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LIFE BETWEEN LIVES



THOUGHT AND
MEDITATION



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Chapter 1:

LIFE IS A PRODUCT OF THE CREATIVE MOVEMENT OF THOUGHT

AYFAAR, as well as billions of other Higher Cosmic Minds, is a product of Creative Thinking - «Thought Image» - of the Collective Mind of billions of Super intelligent Cosmic Beings, consciously Self-realizing in the processes of synthesis of various quality levels of Energy-Plasma, including Mento-Plasma and Astro-Plasma. In the process of active creative interaction of all levels of Qualities of these Energies in the realization Field of the AYFAAR Collective Mind the results of this Cosmic Creation - Karma-Plasma Energy Flows, self-organizing into all the diversity of the Mind Forms of the Cosmic Entity which you - not quite correctly call «the dense-material Universe» - instantly manifest.

Karma-Plasma is a product of Cosmic Creation expressed in the deep interaction of the Elements of Mind which form dynamic Mento-Plasma and Astro-Plasma Streams in Space-Time AYFAAR. The former are self-expressed in the processes you call 'thinking', the latter in 'feeling', and Karma-Plasma in their active interaction, the results of which are formed into what you simplistically call 'material Universe', 'Matter', 'phenomena of Life', 'Cosmos' and the like. Only due to the synthesized

properties of Karmo-Plasma you have a possibility with your sense organs to perceive one of the Mental Creations of AYFAAR - an infinite variety of Life-forms and to take an active part in it. Being present in every element of material Life, AYFAAR is self-realized in its various Flows («spiritual», «mental», «material») in the form of Laws of Nature and Universal Cosmic Laws. These Laws encompass absolutely ALL THING, but they are also constantly in dynamics, changing from one stage of development of Life and Mind Form to another.

Absolutely EVERYTHING manifested in all the infinite multidimensionality of the Creative Existence of the Highest Cosmic Mind AYFAAR, is an intermediate version of manipulating various in quality energy flows of Mento-Plasm initiated by Consciousnesses of Cosmic Entities of various levels of development - from Consciousnesses of Atoms and their «Elementary Particles» to Super universes which include billions of millions of Cosmic Minds of AYFAAR level and above. All your Thoughts are not «yours», not a single Thought is original but imposed on you from outside. You are only their

guides, and they, in turn, are your main spiritual tools and means for all processes of materialization of everything that can be presented in your world in general and in your personal Life in particular. All «your» Thoughts are borrowed from some level of the Mental plane. They are not new because millions of people before you have already expressed such thoughts, but because every thought-form, as every other materially formed thing in the Space-Time of the world around you, is 'outside' with regard to you, thus outside you.

Thoughts, like objects, are not yours; they come from somewhere, stay and interact with your Consciousness for a while and then quietly disappear. Your thinking is a process constantly synthesizing in your reality more and more Forms from the mental and emotional experience you already know. Therefore for you thinking is the beginning and the end of all your desires - from receiving some material benefits to achieving higher (according to your understanding) spiritual goals. In order to continuously evolve, every self-conscious part of the Collective Mind on any level must be continually THINKING, because all types of qualities of this type of Energy-Plasma cannot actively interact creatively with anything that is NOT a result of their self-development. You must begin to develop in yourself the ability to consciously and purposefully apply the laws of Thought to actively use Mento-Plasm as the main creative material of all the circumstances of your Life for rapid spiritual and mental development.

Remember: Mento-Plasma is the Key of Mastery, opening the many Gates of Perfection within the Divine Temple of

your Spiritual Essence. Only by realizing the Mystery of the Divine Nature of the Universe can you really advance on the Path of realizing your own Divine Nature. And to realize this Mystery is possible only through mastering the laws of Thought, actively and courageously applying them in your own spiritual Creation and through your own experience becoming convinced that all your spiritual transformations and mental transmutations are the result of YOUR art of changing the thinking conditions of the Universe along the aspects of Matter of Power and Mind in the direction YOU need.

By mastering the art of mental transformation you will have an absolutely realistic means of consciously controlling the material conditions of your earthly existence. By advancing in this direction your mentality may reach the point when it becomes possible to control the powerful factors of the elemental elements of Nature, influencing with the Power of your Mind not only the weather, but also such destructive phenomena as tornadoes, tornadoes, earthquakes, tsunamis... On realizing deeply the main principle of Creation - 'THE UNIVERSE IS THE THINKING' - you will be able to direct your thinking towards higher spiritual transformations, because everything that you call 'psychic phenomena' or 'mental effects' is realized through the same principle - 'EVERYTHING IS THE THOUGHT'.

Not only your entire Life with its material conditions and mental states, but also the mental states of others can, with a strong desire, be purposefully changed and transformed by you according to this

Principle. Just as you create your Life through your Thoughts and Desires, the AYFAAR through thinking of billions of Mind Elements of its Collective Consciousness creates all multidimensional Reality of the Universe, continuously renewing and purposefully transforming millions of worlds. It can be compared to the way millions of collective consciousnesses, cells, are born, live and die on your body every second. In the infinity of AYFAAR's Mind there are billions of worlds of various kinds, and even in your small star system there are Levels and Spheres of intelligent Life incommensurably superior in development to your collective consciousness. There are Cosmic Beings in the midst of this Life that differ from you in the same way that slimy forms of Life differ from you. Among these Cosmic Beings there are Some Who in their spiritual power, creative power and capacity are far superior to anything which in your limited conception is ascribed to God, i.e., to the Creator. And yet, in the Memory of the Universe, there remain those realities where these same Beings were similar to you and even lower in level of development.

This is also the further Destiny of Man - to merge with the Creator, passing through all the collisions and illusions of the infinite set of «time continuums», to become Him not only in your imagination, but in the Higher Reality. You are already living in the Infinity of AYFAAR and should know that your possessions are infinite in both time and space. This understanding will begin to gain reality when you become deeply aware that 'Death' is nothing less than the birth of a new life. And then you, without reducing in 'death' the power of the Knowledge you attained during Life, will consciously

go higher and higher through thousands of deaths to the higher Planes of Life, perceiving the entire Universe as your only Home and exploring with your Mind its farthest depths.

And at the end of the next great cycle of the Eternities, when AYFAAR will have brought all of His Creation into being, you will be truly the happiest ones, for you will have regained the ability to realize the Total Truth of your Oneness in Him. Behind all the activities of the world around you, you must behold and keep your eyes fixed on the main driving Power, which is the attraction between the two halves which complement each other, the unbreakable will to return the WHOLE to the state of Oneness. Only the resistance of Matter serves as an invisible obstacle on this Path to your Oneness with ALL. But without the forces of resistance no creation would be possible. Before manifesting in the density of this World, the Whole came out of one «point» in the Universe, which became its own centre, and through this separation Energy condensed into a state of Matter.

And now your return to the Divine Oneness of AYFAAR is impossible because of your own resistance, because the Matter of the Forms, into which you have immersed your Consciousness, strongly prevents it. Return to Oneness, to the Creator is possible only through spiritualization of the Matter surrounding you, i.e. through transmutation of Formo-Plasma - consistent increase of qualities of your constituent Mento-Plasma and Astro-Plasma into synthesized Spirit Mind Plasma. But without constant spiritual influence from within, Matter can never become Spirit. Herein lies the mystery why

your Souls, representing one of the Aspects of the AYFAAR, are self-absorbed into Matter to the state of matter, and taking upon themselves all the material properties, spiritualize the Matter of this world as a Planetary Entity, successively raising its Collective Consciousness to the level of its true Self.

The spiritual influences which have been continuously applied to the deepest structure of Matter's Consciousness over endless continuums of time have developed in it more and more forms of Life existing on each of the many levels of Creation. Your task as self-conscious Elements of AYFAAR Mind is to complete the spiritualization of the Planet. This is a task which all sentient beings within the multiple realities of GRAYSLISS are now working on according to their stage of development. And every human being who consciously transforms himself from a being identified with the body into an Essence awakened in the Spirit, thereby fulfils his main spiritual duty.

All forms are spiritualized by «Total Life» and these forms are manifest expressions of the One Universal Energy. Infinite and multidimensional Life in its physical manifestation necessarily produces the effect of duality expressed through what you call «existence» and «being» and «Yin-Yang», «Spirit-Matter», «light - darkness», «good - evil» and so on. Actively expressing itself through Form-Plasm, All-Life manifests in the Collective Consciousness representing the 'Soul of All' which permeates all levels of the qualities of Energy-Plasm and underlies all Forms, be it atom, human being, Planetary Entity or Stellar Entity.

All levels of Life constituting «Whole Life» are given opportunities of self-realization in various densities of Matter and are clothed in Forms through which each of their particular states of Consciousness («chakra personalities») can manifest to the greatest extent and stabilize at a certain level the quality of their vibrations. Because of this «Whole Life» becomes a «Self-Conscious Cosmic Entity» manifested - for you personally! - Through the Collective Consciousness of your Stellar System (AILLISS) and represented in EVERYTHING by the sum total of energies which constitute all the states of the constituent Consciousnesses and the qualities of all the Forms of existence. The only purpose for which Life takes the Form and purpose of manifest being is to create the best possible conditions for the development of all kinds of Consciousness of the constituent Mind Elements and for the unfolding of the Self-Consciousness of every Soul to the level of spiritual Reconnection with the All.

From life experience and physics lessons each of you has already learnt the simple truth that the connection of differently charged poles produces light and the increased friction of pairs of opposites necessarily produces heat with the consequent ignition of fire. In the same way the Main Purpose of Evolution is the successive manifestation of the Light of Mind through all the Forms of the existence of Matter. Consistently evolving, Matter of all densities gradually acquires better and better properties to carry the Light of Knowledge through itself. Christ said: «I am the light of the world», thus demonstrating the possibilities of the manifestation of the Light of the Spirit

through the flesh manifested in matter. Man, «made in the Image and Likeness of God,» goes through countless incarnations in his development and expands the spiritual levels of his Self-consciousness until it fully blossoms with the perfection of his Soul, Whose true Nature is Divine Light, Whose highest attainment is self-conscious identification with the All and Whose evolutionary purpose is to reunite with the AYFAAR, Whose primal Part it always is.

«Know Thyself!» - is the process of gradual attainment by you of the deepest Understanding of that infinite Body of Love and Mind which constitutes absolutely ALL of the Essential Reality which you call 'God' and We call 'AYFAAR'. Observing and reflecting on the Universe, you cannot NOT see that nothing really exists in the spaces between solid bodies, but that everything is continually undergoing new and new levels of becoming and changing. Nowhere and nothing manifests itself as fixed and immutable. Everything in your world first manifests in a Form (is born) which exists, lives and grows in a certain way for a certain period of time and then loses (changes) its Form again («dies»). There is nothing more permanent than the changes in the Life around you.

You perceive all phenomena through their constant action and counteraction, through «inflow» and «outflow», through «birth», growth and «death», that is only as arising from others and transforming into others again. Nothing in Life is so identical with «eternity» as change. All these changes are God - the Name you have given to the Basic Truth, the Only Substantial Reality projecting Itself into

Everything. Everything that includes the Universe, including you, comes from the One Source. Even millions of years after some Star far away from the Earth has disappeared from the Physical Reality of the Globe, you still continue to perceive energetically and visually the streams of information and light emanating from it. The heat of a long extinguished fireplace continues to heat the room long time and the fragrance of fragrant flowers continues to delight your sense of smell for some time even after you have carried them out of the room. Similarly, your Thoughts remain active almost ETERNALLY (in terms of physical reality) after someone else's mind has formed them into Thought-Form.

Your mind is constantly generating mental emanations - vibrations which only by their «visible» spectrum form around your head the Aura of your spherical mental shell, actually spreading, ever changing degrees of their density, into the entire mental structure of the universe. The structure of the Universe consists of countless varieties of waves of the most different lengths, forms, configurations and frequencies - from the shortest to the longest, whose creative power is actively manifested at each of their respective levels of 'Being' and 'NOT Being' in countless possibilities. Being in a dense body with its limited perceptual capabilities, you can perceive only a strictly limited number of waveforms from among the coarsest vibrations that form the physical reality around you.

If a form of mental vibration appears to you as «immaterial energy» or as «solid matter» (which is in fact nothing other than what you call «motion», «vibration»

or «frequency»), it depends entirely on your own interpretations and impressions at the moment, and not on the quality of the thought-forms which represent these Ideas on «your» Physical plane. Believe that in conditions of physical reality of another quality the same vibrations are perceived by its inhabitants quite differently than you. The higher the frequency («shorter» wavelength) in which some Energy Form is able to self-realize in this type of reality, the less your Consciousness is able to perceive it through your senses. Those vibrations which your Consciousness is capable of freely registering and analyzing through your senses you define as «substance» (solid, liquid, gaseous), «sound», «heat» or «cold», «taste» and «smell», «color» and «light» and so on.

The higher frequency or as you call them 'immaterial' types of Energy and Radiations perceived only by your nerve and mental centres you call 'mental waves', 'Idea waves'. But above these there are still much higher and deeper penetrating rays and frequencies, right up to the highest all-encompassing frequencies of the Creative Cosmic Energy-Plasma which forms the whole variety of the intelligent forms of existence of «Total Life»! Everything There Is: from Galaxies, Stars and Planets to the smallest single-celled being is a consequence of the manifestation and realization of various Forms of radiation. You all (and We also) live simultaneously IN ALL OF THESE various emissions, whether you know it or not, whether you are aware of it or not. Moreover, all these innumerable forms of DIFFERENT ENERGIES purposely created and made you, the human beings, to continually continuously, day and night, working in

your subtle and dense bodies, in your Mind and in all the cells, organs and systems of your being.

In fact, ALL OF THEM - in their incalculable totality! - is what you really are. Take them away - there is no 'you' anywhere (in the categories of your own idea of 'yourself')! The entire Universe is made up of these various vibrations, the true Source of which is the AYFAAR - that Over-intelligent Collective Cosmic Entity which you call «God», «the Originator», «the Absolute». But even the Creator Himself is NOT above ALL manifestations of Life, although He rests in Himself in absolute equilibrium, beyond Time and Space, eternally radiating Himself into the infinity of material Forms, to breathe into them the Wholeness of Life! Yes, though the Supreme Cosmic Mind is omnipresent and fills with the Elements of Its Existence the whole Universe, BUT apart from what you call the 'Universe', the Infinity of the Cosmos includes billions of billions of super intelligent entities equal to It or even unimaginably more evolved. As for this particular Universe, everything, absolutely EVERYTHING in it is imbued with and filled with AYFAAR'S Collective Consciousness.

Nothing in our Universe can exist without manifestation in the Creator and without mutual penetration of the Creator into it, nothing can escape the presence of His Elements of Mind - Cosmic Entities of various levels of development and directions of Creation («Involution» and «Evolution»). The Creator can quite freely manifest Himself in any 'point' of His Own Being ('Not Being') and due to this everything existing in your perceived

material World has a 'Focus of Divine Attention' 'within' itself, working as a centre of being. From this «Focus» begins the first falling out of the Divine Equilibrium of what you call the «Soul», its manifestation on Its chosen levels of Whole Life and a new Self-creation of It again to the state of Divine Equilibrium - a process which you do not quite correctly interpret as the «return of the Soul to the Creator» (because in reality nobody and nothing ever «goes» or «returns» anywhere!).

The energies forming the «Focus of Divine Attention» and radiating from this «centre» of cumulative Consciousness of every sentient being ALWAYS remain as high-spirited and high-frequency as they were originally. But the «further» from the «Focus» their perception goes by a certain level of aggregate Consciousness, the denser («material») their interpretation becomes in this active «point» of Consciousness up to the level of densification into Matter («materialization of matter»). In reality it is not the energy of the Divine «Focus» of Consciousness that has condensed to the material level but the limited spiritual capabilities of the parts of Consciousness most distant from the «centre» that perceive it have interpreted it to the level of their own perception.

Chapter 2:

EVERY THOUGHT IS MATERIAL

Your brain, all your systems and organs and even some individual cells constantly generate Cosmic Waves which after the initial power of projection has been expended, float in the Space-Time of your reality in the form of subtle emanations mixing with the waves of identical quality and this energy exchange process in the collective Consciousness of your Planet is never-ending. The emanations of some Thoughts very often remain near a piece of paper or a person, or the place where they first manifested in your world and unless they are attracted by stronger mental structures or 'displaced' by Thoughts of opposite qualities, they may remain almost unchanged for a very long time. Other Thoughts generated by you for a very specific purpose or under the influence of a very strong desire, emotional outburst or raging passion, may almost instantly affect the object or person to whom they were addressed. Often you become an eyewitness of a quick materialization of some of your Thoughts, desires, intentions, but because of your materialistic conditioning you always tend to consider it rather as a mere coincidence than a manifestation of something «mystical» and inexplicable. In reality there are no coincidences in your Life - everything has its reasonable explanation and root cause, the main of which is that you with your Thoughts unceasingly create the world around you and all circumstances of your own Life.

Each of your Thoughts is material, so be extremely careful and gentle with the Thoughts that come to you, treating them like nitroglycerin, with which the slightest inaccuracy is fraught with a powerful explosion and unpredictable consequences. Thought is a double-edged sword: by wounding or killing someone in your hands, it simultaneously wounds or kills you. Anyone of you who is not aware of that can be a source of suffering and pain not only for other people, but first of all for yourself. Every psychic who practices long-distance mental healing has noticed that when attracting powerful currents of psychic energy for this purpose he loses not only his «strength» but also his weight, because along with the Thought the psychic's biomagnetic Field also releases energy which has to be replenished afterwards. Some of you are unknowingly doing this all the time, letting your mind go on and on, and not only wasting energy, but also destroying the biomagnetic structures of others. First of all, you are destroying yourself, but a lot of things happen to other people because of you, because of the uncontrollability of your thinking.

The world is a vast web and everyone is becoming more and more interdependent every day because there are more and more people on your planet with higher psycho-

and psychic abilities who continue to emit more and more very powerful Thoughts, greatly dominating others. In ancient times the world was much more peaceful and natural, because people were not inclined to think and think too much, trusting more in the Heart in everyday matters. Surrendering to sensuality, they started every new day with prayer and ended it with prayer, also during the day they gave every free minute to prayer. Prayer is positivity, which is known to be the best antidote to negative thoughts, it is sending goodness and blessing to all, it is compassion and sympathy to all. The deeper you can penetrate with your Consciousness into any of the material Forms, the more you will become convinced that all the things around you are already realized Thoughts of someone else. And the deeper you begin to penetrate into the Self, the stronger will be your conviction that your Thoughts are very much the same as the things surrounding you.

Things are materialized Ideas, former Thoughts. Thoughts are Ideas of things, future things. You can dismiss any Thought as a thing or drive it away like an annoying fly. With an unexpected Thought you can «stun» or «knock down» someone, or kill as reliably as with a dagger. Thoughts expressed in words can be given to another as a gift, or infected like a disease. The whole Universe is filled with Thoughts and the consequences of their densification at different levels of synthesis of Mento-Plasma and Astro-Plasma. By getting to know the Nature of Thought you can easily reveal the true nature of many phenomena occurring in your world. For example, if someone is constantly thinking about you, sincerely wishing you good luck and well-

being, and if you yourself are no less a blessing to someone else's Life, then you will surely be well, because your Time Field will be developing under the intensified influence of not only your but also other people's favorable Thoughts.

In some of your philosophical and religious traditions, before a student begins to learn the state of «no-mind» («total absence of mental activity», «wu-wei»), he is first taught ways of getting rid of negativity. This is necessary because attaining this state while retaining elements of negativity in oneself endows such a person with too much destructive power, dangerous not only for society but also for the individual himself. He who never uses Thought, but accumulates the energy of Thought, constantly strengthening and concretizing it by Words and Actions, always achieves what he has conceived. Therefore before you begin consciously to work with your Thoughts you must necessarily achieve the state of absolute positivism in your thinking. This - in positivity and goodwill - is the difference between 'black' and 'white' magic, between 'black' and 'white' Lodges and Fraternities. Which side of your Life you will join depends first of all on your spiritual positivity and constancy of your inner purity.

«Black magic» is nothing but a person who has accumulated Thought energy without first getting rid of their own negativity. «White magic» is nothing but a person who has concentrated a lot of Thought energy, but in his existence is invariably based only on a positive attitude towards his surroundings. Notice that the SAME energy formed in the Consciousness of a person with a «negative»

sign becomes black, destructive, while that formed and directed by «positive», altruistic principles becomes white, creative. Thought, when directed from one person to another, evokes in him exactly the same associations and perceptions as were originally implanted in it.

The physical properties of the Thought-Form are as follows: it can concentrate by its various qualities in the biomagnetic Field of the human body, accordingly being modeled in the etheric Space of the lular, mental and supramental bodies; it can instantly overcome (penetrate) the Space and Time of your reality, be stably fixed on the ether components of any objects, especially those composed of water, being stored on them for very long periods of time and thus can be transferred as desired from one level of Consciousness to another. Once a Thought has been transformed into a Thought Form and has been consciously (or even unconsciously!) sent out to some 'point' of your Space-Time, its characteristic vibrations can for a long time remain there, generating that kind of creative activity for which this Thought-Essence was created.

The Thought Forms emanations generated in Space-Time by some people attract to themselves the Thought Forms of other people thinking in the same self-realization direction and form in the matter of the Astral Planum layers of various kinds, just as in your reality water clouds gather in the air and form various types of clouds. Astro-plasma and Mento-plasma literally «soak up», saturate the whole Astral plane with their synthesis products and thereby AS if separated in it separate levels of the Astral Energy-Matter, formed according to

the identity of vibration of similar thought-forms which are creations of billions of people actively living their lives in those levels of space-time continuum of your reality, which you tend to regard as your «past». Having originated in quite different historical and social contexts 'many years ago', many of them are sufficiently alive to influence your world today and the Consciousnesses of those 'modern' people who are presently ready to perceive them and to become their instrument in fulfilling the mental-vital coding implicit in them.

Thus any thought-form embedded into any material object, be it a flower, a stone, a metal, a symbol, a body part, anything! -It remains fixed to the etheric component of the object during a time which corresponds in its duration to the Willpower of the person that created the psycho-material «tandem», and it always strives to comply with the initial meaning embodied in it. This is the mystery of the power of amulets, talismans, consecrated objects, antique figurines, druidic stones, altars to the gods and everything you put on your hands for mystical purposes. Everything you surround yourself with is personally attracted by the quality of the vibrations of the actively generated thought-forms which are absolutely identical to those that are attracted to you as if from «nowhere», or rather from the whole Universe. The primitive, coarse energetic thinking of the majority of modern people has degenerated into a purely mechanical process which does not invest the thought-forms it creates with sufficient mental power for self-realization, and hence their thoughts, unable to maintain their independence, are rapidly attracted to the stronger currents of identical thought-forms.

Although the strength of each Thought-Form depends mainly on the psychic peculiarities of its projection, yet there is a basic law of Thought which allows any Thought-Form to attract to itself other, identical in quality, thoughts, to unite together, to mix and to «coalesce» as it were, and sometimes to amplify in this way to enormous potentials. The spaces of localities as well as individual Time Fields of people have their psychic peculiarities, their characteristic inner features, their «strong» and «weak» places, their dominant Thought Forms. The mental atmosphere of a village, town, state or nation is the combined Thought Form («Eggregor») of the people who live or have lived in it, expressed in action. By being in one place for a long period of time, each one of you is automatically affected by the dominant Thought-Form of that place, and willingly begins to change internally, ascending or descending to the qualities of the energies prevailing in the mental structure of the Eggregor in question.

It should be noted that the settlement of new people daily generated by their waves of Thoughts can greatly affect the existing «inner atmosphere» of this Space, actively filling it with new content. Even a single leading Thought of one intellectually balanced and psychically strong human being is able to neutralize and smother the whole currents of weak, gross-material Thoughts of many people, directing their development in the direction they desire. Only mentally organized, purposeful and energetic men can galvanize great masses of other men and even entire nations by opposing the power of their thought-forms to other outside psychic influences. But a person who is not trained in the skill of

conscious thought making is very much exposed to the mixed influence of the thoughts of others in his environment and in the place where he spends most of his time. There are places which may be called «perilous» or «notoriously unfortunate» in terms of their mental influence on people's Consciousnesses, and although a person of strong will can overcome their hypnotic influence, weak-willed people may easily succumb to it.

You may have noticed that some houses or flats have an air of sunshine, warmth and friendliness, while others can be a little cold and repulsive. If the «soulful» atmosphere of an ancient church can evoke a sense of tranquility, grace and peace, places where bloody crimes or violent battles have been committed often have an unpleasant atmosphere that arises from the thoughts of those involved in the battles, the crimes and their victims. Likewise with people: some of you spread an atmosphere of joy, merriment and cheerfulness around you, while others, on the contrary, by their mere appearance, kill all merriment in the company, introducing a sense of discomfort, sudden irritability or awkwardness to those around, which can then escalate into an unexpected scandal, family discord and so on. But if you think that the various layers of Thoughts and mental emanations, by occupying a certain part of Space, are pushing out other clusters of Thoughts, you are sadly mistaken - there is nothing of the kind in the Ethereal World.

In the Space of the Astral Sphere one Form («object» or «phenomenon») can in no way «interfere» with another Form, since any movement of Astro-Plasma and Mento-Plasma is carried out only through the state

of activity of the Consciousness of beings directing their Creative Attention to a given «point» of Space. The thought-particles which form by their activity the thought-sensory emanations of astral Matter are clusters of different vibration frequencies and therefore the same Space may be filled with Thoughts of most different qualities and qualities, freely spreading and mutually penetrating without mixing, colliding or interfering with each other. By generating in the Space-time Thoughts of anger and hatred for a long period of time you attract such streams of low quality Thoughts into your Consciousness that if you could see them you would become horrified with what you are doing to yourselves.

The longer your thought process develops in such a direction the worse the consequences will be for yourselves, for with every thought you open yourselves to some influence, thus becoming the centre of the universe of a quality peculiar to your level of thinking. And if you keep on this level of your relations with the world around you until your Thoughts become natural and habitual, you will begin to draw to yourself just such circumstances and conditions which will give you the opportunity to manifest these Thoughts in action, that is to materialize them. The power of thought activates a very definite kind of Energo-plasma, which in turn activates and directs the movement of Formo-plasma of a particular density and inertness.

This «Thought-force», manifested for realization in your Consciousness by the active activity of the Mind, projects the qualities of its vibrations onto the Elements of the Mind of the Flaagg-

Plasma («Ether») activated by it, which, changing the speed of their movement to the necessary level, turn into what you call «atoms» and «molecules» that form the Formo-Plasma of the physical Matter of your reality and have the necessary physical characteristics: shape, size, a certain type of energy and Consciousness. The Flaagg-Essence materialized in this way («etheric essence») contains all the characteristic elements of its «parents» - the «creator» and «First Creator» (Thought-Idea and Energy), which it inherited from them and which endow it with characteristic properties for them, as well as corresponding opportunities that they can use for their further strengthening, consolidation and crystallization («manifestation»).

Thus, absolutely everything that you call «matter» or «matter» is actually the result of concentration and further crystallization of the Mento-Plasma, Astro-Plasma and Flugg-Plasma Mind Elements synthesized among themselves, and hence it can be definitely considered that everything in your material world has been caused to exist by Thought, Sense and Ether energies. The physical world around you which you see and perceive is the gross form of the inner or subtle world. It is only a result of your choices and your perceptions of it, while the real cause of it lies within you. When you learn to master your inner powers, you have the entire universe at your disposal, becoming both Her powerful Co-Creator and a participant in Creation at the same time.

You can easily and quickly see for yourself the truth of the statement «Thought materializes in action» by observing that when any desire arises in you the first thing

you feel behind it is the need to perform some action necessary to achieve what the thought of it originally prompted. But this does not mean that any of your desires will immediately be fulfilled, because the new Thought which follows it, prompting you to suppress that first impulse, can easily keep you from acting - hence the first Thought will no longer be realised. Similarly, in a flash of anger you may feel the urge to retaliate and strike back at the person who has made you angry. This Thought, impulsively manifested in your brain, immediately pushed your body to the execution of the intended action, but before your tense muscles come into motion, a new, more sensible and sober Thought may cause you to abandon the intended action and, by realizing this Thought, the opposite work of the body muscles will completely change your original intentions.

The two actions - «ordering» and «cancelling the order» - follow each other so quickly that your mind, busy processing information coming from both «inside» and «outside» at the same time, is simply unable to catch any movement at all. And yet a muscle group has already tensed up for the punch, but immediately relaxed under the influence of the delaying impulse. Many mentally unstable people with an irritable, aggressive and willful character, who are under the influence of contradictory and uncontrollable thoughts which literally tear them apart, are in a state of constant nervous tension, and therefore their body muscles are constantly tense. If, however, you cultivate in yourself the ability to restrain, under the meticulous control of the Will, all your impulsive mental manifestations, you will easily avoid such unnecessary tension and constant jerking of the body.

By nurturing your Will, you will be balanced and restrained on your Way of Life, not allowing your impulsive Thoughts to agitate your mind over trifles and continuously shift your attention from one subject to another. In this way you will become the master of your Thoughts and moods, and you will never again be their obedient slave. And only then you will realize that your Mind possesses an incredible creative power capable of creating from the Energy-Plasma of the Ethereal World any thought-forms, thought-images and thought-ideas you need, continually filling the world around you with them and actively influencing with the intentions you desire not only upon Life itself, but upon all that forms it: people, animals, things, natural phenomena and even 'death'. You will experience that certain states of your Mind are not only capable of intensively attracting the energy-plasma of the Ethereal plane, but they also bring about circumstances and conditions which enable you to use any of your Thoughts and inclinations in the direction you desire.

If your still undeveloped mind is wholly absorbed only by the lower passions and fleshly desires, then your whole aggregate Consciousness will only work in the direction of leading you into those life-streams where these passions can be most satisfactorily satisfied. Know that a Thought which has been generated by someone, but which has not been actualized, and which has synthesized sufficiently the power of desire, constantly seeks for its own self-expression among people and is easily attracted to the Consciousness structure of the one who is ready and able to help it materialize by his/her actions. There

are many unrealized Thought Forms and Thought Ideas floating around in your Space-Time, seeking for years and even centuries the Minds of men able to perceive and express them in action. These priceless supplies of Knowledge and Experience of the Universe are always open to you, you need only wish to make use of them and know how to profit from them without causing even the slightest harm to anyone.

As you strive to know Yourself more deeply and thoroughly, you will very soon notice how difficult it is to suppress with your Mind some of the Thoughts which float up through your Consciousness apart from your Will, and you will find that your Consciousness is nothing but a screen with projected upon it plays of various conceptions and various Ideas, the struggle against which is quite problematic. At first you will constantly have to deal with Thoughts suddenly rushing into your Consciousness and totally disobeying your Will. When you begin to study these Thoughts to understand their nature, you will involuntarily begin to ask questions:

- where they come from;
- how they affect you;
- how can you achieve effective control over them?

Through your introspection you will surely discover that many of the Thoughts flowing into you come from the Consciousnesses of others, and that there is something 'inside' you which can attract them to you, just as your own Thoughts can actively influence the choices and actions of others. Hence, you yourself are not only

a magnet pushing away the energy streams of your Thoughts but you yourself are also a magnet attracting many other energy streams corresponding to the qualities emitted by your Consciousness. This quality enables you, by generating a good Thought with your Mind, to return a hundredfold into the Course of your personal Life such good Thoughts, since your ability to think creates a centre in your Consciousness to which other good Thoughts are attracted on their own, helping and strengthening you in your striving for the Good and the Light. It is the same with Thoughts of doubtful quality which collect in your Consciousness from the Space-Time only the same low quality Thoughts which strengthen all your negative tendencies to manifest.

If you formerly thought that the Thoughts and actions of others could only be influenced through words and deeds, you will acquire the conviction, as your knowledge of yourselves increases, that to influence the minds and destinies of others it is not necessary for a thought to be expressed orally or in writing, or to be transformed into some suitable action; a strong and concentrated thought is by itself no less powerful than words or a compelling visual example. Rooted in the deep and vast depths of the consciousness, it can either help or hurt, can enlighten or cloud the mind, can promote or retard development, can lift people up out of the abyss of darkness and vice or can draw them in deeper into it. Thought can kill, it can heal the sick, it can influence a crowd or create an illusion, the effects of which can have global consequences for a multitude of people.

With growth of self-awareness Thought becomes more and more powerful and

special conditions which you consciously choose and create for your own development, can cause such a rapid growth of the quality of your thinking that it becomes possible to accomplish in a few lifetimes what takes an ordinary man tens of incarnations. When you become aware of this, feel the great responsibility which is incumbent upon you only because you are able to THINK. This responsibility for the Thoughts you generate extends much further than you can imagine - to the whole infinity of the universe! And you also bear responsibility for a great number of events happening even without your physical participation, since you also had something to do with the birth of these or those Thoughts and Desires in the Humanity's Collective Consciousness. Usually for most people the independent work of their Thoughts is very little reflected in the quality and circumstances of their lives, since the work of their Consciousness is almost constantly directed to reflecting the Thoughts of others, resembling a hotel where various visitors are constantly changing and staying.

Chapter 3:

WORKING WITH THOUGHTS

How can you get rid of unwanted Thoughts that invade your consciousness like the destructive raids of the Tatar horde? The easiest way is to quickly switch to something else by giving your Mind some other food for processing: a song or a poem rich in content, a prayer familiar to the Heart - something which does not require much mental effort from you and at the same time will occupy your Mind with the appearance of some activity. You may replace the Thought of the temporal with the Thought of the eternal, acquiring inside yourself the feeling of peacefulness and understanding that all the present is temporal and therefore does not deserve any excitement. Most of you have developed a persistent tendency to look at things and people you meet only in terms of how they can affect your own life. As long as this quality exists, all feelings that involuntarily arise in relation to it will inevitably take hold of your Mind precisely when you least wish it to.

As long as you view your surroundings only from this defensive position, your Mind will rush about in all directions, surrounding you with intrusive Thoughts of worry, regret or resentment. While you are busy with physical work, conversation, or other active mental activity, most of these annoying and disturbing Thoughts

may not be noticed by you, but as soon as you become free and want to give yourself to concentration, you will acutely feel their destructive effects. To weaken or destroy these associations provoking in you inner agitation, you can learn to look at the deeds, words, motives and behavior of other people not from the standpoint of your interests and your life, but from the standpoint of their Life and their interests, viewing them as if in themselves, as creators of their own destiny, in which you, depending on your wish or mood, can play a good or a negative role.

With such an attitude to the world in general and to people in particular, you will contribute the most to your own perfection, for when you do good to others, you first of all do it to yourself. If you view people only from the standpoint of your own benefit, you thereby violate the Laws of the development of the universe and as a result you will suffer from this much more than anyone else. A selfless and beneficial attitude towards people prevents the accumulation of unconstructive and destructive Thoughts, and the state of deep concentration cannot be achieved unless you are able to develop a highly altruistic attitude towards other people. If you can attain this experience of true concentration then it can actively and

beneficially affect your mental state during the rest of the day, largely destroying your bad habits and attachments and ridding your mind of many intrusive Thoughts. By practicing the methods we offer on a regular basis, with time you will be able to achieve such a success in self-focusing that the possibility of rude disturbance of the mental structures of your Consciousness by fussy and bothersome Thoughts, as well as negative emotions which constitute the most dynamic informational basis of the Space-Time around you, will be totally eliminated.

Then, just try to put this experience into practice and you will no longer be a slave to your desires or a «victim» of life's difficult circumstances. And if you catch yourself in the thought that now you are in such a dependent state, it means that you really still do not want to be truly free from everything that prevents you from living productively and creatively. When choosing your spiritual Path you should first try in the depths of your Soul, bringing your mental state into peace and quiet, not hiding or judging anything, but accepting everything as a fait accompli, carefully sorting out the basic positions and criteria of values of your life in order to decide:

1) where, in which areas of your further development the main goal of your present Life can be realized;

2) which secondary goals and current tasks, caused by your duty to your family and others, your joys and pleasures, your weaknesses and tendencies, you should tackle first in order to achieve the main Goal;

3) what in your environment is really in your power and to what extent, and what lies beyond your influence;

4) how and exactly what of these things can be changed now to fit the main purpose of your life and how can other people and things be involved in achieving this purpose too?

All these questions should be the subject of your quiet Concentration, mindful Reflection and deep chakra Meditation, becoming for a while the main part of your daily Life. You should develop the habit of sitting quietly and thinking every morning:

- which things or phenomena you would and would not want to encounter during the day;

- whether it interferes with everyday life;

- if you do encounter undesirable circumstances, what choices would be most pleasing to you;

- whether these choices are in line with your main purpose;

- in WHY you would feel true pride and spiritual satisfaction;

- whether it is in your power to change possible unfavorable circumstances or, if not, at least to take advantage of them for your own spiritual development;

- what spiritual benefit could be derived from it all?

Simulating calmly and constructively in your thinking all possible variants

of your forthcoming relations at work, during obligatory visits or unforeseen meetings you should easily and without fear to accept the most unfavorable for you circumstances, the most undesirable and difficult outcomes, in the depths of the soul even hoping for them, in order to make sure of your own consistency, in your own strength of Spirit and the ability to go out boldly and fearlessly even from the most difficult situations. Thus you get rid of fear, the main source of all your troubles and the culprit of the trouble that still continues to happen to you. So you will prepare yourself for possible troubles, and you will soon have a firm belief that **WHATEVER HAPPENS** to you - whether 'good' or 'bad' - you can always use it productively to accelerate your spiritual development and expand your self-concept.

And if something exceptional or undesirable does happen, it will not take you by surprise, because, foreseeing even such variants, you will meet it fully armed - calmly and judiciously accepting it as a natural given, as a unique opportunity which **FOR EVERYTHING VERY IMPORTANT FOR YOU** has been given to you from **HIGHER**. In the evening, when you are in a balanced state, ask yourself again about every meeting, event, conversation or phenomenon that happened (or didn't happen):

- whether you have used it worthily to advance towards the primary Goal or at least one of the secondary Goals;
- how much power you had to change the results to your liking;
- What valuable lessons did you learn from the day's events?

The intrusive and fussy Thoughts disturbing you during concentration are as varied and numerous as the unrealized chakra personalities of the lower levels of your Orlaaktor-ISSIIDI or the two lower centers, Arglaamuni- and Inglimilissa-ISSIIDI. And if any of the chakra personalities annoying you will especially persistently try to attract your attention with their characteristic thoughts or images, you can divert your attention for a few moments by promising: «If you will leave me alone now, I promise that I will give you my attention immediately after finishing your practice» - or when you deem such communication convenient for you. But having given them your word, you will surely have to keep it by returning to the subject suggested by them at a specified time to give them an opportunity to realize themselves in it as well.

But some of the entities of the two lower centers, if they are not sufficiently realized, can be quite insistent in their suggestions and then you will need to discuss whether or not they have anything to do with what is in your power. If they do, you should decide at the first favorable opportunity to do something in favor of this chakra personality. If their demands are those that cannot be met within your capabilities, you can definitely decide for yourself that this person has nothing to do with you and has penetrated your Consciousness from outside. Then you simply have nothing else to think about. You can also concentrate all your attention on an aspiration or a goal, or a motto which you have chosen for yourself, because it best represents your inner self and **WHAT** you are striving for at the given moment of your development. And then this purpose (aspiration, top priority

current task, motto etc.) will become the dominant moment in your thinking, and other chakra entities, sensing futility of their attempts and inability to attract your attention to themselves, will gradually lose their assertiveness and retreat to deeper levels of sub consciousness.

You can also use some traditional images that do not require much effort from your imagination: for example, a boundless ocean, the smooth surface of a lake on which you are lying, or a calm and quiet river on which you are floating in a boat, gradually becoming this calm immensity, peace and grandeur yourself. Another way is when, after contemplating for about one minute a free, chaotic stream of Thoughts as a grey ripple on the TV screen, in your imagination you simply 'unplug it', being absolutely sure that in this way you have shut off all your chakra essences from being able to penetrate the 'screen' of your Consciousness. It also happens that separate words, numbers, comprehensible or incomprehensible images are literally drilling into your Mind, with no connection to the events, goals or emotions which occupy you at the moment of your everyday life.

If your concentration is active and your Mind is working intensively in the right direction, these incoming Thoughts appear and disappear as if floating before your mental gaze. If you find at least some of them attractive, it means that they have succeeded in attracting you and this may explain some impatience, irritation, disappointment or anxiety which your mind feels after fixing its attention on an extraneous object. In this case, we can say that the chakra personality, who has chosen

a similar, convenient form of expression, has found identical vibrations in your Mind and prompted them to action. One should deal with such a category of «uninvited guests» like with obtrusive visitors of the first category: while continuing to think about the chosen object of concentration, one may observe the images whizzing by without paying any attention to them, just as you do when looking through a passing train on the other side of the track at a person standing in front of you.

Later, when the daily practice of concentration yields the expected results, it will be possible to explore the passing images in more detail. But until then, any stopping at them will always distract your attention and interfere with the exercises. Our advice to you is NOT to try to 'dodge' any Thought or Image - the best way to dodge Thoughts is the state of 'NOT-Mind' or Silence, the effectiveness of which, including its protective properties and barrier function against any moods of the intellect, is simply undeniable. Whichever way you choose, you must remember one thing: the more you defend against something, the more you counteract it, the more you amplify it with the energy of your Mindfulness. It is best to practice the state of Silence NOT in solitude - in the mountains, the forest, a secluded place, but where it seems most difficult: on the street, in the endless stream of passers-by, in transportation, in the breaks between work. This is so that, if you are lucky, you can feel the contrast effect in yourself to the greatest extent, when the Silence that suddenly comes within you will itself be the best proof of its existence.

Chapter 4.

THE WARRIOR'S TEACHINGS

How to become an Observer

Thoughts have no roots, they have no home, they wander just like the clouds. There is no need to fight against them, no need to resist them, no need even to try to stop Thought. The disciple has to understand all this deeply, because when one becomes interested in meditation, he is trying to stop thinking. And if he tries to stop thinking, this process will not be reversed anyway, because the very attempt to stop is already Thought. And how can one stop Thought with another Thought? How can one destroy Mind by creating another Mind? Then one will cling to the other, and it will go on and on to disgust, and there will be no end to it. Don't fight, because, who will fight? Who are you at the present level of your Consciousness? You are just a Thought, so do not turn yourself into an arena in which one Thought fights another Thought. Be a bystander, just watch the Thoughts float by. They will gradually stop, but you do not stop them. They stop as your Consciousness grows and it does not take any effort on your part to stop them.

Thoughts are very stubborn and resilient; they fiercely resist the slightest attempt to

stop them. See for yourself: you will throw them out of your head and they will come back a million times. You will get tired and they will not. If you try to stop Thought, you simply will not succeed; on the contrary, your very effort to stop it will give it energy, the very effort to avoid it turns into attention. When you want to avoid something, you pay too much attention to it, thus giving more and more energy to the materialization of the event you do not like. And it happens. You gave birth to it, you gave life to it. If you want to avoid thinking about something, you are already thinking about it. Remember this. There is no need to stop the Mind. Thoughts have no roots, they are stray vagabonds, there is no need to worry about them. Just observe - observe without looking at them, just watch. If they come, so be it, don't feel bad, because even a slight Thought that it is bad is enough to start a struggle in you.

It is normal, it is natural: Thoughts come to Mind just as leaves appear on trees. That's the way it should be. It's fine if they don't appear. Just remain an unconcerned observer: neither for nor against, neither approving nor condemning - without any evaluation. Just go deep into yourself and contemplate, look without looking AT.... When you see Thoughts floating by and realize that you are not Thoughts, then the

more you look, the fewer Thoughts will remain. Once you have understood this - you will find the key without which you will never know your Divine Nature, never comprehend the essence of the Self. Then the differences will disappear, there will be nothing good or bad, nothing to desire and nothing to avoid because you already have all this and at the same time you have none of it. You accept, you become relaxed and natural, you begin to float with Being, you go nowhere, because there is no goal; you are not moving towards any object, because no object exists.

Then you start enjoying every moment, no matter what it brings. Remember this - regardless of anything, because you have no desires, no hopes. You don't ask for anything and feel gratitude for what you are given. When the Buddha achieved the highest Enlightenment, he was asked, «What have you achieved?» He laughed and said: «Nothing, because what I have attained was already in me. I haven't achieved anything new because it was in me originally, it's my true nature. But I was not conscious of it. The treasure was always in me, but I forgot about it.» So are you: you have forgotten, that is all - that is your ignorance. There is no difference between you and the Buddha as far as your nature is concerned. The only difference is that you don't remember who you are and he does. You are just like him, but you are asleep and he is awake. Try to achieve this also in this way: live in peace as if you were heaven, let this become the style of your life. Become the sky.

If someone gets angry at you, insults you - watch, for you are just heaven. If anger rises in you yourself - observe, be an observer in the hills and keep

watching, watching, watching. And then, just observing, not looking at anything, not being tormented by anything, when your perception becomes clear, you suddenly awaken, become Awakened, Enlightened. Mind is never calm, the absence of Mind is peace. The very nature of Mind is tense and confused, because Mind is by nature restless, disorderly and foggy, it can never be clear. Clarity is only possible outside of Mind. Observe and you will find that Mind is not a thing, it is not an object, it is not an organ - it is a process. There are individual Thoughts, but they are moving so fast that you cannot see any intervals between them. This is because you are not very alert. When you can look deeper into yourself, you will suddenly, suddenly see first one Thought, then another, a third... But you will not see the Mind. The aggregate of Thoughts gives you the illusion of the existence of Mind. Observe and you will find Thoughts, but you will not find Mind anywhere.

It's like a crowd: can you find a crowd outside of the individual people standing in it? But when they stand together, their totality gives the impression that there is something called a crowd. In reality there are only individuals. Observe the Mind and you will see that there are more intervals than Thoughts, because every Thought must be separated from another like words in a sentence: the deeper you penetrate into this process, the more and more intervals you will find, the longer and longer they will be. You will see how a passing Thought will be followed by an interval with nothing, then another Thought will come, followed by another interval. It can be compared to clouds: the clouds are moving and they can be so dense that you cannot see the sky behind them. The infinite blueness of the

sky is lost to you because you are cut off from it by the clouds. But if you observe persistently, you will see that there are gaps between the clouds: one cloud has floated by and another has not yet come into your field of vision, and you have penetrated for a moment into the blueness of the boundless sky.

The same is happening inside you. You are the vast blue of the sky, and your Thoughts, like clouds, hover around you, filling you up. But that does not mean that the sky does not exist. To see a glimpse of the sky is satori, and to become the sky is samadhi. From satori to samadhi, the whole process is a deep penetration into the Mind, into its nature. So, learn firmly and forever: Mind does not exist as reality, there are only thoughts that exist apart from you. They are not one with your nature, they come and go, and you, like the sky, are here and now all the time. Even if you try to hold on to the Thought, you won't succeed for long, it has to leave, it has its own birth and death. They are your occasional guests, arriving at the call of your vibrations. As guests they are fine, but if you completely forget that you are the master of the house and that the house belongs to you, then they become the master and then you are lost. That is the real hell. So accept them, take care of them: guests are worthy of their host. But don't identify with them, keep them at a distance, don't focus on the visitors, better root yourself as the host. A good host treats all his guests the same way: a bad Thought comes and he treats it as a good Thought. For if you repel the bad Thoughts and bring the good ones closer to you, sooner or later you will identify yourself with the good Thought and it will

become the host instead of you. This will mean only one thing for you - suffering, because even the best Thought is not the Truth. Thought is a deceiver, an illusion, and you are identifying with it.

Gurdjieff used to say that the only thing necessary is not to identify with what comes and goes. Days, nights, people, events, nature - everything around you comes and goes. Only you remain: not as you, say, Sergey Tsvelev, because this is also a Thought, not your name, not your form, not your body, because this is also the essence of Thought, but as pure consciousness. Just pure consciousness, without name, without form; just purity, just formlessness, just the very phenomenon of awareness - just that remains. But if you have identified, then the master has died, then you become name, form and so on, that is Thought, Thoughtform. If you are unable to remain indifferent to these swarming Thoughts, he may take the following measures.

About conducting concentration classes

It is necessary to have a room for concentration which is not used for any other purpose. It should be cleaned by oneself, no one should be allowed there, no ordinary everyday clothes should be kept there, and one should not take any objects there, especially money, as they are mentally especially unclean. Classes should be conducted in clothes made of linen or paper specially prepared for that purpose. A special watch (mentally clean, wiped with a damp cloth) as well as a pencil and paper should also be kept there.

Sit in the middle of the room, with your back to the light, with a picture, image or symbolic sign of the high-spirited being you aspire to, such as an image of Jesus Christ or Krishna or Buddha or a great person living or dead whom you wish to resemble. This will help you in your concentration. Control of Mind is not achieved by fervent effort, just as water cannot be held back by clenching your fist tightly. Control of mind is achieved by constant, unhurried exercise in the absence of emotional excitement. Control of the Mind does not mean drowsiness or stupidity. It means right Thought, quickness and strength of Mind, bright and vivid Ideas.

A high degree of concentration is harmful to the physical body unless it is brought to a state of complete rest. Muscular and nervous tension are incompatible with Mindfulness concentration, just as shifting eyebrows are not indicative of mental activity. Considerable success in concentration requires a certain amount of severity, which corresponds to the basic rule of the thought process: the body must be calm and the Mind agile. But without the prior training that gives calmness to the body, controlling the Mind becomes problematic. Continuous, unhurried, calm exercise means regular periodic effort over a long period.

The time devoted every day to this exercise can last from five minutes to one hour. The quality of the work is more important than the quantity. Five minutes of good work will be a good gain and help success, while an hour of sloppy work can backfire. The frequency can be from one to three times a day. Again, one time of good work will help success and three times of

mediocre work will be a waste of time. But the most important thing is consistency and imperative to do the exercises. They should be done daily, at least once, and always before rest or pleasure, not after. These should be done as early as possible, not put off until the easier and more enjoyable duties are done.

Physical training is about suppressing abnormal body activity. It requires an orderly way of life, with regular and properly proportioned exercise, diet and rest. The power over the natural physical tendencies does not destroy their strength, but only directs them, sets them in a desirable way. Under such control the sense of vitality is not diminished, but increased. The same may be said of the training of the Mind. It also needs proper and well proportioned exercise, nourishment and rest. Its natural aspirations also require control, guidance, which leads not to a decrease in mental energy, but to an increase in it. In fact, the training of the Mind and the need for expedient exercise are far more necessary than the training of the body, for in the present stage of development most of our physical activity is under control and the body obeys our Will, while our Mind is marked by total disobedience, laziness and licentiousness.

Exercise is more than a simple application of ability. A man forging iron daily uses his muscles and, naturally, his muscles will become strong and strong after a while. But a man who engages in a special system of physical training for one hour daily will soon become much stronger than a hammer man who works all day long. In the same way, you who daily for at least half an hour continuously perform a certain system

of mental exercise will soon acquire greater control over the activities of your Mind than the same physicist or mathematician who thinks superficially all day long.

Your success depends on what you seek and how you seek it. If you have told yourself that you will succeed, then you will reach the Goal, if only your Will is in harmony with the Great Law. If it is not, if you seek only empty satisfaction for the body or the senses, or even for the Mind, then you cannot say what you really want, because you are in bondage to your lower life and will follow your feelings and desires wherever they lead you. If you, in possession of power, hold on to it only to feel your superiority over others, you are trampling on the Great Law, you are a slave to low emotions and your own pride. If your pursuit of knowledge is motivated only by the desire to shine and have superiority over others, then again you are not following the Great Law, you are a slave to your inferior EGO.

If you seek the love of others only to have them think and speak well of you and seek your company, then once again you are not following the Great Law and have become a slave to the lowest of your emotions - pride, which, when faced with various «accidents» in life, is bound to result in envy, anger, jealousy, hatred and fear, you will start to toss from side to side until you drown in the ocean of your desires, wheezing in the end: «I want...!» And this is especially true when you start seeking sensual gratification or body pleasures. Then you undoubtedly become a slave to your senses. Then you surely cannot help wanting, and the increasing desires will begin to infect your soul just as a contagion

infects the body, and there will be no more peace or strength in you.

The disciple must educate all his guides - body, feeling and mind - directing them towards right activity and removing from them all traces of laziness, despondency, forgetfulness, unreasonableness, carelessness of all kinds, so that they become perfect for the fulfillment of your Will. Constant exercise and the absence of anxiety or worry are the two main conditions for success, and are they not the natural companions of the Will? If the Warrior has said «I want!» not only in words but also in deeds, and in thoughts and feelings, he will always use his Thoughts and powers to achieve his Goal, he will always be free from the excitement that always accompanies various desires. No impure act, no impure Thought should touch the Warrior. He must be pure in his Thoughts, in his words and in his deeds. This is the triple 'duty' of the Warrior, symbolized by the triple thread carried by the Brahmins.

So, in the morning the Warrior should think of purity as a thing desirable, which he strives to attain. Then, during the day, in the midst of activities, keep a remembrance of his morning reflection. In addition, he should watch his actions so that no impure act pollutes him. With this control of his Thoughts and actions, he will not commit anything impure. He should watch his speech and not utter a single impure word, avoid all impure allusions and ambiguities in conversation. All his words must be so pure that he can, in case of need, utter them in the presence of teachers whose eyes can see even that unclean thing which escapes the eyes of mere mortals. The thoughts of

the Warrior must always be pure. He will not tolerate any unwholesome Thought occupying his Mind, and, if such a Thought appears, it will be immediately expelled.

Moreover, knowing that the impure Thought has appeared only because it is attracted by something contained in his own intellect, the Warrior hastens to purify it in order to guard against the secondary invasion of the impure Thought, wherever it may come from. By educating his mind in this way and by mastering it, by becoming able to choose and ward off Thoughts, the Warrior will at some point climb a ladder where Thought is no longer Thought of his mind but becomes Consciousness of the Soul itself. At that point he will be tempted by temptations, but not those that excite the lower nature, but those that push him to rebel against the higher. Subtle temptations numb the inner man at the time of the Thought, receiving new life and strength from the opposing forces, always seeking to delay the soul in its ascent. The warrior must gain full dominion over the images created by himself and pounced upon him with the fury peculiar to the power of evil.

Little by little the power born of the concentration of the Mind grows in him, for his Mind has already learned to stop its attention at will so firmly that nothing from outside can shake this concentration. It has grown so much that it no longer needs the effort of killing the annoying Thought. The stronger the soul becomes, the less it needs to struggle and the less it feels the attacks of the outer world. The time comes when the mind reaches the stage when the uninvited thoughts themselves die by the touch of a highly tuned soul. The Mind no longer needs to kill and no longer needs to

be killed. It has purified itself and become submissive. With this fusion of mind and soul all that is disharmonious is by itself rejected and destroyed.

In this place the Warrior achieves that concentration of Mind which, in Eastern Sacred Scripture, is compared to a lamp placed in a quiet abode, where no wavering wind can penetrate. It is that abode where the Will begins to manifest itself, the abode of absolute peace under the shadow of Christ himself, where man, free from desire and sorrow, will behold in silence the eternal souls. But until that moment, on the lower levels and planes, you will have to overcome whole hordes of enemies in the form of hosts and hosts of the lowest and most insidious Thoughts. How do you remain victorious, how do you walk the Path of trial, in the footsteps of those Warriors who have gone before you? To the extent of our own knowledge on this subject, we shall endeavor to help you deal with this complex and infinitely powerful force which is called Thought by mankind.

In life, we build everything with our Thoughts and Consciousness

Thought is an attitude, a symbol. Every object is inexhaustible in its qualities. of its qualities, and people perceive only one or a few particular qualities of that object out of all the surrounding things and phenomena, i.e. they perceive the world as symbols. Consequently, the entire visible world is an Illusion. Man is a multidimensional being. All our bodies are holograms - Illusions of

the past in the Memory of Spirit. We have created many holographic shells and wear them as individual possessions, encasing ourselves in them. But all our denseness, our materiality is but a memory of our former accomplishments.

Our physical body is the memory of the description of the World. We view the Illusion of the World with our own Illusion. By relinquishing ownership, we free ourselves from bodily limitations, animating our bodies with ourselves as our own memory. That is, one creates oneself by the world-image and fully conforms to it. Therefore it is practically impossible for him to detach himself from what is described by the explanation, because what is described by the explanation is himself, and he will remain forever where he has committed the explanation. Any explanation, even the one I commit here, is relative, not absolute, and therefore illusory, because it can be described differently, not at all the way I do. Consequently, man, by committing the explanation by description, has created another batch of shells of Illusion, in which he will abide forever and which he himself, as I have said, is by this action.

It must be understood that you and I, all of us, literally build everything in life with our Thoughts and Consciousness. The Creator created the Worlds by His Divine Thought. The Worlds only came into existence because that is how the Creator described them. We only continue His work by enclosing ourselves in our own Illusion by His Illusion. A famous physiologist I.M. Sechenov once wrote that Thought is the delayed breathing, i.e. Thought is the readiness of the whole

body for the future action and therefore the whole body is Thought. When a man is preparing to do something, he contracts a certain group of muscles, releases the necessary amount of hormones, enzymes, nutrients in certain systems of the body necessary for the action, and creates around his body an energy frame of certain properties and configuration. The task of the Warrior is to learn to feel these energy carcasses. If you have learned to tune in to the resonance with a man who is about to take some action and feel the figure of the energy frame of his future action, then this figure will curl up inside you into a Thought-Program in your own language, and you will easily be able to understand the Thoughts of any foreigner without knowing his language.

Any Thought you have is your relationship to the world around you. You release an energy stream from yourself onto the object you want to cognize and thus, for that moment, you form a unified system with that object. Every person sees the same object as an attitude towards it, a degree of usefulness or necessity of the object. Take a sword, for instance. Each person has his own attitude to it, each one perceives it in his own way. The smith, who forged the sword, and the warrior, who uses it in a battle, perceive it differently. It may go on like that indefinitely, until a man learns to explain it differently than he has always done. We and you can and must, if we are to build, build not only with the application of Thought and Consciousness, but also with the application of Soul and Spirit, i.e. to be flowing, all extending and able to concentrate where and when we want and for as long as our wish dictates, of which we are the ruler, but not vice

versa. Because man's possibilities, abilities and skills are limited by the fact that he himself limits them by his own description of explaining them.

You don't have to limit yourself to complete Ideas, otherwise they will become a barrier, preventing you from moving on and getting through them. To become more free and powerful, you have to, if you have to explain it, build your explanation in the way you want to see and have it. This also applies to the World in which you live. That is to say, when describing something you have to push yourself beyond your own boundaries to the place where there is a real limitlessness, where there is no explanation of what is going on. The boundaries of wholeness are contained in the Anahata chakra, through it one can move beyond one's own wholeness by releasing the senses and Consciousness. Otherwise, the individual Thoughtform, created according to the explanations of the higher descriptions, will only be able to provide you with the powers that correspond to this description. And so it will be with you indefinitely until you learn to explain differently than you have always done. This also requires an immeasurable imagination and a sharp Mind.

The warrior must cultivate the conviction that he does not need anything, because he has created and acquired enough, and now it is time to apply what he has acquired. The acquired must be made malleable and fluid. It is known, for example, that an octopus is capable of seeping through a hole in the rock, into which it manages to stick only the tip of its tentacle. Scientists have not been able to give this phenomenon any clear explanation. In fact, it is very simple:

the body of the octopus corresponds to the description of its world and it can turn off the description of the world when its eyes see food. Similarly, the Warrior must do the same when moving towards the Goal. He must seep through obstacles and distances. He can see over any distance, and for that which is well seen cannot be far away.

Many people fly in their sleep. It is their Thoughtform preserved from their experiences in the Ethereal World. The subtle body is the double of the physical body, or rather the opposite, the physical body is the exact copy of the subtle body, which continues to use its Thoughtform in the Dense World as well: it leaves the physical body in this Thoughtform when one sleeps. The subtle body can leave the dense body because it is alive and present and animates the physical body. When a warrior places his Consciousness (the body of his Spirit) into the subtle body, he must be able to act consciously in it by doing physical actions. The denser the Consciousness, the more inflamed it is, the more tangible and visible to outsiders the subtle body and its actions.

A person has a dream. Of course, a dream cannot be a pure vision of what the subtle body is doing in the other dimensions. After all, the flakes of thoughtforms bring only scraps of information about its actions, and even then man can only distinctly remember the last fragment of his dreams. Everything else he forgets. One can only remember what and when Consciousness has provided. If Consciousness is interrupted, then the integrity of the description of what is seen is broken, the memory is interrupted. A warrior must learn to shape his dreams. This

means that he has to be able to precisely and firmly control the general course of the dream, by shaping the situation occurring in it in a purposeful manner similar to the way a man controls his actions, e.g. when swimming in a boat and decides, say, to moor to the shore or to take shelter in the shade of the trees growing in the water. The subtle body is directly the person himself. And if the subtle body acts, it is the man himself who acts. This has to be understood.

About the practice of dream formation

The practice of dream formation should begin with a simple action, such as looking at your hands. You can basically look at whatever you want, or rather whatever you feel most comfortable with: your feet, your stomach, your nose. A dream is just as real as an ordinary vision, with the difference that in everyday life you perceive the World mainly with the sensory organs of the physical body, while in a dream - with the entire subtle body. Therefore, the possibilities of a Warrior in a dream are practically limitless. When you observe an object in a dream, it changes its form. That is why when you form a dream, you have to learn not just to look at the object, but to hold its form, its image. The dream will only become real if you have mastered the ability to focus your vision on any object. Then there will be no difference between what you do when you sleep and what you do when you are awake.

So, you don't have to look specifically at your hands. Look at anything, but choose it beforehand so that when you fall asleep,

you can find what you have chosen in your dreams. Hands, on the other hand, are convenient in that they are always with you. When they start to lose their shape take your eyes off them and look at something else, then back to your hands. Thus you will learn to easily retain their image for quite a long time, which will inevitably revive and enrich your dreams, and your ability to remember them will increase to the point where you can easily reconstruct their appearance down to the smallest detail.

Fixing your gaze on your hands is a starting point: you must make a clear commitment to looking at your hands in your sleep before you fall asleep. This can take quite some time. Once you have achieved the practice of gaze fixation, you begin to shift your gaze to other objects in your sleep, fixating on them for a very short time. Try to cast a quick glance at as many objects as possible, remembering that only short glances will keep them from starting to move. Then return to your hands again. Each time you return your gaze to your hands, you will regain the strength you need to continue dreaming. After all, the subtle body actually makes quite long journeys through the Ethereal World, sometimes over very long distances, which is associated with the risk of wasting the allowable supply of Thoughtform. After all, for Consciousness to be able to send its life impulse into the dense sleeping body, controlling its condition and preservation, requires a great expenditure of Will and, accordingly, a large amount of Thoughtform is spent.

So, at the beginning of the practice, you should not observe many objects at once. In the beginning, four will suffice. Then

you can continually increase the number of objects until you are able to observe anything you want and as many as you want. The next step in forming a dream is to move around in space. The scheme for mastering this technique is the same. In the same way that you learned to look at your hands, you make yourself move in space. You should choose places that are familiar to you in the physical world in order to orient yourself more easily. This could be your yard, your place of work, the house of a friend, your street, a park. After that, learn how to make your subtle body move in your sleep to the place you have planned in advance. It is very important to be able to control the exact time of your journey to the chosen place. By the way, at one of the initial stages, give yourself a specific command to see in a dream an image of your headband, which you will then have to make yourself out of a rough cloth strictly in accordance with what you see and put on at night before going to bed.

She must have a transverse ribbon running clearly across the top of her head. It can be suddenly imagined even while awake as a result of some event that seems to have nothing to do with it. To facilitate the task, always choose before going to sleep a quite definite object, which necessarily in your Consciousness is connected, associated with that place where you intend to go in a dream. Concentrate your attention on this object. When you have reached the place and found the desired object in the dream, shift your gaze to your hands. Then to any other object, and so on. The whole focus of this exercise is not to stop looking for the hands in the dream. The dream experienced should correspond to the time of day in which this exercise is

practiced. If you are practicing the dream at night, then the visions of the selected places should be «nocturnal», and during the daytime performance of the exercise, the events and places should be «daytime». Otherwise, it will not be a dream, but an ordinary dream.

Exercises in «dreaming» involve the Warrior's control over dreams to such an extent that the experience gained in them becomes equivalent to the experience of being awake, when the usual criterion for distinguishing between dream and reality becomes invalid. But we must warn you that even the initial stage of preparation for this exercise is a deadly game in which your Mind will begin to play with itself. Therefore it will be absolutely natural that some part within you will try to do everything possible to prevent the performance of this exercise, using all sorts of tricks aimed at making you give up. The only way out is to continue the experience, regardless of the fact that your dream will suddenly begin to turn into a real nightmare or, on the contrary, into a feeling of pleasant physical pleasure, from which it is very difficult to escape. Everything will prevent you from finding your hands in the dream. In addition, the Warrior himself, consciously chooses the theme of his dream. To do so, he must be able to interrupt the internal dialogue and keep the necessary image in his mind.

Now try the following exercises, which aim to prepare you for mastering dream control.

1. Self suggestion

This method is the easiest because all you have to do is suggest to yourself: «I will see

this and that in my dream and I will keep it all in my memory». If you learn how to self-induce a dream, that's enough, but if not, you need to go further. By the way, you can induce any kind of dream, any picture, certain persons, etc. by suggestion. You can indoctrinate yourself to get an answer to any question before falling asleep. You can compel yourself to wake up at any hour or minute. You can compel yourself to have one dream at one time and another a few minutes later, and so on.

2. Concentration.

As we have already mentioned, before falling asleep you should focus your attention on what you wish to see. You should conjure up an image of a particular person or object, a location, and so on. If you are not sure what you are dreaming about, you will have a dream that is directly related to what you are dreaming about. But this method is not always effective and requires certain conditions.

3. Association of Ideas.

Everyone knows the laws of association, namely that one representation causes another similar to it; one representation causes another completely opposite to it, and finally one representation causes another which has followed it directly in time or Space. The arbitrary evocation of certain dreams is based on the use of these laws. The last law, that is, the ability of a perception, sensation, etc., to cause representations and images related to it, is chiefly important to us. For example, you have picked up a book and remembered your friend who gave it to you; the smell of perfume evokes memories of someone

you know who loves that smell, and so on. It is also possible to influence dreams through the senses. The senses can also be manipulated through the senses by surrounding yourself with influences that are in connection with the desired dream.

Since none of the above techniques can give the pupil definite results, let us describe a technique that is a combination of all three. The first thing to do is to make a self-influence to see in a dream what you want and keep it in your memory until you wake up. For example, if you have a dream that you wish to see your friend in a dream, you should do this. To do this, when going to bed, make yourself a self-infusion, focus your attention on him. The environment should remind you of this person. Put his portrait in front of you (visual influence), perfume your pillow with his favorite perfume (olfactory influence), put his ring on your finger (tactile influence) or put his things next to you, eat his favorite food or treat (taste influence), listen to his favorite song or melody (auditory influence). As you fall asleep, keep your gaze on the image of your friend. Try to fall asleep consciously, that is, without losing Consciousness, remembering to go to sleep.

If, despite all the aforementioned means, you cannot achieve success or do not have the time to carry out the practice, you can use the following technique. Take a photograph or a portrait of someone you wish to see. Attach it to a sheet of black paper or to a dark cloth. Attach the sheet to the wall. Sit opposite at a distance of one meter. Illuminate the portrait with a bright bluish-white light coming from behind your head, from behind and from above. Stare intently at the image, concentrating

your attention on it. Stare at it for 30-40 minutes. Then, as soon as possible, go to bed, remaining under the influence of this impression. There is no need to think about anything else afterwards, do anything else, and so on. Even a simple distracted conversation can interfere with success. It is best to prepare for sleep beforehand and do the experience just before going to bed in a sitting position.

Make sure that you are not surrounded by objects that might distract you (bright or shiny) or evoke an extraneous memory. If you have arranged everything correctly, a glowing image of a photograph or portrait will appear. Direct your attention to that image, succumb to a doze and fall asleep, keeping your mental eye on the image. In this case, the experience is successful 99 times out of 100. It is also possible to do the same if you wish to see a place, a country, or the like. In the latter case, the results are even better, as pictures can be used.

Again, we must warn you that if you do dream control too often, you can damage your nervous system and get a nervous breakdown. Sometimes this experience is accompanied by a release of the astral body, which we will talk about separately. Practice no more often than 2-4 times a month, but self-exposure, concentration, irritation of the senses may be used on a daily basis. However, too frequent exposure of the senses to the same stimuli will soon cease to produce results. But self-inducement and concentration work the better, the more often they are used. In all these methods, try to protect yourself from possible extraneous influences that may cause a completely different course of dreams. For example, the noise of a falling object

or other may cause the representation of a gunshot; the rain the representation of a drumbeat; the creaking of doors the representation of moaning, and the like. A blanket that has slipped off during sleep will be reflected in the dream by a sensation of frost, cold and related images. A slight pressure on the neck may evoke the image of an attack, of suffocation.

All these irritations can interfere with the experience. Therefore, the room should be quiet and peaceful. For dream management exercises to be more successful, you must learn the ability to fall asleep voluntarily. This is achieved by self-introduction:

«I am very sleepy.

I look completely sleepy.

My muscles relaxed.

My eyelids are sticking together.

I'm yawning (you can yawn and stretch).

I'm falling asleep, falling asleep.

I fell asleep.

I'm asleep. I'm asleep... »

Repeat the words «I am dreaming» until you fall asleep. Repeat them slowly, quietly, gradually easing your breathing, trying not to think about anything and succumbing to drowsiness. In a short time (1-2 months), you can learn to fall asleep randomly wherever and whenever you want, several times an hour. If at first you do not manage to fall asleep, start counting from one to a hundred, and as soon as you say «one», close your eyelids, at the word «two» open them, «three» close them again and so on. You may also count: «one» (inhale) - «two» (exhale), «one» (inhale) - «two» (exhale) and so on. But it is better to mentally say «I» on inhalation and «sleep» on exhalation. If sleep still does not come, undress, lie down until you are cold, and then

wrap yourself in a blanket, and once you are warm, sleep will surely come.

If one were to fill one's earthly Thoughtform with free-flying information, one would be able to fly not only in sleep but also in the dense body, as has been repeatedly proved by the highest Warriors. Then he would have no need to sleep: just the subtle body would rush the physical body after him into the Ethereal World.

Thought is a product of time

Time is a very strange phenomenon. Space and time are one; one does not exist without the other. Time is very important to us, and everyone gives it its own special meaning. If it hardly means anything to savages, for civilized people it plays a great role. A savage has a poorly developed memory and if an educated person were to discover it, he or she would be immediately recognized as an abnormal. For a scholar time is one thing, for an ordinary citizen it is another. Time for a historian is the study of the past, for a mother it is the memory of her children. Each perceives time in his own way, according to his needs and expected sense of satisfaction, and each gives it his own form corresponding to the cunning movements of his own Mind.

We will talk about chronological time and mental time. The first is as necessary to our existence as the changing of the seasons. It is a time to grow, a time to die, a time to sow and a time to harvest. Undoubtedly there is only chronological time; all other time is a mirage, a deceptive convention of the Mind. We can use time as a means,

taken by itself it has no meaning. Time as an abstract concept is a purely speculative construction, and all abstract constructions of Mind are vain. We use time as a means of attainment in material or psychological terms, such as when there is a delay in the process of attainment or when a gap is created on the road to success. Time is the gap between what is and what could be, what should be, what will be. Becoming, directed towards a goal, is time.

The cause-effect complex is considered a temporal process not only in the physical sense, but also in the psychological sense. The interval between cause and effect is usually seen as time, but does this interval exist? The cause and effect of an illness may be separated in time, but this is again chronological time. Is there an interval between psychological cause and effect? There is not. Today is the consequence of what was yesterday and the cause of what will be tomorrow; it is a single movement, a continuous flow, which we divide only within ourselves, referring to this or that becoming, achievement.

I am this, but I will become that. In order to become that, I need time - chronological time, which I use for psychological purposes. I am in ignorance, but I will become wise. Ignorance, which aspires to become wise, is only progressive ignorance, because ignorance can never become wise; just as envy can never become its opposite. Ignorance is the true process of becoming. Knowledge is the extension of time. Time is an extension. Experience is knowledge and time is the extension of experience in the form of memory. Time regarded as extension is abstraction; the abstract constructions of Mind are ignorance.

So, experience is memory, Mind. Mind is a time machine, including the past. Thought is always from the past. The past in conjunction with the present moves to the future. This whole process in its totality is Thought, Mind. Thought can only function in the field of time. Thought can reflect on the timeless, but it is its own projection. So is it possible to cognize the timeless? The experiencer, the thinker, is always Thought itself, which is from time. In order to know something, Thought must experience it; if it has experienced it, it has become cognized. The cognized is always in the net of time. Thought cannot know the timeless, which is not a new acquisition or achievement. It is a state of being in which time, and therefore Thought, is absent. It cannot be used for any purpose. The goal implies the means to achieve it, which again brings us back to the process of Thought. Thought is not able to solve any of man's problems, as it is itself a problem. Life is meaningful only insofar as there is timelessness; otherwise it turns into sorrow, conflict and suffering. Wisdom is not of time, it begins when knowledge comes to an end; it is not a subject of experience, of knowledge. Life in time is confusion and suffering. But when the disciple knows himself - what he is, then that is becomes timeless. Then bliss comes.

Once united with Thought, the warrior becomes fluid, like Time itself. Self-importance and self-defeating must be put to rest. Their Thought Forms are particularly tightly chained to the still corner of the prison of physical misery. The Warrior, on the other hand, being a man of Knowledge, is able to transport himself over any distance at any speed, by focusing himself mentally at any point in space. This is because the

Warrior knows how to control the hologram of the body. The plot of being in two or more places at the same time will, for the Warrior, be simply the recollection of two separate moments. This is achieved by renouncing the description of the World. And the Warrior himself then becomes indescribable, as does his action.

The spirit body exits the Warrior's body through the trikutta. It returns in the same way. Exit of the subtle body from the dense body is done by separating it from the flesh. One simply stands up and walks or flies. The warrior achieves levitation by stopping the thought process. Concentration of the gaze and all attention on Ajna-tricuttu is a means of switching from verbal-logical to figurative thinking. At the same time there should be no obsessive Ideas. Modern physiology and scientific research says that between the eyebrows in the human head there is a gland which is the most mysterious part of our body. This gland, called the pineal gland, is the so-called 'third eye', the 'eye of Shiva', which in ordinary, not properly trained, people do not function. But it is not blind, it is simply closed. We offer you a technique designed to open the third eye.

Techniques for opening the 'third eye'

So, close your eyes and then focus both eyes in the middle between your eyebrows. Focus just in the middle, with your eyes closed, but as if you were looking with your two eyes. Concentrate all your attention on this. This is one of the easiest methods of concentrating. You will not be able to focus

your attention so easily on other parts of the body. This gland is a very strong attractor, grabbing your attention quickly and forcibly holding it there with a kind of magnetic force. The ancient tantra manuscripts state that attention is food for the third eye. It is hungry, it has been starving for many lifetimes. So when you pay attention to it, it comes alive. You only need to know the right point. When you feel the point, your eyes become fixed by you, it becomes difficult for you to move them. When this attention is established, for the first time you will come to experience a strange phenomenon. For the first time you will see Thoughts running within you, in front of you. At that moment you will become an observer, an eyewitness of those «pictures».

Normally a person is not an observer, he identifies with his Thoughts. This means that if the Thought of anger enters a person, he himself becomes anger. If Thoughts move, he becomes one with them, he identifies with them and moves with them, becoming that Thought himself and taking its form. Any movement of Thought is identified with the person, there is no gap between him and his Thought. But by focusing your attention on the third eye, you suddenly become an observer of your Thoughts running like clouds in the sky or walking like people on the street. You do not identify with them. You are on the sidelines. If there is anger sitting in you, you can follow it like a cloud. You will feel that you are surrounded by anger - a cloud of anger envelops you, but you will no longer be anger. Anger becomes powerless, it cannot affect you, because you are no longer you, but a bystander. You become untouchable. Anger will come and go, and you will remain centered in yourself.

Now, in spite of your Thoughts, meet them. When your attention and breath focus on the third eye, between your eyebrows, two things happen. The first is that you become a witness to yourself, meeting your Thoughts. The second is that you can now feel the subtle, delicate vibrations of your breath, its form, its very essence. First of all, try to understand what is meant by the «form» and the «essence» of the breath. When you breathe, you breathe in more than just air: oxygen, hydrogen, nitrogen and other gases. Air is only a vehicle, not an entity in its own right. When you breathe in air, you take in prana, the life force, cosmic energy. Air is only a medium, it is designed for the life of the physical body by providing it with oxygen. Prana, on the other hand, is its content. If you focus on the third eye, suddenly you can observe the very essence of the breath - not the breath itself, but its essence, prana. And if you can observe it, then you are at the point where a leap, a breakthrough, happens.

Now imagine that your head is filled with this prana. For this, with your imagination focused on the third eye, no effort is required. Imagine that prana fills your whole head. And now - stop, attention! Now one imagination is enough to create any phenomena, to make them happen. At the top of the head, in sahasrara is the highest psychic centre of man. The moment you imagine that prana has filled the whole head up to the top, the sahasrara will fill up and this pranic essence will start to pour out at you from the top of your head as light. And under this flow of light you will be refreshed, reborn, become completely different. That is what this inner rebirth means.

But before performing this technique, it is necessary to purify oneself properly

through prolonged fasting and prayers. This is a prerequisite for the disciple, because if you are focused on the third eye and your Mind and Heart are impure, your imagination can become dangerous not only to others but also to yourself. If you think of harming someone, if that Idea-Mind is in your Mind, then one imagination of that action will instantly bring it to fruition. This is why we urge that above all else you should be spiritually pure in this moment. While performing this technique, even a single, once long-born thought of suicide will turn into suicide. You won't have time to change anything, this materialization of the Thought will take place immediately as soon as the prana fills the sahasrara.

This technique is the basis of all hypnotism. When someone is hypnotized, they are asked to focus their eyes on a particular point - some light source, a point on a wall or an object, or on the eyes of the hypnotist. When you focus your eyes on a particular point, after no more than three minutes your inner attention starts to move to the third eye, all the energy flows to it. And then whatever the hypnotist orders will happen, all his commands will be carried out. Your unconsciousness will perceive the orders and will shape your activity. If you are suffering from some illness, then after the «Disappear» command, this illness will disappear. But in the same way any new disease can be created. We will talk about this very thoroughly further on. If at that moment the hypnotist says, «Now you will die,» you will immediately die. Your heart will stop. It will really, really stop.

This is accomplished through the third eye. The fact is that in the third eye, imagination and realization are not

different entities. There is no difference, no difference at all, between dream and reality. Dream and the dream becomes reality. That is why Shankara said that the whole world is nothing but a dream, a dream of the divine... A vision of the divine! This is because the divine is centered in the third eye - always, eternally. Therefore, whatever the divine dreams becomes a reality. If you are centered on the third eye, then any dream you have also becomes a reality. When you are centered on the third eye, just imagine prana pouring out of the top of your head as if you were sitting under a tree and being showered with flowers, or as if you were under the open sky and suddenly clouds started pouring rain, or as if you were sitting in the morning and the sun rose and started pouring its rays on you. Imagine this and immediately there would be a flood - a stream of light pouring out of the top of your head. This stream will restore you, give you a new birth. You will be reborn, you will receive a new life.

The Buddha said: «Now that your attention is focused on the third eye, vision and reality are one. Whatever you dream of will be reality. The opposite is also true.» I would like to add that the book you are holding in your hands is the result of the practice of this technique, the materialization of my Thought Idea, born in the process of several meditations. And this is far from the limit of Thought's work. When a student learns to feel prana flowing into him, then he will be able to know in advance even the day of his death. If a disciple can feel the invisible part of his breath, then he will be able to know the day of his death at least six months in advance. Why do many saints predict the day of their death? It is easy, because if

they can see the contents of their breath, the prana flowing into them, then they can also feel the reverse process. Before death - six months before death, the process becomes reversed: prana starts flowing out of the person. The breath ceases to bring it inwards, rather the other way round.

The common man cannot see this, as he has not known the invisible part of the breath, but knows only the air inhaled into the lungs through the nose, i.e. only the vehicle. In the normal state the breath carries the prana inwards and leaves it there, the vehicle comes back empty. Outside it fills up again with prana and goes inside. So the incoming and outgoing breath are not one and the same: the first is filled with prana and the second is empty. When a person approaches death, the opposite happens: the incoming breath comes into the lungs without prana - empty, because the body can no longer absorb prana from the cosmos. The body is preparing to die, there is no longer any need for prana, the whole process is reversed. And when the breath goes out, it takes the prana with it. He who is able to see the invisible can immediately know the day of his death. In six months the process becomes reversed.

Everyone lives in a world of their own dreams

The student must learn to feel the prana inhaled in order still to consciously control himself in his sleep. To all the above exercises on «dreaming» let us add one more exercise which is extremely important and effective. This exercise should be practiced only at the moment of

falling asleep - only then and at no other time. When sleep gradually overcomes you and you are about to stop being conscious, it is necessary, having recollected the preliminary set to yourself, to realize your breath and its invisible part - prana, which should be mentally directed to the heart, feeling how from heart it passes into the body. And let sleep come during this continuous sensation. You continue to feel and let the dream come and possess you. If this moment takes place, you will remain conscious in your dreams as well. You will be aware that you are dreaming. Usually we are not aware that we are dreaming, mistaking our dreams for reality.

If you can become aware of dreams, you will be able to do two things. Firstly, as we said before, you will be able to create your dreams. Normally a person cannot influence his dreams, i.e. if he wants to see something specific in a dream, he cannot do it - it is not in his power. He is not the creator but the victim of dreams, unable either to stop the dream or to influence it. But if you fall asleep remembering that your heart is filled with prana, continuously in contact with prana with every breath, you will become the master of your dreams - and this is a very rare property. Then you will be able to have any dreams you want. All you have to do is make a mental note to yourself before you go to sleep: «I want to dream about this and that.» And that dream will come to you. Or vice versa: «I don't want to dream so-and-so.» And that dream will not be able to enter your Mind. But what is the benefit of being the master of your dreams? Isn't it useless? No, it is not useless. Since you have become in control of your dreams, you will stop dreaming. They will simply cease because they are no

longer necessary. And when the dreaming stops, your Consciousness after falling asleep will acquire a totally different quality, and that quality will make the dreaming like death.

Death is deep sleep. If your dream becomes as deep as death, then there is no more dreaming. Dreams give it a superficiality. Because of dreams you move outwards, because of clinging to dreams you move to the surface. When there are no dreams, you simply sink into the abyss of the sea, reaching its bottom. So is death. That is why in India it has always been said that sleep is short-term death and death is long-term sleep. Qualitatively they are one and the same. Sleep is death in the interval between wakefulness during the day. Death is a phenomenon occurring between two lives. Every day a man is tired. In the evening he falls asleep and in the morning he replenishes his vitality, his life force. It is as if he is reborn. After 70-80 years of life the human organism becomes extremely tired. Short intervals of night-time 'deaths' do not work any more; it needs a big death. After such a big death or such a big sleep, a person is reborn in a completely new body.

When the disciple learns dreamless sleep and is able to remain dream conscious, he will no longer have the fear of death, as he will realize that nobody ever dies, nobody can die by virtue of the fact that it is impossible, because the universe is life. Man is born again and again, but his sleep is so deep that he forgets his past identity. His mind is wiped clean of memory. With the method we have mentioned, you will first of all become the master of your dreams - which means that the dreams will cease. If you wish to have dreams, you will

have them but in the way you wish. They will stop raping you and annoying you, you will no longer be a victim. This quality of your dreams will become a kind of death. Then you will know that death is a dream, a useful and pleasant dream that gives you new life.

Gaining power over death has another meaning - controlling yourself beyond death. If you can control your dreams, you can also control yourself in the state of death. You will be able to choose where you will be born again, in whom, when, in what form; you will become the master of your own birth. When you learn to control dreams, you will be able to control everything, because this life consists of the material of dreams. You dream all the time - and not only at night, not only during sleep as such. Man has dreams throughout the day. And when he is awake, he is still at the mercy of his dreams. This is the main thing to understand. If you close your eyes at any time of the day and relax, the dream 'images' will immediately appear. It never goes anywhere, it is only suppressed by our daytime activities, the daylight.

It is well known that if you climb into a deep well during the day you can see the stars in the sky because they are always there, but it is easy to see them at night and you cannot see them during the day because the daylight becomes a barrier. The same is true of dreams. In dreams they are easily felt because there is no daytime activity, in which case it is possible to see and feel the inner activity. When you get out of bed in the morning, the dreaming continues inside while you begin the activity outside. The process of daytime activity simply suppresses the dreams, but they

are always with you. This means that you cannot say that you are actually awake. You sleep more at night and less during the day. These differences are relative, because if the dreams continue in you, you cannot speak of being fully awake.

Dreams create a film on top of Consciousness. This film is like smoke - you are surrounded by it. You cannot really wake up as long as there are dreams - whether it is day or night. So you can only say you are awakened when there are no dreams at all. This awakening actually represents the cessation of inner dreams. There is no dreaming inside. Your movements are there, but there is no dreaming. It is as if there are no stars in the sky - it becomes pure space. When there is no dreaming, you become pure space. This purity, this innocence, this Consciousness without dreams is what is known as enlightenment - awakening.

For centuries, spiritualized people all over the world have affirmed that man sleeps. Christ, Buddha, the Upanishads said so: man sleeps. Gurdjieff stated, «Actually man is some kind of sleep. Everything is a deep sleep. What does this mean? Man cannot know, cannot remember who he is. If you meet a passerby in the street and ask him who he is and he cannot answer, what will you think of him? You will think that he is either crazy, or drunk, or just still asleep. In the ways of the divine all people are like this passerby. No one can answer who he is. You do not know yourself, you have never met yourself. The state of your Mind is as if you are watching a film. There is a film on the screen and you are so absorbed in the plot that the only thing you know is the film, the story, whatever

appears on the screen. If you are asked at that moment who you are, you won't be able to answer right away.

Dreams are just a film! It is Mind reflecting the outside world. It is the world reflected in the mirror of the Mind. One gets so deeply involved in his dreams, identifies with them so much that one forgets completely who he is, he gets lost in his dreams. Therefore, until the dreams cease, a person cannot awaken to himself. But even if they suddenly cease, he will not be able to recognize who he is. The difference between a dream and reality is only that what you accept as reality at one level of consciousness is immediately transformed into a dream when you awaken at a higher level of consciousness and realize that what was before was not reality at all, but was merely a projection of yourself, your «I,» that is, a dream. Every dream remains reality as long as you believe in it. The only objective Reality is the self, the essence, the true Supreme Self - the Creator!

Your present character and destiny is the result of cause and effect, actions and experiences through countless lives in which the self has manifested itself over centuries and centuries. All these actions and deeds are crystallized in your present personality, in your character. Your character determines your destiny and therefore your future. The higher self radiates its creative powers through the sieve of character into your next incarnation (incarnation) and through the picture-making powers in the depth of your Soul, these energies create dreams - the «movie» in which you will live in the future. These dreams are projected

outwards - from the spiritual world into the physical, material world, where they manifest themselves as your 'personality' and your 'destiny'. The higher self - the essence, the self - radiates the same creative forces into each person. So many different dreams and so many people and destinies arise from the same creative forces because of the different influences to which people have been subjected since their separation from the One. Whether future projections of the «I» which have not yet materialized but nevertheless await materialization in the depths of the soul, in the sub consciousness, become «realities» on the material plane or whether they will merely remain «dreams» depends upon the plane which man identifies his Consciousness with.

A dream is also «reality», only in the non-material world of energy creating pictures, whereas what happens on earth and what people call «reality» is just another «dream», a projection of the self. The only difference is that it is a lower projection operating in the material plane and becoming visible in the atmosphere of the earth. Thus destiny is an embodied projection of the future, a materialized dream. When man lets his «I» - the Will of the Creator - rule, then what happens to him after birth in the physical World, in so-called «reality», turns out to be what he himself consciously wants. Consequently, he also participates in controlling his destiny. Therefore, the human 'I' has the power to take his dreams, visions, dreams that are waiting in the subconscious mind for their materialization and transform them into spiritual energy.

If a man identifies, identifies himself not with his «I» but with the lower forces,

with his body, and accepts these forces, realizes them as his own Will, then what happens is not his desire, but the Will of his body, even if he is convinced that it is his own Will. Then he loses control of his destiny and falls completely into the power of the blind forces of fate. The «dreams» and projections which lie hidden in the sub-consciousness then inevitably become «real» events on the earthly, physical plane. For those cases where the cessation of dreams comes, there are methods, especially in Zen, known as the 'path of sudden enlightenment'. In our book we give you a choice of many exercises and techniques that can give you enlightenment. But we must also warn you that this may be too much of a challenge for those looking for the easy way, who may not be able to endure it.

If the whole world suddenly disappeared and you were left alone, it would be such a big shock that you would die. The same would happen if suddenly all dreams disappeared from your Consciousness. Your world would also disappear because your world was your dreams. We are not in the real world. Or rather, the «world» does not consist of things external to us, but of our dreams. So everyone lives in a world of their own dreams. It is not one world that we are talking about. Territorially, geographically it is, but psychically there are as many worlds as there are Minds. Each Mind is its own world. And if your dreams disappear, so will your world. Without dreams it will be difficult for you to live. That is why sudden methods are not used, only gradual methods are used. Otherwise you may suddenly take a leap of realization right away. And this can prove dangerous, fatal for you, as you will not yet be ready

to endure so much. You are only adapted to false dreams. You can't see reality, and therefore you don't know how to face it. Gradual methods help you to endure your reaction by strengthening and preparing your Consciousness. There are seven methods by which you can immediately overcome your path to enlightenment. But you will not be able to endure it: too much light can make you blind and too much bliss can make you die.

How else can you overcome these dreams, this deep sleep you are in? We will tell you about two other methods. One is to act, to behave as if the whole world were just a dream. Whatever you do, remember that this is a dream. While eating, walking, being awake, let your Mind continuously remember that everything is a dream. If during a dream you want to remember that it is a dream, you will have to start while you are still awake. Usually, when you dream, you cannot remember that it is a dream. It appears to you that it is reality. Why do you think it is reality? Because you have been thinking all day that everything around you is reality. It has become an attitude, a fixed position. All through the day, all through life, whatever you think, whatever you do, you have treated it as reality. It has become fixed in the Consciousness. So when you have a dream at night, the same attitude is triggered and you think it is reality.

Now try the second method. Remember that the whole world around you is an illusion, a dream. We are not urging you to change your dream, as efforts to change dreams are also false, based on the belief that they are reality. Therefore, you must simply constantly remember that everything around you is only a dream and

do nothing to change it. Try to remember continuously, for three weeks: everything you do is just a dream. This is very difficult at first. You will return again and again to the old structure of your Mind, thinking that this is reality. You will need to wake yourself up by convincing your Mind that it is not. If you manage to do this within three weeks, then in the fourth or fifth week every night during sleep you will suddenly remember that this is a dream.

There is another way of entering a dream with full Consciousness, or rather with awareness. If you can remember at night while dreaming that it is a dream, then you will not need to make any effort during the day to remember that everything around you is a dream. Then you will be aware of it. In the very beginning, when you start practicing this, it will only be a pretense. You will begin by merely believing that it is a dream. But when you can remember while dreaming that it is a dream, it will become real. Then also during the day, when you get up, you will not feel that you have awakened from the dream, you will only feel that you have awakened from one dream to continue your activity in another. And it will be real. And if all twenty-four hours turn into a dream, and you can feel and remember it, then you will remain in your centre. Then your awareness will be directed both ways. If you can experience your dreams as dreams, then you will also begin to experience the one seeing those dreams, that is, yourself.

When you perceive dreams as reality, you cannot experience yourself. If you are watching a film and forget yourself, it becomes real to you. After it ends, you know it was only an illusion, your reality breaks

through and you feel yourself again. That is one way. It was one of the oldest Indian methods. When we assert that the world is unreal, we don't mean it philosophically, but we offer it to you as some technique. We are not linking it with the truth of the world, but thinking of the usefulness of this method, of its possibilities, of the extent of its ability to transform the human Mind. Our statement may or may not be true. It's not really this or that - it's just a technique. It is one of the ways. There is also a second way on the other pole, which is to start feeling and remembering what you are. We borrowed this method from the Sufi tradition, from Islam, where it is developed very deeply.

The essence of the method is to constantly remember that you are eating, no matter what you do. Whether you are drinking water, eating food, taking transport, always force yourself to remember and realize that you are. As you keep doing something, keep remembering, 'I am, I am'. This is harder than you might think, because you already know, you are sure that you really are. You never remember it, although that alone is a very, very effective way in which you become able to go beyond dreaming and learn that a dream is just a dream. So, as you walk, remember: 'I am'. Let the walking continue and you constantly fix yourself on the reminder of yourself: 'I am, yes, I am, I am'. If you are busy talking, don't get too involved, don't identify with the person you are talking to. Whatever he/she says, keep remembering to yourself: 'I am, I am'. Let this «I am» become a constant factor in your awareness.

It is very difficult. You cannot remember continuously even for one minute. Give

it a try. If it happens, you will experience a miracle. Then this method is for you. How does this technique work? If you can remember what you are all day long, it will also penetrate your dreams. And when you dream, you will continuously remember that you are. If you are able to remember that you are in a dream, then suddenly the dream will lose its reality. For if you are, reality becomes a dream, and if you are not there, the dream becomes reality. Only one of you can exist - either the world or you: both cannot be. The more real you become inside, the more illusory the world around you becomes. Reality becomes your self and the world becomes an illusion. If you achieve the feeling that you are just a dream, then the world is real. If you change your focus and become real, then the world becomes unreal. If you can remember «I am», then you will know that no one is remembering themselves, but everyone is still moving. The whole world is asleep. You, on the other hand, start and keep going until you wake up. Any time you remember, start: 'I am, I am'.

We don't mean that you have to repeat the words 'I am', rather you have to feel it. When taking a bath, feel this 'I am'. Let it be the touch of a cold shower and let yourself be somewhere behind, feeling yourself and remembering: 'I am'. It is by remembering, not by repeating verbally, as simply repeating these words will not give you awareness. Repetition may even lull you to sleep, lull you to sleep. Something monotonous and repetitive has been known to help you fall asleep. A baby in the womb sleeps continuously for nine months because of the monotonous 'knock-knock, knock-knock' uttered by the mother's heart. The repetition of the words, say, «Rama,

Rama, Rama...» without being conscious of them, becomes a drug. With their help one can sleep soundly. The same effect is produced by listening to the ticking of the clock. But in our method, the constant reminder of «I am» is not a verbal mantra. It should not be repeated verbally - feel it! Become sensitive to your own existence.

When you touch someone else's hand, do not so much feel the sensation of someone else, but also feel yourself, that in this touch you yourself are present. When you eat, do not only eat, but also feel yourself as the one taking the food. This sensation, this sensuality should penetrate deeper and deeper into your Mind. And then one day, suddenly, you will awaken in your centre, functioning for the first time. And at that moment the whole world will become a dream, then you will be able to know that your dreams are dreams. And they will cease. And when the dreams cease, you become a different person. The past person is dead, or rather, that dream person you were is no longer there. The first time you became conscious, you became awakened. In this awakening there is no more suffering, after this awakening there is no more death, no more fear. For the first time you become free from everything. Hate, anger, greed are gone. You have achieved liberation, you have become simply Love. You have not become loving, you have become Love itself.

Before beginning a detailed and serious study of the rules for working with thought, the student must take as a basis the following points, without understanding which his learning will be in vain:

1. The basic laws of our Thought are the basic laws of Life in the Universe.

2. The content of our Thoughts consists solely of our perceptions (present sensations or memories), whatever the Plan on which the Thought operates.

3. Perceptions are internal creations of our Thoughts, which we mistakenly attribute to the effects of external reality on ourselves.

4. We are not usually aware of the creation of representations, hence we are not able to directly and voluntarily produce and change representations.

5. Learned training will make the work of creating our Thought conscious and thereby produce or change directly and willingly the representation or what we mistakenly call the outside world.

6. By making our Thought work volitionally and consciously, we will identify ourselves with Universal Thought.

7. By identifying ourselves with Universal Thought, we will reconnect the relative self (Mind, mental) with the absolute self (beyond conditions), the unconditional, single source of all Thought and therefore of all action and all reality.

With these seven aphorisms we want to emphasize once again: Thought seeks Truth through introspective (looking inward) rather than external radiation. The goal of the Warrior is to comprehend the only truth (all other truths are relative), which will enable him to unite with the object of his Will. From the second and third clauses, it is clear that perceptions constitute the content of our lives, and they are the creations of our Thought.

In ordinary life, when we see that one or more representations are creations of Thought, we say that one is in a state of self-influence or that one is hallucinating, because hallucination is unconscious self-influence. Let us take it as an axiom that every representation is self-induced. Hetero-insinuations which are called mere suggestions turn out to be self-injections when carefully analyzed. Every suggestion tends to be transformed into action. And some of them, either because of their intensity, or because of the disappearance or weakening of others, are instantly isolated and automatically become active.

The strength of the realization of a representation is directly proportional to the degree of its isolation. Therefore, Will can be defined as an isolated representation. There are two methods of such isolation:

1. The strength of the realization of a representation is directly proportional to the degree of its isolation. Therefore, Will can be defined as an isolated representation. There are two methods of such isolation:

2. Isolating a view through competing views. This process is called concentration. Its result, the product, is Monoidea, that is, the state in which there is only one representation in the Mind. Monoidea and Thoughtform are the greatest tools of the Warrior's power. In ordinary life, a person who is said to have strong Will, unconsciously and naturally practices creation of Monoidea.

Monoidea is the tool by which we transform our mortal human personality into an immortal Essence. The concentration by which Monoidea is attained is greatly

facilitated, beyond the normal human capacity, by the use of breathing exercises. It is also, if only in the smallest degree, made conscious through every organic act and especially through the reception or release of substances by the body. Thought is not a dynamic force, it is quite a real thing, like a material object. Thought as energy can be felt by Consciousness and even through the senses. But for this, of course, one has to learn to organize, to develop, to refine one's Thoughts and to expand Consciousness to the Spiritual Form. Thought contains everything that man can possess and accommodates man himself. Therefore, the main and greatest purpose of man is to work with Thought, to cooperate with it.

Once again: Thought is not something abstract, but a living organism of the Infinity. Thought is not interrupted anywhere, but extends to the uttermost. It can concentrate in certain focuses of rotating spirals of Mental Energy. Here it concentrates itself, its properties, qualities. Thought is an answer to a challenge, and it is always a superficial answer, it can never answer deeply. Thought is always external, always a consequence. Thinking is always the linking of consequences. Thought is superficial, although it can operate on different levels. It can never penetrate to the depths - that which is not explicitly expressed, cannot go beyond itself; any attempt to extend it is doomed to failure. Thought is not action, deed is the consequence, the result of the result, the outcome of memory. Memory is Thought, and Thought is the expression of memory in words. Memory is experience. The thought process is a conscious process both latent and manifest. The thought process taken as a whole is Consciousness,

awake or asleep, the upper and deeper levels are all part of memory, experience.

Thought is not independent. There is no such thing as independent thought; the term «independent thought» contains a contradiction. Thought is a result, opposes or agrees, compares or adapts, condemns or justifies, and consequently Thought can never be free. The result can never be free, it can wriggle, manipulate, wander, move in a certain direction, but it cannot free itself from its own anchor. Thought is anchored in memory, it can never be free and establish the Truth of any problem. Though it has no value in itself as a means of action, its value is revealed when the consequences are linked.

Action is a revolution, not the linking of consequences. Action, free from Thoughts, from Ideas, from Beliefs, is never within the framework of any pattern. Only activity is possible within the framework of a pattern. Activity may be full of violence, bloody or contradictory, but it is not an action. What contains contradiction, the opposite, is not action - it is a modified continuation of activity. The contradiction continues in the sphere of the result, and by following the contradiction, Thought is caught in the net of its own answers. Action is not the result of Thought, it has nothing to do with Thought. Thought, the result can never create new. New is from the moment to the moment, but Thought is always old, past, conditioned. It has its definite value, but it has no freedom. Everything that has value is a limiting factor - it binds. Thought binds because we cherish it.

Thought is consciousness, there is no difference between someone who thinks

and someone who is conscious. Thinking is a response and being conscious is also a response. When you are conscious, for example, of this book, it is a response to a stimulus, whereas Thought is the response of memory to some stimulus. This response we call experience. An experience is a challenge and a response, and this experience together with registration (this whole process on different levels) is Consciousness. Experience is the result, the consequence of experience. To this result we give a name. But the name itself is inference, one of many inferences, the totality of which forms memory. This process of inference is Consciousness, «I». «I» is memory, the totality of inferences, and Thought is the response of memory. Therefore, Thought is always an inference, which is why thinking can never be free. Thought is always that which is on the surface, and consciousness is the registering of the external. The superficial divides itself into external and internal, but this division does not make Thought any less superficial.

There is no such thing as independent Thought, every Thought is dependent, conditioned. Thought is the expression in words of various kinds of influences. To Think is to be dependent, Thought can never be free. An occupied Mind is not free, it is devoid of spontaneity, and only in a state of spontaneity is discovery possible. Reflection is an obstacle to experience and there is no wisdom outside of experience. Busy Mind is closed in itself, it has lost its openness, its insecurity, thus providing itself with security. Thought, by its structure, is self-contained, it cannot be made vulnerable. Thought is never spontaneous, never free. Thought is a

continuation of the past, and that which is a continuation cannot be free. Freedom exists only in completion.

A busy mind creates only what it can work on. It can create a wheel or a space rocket. We can think we are stupid, and we are stupid. We can think we are the Creator, and then we conform to our own Idea of «I am That». What we think is ourselves, but what matters is understanding the process of thinking, not what we think about. Whether we think of the Creator or of guilt is immaterial, each thought has its own particular impact, but in both cases Thought is preoccupied with its own projections. On whichever level it is, it means to deify oneself. Your 'I' (with a capital letter) is still a projection of Thought. Whatever it is occupied by Thought, it is that Thought. This is why it is important for the student to understand the thought process first.

Thought is the answer to the challenge. If there is no challenge, there is no Thought. The sum of challenge and response is experience, and experience couched in words is Thought. Experience deals not only with the past, but also with the past in conjunction with the present, it can pass through Consciousness and beyond it. This residue, the extract of experience, is memory, the influencing factor, and the response of the memory of the past is Thought. Thought can place itself on different levels - the sensible and the profound, the noble and the low, but whatever it does, it all remains Thought. The Creator as an object of Thought is of the Mind, of the word. The Thought of the Creator is not the Creator, it is only the response of memory. Memory lasts

for a long time and therefore may seem deep, but in its structure it has no depth. A memory may not be on the surface, it may not be in sight, but that does not make it deep. A thought can never be deep or become something more than what it is. It can attach much more importance to itself, but it always remains a Thought. When the Mind is preoccupied with its own projections, it does not go beyond Thought. It just took on a new role, a new posture, and under the new cover remains the same Thought.

How to go beyond Thought

You cannot go beyond Thought, you are the creator of the effort, you yourself are the result of Thought. In revealing the thought process, which means self-awareness, the Truth of what is, puts a limit to the thought process. The Truth of what is cannot be found in ancient or modern books. What can be found are words, not Truth. Truth, on the other hand, cannot be found. The effort to find the Truth leads to the result which is the ego's own projection, but this result is not the Truth. The result is not Truth, the result is an extension of Thought, extended or projected. Only when Thought ceases, there is Truth. Thought cannot cease because of compulsion, discipline, through any form of resistance. Truth is liberating, not an effort to become free.

Concentration means concentrating some kind of synthesis in one place. Concentration of the connection of Consciousness, Thought, Mental Energy and Spirit in the centre of «I» (that is, in

Spirit) gives birth to Interest. Interest, in turn, gives rise to an enticing desire, which itself is the source of many other energies. Having in your Mind (Consciousness) some constant Interest giving birth to desires corresponding to it and related to it Thoughts of a constant kind (idea), you attract to yourself similar kinds of Thoughts from the surrounding space. They are not always graspable, but they are always powerful. All of this together will serve to form a new cosmic entity - the Thoughtform. This property of Thought is one of the greatest of its nature. By mastering a confident firmness of his thoughts, the warrior acquires a powerful Force. His confidence will constantly strengthen from within the thought-form created by him, which will serve the formation of the Movement of development of Capability, Ability and Skill.

Duration of Thoughtform depends on the strength of the impulse to which it owes its emergence. The clarity of its outline in the Ethereal plane depends on the distinctness of Thought, and the coloring - on the quality (spiritual, intellectual or passionate) of the Thought that created it. The vague, indistinct Thoughts, which are so common in undeveloped minds, when they manifest in the astral plane, gather in vague clouds of «elemental essence» and float about indefinitely, attracted to other clouds of the same nature, enveloping the astral bodies of men whose magnetism attracts them. Then, after a certain interval of time, they disintegrate into constituent parts to merge again and again with the general atmosphere of the «elemental essence». As long as such a Thought-image retains a separate existence, it is a living

entity with a body of «elemental essence», animated by the life of the Thought that created it, and then it is called an «artificial elemental».

Clear, distinct Thoughts have their own, definite form with clear, pure outlines, and they present in the astral an infinite variety of patterns. They are formed by the vibrations induced by Thought, in exactly the same way as in the physical medium different forms are formed by the vibrations induced by sound. «Sound Patterns» present a good analogy to Thoughtforms, for nature, in spite of all its infinite variety, is extremely conservative in its foundations and reproduces the same creative methods in successive manifestations of its various realms. Clearly delineated «artificial elementals» exhibit a more active life than their fuzzy counterparts, producing a much stronger influence on the astral bodies (and through them on the Consciousness) of those to whom they are drawn. They produce in these latter vibrations similar to their own, and thus the Thoughts pass from one Mind to another without any physical conduit. Moreover, they can be directed to any person whom their originator wishes to reach, and their power depends on the strength of his Will and the concentration of his mental energy.

In middle-aged people the «artificial elementals» created by feeling or desire are much stronger and more definite than those created by Thought. Thus, having developed the ability to see into the Aura with the aid of our advice, you can easily see that an outburst of anger creates in a person's Aura a very definitely delineated and directed strong red lightning, while concentrated

anger brings to life a dangerous purple elemental with sharp or hooked corners, adapted to inflict harm. Love, according to its quality, creates in the astral forms more or less beautiful in pattern and color, from all shades of carmine to the most charming delicate pink tones like a pale dawn. Such is the color of delicate yet strong guarding Thoughtforms. The prayers of a loving mother swarm around her son, taking the form of angels, diverting from him evil influences, which may be attracted by his own Thoughts.

Man is accustomed to think in words and almost never to think in images, because his perception is accustomed to view the outer world. How, then, in such a state of affairs, can the inner energies and powers be harnessed and developed to cosmic possibilities? Because perception does not pay attention to these inner energies, which are manifestations of Cooperation, Possibility, Ability and Skill. Only by turning perception to itself - so that the organs of perception (eyes, ears, nose, mouth, skin) feel the feelings arising in them, and by making perception organize the feelings by attention to Thought - will the mighty energies be subdued.

The distinguishing characteristic of these good angels - «artificial elementals» - is that while being directed towards a certain person, they are animated by a single desire - to do the will of the one who created them. A guarding elemental will hover around a person to whom it is directed, looking for an opportunity to divert evil attention from him or to attract something good to him, unconsciously, as if by blind impulse, looking for the line of least resistance. Likewise, an elemental

animated by an evil, vengeful Thought will prowl around its victim, looking for a chance to harm it. But neither the first nor the second elemental will be able to make any impression if the human astral body has nothing in common with them, nothing that could respond harmoniously to their vibrations and thereby facilitate their connection with the human astral body. But if the latter has no related constituents at all, they will, in accordance with the law of their nature, recoil from it, returning in the same way as they came, following the magnetic trail left by them, and then falling back upon their own maker with a force corresponding to the strength of their dispatch.

Thus, a Thought of deadly malice, being powerless to strike the one it is directed at, has very often struck the one who sent it dead. Similarly, good Thoughts sent to a person unworthy of them, come back in the form of a blessing to the one who sent them. Man-created Thought Forms become either his active helpers or his deadly enemies, and are never dormant in their work. But be careful how you create them! Do not send forth mental desires which cannot be approved by your higher self. If you keep low egoistic Thoughts within you, you thereby give yourselves access to Thought Forms of the same nature which may be near you in a psychic atmosphere, and which may overpower your Mind and make you do things from which you would formerly have been terrified.

You have the right to invite any guests to your Thought Feast and therefore you must be very careful whom you invite. Otherwise you will become entangled in the results which will inevitably arise from your own

Thoughts and you will suffer greatly from the experience of learning that one should not use psychic powers for unworthy ends. Man himself usually falls into the hole he has persistently dug for others. An evil thought sent into a pure soul bounces off it and turns against the one who sent it, gaining new power from the impetus. We shall dwell upon this subject again and again, but this only to warn against the danger of imprudent and careless disciples. Thought is the most powerful factor in the creation of human karma, for the energies of the soul (Ego) operate in that mental substance from whose finest species the individual conductor of thought is formed, but even the coarsest particles of this substance have the capacity to respond rapidly to every vibration of self-consciousness. The vibrations which we call Thoughts create out of the mental matter of the Ethereal plane certain forms, Thought-images, which give the respective outlines to the mental body of the disciple, as if molding his subtle body and the mental powers of each successive incarnation are created by thinking in the previous lives.

People are punished for the phenomena they create. Most importantly, under no circumstances should we send out strong Thoughts-wishes that can harm another person, because there can only be one result from such an action - a backlash and a bitter lesson. The thought-forms we create, triggered by our desires, bind us firmly to the souls of others and often by the strongest bonds of Love and Hate. That is why they play such a big role in determining the human environment of our future incarnations and can bring such influences and personalities into our lives that we are not even able to grasp

the connection with. Let us imagine that a man, by spreading thoughts of cruel hatred and vengeance around him, has caused by them an impulse in another man resulting in murder. The originator of these thoughts has thus karmic ally linked himself with the one who committed the crime, although they may never have met in this earthly life. But the evil he has caused with his Thoughts to the offender, unwittingly pushing him to murder, will come back to him in the form of misfortune, in which the offender will play a certain role.

Many a sudden blow, seemingly undeserved, is the consequence of just such a cause, and the immortal Soul learns a necessary lesson thereby, while the lower consciousness of man passionately protests against the seeming injustice. When man's thoughts and desires are filled with animalism, intoxication, cruelty and impurity, they give rise to contagious diseases and a weak unhealthy brain, which give rise to epilepsy, catalepsy and all kinds of nervous diseases, as well as to all kinds of physical deformity. Inasmuch as thought-forms are outgoing energies which attract man to certain things, they inevitably draw him into an environment where his desires can be gratified. The desires of earthly things, by binding the Soul to the material world, direct it to that place where the desires can be easily obtained. Hence it is said that «man is born according to his desires». Our Thought Forms, created by passionate desires, are among the causes that determine the place of our future birth.

The lower must be suppressed or brought into alignment with the higher. The conflict between different desires must subside, in the process of this becoming the

Warrior begins to feel his superiority, but uses this power to rise higher or to plunge deeper. The power is harmful if it is used for its own sake and not for the purpose of clearing the way for the higher. The will is power, it gives guidance. If it is used for personal purposes it is destructive, but it is blessed if it is used in the right direction. Without the Will, action is impossible. The will is a purposeful directed desire. The Will, in creating its own goal, sacrifices or suppresses everything in the name of that goal. The goal is itself, and any goal is the result of man's own biases, inclinations, fears and desires, his hopes. The student uses the Will, the effort, the strength to break through to the higher, this higher is created by desire, which is the Will. So the Will is itself a conflict, it is the result of a struggle. When the disciple lacks a proper understanding of the process of desire, then the mere control of desire is tantamount to the emergence of new outbursts of it, and hence new suffering. Control is always devastation. You can control a child or the course of a discussion of a problem, but it shows that you have not understood either. Understanding the Path and its Essence is far more important than achieving the Goal itself.

The action of Will is destructive because the action towards the goal is self-contained, isolated, separate from others. You cannot silence the conflict within yourself, desire, because the one who creates the effort is himself the product of conflict, of desire. The thinker and his Thoughts are the product of desire. Without understanding desire (and desire is «self, taken at any level, high or low) the Mind of the disciple will constantly fall into the net of ignorance. The way to the higher is not through Will,

through desire. Higher can only manifest itself when the one who creates the effort is absent. It is the Will that feeds the conflict, the desire to become a disciple, his desire to pave the Way to the higher. When Mind, assembled into one through desire, comes to an end, but without effort, then in this tranquility, which is not the goal, the real emerges.

Man has no power of Thought, no mental faculties which he has not created for himself by patiently repeating the process of thinking. On the other hand, none of the thought-forms he has created are lost, but are retained as material for the creative ability, and the totality of the homogeneous thought-forms is brought into the mental faculty, which becomes stronger and stronger as new thought-forms of the same order are created. Having learnt this law, the pupil can gradually build up his mental system as he wishes, and he can do this with the same certainty and certainty as a bricklayer builds a new wall out of bricks. Death does not stop his work, but by liberating him from the burden of the physical body it facilitates the process of building from thought-forms of a certain kind what we call capacity. This ability the disciple will bring with him to his next incarnation on earth, and all the mental faculties combined will form his mental body for his new birth on earth.

Thus the Thought Forms created in one Life appear in the next incarnation in the form of mental faculties. That is why it is said in the Upanishads, «Man is a creature of reflection: what he reflects upon in this Life, he becomes in the next. Every act is the ultimate expression of a whole kind of Thought. It may be compared to the

preparation of a saturated solution, which man fills with Thought after Thought of the same kind until the moment comes when one, the last Thought, or even a simple impulse, one vibration from outside will crystallize the whole solution. In other words, the whole preceding thought process will express itself in an inevitable act. When a man persistently repeats thoughts of, say, revenge, eventually his aura will at some time reach such a degree of saturation that the smallest impulse will be able to crystallize his thought-forms, and the result of the materialization will be the offence he has committed. Even if a man later claims that he «did it without thinking» and then wonders about it, the result is inevitable, because his thought pattern has determined the outcome. Thus if a man directs his endeavor in one and the same direction, the moment will come when his wish will be fulfilled irrevocably. And then the moment of action will depend on the first chance.

As long as man is still able to think, the freedom of choice in life between Good and Evil remains with him, because he can, by creating a new thought-form, oppose it to the old, and gradually erase the latter by repeating the opposite thought-form. But when everything inside is ripe for action, the freedom of choice is out of the question. So, gradually man by his way of thinking creates predestination for himself. Between the two bands of free choice lie all the combinations of free will and necessity, of which all the inner struggle that man so often and so clearly recognizes within himself is made up. Most people do not even know that they prepare the strongest chains for themselves with their thoughts, and live in peace, chained to them and

unaware of their bondage. That is how connections are made that can connect us with others for good and evil deeds in our future incarnations, that will surround us with relatives, friends and enemies, that will attract to us those who facilitate or hinder our development, who seemingly love us without any merit on our part and who hate us, although in this incarnation we have done nothing to provoke their anger and hatred.

In pondering over these results, the student must grasp the meaning of the law of great importance that our own Thoughts create our mental and moral character, and at the same time, by acting on others with our Thoughts, we ourselves determine the friends and enemies of our future incarnation. The warrior who knows the Truth about his own nature becomes free. When a student starts striving for liberation, he has first of all to make himself renounce the «fruits of activity», i.e. to eradicate in himself the very desire to possess any objects, much less to get attached to them. He must develop the habit of perfect attention to every matter, while remaining totally indifferent to its fruits. When the warrior ceases to ask for anything from the earth or the sky and they cease to attract him, he has no more need of what they can give him and therefore all his psychic connections with them are severed.

No one will be able to bind himself to them with the bonds of hatred if they do not want to do so or if they insist on extinguishing all the forces of hatred by the powers of Love, to pay Good for Evil. Let the soul radiate Love and Compassion out of itself in every direction, and then

nothing can be found with which the thought of hatred can bind itself. It is considered the greatest achievement when all the senses are directed towards themselves and towards each other. A simple example: when the sight sees with the hearing and the hearing is directed towards perceiving sound from space, then the entire extent of the space covered by the hearing will also be perceived by the sight, which greatly extends the boundaries of vision. Of course, the development of perception, impression, representation and imagination is indispensable. The pupil should pay special attention to this side of the work and remember that these qualities are particularly well developed by the practice of dreaming. As we have already noted, the process of thinking is accompanied by the emission of a special radiant energy, the psychic properties of which consist in the fact that, getting into the brain of another person, it causes in it exactly the same ideas to which it itself owes the appearance in the brain of its master. This radiant energy accumulates in the body, on its surface, passes through the air and is transferred to objects, remaining on them. In this way it can be transported anywhere.

About the creation of a Thought Form in Meditation practice

The mental effect of a person of strong will can be produced on anyone, even against the will of the latter. To achieve such a result, of course, requires the ability to concentrate. When, with the help of the special exercises we recommend, you

learn to concentrate (and not only that!), you will be able to transmit your Thoughts quite freely to others, i.e. to produce suggestion. The human mind has the property to perceive from the surrounding space information as beneficial to himself, and malignant. To perceive on oneself only beneficial information correcting the ability to think and the process of self-improvement, the Warrior needs to inflame the Jiva² by compacting its space with an appropriate set of Thought-forms. Subsequently, these subtle entities will become excellent servants, protectors and helpers in the Warrior's life. To fill the space of Jiva with appropriate set of Thought-forms, it is necessary to concentrate on the best kind of Thought (Idea of the object of interest). Under the influence of the concentrated attention on the Idea, its Meaning will enter into the movement of the Thought, and developing, will start to draw into the Form of the Idea the corresponding kind of Thoughts from the space. So the Thought-form created in Jiva will start the cycle of its development. In order that its development is not interrupted, it is necessary to nourish this being by constant concentration of its Consciousness on it, that is, thinking in this plane should not be interrupted and it should be regular.

Only then will such a Thoughtform become guarding and, as it develops in Jiva, will eventually form the Thoughtform Sphere of the Warrior Essence, surrounding it with a fiery tension and making it invulnerable. And in the Fire Baptism, the Warrior's dense body will also become invulnerable. Here we come close to describing the mastery of energies and powerful forces. The law of knowledge is

the same: «Until «This» is disclosed, «That» will not be disclosed. Everything must be realized by experience in meditative experience of introspective concentrations. Otherwise, what we have said will remain «strangeness» and will never become elucidated. We will guide the Warrior in building many wonderful capabilities, abilities and skills, but in order to build it competently, which means resilience, the student must be perfectly aware of the structure of Consciousness, then the building of the desired qualities will be manageable. The process of building the Thought Form as an independent Entity should be part of the work that the student will do in the daily practice of Meditation. If he remembers that every time he sits down for morning Meditation, he is learning to build and vitalize Thought Forms, then only his work can bring quick and fruitful results. We recommend: every morning - after sleep and every evening - before going to bed, and before every practice of meditation concentration apply the following solemn hymn:

*I am – Om – I am
 World, I wish you all good things
 and prosperity in Fire,
 Warmth and Light.
 Let Infinity be your expression,
 And Omnipotence will be the boon
 of the Beings!
 O Creator of the Most High!
 Oh, Soul of the living,
 Fill the world with Fire,
 Warmth and Light.
 May the Joy of the Common Life
 be a prayer to you,
 Whom we call Omnipresent Love!
 Thank you, Lord of all the living,
 To the world You have built,*

*For the Life given to us
 by your loving Heart,
 For the Way indicated
 by Your teachings!
 And I create myself in Fire,
 Warmth and Light
 According to the Higher Ideal,
 which is the Essence of Being.
 I am part of Him, but He
 is in my heart,
 Dwelling in the Infinity
 of the Premises!
 I am – Om – I am*

The Thought (Idea) «I am - Om - am I» is kept in silence during meditation practice. As the concentration deepens, the tension, vibration and rhythm caused by understanding its multifaceted meaning will increase with an avalanche-like oscillation of Mental Energy as a manifestation of the Will of the Primordial Spirit of the Human Soul. Later on, a simple mental pronunciation of the formula «I am - Om - am I» will automatically give out the Movement of the Will in the form of movement of rotating forms of Fire. Most students, however, during meditative work, are preoccupied with their shortcomings and their inability to control their minds, whereas both aspects of their aspirations would be more quickly resolved if they were engaged in ever-deepening work on the construction of Thought Forms.

So, the disciple through coordinated purpose, guided meditation and creative activity, as well as using the vibration of sound, built a Thought Form which he filled with his own vitality and guided into Space towards the goal by his Will. The time has come for this energy essence to accept its mission and fulfil its purpose. The thought-

form is «generated» by its creator by the power of «exhalation». But the student's efforts often fail because of his inability to understand both the inner meaning and the physical process of this 'exhalation' during Meditation. «Exhalation» is the result of the preceding period of rhythmic breathing in parallel with concentrated meditative work, then focusing attention and breathing when the purpose of the entity being created is mentally established, and finally vitalizing the Thoughtform by its creator with its subsequent energization to independent life and activity.

The first obstacle to such work is the pupil's inability to carry out all these activities simultaneously. The second reason for failure lies in his unwillingness to consider the conditions or state of his psyche into which his mental form must enter. To enter and attach to itself the matter of its astral plane, which will enable this form to become a functioning Entity on this Plan. If this is not taken into account, such a form will remain simple and dead, without going beyond the plane of the mind, because it will lack the motivational force of desire, which is necessary for a realizing force on the physical plane to emerge. If a Thought Form is sent into the emotional world to acquire a body of desire (the insistent force that produces all objectivity) but cannot get out of the egoic 'waters' of the disciple, it disintegrates or is lost, being drowned in the disciple's astral body, which is the focal point for all astral energy. It is drawn into the vortex where the individual astral body is the centre and loses its independent existence.

Imagine a man throwing a chip into a stream of water. If he throws it into

the whirlpool, after a while it is drawn into the centre of the whirlpool, into its vortex, where it disappears. Many forms constructed by students in meditative work are lost and do not reach their goal because the student's emotional body vibrates chaotically and is in a turbulent state. Thus all good intentions end in nothing, and good purpose and planned work does not materialize, because the Thought Form descends into the plane of desire and emotion, and contacts only the absorbing 'waters' of fear, suspicion and hatred, vice or purely physical desire. And all this is more powerful, more potent than the little form just created. Desires and emotions drown it, and it escapes from view, goes out of existence, barely had time to be born. It also happens that this inner state of the pupil is not the result of its self-generated emotional vortex, but is formed by the activity of others.

Many of the disciples who have attained a certain measure of self-control and personal disinterest may fail in creating Thought-forms not because they have fallen prey to personal desires or ambitions. While themselves relatively free from the whirlpools of selfish tendencies, their astral bodies, apart from their Will, may be driven into a state of agitation by the astral bodies of others: loved ones, relatives, or a group of associates with whom they are in constant close contact. They are sometimes inspired, sometimes depressed, sometimes satisfied with the results of their achievements, or vice versa. Their successes or failures, their state of depression or elation, all produce nervousness or emotional imbalance. As a result of such strong reactions, their Thoughtforms, which have been so

carefully and prayerfully created, become energetically «de-energized», with the result that they lose their skill or «skill to action». The disciple's emotional body which must nourish and enrich the infant Thoughtform (with its mental core, Thought) is itself a necessary part of the planetary emotional form and vibrates in unison with this form, thus entering a state of activity under the pressure of general astral conditions.

There are currently three qualities that are dominant in planetary form: fear, hope and a culminating desire for material enrichment. We would like to draw your attention to the expression «culminated». The sum of human desire for material happiness has been reached and the peak of this desire has passed, so humanity has achieved a lot in this regard, but the rhythm of the ages is strong. These three qualities must be understood and revealed to the disciple who is going to work on the mental levels. Instead of fear, he should put Peace, which is the prerogative of those who always live in the Light of the Eternal. Instead of forging hope he should have direct active confidence in the reality of the ultimate Goal. The desire for material possession must be replaced by the desire for those values which bring inspiration and joy to the Soul - that is Wisdom, Love and the Power of Service.

So, Peace, Confidence and Right Aspiration - these three concepts, if well understood and realized during each day, are able to bring to the disciple that state of Peace and Harmony which will ensure the survival of every Thought Form properly formed in Meditation by one who functions as a Soul.

**The Soul is the Body of the Spirit.
Worlds - the content
of the Memory of the Spirit.
Illusion - Offerings of Worlds
of their own Content to Spirit.**

The body of the Spirit, i.e. the Soul, should be kept clean from the Illusion of World. Then the Memory of the Spirit also will not be darkened by it, then the Soul will remain unclouded by the temporality of alternatives, then the World will be preserved in the Memory of the Spirit by the purity of its Fire. Spirit and Thought are similar and perfect kinds of energy manifested in the Matter. They are qualitatively similar, therefore they are sympathetic: what is perceived by Spirit is reflected by Thought, and what is heeded by Thought is reflected in the Spirit. What is produced by Thought, is emitted and supported by the Spirit, and what is produced by the Spirit, is found the grounding, support and illumination in Thought. Human Thought, imprinted in the astral and having in it the basic Spiritual Principle, the Energy and the astral Matter endowing it, under certain strength and direction can materialize on the physical plane.

Spirit and Matter are two interrelated, complementary halves (positive and negative), independent of each other, forming a perfect equilibrium and being as creating Forces on the right and left hand of Divinity. Spirit is Life, Matter is resistance. The Law of Spirit is Radiation, giving, selflessness, unselfishness. Law of Matter (matter) - shrinking inwards, cooling, cooling down, paralysis. Only man can consciously combine these two laws, as he is the link between the World of Spirit

and the World of Matter. He can live at the same time according to the laws of both Worlds. His Thoughts, words and deeds can be acts of sacrifice, radiating selflessness and universal love. On the other hand, his body belongs to the material World and lives according to the laws of Matter. In its time and place each law is Divine, and applied in its place the opposite is Devilish.

Without the resistance of matter, creation would be impossible. In the unrevealed Divinity all the creative forces still rest in Oneness, in complete peace and balance, presenting only potential (energy) possibilities. Creation begins with one force separating itself from Oneness and confronting the Creator as resistance. Such is the 'original son of Gods', the counteracting Spirit, whom the Father sends to act over many and many eras as an opposing and negative field in relation to Him, to produce, endure the frequencies of creation and, by resisting, counteracting them, make creation itself possible.

This counteracting Spirit is the opposite pole of the manifesting aspect of the Creator. Due to its centripetal, cooling and condensing properties it is the cause of the creation of matter. Take, for example, a stone. The force that makes it stone, matter, is the same law of resistance, tending to cool and constrict everything together. As long as this law is manifested in Matter as Matter, it works in its place and therefore in a Divine way. But inert, sluggish Matter becomes alive when the Divine Spirit, the true Self, clothes itself in Matter and becomes flesh. The true «I» - Life - penetrates inert Matter and out of the law of matter rises a living Spirit, a Soul: this is the reflected image which

could only become a Soul because the Creator as the true «I» of living beings breathed his own Life into Matter, which is the so-called «Satan».

Thus «Satan» - the law of Matter - comes alive through the Divine Spirit. «Satan» lies dead in Matter as its law until the Divine Spirit revives it with its own Life. When human Consciousness identifies itself with the law of Matter so that its Thoughts, words and deeds, instead of serving the Divine, serve the law of Matter, man gives «Satan» life, animates him and becomes Satan himself. Without man, «Satan» cannot exist, for without man's Essence, his Self, «Satan» is only an unconscious force, a necessary and natural law of Matter.

«Satan» comes alive only in the Consciousness of man who manifests the law of Matter, the law of the flesh in his Soul, who identifies his Consciousness with his personality, with his inferior nature, with the urges, the lusts, the incentives living in his flesh, with the desire for self-preservation and procreation. Such a person manifests the centripetal, constricting force of Matter in the form of mental qualities such as avarice, envy, vanity, cruelty and selfishness. No living being has ever encountered «Satan» as such, for without man «Satan» is, as we have said, only the law of Matter. We can only meet the living «Satan» in a human being; only in a human face can we recognize «Satan» as the expression of that face - the «devil».

When after the death of such a person's body, his true self is separated, «Satan» remains behind, in the corpse, as the law of Matter, as he was «Satan» through the animating power of the true «I» in

Consciousness. But the Consciousness of the person who identified with the law of Matter and thus became the embodiment of the «devil» dies with the «devil» and becomes unconscious after death. The «devil» pulls him, his slave, into the cosmic Matter, into darkness, into the loss of Consciousness, into himself. On the other hand, the Consciousness of man, who identifies himself with the law of the Divine Spirit and serves this law, remains alive after the discarding of the body, is freed from bodily chains and, freed from the isolation of Matter, he sinks into the eternal Light, into the Creator!

Every Thought that arises has an effect on all subsequent Thoughts. Even the shortest Thought, which lasts only the tiniest fraction of a second, whether it is recognized or goes unnoticed, cannot escape without affecting subsequent Thoughts. Every moment we create ourselves, our Thought is created by ourselves, and it influences all our subsequent Thoughts, it predetermines the orientation of our Mind towards wholeness or weakness. Every moment and every Thought gives a new beginning to the next moment and the next Thought. In every moment we change an aspect of our existence. In short, moment by moment is placed at our disposal, under our own responsibility. One Thought after another in each moment brings us something new for our benefit or to our detriment.

The warrior knows that by the quality of his Thoughts he is responsible not only for his future, but also for the future of humanity as a whole, for Thoughts are a kind of behavior, and they are the cause of all actions. The man who cherishes thoughts

of aggression, hatred, spite or revenge, creates and attracts similar thought-forms out of them, creating a being of the same quality as is embedded in the contents of the thought that accompanies and accompanies him everywhere. This being is terrible in appearance. Gradually it becomes stronger and stronger, it starts to possess its creator, enters his astral, imprinted in facial expressions, gaze, gestures, words. The thought-form created by the Thought of evil, in turn, also creates an evil person. The thought-form created by the Thought of some low passion turns the host into a scoundrel and a scoundrel. A man who thinks of some crime creates a criminal being who will strive at all costs to carry out that crime in life, pushing his creator to it.

These living beings created by Thought, by executing the idea contained in them, do to some extent the will of man and in the beginning seem to be slaves of the man who created them. But in reality in the end they subdue him, enslave him and keep him in their power until he realizes the idea that is imbedded in them, or until, through strong and positive thoughts, he creates another more powerful being who repels the previous one and breaks man's connection with it. If man fails to do so, the Thoughtform, having become stronger and stronger, will eventually destroy him.

The materialization of Thoughtform occurs by connecting Spirit and Thought with Space. In this case, Matter is produced inertially. By introducing it to the Movement of combining Spirit and Thought, and passing this Movement through it by means of vibration, rhythm and tension, it is possible to obtain materialization of Thought-form. One must not forget that

the like is attracted by the like and, being attracted to the like, is strengthened by it. With controlled and guided reasonably and sensually Movement of combining similarities, the action is performed, the result of which may be a birth of a new Thought-form. Thought-form, condensed by similar, but with lesser energetic properties, finally becomes Thought-Crystal, which in any case is Thought-form. Man is also a Thought Form, a Thought Crystal and a Thought Form, a state of its Movement. Man possesses free Will.

Thought should be constantly refined and developed. Sensations, impressions, perceptions and imagination alone are not enough to create a stable functioning Thoughtform. It is necessary to be able to put them into different states as needed: physical and neurophysical, psychic and neuropsychic, and so on. For this, it is necessary to learn how to create feelings with concepts, i.e. to be able to evoke the required feelings according to perception. Sublimity, solemnity, love, joy, gratitude are the best feelings when working with Thoughtforms. Strictness and concentration - without these qualities the practice of Meditation cannot take place. If you want something to happen, let it happen by itself, but through your personal desire. Do not forget that along with the desire is already generated energy, by which this desire can be translated into performing action.

As we have said, man is a Thought Form, a Thought Crystal. The physical body of man is a condensed, solidified Thought, but contains the rest of the variety of Thought states. They can be awakened and directed in the right direction for the Warrior. The power of the Spirit strengthens impassivity

and transfers the feeling of it into the Will. Will passes into the Spirit and moves it by the power of the necessary thought-form. Each Thought-form has inherent Capacity, Possibility and Skill, which are activated by the Movement of the Thought-form. But only by consciously directing the Movement of the Senses the Thought Form becomes obedient to the Spirit, Will and Impassivity.

The Thought Control Centre is the fourth Anahata Centre. Ideas of the senses are concentrated here. By directing the senses here, the warrior activates their Ideas. When the Ideas of the senses are controlled, then the Thought is subject to Spirit, Will and Impassivity. Ideas of the senses distribute energy in the senses. When this energy is directed from feelings to their Ideas, then Ideas start to sound (create tension, vibration, rhythm) in the Space of Thought, that is Thoughtform becomes sensual and therefore controllable.

We warn students and remind them that people are often struck on the subtle plane by their own Thought Forms which have gone out of tune. One must never forget that the birth of Thought by concentration and meditation is a powerful and dangerous business. There are such Thought Forms whose Matter is not saturated with great desire, but they do not go away and disappear, poisoning the person on the mental levels. This happens in two ways:

1. Thought-forms as independent entities become Thought-Crystal and become so powerful on the mental plane that the disciple finds himself a victim of what he himself has created. This is the «Idee fixe» in psychiatry, that is, the

obsession that leads to insanity - the unidirectional Thought that ends up terrorising its creator incessantly.

2. The thought-form is growing so fast that the mental aura of the person becomes like a thick dense cloud through which neither love nor the beauty of the beneficial actions of nature and life in the three Worlds can penetrate. Man is in a state of suffocation from his own Thought Forms. He suffocates in the miasmas which he himself has generated.

There are also Thoughts which seem to draw in a reaction of a poisonous nature from the emotional body. A person holds a certain line of thought regarding his environment, which may generate hatred, jealousy and envy. And then it may be realized in such a way that on the physical plane an activity arises which causes the death of their creator. This can happen in case of action of some murderer, who on the real plane produces a result of such crystallized intention. It can also result in a disease. And this disease can only be cured by pure Thought, right motive and the experience of love. If the desire for it rises to constructive thinking, the disease will gradually wane.

So far, although many wish, few are able to think. It is not enough to wish and aspire. It is necessary to connect with one's desire the determination to learn to use one's mental bodies and to become a creator, a Warrior, working constructively towards these goals. This is why in the Teaching of the Warrior the emphasis is on right thinking, on the desire for Love and on a pure, righteous life. Only then the creative work can be done safely, only then the

Thought Form can descend into objectivity and become a constructive agent and helper in the life of the Warrior.

As we have already pointed out, the stronger the substance of the Thoughtform will be, the more feeling, imagination, Mental Energy is invested in it, the more passionate the desire that gave birth to it. But do not think that only strong and vivid Thoughts can create, that Thoughts weak, vague and obscure are harmless. They are far more harmful than one may suppose. Man must become demanding of himself and realize the responsibility for the content and quality of his radiations. He must realize that his good and his woes depend on his moral and moral behavior and thinking, on the level of his spirituality.

The like is mutually attracted, hence: it will be rewarded according to the deed! This is the immutable fulfillment of the law of conformity. Everything in the world is interconnected and man acquires what he radiates. The Space strikes back at man by the forces of Nature with human radiations. This is above all what determines the physical health of man, affects his nervous, mental and spiritual spheres, hence social conflicts, inter-human relations and the position of every human Being in the Cosmos. Thus a man who in his heart sincerely wishes the world to prosperity and wealth will himself have it; he who wishes evil will find it; on him who hates, falls sickness of mind, soul and senses, sickness of body and spirit, as well as on him who is angry. To the good Nature is gracious to the good, to the all-loving one it is courteous, to the rejoicing and gladdening one it is kind, to the sublimely thirsty one it is generous, to the solemnly aspiring one

it is all-present, to the compassionate one it is healing; to him who is perfecting, as a storehouse of knowledge opened to the infinity of possibilities, it reveals the way to Evolution, to cosmic Being.

Only to the careless is Nature like a cradle for a baby. To the irresponsible it is a judge, and to the dead in Spirit it is a grave. To the greedy Nature makes the dull-witted, and to the generous it makes the wise; to the judgmental it blinds the eyes to the true state of things, and to the forgiving it endows the discerning mind. To the attentive it makes the higher Spirit noteworthy - it does not conceal it from the Master and opens the Gates to Him. Every Thought, however vague, obscure and foggy, creates a corresponding foggy reflection in the mental plane, which is attracted by myriads of similar vague and foggy Thoughts of others. They do not merge with nebulae unlike them in content, but only with their own similar ones.

Now imagine that every second many millions of such vague and misty negative Thoughts are carried in Space. Here they are grouped according to their content, repelling unlike thoughts and attracting like ones. They amplify each other, forming huge reservoirs of chaotic power, in which there is not even a shadow of a creative impulse, but a surplus of negative energy. This energy, not being used for its creative work, shows its destructive side, falling down on the mental bodies of entire groups of people and causing an explosion of negative emotions, hysteria, militancy. Hence - quarrels, conflicts, wars. Hence epidemics, floods and earthquakes. The cause is the same - the weedful Thoughts generated by us. If we take the

stray Thought Forms as a mass, and not singly, we can easily imagine the immense influence they have in creating national and racial sentiments, thus laying the foundation for the reduction of consciousness and for prejudice.

We all live surrounded by a space filled with elementals embodying known Ideas: national prejudices, national views on all sorts of issues, national shades of feeling and Thought - all this influences us from the moment we are born. We see everything through this atmosphere, every Thought is more or less refracted in it, and our own astral bodies vibrate in consonance with it. Hence the difference with which the same Idea will be looked at by an Indian, an American, a Frenchman or a Russian. Some concepts easily assimilated by one will be almost inaccessible to another, customs that are spontaneously attractive to one will also be spontaneously repugnant to another. We all fall under the power of our national atmosphere, that is, that part of the astral world which directly surrounds us.

The thoughts of others, shaped like our own, influence us and cause harmonic vibrations. They intensify the points of our contact with our environment and smooth out the differences in Thoughts, and this relentless influence on us from outside through our astral body puts a national stigma on us and paves ready paths for mental energy, along which Thoughts flow with the greatest ease. In sleep and in reality these currents of Thought act upon us, and our very ignorance makes their effect upon us all the more effective. And as average people are much stronger in passive receptivity than in active creativity, they act almost as automatic reproducers of all the

Thoughts that reach them, and in this way contribute to a constant strengthening of the national atmosphere.

When one becomes sensitive to astral influences, one begins to experience a seemingly incomprehensible and unwarranted fear from time to time, which comes over one with paralyzing force. And no matter how much he fights it, he still feels this fear. There are probably few people who have not experienced this sensation, this intense and inexplicable fear of something invisible, this feeling of someone else's presence, this awareness that you are «not alone». This is due in part to the known hostility of the elemental world against man, which has arisen through his destructive activities on earth, reflected in the astral world, but also due to the many hostile thoughts generated in human minds. Thoughts of hatred, jealousy, revenge, bitterness, suspicion, resentment emanate from them by the billions, populating the astral world with entities whose life consists in realising these feelings.

Apart from evil and good Thoughts, Space is filled with a mass of useful Thought-images belonging to people of the past, present and future, inhabitants of other and parallel Worlds. They are an inexhaustible source of unclaimed Wisdom. When a man is struggling hard to find a solution to some particular problem or task, or is searching for his way to the Truth, the meaning of Life, he, like a radio set, tunes his mental body to some frequency of vibration and «takes out» from the subtle world information of a given quality. As a result of the thinking process a whole treasury of Knowledge may open up before him and he draws from it the

necessary Thoughts, sometimes not even suspecting that they do not belong to him.

Thought can be compared to electromagnetic radiation, but of a much more subtle quality. And just like electromagnetic radiation, it can be transmitted from one person to another over any distance, affecting the latter. Possessing the capacity to attract similar Thoughts to itself, the feared Thought attracts similar feared Thoughts of the people around us, or generally of all mankind. This strengthens and strengthens it, and it starts to affect its owner. In the same way other thought forms grow and strengthen: courage, aggression, anger, kindness, love and so on. Thought has the property to repel or attract others according to the same laws of magnetism, only with more force: good, positive Thoughts attract people to us, and evil, aggressive ones - repel them.

The law governing the World of Thought is this: the higher a Thought is, the stronger it is. With every thought, positive or negative, the disciple opens himself to the corresponding influence, good or bad, and in turn influences others in the same way. According to the law of Thought, if two persons thinking of the same thing increase the power of their thought sevenfold, the thought of the people increasing it to infinity and may even influence the fate of the planet or change the trajectory of the heavenly body. So, returning to what has been said, we again and again wish to warn you of the danger posed by Thoughts corresponding to the desires of our inferior nature.

This is all the more important as we now come to the very process of building the

Thoughtform. We are now convinced that in the process of building the Thoughtform there comes a time when the form has to be guided by the student in the right direction, guiding on the proper path in order to fulfill the Will and Purpose of its creator. We have looked at the different types of energy that the student works with and the degree of power they can gain by learning to properly construct Thought Forms. In addition, we have seen how the disciple can manipulate Matter of varying degrees of density until the embodied Idea is enveloped in mental and astral Matter. This happens quite early and after the process of orientation the work of building continues, because the Thought Form is not yet ready for independent life, although after being clothed with subtle Matter it becomes a vital Entity on the threshold of materialization on the physical plane. It should be emphasized that nothing now can prevent its appearance in objectivity, except the expression of an act of will of its creator, because the Form, animated by its creator, is always subservient to his Will, until he cuts off its connection with it by uttering a «mystical phrase» known only to himself.

We see an analogy between the period of creation of the infant in the womb and the period of maturation of the Thoughtform. The good physician knows the importance of correct positioning of the foetus within the womb, and a similar result of the wrong positioning of the foetus on the path leading to manifest existence is often Death and malaise. As we can see, the analogy is a close one. Before the birth of a child, the «waters» «run out», and before the Thought-form causes the desired results on the physical level, the same reaction also takes place: the «waters» of

desire become so powerful that they cause the «precipitation», that is, the appearance of the desired form of expression of the Thought-form.

Note that thought-making can be both conscious and unconscious. When thoughtforms are constructed unconsciously many people never manage to cause the desired effect on the physical plane, which is for the best, considering the predominance of selfishness and hatred in the desires of the common man. Fortunately, very few people know how to work with mental matter, most manipulate the energies of the astral, the Matter of Desires, which in itself is very fluid and changeable, and therefore the forms built from it can only gain power through the persistence and perseverance of the creator. It is therefore true that it is sufficient to wish for something for a long time and the wish is sure to come true. This is the law governing the return of the average human being to incarnation.

Not having the total orientation of the Matter of the astral plane that the concentrated Mind exhibits, the Thoughtforms of desire are not able to cause harm. They affect mainly their creator and not those around them. When the Concentrated Mind begins to assert itself and prevail in thought, then man can be either very dangerous or very beneficial to society, because he is able to create thought-forms capable of producing externally manifested organized results and material effects and creating functioning organisms on the physical plane. The word «organism» is intentionally used here to emphasize once again that any thought-form must be seen by the student as a subjective actual

entity encased in a subtle Matter, which is capable of being manifested. In life, this is commonly referred to as the «realization of an idea» or «realization of a project».

When constructing the Thoughtforms, we advise the student to think carefully about the following recommendations:

1. Anything new in all realms, in all Worlds and in all ages has been created and manifested slowly and safely. Any new forms must be built by you in a silent subjectivity, so that the beings you create are born solid and reliable, and their inner contact with you and conformity to the intention is real and inviolable.

2. Do not work with unfinished «raw» material on the physical plane, bring your child to perfection by dressing it in mental robes.

3. Use two energies in your work and apply three laws: the dynamic energy of purpose in accordance with the Plan, the magnetic energy of desire drawing you to your aspiration; the laws of synthetic limitation, vibrational interaction and active conduction. The first relates to life, the second to the construction of form, and the third will lead to the manifested existence of the latter.

4. Build judiciously and skillfully, always taking a team position and getting in close contact with your Thoughtform.

5. Design your Form in Time and Space with visualization, meditation and mastery, just as you produce what your Will commands, your Love desires and creates your need.

6. Encourage dynamic energies into functioning, directed action by skillfully applying the vibration of sounds, words and the power of imagination.

7. Remember that the Form disappears after the Goal is achieved or when the helplessness of the Will causes a failure in the cycle of action. Try to understand the cycles of creative construction of the Thought Form, its action and subsequent disintegration.

8. Remember that «as a man thinks, so he is». Control over the mental substance being created is crucial to clear thinking, the essence of the process.

9. You must achieve such knowledge, such power, such coordination between the personal Self and the Soul, which will lead to the ability to build organized forms and groups of beings on the physical plane and to maintain communication between them. And this is possible not because of strength of character and equipment, but because this character and equipment will allow you to serve as a transmitter of the Energies of the greater Life, of which you are but a tiny part.

Practical application of the above-mentioned advice is of utmost importance for the beginner student. So, the embodied Idea or Thought Form (the former is much more powerful than the latter) has, through your efforts, made its way to the verge of manifestation on the physical plane. If you are not emotionally centered, you will deliberately bring your creation to the stage where its internal Purpose and Plan can be displayed. To do this, you hold the Thoughtform in your Consciousness,

giving it an image and saturating it with the energy and power of your own mental concentration. You must now perform three actions:

1. Establish a formula that crystallizes the built form. This is much the same as an architect bringing the desired shape of a structure into mathematical expression.

2. Pronounce certain words of the Force which will communicate your Form's vitality and thus promote it to the physical plane.

3. Say a phrase that will separate the Thoughtform from its aura, thereby preventing its energy from escaping.

Note that the formula is for the Thoughtform itself, the words of the Force are for the Purpose for which it was constructed, and the conditional phrase will cut off the connection of your creature to you. It can be compared to endowing the created being with the eternal triad: Spirit, Soul and Body. That is, the formula gives it spirituality, the word gives it the soul embodied in the form and the phrase gives it the aspect of life, the body. Let us now break down what has been said on a paragraph-by-paragraph basis.

1. Establish a formula that encapsulates life within the limited space formed by Mental Matter.

In all religions, as well as in magic, there are certain formulas that are used to tap into invisible entities in the Ethereal World to receive energy from them. With these formulas, one disconnects extraneous thoughts, feelings and desires from oneself, creates a certain rhythm and enters a

resonant flow. From this flow energy from the invisible plane descends into our world, condenses it so that it can be felt by our physical senses and even seen. The invoker then uses it as he or she sees fit through certain rituals.

It is known that all Forms of Nature are made up of myriads of tiny lives having a certain measure of awareness, rhythm, connectedness in themselves by the power of the Law of Attraction. By analogy with all living organisms and the Thoughtform can be characterized by four things:

- a) it is brought into existence by the conscious application of the Law of Attraction (like-similar);

- b) it is made up of an infinite number of living entities that are attracted from outside and come into contact with one another;

- c) it is the product of its creator visualized:
 - consciously constructed and «colored» or «given a quality» to fulfill its intended purpose,
 - supported for as long as necessary to do her particular job,
 - tied to himself by the magnetic thread of the purpose and power of his dominant Will;

- d) its inner Purpose, shaped by mental, astral and vital matter, manifests itself powerfully on the physical plane due to the fact that:

- is consciously supported by the Thought of its creator,
- «kept at a distance» from the creator (many Thoughtforms remain barren (and disembodied) because of too close a connection with the creator),

- can be directed in any desired direction and, according to the Law of Least Resistance, find its own place, fulfilling its intended function and the purpose for which it was created.

We regard a Thoughtform as an Idea emanating from its creator, and we may define it as a dynamic Goal, a 'living thing' which the student first reproduces to the smallest detail in his Mind, and then already visualizes as he sees fit and intends. Therefore, in order to make tangible progress in this field, the future Warrior needs to assimilate and address certain initial requirements, which we can briefly enumerate. These are:

1. Discover the true meaning of Meditation.

2. To bring the Soul, the Mind and the Brain into tranquility.

3. To contemplate the self and the World, and to function as a Soul on its own Plan, after which it becomes possible for the Soul to mediate between the Plan of Divine Ideas and the mental Plan.

4. To grasp the Idea intuitively perceived by the Soul and to recognize the form it should take. The latter is of utmost importance.

5. Identify the Essence of a vague, misty Idea, discarding the empty dreams and formulations of the lower mind and preparing oneself to engage readily in creative activity, precisely seeing the inner structure of the Form that is to be.

6. All this, as it is consciously superimposed by the Soul on the Mind, is just as consciously registered by it, steadily held in the Light, and must be regarded as bringing the formula to the drawing - it is not the formula itself, but a secondary process.

In accordance with the strength, simplicity and clarity of the embodiment of the formula in each individual structure the whole building will eventually grow - the Form, which will encapsulate the lives it has used in its construction. It is reminiscent of the stage of conception. The embryo hides all the potencies and possibilities of its parents, i.e. the final product of conception. Similarly, in the Idea, materially conceived, but inspired by the aspect of Spirit, are hidden the potencies of the completed Thought Forms. The aspect of Matter represented by Mind has been impregnated by the aspect of Spirit, and the trinity will eventually culminate in a created Form. In the early stages, however, there is only a «formula» - a conceived Idea, a latent but still dynamic concept. It is strong enough to attract to itself the elements necessary for growth and form-building, but who can say whether it will prove to be a failure, a mediocre frail product or a creation truly useful and beautiful?

Consequently, every embodied Idea has a form, animated by desire and created by the Power of Mind. The Plan of Desire is that plan which the Mind shapes through its concepts in order to get the deposition of the Idea into Matter, to put the Idea into Form. Therefore the Mind is the aria of the maturation of the Idea, and the Soul is the receiver of the formula presented before it in the world of Ideas. But only

the expanded Consciousness can perceive, crystallize from the whole World the formula which is needed in every particular case. This is the secret.

2. Say the words that will tell the Thoughtform what to do and where to deliver it.

Again, this can only be valid when the disciple is connected to the inner reality within himself, i.e. the Soul. It is important that through him, when he is in full, awake Consciousness, the Soul is functioning. It is the Soul that utters these words. It is the Soul that utters the mystical phrase, but the Soul as understood by the controller and controlling apparatus of the Form. Again, control is only possible if a state of expanded Consciousness, harmony between Mind, Mind and Soul is achieved. The builder of any Thought Form is first and foremost the controller of the lives and the arbitrator of the destinies of the created entities. Therefore, the student working with Mental Matter is obliged to:

a) learn how to build a Thoughtform intellectually;

b) through proper speech, communicate to her the impetus that will bring her to life and allow her to convey the Idea she has conceived;

c) to send a Target Oriented Thoughtform in a precisely defined direction.

The obligation to think clearly and eradicate idle, destructive and negative Thoughts becomes more evident as the student progresses on the Warrior Path. As the disciple's mind and thinking

strengthens, so does his Power, and thus his ability to harm or help increases, which is directly dependent on his ability to properly align and motivate what he creates. If he fails to master this stage properly, he may turn into a weapon of destruction and a source of harmful Power, which destroys and affects not only him, but also hurts and brings evil to those who think and vibrate on his frequency. In order to avoid such results, here are a few simple rules to guide the student in the process of his thinking. If he follows the rules laid down, he will eliminate the tangled problem which he himself has blindly generated and which really obscures the Light of day, brings Darkness upon his World and imprisons him in the Forms which embody for him his own, particular great Illusion.

Rule 1. See the world of Thought and separate the false from the true.

Rule 2. Learn the meaning of Illusion and place the golden thread of Truth in its midst.

Rule 3. Control the body emotionally, as the waves of the emotional storm swallow up the swimmer himself, block out the sun and make all plans futile.

Rule 4. Discover Mindfulness and learn how to use it in a dual way.

Rule 5. Concentrate your thinking, be the master of your mental world.

Rule 6. Learn that the thinker, his thinking and that which is the means of thinking are different in nature, but are one in ultimate reality.

Rule 7. Act as a thinker and realize that you cannot prostitute your Thought in favor of a divisive desire.

Rule 8. The energy of Thought is for the good of all and for carrying out the Creator's Providence. Therefore, do not use it for your own selfish needs.

Rule 9. Before you construct a Thought Form, give it a Task, give it an Objective and check its Motive.

Rule 10. As for you, striving on the Way of the Warrior, the way of conscious building does not yet constitute the Goal. The work of clearing the atmosphere of thinking, of firmly slamming the doors of thinking before hatred and pain, before fear, suspicion and inferior desire must first of all precede the conscious work of building. Watch your aura.

Rule 11. Keep a close eye on the sources of thought. Guard against Desire. Cast out all fear, all hatred, all greed. Look outward and upward.

Rule 12. Since your life is mainly focused on the plan of concrete Life, your words and speech will reveal your Thought. Pay close attention to them.

Rule 13. There are three kinds of speech. Any idle words will have an effect that will be followed by retribution.

Selfish words spoken with firm intention build a wall of separation. It will take a long time to break down the wall and release the accumulated selfish Will. Watch your Motive, try to use such Words that connect your small life with the vast purpose of God's Will.

Hateful words, cruel speech that cripples those who perceive its vibrations, poisonous gossip, tolerated because it smacks of sensationalism - such words extinguish the flicker of the Soul's Impulse, cut the root of Life and bring Death.

If these words are uttered in the light of day, they cause just punishment. If they are uttered and recognized as a lie, they strengthen the World of Illusion, in which the speaker lives, and delay his release from this World. If they are uttered deliberately, with the intent to hurt, injure or kill, they go back to the one who sent them and injure or kill him.

Rule 14. Empty Thought, selfish, cruel and hateful Thought, when clothed in the Word, build up a prison, poison the streams of Life, lead to sickness, cause trouble and setbacks in deeds. So be gentle and kind and as strong as you can be. Keep silent, and the Light will come in.

Rule 15. Don't talk about yourself. Don't complain about Destiny. Thinking about yourself and your inferior Destiny prevents the inner voice of your own Soul from getting through to your ear. Speak of the Soul, meditate on the Plan, forget yourself in the construction of the higher Thought Forms. This is how the Law of Form will be abolished. This is how the Rule of Love can enter this World.

These simple rules will hopefully provide a sound basis for conducting work with mental Matter and make the student's mental body so pure and powerful that the right Motive will control the action and the real work of creative construction of Thought Entities will be possible.

Directive words can only be established by those of the disciples who consciously work under the guidance of their own Souls, who through the control of the Mind are able to go into deep Meditation and are able to manipulate Matter. They can and do utter impulsive Words, that bring into existence those new forms and organisms, those expressions of Ideas and organizations, which live out their life cycle, serve their Purpose and finally come to their timely destined end. Their sound resounds through all lands and Spaces, and their note is recognized in all Worlds.

3. A mystical Phrase is uttered which will shield the student from the workings of his Thoughtforms.

Thus, at the end of the work of creating the Thoughtform, a Phrase must be uttered which provides salvation, a release of a double kind - the release of the disciple from the entity he has created and the release of that entity from the control of the one who caused it to exist. The disciple must utter the words which will enable his Thoughtform to do its work, to fulfil the mission for which it was designed, to realize the task for which it was created. Among such words used in creative work is the sevenfold sacred word 'Om'. When properly pronounced and applied by the Soul of the disciple on the mental level, this word animates and accelerates the process of creating any Thought Forms, leading to success.

It is interesting to note that in the times of Atlantis the word TAU was used for the same purpose, pronounced harshly and so emphatically that the energized and released Thought Forms inevitably boomeranged

back to the one who had sent them. The word TAU in its symbolic Form was equally a symbol of reincarnation. It is the desire for Form that leads to the use of Form and causes a constant cyclical rebirth in Form. Similarly, the incessant use of the word TAU caused the eventual flooding of water that washed away the ancient Atlantean civilization. The few people who used the word AUM at that time were unable to match the power of desire. The mental bodies of the race could not respond to this new creative sound. Mankind was still ruled solely by passions and desires to the extent that the cumulative desire for possession and enjoyment of the Form esoterically plunged people «into the waters».

The thirst for Form is still forcing humanity into a constant process of rebirth. This will be so until the influence of TAU is weakened and the AUM sound dominates in Meditation. But this sound too, in turn, will at some point also be completely overcome. It will eventually have to be followed by the word of the Soul. The sound of «many waters» - TAU - will soon be silenced and it is replaced by the sound of the mental plane, the «fierce roar of Fire» - AUM. But the Word of the Soul cannot be given anywhere, except in the secret places of initiation into the Warriors. This Word has its own special vibration and note that cannot be communicated until humanity learns to use the word AUM correctly. Just as TAU, which carries the note of desire, lust for having and being, was used for evil and plunged its civilizations into disaster, so too AUM can be used for evil and will plunge its civilizations into Fire.

The task of the word AUM is to purify and disinfect, so let AUM do its job and

all who want to use it as often as possible, cultivating the right thinking so that the purification of the World happens quickly. Much must burn out and disappear, which blocks the way to new Ideas and new higher Forms. The latter will eventually establish themselves in the new age and allow the Word of the Soul to resound and be heard.

Now we would like to dissect the Thought of Saving the Disciple from the action of the Ideas embodied in Form. This has to be done from two points of view. The disciple needs to be saved from the Thoughtforms which he builds up daily in his mental life, and the Soul in incarnation also needs to be saved from the attraction of Form, which in all ages has increased and intensified and from which it has to be freed through the process which we call Death. Selfishness, ruthlessness, hatred and hard-heartedness characterize a man working with mental substance whose Motives during his many lives have been centered on his own exaltation, on acquiring personal property and aimed solely at his own pleasure and satisfaction, however this may reflect on others. The gradual steady increase of Consciousness and responsibility, the curbing of the desires of the personal Self and the manifestation of the Spirit of Love characterize those of the disciples who are oriented towards the vital side of the Divine Whole.

Human beings are divided into three groups:

1. Simply unthinking people - neither good nor bad, drawn entirely by the wave of evolution and engaged in the work of developing real self-awareness and necessary equipment. Such are the vast majority.

2. Those who specifically and consciously work on the side of materiality or on the side of evil. Though extremely few in number, they are quite powerful on the physical plane. But their power is temporary, not eternal. The Law of the Universe, which is the Law of Love, is eternally against them and out of seeming Evil will inevitably arise Good.

3. Those who are pioneers in the realm of the Soul, spokesmen of the new age and guardians of that aspect of Untimely Wisdom which will next be revealed to the human race. Such people are in decent numbers.

The first group does not think, the other two begin to think and apply the Laws of Thought in their practice. First of all, let us remember that no disciple who has set out on the Warrior's Path, no matter how sincere and dedicated, is free from error. So far, all disciples are selfish, prone to anger and irritability, prone to depression and at times to hatred. At times, anger and hatred may be heightened for so-called just causes: unrighteousness on the part of others, cruelty to people, plants and animals, and so on. The hatred and viciousness of others evokes the same reactions in them and contributes to their greater suffering and stunted development.

Always remember one thing: if you arouse hatred in another person, if you arouse anger and meet with resentment and antagonism, it is because you yourself are not completely harmless. It means that the seeds of unpleasantness are still in you, for according to the Law of Nature we get what we give and evoke reactions appropriate to our activity, be it physical,

emotional or mental. Once again, let us remind ourselves that we are now talking to students, but not real Warriors, for whom all the considerations given here are alphabetical truths, and who are not only in harmony with the Forces of Nature, but also in harmony with the Laws of Nature. It is a question of those who are beginning to study Timeless Wisdom, of those who not only think seldom, but when they do think they often think wrongly, because they are stimulated to think by reactions nesting in their lower nature and based on selfishness and dislike. We therefore give them three pieces of advice which they will be obliged to assimilate forever.

TIP ONE

Any Thought Form you build is built under the impulse of some emotion and desire, less often it is built in the state of Enlightenment, thus embodying Intuition. But still, for most students the motivating impulse that draws the mental substance into activity is an emotion, a strong desire, whether it is good or evil, egoistic or not.

TIP TWO

The thought-form constructed as a result of thinking either remains in the aura of its creator or finds its way to the goal sought. In the former case it will form part of a dense wall of thought-forms enveloping him or forming his mental aura, and will grow in strength provided he pays enough attention to it until it is so large as to obscure his reality, or will gain such dynamism and power that the student himself becomes its prey. The thought-form will become more powerful than the inexperienced

creator, so that the disciple will become obsessed with his own Ideas and become the obedient executor of his creation.

There is one point to be added to this. The exact wording means the completed Thought as the completed object. The completed Thought has a self-sustaining Force: caught from Ether by someone, it will make him act in accordance with the form and the Content of this Thought. Detachment and detachment from the created Thoughtform is necessary only in the phase of apprenticeship and advancement on the Path. It is necessary for practicing manipulation with subtle energies, for understanding the essence of the processes that take place in the subtle World, for developing experience in concentration of thought, development of imagination and cultivation of the Will. An experienced warrior that has gone through all these apprenticeship and intermediate phases works in the opposite direction. His task consists in keeping the Thoughtform with him, for it is the supplier of the Will. He need no longer defend himself against his creature, or fear that it may harm him by acting upon it. On the contrary, he makes the Thoughtform a reliable helper and protector.

For the Thoughtform to stay with the Warrior, he must constantly nourish it, and then its content, the Idea remains a homogeneous Will. It is for this purpose that the Warrior avoids precise formulations. He, unlike the student, uses an abstract-imaginative contradictory description of the subject. This, of course, must be matched by the way of thinking. Precise formulation separates the Subject from the Object, quantum of Will, and the quantum of

Will is exhaustible. Thought-form, leaving its creator, begins independent existence. Therefore, the Warrior does not separate himself from the Object. Only in this case his will be inexhaustible. The Will - value is objective, and becomes the property of man (subject), if he is disassociated in itself, while maintaining the equanimity of the Consciousness. The first sign of separation is waves of excitement of Consciousness. Even small ripples in Consciousness can severely fracture the Will of the Warrior.

If the student separates himself from the Thoughtform, it will find its way into the mental aura of another person or even a group of people. In this case the more powerful Mind will subdue the weaker one. When the Thought-form is introduced into a group it will be joined from Space by similar impulsive forms having the same speed or frequency of vibration. Then the group aura will also be like the individual aura, i.e. a wall of thought-forms around the group will be built up which acts like a sieve, i.e. only similar entities will pass through. So this group will be possessed by an Idea which the disciple has imposed on it. This is the key to the formation of sectarianism, manifestations of fanaticism of any kind, certain explosions of madness of the crowd or individuals.

TIP THREE

The disciple who created the Thoughtform remains responsible and as the latter remains bound to him by the same chain, so the karma of its results will also belong entirely to him. This is true for any embodied Idea, be it good or bad. To this we remind you that there is no such thing as good or bad karma, karma either

exists or it does not exist. If there is karma, therefore there must also be responsibility. So Jesus Christ, for example, is still dealing with the Thought Forms he created, which we call the Christian Church. Although now his karma is worked out not so much by working with the Forms that embodied his principles, but with the consequences of their activities, that is, with the Souls that have grown through the application of these principles.

But our disciples have a slightly different task. Inexperienced, the disciple is still inclined to use the Matter of Thought to embody his erroneous understanding of real Ideas. Not knowing or understanding the Providence of God, he is still ready to strengthen his likes and dislikes by the power of Thought. Unable to distinguish between Good and Evil, he is still willing to use his mental faculties to carry out his personal desires. He is still ready to take on the role of a judge. That is why he is a disciple and not a Warrior.

Of great concern to us is the inability of many students to retain their Thoughts and defend the Ideas already formulated. In addition, in the process of communicating with others, the Thought Forms created by the student may be joined by the astral Matter of the heart desire of a person or group whose knowledge is as vital as theirs. In these cases the only method of protection is not to allow the Matter of the astral plane to interfere with the mental Matter of the Thoughtform, but to chase it away to the level of desire. To prevent the Form from the adhesion of alien material similar to it, another Thoughtform is built up, which embeds and protects the first one.

There is another type of Thought Form that is the most common and the one that causes us the most anxiety and worry. It is some information, news or details about your work or personal life wrapped in gossip that affects you or others. How do you protect yourself from the influence of such entities? The difficulty in defending yourself is that the facts contained in such a Thoughtform have their basis in events occurring on the physical plane. It is a vital entity wrapped in the Matter of the astral plane and the Matter of the first perceived mental plane. In order not to saturate such an entity with energy, you have to stop it with a wave of Love to the person affected in the gossip. Then this wave amplified by your astral Matter embraces the Thoughtform of the gossip and carries it back to the one who generated it. In all cases of ill-will, malice, hatred, lies or blatant malevolence directed to you, it is necessary to try to de-energize such thought-organisms with manifestations of the highest Love, to smash them to pieces by the strength of the counter-ward Thought Form of Peace and Harmony to the person who gave birth to these malicious creatures.

If such a Thought Form contains the truth, some sad news or information about someone's wrongdoing then make use of the Law of Submission - Borrow, lovingly accept this Thought Form into your heart and transmute it there by the alchemy of Love and Forgiveness, Omniscience and Omniscience. For example, you are informed of a fact of another person's transgression, of a sin committed by someone else. You, knowing that this transgression or sin may be just a workout of karma or an unsuccessfully realized good motive, create the opposite

flow of Thoughts on the wave of Love: Thoughts of kind sympathy, of courage and aspiration, of wisdom to learn the lessons of this sin, of repentance.

So, once again, let me list the methods of protection against the influence of alien Thought Forms:

1. Depriving Thoughtform Matter of the astral plane and keeping it at the mental level.
2. Destruction of the Thoughtform by a well-aimed flow of Love's power.
3. Absorption of the Thought Form by the heart and formulation of the opposite Thought by Wise Love.

We have already mentioned the Law of Retribution. A powerful Thought Form can act like a boomerang. It is capable of returning with several times the speed to the one who sent it to fulfill its mission. Strong hatred clothed in Mental Matter will somehow return to its creator, causing devastating destruction in his life. Do not hate, for hatred always returns to where it came from. Curses collapse on the head of the one who curses - this is the essence of Jesus Christ's commandment «Love your neighbor as yourself». Each Thought adds a new element to the karma being created, and no Thought is lost. Repeated Thoughts turn into propensities, impulses of will - into activities, all kinds of trials give wisdom, and the suffering of the soul is translated into its conscience. In the next incarnations a person goes into that environment which corresponds to his inclinations, which is suitable for the stage of development which he has already reached.

One person's Thought is passed on to another, a third and so on, with the result that threads are tied that will lead people to good or evil, will determine our future relatives, friends and foes. All Thoughts, acting on ourselves, ultimately create our moral and mental character. Desires, being man's inner attraction to certain objects, draw him precisely to the environment where they can be satisfied. They act on those around them, as does Thought. There are inner states in which the scales, oscillating between good and evil, are in such an unsteady state that one superfluous impulse, one superfluous vibration from the mental world, will change this precarious balance, and a man may commit a crime only because he is unstable in his moral convictions. Acts, in turn, influence the emergence of new thoughts and new desires. Passionate desire for material acquisition also necessarily returns to the master, bringing with it what he desired, but only to lead him to new desires and thus to new suffering. The only defense is to desire nothing and not to become materially attached to anything. Remember that everything in the world of Illusion is only Illusion and only the Creator is reality.

The great aspiration and hope of spiritual Enlightenment can also cause an excessive influx of Light to an unprepared disciple who fails to make use of it. As a result he will be drawn even deeper into the World of Illusion and Astralism. Hence the need for humility, the desire to serve and the resultant self-forgetfulness. The thought-form can also act as a poisonous agent, ruining all the vital impulses of the disciple. Fierce resentment, gnawing restlessness, suspicion, incessant anxiety and insatiable lust for something or someone can prove

to be such a terrible destroyer and poison that the whole life of the student will go to waste and the advancement on the Warrior's Path will remain in vain. His connection with his own Soul and his power of contact with the world of spiritual ideas ceases as he is unable to go further, held back by the poison in his mental system. His vision is distorted, his nature is corroded and all his relations are blocked by debilitating, debilitating thoughts which he himself has embodied into Form and which have gained so much power and vitality that they are capable of poisoning him. He is unable to get rid of them, no matter how hard he tries and no matter how clearly he sees (theoretically) the cause of his ailment.

This is the most common form of malaise, for it nests in the egoistic nature of the disciple's personal life and is at times so fluid that it seems to neglect direct action. It is no less dangerous for the disciple to become obsessed with his own embodied Ideas, whether they be temporarily right or fundamentally wrong. You must remember that all right Ideas are temporary in nature and must eventually turn out to be partial truths, giving way to greater Truth. Don't forget that a current undeniable fact later becomes clear only as part of a larger fact. The disciple is often so sure of his own rightness that he is unable to see anyone else's Truth.

So how do you protect yourself from all this variety of influence of Thought Formations, how do you keep your balance and choose the right method of protection? When dealing with a Thought Form, always remember that it is a product of the imagination. What is created by the imagination can also be destroyed by the

imagination. If the Mentor created it by a thought and drew it in his mind, you may as well destroy it by your own Thought clearly delineating it and seeing it explode into a thousand pieces, or burst like a soap bubble, or go up in flames, or be dissolved in water and then swallowed by the soil. That whose existence is conceived by imagination can be deduced from existence by imagination.

If what you thought was a Thought Form resists destruction by the methods described, then it is most likely an artificial elemental. There are two types of such elementals: some are animated by summoning an elemental essence into the Thoughtform, while others are animated by projecting part of the mage's own being into it. If the elemental is animated by the elemental essence, it can be exorcised by using the Pentagram. But if it is animated by the mage's own power, another method, known as absorption, must be used. Absorption is a high-degree method and its success depends on the level of consciousness of the student. Each apprentice must decide for himself whether he is capable of applying it in this case at this time. He should not attempt it until he has completely calmed his vibrations and has attained a state of perfect serenity and freedom.

Thus, having attained the above state, the student begins to conjure up before his astral gaze the image of the Form which he intends to destroy. He sees it clearly, in all its details, and endeavors to unravel its nature: whether it is a bearer of malice or lust or an act of vampirism, such are the three most common varieties to which almost all thought-forms encountered belong. Having recognized the type of power with which

he deals, the student begins to meditate on its opposites, concentrating on purity and unselfishness in the case of lust, and on the Creator and sustainer of all life in the case of vampirism. He continues this meditation until he feels so saturated with purity and unselfishness that lust arouses nothing but pity, malice arouses only compassion, and as for vampirism, he becomes so sure of his power from the realization of merging his life together with Christ in the Creator that no efforts of the energy vampire can harm him.

In fact, the disciple who intends to apply the method of absorption for his own protection must reach a level at which he clearly understands the insignificance of the evil he intends to absorb and has no feelings for it except pity for its ignorance, believing that he can take possession of whatever he wishes in this way. He desires to uplift, enlighten and free the deluded soul from its bondage. If the disciple has not reached a level at which he is capable of harboring no other feelings towards his persecutor, it is not safe for him to practice this method himself. Upon ascertaining that he is ready to employ such protection, the student begins to pull the Thoughtform to himself by the silver cord that connects it to his solar plexus if it is a vampiric Thoughtform, or opens his aura to it and takes it there if it is a Thoughtform of one of the other two types. He literally sucks it in.

This absorption process should be done slowly and gradually, with interruptions. If it is done suddenly, the student may not be able to keep his vibrations under control and will find himself in a very unpleasant situation. When the Thought Form has

been absorbed, the student will experience a reaction in their nature corresponding to the type of Thought Form: if it is a lust force they will feel a rush of lust, if it is an anger force they will feel anger, and if it is a vampire they will feel a blood lust. The student should be able to overcome this feeling immediately, understanding its nature, and return to his meditation on the opposite quality, maintaining it until his vibrations are harmonized again. Then he will know that the power of evil has been neutralized, he will immediately feel a great rush of vigor and a feeling of such spiritual strength that if he were to say to the mountain, «Shift into the seal» it would obey.

It is this feeling of spiritual exaltation and strength that will let you know that the work has been successfully completed. However, we recommend that the meditation be repeated for 2-3 days in case another Thought Form is formed and sent out following the first one. As for the sender of the thought-form, after the student absorbs it, he will feel the power drain out of him and may even fall into a state of partial collapse for a time. However, he will soon recover, but his ability to form evil of this type will be greatly diminished for a time. If, however, he is still able to transform his low nature, this may be the impetus for ridding him of this type of evil.

The great advantage of this method is that it actually destroys evil at its root, whereas simply destroying a Thoughtform is like cutting off the top of a weed that grows even stronger over time. On the other hand, it can only be successfully implemented by an advanced student or an experienced Warrior with the most lofty

aspirations. If you are at risk of losing your mental equilibrium, you are better off not daring to do so. If the link with the Thoughtform is perceived as a line of light, a cord or other similar form attached to your solar plexus, forehead or any other part of the body, then the best way to cut the link is to create a magical tool and use it to cut it off.

In fact, if you feel a connection, the first thing to do is to visualize the cord and try to see where it is attached: the most common place is the solar plexus. Then form in your imagination the image of a sword with a cross-shaped hilt and invoke God's blessing on it: «In God's Name I take the Sword of Power in my hand for protection against evil and attack. Imagine that you have grown twice your height and become a colossus armed with the Sword and clad in armor, vibrating with Divine Power, which you have been charged with by forming the Sword of Power. Then visualize the burning torch in your free hand and invoke the Power of the Holy Spirit, whose symbol it is. Then with the Sword cut the beam or cord into pieces. In this way, you will not be able to do it, and you will not be able to do it with your own hands.

After you have broken the connection with the Thoughtform, of course, you must take the usual precautions to prevent the connection from forming again: refuse to meet the person you suspect of forming it, and do not read or reply to their letters. In fact, you need to break the physical connection as completely and decisively as you broke the astral connection, at least for a period of several months. When dealing with elementals or non-human entities the best defense weapon of the initiated

Warriors is the Pentagram or Pentalapha. This is a five-pointed star drawn in a special way. Extending the first and second fingers (the little finger and ring finger) of the right hand, having bent the middle and index fingers and having pressed their ends to the palm of the hand with the thumb, start drawing the Pentagram in the air. Do not bend at the elbow, and do not swing it at full length.

Start by lowering your right hand across your body so that the palm is about level with your left thigh and the outstretched fingers point straight up. Then lower that hand down again, without bending at the elbow, until the palm reaches a position on the right side that is symmetrical to the initial position on the left. In this way, you have drawn a capital letter A (without the cross line). Then move your right hand upwards to the left, extending it to shoulder height. Move it horizontally until it reaches the same position on the right, with the fingers pointing away from your body. Now move it down to the left until it takes the original position. This is an exceptionally powerful sign. The value of the Five-Pointed Star - the symbol of Humanity - is well known to initiates and Warriors, but its power depends on the way in which it is drawn. The method we have described is designed to exorcise elementals and other entities of the Ethereal World.

We have already mentioned the practice of Non-Harm, which excludes influencing another person by speech, thought and therefore action. This is positive non-harming, involving continuous activity and vigilance rather than negative compliant tolerance. In addition, you must review your entire thought process, abandoning

some directions altogether and making some other directions more constructive and creative. Put old preconceived Ideas and habits of thought on the back burner, pushing new horizons where new Ideas can emerge. This involves daily, hourly vigilance, but only until the old way of thinking is overcome and a new rhythm is established. After that you will find that your Mind has become so focused on new spiritual Ideas that the old Thought Forms no longer manage to capture your attention, i.e. to be energized, which means that they will soon die out from exhaustion or be drawn to alien, more powerful similar Forms. Three years will be the most decisive, after which your mind will become nourished by all-absorbing Ideas rather than Thought Forms.

You must also give up a life closed to your own thought world and try to enter the World of Ideas and the stream of universal thought currents. The World of Ideas is the world of the Soul and the higher Mind, while the stream of human Thoughts and Opinions is the stream of social Consciousness and the lower Mind. The disciple is simply obliged to be and work freely in both these Worlds. This is achieved by constant, daily Meditation, inclusive reading, preferential interest and understanding. To learn to separate yourself from your own mental creations and allow them to freely fulfill the purpose set by you, you must cut off the bond holding the embodied Idea in your thought aura, using your mystical phrase to do so. Each one will have to formulate his own «cutting off phrase» for himself and each one will have to turn away alone without any help from the three Worlds representing the field of his activity in order to advance his Idea of the work to be fulfilled.

The student must learn to remove his attention from the built-up Thoughtform in which this Idea is embodied, knowing that as he lives as a Soul and as spiritual Energy is poured out through him, so his Thoughtform will express the spiritual Idea and do the work. The Thoughtform is sustained by the life of the Soul, and not by personal desire. Tangible results always depend on the Power of the spiritual impulse animating the Idea that is embodied in the Thoughtform. The work of the student refers to the World of Ideas and not the physical results. And the physical aspects will automatically respond in the spiritual impulse.

Now let us dwell upon the following points, without the knowledge of which the successful work of the student is impossible. So, he has clothed his Thoughtform with an astral shell or shell of desire, has purposefully vitalized it with his energy and is now trying to give it an objective existence and send it out to fulfill its purpose and intention. At this stage there always comes the most critical moment. Vibrating Subjective Form must attract to itself the material that will condition its organization on the physical plane. This is necessary regardless of what the student is trying to enter the objective. The moment of danger for the student comes in this final stage of creation. The point of subtle discernment is reached. Here the disciple must advance with caution. Many good plans have failed to materialize and the reason for the failure is that the disciple has not understood this critical point. For, after all, a plan is an Idea released into Time and Space to find a Form for itself and to do its work.

During this period the forces must be properly aligned so that neither too much nor too little energy is involved. If too much energy is released through the vital body, Fire is ignited when the gaseous energy of the dense physical plane comes into contact with the vital etheric energy. In doing so the germ Form is destroyed. If energy or corresponding persistent attention is lacking, if the Student's Thought is wavering, then the Idea ends up with nothing, the baby is stillborn and nothing comes to objective manifestation. Many beautiful Ideas equally fail to materialize or have a stable, long existence, because there is not enough energy to ignite the spark of living Fire, which must always burn in the centre of every Form.

And one more thing, perhaps most importantly. All of the above makes no sense or becomes a real threat to a student mastering the mental Plan if he or she does not acquire the ability to think clearly, which includes the ability to disengage, at least temporarily, from any reactions and active emotional activity. Understand that as long as your astral body is in a state of incessant movement and its moods and feelings, desires and emotions are weighty enough to attract your attention, positive pure thought processes are out of the question. Until a time comes when the value of concentration and meditation is more widely recognized, and until the nature of the mind with its modifications is more universally understood, any further teaching on the subject will prove futile.

The Laws of Thought are the laws of creation and all the creative work of the student takes place on the etheric plane. The latter forms practically the second

Formula. The Creator of the solar system limits his attention to the work performed on the so-called four higher Planes of our system. The lower three, which form the cosmic dense physical Planes, constitute the environment for the deposition of Thoughtforms. These Planes are objective because Matter of Space is recalled or attracted by the potency of the four higher etheric vibrations. The latter, in turn, are motivated or brought into activity by the dynamic impulse of divine Thought. A similar procedure takes place in the case of man. As soon as man becomes a thinker and is able to formulate his Thought, desires its manifestation and is able to energetically «recognize» the four etheric vibrations, the dense physical manifestation of the Thought Form is inevitable. He will attract with his pranic energy, colored by high Spiritual or low animal desire and animated by Thought potency, as much responsive Matter of the Space as is needed to give body to his Form.

In this regard, we must draw the student's attention to the fact that his body is also the product of deposition, the result of his Thoughts and Desires, his «recognition» of the four etheric forms. The Form created by him will exist as long as it is held by the dynamic power of Thought and it will definitely crumble down when he «looks away». His environment is also the result of the deposition and work of group thinkers - those close to him and those around him. The word 'recognition' is one of the most important in understanding these processes; it is the key to the mystery of Being. It is impossible to put into words the meaning of this concept, but it can be summarized in the following three «recognisations»:¶

1. Recognizing your karmic past and that Matter of Space, which is already colored by the Thought and Purpose of your previous incarnation.

2. Recognizing the three degrees of life capable, through your karmic connection with it, of responding to your new Thought and cooperating with you.

3. Recognizing the Purpose present in your Mind.

The creative work of the disciple will be successful if he is able to recognize the tendency of his Mind as it manifests itself in his present interests, as the latter are rooted in his karmic past. It will be successful if he is able to recognize the vibration of the group of lives in whose state of mind his creative work is to advance, because, unlike the Deity of the solar system, he is not able to work alone. The student must know the Purpose for which he has seen fit to construct the Thoughtform and must keep this Purpose steady and unchanging throughout the period of objectivity. The power of the student in the creative work of the Thoughtform corresponds to the purity of his intentions and the unity of the Purpose. «If thy eye be pure, thy whole body shall be light» - so it says in the Bible.

The disciple has to be vital in his quest and cultivate Aspiration. When his Aspiration becomes strong enough, he must learn to «keep his mind steadily in the Light». When he is able to do this, he will acquire the Power and that pure Eye which will provide him with the glory of inner divinity. But only when he has mastered the technique of Meditation to perfection can he begin to address the Power. To achieve this he has to

overcome obstacles, the number of which is legion. The only thing we can advise him, proceeding from our own experience, is to stand firm. Failure never prevents success. Difficulties develop the strength of the Soul. The secret of success is always to stand firm and be impersonal. The disciple must, as far as he is able, remain free from identification with what he has created or tried to create. His task is to cultivate the attitude of an observer, a silent witness. We have underlined the word silent because by hasty speech and excessive chattering he kills what he is trying to create. Without overcoming chattering, the child of his Thought will always be stillborn. The disciple must cultivate a mental detachment that allows him to always abide in a high secret place, so that from this centre of the world he can carry out the work he has chosen for himself in peace and efficiency.

A warrior works in the world of men: he loves, approves and serves, he pays no attention to his personal likes and dislikes, his prejudices and attachments, he stands as a rock of Strength, he is like a strong hand that helps in the darkness to all whom it touches. The warrior can utter: «Desire does not hold me, I stand free. I desire everything and nothing. I live and die, I am sacrificed and rise again, I come and go at will. The Earth lies beneath my feet and Water washes over my form. Fire destroys that which blocks my path, and I am Lord of the Air. Through all the World of Forms my feet have passed. Everything exists for me, and I, the servant of the whole, abide.»

The student must cultivate uncriticism in himself, because criticism is an outstanding characteristic of mental types of people, highly co-ordinated personalities. Criticism

is a powerful lever for activating the mental and emotional Matter, a strong influence on the brain cells manifested in words. A sudden explosion of Critical Thought can galvanize and cause a mighty coordination of the whole Personality, but not the one required, and with disastrous consequences. Criticism, being a property of a lower Mind, can hurt and wound, and no one is able to progress successfully on the Path when wounds are inflicted and pain is deliberately inflicted. We call upon all who have set out on the Way of the Warrior to forget their sympathies and antipathies, and to disregard the personal quarrels which inevitably exist in all who are connected with work on the physical plane. Petty human tensions, inability to understand each other, petty transgressions rooted in personality, and also ephemeral, ambitions and illusions - all these must be abandoned. Practice detachment, knowing that the Law works and the Creator's Purposes must come to their final conclusion, each in its turn. Learn never to criticize in Thought or in Word. Strive always and in everything to form and improve your own Thought Form - the Warrior Form.

There is a universal source that gives rise to all our bodily and life problems. It consists of four components: criticism of others, anger, guilt and fear. Everything that happens to you in your life is a reflection of your own inner Thoughts. Even if someone misbehaves towards you, it is important to realize that it is, again, your own beliefs that attract such people to treat you in this way. Self-approval and self-acceptance is the key to positive change in your life. And this self-acceptance begins with never, under any circumstances, criticizing not only others, but yourself first and foremost.

Being critical of yourself short-circuits the way of thinking you want to get rid of and creates a vicious circle situation. Realize that you have been criticizing yourself for years and nothing good has come of it. Change your tactics to the exact opposite. Love yourself. This above all means respecting your personality, accepting your self.

If you say or think: 'Everyone criticizes me, never does anything for me, wipes the floor with me' - then by doing this you attract to yourself with Thoughts exactly such people, striving to do what you think about yourself. When you give up these Thoughts, these people will automatically disappear from your life. They will find someone else to treat them the same way they treat you. As for guilt, it is always looking for punishment. And punishment always involves pain. And you, rest assured, will definitely begin to show painful symptoms. You will start to be sick. So first of all you have to dissolve all your fears, burn out your aggression, get rid of your negative urges so that all this rubbish and rubbish is not inside you, so that your life is no longer a garbage dump.

Start by trying to forgive someone you find it very difficult to forgive. You will encounter powerful resistance, but the more intensely you overcome it, the faster it will disappear. Your charge of aggression will disappear along with it, your Soul will be free and this cleansing will give you a powerful charge of positive energy. Remember, there is only one way to change something in others - to change yourself. Don't waste your precious power on criticizing others, rather channel it into your own changes. It's important to constantly make positive statements

like, «I'm a bright person. I constantly feel my tone and willingness to act. I feel my determination and strength. Then your subconscious mind will definitely implement these Thought Ideas. And everything in your life will happen exactly as you want it to.

Self-love is a manifestation of the activity of our Mind. And Mind can and should be trained in the same way as the body. The fact is that self-dislike, self-hate, self-criticism and inferiority complexes are the result of such training, and our first trainers were adults. Moreover, our whole life is a training and its result. Start training your Mind in self-love and you are sure to achieve records. We recommend that you learn a simple but very effective exercise that will activate your own positive resources. Think back to an episode in your life when you felt like a strong person, when everything worked out the way you wanted it to, when you had no problems at all, when you could call your state happiness. Re-enter that period in your mind, relive the episode, remember how you behaved, what your thoughts, words and gestures were, and then turn back the time machine wheel and return to the present, but take the situation you have just been in with you. Keep it with you and play it out in the present at all times.

The point of this exercise is that you draw a certain resource from your past positive experiences. You are using one of the basic properties of the body - resourcefulness. By persistently working on the management of Thought, by raising the laws according to which Thoughts are born, influence the world and influence their creator back, the student acts definitely in

the realm of thought-making to build up his character. Already at the beginning of the Path he must learn to master his own thinking mainly because his Thoughts not only influence others but also himself, as, on the one hand, they react directly on his own character and, on the other hand, they turn him into a magnet that attracts other Thoughts. Knowing that one turns into a focus attracting high and noble or bad and harmful Thoughts, the student must by an act of will make of his Consciousness a magnet for all good, so that the evil will die by coming in contact with it and all good will flow into it, receiving new nourishment and new strength. Other people's Thoughts must come out of him transformed, and he himself must be a source of help to all, not only by constantly giving birth to high quality Thoughts, but also by transforming and reviving those good Thoughts that come.

Knowing how the stream of Thoughts emanating from his Consciousness affects those around him, the disciple must allow only useful Thoughts to arise in him. All these Thoughts also affect his character and therefore, from the very beginning of the Path, he must tirelessly watch and scrutinize his thought process so as not to let into his sanctuary that which might offend him. The whole energy of the disciple must be directed towards helping the world, in order to help it to rise, improve and purify itself by its love. Love is always within ourselves. Love is always energy, always radiation and the person who constantly radiates this energy overflows with it. And people around us feel it. The more and more sincerely you love yourself, your inner self, not your outer self, the more others will love you.

The famous yogi Osho Rajneesh, in his book *Collected Meditation Techniques and Exercises*, writes: «... Cultivate a feeling of love. Seclude yourself in your room. Sit down. Feel the love in yourself. Start radiating it. Fill the whole room with the energy of love. Feel the new vibrations, imagine yourself rippling in the sea of love. Create vibrations of love energy around you. You will immediately begin to feel something around you, something changes in your aura, in the shell that surrounds your body. Some kind of warmth rises around you, a warmth similar to a deep orgasm. You feel more alive. Something, like a slumber, disappears. Something, like a new consciousness, is emerging. Dive into that ocean. Dance, sing, fill the whole space of the room with love. At the beginning it will all seem a little strange. When you fill the room with the energy of love for the first time, with your energy, which will make you all the happier, you will think: «Am I hypnotizing myself? Am I deceiving myself? What is going on?».

Indeed, because we have always believed that love happens because of someone. It requires a mother, a father, a brother, a husband, a wife, a child - always someone. Love that depends on someone is poor. The love which is created within you, created by your own being, is real energy. And now, wherever you go with this ocean surrounding you, everywhere people around you will suddenly find themselves under the influence of a completely different quality of energy. People will look at you with their eyes wide open. You will pass by them and they will feel the movement of some energy, like a fresh breeze blowing. If you take someone's hand, it will start pulsating. If you stand next to someone,

that person for no apparent reason will feel joy, peace, happiness. You can observe this. That's when you are ready to share it - to share what's inside of you. Then look for someone who will perceive it...».

Think of Jesus Christ and that vividly described state of mind experienced by everyone who was around him in the Gospel. A certain composure does not always coincide with a lack of excitement in human life. Yet to succeed, the Mind must be calm and free of desires, always entailing exciting cravings, fears, worries, expectations, pleasurable and painful Thoughts and feelings. The ideal to which you aspire must be vividly depicted in the Mind and must constantly stand before it. Such a predominant mood will rush every Thought, activity and desire under its guidance. Just as a traveler follows a star through the thickets of the forest and along unimproved roads, in the same way, by having a constant ideal one can unmistakably go through all the quandaries and difficult conditions of life. The only thing that is needed is constant exercise and a lack of excitement. And if you work and exercise in this way, desiring nothing and being not attached to anything except the Creator, then you will win and possess such power, such love, such knowledge of which neither the king on his throne, nor the ardent lover with his beloved, nor the scientist in his study can even dream. Success will be yours now and at all times.

So, choose the image or ideal that you desire and inspire yourself by auto-training that you are your ideal with all its inherent merits, reincarnate into it. Do not hesitate to choose a romantic, heroic image. You can even change the images from time to time,

depending on how your ideas about your ideal change. When one sets up an ideal to reflect in reality, it inevitably becomes what one thinks of all the time. How will the process of this transformation take place? It will be accomplished by contemplation. Definitely, consciously, at fixed times, day by day, the disciple who wishes to discipline his character must contemplate the ideal he has imagined. One must concentrate one's Mind upon it and constantly reflect this ideal in one's Consciousness. One must daily draw it to oneself, live in it mentally and, contemplating it, engender in oneself that feeling of awe which is capable of turning into worship. Then only that great power will emerge which transforms man into that which he worships.

During his contemplation the rays of the Divine Ideal will illuminate him, and the upward striving will open wide the windows of his Soul towards the Light, so that inner illumination will pour out of him and illuminate the Path on which the disciple must tread. For contemplation you have to cultivate in yourself the ability to concentrate, so that your Mind does not rush about and is always collected. This work has to be done continuously, applying it to all the ordinary things of life, doing at a given time only one thing with that concentrated energy which concentrates the whole mind in one point. For this one has to do many mundane things, but it's not about them, it's about how to do them. It is not the work or the way in which it is done that is important for self-education leading to discipleship, but the mood with which it is done and the lesson that is drawn from it.

No matter what kind of life one leads, but no matter how uninteresting the work

is at the moment, one must use it as a ground for cultivating the mind which gradually gets accustomed to concentrate on one point, on one matter. External stimuli, acting on the organs of the senses, reach the consciousness as impressions, which usually hinder one's concentration, distracting attention. In order to subdue the sense organs, one must first learn to perceive sensations coming from one sense organ and try not to perceive others. This skill is extremely important and requires a lot of hard work. We recommend the following exercises for this.

Exercise 1. Vision.

Take an object and focus all your attention on it. As you look at it, pay attention to its shape, color and so on. In general, occupy your attention with the visual impressions you get when looking at this object. The duration is 5-10 minutes.

During this as well as the following exercises, you should try to that the other senses are inactive. Constantly change objects, moving from bright, conspicuous ones to dimmer, inconspicuous, almost colorless ones.

Exercise 2. Hearing.

Take a pocket watch and place it on the table next to the bed. Lie down and get into a comfortable position, relaxing your muscles and closing your eyes. Start listening to the ticking of the clock, trying not to think about anything else, not to perceive other impressions. To concentrate even better, you can count the beats of the clock up to 100 in a row or one beat at a time. Exercise for 10 minutes every day. This exercise helps to develop clairaudience.

Exercise 3: Touch.

Lie down in a comfortable position, closing your eyes and covering your ears with cotton wool. Place a coin on a bare area of your body. It will produce a slight pressure on the skin, which will cause a sensation of touch. Direct your attention to this sensation. Change the position of the coin, placing it on your chest, stomach, arm or leg. Putting it on the face is not recommended, as prolonged concentration can cause redness of the skin area and other changes (stigmata). It is useful to put a coin to the nerve centers and concentrate on them. A means of control is to feel warmth at the place of touch, which turns into burning and pain.

Exercise 4. Taste.

In order to concentrate on the taste sensation, at first you have to resort to aids such as sugar, salt, bread and so on. Close your eyes and ears, take one of these substances in your mouth and direct your attention to the taste sensation, trying not to see, smell or touch anything. Exercise in this way for a fortnight for 5-10 minutes at a time.

Exercise 5: Smell.

The principle is the same as in the previous exercise, only use different flowers or perfumes as an aid. Try to perceive only the smell. The duration is 10 minutes.

Having achieved success in all these exercises, learn to perceive nothing at all, doing the opposite, that is, if before you were singling out of a mass of impressions one (visual, auditory, etc.) and concentrated

all your attention on it, now you are also singling out one from the mass of impressions, but trying not to perceive it at all. For example, when looking at a clock, try not to hear its ticking and not to see it; when putting a bottle of perfume to your nose, try not to smell it, and so on. Before learning to concentrate Thought, you have to be able to think strongly and actively. Just as gymnastics strengthens the physical body, so thinking develops the brain and gives Thought strength, activity and duration. Most people are completely unable to think. Their Thoughts are weak and sluggish, they are content with other people's Thoughts, repeating ready-made definitions, phrases and answers to various questions. An advanced Warrior is able to observe how, when several people talk, the aura of the head of people thinking, trying to reach the resolution of the question, is filled with streams of strong vibrations, radiations, while the brain of people repeating ready-made phrases almost does not emanate.

Exercise 6. Reflection on objective (external) objects.

Sit in front of a painting and gaze at it, thinking about how it is done, what colors it is in, whether it is well painted, what motivated the artist to paint it, what goal he had in mind, and so on. Reflect for 10-15 minutes, without taking your eyes and attention away from the picture. In the beginning, after 2-3 minutes, you will catch yourself thinking about something else, and forgetting about the painting a long time ago. The best way to keep your attention on it is to look at it. Look at the painting and the visual impressions will keep your attention and prevent you from

being distracted. As you look at it, you will go deeper and deeper into it, and grasp the artist's meaning. Reflect and your attention will be disciplined, brain power will increase, and Thought will gain strength and vividness.

Take some other object and think about the way it is made, its purpose, convenience or inconvenience and the like, in a word, think in a certain direction, with this object being the centre of Thought. All your perceptions, images must be in close connection with each other and, moreover, all of them must have a direct relation to it.

Exercise 7.

This exercise is very important. Apart from the fact that it teaches you to think, gives you a sense of awareness of your Soul, a belief in the immortality of the human Spirit, it also consists in reflecting on your Self, in affirming the reality of this Self. Take a comfortable position, relax, breathe rhythmically. Think about the fact that earthly sufferings and pleasures may affect the body only, but your Spirit is beyond their influence. Think of yourself, your 'I' as a pure, immortal Spirit who is part of the World Spirit, a spark of the Divine Fire. Reflect, directing your consciousness inwards, about each of your bodies: physical, etheric, astral and mental, thinking about their properties, feeling each of them as something separate from you. When thinking about the astral body, think about what emotions and passions it gives you, fills you with. Think about the fact that it is not you, not your 'I', not your Spirit, but only a shell, only more subtle than the etheric

and physical bodies. Then proceed to meditate on the mental body, on your Thoughts, perceptions and other things that depend on this beginning.

This exercise will give you tranquility, inner Spiritual joy, firmness and resilience. After this, proceed to training in Will control over Thoughts. The above exercises are also useful here, the only difference being that there should be no external stimulation of the senses, but all attention should be directed to appropriate mental representations.

Exercise 8.

Relax, close your eyes and ears and take three deep breaths. Disconnect from the outside world. Make a mental visualization of an object and focus all of your attention on it. Try to forget about your own body, merge with your ideas, with the object of your thoughts. The duration is 10-15 minutes.

Under the same conditions, mentally call up some sound, voice, melody. Learn to focus on each sound of the scale (do, re, mi, fa, sol, la, si). First, mentally hum the scale from beginning to end and back again. Each time, do it slower and slower, until you stop your attention on just one note (sound). Try to keep your attention on the representation of this sound for 1-2 minutes, and then 3-5 minutes. You can also practice in the mental pronunciation of words, mantras, for example, «AOUM», «MANI PADME HUM» and so on.

After isolating yourself from external stimuli, direct your attention to a part of the

body, imagining the feeling of touching it or, better still, that a fly is walking on it. This exercise is very difficult, but important, as it aids in awakening the nerve centers. Then proceed to mentally reproduce the sensations of taste and smell.

Exercise 9. Mental reproduction of a set of actions of all the senses.

Imagine an action, a deed and so on, where all the senses are involved, e.g. a short trip you have taken. Think strongly, actively, colorfully and in a certain order, e.g. how you got up, got dressed, ate, got into transport and so on. Exercise for 30 minutes every day for 2-3 weeks.

Exercise 10. Consistently discard perceptions of sensory activity.

Reproducing mentally an action, for example, that you are eating honey, take part in each representation of each of the senses: color, smell, sound from chewing, licking, getting the honey on your tongue and gums, taste and texture of it. Then, vividly presenting the whole picture, discard gradually one by one all the senses, leaving only one of them, the visual one.

Exercise 11. Reconstruct representations in the same order.

Having eliminated all perceptions relating to the four senses (smell, touch, taste and hearing), hold only the visual perception. After 1-2 minutes, eliminate it as well. At this point, there should not be any perceptions in the mind. Then recall all representations of the object, one at a time. Do this for 30-40 minutes every day until you are successful.

Exercise 12. A quick shift of attention from one object to another to another.

Focus your attention on a particular performance. Once you have achieved full concentration, quickly move to focus on some other performance, forgetting about the first one for the time being. Then quickly return to it again. Exercise for 10-12 minutes each day.

All these exercises should teach you to select one impression from the mass of impressions and focus your attention on it, keeping it in this state for a long time, isolating it from external influences. Such concentration is called active Thought Concentration. If you are discouraged by having to find time for auto-training, you can use a simple method of self-involvement developed by Que, which requires no effort on your part. The essence of the method is as follows. At the moment of falling asleep, when you are about to fall asleep (try not to miss just this phase), you should have time to pronounce the self-invitation formula as many times as possible before you fall asleep. The formula should consist of four or five words and should be specific. The content of the self-invocation formula should be determined on the basis of your intention. Speak it in a tongue-twister, a child's babble - whatever you like, but try to mentally speak it clearly. The only thing to avoid is the negative «NOT» particle. The formula should be in the affirmative.

At the moment of awakening, when the brain is still awake, suggestions are also well received, but as you will later see for yourself, self-infusion while falling asleep is preferable. Examples of formulas are:

«I am relaxed and determined», «I am kind and polite to everyone», «I am always cheerful and upbeat», «I am always calm and balanced» and so on. You can also give programs to your subconscious mind. Just before falling asleep, you formulate a question you want an answer to and ask your subconscious mind to work on the problem, and then fall asleep. You are sure to get an answer either immediately upon awakening, or some time later. The form of the answer may be the most unexpected. It may come in the form of information from another person, or through a book, or at a moment when you are not thinking about it at all. Try it and you will be convinced that contact with your subconscious mind will bring you success, it will provide you with constant self-confidence and knowledge that no book can give, for our subconscious mind contains practically all information about the World.

He who has grasped the power of Thought knows why the ideal is necessary. In the Chhandogya, one of the most mystical Upanishads of the Hindu scriptures, it is written: «Man is a creature of reflection: what he reflects upon, he becomes...». The Bible says the same thing: «And we are all with an open face, as in a mirror, looking on the glory of the Lord in the same image, being transformed from glory to glory, as we are led by the Spirit of the Lord» (Corinthians 3.18). «Looking ... as in a mirror...» - Because the Mind is a mirror that reflects the images that appear. The soul, contemplating in this mirror the glory of the Lord, is transformed into that very image from glory to glory.

Working with the subconscious mind is called mono-idealism. It consists in the

complete predominance of a single Idea or Thought. The application of this method yields great results. For example, you need to learn a formula, phrase, etc. by heart. When you go to bed, repeat it mentally just before you go to sleep and you can be sure that you will remember it in the morning. If you cannot solve any question or task, concentrate on it before going to sleep. The proverb «wiser in the morning» does not exist for nothing. In the morning your subconscious mind, after weighing the pros and cons, will give you a ready, most appropriate answer. If you cannot remember where you put this or that thing, forgot the address and the like, focus on this before plunging into sleep. In the morning, you will have a clear recollection of these items.

When you feel unwell, when you fall asleep, think about your health and you will feel and feel completely different in the morning. Sick people may wonder about the medicine that will cure them and fall asleep in this state. The answer will come in the form of a dream or a memory of a remedy. You can also ask your subconscious being questions about the time of recovery or other events. You are advised to address your subconscious mind as a special being to whom you are giving work. You should expect the result with trust, as this trust plays an important role in the whole process: the degree of success depends on the degree of trust. When unsuccessful, we recommend that you freely use your imagination and create an appropriate mental picture and try to imagine your subconscious Mind engaged in the task you have given it. By doing so you will clear a mental path for him, on which he will willingly follow the line of least resistance.

It goes without saying that much depends on practice, which leads to perfection in everything, including the art of controlling the subconscious Mind. Achieving gradually success in this process, the student begins to devote more time to acquiring new facts for mental processing, not wasting it on mechanical thinking. It must be borne in mind that the power of the Will to transmit mental material to the subconscious Mind depends largely on the degree of attention and interest which the pupil puts into this material. Attention and lively interest are the most important factors in the development and acquisition of the power of the Will. In obtaining the material for transmission to the subconscious Mind, one has to concentrate all one's attention on each individual Thought of the material collected. This is a matter of utmost importance. One cannot hurriedly gather the various materials and expect the subconscious Mind to brilliantly cope with the task given to you. It simply will not be able to do so, which is a cause of frustration for the student.

It is advisable to do as follows: take each Thought individually from the collected material, examining it with the keenest curiosity and imbuing it with the greatest attention. «Put each Thought aside to the pile of material which you wish to hand over to the subconscious Mind for processing. Proceed in this way with each Thought. And after a while, having become sufficiently acquainted with the principal facts, carefully examine the whole pile and only after this point direct the whole material to the subconscious Mind with a strict order to «deal with this material» and then trustingly await the execution of this order. Such a review of all material contributes

to the creation of a vivid «mental picture» with which the subconscious Mind will no longer find it difficult to cope. In doing so, do not forget that you are reviewing Thoughts, which then have to be processed by the subconscious Mind, and that the more tangible and real they are presented to you, the easier it will be to work with them. Therefore, we recommend that you use any techniques that help to turn thoughts into real things. We have already discussed this in great detail.

Let it be simply stated that any mental material examined with full attention and lively interest turns into a thought-form which is as easily manipulated by hand as any material thing. Many who have inadvertently discovered this faculty of the unconscious Mind to work out tasks and render other, quite real, services to its owner have thought that help came to them from some other being, spirit, guardian angel or the like. In our opinion, however, every one of us has such a «friend», «spirit» or «angel» in his own mind, and most cases of this kind can safely be attributed to the subconscious work of our own mind. Each of us has dozens of such helpers, and they are all willing to do us all sorts of favours as long as we ourselves allow them to do so. It is very difficult to give precise instructions for achieving such results, but one thing that can be said with certainty is that the main condition is to «mould the material» and then hand it over to the subconscious Mind in the way we have just spoken of.

Now let's look at how you can use all of the above on some specific cases. Suppose you want to put together all the information you have about a subject. It should be borne in mind that we actually know much more

about any subject than we think we do. In the recesses of our mind or memory there are scattered scraps of information and knowledge concerning almost every object in the world. But all these shreds of knowledge are not connected with each other. You have never tried to think carefully about a given matter, and so the facts pertaining to it do not come together in your mind in their relationship. It is like a warehouse in which in different corners are scattered a great quantity of some commodity in small pieces mixed up with other things.

You can try the following experience: as soon as you sit down and get your Thoughts occupied with a certain subject, you will immediately see that various kinds of information, which you have long forgotten, begin to appear in your field of Consciousness, and now they gradually begin to line up in a certain order. This has happened to all of us. But for the conscious mind, the process of putting together scattered bits of information is very boring and laborious. But the subconscious mind, which is in fact always engaged in this work, can do it no worse than the conscious mind. You only have to concentrate your attention and interest on the subject or question for a while until you know exactly what answer you are looking for. After that, hand the whole question over to the subconscious Mind with the order to 'get on with it' and forget about it yourself, just put the problem out of your mind and, if possible, not come back to it before the next morning. Then review it again, and if your techniques were correct, you will see that the task at hand has been developed and brought to a logical conclusion. Your conscious Mind will now have no difficulty

in putting together a whole series of facts, examples, illustrations and experiments relating to the solution of this problem.

But there are also times when there is no time to put off solving a question until the next morning. In order to speed up the work of the subconscious mind, one should quickly and with great attention familiarize oneself with the question, addressing to its very essence, and then leave it «for processing» in the subconscious mind for 1-2 minutes, having occupied for this time with other, distracted affairs. Then, when the first glimmer of a possible solution appears, «grab» the first available end of it, slowly unraveling the whole ball of information and starting to speak concretely about the essence of the question. Many lawyers, philosophers and politicians have often resorted to this method when suddenly confronted with an issue whose complexity they had not suspected a moment before. They have learned from experience that at such moments, to succumb to fear and lose faith in themselves is tantamount to madness. Therefore, by putting on a smug look and uttering a few empty, trivial phrases, sometimes having nothing to do with the subject of the conversation, they completely switch over to the subconscious level, gathering material for an answer.

After a while, the speaker suddenly has one thought in his head, followed by another, a third, and then the information flows in such a stream that it is sometimes difficult to put it into words. The dangerous situation is over, and a brilliant success suddenly appears where there was a threat of failure and certain defeat. In such cases, the order to engage immediately in the search for a solution is not presented to

the subconscious mind verbally - it is the consequence of the strongest need of the mind. Of course, such an art requires practice, but in all such situations the same mechanism is at work: a person orders some hidden part of his mind to work for him and when he begins to speak he sees that the question has already been worked out or, at worst, it has been given at least only a rough form.

The subconscious mind can be used not only in the cases mentioned above, it can be called upon for help in all difficulties of life. These little subconscious fairies are always at our disposal and seem to consider it a blessing to be of service and help us out in times of need. This does not make us dependent on anyone, on the contrary, it is calculated to strengthen our faith in ourselves, as in all those cases we are not called upon to help from an extraneous mind, but from a part of our own. If people, used to acting according to the orders of others, became better acquainted with these little «home advisers» dwelling in them, they would refuse their eternal mental dependence, gradually acquire trust in their own powers and become more courageous, more reasonable and more independent. Imagine the self-confidence which arises in the soul of a man when he feels that in himself lurks the source of knowledge, the same as in most other men. He feels that his mind is not limited to a small field of consciousness, that it is a vast field containing a mass of information which he could not previously have dreamed of. Everything he has inherited or brought with him from previous lives, everything he has read, heard, seen or experienced in life, is buried in some part of this vast unconscious mind, and if he

only commands it the «essence» of all these data is there.

Relatively few people on earth are capable of holding firmly to the consciousness of their 'I' at all times. Others require help during the growth of this consciousness. To them we want to say: «As far as possible, approach the awareness of your 'I' as an objective reality. If you feel that people, circumstances or things are influencing you, find the strength to stand up for yourself and not be influenced by them. Say something to yourself like this: «I deny the power of people, circumstances, and things. They cannot influence me badly. I assert my reality, power and dominance over it all!» These words may seem very simple, but if you say them with the consciousness of the Truth they contain, they take on a mighty power. You must realize, of course, that there is no magic power in the words themselves, that is, in the combination of the letters, in the sound of the words - all power lies in the Idea the words express. You will be surprised what a tremendous effect your affirmation will have on the harmful influences of the Ethereal World around you.

If you suddenly feel a hostile or oppressive influence on you, we recommend that you stand up, straighten up, raise your head and courageously, fearlessly look forward, firmly, with faith and conviction repeat these words. You will at once feel that the harmful influence has disappeared, as if the cloud had retreated before you. Try it now before you read on and you will feel a new rush of power, strength and energy. This recognition of your 'I' is the best and the only real way to protect yourself against the dangers of the Ethereal World. A man

who has made himself conscious of his «I» can, by a very easy effort of will, surround himself with a mental atmosphere which is able to repel the mental waves emanating from the minds of others. Not only that, but a constant recognition of «I» and daily meditation upon it, if only for a few minutes, will naturally create such an atmosphere around you as will nourish it with such vitality that it drives away all hostile thought, driving it back to its origin, where it serves well, leading the wayward mind that let it out into the conviction that such mental influences are harmful and must be avoided. For this whole phenomenon of mental influence belongs to the ghostly, mental or astral side of life, which is its negative side. The real, positive side must by necessity be stronger.

Nothing can harm the real in you, and the closer you get to the real, the brighter your awareness and the clearer you understand it, the stronger you become. That is the secret. These negative Thoughts coming from people around you in general, and some people in particular, belong to the dark side of life and you have the right to try to free yourself from them. You do not belong to the same side of life and your right, your duty is to drive them away and make them disappear from your horizon. You are a child of light and have a duty to defend your freedom from the onslaught of darkness. Faith and recognition make a man a Creator. And in proportion to your recognition and faith will also be in your power. If only we could fully recognize and understand what we really are, we could rise above all that plane of the negative, dark world of Thought. But we are so blinded and stunned by the Thought of fear and weakness, so hypnotized by it, which is told

to us on all sides, that even the best of us can hardly escape the temporary fall back into the abyss of despondency and despair.

Mental contact with another person.

This exercise is best done after sunset, as the sun's rays stimulate those nerve centers and glands which serve as the physical manifestation of Spirit and thus bind the Consciousness to the material plane. Subsequently you will be able to make this contact at any time, but it is better to start practicing it in the evening, when the Consciousness retreats to the spiritual plane. Living beings go to bed in the evening, which means moving the Consciousness from the body to the spirit plane. Since most people are not capable of consciously reaching the deeper levels of Spirit, they lose Consciousness and fall asleep. Through practice one can acquire such a resistance of the nerves that the Consciousness remains even at the deepest levels. Then the nerve and brain centers, which rest during the day, become active by receiving and bringing forth the vibrations of Spirit, of the true «I». In this way the Warriors establish a telepathic connection with each other.

The transmission of Thoughts can best be compared to a wireless telegraph, the action of which is based on the fact that the electric waves excited in one apparatus produce electric discharges in a perceiving apparatus tuned to the same wavelength and recorded there by the Morse system. Every transmission of thought must be based on a mental process in which the radiations from one brain propagate in a wave-like manner and are transformed into thoughts if they reach the equally tuned perceiving apparatus, i.e. the other brain.

The only difference is that the waves of the human brain receive a certain direction according to the will of the sender, so the transmission of Thoughts is possible over very long distances, while electric waves propagate uniformly in all directions and their strength is inversely proportional to the square of the distance. It is possible to set a focus where they are collected and reflected to any point.

In this exercise, as in any concentration exercise, you should begin by fixing your attention entirely on a single Thought. Concentrate all of your Thoughts on the person with whom you want to make mental contact. Close your eyes and imagine that person, their eyes, their body, their face, and imagine that they are you and you are them. Continue concentrating until you really feel that his hands are your hands, his body is your body, that is until you completely identify with him. Then dwell on the Thought you want to transmit and think about it as if this person inside you is thinking about it. This kind of contact is of the following kinds:

- 1) the transmission of mental images by the awake agent (transmitter) to the awake percipient (recipient);
- 2) the waking agent transmits mental images in the form of daydreams to the sleeping recipient;
- 3) the transmission of a mental image in the form of a visible ghost (holographic image) by a waking agent to a sleeping recipient;
- 4) the transmission of representations by a sleeping agent to a waking recipient in the form of a visible apparition or suggestion.

In addition, it is also possible to transmit a representation by a deceased agent to a living, awake or asleep recipient in the form of a visible apparition or suggestion (notification, dreaming, inspiration). There are three steps in these exercises:

- 1) in the presence of the receiving person;
- 2) at a distance, at a pre-arranged time;
- 3) without the knowledge of the person with whom you wish to establish a telepathic connection.

These three stages make up the positive part of the exercise. In the negative part, you develop your ability to receive and understand mental messages. This part also has three phases: first you make yourself receptive and «blank» in the presence of the person from whom you want to receive messages, then you are alone, at a pre-arranged time, that is, knowing who and when to concentrate on you, and finally not knowing it beforehand. The time will come when you will immediately respond to any message from the right person at any time, and then you will hear their voice inside you. Later you will even be able to see this person: his face, his figure, especially his eyes will appear before you like pictures in a dream. And then you will feel much less the shackles of your body, your loneliness and isolation from being imprisoned in the body, you will be able to enjoy the freedom of the Spirit while still in the body, on earth.

Most people's mental nerve centers are so poorly developed that it will take a huge effort on your part for them to receive your message at all, so the best time to do this

is when they are asleep - they will see you in their dreams and receive your messages in their dreams. In time you will discover all the laws of telepathy, for example, you will be able to know immediately if the person you want is busy and you will be able to isolate yourself, if you are busy, from other people's messages. Only a novice student is capable of disturbing someone at inopportune times.

A glowing screen and a helmet to transmit Thoughts.

Doing experiments with the transmission of mental energy over a distance, you can resort to the help of the so-called 'fluorescent screen' prepared from calcium sulphide, which is mixed with dagmarlak in equal volumes and rubbed with it until a homogeneous mass is formed, without any hard pieces. Cover a piece of cardboard or cloth, stretched over a frame of 20 cm x 40 cm or more, with this mixture in a 1/3 mm layer and let it dry in a dark room. In this condition the screen will not be charged and is not suitable for experimentation. To charge it, simply expose it to daylight for 2-3 seconds, after which the screen becomes capable of glowing in the dark for 15-20 minutes. The screen can be used for the following purposes: when it is exposed to human radiation and in particular brain vibrations, its glow intensifies and changes from a weak flicker to a glow. The more intense the thought activity and effort of the Will, the brighter the glow of the screen.

The shape of the glow is seldom constant, but varies according to the range of perceptions to which you direct your attention. With sufficient preparation,

the outlines of the objects on which your Thought has been focused can be projected on the screen. In order to use the screen for the control of emissions during the experiments on the transmission of thoughts you should, having charged it beforehand, hang it at the level of your head at the distance of 10-15 centimeters from you. As soon as you start thinking intensively, the vibrations coming from your brain will immediately increase the luminescence of the screen and you will be able to control the strength or weakness of the radiated energy by the brightness of the screen. If the screen is hung over your head, you will see a glowing ring with brighter spots corresponding to the centers of the brain at that moment. Thus, on the left hemisphere are concentrated the centers of memorizing the meaning of words, movements in the process of speech, the meaning of written words and so on. As the ability to emit continuously and evenly develops, the screen can be moved further away from the head.

For those who are able to exercise alone, we can recommend a device which is a kind of helmet, made of two metals: aluminum and copper. The purpose of the device is to achieve partial isolation of the brain centers by the use of copper plates as conductors of energy, and aluminum plates as insulating some surfaces from the influence of mental vibrations. A copper plate corresponding to the position of the visual centre in both occipital lobes of the brain is used as a receiver and projector of thought emissions. A second plate covers the centers on the left hemisphere for remembering the meaning of words spoken and written. The rest of the skull is protected by 0.5mm thick aluminum.

The edges of the plates and aluminum are perforated and lined with silk ribbon along the same cord, so that the edges of the metal are encircled by a silk roller, by which they are tightly attached to each other to form a helmet to be worn on the head.

Two copper shells covering the ears are attached to the areas of the helmet corresponding to the ears to enhance concentration. This helps to develop the ability to hear clearly. Copper wires are soldered to the copper parts of the helmet and extended to the corresponding plates of the helmet worn on your partner's head. Silk-insulated wires twisted into a single cord may be used for convenience. A switch may be placed in the path of the wires near each helmet to allow the connection to be terminated at any time. In front of you and your partner place circular baffles of matte black cloth with squares of polished copper embedded in the centre, also connected with copper wire. Everyone should concentrate on the plate of the screen, one in the active and the other in the passive state. Usually 2-3 minutes is sufficient for the suggestion to be transmitted. In order to avoid overwork and headaches, the exercise should not last more than 15-20 minutes, repeating at the earliest after 30 minutes. The easiest experiments to perform are visual representations, in which one person concentrates on a picture and the other reproduces it on paper.

CONTACTS

ayfaar.org – It`s official Iissiidiology website. Here you can find the most complete information in all available languages about Iissiidiology and Immortality Accessible to Everyone, free books downloads, videos with Author explanations and articles.

ayfaarpesni.org – Ayfaar Songs-meditations website. The author calls it the «sensual part of IISSIIDIOLOGY».

Because the depth of the Knowledge is laid in each song through the unconditional heartfelt love and joy. In order to study Iissiidiology more effectively and for the harmonious development it is very important to practice the Song`s meditation too.

iiaidc.org – This website contains information about the Idea of Altruism and Intellect Development centers.

iissiidiology.net – The main objective of this project is to show how «Iissiidiology can change life» or, in other words, the application of Iissiidiology in every-day life situations.

This website contains articles written not only by Oris Oris (Iissiidiology author), but also by some of his readers.