and signs which had massively appeared 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 (not long crosses) with the symbols of the four Aspects. Interestingly, golden and silver seal-rings with images in



the ancient Rus were common in cities, while in villages there were copper ones with *geometric patterns*.

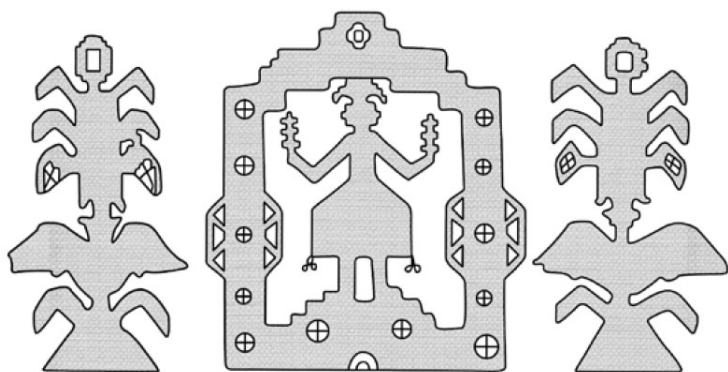


*Figure 81. Embroidery with the image of the Old Slavonic heathen temple and goddess Makosh.*

*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.*

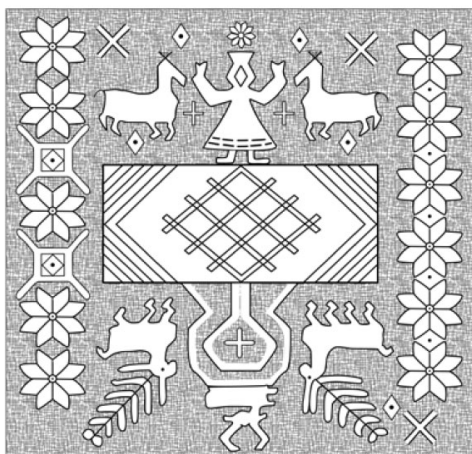
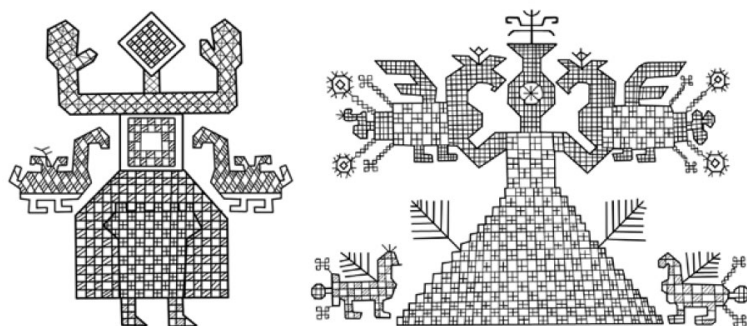


Figure 82. *Samples of Russian folk embroidery with images of sacral symbols.*

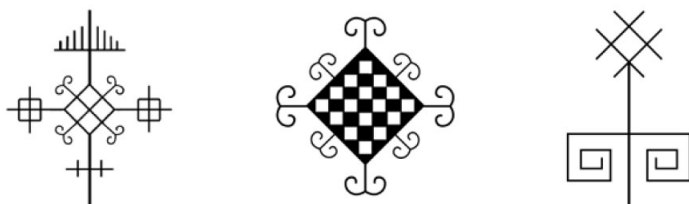


Figure 83. *Elements of the Slavic embroidery.*



**Figure 84. Symbols of the Vyatichi Slavs**  
(early 12th century; images from artefacts found on the territories of Moscow, Kaluga, partly Smolensk, and Bryansk regions; Russia).

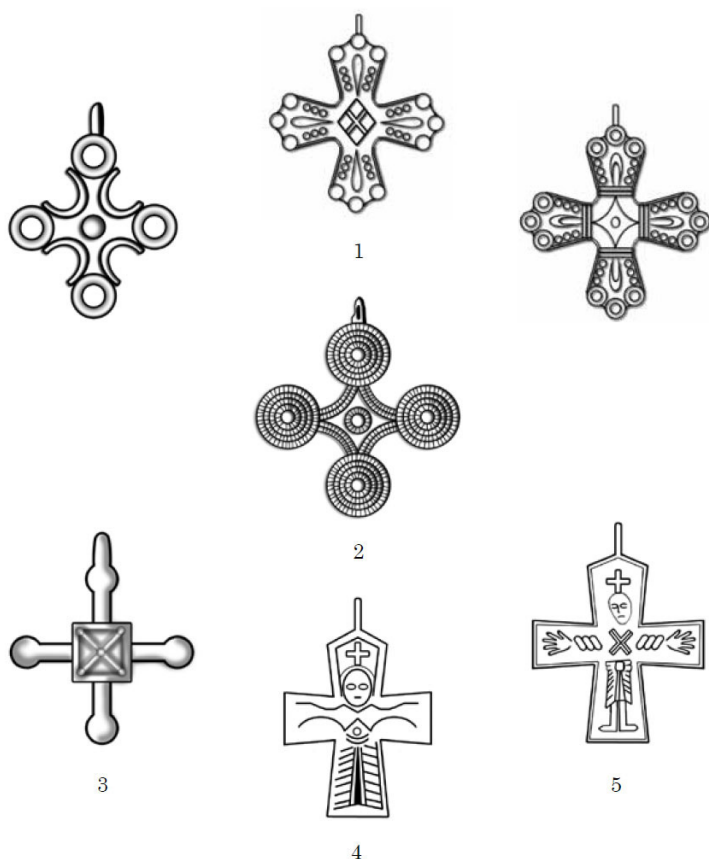


**Figure 85. Christian equilateral crosses**  
(the 11th-13th centuries; Kievan Rus):

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, having the Knowledge – all it takes is the wish 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 placed 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 Ukraine. But it is difficult not to see the symbol of the crescent with its horns pointing upwards.





**Rigden:** Many of such images of the Virgin Mary with a crescent with its horns pointing upwards began to appear in the West as the Knights Templar (the 12th-13th centuries) emerged and became stronger. Generally speaking, it must be noted that in the previous period, also Goddesses from other cultures were depicted with such symbols as the divine feminine principle. For instance, the Iranian Goddess Ardvi Sura Anahita (translated from the Avestian language, it literally means “mighty, faultless 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 Anakhita being raised by the holy bird. Image fragment on a silver cup (the 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 navigation. 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. Attribute of the head-dress of the ancient Egyptian goddess Isis.*

**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 called any circular shape: disk, orb, cylinder and the firmament.

**Anastasia:** Yes, the priests of different ancient countries in 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, elements from this cult, epithets for their “local” goddesses in order to enhance their attractiveness and, therefore, to increase also their income. However, with all those “borrowings”, they partially copied the basic knowledge as well. The people who had been truly let into the secret of the knowledge about signs and symbols understood the reason for such a popularity among people. 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 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, being guided only by general, superficial philosophy and the experience of the 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*. Then 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 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 Aspects of man and attainment of their oneness during the dominance of the Soul and its further 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, quality transformation 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, multilobal flowers and the 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



options of its growth of every sort and kind 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 was in early Christians 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 the 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 the majority understood.

**Anastasia:** Well, the East and Islam in particular are a story in itself. Once you told us about the Prophet Mohammed. This, in its turn, generated interest in the Islamic traditions, culture, art, architecture and literature. As it is known, the main shrine and the place of pilgrimage for Muslims is the birthplace of Muhammad – 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 a shrine that had been commonly recognised 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, the 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 considered as 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 represented 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 foot print, which, as the legend says, belongs to the Prophet Ibrahim (Abraham).

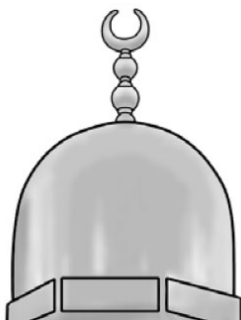


*Figure 89. The sign of Allat crowning the dome of Maqam al-Ibrahim in Mecca.*

**Rigden:** Quite true. In Qur'an (Sura 3. Ayah 97), it is clearly written about this sign: "In it are clear *signs* for people – 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 man, which opens a way to Eternity and in only which 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 understand it in their own way, according to their conclusions 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 Al-



lah'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 because of human sins it turned black.



**Figure 90. Schematic illustration of the image fragment “Muhammad 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 overturned 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 the 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 man 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 the 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, Lotus of the Limit). 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 on each stage; a “station” of 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 the only Beloved one. In the third one – the Valley of Intuitive knowledge – a Sufi only starts to know God, 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 the seeker’s Soul fuses with God, according to the Sufis’ understanding. The stage of consciousness when “I” disappears, and only the divine, the true essence remains inside man, 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 – paramitas.

The first paramita is perfection in the generosity of alms. After all, in Buddhism it means exactly work on yourself, detachment 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 profit and 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 elevated 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 and universal human principles. 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 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: realization of the Unity of the world and contemplation), when a person stops seeing the world in a narrowed way from the egoistic observer and through the sight within him, he starts seeing the true reality of the world, practicing meditations. Then he begins to understand what the true reality is, and a diversity of worlds opens to him. Man 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 man, spiritual awakening. Gaining the pure initial perception devoid of any thoughts, reaching the high non-conceptual forms of consciousness (in Sufism that is losing the human “I”, fusion of the seeker’s Soul with God), spiritual vision when 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 as Prajñāparamita (“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. Generally, 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, so that it were different in some aspects from Hinduism, avoid the concepts of the 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***  
*(the sculpture of the 13th century; discovered near the temple Singhasari located near the city of Malang on Java island; the National museum of Indonesia in the city of Jakarta).*

On the contrary, man attains this state of the highest intuitive omniscience and understanding of everything precisely when he cognises, with the help of spiritual tools, what the Soul is and, thanks to daily spiritual work on himself, he approaches it as close as possible with his Personality, and restores the connection with



God through the Soul. Another question is that out of the whole army of believers only few reach the end of the spiritual path; the others simply philosophize, 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 the 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 on the believer.

**Anastasia:** Yes, basically, they are the same stages of self-perfection. It's just that other 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 for the life of the flesh, for sinful life, and is reborn from 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 worship”; that is, basically, he confirms his readiness in life to abandon the desires from his Animal nature and serve only to his Spiritual nature, which in this religion is named communion 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 written to baptize a baby precisely on the *eighth day* after the birth, as a memory of the eighth day of the life of Jesus Christ, supposedly replacing circumcision with “spiritual circumcision” (liberation from sins) in the form of the Baptism sacrament. But before that, the ritual washing of a new-born baby in the water and giving him name precisely *on the eighth day after the 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, 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 name *on the eighth day after the baby’s birth*, and it was connected with the spiritual primordial Knowledge. **When the Soul on the eighth day enters a new-born body together with all its accompanying shells – subpersonalities, they, in fact, experience extreme stress.** After all, subpersonalities, being intelligent information structures of the material world, already have a full awareness of the all the processes of reincarnation and the 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 the ability to control these energies like before (during their lives



as Personalities), those subpersonalities that were attached to matter most with their choice, become more aggressive towards the newly emerging Personality, for whom this world and its personal choice just begin to manifest themselves. 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 his lifetime a person did magic, psychic practices and so on), even being “trapped” inside the new body, at the first stages until a new Personality has matured, may try to, at least temporarily, gain power over the body. What for? In order to be able to control consciousness and use the energies of the new body, gaining 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 done since ancient times *on the eighth day from the baby’s birth*. That is, basically, why in the beliefs of different peoples of the world it was considered that if a person got help through such rituals of ablution and anointment at the very beginning of his life path, then he would be kind. Otherwise, he would become evil.





During conducting such a rite with, let us say, water (or vegetable oils used for anointment), over which a prayer was recited and 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 the 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 sub-personalities, 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 the birth* did not assume that the new-born would belong to any religion. I shall remind 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 and his Personality formed, only then he himself defined his life and spiritual path and consciously made his personal choice, including about religion.

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 old (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 of all, 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 layings are imprinted on the further life of the Personality and indirectly influence its life choice: the spiritual or 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 recorded in different religious traditions. In Christianity, for example, in Orthodoxy, there's an instruction that children up to 7 years old are baptised in the faith of parents. From 7 to 14 years old, the child must independently confirm his desire to be baptised, together with the wish of his parents. And after 14 years old he makes his own choice which religion to adhere to. In other words, in Orthodoxy, consent of parents to his baptism is no longer required at this age.

**Rigden:** By the way, later this basic ritual of ablution and naming on the eighth day after the birth started to take place on the 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 the human wit. As a result, today's priests cannot understand for themselves and answer many important spiritual ques-



tions, not to mention explaining this to parishioners. They are just traditionally guided by religious stereotypes in their answers, without understanding their meaning.

**Anastasia:** People are often confronted with this; this is a subject of discussion on many websites and online forums. By the way, a long time ago you told us highly 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 in the future according to the moral law, do good, become better in the spiritual sense, and work on yourself. Finally, this is an impetus to hope, spiritual faith, and the fact that the Personality made at least the first conscious step towards God. If it is a baby that is baptised, it is assumed that this “teaching faith” to him will be carried out by his god-parents (those who adopted him by baptism) when the child grows up.

It turns out that 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, this is the same, only in different words.



**Anastasia:** The Baptism ritual also includes the 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 for the person walking the spiritual path to God. For example, the Christian magic and religious ritual of confirmation (from the Greek word “myron” meaning “myrrh”, “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. Actually, the following process takes place.

Ordinary vegetable oil in its properties is a good storage substance of energy and information, and it can store the 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 there, with which dominant. The “preparation” process itself is either reading a prayer, or a magic formula, or a spell. By the way, in general it can be done silently. After all, the point is not whether this information is pronounced aloud or with thoughts. 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 energy-wise with dominating material wishes, then one should not expect anything good from this.

When such “charged” oil is applied on the human body (especially in the areas of chakras), then the programme (energy information) enters it, which was previously put into this oil. Originally, this action was intended to support the person spiritually and activate his Front aspect. As a rule, pure vegetable oil was used for this purpose. And much later, when this knowledge got lost and a 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, it at least had a decent smell. Incidentally, this actually pushed people to create such a product as perfume, scent.

**Anastasia:** Exactly, scent has the highest concentration of essential oils, compared to other perfume.

**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 symbolical 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 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 found in other stages of the spiritual path, which man undertakes 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 the “rejection of sinful thoughts and deeds.” It is not so much regretting about the past as a new look at yourself, the analysis of your actions to understand and discover your mistakes and affirm the direction of your movement along the spiritual way. 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 the 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 concentration of the believer on his inner world and his personal experience of the feelings of unity with God, in fact, says the same thing as in many other religions and what is natural for any person who walks 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” is called a demonic provocation by them (demonic suggestion; in the meaning of a trick, catching, gain, attack). This is seen as an action from the *outside* on the human Soul, because such a thought arises because of the temptations that surround the person if he pays attention to them, or it may be caused by memories from the past about his own or someone else’s sins, or it may be influenced by evil forces and such. Moreover, it is emphasized 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 certain help in knowing (cognising) yourself. And this manifests man’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 – “connection”, or more precisely, the “combination” 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 image that appeared.” So the person harms himself already when he contemplates and listens to the harmful thing with the mind. The third stage “pleasure” means an imbalance when “will”



comes into action. 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 though from the Animal 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 already the “alien will” 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 not even to allowing thoughts of the non-spiritual nature to develop inside yourself, which is the fundamental principle in cognising the spiritual path.

**Anastasia:** Yes, this is a very significant moment in man’s cognition of himself, and the basis is the same 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 old. In other words, right at the end of the initial period of formation of a new Personality, when the person starts to consciously account 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 old 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 with the Greek word *metanoia* (the word is given in the English transcription), which means “after the mind”, “rethinking.”

**Rigden:** Absolutely. This is the person’s spiritual and moral transformation, which is better facilitated by not an external ritual action but by a deep perception and comprehension of your own spiritual nature at the level of feelings. Why does this religion say that God forgives any sin if man has the 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 does this, then he really begins to change. His attitude to his past also changes because he rethinks his life, and progress appears in having good thoughts, actions and deeds in the present.

**Anastasia:** Yes, for Buddhists this is perfection in zeal, producing thoughts directed towards enlightenment and fight with their selfish desires. For Sufi Muslims, this is a stage when the seeker of God must finally part with his addictions and desires...

**Rigden:** That is right. And if we look at the Chris-



tian 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 Christians service (the Divine Liturgy), mass, divine service, during which 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 considered that the deeply believing people during the worship service (reading the prayers) can “mentally observe the heavenly service”, in other words, deeply enter 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 the Truth, realization of the Oneness of the world and contemplation; Buddhists name it as all-encompassing awareness in meditation. And all this, in fact, is penetration into spiritual spheres in an altered state of consciousness with the help of the deepest feelings of man.

**Rigden:** Of course. The real spiritual way of man to God is one – through the deepest inner feelings, and human interpretations of this way are many. 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 *marriage*, which is traditionally considered 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 kingdom, coronation). Many people simply treat this action from the perspective of material thinking, without understanding the essence of all this ritual, its *symbolism*, which in the spiritual interpretation conceals an entire stage of the perfection of man 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 the highest quality of the feeling – spiritual Love, the one which is called the eternal one, pure, 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, positions of predominance in yourself of the Spiritual nature and keeping your Animal nature “on a chain”, discipline of thoughts. One must nurture spiritual Love, first of all, inside oneself and not wait for someone to show you much favour



with it one day. And when a person learns to produce spiritual Love inside himself, he will learn to understand and spiritually love others.

And people, as a rule, do not want to work on themselves and tame their Animal nature; figuratively speaking, they do not want to cast out their own “beam” out of 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 of both of them. 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 hills, and as the hills not new.

**Ashes to ashes, earth to earth, and spirit to spirit. 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 stereotypes 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 external conditions or environment but is a result of solely spiritual work of man on himself, his ability to remain in the state of predominance of the Spiritual nature. And this applies



to both women and men.

I would also like to talk about such Christian sacrament as anointing of the sick (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 on 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 the ones of which the person was unaware). Although this tradition has been preserved, today unction is more a ritual of the church healing of sick people. If you pay attention, this Christian sacrament practiced today is also attached 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, it 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 pass additional spiritual power to a person through the touch (laying on) of hands or through information energy carriers (such as vegetable oil, crystal, water and so on) . In general, Bodhisattva gave a person (if he deserved, 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 remained for a short period of time. But thanks to it, man, for example, during his spiritual practice could penetrate the divine sphere beyond his personal abilities. Accordingly, he could gain the 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 I have not yet mentioned the influence of this power on the physical body. When a person is provided with such spiritual power, naturally, his body, 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 functions 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 spiritual help to the Personality, so to say, “spiritual healing”, the possibility to get in touch with its truly 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 done by the person who spiritually liberated himself from earthly reincarnations, that is, who reached the *seventh* dimension during his life (here is where the attachment 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 a different, a new Being in quality.

But people are people. Many of them are simply prone to envy and imitation from the human mind. They even do not 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 be given everything that he asks 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 with 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 this “incantation” healing? The priests that practiced prayers, powerful shamans, psychics and such can affect the human being for a short time. But of course, all of this is within the area of the Animal mind; that is to say, they can have influence from the perspective of the sixth dimension at best. 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 the understanding of 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 not do 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 to you.” Man himself chooses which nature to give the power of his attention to: either to the Animal or to the Spiritual. Wherefore human desires differ so much: some pray for the health for their mortal bodies, while others – for life eternal for





their Personalities in the true home of the Soul.

**Anastasia:** Yes, it cannot be denied that in today's society only imitation of the form takes place, without knowing the essence. Such spiritual work 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 priests themselves have been concealing from society this knowledge about the possibilities of independent spiritual development of each individual. Even those people who look for the Knowledge begin their search guided by the material, conventional worldview, and, correspondingly, they find people with the same outlook. So when it comes to spiritual cognition, they have it like in the Biblical saying: "If the blind lead the blind both shall fall into the pit."

**Rigden:** Absolutely. As a rule, such people partly look for teachers to shift responsibility for their spiritual development to 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 the 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 perceived the Truth are a



mere handful! Why is there such a paradox? Because at every turn you see spiritual worldview being substituted with the material one; there is politics and lust for power and money. It is an open 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 ordinary people while holding different, even quite high, ranks.

**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 so of 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 right, 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 the people in power, how and why a battle for the control of the consciousness of entire peoples in different countries takes place and even for world domination.

**Rigden:** Yes, to get information is just half the matter. What is much more important is the quality of its comprehension! Let us go further and consider, for exam-



ple, the ritual of the Christian sacrament of Holy Orders (ordination), meaning ordination of a priest in the church hierarchy. Unfortunately, today in Christianity it has been likened to a ceremonial, theatrical show, performance of clothing certain people with the power to “administer sacraments and shepherd the flock.” This is nowhere near spirituality – there is politics here. Given the present attitudes within different Christian churches and movements, which are subordinated to the consumer mentality, in most occasions 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 distributed. And what occupies the mind of the majority of those present at the time of the ceremony? The “seasoned” want to know the distribution of power and attitude 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, it was only 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 to God. But, unfortunately, such people are very and very few.

**Anastasia:** Indeed, these are all works of men. Each person chooses that for himself 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 human spiritual development. It’s the same thing that is called in Sufism as 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, the people who follow the spiritual path by means of inner work on themselves, regardless of whether they belonged to the 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 quality spiritual transformation already during his life. At this stage of spiritual development, a person truly learns such 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 the parts of spiritual path and so on. But what I would like to say in this regard. **The 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 as a 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 could keep 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 gained spiritual vision (saw God’s grace in every creation). On the ears – so that the person heard the spiritual word...

**Rigden:** By the way, in ancient times the people who had the true spiritual knowledge about this process applied oil not on ears themselves but exactly on those points over each ear which I had mentioned while talking about the meditation on the four Aspects. That is, the very areas above ears where there are structures which participate in the process of man’s perception of orientation in the spaces of different dimensions in altered states of consciousness.

**Anastasia:** Yes, it turns out that everything was once done knowledgeably... 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) symbolizes the opportunity to follow the spiritual way, which leads into the “kingdom of God.” In other words, despite the Christian philosophy of the 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 “prayed, sanctified” oil on practically one and the same parts of the body; that is to say, the activation of man’s certain energy zones – 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 suffices for an attentive person only to have 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. They actually point at the spiritual symbols and the practical knowledge of self-perfection of man.

For example, in Christianity, or rather, in the Orthodoxy, there is the icon *Christ in Majesty (Spas v Silah)*. It once occupied one of the central positions of the iconostasis of the Orthodox cathedral. In Rus, it was exactly during that time (the 14th-15th centuries) when the low rood screen was replaced by the big screen – iconostasis, which separated the altar from the main part of the temple. So this icon is notable for its unusual symbolism.



*Figure 92. Image of the icon Christ in Majesty (Spas v Silah) (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 his 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 a position of fingers is used in certain spiritual practices when “looping” of man’s energy meridians thus takes place.

**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 have already told you once 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 the actuating 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” is also used instead of the word “chakra” to indicate man’s seven energy centres. Incidentally, in Sufism, for example, there is a similar spiritual practice with the main (six) subtle centres in man’s energy body (“lataif”). In different 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 on 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 designated with *navy blue* (blue) 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. At the beginning, wearing a ring on the ring finger was a secret, purely conditional symbol among the people initiated into the





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 improper swastika). If a person wore a ring on the ring finger of his right hand, this meant a follower of the forces of light, man'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 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, which showed to 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 an addition 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 addition says the following: supposedly he who can correctly pronounce the “Name of God” (originally legends had it as the “Primordial



Sound”) “can ask anything he wishes from God.” Until now stories have remained 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 a desire. For those who live inside with God, 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 to have their own animal power over everything and everyone. But they do not understand that for them as for an immature fruit, 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, having matched this information, 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 Arian (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, in fact, people have 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 of 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 exactly 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 bringing happiness”, “the Unbeholden” 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 linguists are theoretically getting only now.

**Anastasia:** Well, that’s sad and funny at the same time... It turns out that people in society are fighting, being at enmity with each other, and arguing over mere *epithets* of the One who is one and the same for everyone.

**Rigden:** Unfortunately... even without 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 symbolized the concept of “the One, the Eternal (Supreme).” That is why from 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 the loss of the primordial Knowledge. But all these are deeds of men.

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 of the 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 started to be made of metal... So, the first rings in the ancient secret societies were simple, and the difference was only on which hand they were worn: the left one or the right one. But after, as they say, a data leak happened, 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, deco-



rating them with precious stones and so on. Then, the initiates started depicting certain signs and symbols on their rings, which were understood by 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 the Knowledge, such a conventionality as ring wearing lost its meaning among those who were involved in the primordial Knowledge. However, the tradition to wear 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 from devising “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 is as usual: human pride out of nowhere.

**Anastasia:** I would like to illuminate another interesting question in connection with the topic discussed about the 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, earlier the name “perst” was given to the ring finger of the right hand. To this day, some peoples, for instance, the Kazakhs, still have a custom associated



with the ancient popular belief that new-born children should be first given not the mother's breast to suck but a ring finger in order to ensure the baby to grow into a good, kind and spiritual person. These are exactly the 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 wear wedding rings on ring fingers of the right or left hand (it depends on the country). Nonetheless, echoes of the knowledge once possessed by people still can 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 non-seperability of *the crown with the spiritual world*.

**Anastasia:** The majority of people do not even 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, symbolized spiritual vision, knowledge, and superpowers, then the thumb symbolized the energy potential of man himself. In particular, the thumb indicated that in a meditation involved the chakran located approximately in the lower abdomen, inside the pelvic girdle, between the tailbone and the pubic symphysis. Externally on the schemes of man, it was conditionally depicted in the crotch area. But this is only conditionally, 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. It has been traditionally marked in red colour.

In the East, the awakening of this powerful energy potential is called “the awakening of the sleeping *Kundalini Serpent coiled three and a half times*.” 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 some of its properties later began to be attributed to the Holy Spirit in Christianity. It helped awaken a powerful, creating force of spiritual Love in a person, which does not come even close to any physical sensations or manifestations of coarse 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 seeks the Spiritual nature to dominate in him. In Christianity, ascetics (the Greek word “askesis” mean-





ing “an exercise, a practice”) call this stage of spiritual development *the attainment* of the state of *dispassionateness*. 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 give a proper result.

In the East, the result of awakening of Kundalini is regarded as a qualitative change of the human consciousness, a spiritual awakening, an intuitive perception of the Truth. In Christianity, this stage is called already *the state of dispassionateness* itself, when the “mind enters the supersensual”, and the attainer “is moved 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 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 road to 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 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 believed to be “the greatest Good”, that



unchangeable, everlasting and immortal which contains the supreme power and wisdom.

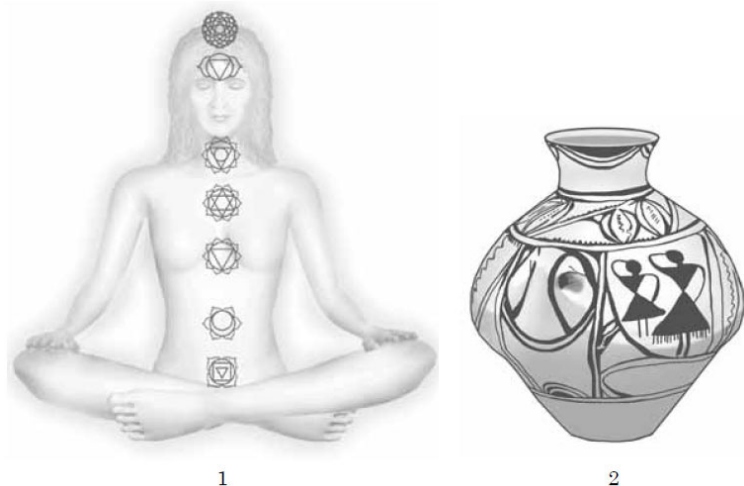


**Figure 94. Conditional designation of the main chakrans in the attainment of the supreme state of liberation:**

- 1) modern traditional schematic representation of the human being in the Lotus position with 7 chakrans;
- 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 chakrans.

It is that Good that each human Soul strives for. In essence, this is exactly the qualitative human transformation and transfiguration of his 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 man himself, 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 Silah*), 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 Aspects 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 allegoric interpretation of the Back Aspect among the ancient Eastern peoples, in the context of the knowledge about the four Aspects.



*Figure 95. A schematic image of an illustration from Carolingian minuscule*

*(the 9th century; discovered in France; library of Valenciennes): the Mystic Lamb (in the centre) and four “apocalyptic beasts” holding a Book.*

**Rigden:** Absolutely, although it has been long since anyone remembered about 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 civilization, the calf meant the Animal nature, while the majority of ancient peoples associated it with the characteristic of the Right Aspect. 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 aspect – 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 Aspects, initially 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 aspect. The eagle is already a priests' addition into the information they borrowed from other peoples. But this is already another topic for conversation.

So, what is remarkable in the story of the Orthodox icon *Christ in Majesty (Spas v Silah)*. All these “zoomorphic creatures” are holding a **Book** and are located as symbols at the end of a secret pattern – *a diagonal cross* in the form of rays coming from the cube. The latter is symbolically depicted as a rhombus. In general, *a blue (green) oval* is put over *a 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. At that, one of His feet is taking a step *onto the corner* of this *cube*, and the other foot is



placed inside a 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 symbolize 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, triangles as well as stylized 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 Silah)*. 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 a Lord of the visible and the invisible worlds, a symbol of incognisability and embodiment.



**Figure 96. Arrangement of symbols  
on the icon Christ in Majesty (Spas v Silah)  
(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 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 the four Aspects, 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 Aspects, 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! Well, here there is all the basic knowledge about man and his spiritual capabilities on the way to God! This is another confirmation of the fact that when you possess the Knowledge, you can maturely understand the key essence of the information recorded by people in the past.

**Rigden:** In principle, such a way of the transfer of Knowledge 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 Silah)* has been located in the very middle of the iconostasis of the Cathedral of the Annunciation in the Moscow Kremlin since the 14th century until today. But the question is who *sees* it? In the Christian religion, *Christ in Majesty (Spas v Silah)* symbolizes 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 general 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 an appearance 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, it is smaller in size and it is a migratory bird. The turtle dove would appear in Palestine in early spring. It was considered to be the first message bird, a clear 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 availability of a Book as such that is emphasized, 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 each person painted it depending on the 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 “within and on the backside”, sealed with seven seals, which can be opened and read by none 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 close, where exactly in the “Revelation” one can find the story about the Book and the four animals.

**Rigden:** In the Bible, this is the 4th and further 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 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 used not only in religious but also in secular texts.

What is, for example, modern letters in different languages? They are, in fact, conventional signs invented by people. Their various combination is a kind 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 a part of some 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, realisation) 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 the 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 it is very important what dominates a person at this moment and what the power of this application is, that is, what is the nature of its origin. For example, a person is reading a modern book, good fiction. But at this moment the Animal nature dominates 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, the Will in compliance with a program from the Animal nature. And if the Spiritual nature dominates the person at this



moment, another side will open itself for him: he will not only enrich himself with the information but he will also be able to understand it maturely; what can open itself to him is the awareness of the origin of certain sources of power the author himself inserted through the code of conventional signs activated by him.

**Anastasia:** That is, the same book but which one reads, as they say, with the Love of God in the Soul, will make it possible to understand the information embedded in it without bias, comprehend the essence, feel and recognize 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 the people who at the time of recording them (writing a 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 on 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 and what put 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 all the complex human structure in six dimensions.

**Anastasia:** Yes, this information requires a deep understanding...



**Rigden:** Regarding the information recorded in the symbols of the icon *Christ in Majesty* (*Spas v Silah*), in Rus this knowledge was later disseminated also through the image of the icon of *Our Lady of the Burning Bush* (*Neopalimaya Kupina*). So, 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 put over 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 symbolizes that it is the Mother of God that spiritually elevates humanity “from Earth to Heaven.” Among the images in this icon, there is 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 (Neopalimaya Kupina)**

*(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 comes from a local line of iconostasis of the Transfiguration Ca-





thedral of the Solovetsky monastery. And many people know about it. Almost every Orthodox family has icons of such a type. 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 from 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, but 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 are 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 to be called so not from the word “купина” meaning “blackthorn, shrub” but from the Old Slavonic word “купа”, which means a “connection”, “elevation”, a “collection of something.” And the fact that it got associated with the superstition of protection 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 the knowledge has been



passed down through it to the majority, even in such an “unopened 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 of *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 whose help the human Soul is liberated from earthly reincarnations. Jesus as a Spiritual Being from *a different* world updated 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 located between the worlds for the sake of spiritual liberation of the human souls. And it is only when diligence and work on oneself of the spiritual seeker and the power of God’s Mother (Allat) were connected that the Personality merged with the Soul, that is, a person attained the liberation of his Soul, the seventh dimension or, as they say in Christianity, “paradise”, “the kingdom of the Father and of 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 dispassionateness, which, only when coupled (together) with the creating power of God, leads to liberation.**



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 are held. Here is a simple example.

As I mentioned, not too long ago the cult of the goddess Isis, which originated already in ancient Egypt, used to be very popular among different eastern and western peoples. By the way, suffice it to pay attention to the art of ancient Egypt, to those of its patterns which have been preserved until now in buildings, paintings of ancient temples, and sculptural images. One can see the same symbols of passing down the basis of the spiritual Knowledge as everywhere around the world: the working “**ALLATRa**” sign, lotus, circle, cube, diamond, pyramid, cross, square, a symbolic image of the four Aspects. So, the cult of the goddess Isis lasted more than one millennium, including the era of the Roman Empire. 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 the goddess Isis just like it is being spread today through the cult of God's Mother. The primordial Knowledge has long been lost for the most part, but the symbols and signs have remained!

**Anastasia:** Yes, Isis as the “Great Mother” was often depicted exactly with the “**ALLATRa**” sign on the head, as we have said, in the form of a *cup-shaped crescent* with horns pointing upwards, above which, as the protruding side of the pearl, a *circle* is located.

**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 Single Supreme” (the Single Eternal) with the sound *Ra*. From 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 water. The Great Goddess (who was called with different epithets, which later transformed into names), initially acted as the conductive power of *Ra* (the Single Eternal). At various times the bearers of such a sign in ancient Egypt besides Isis were the goddess Hathor (a daughter of the sun *Ra*, her name means the “home of Heaven”) the goddess Iusaaset (her name means “the creating hand of God”, “the greatest among those who come”). It was considered, for example, that if a person tastes the spiritual gifts of the goddess Hathor, then this will give him more spiritual powers, and she will help him cross from the earthly world to *the other (spiritual) world*. Due to which the following epithets were bestowed upon her: the Great Mother, the Goddess of Love, spiritual joy, “The one shining in the rays of *Ra*,” the Great Woman, the Creator of all living. 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 secret knowledge about *the wave nature of man* and the moment of spiritual transformation.

**Anastasia:** Yes, the same colours are present, as it has already been mentioned, in the designation of the divine characters who among 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 in 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 shown in *green or blue (navy blue)*. In the Christian religion, these



colours are inherent in the Holy Mother. The rhombus of *The Burning Bush* (*Neopalimaya Kupina*), which contains the image of the Virgin Mary, is also indicated by a *green* or *blue* (dark blue) colour. This indicates that one and the same basic knowledge was passed down from generation to generation, from people to people. Incidentally, there is the ancient word “Главка” (*Glavka*), which the ancient Greeks borrowed in their time for their mythology from the peoples who once lived on the present Slavic territories, to denote the creating power of the divine principle connected with water, which also ruled colours “*green and blue*.”

**Rigden:** I will say even more. In order to explain to people the Knowledge of the invisible world, one had to refer to the 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 man (for instance, Isis, who was represented as a woman, eventually became its reflection) was initially depicted in a certain pose that reminded the sacred *cube* – when a person sits hugging his knees. From above, the “cube” was crowned with a head, indicating its top. And on the head or on one of the faces of the cube the “**ALLATRA**” sign was placed.

The essence is simple. This is a symbolical 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 the divine power of the feminine principle (Allat) and qualitatively change his nature, becoming another – Spiritual Being. It also meant six dimensions, in which



the human structure was placed. The flat *square* stone is the earthly material world, and also four corners as an indication of the four main human Aspects. Later, when people started imitating this, priests began copy (immortalise for the sake of the earthly glory) their faces in the form of cubic sculptures.

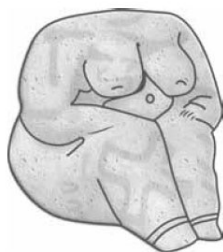
Later, when in ancient Egypt, for example, gods began to be portrayed in the form of personalised sculptures, then in order to reflect their divine essence, the god's figure was placed on a cube. And if it was necessary to indicate the connection between earthly and heavenly (divine), then it was put on a cube, which was placed on a flat square. If the figure was placed simply on a flat square, it meant only the earthy 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.



1



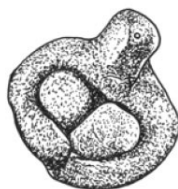
2



3



4



5



6



7



8



9



10



11



12



14



13

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”, symbolizing Heaven; it was believed that a person, while following the path of self-perfection, should create (“smelt”) in himself a means to attain immortality, which in the Chinese treatises was called as a “wonderful pearl” and a “jasper jewel”, which transforms his whole body and would make him clean and immortal (jasper);*
- 3) *Palaeolithic cubical sculpture of a goddess in a sitting position with bent knees 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 part 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 the position with bent knees and arms wrapped around them (artefacts of the Harappan Civilization);*
- 6) *an Aeneolithic object with a central rhombic symbol;*
- 7) *a ritual Aeneolithic cubical shape with a geometric ornament (standing on a support with 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 (the 4th-1st centuries BC, the Karnak temple (Thebes, Egypt))*
- 9) *a bronze statuette in the form of a cube, on which, enthroned, with bent knees and arms wrapped around them, sits the ancient Egyptian goddess of Truth and Justice, of the universal harmony and order, sits in sitting position, with bent knees, arms wrapped around them – Maat (the 12th-11th centuries BC; Ancient Egypt);*
- 10) *a cubic statue of the scribe Kha with the “AllatRa” sign (the 2nd millennium BC, Abydos, Ancient Egypt);*
- 11) *a figure of the Aztec goddess of water – Chalchiuhtlicue (the 15th–16th centuries AD; 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* (the 14th–15th centuries AD; Mexico, Central America);

13) a cubic figure of a person sitting in the lotus position, with symbols on the body; was used for fixing a sacred tub; the bucket was discovered on a Viking ship (the 9th century, Norway);

14) a cubic statue of Senusret-Senebefni (the 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, having tucked legs, with arms on the knees. Similar figurines were found among the finds belonging to the Harappan civilization. And what about the cubic figurines of ancient Indian and Chinese gods?! I’m not talking about the multiple artefacts of the Aztec, Olmec and Maya in Mesoamerica! On the territories where the Slavic people lived, figurines of the *Great Foremother* of the period of Tripolye civilization were found, where on her bosom there is a rhombus with a diagonal cross inside and with centred points! And another version of depicting her is with specific symbols of a truncated pyramid or with two intertwined serpents, which, taking into consideration, for example, ancient Indian knowledge about the power of the “Kundalini Serpent”, symbolise the creating power of the spiritual revival of the human being.

**Rigden:** By the way, two snakes curled up into a ball were one of the original symbols among the ancient peoples of the *death and resurrection* of nature, its *renewal*. Snakes (for instance, grass snakes) go under the ground in the autumn and curl up into a large ball in burrows in the earth, entering winter hibernation, wake up in the



spring and leave the burrows (they go from under the ground). That is why they served as an associative example for those people who wanted to understand what reincarnation, death, and resurrection of man 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 civilization, 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 separating 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 civilization 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 Aspects!

**Rigden:** The rhombus form is often found in the most ancient ornaments. It was called as the symbol of unity of Earth and Heaven; it was associated with the lily and the lotus.

**Anastasia:** Here, even if we trace the etymology of the word “rhombus”, we can elicit 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, the 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 as quintessence (from the Latin word “quinta essential” – the “fifth essence, aspect”), 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 all the superlunary world unlike the four elements of the sublunary world, which are subject to the 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 absolutely correctly 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 here, a statue in the form of a cube symbolized the victory of the spiritual nature of man over the material one, that is, 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 cut an address to the One, who had invisible nature.

**Anastasia:** I believe that readers will be interested to know 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 civilization but also in the Mayan civilization, 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”*

*(the 19th-18th centuries BC, Ancient Egypt; The Pushkin State Museum of Fine Arts, Moscow, Russia).*

The ancient Egyptians had a special attitude to the Sound as to a sacred manifestation of the invisible One who created everything. 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 a 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 the goddess Isis and Hathor, on whose heads, incidentally, there was the “ALLATRa” sign.

**Rigden:** All this, of course, are external rituals, which, however, symbolized exactly 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 the masses of people see.

Later, when the knowledge began to get 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 faces, 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 symbolized 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 as holding the symbolic Left and Right Aspects in her hands as a sign of victory over the Animal nature, which were 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 man. 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 potentialities (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 – a 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 symbolized 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: a staff (the rod of spiritual power over matter, entwined with one or two serpents, a blossomed sceptre),





*knowledge* in the form of *an open scroll (open book)*. Still later the goddess Isis began to be depicted in the following way: she presses the palm of her right hand 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 Front aspect of man. Drawing wings as such for many peoples meant the connection with other worlds, dimensions, the symbol of elevation of the Soul into the Eternity of the spiritual world after the death of the body in the material world. The image of the bird became an archetype of all winged creatures.



*Figure 100. Image of a statuette of the goddess Isis with the Child Horus*

*(the 12th century BC, Ancient Egypt; the 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, the *falcon* symbolized the forces of light, spiritual vigilance and courage in actions. The *eagle* symbolized the dark forces and a 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 replaced with 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 organizations. Are there many falcons to be found there? However, the number of eagles is countless. This is just another indirect confirmation of the numerous facts on what edge today's society stands, 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 fight the forces of Darkness. The embodiment of life force and the Soul – “ba” was represented in the form of a falcon-headed person. 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 the sign of the *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 among the ancient Persians – Ahura Mazda.

So, returning to the topic of the symbolism of the Great



Mother and the cube. The name of the 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 has been precisely connected with the ancient



*Figure 101. Image of the ancient Egyptian falcon  
(a part of a pendant; the 7th century BC; Ancient Egypt).*

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 emphasizing the fact that the goddess *sits* at its very *top (corner)*. This throne (seat) is also often placed on the head of Isis to mark her name, which is one of the ancient epithets of the Great Mother connected with spiritual elevation, with a symbolic holy place, the connection of Heaven and Earth. And so the symbolic cube became a throne.

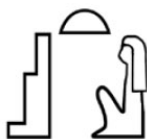


*Figure 102. Ancient Egyptian hieroglyphs of the goddess Isis  
(the first symbol is a side view of the throne).*



And now is enough to draw an analogy how different religions call the place of *being 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 a “lotus” and “diamond” throne. In Christianity, for example, instead of the word “throne” they used a word that was similar in meaning – “пестол” (“prestol” in English transcription – *translator’s note*). The old Slavonic word “пестол” (“prestol”) is derived from the word “стол”, “стлать”, (“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 the throne*.

**Rigden:** That is right... But it is worth noting that one thing is to depict gods with typical symbols in order to pass down spiritual knowledge and another thing is 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 very initial essence. I will not even mention the civilizations 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 legends in chronicles about the “royal regalia” in Rus, about the so-called the Throne of Monomakh, which has



been preserved until today.

The tsarist throne was earlier called “Tsar’s place.” This was a symbol of supreme power. It was located not only in his prince’s outer entrance hall (in 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 *seat*. And the *props* of this *pyramidal throne* were the figures of *four animals*. What kind of animals? “A fierce lion, skiment (a moster beast), uena (hyena) – a vicious beast without turning neck and two oskrogan: one has many knots and the other is also full of light to the brim.”



*Figure 103. The Throne of Monomakh*  
(year 1551; The Cathedral of the Dormition of the Moscow)



*Kremlin, Moscow, Russia).*

**Anastasia:** In other words, in the props of the tsar's throne there were symbols of all the four Aspects of man? The lion and the hyena are lateral Aspects, and the one that has many knots must definitely be the Back aspect. And what is the exact translation from the Old Slavonic of the last phrase?

**Rigden:** "...and the second one is full of light until the edge (limit, top)."

**Anastasia:** That's exactly about the Front aspect! Here's the Old Slavonic ancient language... Yes, as they say, it's a shame not to know it.

**Rigden:** Regarding the four Aspects, for the ancient Slavs, as I have already mentioned, it 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 an associative form which could be understood by people. For example, let us consider the Slavic deity Strobzh (Stribog) – the god of the four winds. The root of his name comes from the word "build", and the main function was defined as "the organiser of Good." The four winds of different seasons allegorically stood for the four human Aspects, those invisible intelligent spaces that tried to dominate him. And 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 association of the spring wind was with the Front aspect, 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 man “built Good inside him.” The rest depended already on his 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 is the closest to characterise the invisible nature of the four Aspects!

**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 “шатръ” (“shator” – *translator’s note*) is derived from the Turkic “šatyr” meaning a “tent, canopy.” By the way, the ancient Indian word “chatram” means a “barrier, veil”, and was associated with the meaning of “I open and close Light.”

**Anastasia:** “I open and close Light”? That is, in fact, in the spiritual interpretation this is a “key to heaven”?!

**Rigden:** Absolutely. So, 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 modern language, of an active aspiration of man to 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 whose top a small *cupola* was placed as a finalisation with a *hemisphere*.





**Anastasia:** A finalization with a *hemisphere*?! A final on eight faces 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: the head of work, the head of the house, a chapter (head) of birch bark manuscripts, and later books and so on. But in man himself the "glavka" was the *crown* of his head, the tip 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 lotus." This is the *seventh* chakran of man. Interestingly, the Hindus believe that it is here that the Spiritual consciousness blocks the lower human essences which bind the Soul that seeks eternity with earthly attachments and desires. 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 creating power of Kundalini ("the Kundalini Serpent"), rising through the six chakras, 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 were derived.



**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:** Different 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 its external symbols and scale of construction. But the inner space of these ancient temples was extremely small and *not intended for crowded* “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 symbolized the path of spiritual perfection in man himself.

**Anastasia:** The ancient peoples that once lived on the present Slavic territories really had a rich spiritual heritage, as evidenced by archaeological findings with 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 believed that their ancestors supposedly descended from “savage tribes”, who had no spiritual heritage.

**Rigden:** People should consider why such an “opinion” is being imposed on them and their children, and why everything is being done to ensure that people themselves are not interested in something bigger, in what they are not “supposed to know” as defined by those in power. Why, having the present technical capabilities of the civilization, the world’s priests carry on with in-



formation attacks on the consciousness of these people, making out of them “Johns who do not remember their kinship?”

**Anastasia:** Yes, if the Slavic peoples wake up from their spiritual slumber, they, following the generosity of their Soul, will spiritually awaken other peoples, and this all-people’s awakening will affect the whole world...

You once told us some interesting information about the “Revelation” of John. In particular, how he wrote the story of the Apocalypse, using the information of the Jewish priests, who had borrowed much from ancient Greek legends, religious beliefs of the Eastern peoples, including from the 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 the 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 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. 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 the death of his physical body. The ancient Egyptians called it “the afterdeath Court of the supreme god Osiris” (the wife of the latter, I remind you, was considered to be the goddess Isis). I once told you about Osiris. His name means “*He who is at the top*.” He is considered to be the lord of the afterlife world, who holds a Court over every human Soul after earthly life, deciding its further fate. In the modern version of the translation of the text of the papyrus which tells about the “afterlife Court”, the epithet of the person who enters this “Court” sounds quite amusing – “freshly died.” As they say, as man understands life, so he translates into another language. The ancient Egyptians believed that life continues also after the 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 the people. The place of the Court (*the transition state of man 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 as *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, the marked corner of the cube points. At the Court (in the Great Hall of Two Truths) the *four* defenders of the throne of Osiris 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 throne of Osiris 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 “He 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 Qe-behsenuf.

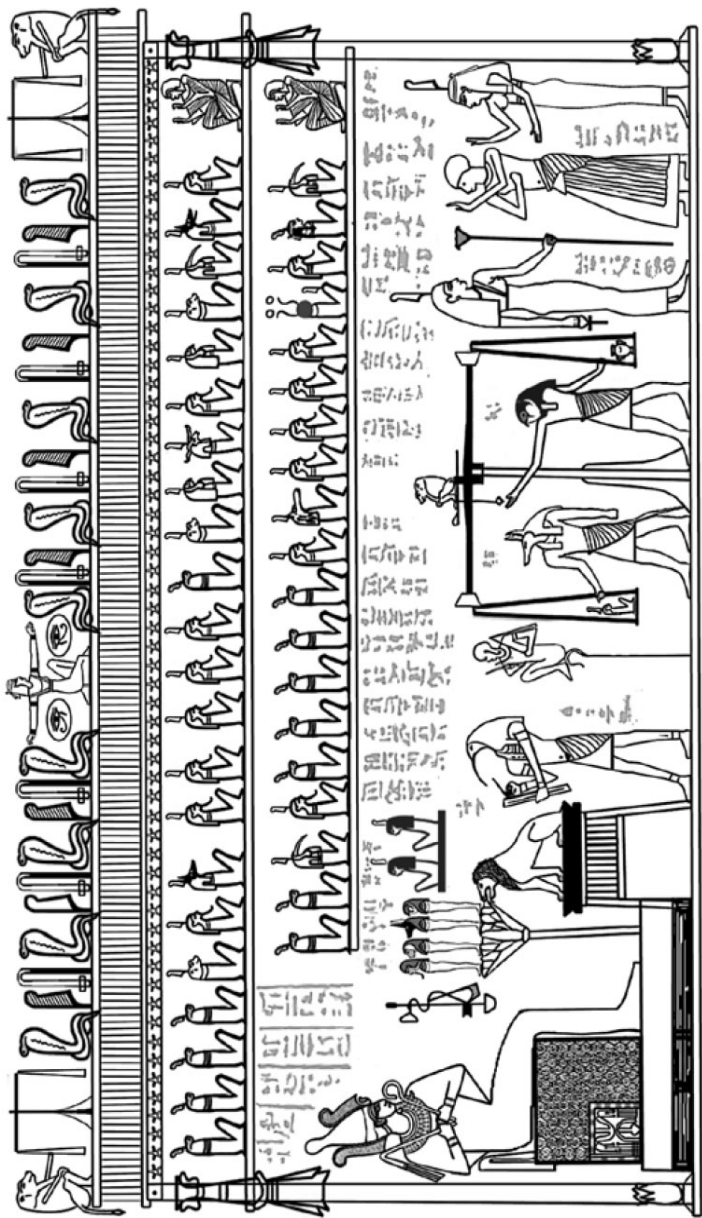


Figure 104. The Court of Osiris



(Scheme of an ancient Egyptian image on papyrus. The 6th century BC. The Book of the Dead; Hermitage museum, St. Petersburg, Russia).

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*. This *main four* is 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 undergone changes and distortions due to interpretation from the mind with the domination of the material thinking, but nevertheless some echoes have remained.

In the original spiritual sense, these are the *four* main human Aspects. This is a 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 life lived. The Back aspect – Amset, was depicted in the human form as a symbol of all 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 aspect – Hapi, was depicted with a head of a monkey (a sacred 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 aspect – Duamutef – with a head of a jackal is a symbol of a highly developed animal, a 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 jackal, the ancient Egyptians observed very accurately the main characteristics of the Left aspect during its attacks on the per-



son with the corresponding thought forms. Because the jackal also sneaks up on the victim unnoticed and cunningly and seizes it abruptly. It is characterised with audacity and insolence of sudden attacks. Even in a high jump, it can seize a bird rising into the air. 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 whine in response.

And finally, the symbol of the Front aspect is Qeb-senuwef with a 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 rushing along the spiritual path (upwards, heavenward) to the liberation of his Soul. It was also a symbol of inspiration, climbing 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 Aspects are also called as “masters of the Truth and the Verity”, “the supreme princes standing behind Osiris’s back”, the “pillars of Shu” (Shu, according to cosmological legends is “He who once raised the sky from the ground and holds it; 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 the throne (John has it as “in the midst of the throne and around the throne”).



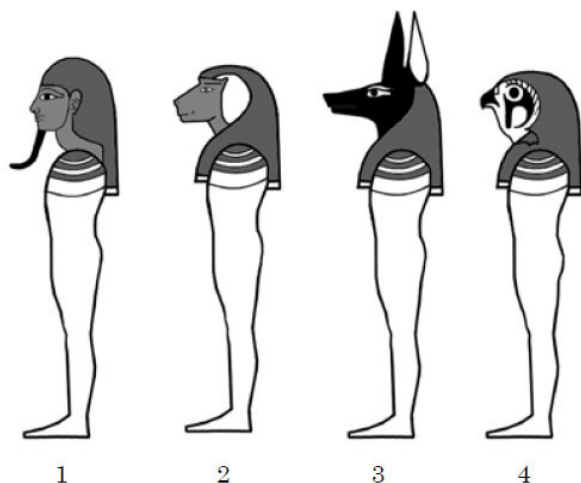


Figure 105. *The Four Aspects at the Court of Osiris*  
(part of the image “The Court of Osiris”):

- 1) *The Back aspect (Amset) with a human head;*
- 2) *The Right aspect (Hapi) with a head of a monkey (sacred baboon);*
- 3) *The Left aspect (Duamutef) is jackal-headed;*
- 4) *The Front aspect (Qebehsenuef) is falcon-headed.*

**Anastasia:** You then mentioned that in front of the “One sitting on the cube” (Osiris) on the “altar”, there is the symbolically depicted *Animal mind*, in the form of a lion, as well as a faded lotus flower. From the latter only the seed pot remains, on which, as a matter of fact, these four Aspects stand.

**Rigden:** That is right, as I have already said, the lotus in this form was usually depicted as a symbol of the spiritual result of the life path of the Personality 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 Aspects, 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 the “thoughts and deeds” (sins) of a person recorded by each Aspect. This is a kind of conditional indicator of the quantitative equivalent of the active domination of each Aspect for the life lived by the Personality. It is impossible to hide anything, all the secrets are revealed. These four Aspects become like “silent Witnesses” that never lie. All the person’s deeds, thoughts, emotions, experiences, all the temptations, with what the person was seduced 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 part of the image “The Court of Osiris”).*

**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 accord-



ing to the results of the testimonies of the four Aspects located on the scale.

**Rigden:** Yes, usually next to it near the bowl, the symbol of the Front aspect was additionally depicted (a figure with a head of the falcon), indicating its involvement in the weighing, thus associatively demonstrating how much it was active during the person's lifetime. And one of the Aspects of the Animal nature (the Back one, the Right one, 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 Animal nature's dominating Aspect was depicted, showing how much it was active during the entire human life. Most often, the Left aspect (the jackal-headed figure) was depicted at this place. It is considered to be the oldest one (the one leading the Back and the Right Aspects) and the cleverest guise of the Animal nature in man.

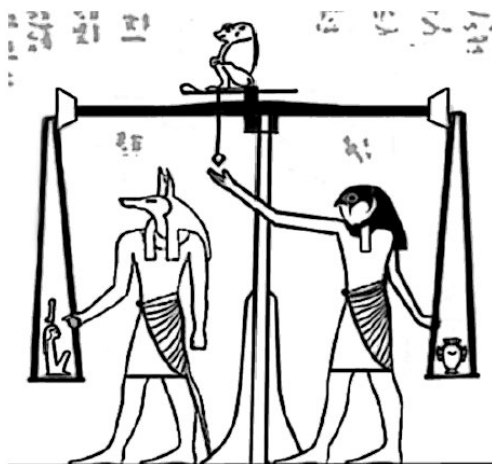


*Figure 107. The weighing of the Soul*

(a part of the image “the Court of Osiris”): on the scale, onto which the jackal-headed figure (the Left aspect; Duamutef) is



*holding, there is a figure of the goddess of Justice and Truth (Maat); on the scale onto which the falcon-headed figure (the Front aspect; Kebeksenuf) is holding, 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 regard this proceeding from the spiritual Knowledge, it turns out that these Aspects at first provoke certain thoughts in man 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:** So it is. However, this Court takes place not in the way people have made it up, explaining the processes of the invisible world to one another through associative images that the 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 the death of the physical body.

**Anastasia:** So, if during lifetime the Personality mostly chose the Animal nature, activating mainly its Back and lateral Aspects, 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 the activation of the Front aspect “outweighed” during the human life, then the “Soul became free.” According to the ancient Egyptian beliefs, it was sent in the “Solar ship”, that also was called the “Ship of eternity”, “the Ship of million years” to Iaru (Ialu; Elysian fields, “Paradise”), to other world another, spiritual world.

**Anastasia:** And if we consider that the ancient Egyptians, just like other peoples, such as the Tripolye civilization, depicted the “Solar ship” in a form of the “ALLATRa” sign (a crescent with a circle, “the smile of Ra”), then the comparison becomes quite intriguing. He who once gave this Knowledge obviously knew much more about the dimensions of the Universe and the spiritual world than it was subsequently reflected in the religious concepts and beliefs of those peoples.

**Rigden:** All this exists and 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 thing. 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 Aspects. Because all is in my hands! It is I who chooses whether to listen to them or not! I just need a little more control from 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 creating deeds during the day. This was told from century to century. We can recall, for instance, recent periods. Let us take, for example, lines from the biblical Sermon on the Mount of Jesus: “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. “The reaper is already receiving pay and gathering fruit for eternal life, so the 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 with 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 considered that the Throne now rests on the shoulders of the *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 the angel Djabrail (who passes on the Revelations of the Almighty to prophets, including in the form of scrolls, books, and who comes for help in case of need) tells Muhammad 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 the ascent of Muhammad to the *seventh heaven* thanks to the 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, attention should be paid to these and the following lines, from the summit of understanding of the already available Knowledge. For example, of the knowledge of characteristics of the human structure in six dimensions; the activity of man's four main Aspects (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 Aspects for the purpose of creating conditions for implementing the choice of man.

Ayah (18)

He that desires transitory (things of) life,  
We rapidly grant him such things  
As We please to whomsoever We want,  
And (indeed) after We assign to him Hell,  
Where he will burn there,  
outcasted 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  
Is with *good*giving acceptable (to God)!





**Anastasia:** Yes, the meaning is deep. It turns out that Djabrail spoke about the activity of these four Aspects in relation to man. That is, if the person gives attention and wishes for what the Right, the Left, and the Back aspects suggest him, he will get what he desires. Only then he will have to answer for his own choice with his own sufferings, having become a subpersonality in reincarnations (“in hell”, “burn there outcasted and despised”), burdening the Soul with new enslavements in matter. And if a person wants to break the cycle of earthly reincarnation and escape into the Eternity of the spiritual world and he tries to do in his life 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*; however, just like I at their age. That’s why many of them don’t even know that the Qur’an also has information about the Judgement Day.

**Rigden:** Of course, there is information there about the Judgment Day, about the book of all the actions of a person during his lifetime, and about the scales of justice. For example, Surah 99, *The Earthquake* (Az-Zalzala) (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 Muhammad: “On the Judgment Day, man will not escape the place of account until he answers four



questions: How did you spend your life? How did you use your body? How did you earn and use own property? How did you use your religious knowledge?"

**Anastasia:** In fact, this is an account that is related to the four Aspects. Because the Back aspect (the human past) is how you have spent life. The Right aspect is the animal instincts of man, how a person used his body. The Left aspect is the thirst for power and numerous earthly desires associated with it. The Front aspect is how the person developed spiritually throughout his entire life.

**Rigden:** Absolutely. Surah 21, *The Prophets* (Al-Anbiya) (Ayah 47) says: "On Resurrection Day, We shall set up scales of justice so that no one will be dealt with unjustly in any way; even if someone has an act as small as a grain of a mustard seed. And none can take 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 two ways of the Soul – the true and the false ones exist also in the ancient Indo-European mythology. They have been preserved also in the Upanishads treatises, which are considered to be the final part of the Vedas, where the 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 and the philosophical systems of India. The ancient Iranian religion of Zoroastrianism, the sacred book of which is the *Avesta*, also speaks about the *personal Judgement* of man after the death of his body. In particular, it is mentioned



that the afterdeath *fate* of man depends entirely on how many righteous *good thoughts, words, and deeds* he has accumulated during his life. After three days since the death of the body, the human Soul goes to the Bridge of the Requital (Chinvat) for the Judgement which is executed by the sons of Ahura Mazda – Mithra, Sraosha, and Rashnu. The person's actions committed during the 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).

The ancient Iranian legends mention that each person after death, at the entrance to the other world, would always meet in a female form his Daena – the embodiment of his inner spiritual world. Only for the righteous it appeared as a beautiful girl, and it was believed that the righteous person passed as if on four steps, entering with the first step – to the heaven of good thoughts, with the second step – of good words, with the third one – of good deeds, and having made the fourth step he reached “infinite light.” And those who wasted their lives on the earthly, amassed bad thoughts, words and deeds for themselves were considered cursed souls. For such a burdened Soul, the Daena appeared in the form of a terrible 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 evil Ahriman and his helpers.

**Anastasia:** Even though this is a legend, how much 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 the 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 the 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 “Judgement” holds in his hands all that is good and disastrous and that his sentences are impossible to avoid neither with the mind nor with cunning.

**Anastasia:** Still now, different peoples interpret the concept of “judgement” (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. By the way, in the religious beliefs of the 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”). The inevitable law of nature, “the divine predestination” was so called in early religious beliefs. According to the beliefs of the ancient Greeks, Zeus ruled over the earth and below it, and passed Judgement over 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 good and evil out of two vessels,



and handed them out “blindly”, at random to people.

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, “to die” was considered 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 “alad” 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 for the masses. At the inner level and with their Soul, people do feel the real spiritual grain, no matter what husks from the human mind priests use to cover it.

**Anastasia:** Yes, you have repeatedly told us that *after*



*the death of the person's body*, whether he likes it or not, “personal Judgement” takes place over him 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 Judgement over man after his death and the common Judgment of mankind which you have mentioned before, saying that a general “Judgment Day” has been appointed for the entire *living* mankind.

**Rigden:** Quite right. These are the times of the Crossroads. This was told a long time ago in different prophecies, that at a certain time *while people are alive*, the general “Judgement” will take place for the entire humanity.

**Anastasia:** In *The Crossroads* book, 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 common Judgment Day (Frashegird 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 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 the people. And that every righteous person brings this event of the world's transformation 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 can not only open a path to Eternity for man but will also invariably entail the transformation of his surrounding world.

Predictions about The Judgement 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 "Judgement 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", all the more "after my death" and "that one, the only *day* of Judgement won't happen soon." Still others are killing one another fanatically, with the animal instinct "for their faith", thinking that they will be "rewarded there" for it. While the majority of believers were simply forced to behave passively, with the opinion being imposed on 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 there on heaven between angels and daemons. All these are tricks of the Animal mind and distortions from the priests who crave for the 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, coming up with different guises for them – all this, 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 on society. At that, **it is much easier to win against the Animal nature in society as a whole than for each person to win against it inside himself.** “The Judgment Day” for mankind is not one day but a grand total to which humanity has come (all the society) from its first day until the last one. This is the “Judgement” of the living over the living, which people themselves carry out over themselves in the time of global cataclysms and the changes on Earth that are related to cosmic phenomena.

**Anastasia:** Yes, if today society had the spiritual vector of development and if at the head it had the idea of the universal unity on the basis of friendship and mutual help among the peoples, then indeed, taking into account the current technical capabilities, it would have a chance to survive this period. But with such a discord that we have right now and because politicians and priests stir up animosity among the peoples, 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 Man there is always a place for a feat of arms. 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 has shown, ideas of the global character 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 wish...

**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 I will still provide a general outline of what has been previously said. 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 thing is that modern man with his material world-view is a product of the present 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 being in the state of domination of the Animal nature, even in the spiritual Knowledge, man will see yet another opportunity for material gain, satisfaction of his significance and other qualities of the Animal nature. This means there will be numerous substitutions and an absence of the real spiritual growth even in the presence of the Knowledge as such.

We will not even do 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 authority and the hype of their concepts from the material thinking, to satisfy their megalomania and their significance. Some of them, using this Knowledge as a cover, started to call themselves “Teachers” or “the near ones”, thus trying to earn if not money for this information then at least 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 speak solemnly from their mind and distort the essence of the Knowledge out of ignorance or misunderstanding.

One can feel sorry for these people. For it is the Spiritual nature that encourages them to share with people the information received. But their thinking, which is encoded with the foundations and postulates of the previous experience (gained in different religions and sects) redirects this desire and power emanating from the Soul in the material course, which is drawn already in consciousness. 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 are not moving.

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 civilization has 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, is 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 be confused by a multitude of distorted theories and practices, which have been mutilated beyond recognition, like in a sticky web.

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 only know about something; one also needs to be able to apply this knowledge in practice. **Spiritual work on oneself is multi-**



**faceted in each day. It involves not only work with spiritual tools but also developing the purity of the thoughts, deeds and actions that are worthy of the title of the Human being.**

In the absence of such comprehensive work on oneself, even if the person has received Knowledge, after some time he will question himself: “So I got certain Knowledge, I’ve been doing some practices, but what has changed?” That is, the presence of this Knowledge will only disturb him with another 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 leg, for example, will be causing the same pain; heat and cold will bring discomfort to the body in the same way; the person will still feel the need in food and sleep. And his Animal nature will terrorize him in the same way with thousands of desires and appetite for all the pleasures of the material world. A person, while being under the influence of the Animal nature, subconsciously expects some material changes in his life and gaining magical power, which will give him satisfaction in something, secret influence on somebody, and so on.

**Anastasia:** In other words, the person views the spiritual Knowledge, with the 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 the 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 shined above your head before the crowd. Where is the promised *exaltation*?"

**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 *other*, eternal, that which is much more important than all the three-dimensional, material, and mortal. The Knowledge gives him a foundation for the flourishing of the spiritual power and Wisdom in him. 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 each day, he will help someone both with a word and will show an example to others with his good deed, will share the spiritual Knowledge. And thus a person will more and more often 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 dwells at the beginning of one's process of spiritual development. But he who stands already firmly on the spiritual path, he 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 the chance of their Personality for the spiritual salvation. So, being on the firm position of the spiritual Observer, 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 a full grain elevator of chaff.

**Anastasia:** The people at present, given the development of information technology, have time and opportunity to analyse the mistakes and experience of the past of the human civilization. Moreover, modern people have the opportunity to partially monitor the situation in the world on different aspects of the life of the global society, thanks to, for instance, online 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 cooks the “soup” of events for peoples, 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 on people that this situation in society cannot be changed, that “it has been so since the beginning of time.” Although, in fact, people (peoples) themselves are the ones who execute and participate in all these processes, as well as who “consume” the political or religious “product.” So here, many people understand the absurdity of this situation. They understand that one mustn’t live like this anymore. But they do not understand what needs to be done so that life in society became truly better not on paper but in deed. How to change the channel of movement of society so that it entered the path of stimulating of 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 opinion 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 understand more 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 attention to it; it is better if you pay more attention to good, to thoughts, deeds and actions from the Spiritual nature. So is 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, do not yourself create conditions for the flourishing in it of incentives that activate the Animal nature in people, for example, the development of pride, bribery, monetary, selfish relations instead of friendship and so on. When most people stop supporting and putting into life the “will” of priests and politicians who are stimulating aggression and qualities of the Animal nature in peoples, then many artificially created problems will disappear in 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 their lives lived. Priests and poli-



ticians are also people who are on an equal footing with everyone else. They are no different from others, except for the exorbitant thirst for earthly power and the passion to the accumulation of wealth.

**Anastasia:** That's right. Judging by the history of development of the human civilization, 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 the ones based on fears. But in fact, if the majority of people had stopped supporting this or that religion, it would fade.

**Rigden:** You have rightly observed that it is just another religion that faded, as a certain 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 patterns, which were favourable for their power, to enslave public consciousness.

**Anastasia:** After one conversation with you, which was memorable for me, I thoroughly researched the issue of motivation and justification by priests at different times of the importance of this or that religion for the consciousness of peoples. And I found a number of interesting facts. In almost all the beliefs, the emphasis was placed on the ritual of offering *sacrifice* to this or that god, which made the main action in a religious ceremony. Today, for example, in addition to traditional ceremonies, this is a commonplace money donation "for religious purposes."

I remember the words you said back then: "Do people at least remember what a "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 a “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 tell about this moment, which is significant to humanity, also to the readers?

**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 once said that the word “жертва”, which appeared in the Russian language in the 11th century in connection with the 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” (“zhivot”, “belly, stomach” – *translator’s note*), which in ancient times meant “life.” It is from it that the ancient Slavic word “животное” (“zhivotnoe” meaning animal – *translator’s note*) is derived, which literally means “that which lives.” By the way, the word “zhivotnoye” became widespread in the Kievan Rus exactly in the 11th-12th centuries, thanks to a secret renewal of the primordial spiritual Teaching (including about the four Aspects) by Agapit of Pechersk.

**Anastasia:** So it turns out that the Old Slavic heathen temples, especially those ones 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 the spiritual knowledge (using signs and symbols) and share their experience like, for instance, ancient people gathered in their sacred caves and studied using petro-



glyphs.

**Rigden:** It will be easy for people to trace it, having the basic spiritual knowledge... So, they later used the word “жрѣ” (zherya, 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 “he 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 the gifts brought to a conditional deity. By the way, in the old days in Rus, there was such a word as “жерцовать” (“zhertsovat” in the English transcription), which also meant “to gouge”, “to devour.” It is derived from the word “жерцѣ” (“zherts” in the English transcription), meaning a “bribe taker, oppressor, robber, offender.” So people notice precisely 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 or which one is deprived of permanently. This is self-denial, renunciation of benefits or pleasures.

In the religious beliefs of many peoples, 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 “cleansing from filth and attaining spiritual purity.” Let us take, for example, the Bible, which mentions sons of the progenitors 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 from what you own of something that is dear and pleasant to you.

But if we delve into the spiritual origins of these beliefs and symbolic rituals, we can understand what the true



sacrifice to God is, which involves 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 way to true Eternity – to the world of God.** Once 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 the other people who live on instincts, like animals, then for God this is akin to your joy, which you feel from a good brood of your herds.

It is no coincidence that the place for sacrifice or communication of a believer with gods, which is now called the altar (from the Latin “altaria” and from “altus” meaning ‘high’), in ancient times was originally 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 doing in an altered state of consciousness and at the time of which 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 it is dominated solely by the Spiritual nature in it. By making such a Choice in favour of the spiritual world, man thereby consciously “sacrifices” the domination in his consciousness of the Animal nature, which is usual in the material world.** Later, when people started losing the spiritual



knowledge, material altars of similar symbolic forms began to be erected (from 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, 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 world view 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 guiding line 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 essence. Even those who hold the 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 saw themselves as the owners of this universal human spiritual knowledge and 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 thing was lost – *gratis service to God and to people*, which assumes dissemination of the primordial spiritual Knowledge, which makes it possible for 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 modern people. As the ancients would say, man, instead of the free bird which aspires for the spiritual height 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 a boundless increase in material profit and power does not imply improvement of morality.

**Rigden:** Quite true. So, 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, 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 of 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 was 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, sacrifices in the system of various religious beliefs were very different, ranging from burning harmless incense of aromatic herbs to sacrifice of virginity, temple homosexuality, bloody sacrifices of



parts of the human body and the very human lives. And in most cases, all this was done by priests to acquire certain power in the material word, in other words, for the 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 so much attention has 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 the people today are already starting to think about this as well, then, perhaps, it is worth narrating its global essence. In the material word, 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 from reproduction and attack of a quorum of bacteria on cells and ending with collective migration, aggression self destruction of animals and so on. Speaking of which, the Latin word "quorum" means "which are enough", that is, a sufficient number from a community. In science this phenomenon is called collective intelligence. A sense of quorum (which is particularly directed at domination, control, and capture of matter as well as its devouring) 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 freeze 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 in 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 also 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 inherently vampires. These are binary stars, where one of the stars simply pulls on itself matter in the form of gas from its “partner”, to which it is located very close. And then it completely absorbs this star, consequently, extending its life and becoming a supergiant star for some time. It is all the same, according to the same laws of the 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 many indirect evidence of this.

So, submission to the unified Animal mind is typical of any matter, including the human community, which consist of beings that partly have material nature. The single Animal mind has common origin (itself) and its



own units in the form of collective and individual minds. Figuratively speaking, this is like an independent organism with its multi-level structure and organization. Incidentally, the word “organism” is derived from the Greek word “organon”, which means “a tool, an instrument.” To make it easier to understand all the complexity and coherence in management, I will give an example of the human body, which functions as a single whole.

The body has different levels of organization (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 the 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 itself, exist and so on. But the cell, again, is a part of organs, a part of the system, part of the whole organism. So is in the structure of the one 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 man.





**Rigden:** It manifests its Will in different ways: through the Animal nature (through the activity of the back and lateral Aspects, 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 the 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. But what does a person see in his body without a mirror? What does he see here and now with open eyes in the visible word? He sees only that which he is allowed to see with the two “little windows” (eyes) which are initially designed for observing this three-dimensional external word 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 where and how they appear?

The Animal mind constantly influences man in one way or another through its subdivision – the Animal nature, which is a part of the material world. In most cases, people even do not understand this. Thoughts are simply there, and the person thinks that this is his “property”. It is difficult for people to catch inside themselves actions and thoughts from the Animal mind when they do not know about their dual nature and naturally do not track 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. **Man, in fact, is free only in his Choice, but he is not free from thoughts because his consciousness (the Observer) actually does not 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 it in practice 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 emotion appears, and the mood becomes depressed for no apparent reason. Apathy to everything appears as well as the 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 rushed 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 gets only worse and starts to live inside you, or rather, poison your life like a parasite. After that it is even a bit difficult to sit to meditate, I simply force myself. But when you are doing already 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 to all that exists, to the purity of feelings...”

**Rigden:** Certainly, in this switching, ignoring 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, 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 invading 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. The control of the human life by the Animal mind is so everyday that man himself practically does not notice this, writing off its manifestation to his thoughts, desires, habits, character and so on. But an evident submission to the Will of the Animal mind can be traced in actions of the expressive crowd, called so by psychologists, 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 amenable in the common



melting pot of collective intelligence. In such an environment, everyone gets quickly infected with general excitement, impulsiveness, and fast-acting, thoughtless mutual responsiveness. In general, people in a crowd lose their individuality and become a mass. An individual loses self-consciousness, and the bursts and emotions that are typical *for the common Will of the crowd* awaken in him. Moreover, these bursts and emotions are already not subject to the limitation and the daily control, which is usual for man and which he commonly 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 word.

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 and 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 a person and he is in a group of like-minded people, who, for example, do a common good, creating deed 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, be with them, as they say, on the same wavelength, rejoice in their successes, but his consciousness will still be expanded, and he will preserve his permanent individual connection with the Soul through his attention and the deepest feelings. A similar process occurs also during collective meditations, when people do a spiritual practice together, but each person has a



personal connection with his Spiritual nature.

**Anastasia:** When the 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 regarding the 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 has already a lot of research in social psychology, the study of the problems of crowd behaviour. If one reads it, one will be able to understand, that all the characteristics of the Animal nature are quite typical, for instance, for an aggressively acting crowd.

For example, *the aggressive crowd* is driven by the common emotion of anger, rage and blind hatred. This Will, which is alien for the spiritual nature of man, directs actions of people in a crowd towards destruction and killing of their own kind. *The panic crowd* is overtaken by the common emotion of fear. The people exposed to its influence, like any other herd of animals, while fleeing, can trample their fellow humans 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 the revolutions and coups. It is a typical conductor of the Will of the Animal mind if we consider what actions it does in its “madness”: kill-



ing 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 one. Although humanity for the most part does not have even a general idea of the impact of the Animal mind on it, however, the question about its isolated manifestations, such as various kinds of crowd behaviour, is studied carefully, 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 a random crowd in the form of curious passers-by. This crowd gets infected with emotions of the same type of what has happened, that is, a “circular reaction” takes place, which is so called by psychologists, (growing emotional infection in the crowd). It starts, as usual, with a discussion who saw what, who was driving how, how the driver was turning and who 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 how exactly 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 in 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 can turn with their speeches an occasional (random) crowd into an acting one, and direct it to riots and unrest to overthrow one regime with another one. Also a similar infection of the crowd, but in some other ways, and other different schemes which cause manifestation of the Animal mind in masses can be traced by a series of prepared and artificially made colour revolutions in different 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. Curiously, the person does not simply tell the words of “disturber of his peace of mind”, but he tries to exactly copy his anger, the emphasis on certain words and show his gestures. In other words, while transmitting this information, he is enveloped with the same emotions and the power from the Animal mind. Besides, without understanding and realizing it, he, as a conductor, tries to pass them on, imposing negativity by force already on his acquaintances, 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 its another conductor. 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 others friends, often with a trick from the Animal nature (as a pretext to discuss or belittle someone or 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 spread not as fast as in the case with the emotional news from the Animal nature. And what is typical is that a person, while sharing good





news, tries to say it his own voice, as if reproducing some wisdom from this news personally from himself.

**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 seek 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 man see events, understand people and be able to adjust his life from the perspective of the 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 man under his command 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 him, to enslave and block any possible manifestation of the power from the Spiritual nature.** At the level of neurophysiology, an imbalance oc-



curs, and many of the brain's neurons get blocked. Man perceives information already poorly. However, the Animal nature actively dominates him, and it seems to him that he is a "hero" and that he is allowed everything in this world. Such a soap bubble (illusion) actually appears not because of the fact that he is such in reality, but simply because there is a failure in the system of the brain functioning, 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 man, this is a collapse; this is like, figuratively speaking, to put 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 the 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 a spout of the spiritual.**

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 growing into bringing his human nature down 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 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 unrealized, excessive ambitions. This is truly a real tragedy and, first of all, for the Personality itself.



As for the 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 possibilities get lost. While under the influence of alcohol or drugs, the person is incapable of reading the 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 the strict ban on alcohol and drugs. Smoking was, in fact, allowed: although nicotine and tar intoxicate the body, they do not block the mirror neurons, and, consequently, they allow unimpeded work with the invisible world and the 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 use drugs – these are the first symptoms that you are under the power of your the Animal nature.** That means you need to take actions to switch the dominant of consciousness, to increased emphasis on some positive aspects, exercise, physical labour. It should be noted that if the person completely stops



drinking or using drugs, the body eventually recovers, and the person gets a chance for the spiritual development of his Personality.

The intelligence of matter 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 sacred knowledge or perceiving “spiritual heights” by means of alcohol or drugs are imposed on “believers.” All these thoughts are an illusion of the Animal nature, which, one way or another, pushes people to the permanent 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 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 steady alcohol dependency arise and form? Who has artificially introduced it into society and who is actively supporting this “tradition”, which is deadly for the Spiritual nature?” After all, the person destroys not only himself, his Personality, but also creates problems in the society around him.

This is a real calamity, especially when the person is responsible for the family and children. After all, it’s not about how many material goods he was able to provide to his children. The point is how many spiritual riches the person was able to give them *with his own example of life*. After all, children are not personal property and not a “crutch”, on which the person intends to lean in old age. First of all, 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. Since early age, in fact, these new Personalities observe and adopt the life experience of the previous generations from the 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, what is imposed on children since childhood is negative experience and patterns of dependence on the Animal nature, which adults show by drinking, for example, at celebrations at home. People consider it as a harmless action because they do not understand its essence and long-term consequences.

**Rigden:** They do not understand the grief they commence with this, while dooming to suffering the Souls of not only of their children but also their descendants. 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? It is quite possible to find this information also today. The first ones to introduce drugs and alcohol into mass consumption by the people were priests and politicians, who saw their obvious benefits in it. And why? Because, as I have said earlier, the spiritual component of the Personality is blocked with the help of drugs and alcohol, and the person can already 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 a part of the crowd (“biomass”).

Suffice it to look at the realities of today. Why is all this actually quietly encouraged despite the visible struggle against these phenomena throughout the world? There is the same propaganda like in the ancient times, but



only on a more massive scale, of distribution of alcohol and drugs not only through products themselves and its advertising but also through the formation of stereotypes, their introduction into the mass culture of society. For example, through a massive mass media influence as well as through popular cultural projects, feature films. After all, it is the easiest to encode a person with stereotypes to subdue 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 to others and at least to 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 the spiritual knowledge in mass culture as well as cultural and moral values, and examples of the image of a real Man.

**Anastasia:** Hopefully, people will get inspired with this knowledge. If it is possible, please, shed some light on another several moments 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 the 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, can not only consciously approach the study of them but also create their society on a truly spiritual basis. After all, while developing spiritually, the person has the 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. So is in society. For example, now there are many scientific papers on the study and monitoring 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 interesting.

Mood is a psychological derivative. The subject of mass moods is a certain mass (a number of people, a crowd), which is united due to an action of some factor. *Emotions, feelings* and other psychological manifestations, which reflect the behaviour of people, 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 man (because of the activation of the back and lateral Aspects). 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* in 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.” The consciousness of people becomes narrowed with the present situation, and they do not see the root, the real reason that gave rise to the centre of tension. That is why people gather in crowds in the



street, wishing to improve their lives, but as a result it ends with frustration and deterioration of their lives or simply with bloody battles. History knows enough examples when the people who came out into the streets even simply for a peaceful support of some movement, after joining the crowd, later did not themselves understand what happened personally to them and what made them run with everyone and destroy the infrastructure of their own city, in which there were to live tomorrow.

So, the following is inherent in mass moods: a stimulus, reaction to it, and readiness to 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 from *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, 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 begins the search of the guilty, to whom all the possible negative qualities are attributed. In the end the situation may develop into a splash of all this negative energy of the mass onto any given or the nearest object or the individuals who, in the crowd's "opinion", have anything to do with the cause of their troubles or are it directly. By the way, if such a stimulation of each other and the circling of gossip are absent, these moods quickly lose their strength.





**Anastasia:** Yes, this is a traditional search of the “scapegoat”, which is typical for the domination of the Animal nature in the human being. It is just that all this is manifested here in a single mass, which is exposed 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 as 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 alien 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 the crowd, which is under the influence of the Animal mind, are superficial. They are empty in content; they do not have the deepest feelings or the 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 somewhere 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 invisible matter.

Similar examples can be found not only in literature but also tracked in practice, 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 simply started tracking the Animal nature in themselves, without giving out their interest in the 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 offered desperate resistance in response to an attempt on its power in the human consciousness and the “sanctity” of deep-rooted patterns of thinking. Moreover, some people who were particularly persistent in spiritual work, suddenly received aggressive meaningless calls from distant relatives, former friends, including the ones about whom they did not hear for a long time. But more often, especially in the early stages of work on oneself, out of nowhere there appeared 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 an attack of the Animal mind.

**Rigden:** This is natural. The Animal mind will do its utmost in order to return a spiritually awakening per-



son into the old track of the usual domination of the Animal nature and return its former power over a “cog” that is breaking away in 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 would surrender spiritually. But, in fact, the choice always remains with the Personality. Thanks to the process of spiritual development, man cognizes not only himself but also the invisible side of the surrounding world. He begins to distinguish reality from that illusion which he previously considered as a reality. The human being, while feeling his true spiritual nature, starts to lose the 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 so that it can return the former power over this Personality is to “keep watch” over when the Personality will weaken its spiritual control, give in to emotions, temptations with any thoughts and desires from the Animal nature. One must simply understand this and not to 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 at the position of the Observer from the Spiritual nature, gains practical experience and understanding of that before which the Animal mind is powerless.

**The only thing the Animal mind cannot oppose is the 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 can not only bring it to heel but also to con-



trol his Animal nature and its multiple manifestations in different 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 to themselves. Consciousness becomes a battlefield. But the result of the victory is worth it, for man awakens spiritual powers within himself, grows in them, understands the reality and the meaning of his existence more deeply, and begins to consciously seek God, strive for the Spiritual world, that is, for Eternity.

The spiritual power given to man is immense. If the majority of people in the modern society can realise this simple Truth, understand all the frailty and temporality of the 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, 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 should 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 the spiritual knowledge. Understanding his dual nature helped man 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 the temptation of people with 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 of 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 (the 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 determines, in people’s opinion, 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. The knowledge of the laws of matter in them 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 the favour of the elements, which were achieved as a result of concluding an agreement (often in blood) with “supernatural powers”, which 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 avoided vil-lages, 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 in return for their “prayer” *in faith (the dominant choice)* and a material sacrifice to the place where they lived.

But how did Personalities really pay for providing their mortal bodies with these temporal, earthly benefits by the Will of the Animal mind?! During even the most



harmless “sacred ritual”, people spent on *it the power of their faith*, their inner, creative deepest feelings, which are initially intended for the Personality to merge with the Soul and for the 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 and the accumulation of wealth, have contributed only to strengthening the Animal nature in man, a greater temptation and attractiveness 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, conflicts, and strife, which would sometimes lead people to pointlessly destroying 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 the primordial spiritual Knowledge in their faith, thirsting for peace, kindness, and unity. After all, along with their cult, each people also had a rich mythology of the origin of man 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 the primordial knowledge chiefly for their spiritual development, that is, as intended. They lived modestly, understanding the temporal nature and the transience of their lives and the fact that it is given for the spiritual transformation of man, “to prepare for other, eternal life.” These people obtained the necessary food for their tribe through physical labour, without spending their



valuable power (which are the deepest inner feelings based on sincere faith) that is intended for spiritual development. Regarding the material world, they used this unique power only in extremely rare cases, for example, when they were threatened by a real danger from an unexpected natural disaster, which could destroy their entire tribe.

They also had a better social organisation than modern mankind. They lived in groups and were friends among each other. They had no leaders, but there were experienced people who kept spiritual, magical, and medical knowledge and passed them 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 he was elected only after an agreement with the entire community. Everyone could turn to him for an important advice. At that, this person had no special privileges and 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. At the same time, they live in conditions that are much worse as compared to those which the people in “civilised” countries have. “Civilised” in the meaning of comfortable, more affluent. But this does not prevent them from living humanly in their communities. Where there’s a wish, there’s a way. For example, the Bushmen – the African peoples who speak the ancient Khoisan languages that have click consonants. They are the same ones who kept records in rock paintings. By the way, the name “Khoisan clicking languages” is purely conventional. 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 of people” or





“real people.”

**Anastasia:** Yes, this is an interesting comparison: “real people” spoke in a clicking language, which obviously is an echo of the “bird language” that you once mentioned as the people’s first proto-language. The Real Human was a real 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 people 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 man.” Of course, I cannot say that their modern descendants have kept all their 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 there you have archaic beliefs! Talking about the signs and symbols, you have almost eliminated any serious gaps, “white spots” in science about the issue of the genesis of archaic beliefs. Indeed, scientists have endlessly debated about this issue for more than one century. But many are inclined to believe that it was all a “misunderstanding of the savage” 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 the masses of people for some reason which is unknown to them), including what regards the sacrifice.

**Rigden** (grinning): “A misunderstanding of the sav-



age”?! Modern man is no different from the “primitive man”: he has the same brain, 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 level of development of previous generations. Although in the next century, these strong statements were condemned already by their own descendants. Few people impartially paid attention to the interesting facts about the spiritual development of man from the distant past.

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. In general, 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 ministers of church. I think that any sensible nation would like to have such a social organisation. Here’s an interesting comparison: if an experienced person in the past, living like everyone else, helped with his knowledge to society in practice, 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 by means of mass moods through different 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 an-



cient game of promises based *on the belief* of people.

**Rigden:** It is simply necessary to understand why it happens this way and why society itself supports this process, each time stepping on the same rake. All this is predictable when society is dominated by the consumer thinking. What are the promises of politicians and priests? For those in power, this is just a method of manipulating the masses, that is, public mood. This is a game 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 fulfilling 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 matter here is only about 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 hoping that the priests and politicians will keep their promises, the latter safely go about their business. 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 the 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 another regular pawn of politicians and priests), who allegedly has failed to keep his promises and whose words do not agree with his deeds (people always perceive the latter as a betrayal of their needs). As a result, those



in power through mass media 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 one in its place that starts making idle promises and assurances for people, gaining popularity for itself through the faith of people themselves. And again, thoughts from the Animal nature run round in new circles in people.

**Anastasia:** So it turns out that the leadership of any country in the world, in fact, corresponds to the consumer needs of their people. In other words, when in the election campaign, some candidate or an organisation state that they will help to realise the claims of masses, 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, a prolongation of hopes and aspirations of the masses to a certain time takes place. 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 realising the spiritual needs of their Personality and the Soul, they waste it into nowhere. And then just sit 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 creating religion as such. In particular, as the institution of the priesthood started developing, when spiritual foundations started to be substituted with material views and promises. Priests used the circumstance that the people who perfected themselves spiritually lived expecting spiritual liberation, 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, at first priests through persuasions and suggestions formed a strong opinion in people that man himself is spiritually weak and “sinful” and, without the help of priests, is not capable of achieving spiritual freedom. They instilled into masses that man can get spiritual freedom only if he slavishly does the will of priests, 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 claims, pushing the 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 “Judgement Day” of the existence of the world, which they borrowed from other ancient religions. However, nothing was told to believers about the ancient mentions in other religions, but it was only instilled that only being in this religion and serving priests for free for all their lives, they would one day be surely saved. Thus, priests maintained their power by giving people promises of a future afterdeath bliss, which, in fact, is empty illusions, since without real spiritual work on itself, the Personality has no future.

In the political system, the spiritual aspirations of people 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 mate-



rial 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 faith in the life, which society can build without politicians and priests. Therefore, both priests and politicians are interested in the consumer way of the development of society, 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 an answer to it should carefully 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 (loop of thoughts) that the spiritual world does not exist and that there is only the material, visible world they can see; a “paradise in the body.” That is, people perceive what is foreign to their spiritual nature as the truth, replicating that information which is fed to their worldview by priests and politicians.

As a result of this, the majority in society have chosen to live by the laws of the Animal mind: for example, worshipping and imitation of the strongest one in this



material world (whether these are people, countries, organisations, secret orders, priests, and politicians, struggling to achieve greater power) that pursues only material goals. It is sufficient to see how divided people are among themselves in the world, how politicians and priests launch wars for the sake of their profits and power, concluding “contracts with blood” and bringing millions of human lives as a sacrifice for their own benefit, success and the well-being of their descendants. How huge crowds of people are quickly wound for aggression and are controlled by the collective Animal mind like herds of animals. How people, trying to find a good life, “cave in” to higher management in order to get something more, something better for themselves, they give bribes and 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 something valuable away – this is the essence 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 emptiness 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 reach his 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, com-



mits a crime, which burdens him for a long time, including after the 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 choice is choice. To what man gives preference 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, of course, have 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. Doing 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 about food; some people about a yield of fish and others about the resurrection of the physical body. And the robber who hung next to Jesus on the cross, suffering from hunger and torture, being in the death throes of his body, asked Christ only about the salvation of his Soul. And this Man was granted *spiritual liberation* by He 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 the ruthless persecution and extermination by fire and sword of Gnostics (in the 1st-3rd centuries AD) and the Cathars (in the 11th-13th





centuries AD), who kept the knowledge about reincarnations of the Soul, about the dual nature of man, his Aspects, the role of the Feminine principle in the creation of the world, about the power of signs and symbols and much more, which priests tried to erase from the memory of peoples.

**Anastasia:** Yes, truly, according to your faith be it unto you.

**Rigden:** Now, too, people go to church, but what do they ask God, what do they pray for? For example, for 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 appeal to the power of secret otherworldly and supernatural forces to achieve material goals and please one's mortal body. Because now 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 they bring success in different everyday matters. And what is required from 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 donate money to this church (or rather, to those who own this temple). Priests have even created entire lists with detailed instructions of what and how believers must do and how, to whom, and in what human need to pray. And only at the end of this list you can find a small postscript saying that, of course, you can pray also for a surge of spiritual energy and the salvation of the Soul. But to what will the person looking at this long list of desires of his back and lateral Aspects pay attention?

**Anastasia:** Yes, it's no wonder that at the "Court of Osiris" in the ancient Egyptian papyrus, where all these As-



pects are placed one after another in a certain sequence, the Front aspect (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 neither an individual nor, as a consequence, society as a whole. **Modern man must understand that no matter to what religion he belongs or if he even considers himself outside of religion, while walking the spiritual path on his own, it is necessary to pray only for the salvation of one’s Soul and really work on yourself 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 intentions. For this is the only sacrifice which is acceptable to God (no matter with what epithets people called Him) and which opens for a person a spiritual way into His world.**

**Anastasia:** Judging by the letters from the readers who are believers 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 about someone, although at the same time he himself is a spiritually immature being. And such people are many. I would compare them



to fishermen who went to the middle of the river in the winter because of a misunderstanding and fell through the ice. The sinking fishermen is the state of the modern mankind. At the same time, many people, while going to the bottom and not even making attempts to save themselves, foolishly waste energy and time 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 to the 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 expenses of spiritual powers will be empty. Nobody will be able to 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 the fusion of his Personality with the Soul, become a spiritual Being, and find the 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 the ashes. After all, what you have given your preference to is what you have received. Either you 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 that God gave 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 praying with good intentions for the health of his loved ones, does he do good to their Soul, all the more to 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 will be giving that run things in this world, whispering you desires from the Animal nature. It will all be given to you, that little which you ask, but much more will be taken away from you. And God has nothing to do here. After all, you yourself make a choice in favour of matter and with your choice you destroy your spiritual destiny, exchanging Eternity for a mortal moment.

**Anastasia:** The vast majority of people pray exactly for health simply out of ignorance, referring to the fact that their ancestors did so, but more so because of the 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 to life. This encouraged me to seek alternative solutions, which ultimately led to you and to the 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, 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 (afterdeath) fate of his Personality.



Different situations take place in life. It happens that a person is still full of life energy, and suddenly a deadly disease strikes him. As a rule, having discovered it, the person starts, on the one hand, to reevaluate 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 for a person that he will live long. People are often not aware 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 *suddenly mortal*. In fact, 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 in taking care of your Soul*, in the spiritual work on yourself and helping other people understand the real values of life and the transience of the given life time. If you have been able to realise it yourself – help another person. 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 can live a hundred and twenty years of useless selfish life, and another person only one and twenty years, but of quality spiritual life, the life of a real Human Being. And the difference in their afterdeath fate will be enormous. After all, life does not end with the death of the body. For the person who has practically no life time left, it is important to earn if not the 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, having Knowledge, even in the remaining part of the 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 a person is destined to Peace 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 the silent contemplation of the life's journey of the new Personality, its hardships and mistakes. After all, upon rebirth, figuratively speaking, together with the machine (the body) the driver also changes; 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 afterdeath rituals, such as, for example, the burial service and so on. But the fact is that man himself must earn this Peace already during his lifetime.

Of course, there are other cases when the person discovers the Truth in the summer of his life, but rejects it, being tempted by the illusion of the material world. However, time flies fast. At the end of life's journey, as a rule, such people get disappointed, for both the lies of illusions about the world and substitution from the Animal nature are manifested. The person would gladly dive 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 prob-



lems, including health problems, he must solve them using ordinary means and not concentrate all his attention on this and attract his unique inner powers intended for the spiritual salvation. Health issues relate exactly to the discipline of the mind and to abstaining from excessive desires of one's Animal nature.

All the diseases are cured with knowledge. If a person already has a serious health problem, well, there are doctors and specialists in different 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, including those ones which are today said to be incurable. Furthermore, modern medicine allows to fight such a disease as old age.

**Anastasia:** Prolongation of biological life beyond the limit of the species, that is, increasing life over an extended period of time?! Yeah, I still remember the results of your unique experiments!

**Rigden:** Well, we are not talking about this right now; it is about what modern medicine can do...

**Anastasia:** I must say that I have been very impressed with your research in these areas, especially with the experiments about the prolongation of life span 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. Chronoprotector – 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 the functionality of the human brain – up to 1,000 years!

**Rigden:** It is possible, excluding, by the way, biological ageing. But what is the point?! Where a direct way is seen, 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 the 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 the human age! And had the animals continued to receive these, so to speak, “chronoprotectors”, they could have lived much longer.

**Rigden:** Absolutely... If you are leading to the conclusion about humans, then I shall tell you the following. If a person who has lived even to old age (needless to say about adolescence) starts receiving this medicine, then his body will become middle-aged and it will stay in such a state for a long time. As the experiment has shown, over 200 years and at the same time without ageing, preserving the middle age of the body during 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 besides do it scientifically. There is no magic here, it is just simply knowledge. After all, at the basis of the medicine I used was the intercellular matrix...

**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 the development of different 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 *proform of the intercellular matrix* which you indicated 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 life span 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 the global scientific potential.

**Anastasia:** Yes, 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 world view leaves much to be desired... But your knowledge and developments are a landmark sensation! They have unique information about the intercellular matrix, the necessary conditions for body regeneration ... and about the peculiarities of creating artificial gravity. This is valuable information about the human being 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 reach the numerical characteristics of the impact of different levels of gravity and the understanding that in the human body there is a whole system that reacts to changes in gravity (that's not to mention a way to control it)? How many centuries will it take?

**Rigden:** What will change in man himself? Another time – another burden. Besides, will people have this



time?

**Anastasia:** Well, as they say, better late than never! After all, already today scientists understand that the functioning of a living organism to a large extent depends on the magnitude of gravitational forces and how the body quickly responds to the reduction of gravity, decreasing the volume of, again, the 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 the gravitational conditions under which self-regeneration takes place in the human body and, consequently, life span increases ten times more than it is now... 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 the 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 as 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 life span (even by twenty years) will result in an increase of the population of the planet. This will inevitably lead to crises, both food and economic ones, which are partially created by politicians and priests. 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, first of all, it is 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, 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. On this premise, 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 entail 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 mental anguish subside as a result of it? And then you will have to answer for all these spent years, for everything that you have done in yourself during these moments. Anyone who has truly come into contact with the spiritual world



of God with the depth of his or her feelings understands how transient and momentary 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 stereotypes 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, achieving the 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 stereotypes, 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 make real changes in the life of society and awaken the people around him. In this respect, even one man is a Warrior and can do many useful things! After all, in his or her 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 think of how many people he has already en-



countered in his life: childhood friends, classmates, fellow students, colleagues, business partners, distant relatives, and acquaintances. This is already a whole mini-society: the 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 all stay here temporarily, we are “visitors” in the material world.

**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 in practice and begin to live in society in a human way, as befits a real Human being, and then pass this Knowledge further.

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 the person to take care of his or her spiritual purity and moral values. But in reality, and it is no secret now, most ministers of all the cults possible are guided purely by mercenary interests and they form consumer thinking in people, making the loop of matter around a person even more tight and knocking spiritual foundation from under his feet. Wherever you look, substitutions are everywhere. Priests exploit crowds of believers like farmers exploit dairy cows, cajoling their material resources from their pockets under any pretext. They stop at nothing and use power over the flock to increase their political influence, naturally, for personal gain.



I am not even talking about politics. The result of the effect of the Animal mind on society through this area of activity related to power and control is evident. Selfishness, acquisitiveness, and the dog-eat-dog attitude has become a norm in the society. Peoples are divided into social groups, parties, and religions, and they are made to oppose, fight, and kill one another for the 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, on the contrary, the entire international community needs to consolidate for the sake of survival of mankind as a species, given the growth of the dynamics, frequency, and scale of natural disasters, as well as those problems which humanity will face in the near future.

**Rigden:** Yes, unless the 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 be fighting alone for survival. That is, peoples 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 impor-



tantly, 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 to start?

**Rigden:** Start with the simple, start with yourself. When man understands the meaning of his live 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 civilization as a whole will be entirely different.

**Anastasia:** It is actually very difficult for a modern person, who has been caught in the works of the human mind (in the variety 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, its 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 original Truth: what is the purpose of man's spiritual development?

**Rigden:** The meaning of man's spiritual develop-





**ment** is in his qualitative inner change. This implies, first of all, not just a 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. Man, in fact, gravitates to such a pure inner dialogue with God. This innermost need is manifested in him in childhood at best, 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 with its sincerity and faith, and the latter nourishes the hope of salvation for the new Personality. That is why in future 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 severe conditions for it as confinement in the body.

Over time, the new Personality starts to perceive and know the surrounding world, and this sensual conversation is transferred to the communication with the near ones – mother, father, and relatives. The first external visible 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 man, with this wordless, the true conversation with God in His Love. That is why we have the warmest memories since childhood, for example, of the mother as of the almighty, the loved being, for whom everything is possible in this world. But as adults, we look at her already through different eyes: like at an adult woman with her own fate.



When the body begins to mature and the new Personality make the choice in the favour of the Animal nature more often, man, without understanding it, 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 appear circumstances, which, in one way or another, urge him to return to this dialogue with God, which is soothing for the Soul. But man, being guided by thoughts from the Animal nature, refuses himself to listen and to be heard by his Spiritual nature, which is the Soul conducting the Love of God.

At this time the Animal nature substitutes with itself this live communication. The Personality, observing its thoughts, can clearly trace this process in itself if it wishes. This process begins when the person, being 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, is temporal here and consists of dust. Or, having entirely succumbed to the thoughts of his Animal nature, he begins to talk “with himself.” But this communication is completely different from the spiritual Dialogue with God. The feelings of sincerity and spiritual beauty disappear in him, while the 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 man ceases to understand himself and his spiritual nature, which makes 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. Man no longer understands his real feelings. He locks himself 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, with his Animal nature, which substitutes the eternal Truth with a temporal illusion, turning the person into its conductor. Such self-talk becomes a dialogue of a mortal person with himself, which makes him spiteful and dependant on many material needs. He no longer lives by God; he is no longer free and finds pleasure and the meaning of his miserable existence in matter (devoting his life time and attention to accumulating it), in bringing others to his control and inflicting suffering on them. At that, the essence of this substitution is that the person himself does not notice this; it seems to him that he does everything right; 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 hesitate in his material desires like a pendulum. Time passes, and an understanding comes that all this is vanity of vanities. He recalls that at some 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 the Love of God does not leave man even when he forgets about it.** God never leaves man, for His Love, thanks to the Soul, is always with him. However, man does not always want to accept this eternal Love and often puts off its sacred cognition until “later”, being guided by momentary, temporary desires of mortal mat-



ter. **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.** It is not worth wasting the precious time of life. **As soon as the Animal nature begins the 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 like you can, with your sincere words, thoughts, and, most importantly, with the inner, deepest feeling like to the nearest and dearest Being. When the person begins to talk with his Soul with the 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 man. It revives in him the spirit of faith, provides an opportunity to understand the experience gained and get a new perspective on his life. Man finds the gift of understanding: he abides in Love, for he abides in God and God in him. He has what to say to God. He has the power of sincerity and faith in order 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 realizes that the real, true life is to abide in this communion; it is spiritualisation and unity with God. This mystery happens in each of us when we accept it and open up before God in our sincere feelings.

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, man 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 man 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 temptations of man and his capabilities of inner spiritual changes. That is why God gives such circumstances, due 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 an escape into the spiritual world. But the choice is always up to man with what to live – with mortal pride or eternal grace.

Spiritual practices help man perfect this Dialogue with God at the deep level of feelings, where the purity of intentions reigns. They act like 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 perfect transition to the spiritual world, from the desire to change oneself to understanding the necessity to constantly abide in God. 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 the Love of God.

The person who begins to work on himself and learn spiritual practices, often gives up doing them after a while, becomes discouraged, reluctant and lazy to do them, inventing excuses for himself and different distractions from the Dialogue with God. But when such a



state appears, you should 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 forces 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 saving sincere Dialogue with God. It is necessary to do spiritual practices at least twice a day and during the day to 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 taking you closer into Eternity.

When the person lives in God, he has no inner discord, conflict with himself. He no longer has the wish of private 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 acts 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 integrity with his own Soul. There is no more space left in him for bad things because he begins to live by God's world and a sense of peace from



the contact with Him.

And such communication takes place constantly. There is nothing 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 to Him like a loving person to the loved Being with whom he craves to be forever near and 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 for everyone. So, he who has started the dialogue with God soon changes himself, acquiring another understanding and another vision 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 different religions is called in different ways – 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 he who conducts only meekly passes 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 thoroughly transform yourself.



**Rigden:** It is important for people to remember that **attention is a key element** in their everyday life. To what a person pays and gives attention in his life (to what thoughts, preferences, and desires) is what he receives. **In its genuine manifestation, life is informational exchange**, which is far from being limited to the narrow spectrum of the visible and audible frequencies, which man partially perceives 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 time and space, because it forms everything, including time and space. Information permanently influences an individual, 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, the 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 starts to live by such information imperceptibly for itself, it becomes a part of its reality. Therefore, by paying attention to certain information, man creates his 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 transforms his life into one or another reality.

**Anastasia:** Yes, this is a very important point for comprehension, how man becomes a conductor of the Will of the Animal mind or a conductor of the Will of the Spiritual world. All the matter is in constant choice. Into what information (a programme of someone's Will) man puts the most attention and supports it, he becomes a conductor of exactly that Will. 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:** Man'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 under the conditions of the material world of a true conductor of the powers of the Spiritual world.

Indeed, many people in the modern world do not understand themselves, their real capabilities and the tremendous spiritual power contained in them, and that is why they do not understand how to transform their lives and the life of society in order to improve them in quality. They do not even understand what the real life or the 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 at the deepest feelings during spiritual practices, for external rites and festivals invented by the human mind. Yet, the most interesting thing is that man awaits this external human holiday also with great hope. And, when it happens, then it, in fact, empties the person, turning him into a kind of an "orphan", and disappointing his 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 feast (which the person experiences every time he gets in contact with the spiritual world) for an ordinary theatrical performance from the mind with associative external material decorations.

So many concepts in people's lives are substituted with the guidelines of 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. The 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 materialization of people's consciousness in the entire human community. And the latter without exception will turn people into the conductors of the Will of the Animal mind, which will considerably increase its power.

The resource of the life energy of mankind with its capabilities related to "the perpetual motion machine" (the Soul) in the structure of each person is very important to the Animal mind. It will be enough for the clever people to just look at the events of the last centuries. How dramatically the population of the planet has increased, how only over two centuries technologies have developed, which are primarily designed to ensure the mass communication of people on the planet, that is, to unite everyone in a single information field. How at the same time the consumer format of thinking is being intensive-



ly imposed all over the world, how an evident slant of the civilisation towards matter is taking place. This is none other than the preparation of Animal mind for the total control over mankind and the use of its powers and resources for his own purposes, which may not even be related to the three-dimensional world. In his power are dimensions 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 the power of the Animal mind. 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 opposing the greater powers – the powers of Allat. And the Animal mind will not skimp for the sake of it on any sacrifices in the form of the 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 like for every Personality, to wake up spiritually, unite on the spiritual basis, and change the “minus” to “plus”, using for this the technical base prepared by the Animal mind for spiritual purposes. 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 the future events that are to take place according to the programme of the Animal mind, which threaten the very fact of existence of mankind, 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 on the whole are not limited to the three-dimensional world. However, in order for the society to achieve a qualitatively different level of understanding, people need to learn to control their Animal nature and live by the spiritual transformation.

**Rigden:** Perfectly true. And for this, the main basis 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 awaken spiritually, but also, by working on himself, to independently attain the spiritual fusion of his Personality with the Soul. Certainly, taking into consideration that people really engage in self-perfection, do not distort this Knowledge, and follow it like along a navigating channel, expanding their horizons of knowing the world and spiritually orienting themselves 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 man begins to spiritually transform himself and becomes worthy of accepting it. Otherwise, it will be of no benefit for him. It is important 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. For the next level of Knowledge is an opportunity for people to make spiritual transformations in the supreme dimensions of the material world, which, as I have already mentioned, can lead to global changes in the lower dimensions. And this is great re-



sponsibility, this means encountering forces of the Animal mind, which will not lose its grounds 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 the people who directly opposed the Animal mind’s forces, against which they fought on that side of reality, were named Geliars.

**Anastasia:** Well, unfortunately, today most people do not understand the elementary spiritual things. And those who even receive this Knowledge often do not hurry to transform themselves, living by their old stereotypes imposed by the system of the Animal mind. People still lack the firm desire to live and create from their Spiritual nature. This is also seen from ordinary situations in life. For instance, man, having read these books and having come in contact with the Truth, is quickly inspired with the desire to work on himself and make spiritual changes in his life. However, after a little 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 over 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, while 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 to escape from the power of his Animal nature, then he must more often return to the source of the Truth – the books which will help him switch attention and abandon the narrowed state of consciousness. Moreover, man must understand that for him at initial stages of his



spiritual development, communication with like-minded people will play a major role. This spiritual mutual support is particularly important for those who are at the very beginning of their way.

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 timely resist hidden attacks of the Animal nature. Thing is that at the initial stages of the person's awakening, an elementary muddy and stereotyped substitutions often take place in his head, which results in the misunderstanding of where there are manifestations of his Animal nature and where there are manifestations of the Spiritual nature. In a group of like-minded people, communicating with other people, man comes to understand himself 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 public exposure of their problems, but they willingly listen to those who have the courage to do this. When the person "gives away" the positions of his Animal nature, then, in fact, he blocks its loopholes, that is, the possibility of his secret action. Besides, the group of like-minded people will not only hear the person but will also share their own similar situations and the discovered methods of resolving them. Thus, man gets not only spiritual support from like-minded people but also help with the pieces of advice which expand 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 conversation with friends, which brings spiritual benefits to the person. But when the institution of controlling the masses was established – re-



ligion, much was turned upside down.

**Anastasia:** That is so. Officially, the practice of confession for all the believers of the “rational age” was introduced in 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 “heretical movements” in the early 13th century – Cathars, Albigenses, Waldenses and so on. The guilt of the latter 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, regarding the adopted religious 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 his turn, gave absolution from 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 set 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 man, 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. One thing is when man himself aspires to improve and perfect



himself, to communicate with like-minded people and friends, wants to understand himself, receive spiritual support, and do what he can to help others. And it's quite another thing when the person is obliged to do it under the threat of excommunication from the Church and public harassment, moreover, on behalf of the name 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 “spiritual growth of the population.” Spiritual matters cannot be ordered; it is man'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 patterns of the Animal nature and 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 man, excluding the smallest possibilities of manifestation of temptations of the Animal nature in all the spheres of 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 bring order to the spiritual development of society. In a civilisation that is oriented towards the spiritual vector, that is, if it seeks 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 either. It should not have *even a hint at such a phenomenon as priesthood, no matter how they call this structure, which creates religious systems and institutions of different religions in the world.* There should be the desire and certain actions of society itself to create conditions of life 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 the primordial Knowledge got lost and the Animal nature became more dominant in people, division within groups began, and social inequality emerged. The appearance 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 reasonable matter as it sees humanity with its unique source of power – life energy intended for spiritual purposes.

**Anastasia:** It turns out 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 peoples of the world while rejecting the husks of the priestly system and its concepts, the existence 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 the Knowledge, in fact, are about one and the same thing, but they are served in a different human interpretation.

**Rigden:** That is correct, and this knowledge is not a religion, so the knowledge 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 the race, nationality, region of residence, social status and so on. But 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 one only in order to have power over a large number of people.

The history of humanity has seen times when they tried to turn masses of people into atheists. It seemed they were pursuing noble goals – to save people from the yoke of priesthood. But the problem was that at the same time the Animal nature was still dominant in different spheres of society. So instead of a “bright future”, condi-



tions were created in humanity for a worse form of the dominance of the Will of the Animal mind to manifest in people's consciousness. The concepts of the Soul and God were excluded 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 the world society, and the consciousness of most people has been enslaved by material patterns and settings. Today, a person who believes in one God and prays for the salvation of his Soul, unfortunately, is 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 the society today strengthened such a negative attitude towards the main meaning of the human life – spiritual development, God, and the Soul? 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 the settings of accumulating and increasing money, property, real estate, an unlimited right to keep and pass them by inheritance. Man narrowly 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 of 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 inseparable property. All this does not simply point at pathogenic signs of infection of society with guidelines of the Animal mind but also at the fact



that humanity is coming to the edge of self-destruction. And unless urgent measures are taken for its spiritual recovery now, tomorrow it may be too late, because destructive processes will 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 is to be done?”

**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 what kind of person you need to be, first of all working on yourself.

In a civilised society with the spiritual vector of development, everyone since childhood should be able to ignore thoughts from the Animal nature, understand their dual nature, their own energy structure and its capabilities. Man must know that he is directly connected to the spiritual world, that there is one God and there should be no intermediaries at all to communicate with Him. This is a secret of the two: man and God. It is necessary to create conditions in society so that new Personalities that come into this world understood the main 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.



It is necessary to take into account the mistakes of the past and not to lose the main spiritual reference points. In the world today people forget one simple truth: the time of their lives flies very fast. They see a certain degree of their 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 space of it and gains power over its many treasures. He is born alone and dies alone. This world for man is only an illusion of information, which creates conditions to confirm his dominant choice.

In such a qualitatively new society, various spiritual self-improvement tools must be known and available to the Personality. If man wants to use additional tools for his spiritual development, for instance, in the form of prayers, spiritual practices, meditation and so on – his is welcome to if he wishes so. But tools are just tools. They tune, like a tuning fork, the attention to a certain frequency, allow 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 his Soul through the deepest feelings, and feel its power. But then man 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, having this spiritual experience. 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 further suffering? All this seems to be a small detail and only a result of the personal choice of a single individual. But the movement of a civilisation as a whole depends on the choice of each person, which adds up to the move-



ment. It all starts with the purity and sincerity of intentions of each individual in society, his or her true inner choice, and a responsible approach to life, given its very limited time.

In order to put things in a civilised order in society, and, first of all, in the spiritual aspect, it is necessary that the society had as many spiritually literate people as possible. This refers to those who perfect and transform themselves spiritually, expanding their horizons of knowledge. At first stages, such people need to join forces for the purpose of disseminating the Knowledge in various spheres of society.

It is necessary to create conditions so that there were more enlightened and intellectually developed people in the world community, in whom the Spiritual nature would dominate, who would have free access to the primordial knowledge to know 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:** That is correct. So 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 peoples. For many of them, religion is a mere occupation and a source of income (acquired at the expense of the work of ordinary believers); 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 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 to create such conditions?

**Rigden:** In fact, it is not that difficult. People should simply stop “sinning” themselves, 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 to what denomination they belong. Why? Man 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, again, the person should think about the fact 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 to God are the real and the only values from man that can be perceived by that world. These relationships with the spiritual world take place without any intermediaries.

It should be understood that as long as the person assesses 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, gratify his requests and practically carry him to paradise on royal pillows. In fact, 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. Man does not even notice their material emergence, existence, and death. Moreover, he sometimes uses their power, even without realizing 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 her close attention to this phenomenon and will further take care of the new being. So is 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 could fuse with the Soul and they could earn the right to be accepted into Eter-





nity. Then the spiritual world, too, will turn its attention to this individual, it will surround him with care as a long-awaited new perfect Being.

Unfortunately, the ancient Truth about achieving fusion of the Personality with the Soul has been lost, and man, hoping to express his Love and gratitude to 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, taking the alms, which become a subject of a temptation for him. With your alms you make him think not about the spiritual but about the material, not take care of his Soul and the true service to God but of increasing his material income. Do you understand where the severity of this sin lies? With his alms, man pushes the Personality and the Soul of the priest to “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 cut its way 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 “give and take” formula, a belief in the possibility of a material “pay-off” for their sins and in the acquisitions of new wealth in the future – from health to welfare.

**Anastasia:** Many people have never 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. For usually priests and their servants justify their requests of alms, for example, with a construction of a new temple, the church needs (previously in sermons, the word Church is often



linked with the concept of Heavenly Church), help to needy believers and so on. Nobody reports to the flock about the actual situation with the distribution of this public money or provides them with any financial statements of income and expenses.

**Rigden:** In a normal civilized society, helping other people, just like building, for example, a temple intended for joint 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 get together, decide and do that if it is really vitally important for the locals and if they really wish so. 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 are to decide how to live – not someone from above. Be sure 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 the spiritual component of people. 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 go into, like the majority of priests in today’s temples, political or religious and priestly 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 of the flock by “recruits” in priestly garments. In it, people will be independently developing themselves spiritually.



No one should make profit from temples and places where people gather for spiritual development and communication. Once exactions, sales, paid services or paying salaries to anyone start in temples or “holy places”, then temptations will also appear 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 coal hammer at a mine face. So, a person will not even notice how he will get into a web of vices. This is a long known method of the Animal nature.

The point is not in temples as such but in people. Spiritual perfection can be done anywhere – both outdoors and indoors. I have already said that in the ancient times people engaged themselves 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 exist also now; no one has been tempted with their material poverty, and spiritually literate people can use the spiritual values – the Knowledge – today as well. Already in the ancient times, priests of different religions would build magnificent temples to perform their rituals, decorating the first with gold and jewels, for example, in ancient Egypt, Babylon, ancient Greece and so on. And where are those temples now? Instead of them, there are ruins, and the gold has long been looted by the people who got tempted by such material treasures. **It does not befit to tempt people with material things in the places where spiritual education takes place.**

So, in no way may people be allowed to make profit from the spiritual aspiration of others. Dissemination of spiritual knowledge must not bring any financial or other material benefit to a person. So and in no other way it is



possible to avoid material temptations, and the person will do this from his heart and Soul, with the 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 to 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 it 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, this is their mistake. In fact, this is self-deception, for no matter with what material buy-out a person has come up for himself, no one will do the spiritual work for him. It is not his money in the temple that is important but the personal involvement in the creating 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 join the spiritual but what economic profitability and political benefit will be. At that, every religious organization, 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 strug-



gle 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 themselves in society become more competent in spiritual matters, 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 creating deeds. Then the “need” for commercial agents between God and man will disappear.

**Anastasia:** In this connection, another important question arises. In the priestly “army”, there are certainly people who have chosen to serve one or another religion in the hope of their spiritual liberation, without knowing the true state of affairs in the system before getting into it. However, even being in it and observing what is 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, like pillars, the glory of any mass religion or belief. If the system of religions is abolished as such, what about the people who walk to God, being selflessly devoted spiritually, 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 and not their pride, taking care of the human souls without getting a reward for this. 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 spiritual salvation.



And, secondly, no external changes will stop the internal spiritual process for the true “God’s people.” Even having changed their profession and working, like everyone else, for the benefit of society, they will continue just as sincerely to develop themselves spiritually, 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, they will rather delight them, given what they have to face and to 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 of the meaning of their spiritual development as well as withdrawal from 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 please their pride with bowing, worshipping, hand-kissing, servility, obedience, petitions 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 ritual) does not differ from an ordinary person with anything, if his Soul is also located in the body, in this material world. Here, no one can be either lower or higher, for all the human souls equally suffer from this material captivity.

Man 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 people who have not at least once felt this need coming from the Soul and manifesting in the aspiration for *the true, spiritual freedom.*** Another thing is that man’s Animal



**nature interprets this need of the Soul in its own way, distorting the very concept of “freedom”, endowing it with the material quality, which is alien to the Spiritual nature. All the 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 priests, only on a “small” scale, who, unlike them, openly glorify qualities of the Animal nature (their own 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 civilization moves in the spiritual direction, it will be possible to solve this issue quite easily. It must be understood that the human being has a dual nature, and constant swings between the Animal and the Spiritual nature takes place in him. Consequently, it must be done so that *spiritual cognition and dissemination of the universal human primordial Knowledge were not to the advantage of man’s Animal nature as a conductor of the Animal mind, representing the material world and its interests, but that it were absolutely acceptable and favourable for the 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 the 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 educating others spiritually would be materially disadvantageous for the people who do it.

**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 making economic profit or deriving political benefit by anyone; furthermore, it is necessary to prevent the distortion of information and manipulation of to someone's advantage, that is, such a manifestation of discretionary power in the dissemination of Knowledge.

**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 clearly separate the spiritual wheat from the chaff, and they will not give in to the influence and provocations of people with bad intent. They will be able to ignore manifestations of the Animal nature within themselves and uphold the Spiritual nature in their groups and environment.

**Rigden:** Absolutely. First of all, people should awaken spiritually, and then these vestiges of colonial thinking will fall off on their own in the society, and a whole army of various parasites and their spongers, who live at the expense of peoples' faith, will be cast aside from the spiritual field. For as long as they live off ordinary people, they will invent anything just to live their lives as social parasites, freeloaders in society, and even so that people kissed their hands for that and held them in high esteem.

People must learn to be the masters of their own spir-





itual 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 wait for the mercy of priests or politicians, not to indulge in illusions and not to allow to be manipulated. It is necessary to be a more mature Personality, a socially active and a 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 the 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, make any gains, or get privileges and power over someone, sooner or later there appears a temptation, and a weakness of the human spirit will manifest itself.

What does it look like in practice? If a person independently improves himself, has 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 to the next ones. But everyone should work for the benefit of society, having some civilian occupation, earning their daily bread with their work. In their spare time, people must study and share experience and knowledge with others like with equals, like with good friends, suppressing their Animal nature and being guided by the Spiritual nature in their deeds. This is 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. This is the



point: you yourself grow and help others.

Do you understand what special there is in such a way of disseminating the spiritual knowledge? 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 talking dispassionately with the Souls of the people who suffer just like him. What you sow in yourself is what you will eventually reap. The spiritual to the spiritual and the 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 multiplies his spiritual “gifts” from communication with people. These gifts are not material (not money, not food, not things and not human ambitions from pride). This is exactly that spiritual component which a person passes to other people through the spiritual Knowledge. For, by disseminating the primordial spiritual Knowledge, the person thus resists the single Animal mind, and helps others, at least a little bit, to know, feel and understand that divine essence which is hidden in them and which does not belong to the material world. Matter is mortal, and the Soul is immortal. The Personality has the freedom of choice: whether to become mortal or 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 man, by virtue of his dual nature and because of his hesitations in the choice between the two natures, is weak. Even those who steadfastly walk along the spiritual path are exposed to attacks of the Animal nature. Should a person just get distracted or be slightly tempted by the material, then the Animal mind seizes



his consciousness at once, often winning in those moments of his life where the choice of the Personality is particularly important. This is why it is recommended to be vigilant, relentlessly work on yourself and be tough with your Animal nature. If you have stepped on a rake once, know how to avoid it next time. While disseminating the spiritual Knowledge, there is always a temptation from the Animal nature in 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 its distortion from the Animal nature usually takes place as well as substitution with material concepts, and, as a result, the primordial Knowledge gets lost. The person must understand that the spiritual Knowledge is given to all the people. The human being is not God, not an angel, not a cherub, and not the Holy Spirit. He is only human, just like all people, since his Soul is confined in 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 from “sins” or pray for anyone, for he himself is imperfect. And no one is given the power on Earth to forgive on behalf of superior Spiritual Beings, and even more so on behalf of God.*

Absolution 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 his or her 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 a 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 what was done. Ministers of religions added this practice to their armoury. Confessing what was done was presented as a kind of a sacrifice, which was certainly to be followed by a reward – “forgiveness of wrong 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 well, they were sure to receive this forgiveness. I repeat: this is simply a purely psychological technique, which is based on the faith of man.

But what I want to say in this respect. A heart-to-heart conversation is certainly good. But it only temporarily helps a person go through one of the consequences of his or her inner conflict at this 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 attention of the Personality on the thoughts and desires of the Animal nature. The cause of the origin of such conflicts can be radically eliminated in himself only by the person 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 independently go into 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 he 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 realize the mistakes made and fix them if possible. One should not be unhappy about what cannot be repaired. But you should redouble your efforts in what will irrevocably bring spiritual joy not only to you but to other people as well. Life is a real school, where mistakes are lessons and the experience gained is a mentor.

As they say, a smooth sea does not make a skilled sailor. Gaining Wisdom, thanks to the spiritual experience, man 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 the brave person who steers his



ship through the storm of life's elements, sooner or later a day will come when to his inner eye a completely different, spiritual, pure world will unfold, which he has not previously known within himself. This world begets peace in the Soul and allows Wisdom to emerge victorious out of the elements of matter to moor to the shore of Eternity.

**Anastasia:** Indeed, one mustn't give cause for the emergence and strengthening in consciousness of thoughts about different material temptations, first of all, to oneself – 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 so that the majority of people in this civilization 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, major changes in society require a change of the thinking 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 at that are introduced at the initiative of society itself. Although, in fact, everything new is well-forgotten old. People have long dreamt of creating an ideal, just society, where freedom and equality would reign. But priests and politicians use this peoples' desire, including it into their promises but doing in practice everything to prevent this from happening. So this "equality" actually has always been formal, even after priests and politicians provoked social upheavals, reforms or revolutions, which were favourable for them, 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 (an elite with privileges); that is, the situation in society, in fact, does not change globally. 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 the true equality and freedom are.

**Rigden:** People look at tree crowns, but they do not see the roots. And the bottom line is this: **all people are equal and, first of all, in 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 the people are kind by their Spiritual nature because everyone has a Soul, and in this sense everyone is dear and very near to each other, for Souls are united, they are from the world of God. And this **unites all** the people, *regardless of the social status, place of residence, religious beliefs and the nationality of **their bodies**.* After all, it is not the fault of people (new Personalities) that they got such a body with certain genetic inherit-



ance 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 the 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 how their friend's body looks like, but what the person is on the inside, what his "spiritual beauty" is.

And a body is a body. What the majority of people have really learned about their bodies can be summed up in the phrase: "I have pain here." The beauty ideals of the body in the human society are relative, and they are conditioned by the 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 from childhood necks with rings while others prefer to have teenage forms. 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 en-





gaged 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 up and down, 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 the programmes and directives of politicians for payment, thus implementing their political decisions and actually promoting in society the concepts that are beneficial to those in power. Moreover, they base all these theories on numerous historical facts (under the plausible pretext of historical cognition), demonstrating destructive models of the past supposedly under the slogans of public censure, saying “you mustn’t do that.” But in fact, this is a demonstration and imposing of behavioural models and patterns on people, and options of “how else it is possible”, which contribute to even greater division, that is, the differentiation of society. For instance, they describe the ideas of class struggle, inequality, racial discrimination, social injustice, division of people into the “superior” and the “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 sheer aggravation of xenophobia (from the Greek “ksenos” meaning “alien” and “phobos” meaning “fear”), that is, people’s rejection, fear and hatred towards each other, intolerance of something foreign, unfamiliar, and thus subcon-



sciously hostile to a person. But no textbook will say how things really are at the highest levels of power, on what today's politicians and priests actually build their power and how they exploit entire nations in their profit-making interests.

So, the division and fragmentation of society are stimulated by world politicians and priests *artificially*! What for? To create in people's consciousness an image of an *enemy* and keep the whole society in fear and obedience with this image. So that under this pretext aimed at fighting someone, society approved without thinking 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 security of the population.

Suffice it to look at what is shown to people on television. There is continuous intimidation of how everything is bad in their country – murders, explosions, robberies, scandals, victims of natural disasters, in other words, constant emergencies. 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 intentionally not shown much. For they impose 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 were dominated by the animal fear for his life and the masses – by the animal servility and aggression towards an artificially created



image of an enemy. Then power over such zombified people becomes limitless. So, society has a stable 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, and they will 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 conventional, 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 the hands of people, or rather, in the way of their thinking. The Truth is one. But if the person allows in it a small difference 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 dear and very near to each other, in their spiritual component.**

When the Animal nature dominates 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 something and not even remembering about those who are “lower than him” in something. And this is successfully used by politicians and priests,



including similar ideas in their slogans about equality and brotherhood, religious writings, political concepts and laws on paper.

**Anastasia:** Well yes, and then people wonder how it is that all seem to be brothers and sisters, constitutions and international conventions kind of say 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 in the care of 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, cleverer. 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 was at war with a neighbouring people. This war already brought a lot of grief to the people. But nobody knew how to avoid the war and death. And the brothers asked the advice of the Wise man.

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 duality of man, 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 your Soul and come to that which lies beyond life and death. In the end he said: **“It is possible to become free from death only by knowing the Truth. The Truth is a property of the inner. The way to the Truth is a property of the outer. And only having walked this Way 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 way to save his Soul.

The elder brother decided to perfect himself in spiritual knowledge. He left his native land to avoid the war. Has visited many countries, where he studied religions of the local people and chose from them what he considered 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 with the goodwill of the Chosen one. Thus, 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 advice of gods. But soon even those who laughed at him began to listen to the speeches of the young man, because his words were truthful – 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 to 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, like any of you, so he is hiding behind the lives of his warriors, publishing decrees. But his decrees are executed by you. The ruler is alone, 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 Way 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 itself, 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, instructive. It's true, for many people the spiritual remains at the level of high self-importance, instead of real work on yourself; but then just like in society as a whole – there is everything on paper, but in life it's one long ordeal.

**Rigden:** It is actually people who choose how to live, from every individual to a group, from a small to a big community. The world politicians and priests instil in people that it is them, as administrative personnel, who are the unifying force and that without them nations will not do anything. They instil and divide people constantly; otherwise, peoples will start acting 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 a 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.

**Anastasia:** Please, say what should the model of society be? As of today, there are many forms of the 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. If theoretically everything is beautiful, in practice, judging by historical events, it turned out like in the saying: “the proof of the pudding is in the eating.”

**Rigden:** That is because everything that you have listed here, is built on politics, that is, on management, power, and undivided rule of politicians and priests over society.



Haven't you noticed that even the words are written separately – “state and society”? Besides, the state is seen as a political superstructure of the society and the 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 Veliky Novgorod.” This word is connected to “gospodar”, and so was called an owner, master, or the ruling prince. The Persians in the ancient East had even a more precise definition – the “owner of sheep” (“gōspanddār”). Do you know the origin of the word “politics”?

**Anastasia:** Well, as far as I know, from the Greek words “politike (techne)” meaning the “art of ruling the state.” And then some give reference that these words, in their turn, are derived from the Greek words “poly” meaning “many” and “techne” as “art”, “craft.” Others consider 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 go into detail. Where from did ancient Greece receive such a form of social governance, moreover with the self-name 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 exactly the ones who established religious cults and forms of social governance for their own purposes, who created craft guilds and so on. From where did the Greeks get such a form of government as 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” as public; “res publica” is “public (common) matter”). All these forms of government were devised by the priests of freemasons (Archons) and promoted them among peoples through public figures.

You may think 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, and the law takes into account the methods of collective decision-making, including “equal opportunities”, “granting personal and political rights and freedoms to citizens” and so on. But in practice we have a real occupation 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 them, exploit people, neglecting their interests, and use the resources of the state for their own or clan’s selfish purposes simply for the sake of profit. While public is fed, as always, with promises from elections to elections. In practice, 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, first of all, in “civilized” 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 mentioning ideologies with an aggressive direction, political regimes, and the 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 on two incentives 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 a cover for the actual absolute power of politicians and priests. That is why today everybody is only talking about an ideal, humane human society. But is anyone actually creating it in practice? And even the very way of posing a question about the creation of an ideal society is invariably connected not with society as such but what will be the *form of state power* over that society while preserving the same global system of governance of people by, again, priests and politicians.

**Anastasia:** That's right! Any power for people 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 the words that have a double meaning. Considering themselves as 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 the 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 from two Greek words: from “poly” standing for “many” and “Theos” meaning



“God” – and meant nothing more than the power of “many gods” over society. It is from there that “tin gods” appear – politicians, who are subordinated to the system of power of the Archons. It is not surprising that today many countries live with the Anglo-Saxon law as well as Continental law, which are 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 priesthood in Ancient Rome (“The Law of the Twelve Tables” and other priestly documents for governing people, which were spelled out 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 and how governs them, and they do not know because they do not delve deeply into these matters. If people show more interest in the world 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 earlier they simply did not pay any attention. In particular, if we have a look at the standards, flags, emblems of princedoms, cities, and coats of arms of states, which, as a rule, were designed by the wards of Archons and palmed off on 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, and, just like earlier, it is intended to secretly influence people’s consciousness. It is enough to have a look at the official symbols of the modern coun-



tries of the world, their central and local government bodies, ministries, departments, and services as well as on the symbols printed on the banknotes of various currencies of the world. These are mainly crosses, a mark to block the Front aspect (with a sign or a symbol, more often with the royal attributes of earthly power in the form of a crown) and an emphasis on the Animal nature, I mean the lateral Aspects of a person, which are mostly depicted in the form of some aggressive animals on each side of the central symbol. It is enough to look at how many coats of arms and emblems are marked with the signs or symbols of freemasons, starting with cities and countries and ending with international organizations and corporations: a bow and arrows (together and separately), axe, sickle, hammer, sword, rapiers, firearms, compass, lion, leopard, dragon, eagle, Phrygian cap, an olive branch (Jewish priesthood). Needless to speak about presence in many cases of certain numerical symbols in the form of stars (6, 13 and so on).



1



2



3



4



5



6



7



8



9



10



11



12



13



14

**Figure 108. Coats of arms of different countries:**

1) The Gambia; 2) Bhutan; 3) Guyana; 4) the Federal Republic of Germany; 5) the German Democratic Republic (1949-1990);



6) France; 7) the USA; 8) the Netherlands; 9) the 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 with the coat of arms; 12) Georgia (since 2004); 13) Belgium; 14) Vatican.

These aggressive signs are used as public attributes intended for mass production; that is, people often see and use them, 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 face. At some point, it is enough to strike a spark, that is, to provoke aggression in a certain mass of people so that an entire state would be swept away by a wave of violence and irreversible destructive consequences, or rather *predictable* inevitable consequences.

But this scheme of the secret governance of peoples 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 “engravings”. Besides, all this is done “quietly”, with a formal “participation of people” in such discussions. The decision, as a rule, is taken by a narrow circle of officials, and another story is invented for the general public that precisely these symbols and signs are “very significant” for the 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 to substantiate such an opinion and no other. But what I want to say about it. If people themselves, regardless of someone’s opinion become interested in the history of



their country and their people and in symbols and signs, if they expand their horizons also in these matters, being responsible in the process of cognition and approaching it 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 minions of priests and politicians.

**Anastasia:** It turns out that the Archons have made for themselves out of the world politics levers of control over the global society, and from states as such they've made the tools of violence over peoples and a means of enrichment for themselves and for a handful of the puppets in power which 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, organization) and ending with relations between countries, when strong states devour the weak ones and compete among themselves. In other words, they are the same laws of the Animal mind.

**Rigden:** Absolutely. The 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 observed if one knows the whole truth of what politicians did in the past and do in the present. 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 stripes. Each such “princeling and politician” had his soldiers, flags, coats of arms, retinue and something like a government. His princely *mercenary army* was called a “*band*” (from the Celtic “band” meaning a “connection”). So, what were they doing? 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 took tax (payments) from them for their patronage and protection from other princes, who, in fact, were also “bandits.” And you had better not to refuse such prince’s “mercy” – the one who protected and threatened was the same person! But the matter was that such hunters for other people’s belongings were many, for there was a strong “competition” among the princes, so to say, to provide “military (security) services” to the public. Today, one “princeling and politician” organises a bloody showdowns, and tomorrow another one. And everyone desired 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 band is a band.

And today, nothing has changed in the world politics. Only the open violence over the peoples is called “peaceful taxation”, but the system of extortion has remained the same. This violently peaceful and voluntary compulsory collection of money is a robbery of the population on the planet on a small and large scale. It is just that today all this came to be called with more beautiful words – the monopoly on legitimate violence (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 paper (to





process documents, confirm your own rights, and even to accept a complaint for consideration). This surely doesn't make the life of citizens easier.

**Rigden:** Well, gangs will be gangs, they have remained as they were, only they are robbing the population already on a different scale, based on the laws written by them... Although the whole point is about people themselves, who are the majority, but they do nothing, while the Archons are a minority, but they are acting constantly and very actively. 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 the country of residence. Then mankind will eventually come to that model of a just society of which it has dreamt for so long.

The 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 organizations and funds dependent on them. Moreover, the Archons initiated the creation of various sciences, which study and develop the methods of controlling the masses, so that people themselves would invent how to put themselves into the shackles of the Archons. 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, doing the programme tasks of those who sponsor and protect them? Sociology does not study the inner world of man.



Those in power have assigned this task to psychology and push it to direct the priorities of its development on nurturing egoists in society under any plausible pretext. And spiritual matters were completely put into the power of priests, feeding off religions. Everything is divided and is made complicated in order to discourage a person from getting to the gist: 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, to predict the change of ruling regimes, the outcome of the political struggle of parties, invent and create political images for candidates, to be engaged in the pre-election campaign, and think over with what speeches (not deeds!) and new promises to win the public sympathy for a candidate during the election campaign. But political scientists, just like sociologists, psychologists, journalists and other participants of this political show are men of people. A politician only pays for some people to create a myth about him for other people, so that he could go into greater power for the sake of his own interests. So it turns out that he does not mean anything 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 transformed into a disposable mass political show under the name of “people power.” What is its hidden purpose, what is its influence on peoples? What do the masses see? Television casting of candidates, some elements of reality show with juicy details of private life of the “main characters”, their competitions 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 were easier to control this mass, regardless of who will win among these political puppets of those in power.

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 peoples. The Archons are subordinated to the system of the Animal mind, and they implement “their” ideas through politicians. But the majority of people do now know about these things happening “behind the global scenes.” They are deliberately puzzled only with that theatre of actions which takes place on the political scene of their country, thereby limiting the range of their cognition of greater, 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 it has really affected the life of society? Which dominant has it activated in it?

At best they give people to understand that the politi-



cians 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 dependant and fell under the power of the system of the Animal mind are no longer satisfied by money. They already want to have something more, for example, the ability to control a large number of people and secretly enjoy the servility of people before them.

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, but 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 the power is given for a short time, but the price for it is disproportionately high. A life moment of the human weakness turns into a long agony of a subpersonality and a prolongation of the Soul’s tortures 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 “reverse swastika” and realize 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, like an octopus, have entwined the whole world.

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 in the advantages of the material way of thinking and the consumer format of public relations, to frighten people with another world crisis, to convince in 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 the masses of people are infected with these ideas, people themselves materialize them, starting to do 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, he 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 so 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 country, the politicians who work for the Archons convey the ideas of their priests “script writers” and “producers and sponsors”, about 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 people.” 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 telling the idea to each sensible person individually on the planet that he or she should go to war with his or her brother so that Archons could live well. Where would each person send them? That’s right, to a certain well-known address. What intelligent person will want to destroy the piece 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 peoples 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 the 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 dependant on the “the mighty of this world.” The peoples 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 the 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 one, but a bunch of politicians and priests play their game at the expense of the lives of millions of ordinary people.



But if friendship flourishes among peoples 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 happen at the level of information at first, that is, first of all in the heads of people and the world community, and then are started and implemented with their hands. For **at first comes information, choice, a change of consciousness, and then action follows from all this.**

People must not only understand this but also to the best of their ability to actively oppose the launch 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, playing public performances, intimidating billions of television viewers and enslaving their minds in the fear and obedience to the material system.

If the activity of the world society is awakened in the matters of self-government, if the very process of governance and any of its information is made open, 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 with deception alone that cannot last forever, like everything dead. For the one who has once betrayed himself, his spiritual nature, the Truth seems stinking. He lives deceiving others and, in fact, deceiving himself. The reason for the lie is not in a word but in the desire to deceive one's nature.

**Anastasia:** It turns out that the same situation exists



in politics as with the spiritual aspect of life of society. If such a tool of influence on the masses as politics is abolished in the world society, then, in fact, such phenomena will disappear in it as rule, positions of “free-loaders”, that is, those who profit from people’s property. And clever, honest people, who truly take care of the life and destinies of peoples 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 discontinued. For example, to teach people the basics of public self-government and control and apply their expertise in the good deeds of society and so on. Although such people in politics, just like and the “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 their lives, 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. The help of these honest and clever people will be significant for society. It is necessary that the changes took place not in a particular country but everywhere among the peoples of the whole world. Then this process will be difficult to stop. Certainly, it is necessary that the majority of the people in the world got inspired with this idea, that people became more mature in the Knowledge and participated 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 power 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 dominate over peoples.

Incidentally, the word “president” has also appeared in society at the suggestion of the Archons, who are lovers of double meanings. They did not name this position of the “leader of a group”, for example, as preamble (from the Latin word “*praeambulus*” meaning “*the one who goes ahead*”). They reserved this word for the advancement of their affairs and use it to denote the introduction of the 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 ahead*”, who, in fact, is 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 realize their power in the name of God, so do politicians, being 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 on a large scale as the title the “head of the nation” during the *war* of 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 into the book *Sensei-4*. They devise their operations carefully, think for many years ahead and skilfully use, for example, signs and symbols, and even names, which influence the masses at the subconscious level...

**Rigden:** When the majority of people show competence



and also in these questions, these problems will disappear as such. In all the spheres of life people themselves should exclude any possibility of manifestation of the Animal nature in a person, having thus protected themselves and society from the 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 man and its blossoming as well as for the popularization of the cultural and moral values in the entire global community. When people themselves and the world community abolish such 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 the people in the world should live in the space in which moving is absolutely free, that is, to have every opportunity to move absolutely free on the planet, without restrictions. There should be no conditions for the emergence of strife among people, including ethnic conflicts. There are national cultures of the peoples of world, which contain various traditions and knowledge of humanity. But there is also the supreme concept – the spiritual, which unites the people of all nationalities and which, for example, in the Russian language is known by the word Человек (Chelovek, meaning “man” – *translator’s note*).

By the way, the word “Chelovek” is far from being 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 Person is that filled who is dominated by this supreme, eternal power – the Spiritual nature.**

So, all the questions should be addressed collectively by people themselves, starting from local village councils and ending with the world level. And this process should be absolutely open to all the participants of society. Modern technologies allow this condition to be implemented in practice. Moreover, all these questions of the life of society should be discussed and taken in their spare, off-work time. Such a system of a self-governing society will work only when people themselves take on responsibility for the improvement of life of the whole society and express their readiness to spend their personal time to participate with what they can in the matters of society, including collective creation, on a regular basis. This is equivalent to when a person controls his or her thoughts and desires from the Animal nature and when he or she assumes responsibility not just to control himself or herself in these matters but also to work on the creation of kind thoughts, actions and deeds from the Spiritual nature.

Also in society there should be not even such a notion as a “regime of secrecy” in the matters of self-government of society. First of all, this concerns financing, that is, the distribution and the 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. And where actually the money goes people do not know.

Why is this happening? That is because the world political and priestly gangs exist and there is a struggle



for power and control of financial flows. On the quiet of “secrecy”, politicians pass the laws which are favourable for their rule and business and plunder the state budget. And the people again live in poverty. The same happens also at the world level among states, only this theft already takes place on a larger scale. If the institutions of the political and priestly power in the world are abolished, secrets will vanish as well. When the world society becomes united in its creating processes and spiritual aspirations, the concept of secrecy will disappear. Society itself will simply decide what expenditure items are of priority and on what it is necessary to spend one’s fund in the first place in order to improve the life in it. And each person of the world community should be able to monitor on what exactly the funds have been used and for what needs they have been spent, to the last penny. In general, to create such conditions so that there was not a single loophole for stealing public funds and a mercenary profit on them.

Addressing 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 the *name* of it), 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 favourite 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 which is oriented towards the spiritual vector of development there must be no "constant" representatives at all, like the present deputies and such. If it is necessary to delegate one's authorized 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, according to certain deeds, which they have already done for society. These representatives should be denied any benefits and privileges. They must carry out public activities at their own expense, in their spare, off-work time, without receiving any material or other compensation or any advantages in relation to 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 life of society will be dealt by honest, clever 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 addressing 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 addressable issues, but, what is equally important, the openness of such “online meetings” for 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, the control of counting your vote and verification of information, prompt resolution of issues, and voicing different views – all this can really be done even online. But what if someone wants to monopolize 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 monopolize digital, online or other technologies as well as means of communication, this will not happen. And generally, while building such a society, it is necessary to take 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, agrarian and scientific enterprises. All these should belong to the entire world community. Ownership of all this by the private capital must not be allowed, in other words, that all this one way or another were in private hands or belonged to any certain individuals or groups. Only under such conditions, the absence of corruption, rising prices and financial crises are possible. Society itself will set prices that are acceptable for life, 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 frauds, purchase and sale of “air”, unthinkable 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 on this incredible capitals, while someone during these artificially stimulated processes loses the last what they have. 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 value, 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 with 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 means for the daily living needs, which ensure his existence in the body.

**Anastasia:** But as long as money is in use in any form,



there will be division into rich and poor, which is shown by history. Besides wealth implies private business and, therefore, property.

**Rigden:** As for the poor and the rich... 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 suitable for using, and use alternative energy sources instead of fossil resources. 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 constrained artificially all over the world by the order of the world's priests. Why is this done? So that, for example, the Archons could 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 the fear of falling below the poverty line. For when the consciousness of the masses is busy with the issues of survival, it is much easier to manipulate and control them and incline the choice of people in favour of realization of the Will of the Animal mind.

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 necessary that people were provided with all the things needed and that there was 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 owning "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 capitalization of one family as a social unit should not exceed ten million dollars in terms of money (according to the prices of today) with all the movable and immovable assets. And even that is a lot! I am saying too big a figure for today only 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 for 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. 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 the 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 were easier to swindle out their money. It is unlimited capital that breeds aggression in society, provokes envy, the desire to manipulate other people, and promotes the domination of the Animal nature in a person. In a normal, civilized society this must not be at all. This is not nice and it 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 to protect people from the temptation to use their status in responsible positions?

**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 the 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 could not manifest the qualities of their Animal nature in their positions. Then functionaries will truly become serving people, that is, they will conscientiously serve the people and perform their duties honestly.

**Anastasia:** This is certainly good. But personally, I cannot imagine how this will look in practice.

**Rigden:** Do not worry, there are many clever, professional people in every area of the life of society (and in this one as well), who, when they get into the common idea, will be able to, having united with like-minded people (not only in their country), to think everything through sensibly from minimum to maximum. If people (each person whom this information has not left indifferent) are not idle but start to put things in order at least in the professional and other areas of life of society that are known to them, then sooner or later they will succeed. People themselves will create such a system that will block all the possible loopholes and any possibilities



for the manifestation of any corruption in society, especially in public positions. Having experience of working in a particular area, knowing its “pitfalls”, tracking and controlling their Animal nature, they will think through how to exclude every possibility, any precondition 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 it depending on how important, necessary and effective 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 in science do, as they say, “eyewash” and who at the same time do nothing useful. It is necessary to free scientific environment from such people or transfer them to another job and create the conditions there under which society would benefit from such people. 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 conscientiously do his work 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 so that there were not even possibilities for the manifestation of domination of the Animal nature, so that all the information were open for people and society took the major decisions to-



gether. A group must take care of each person, and the person must take care of the group. It is necessary to use this property of the human nature – imitation. Imitation is an instinct of the Animal nature in man. 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, selflessly help people, gratuitously serve the public good, 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 embrace 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 international 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 civil society. It's just that they imagined all this is narrowly, within the limits of desires from the Animal nature. Now I understand why they didn't manage to bring the 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 the Will of the Animal mind. In most cases, even the very idea of a new social order was described by them with the impurities of their desires of the Animal nature.

**Rigden:** Quite right. But that I want to say in this regard. In our time, humanity has, for the first time in



history, during all the course of its existence, such a unique opportunity – the *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 the availability to the majority of people of interactive communication with the now familiar to many means of communication, 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 countries at least a little bit and give the opportunity to many Personalities to develop spiritually during their short human lives. But all these are individual cases, whose practice later did not develop properly because all this was done in the conditions of existence of the rule of politicians and priests over society, and more precisely in the conditions of existence of artificially created of the priestly system for control of mankind, according to programs of the Will of the Animal mind.

And now humanity has the only one, a real chance to save themselves and their future. Today in the human society, the Animal mind is reaching its apogee, a triumph over the human thinking. Just look at the speed with which the consumer format of thinking is being imposed on 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 the overall introduction of accessible technical means of communication among the peoples around the world and the popularization of “accept-



able, minimum literacy” in these matters among people is exactly the work of global conductors of the Animal mind for the purpose of organising the 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-organize 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 bit more and it will be too late. For everything rests 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 a top pointing up. At its bottom is the majority of the population, in fact, those “surviving” in the miserable 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 using public wealth and have most benefits and privileges.

But if the sign is turned over, we get a triangle with the top pointing down, according to the principle of the creative Allat, as the symbol of society, in which there is no rule as such, where each person, while perfecting himself or herself spiritually, improves his or her life by benefiting the entire mankind, where the world society controls the processes of its life, moves in the spiritual direction, and uses all the comforts and resources. This is exactly the movement from lower to higher, this is a real progress, a quality evolutionary leap of the human civilization!

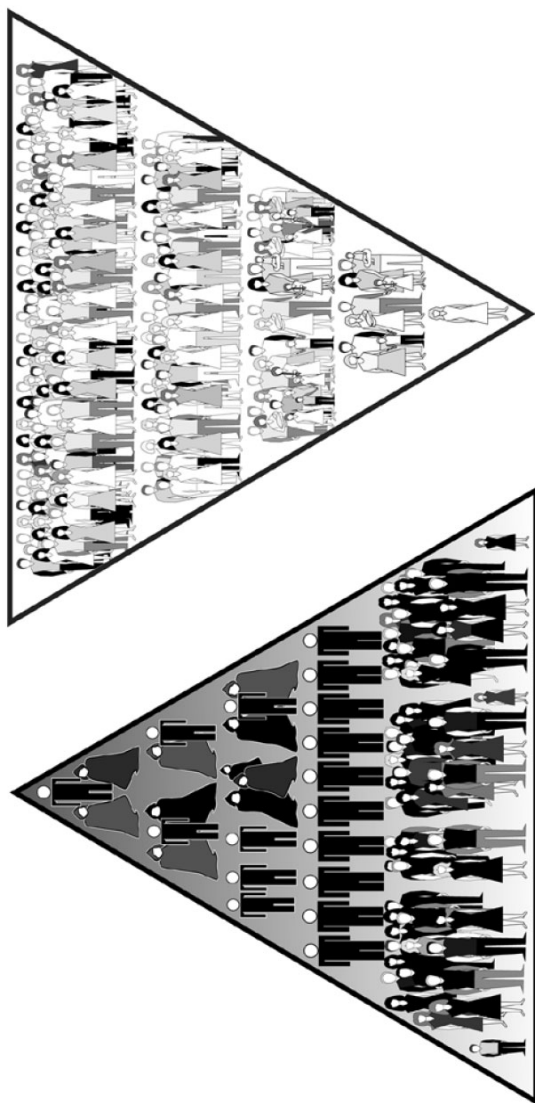


*Figure 109. **The pyramid of the human society:**  
The triangle with the top pointing upwards is a symbol of the  
power of priests and politicians over the peoples;  
The triangle with the top pointing downwards is a symbol of a free  
and equal society – the Allat of peoples.*



**Rigden:** Quite true, so actually there is nothing difficult here. Simply people themselves should engage actively in the process of transformation of society and create to the best of their ability the necessary conditions for the education of the peoples, unification of the world community and following by the human civilization of the spiritual vector of development.

The main conditions for creating such a society:

- 1) improving the spiritual and intellectual literacy of people;
- 2) spiritual self-perfection of man and his active participation in the life of society;
- 3) independent unification of peoples in a unified world society;
- 4) abolition of the global system of rule of priests and politicians;
- 5) stringent restrictions of individual capitalization;
- 6) the governance of society must belong only to society itself as a whole;
- 7) **the most important thing is the ideological transformation of society, which is inseparably connected to the domination both in the person and in society of moral values and the Spiritual nature.**

Like each person should keep track in himself of manifestations of negative thoughts coming from the Animal nature, so society as a whole must control its own “social, 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 popularization 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. 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 popularization of the creative ideology must come from society itself as well as prevention of any attempts of imposing the destructive ideology on people. These conditions are the basis for the formation of a united world community with the 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, being 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 the mass media of communication, a certain *human communication mass* is being formed in the world, which outnumbers any largest physical mass gathering of people. But also in this *artificial information field*, various patterns of one-type perception, thinking, behaviour and actions of people are also created, spread (by means of infection and imitation), and function. And they form this invisible single mass. That is, there is the massification of consciousness and behaviour of many individuals, belonging to objectively unrelated social groups and cultures. Suprapersonal 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 *at one's own choice* connects to a flow of this or that 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 infor-



mation channel that unites them. Within the 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 using of an enormous amount of energy. Thus, when a clear preponderance happens, *thanks to the human communication mass*, 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), the monad will turn over.

**Anastasia:** That is, outwardly (illusory) the highest possible degree of individualization of people kind of remains. And a person is sort of 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 in reality, and all this is just an illusion of individualization. In fact, by choosing something from what the civilization offers, a person connects to an artificially created information field, which, one can say, forms a mass out of the blue. After all, the majority of 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 in social networks online. 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 in the press of certain articles and so on.



But this is a real massification of the psyche, which has previously been practiced by shamans with a tambourine, magicians by means of rituals and the like enchanters before 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 the principles are the same. For 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, 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 the organization 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 forms 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 a fundamentally new quality. And its global difference is that in the artificial information field, which broadcasts the Will of the Animal mind through people conductors, with all the variety of the 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 the spiritual development, no matter how much information a person gets from this source. For all this information will focus the person's attention on the prolongation of the life of the Animal mind.

However, in the information field which has been arti-



ficially created in humanity and which broadcasts the Will of the Spiritual world through people conductors, the choice of an individual remains. For while receiving the Truth, due to its reproduction in pure form by such people through the same artificial information field, every person gets the opportunity to know himself, 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 in the material world. And so, the person will help his or her Personality grow and qualitatively transform spiritually into a new Being. And that is the key difference.

**Anastasia:** You said it absolutely precisely – a limited, artificially created information field. For the mass consciousness through mass media (first of all, television and the Internet), a myth is created, actively supported and cultivated, which forms a certain perception of the world, creates patterns and in its diversity contributes to mutual strengthening of information. This myth reinforces in consciousness of an individual, in fact, invented causal relationships between real objects, generates legends about events and public persons of the past and the present, forms or presents a ready-made invented model of attitude to reality. This fragmental knowledge about the world, but served in a beautiful wrapper of such a myth, creates an illusion among the masses of the 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 show of a magician: “I saw it, so it’s true”. Although in fact, people independently do not even analyse the received information and do not bother to understand the reasons who and why needs the masses to pay their attention to this information, looping it on such a narrow range of the matter of the three-dimensional world. Despite all the exter-



nal variety of information, people are actually weaned from thinking independently, rebuilding the perception and thinking of the audience after their own fashion. The clip character of the flow of different messages alone counts for a lot, 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 base you can see the single material root and the activation in a person of desires of the Animal nature, where everything is built on provoking specific emotions and create a certain mindset of the crowd under the cross influence of various sources of information.

**Anastasia:** Indeed, if a person stays on the wave of the Animal nature, then, in fact, he has no choice as he does not even realize that he is an object of external manipulations and he perceives the images and thoughts imposed on him as his own ideas, without thinking about the true source of their origin. And when a person is an Observer from the Spiritual nature, he has something to compare with, 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 the personal spiritual self-perfection in it is.

**Rigden:** Yes, that is true. Many people, unfortunately, do not even think about from where various thoughts appear in them, why they give attention to them and sustain in themselves the life of different programs. Who and why needs to make it so that a large mass of people (among whom, like a speck of dust, are also you) 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 has in itself, to whom it really serves, what in general globally stands behind that or other artificially created information field, 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 that rests after a working day at home in the evening. Everyone, as a rule, is busy with their own informational entertainment. Some spend time online, focusing their attention on the messages, games, and entertainment that excite them the most and capture 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 characteristics. Other members of the family, listen, for example, to music, experiencing emotions that correspond to this melody. Still others watch TV, empathizing 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, the news obtained from the mass media or about the current personal problems.

*But in absolutely all those mentioned above, attention is equally captured to the maximum by the hobby which, in fact, has a material vector and is connected with the forces of the Animal mind. In fact, all these "occupations" are empty; this is information 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. Life in its content ends up empty, like an ear of grain in the wind, which was blown about and then got rotten on the*



vine without giving the spiritual fruit. So is here, everyone, like ears of grain, *is distracted* by external information *from their spiritual development*. The consciousness of people becomes so narrowed, fixated on this or that emotion and thoughts from the Animal nature that nobody in these moments even thinks about the spiritual, not to mention serious work on themselves. And, in fact, spiritual development is the most important thing in the life of any person, the meaning of his existence.

The person emotionally empathizes, 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 effusively) in this illusory show for the psyche of the masses 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 has been engrossed by this or that information illusion, which casts each individual into a kind of illusory reverie and ignores any hint on 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 questions that are important for him. He begins to realize that until then he was just a dependent element of reproduction of such a mass and duplication of information from the Animal nature. Having spiritually awakened and working on himself, man, in fact, makes his true choice. He becomes an active conductor of the Will of the Spiritual world, contributing to



disseminate the Truth in the existing information field that is artificially created by people. The Truth becomes power, which multiplies his possibilities many times.

**Anastasia:** Yes, the Truth, as it turns out, is very simple... So it appears that the Animal mind at this stage is actively creating a system that in theory should globally capture the consciousness of the majority of people on the planet.

**Rigden:** Unfortunately, that is so. Now, a tool is actively being improved 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 the place of television, is being actively introduced around the world. Every effort is made to provide the mass access to it of 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 individualization. But most importantly, it includes the tendency to reproduce and duplicate information across the world at the expense of the formed mass itself as well as “opinion leaders” and active people. But this global technology also hides *the weak spot* of the Animal mind. And clever people should take it into consideration.

If previously a person, being in a physical crowd and understanding all the absurdity of actions made by it, practically could 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 the 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 materialize the creating Will of the Spiritual world.

Now such unique conditions have formed, under which mankind can use its chance and turn over the monad towards the spiritual development of the civilization. It can create an entirely new social world order, using the tools of informational influence of the Animal mind on people in the purposes and direction that is opposite to it – the development of humanity in the spiritual and creative channel. 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 “small” 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 from thoughts and actions of the many people, who apprehended the Truth and became its active conductors. If a person, having all this information, wishes to disseminate it, then it is necessary for him or her: *1) to provide people with the entire amount of Knowledge outlined in these books, while trying to disseminate it to the 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, attitudes and the 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 be



formed which will be capable of organizing itself, solving important issues, and implementing the decisions taken. The active communication of its every participant will only strengthen, support and expand the impact of this information, convey a certain emotional and psychological tone to other people, inspire them with 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 a new society and 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 come nearer by divine intervention but 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 considers the topics of “the future millennial reign of Christ after the Second Coming – the return to the earth and His victory over Satan”, of the Armageddon – the final battle between good and evil at the end of times, in which *“the kings of the entire inhabited earth”* will take part. But who is he 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, priestly, political and economic violence of gangs from the Archons over peoples; dominance of the market and consumer attitudes which form purely materialistic thinking in people and relationships based on



the animal instincts. There is a real aggressive information 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 guide, he imposes this model of behaviour to others, without even noticing that he is in the power of the Will that is alien to his Spiritual nature. This is exactly power, “the guise of Satan”, of the Animal mind who has enslaved mankind and walks in it without a mask.

But in the hands of people is the opportunity to change everything! People are waiting for divine intervention. But it is the same as in the 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 already 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 civilization.

Building such a society is a necessity, since this is the only model that will allow the 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 jointly work out. 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 Spiritu-



al nature in man. Building such a society depends on the actions and the personal choice of each individual. The Archons have accustomed people to do nothing and to wait passively for someone to come, decide and do everything for them. They have limited the “prison Freedom” in their system for a person with a place on the couch, where he can spit at the TV set as much as he wants and abuse politicians and priests, because in any case nobody will hear him. But it is easy for one to destroy this imposed illusion in oneself. Simply it is necessary not to sit back and do nothing; 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 originally he 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 he who knows and explains the hidden meaning of what is happening to all the people who watch the performance on the world stage.

**Rigden:** All of us, being 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 in acting. The only difference is on which side your consciousness is in this place of illusory performance.

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, while 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 ef-



forts of each messenger. The more there are those who get inspired with the Truth, the more there will be those who will begin to change the situation in the global society, according to their possibilities at the local level. For the dissemination of information, you can use all the possible means available: oral transmission, mass media, including radio, press, television, and the main lever of mass communication today – the Internet. If every person has his hand, mind and the purity of his intentions in 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 real power is in the majority! Once people receive and get inspired with this information, they themselves will understand everything how to improve the life of society according to their real possibilities, 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 man in relation to society is manifested in his sincere intention and selfless action for the good of society. Having united in such an intention, people will be able to achieve more and create conditions to form an entirely new civilization – 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! Having the Primordial Knowledge, you also have power. Having 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 a 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, announcing the call of the Soul's victory: "**ALLATRa**"! Everyone who hears is a Summoned one, and together are the power that can change the whole world." The creating power coming from God is

**ALLATRa**

---

*No period has been put in this book because the final word rests with people...*



**The official website of Anastasia Novykh:**

[www.schambala.com.ua](http://www.schambala.com.ua)

**Email of Anastasia Novykh:**

[anastasija\\_novix@mail.ru](mailto:anastasija_novix@mail.ru)

---

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, win victory over oneself and do real good deeds. The books of the writer - **"Sensei of Shambala" (four volumes), "Ezoosmos", "Birds and a Stone", "Crossroads", "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 **[www.schambala.com.ua](http://www.schambala.com.ua)**, **[www.books.allatra.org/en/](http://www.books.allatra.org/en/)**, and many other resources.

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 activity 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.

---

The website that has a forum of participants of the  
Center as well as videos and articles of the readers on  
the subjects of the book by

Anastasia Novykh:

[www.sensei.org.ua](http://www.sensei.org.ua)





*ALLATRA IPM is a global association of those who actually do Good and maintain Peace for all people. ALLATRA movement unites people all over the world regardless of status, social categories, political and religious views. In a short period of time hundreds of thousands of like-minded people in more than 200 countries around the world have become active participants of the movement.*

*Our strategic goal is to induce people to actively participate in life of the society and together with people of good will from various countries be involved in useful activity for the world community. We are outside of politics and outside of religion.*

*Thanks to the initiative and unselfish actions of active participants of the ALLATRA International Public Movement, various creative projects and good deeds aimed at creating conditions to unlock the creative potential of people and at revival of universal human spiritual and moral values in the whole global community are implemented around the world.*

*Among the projects are: the nationwide initiative - **"ALLATRA Global Partnership Agreement"**; international Internet TV - **"ALLATRA TV"**; international web portal for bringing people together in common socially important affairs - **"ALLATRA - Crowdfunding with Conscience"**; creative media space - **"ALLATRA RADIO"**; **"ALLATRA SCIENCE"** - modern innovative research in the spheres of climatology, physics,*



*psychology; International portal of global positive information space - "ALLATRA News" and many others.*

*We do not divide people into leaders and executors, every one of us is a leader and an executor, and together we are force.*

***Our General Manager is CONSCIENCE.***

*We invite everyone who would like to show kindness and to help the international community to take the path of spiritual and cultural development through socially important joint projects. Everyone who wants, who is able and who acts is with us. It is timely and fashionable to be a good person!*

***Coordination Center of ALLATRA IPM:***

+ 380 (44) 238 89 80; + 380 (44) 238 89 81;  
+ 380 (99) 175 47 77; + 380 (96) 875 47 77;  
+ 380 (63) 178 47 77

***E-mail:*** [center@allatra.org](mailto:center@allatra.org)

***Skype:*** [allatra-center](https://www.skype.com/en/contacts/allatra-center)

***Website:*** [allatra.org](http://allatra.org)



## **ALLATRA TV - International Volunteer Internet TV of the ALLATRA International Public Movement**

**Official website: [www.allatra.tv](http://www.allatra.tv)**

ALLATRA TV is the international, nationwide Internet TV with relevant and interesting videos on various subjects: psychology, science, good news, information and analysis programs, interviews with famous people, friendly humor, educational animated videos, family programmes, and many other sincere and positive programmes which increase humaneness, kindness, and unity in the society. The reality that affects us all!

The ALLATRA TV shows are interesting to all people who are striving for self-improvement, spiritual and cultural development, and strengthening of the best qualities in themselves and the society around them.

Join the "ALLATRA TV" International team of volunteers and realize your creative ideas and projects through the new national television format!

Especially popular among the audience are the "Silver Thread" and the "Truth is One for Everyone" series of programmes.

In these landmark programs, which change the fate of individuals, peoples, and humankind, ancient key-knowledge to Unity and Reconciliation of all people are revealed. Answers are given to questions of concern to many people - what is the single source of all the religions of mankind? What unites all spiritual knowledge in its foundation? How to come to Reconciliation within yourself, of man and God, of man and man? Islam, Christianity, Buddhism - what Truth unites the world's religions and all true believers? How to discover the TRUE self?!



Thanks to the programmes, one can gain practical experience of knowledge and personal contact with the LIFE-GIVING ONE.

Within the programmes is unique information that reflects the path of self-knowledge of man, primordial knowledge about the Holy Spirit, its important role in the spiritual development of man and mankind; deep self-realizations and the deepest feelings of contact with the spiritual world.



To purchase and distribute the books by  
Anastasia Novykh,  
you can directly contact  
**ALLATRA Publishing House.**

Contacts of the Publishing House:  
Ukraine 01024,  
Kiev, Kruglouniversitetskaya str., 14  
tel.: +380 (44) 599 57 01  
[www.allatra.com.ua](http://www.allatra.com.ua)  
e-mail: [info@allatra.com.ua](mailto:info@allatra.com.ua)

Address for correspondence:  
Ukraine, 01001, Khreshchatyk str., 22, PO Box B-39

Distribution of books  
in the Republic of Belarus:  
PSUE "Allatra plus"  
The Republic of Belarus, 220012,  
Minsk, Akademicheskaya str., 11-B, office 1,  
Tel. / fax: +375 (17) 294 94 70  
tel. mob. (MTS): +375 (33) 3559559  
[www.allatraplus.by](http://www.allatraplus.by)  
e-mail: [info@allatraplus.by](mailto:info@allatraplus.by)

Distribution of books  
in the Russian Federation:  
OOO "Allatra Rus"  
Russia, 129344,  
Moscow, Yeniseiskaya str. 7, building 3  
(metro station Sviblovo)  
tel.: +7 (499) 755 57 28  
tel. mob. (MegaFon): +7 (925) 755 57 28  
[www.allatra.ru](http://www.allatra.ru)  
e-mail: [info@allatra.ru](mailto:info@allatra.ru)

E-shop where you can order the books  
with worldwide shipping:  
[www.allatra.net](http://www.allatra.net)