

REDEFINING the LIFE and WORLD

NEW ESOTERICA LECTUREs

Ancient future knowledge
for one good way of living, eating, healing, relaxing, entertaining;
Outstripping, adjusting and complementing conventional science.

An attempt for uniting science & esoterics;
An alternative view on human, health, science, society, universe;
A scientific glance beyond & deeper from the dense-physical level,
in the physics and electronics of Mind, Soul, Self,
presented in a brief popular form.
With the aim to teach us how we can live over 200 years,
always in health, joy and beauty; creative & satisfied.

Author – Simon Jivkov, State College, PA, USA;
Sofia, Bulgaria, Europe;
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12. Fasting for Health - eating nothing but fresh juices for several days to cure almost any illness and improve all bodies and mind; Basis of action; Appropriate time for beginning, mode of application, prevention from side effects; start of feeding - the most important part. Psychic obsession, releasing.

13. Home and Living style - home location, layout, heating, beauty, purity, tolerance, humor, harmony; Personal hygiene; Sex- pleasant divine obligation, 7 groups of sex problems, the harm from perverse, insufficient or excessive sex; Energy-info basis of character and behavior; Child upbringing.

14. Social Ethics - the man in the dense world; behavior, vocation, rights and responsibilities; communication, trust, fear, alienation; nutrition ethic, recreation, fun.

Book 3 (more preliminary):

15. Science - Basic sciences; Overview, stagnation, errors and omissions; Hermetic Principles; Physics & philosophy, main principles of CoH; dynamic ether, spin tensor, subtle & dense matter, main fields, Energy, Information; Energetics; Chemistry; Biology.

16. Humanities - Psychology, Psychoanalysis; Language; History; Construction; Transport; Environment.

17. Education - Inconsistent reforms; errors and absurdities; Indigo children; The new school, home school; Individual and friendly teaching; The teacher - friend and authority; Need for great reduction of the volume and errors; Programs and organization changes.

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Chapter 1. INTRODUCTORY OVERVIEW

This book briefly describes a universal knowledge, which can be a new basis for scientific and philosophical development, or directly applicable system of life. It tells about little known old and new scientific discoveries, about the great potential abilities of human – how such simple things like the way of living, thoughts and feelings, food and surroundings, can lead to complete health, strength, creativity, family and social welfare.

Classically *esoteric* means secret, closed, for the initiated only. Today it's often associated with mysticism, fiction and opposition to science. Here *esoteric* stands for ancient or modern extraordinary knowledge, complementing correcting and surpassing conventional sciences and everyday life. *Spiritual* – related to the growth of human spirit, intellect and consciousness, not to any religion or faith. The esoteric knowledge is dynamic – this is their successive update, according to the intellectual and spiritual level of society.

The book has subtitle *New Esoterica*, because it's different from both the standard science, and the usual esoterics. It is a challenge for open, unbiased, constructive-critical thinking. The aim is to consolidate the right and true from the conventional and alternative science, with the correct and useful from esotericism, religions, "New-age", diverse yoga, philosophy and other systems for personal and spiritual improvement.

According to the known scientific laws and social rules, a lot of what is described here may seem utopia and fantasy. However it should not be rejected hastily – let it mature and be considered by the intuition and inner flair, together with the intellect and feelings. Far from everything is known to science today, and it is common the innovations to be accepted slowly and with difficulty. But nowadays, requiring change, they are especially needed, and must be radical. Indicative is the remark of Niels Bohr (One of the creators of contemporary physics, Nobel laureate) "Your hypothesis is not crazy enough to be true"! We should not forget that a big part of yesterday's science fiction today is a scientific truth, and let's hope that this book is crazy enough to be true!

The author does not want to intrude his presence and contribution, that's why he talks about himself in 3rd person. The content of these lectures is his personal conviction, based on his most recent knowledge, which he expresses as a free citizen of the world, according to the Universal Declaration of Human Rights, and with apologies for any omissions, ambiguities and inaccuracies.

OBJECTIVES: 1. To assist everyone, willing to know his proper place in the world, the meaning of life, of human existence.

2. To offer to people a way of living, which can allow them to achieve the divinely provided for each of us 200 to 300 years of life in excellent physical and mental-spiritual health and creative efficiency, in joy and satisfaction.

3. To compensate for a number of errors and incompleteness of Education and Sciences, by giving brief information, esoterically and scientifically accurate, about the past, present and possible future of humankind and world, for the proper utilization of nature and of some unknown human abilities.

4. To prepare "right people", who could make significant positive changes in humanity. This can be done only by radically new methods, because the bad and the negative are permanently embedded in human society as a self-sustaining system and would continue to deepen, to distort and complicate the life. They can not be removed through the ordinary methods.

The lectures are not intended, and it's not possible in this short version, they to persuade and to prove, therefore mostly rely on intuition, internal flair and unbiased open mind.

ESOTERIC KNOWLEDGE

has been given since ancient times. Most religions in their initial versions had a correct esoteric basis. Alas, only a small part of it is preserved today in Vedas, Mahabharata, Talmud, Bible, etc, and mostly in allegorical, encrypted, masked and other difficult to understand forms.

Some more remarkable previous esoteric editions are as follows.

At the end of the 19th century *Helena Blavatsky* creates the Theosophical Society and gives the world the "Isis Unveiled" (in brief) and the "Secret doctrine" (in detail). The reader can only admire the great erudition of the author in so many scientific fields. She had received the information mainly esoterically, and then presented and commented it according to her worldview. The edition is huge and very few can read all the volumes, and even fewer can understand and comprehend them.

The Anthroposophy of *Rudolf Steiner* from the early 20th century, beginning with the "Philosophy of Freedom", 1894, is a universal knowledge, both theoretical and applied, about the human and his environment. It is an extension of Theosophy, a synthesis of science, religion and esotericism, through the ability of the author to directly access the cosmic wisdom. It rejects the mysticism as inappropriate for the modern time and focuses on the spiritual individualism. It also gives interesting guidance on a number of sciences, and a new gymnastics – eurhythmy.

In the 20 - 30-ies of the 20th century, *Helena Roerich* issued the multi-volume series Agni Yoga (Yoga of fire, doctrine of "Living ethics"). It's more closely targeted at improving lifestyles and achieving higher abilities. The author's participation is less than in Blavatsky's work, they are closer to the Great Teachers instructions. The reading material is quite a large amount, presented in unusual layout, with many

challenges and allegories. A lot of things in it could be understood only by high level readers, after several readings and deep reflection. The most concentrated, concise and accurate is the 4th book, titled as the entire series – Agni Yoga.

Until now there has been no comprehensive and well organized edition of the esoteric knowledge. Classical narrations have relied mainly on emotions, usually by philosophical, mystical and allegorical parables, stories, poetry, occult and spiritual demonstrations of small miracles. In pure, proper form only parts of the esoteric knowledge have been given, only in closed schools for students of a high level.

Today, along with useful new and classic publications, there are many esoteric-like fantasies, prophecies, dictations, channelings, etc, offering too little information but too much fiction. The right useful knowledge (below 4% on average), is difficult to extract and is quite discredited, "embellished" by the flood of false tales. This leads to a huge chaos in the knowledge and thoughts of the naive reader and mistrust and derision in the rational one. Besides, many authors tend to reduce the truth and to increase the fiction in each subsequent book. However, every compromise with the truth increases the overt or subtle pressure over the author for further compromises. Because of all this, popular esotericism has a limited audience, poor efficiency and short-term impact on the society.

THESE LECTURES

seek to minimize mentioned shortcomings. They are a unique attempt to cover all major areas of nature and human society, briefly, precisely, systematically, without mysticism and fantasy, with a scientific approach. The aim is to give the most important and significant, on a simple comprehensible language. Part of the information is given for the first time on this planet or for this epoch. Some questions are only hinted, because public information on them can not be provided. For the same reason, some terms are given as an abbreviation only.

The lectures are result of many years careful data collection – drop by drop, step by step. Some conclusions are reached after long and difficult efforts. They kindly offer, not impose; give an overall outlook, rather than fragmental views; provide knowledge, not blind faith. Emotional belief is good only to consolidate the knowledge, achieved via intelligence, logic, intuition and inner flair. Only true & accurate information, to the best faculties of the author, is given, based on the knowledge, experience and attitude of a human in dense-physical body, but with some enhanced abilities.

Many of the historic, world-changing discoveries of Newton, Mendeleev, Tesla, Niels Bohr, Einstein, Schrodinger are made under the inspiration and updated interpretation of the esoteric wisdom of Mahabharata, Upanishad,

Vedas, or directly sensing the Huge Divine Data-Base, known as Akashic records (the overall memory and management of the Universe, short name – Akasha). The author definitely prefers and uses the last one, but is far from self-conceit of perfection or omniscience. He only wishes to share his knowledge and experience, as guidance to how one can achieve and continue all described here, but everyone has to find his own right way.

Only some errors and omissions in the lectures have been adjusted by some Great Spiritual Masters – they are not allowed to directly involve in the human life. The lectures do not claim to be unique, final or the best – the world is diverse and dynamic. It can be studied from different perspectives and knowledge of it is constantly updated. The author expresses his vision and understanding – someone else can describe the same things in a different, but also true way. There were, there are, and there will be such sort of publications. All these are to some extent complementary, discussing the things from different points of view, appropriate for different types of people. The author welcomes all of them and especially acclaims those, which will be on a higher and better level!

The lectures seek to be on a contemporary language, consistent with the cultural and scientific level of today's society. The Sanskrit and many other foreign and obsolete words and notions from Eastern philosophy, widely used in the esoteric literature, are not necessary. They impede the learning and memorizing, especially in a Western-style society. Therefore only a few of them, attained international popularity, are used here – like akasha, karma, prana, besides their meanings are accurately defined.

A very important topic is the research with physical and electronic apparatus, supporting some of the opinions, advocated herein. Something that most esoterics neglect or completely ignore! Alas, what is available is too little and not very convincing. In Chapter 19 will be given a selection of the more serious and important research from the last centuries, including some of the results, obtained by the author. Almost no scientists work in this field, because it doesn't bring money, fame and quotes, but a danger of ridicule and rejection by the "serious" scientific community.

Alas, there are many unskillful and naive publications, which discredit the topic, repel unbiased researchers, serious readers. But even the well-done is often ignored or denied stubbornly by the constricted conservative scientists. In the similar way, as in the Middle Ages is rejected the Heliocentric theory of Copernicus; As in 1848 is ridiculed and shut in madhouse Ignaz Semmelweis, for his claim that micro-particles cause some diseases (later worldwide accepted as bacteria and viruses); Even in 1982 is disgraced Daniel Shechtman, for his "fake" discovery of quasi-crystals (granted with Nobel Prize in 2011); And so many others.

FOREWORD

So little is needed for normal life of a human, but today's increasingly commercialized industry produces so many unnecessary articles and services, many of them harmful. People suffer from lots of diseases and disabilities, from the arbitrariness of their bosses, of administrators and politicians, impudent persons, criminals and robbers, from unreasonable society organization. They buy a lot of goods and serve them, instead of goods serving the people. Life is oriented mainly toward money, possessions, unhealthy pleasures, machinery and technologies. The spirit development is highly neglected. Science and religions give contradictory and unsatisfactory answers to basic questions about the creation of the universe and man, of the meaning of human existence. Fewer and fewer people believe that the life and human have arisen by themselves, from random mutations or created by an invisible white-bearded old man, titled God. More and more understand that the society is too commercialized, the spirit, moral, ethics and aesthetics are diminished. They are convinced that this situation should change substantially.

There are 4 main approaches when addressing these basic questions:

1- The *religious* approach is the most incomplete and distorted today – an irrelevant atavism, but with a huge number of followers, not satisfied from the public, family and social education and science. Religion originates on the basis of esoterics, but much of the wisdom and usefulness is forgotten or intentionally removed and most churches serve political, commercial and special interest, although disguised under specious form. Atheism is also a faith, a sort of religious belief, as well as the belonging to some political parties. All these are based on unconditional obedience and loyalty to a leader or ideology, without significant logic and merit. Some more proper religions (Buddhism, Taoism, Baha'i) might be helpful, but they can not provide significant and superior knowledge and abilities.

2- *Standard science* is more complete as a philosophy, but only within the familiar dense-physical level. It can not answer some basic philosophical questions and can not explain many natural and scientific phenomena; it often denies them without studying or gives naive and illogical, but scientific-like explanations. Yet religion "explains" those as a miracle or Devil's creation. Sciences stagnate, with many contradictions and errors, but the majority scientists are too conservative and overweening to admit that. In certain respects science is like a religion – it examines only areas that are believed to be proper, and in such a way as not to conflict with accepted scientific paradigms and large commercial interests – otherwise the research will be declared unscientific, mysticism, pseudoscience, quackery.

3- *Alternative sciences* is a general name for a number of innovative research areas, group or individual, partially accepted or not recognized by the standard

scientific community. E.g. Galilean Electrodynamics, Union of Natural Philosophy, Russian Academy of Natural Sciences, Harold Aspden, Gennady Shipov and many others. Their views on many subjects are better than of the mainstream science.

4- The *esoteric*, the oldest one, was already discussed briefly. Herein should be included the various versions of yoga, New Age and other unconventional philosophies and the numerous people, who have adopted only some elements of the above 3 groups, seeking new and independent pathways and lifestyle.

The NEW SUGGESTIONS in brief

Most of these 4 approaches barely or not at all recognize each other, some even furiously oppose the others. Once again under the old maxim "Divide and conquer" – in this case people's minds, but also the public funds.

None of them provides a complete and accurate picture of human, society and universe. It is therefore necessary to combine everything right and useful from them, then honestly and bravely to recognize the wrong and incomplete, and to seek corrections through new scientific research – theoretical and experimental. It must be open-minded, free from faith and paradigms, from commercial and personal interests, guided by the scientific intuition and Cosmic wisdom.

Let's make the first step! Let's free ourselves from conservatism and prejudices, and allow us to realize that we know only a small part of the surrounding world, due to our very limited senses. We see in a very small area of the electromagnetic spectrum; we hear a small part of the audio range; we sense only one kind of matter and consider it is the only possible. This leads to a limitation of thought and research into the framework of the known – standard science is unaware of many aspects of the deep outer space, as well as of the nearby nature, of human and his psyche.

Based on all these considerations, the author offers, for now in a popular form, a **Comprehensive Hypothesis (CoH)** for the creation and structure of Universe.

Guidelines for the accuracy of CoH will be:

- 1- CoH should provide a global and consistent picture of the world;
- 2- CoH should either accept the existing scientific theories, or include them as specific cases, or successfully correct them;
- 3- CoH should explain the mysteries of nature, unresolved scientific phenomena and social enigmas;
- 4- CoH should have experimental verification and confirmation, initially of some of its elements and their consequences.

By raising the number of confirmations, this hypothesis increasingly should be considered to be Unified theory of the Cosmo- and Anthro- genesis, and of the structure of Human and Universe.

Key elements of CoH: The basic finest physical substance of the universe is the well-known from ancient time ether, which fills all the space. In its field are created all matters and fields of our universe, and they are in state of limitedly and conditionally determined chaos. Ether was rejected by the standard science, but then again implicitly accepted as Vacuum with non-zero parameters. This will be discussed in chap. 5 & 15.

Besides the visible and tangible dense body, everyone has several others. They are also physical, but made from finer matter – subtle, unknown to the conventional science. They are called *vital, astral & mental*. Each one of them penetrates and covers the previous denser one. Any change in a subtle body causes corresponding changes in the denser one. The reverse dependence is weaker. There are many beings having only subtle bodies, therefore they are invisible and unknown to us. Certain types of subtle matter can be registered through known physical technologies and there are such attempts from many years. The influence of subtle matter and subtle beings is manifested in some scientific experiments, but is being declared noise, occasional errors, artifacts, or simply ignored. The way of thinking of a standard scientist does not recognize this, even carefully rejects it.

The existence of ether and subtle matter and the definition of matter as a state of the ether are **1st Element of CoH**.

The human bodies would have been only pieces of lifeless matter, if they did not possess a specific info-kernel, called soul, spirit, I, Self – let's accept **Self**. This is very specific software, containing algorithms and data, required for functioning of the complicated precision device Human body, and usually is created thousands of years ago. Having a high degree of autonomy, these Selves cyclically enrich and improve themselves in numerous implementations – births (incarnations) in various dense-physical bodies. When a person falls asleep, part of his Self temporarily leaves the dense body, together with the subtle bodies, for energy charging and training in a different time-space. At the moment of death the Self permanently leaves the dense body and after a period of living in the subtle (astral) world, begins the next life as a new person, but always keeps part of the previous one. The Self has several components – *dense, subconscious, conscious, over-conscious (higher) and Super Self*. Around all bodies and Selves there is a protective subtle-energy cover, called Aura. This matter is explained in more details in chap. 3.

Because the Self is the consciousness, the person - personal pronouns **he, him, his** will be used in this book for the Self. The new word **Mentral** will be used, as a term for nonreligious complex-spiritual growth – intellectual, astral and mental.

Let's accept the name Gods for the creators of our world, as an available term, not as religiousness. By their will, they create, manage and maintain the physical world – the subtle planes and the dense plane, which we know and observe. The order of creation is top down – first the highest, the finest, then the denser. The higher planes have more dimensions, but smaller volume. They are similar to a computer simulation of the next lower, denser plane.

Let's assume that the question of origin, structure and existence of Gods, as too complicated for human level, is beyond the scope of this book. And let us confine to our universe, to the origin, structure, health and advancement of human.

The divine-informational creation and control of the world is **2nd Element of CoH**.

Man was created to produce a basic vital substance, required for the divine world. It is simultaneously food, energy, drink, creativity, vitality, pleasure. In this book will be used the name Loosh, created by Robert Monroe, who properly and colorfully describes the subject in his book *Journey out of the body*. This ubiquitous substance was very insufficient, so a decision was taken, to establish a factory / garden for additional production. Earth is part of that first garden for producing food for the gods – Loosh. This is the **1st** purpose of the dense world. Improving human "Selves" (School for the souls) is the **2nd**. Experimental laboratory for gods and other higher-level beings is the **3rd** one.

The emotions of the living creatures generate Loosh. Initially, low quality Loosh was produced on the basis of destruction (harvest) and conflict (predator – prey). After many experiments, as part of the 4th modified crop, a producer of fine distilled Loosh was obtained; he called himself Human. Gods of lower rank than the Creators ensure the functioning of the garden and the collection of Loosh. One of the best, taking care of Earth, is Jesus-Christ.

High quality Loosh is generated by positive emotions – love (sexual & universal), joy, happiness, hope, longing, creation, delight with beauty (which will save the world!); orgasm creates the most concentrated Loosh. That's why Jesus-Christ explicitly advises everything to be done with love. Human is given a kind of hidden superiority over everything, the nature is modified to provide him with a suitable environment for the production of Loosh. People produce Loosh for the gods and the divine world, to maintain the physical world, as well as for their own use. Universe is to a big extent based on the positive thoughts and emotions of humans and many other similar creatures from the next Loosh-gardens. Many of them are quite different from Human, but all are based on the leading role of Love.

Human is created as a Loosh-producing device – **3rd Element of CoH**.

Good and evil are complementary parts of the whole, in the original intent of the Creators, evil is like a negative example. But today dominate negative emotions and actions – fear, sadness, envy, hate, violence, bigotry, terrorism, wars etc. One main reason for this has roots in the distant past of the "Loosh-garden", when external spiritual beings are allowed to collect the unused remnants of Loosh. Gradually they cease to comply with some rules of the Garden and make modifications, aimed at troubling the life. This gives them more low-grade Loosh of misery and suffering, which they prefer, as they are on a much lower level, than the Creators. They are known as Illuminati, Gray, Dark, etc., but information about them is very little and is often highly distorted. Let's use the summarizing, well befitting them name Darkinati.

Today they are like a huge invisible tumor. Directly or indirectly, they control many politicians, scientists, musicians who are often too zealous in their obedience and servility. Through them or directly they provoke wars and conflicts, instill perverse and ugly behavior, encourage negative thoughts and events. Many of the illogical and inadequate political and social events and personal problems are their "merit". Mainly they prevent researchers from investigating and discovering the subtle matter and energy, something that would radically improve science and life.

There are other impeding creatures too, but our attitude toward all of them should be of harmonious overcoming with understanding and love.

Their existence is the **4th Element of CoH**. It may sound fantastic, but is true – a lot of things are concealed in order to maintain the status quo of obedient ignorance.

5th Element of CoH – there were no diseases in the early epochs of humankind (epochs unknown for today's anthropology), and the causes for many sicknesses are very different from those, adopted or searched today. While other sciences have some errors and omissions, in the standard medicine is reigning almost complete ignorance for the genuine causes of diseases and proper treatment. Real health can be achieved through accumulation of knowledge, proper prophylaxis and self-improvement. The focus should be on the person and root causes for the lost health, rather than on the illnesses and symptoms.

Although it might be very unexpected and hard to believe, the main causes of most diseases, disabilities and failures are inside our mind, in the way of thinking and perception of the world and oneself in it. And in the wrong emotional state – instead of joy, love and warmth, often predominate sadness, sorrow, frustration; anger, hatred, distress. All these impede many body functions, and generate subtle toxins, unknown to the standard medicine, which further degrade or block the health! Other important

causes are wrong nutrition, electro-smog (cell phones, microwaves, computers, power lines), psychotronic harms, devilry, infections, harmful music, noise, smog, standard drugs (half of them dangerously harmful, many are commercially created for profit!), geo-anomalous areas; harmful to the psyche TV programs, movies, Internet contents.

The illness is usually a signal for wrong style of life. Sometimes it's a sign that it is necessary to go back in time – in this or previous lives, and to resolve important karmic problem, but it can be also an incentive for mental development, or due to non-utilization of the potential talents. Alas, usually it comes to pain and suffering, as compulsion to think truly, in a new way, for the meaning of the illnesses and life, but often even they do not help. The patient should fully revise his way of thinking, his understanding of the things of life. He should not just call the doctor and wait for a magic pill, but should be the main, the active healer. Everyone should educate himself to the minimum required knowledge, in order to be personally responsible for his life and health. It is not reasonable to assign these vitally important rights and obligations to another, who might be commercialized or ignorant!

Many allergies and infections, almost all tumors, many cancers and other ailments, considered as only harmful, as disease, are mainly healing – they transform dangerous, mostly subtle substances into less harmful and easily removable ones. They are our friends and we should not try to eliminate them at once, but only to reduce them to a level, not disturbing the life. They will gladly go away, when get their job done! Therefore it is important to help them, and to stop creating them new work, through our wrong thoughts and emotions.

The growing loneliness and alienation in the last years, is getting lower and lower the *horizontal exchange* between people, and leads to accumulation in the body of subtle energies, unused for that purpose. This can cause many acute and chronic illnesses, both mental and physical.

Health is a divine grant, but very conditional. If we have lost it, we can recover only through special care, only if we change fundamentally our way of life, thinking and dealings, against a wide range of the public beliefs! The role of the new genuine doctor will be to guide and support, and to carry out some emergency treatments. Mainly – to teach the patient how to live so, as not to get sick! And of course, as in ancient China, to be the better paid, the less are diseased in his contingent!

It is not acceptable also that poor man should be restricted from healing, and it is a crime one to get rich through the pain and suffering of the people.

The most important *treatments* are: Taking everything in the life optimally easy, with impartial warmth and understanding first to myself,

then to everyone and everything, with love and joy, humble dignity, never servility or humility; Complete tuning myself, my thought and will to active healing, confidence in my strength and power, in my ability to overcome and surmount any disease; Loving myself, my body, every organ, every cell; Deep cleansing from subtle and dense toxins & wastes of all bodies and Selves, of all thoughts and feelings; Tracing and realizing the most important missteps in life, and mentally, in our thoughts, acting them out in new and better ways; Regular proper sex with love till the last day of life!

Substantial health cares are also minimization of the psycho- and electro- smog, healing meditation by the doctor and mainly by the patient; release from karma, change of home and/or work (if they are bad); electric and magnetic therapy, fasting for health, homeopathy, phytotherapy, some standard drugs (but only 6-7% of them are significantly helpful), proper psychoanalysis; good quality sleep, food, water, air, sun, movement, music, etc.! Everything with the strong belief and knowing, that we can, and will, not only to improve our health, but to get completely healthy, released from any illness.

When we are cold, we have to dress up a new, beautiful, warm coat. In a similar way our soul needs to be dressed in love, joy and warmth, in order to have no stress, depression and disease. Alas, often we do not realize how much we need this new coat, but wear the old one – not quite beautiful, worn-out and uncomfortable, but the one with which we are firmly accustomed and can not decide to renew it.

Proper nutrition is essential for healthy body and mind. The food is the physical basis of both the dense and the subtle bodies. It should be innocuous, salutary, tasty and desirably beautiful. There is a huge misunderstanding about good nutrition in today's society! The basic food for a proper spiritual growth should be raw plants – fruits, vegetables and nuts. It is advisable that they are an essential part of every meal – fruits for breakfast, vegetable salad (without spicy vinegary dressing) at lunch and dinner; minimum or no meat, not too spicy or sour, not too much cocoa, pastries, coffee, garlic, onions, pasta; without overeating.

A general good habit is to start the day with a teaspoonful of baking soda in a glass of warm water, and to finish it with a valerian pill.

Namely these briefly listed cares for body and mind are prerequisite for the planned in everybody 200 to 300 years of life – healthy, happy, successful until the very last day. They will be discussed in more details in the next chapters.

And through special development of the hidden latent abilities one can live 500 or 1000 years, or as long as he/she decides, in even higher-quality health, happiness and satisfaction.

The common factual situation of much shorter and very sick life does not prove that this is natural or insuperable – rather it shows again that we need general change in the way we live! Direct evidence can not be given! It will be shown and proven gradually by those of us, who with wisely open mind will get rid of wrong habits and prejudices, of mental and physical harms. But we should not expect significant results from partial and half-way changes. A total general renewal is needed, a completely different style of life, a sort of rebirth in the same life! For skeptics, who would argue that these are empty fantasies, may be noted that the progress of humankind is provided primarily by such "fantasies".

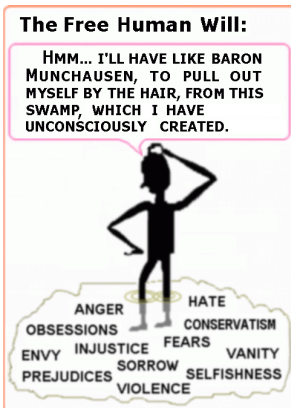
6th Element of CoH – nature and meaning of the Free Human Will. Many thousands of years ago the human was gradually deprived from the infallible internal knowing, which he enjoyed initially, but had been given the Free Will – a brand new means of innovative creativity. In this way man has been left to wander, to make mistakes, to rediscover from dense level the knowledge, well known on the subtle levels. But to have a very important ability – to discover completely new things, unknown and unachievable without the Free Will.

Unfortunately, due to these searches, wanderings, trials and errors, an unpleasant "side effect" of the **Free Will** is manifested – it has become the major degrading and harming factor for the human society. Most people have been falling into the morass of vices, evils, selfishness, ignorance, fears, obsessions, excessive fashion, etc. – all those result mainly from the Free Will. However, in the Free Will is embedded an important feature – the ability to be curbed and cultivated by itself. Those people, who have freed

themselves from the negative parts of their Free Will and are advancing due to the positive parts, namely they can lead the others into a great direction.

This will be the Greatest Success of the Human, of Humankind!

So the Earth, being one of the first, therefore quite imperfect gardens for Loosh, due to the Darkinati, the rampant **Free Human Will** and a variety of other probations, is a very difficult, but extremely effective school – a great progress for those few, who graduate with good results.



SOME COMMON PIECES OF ADVICE

Good people have protection, but it is not absolute, and their good nature often makes them easily vulnerable. We should not forget the danger of improper meditation, harmful hypnosis or fake "spiritual teacher". This should not scare us, but remind us that careful protection is required – with a sense of power, not of fear. This will be explained in Ch. 6. The esoteric knowledge should be presented to no more than 12 people in a hall. A good spiritual teacher is needed (not necessarily in a dense-physical body, though), to protect us from mistakes and to suggest a proper way. The real lecturer / teacher is confident, warm and impartial, attentive, tolerant and understanding towards every one, with humbleness and dignity inspires mutual respect and trust; He's always open for improvement, happy if his follower surpasses him.

A major problem in esoteric courses and books is to determine what is right and what is not – often the truth is not presented overtly, but through suggestion or allegory. A higher level knowledge can be learned only if there is no disturbing influence, but tranquility and mental purity, through quiet meditation (concentrated mind and higher consciousness), clairvoyance, esoteric pendulum, etc. Typically, wrong places can be distinguished by some of the following: They promise quick and easily obtainable knowledge, health, perfection; They frighten you with terrible consequences if you don't go to them; They demand uncritical blind trust in their teaching; They claim omniscience and majesty; They are too verbose, preaching, chaotic, unclear. In many courses meditation of more than 4-5 persons is being practiced, which can be dangerous, although not immediately obvious, so it is not recommended.

In order to have a **basis for proper and successful progress**, one should: Communicate properly with enough, but not too many people; Aspire to beauty and harmony in the family, at work, in society; Be tolerant of the mistakes and faults of others – neither approve them, nor judge them severely; Maintain own free view of life, but not impose it – to respect the right of everyone for individual way of living, for own path to the truth; Be open for everything new, but not uncritical; Maintain a balance between benevolent criticism and faith; Not allow any element of fanaticism, confinement within one belief, rule, axiom, doctrine; Avoid any feeling of being omniscient, founder of the most important single truth; Not parade with his knowledge and might, but maintain a good balance between strength and modesty; Know what and how can be changed, and what should be accepted with wise humbleness; Aspire to harmony between reason and feelings, on the basis of inner flair and intuition. The wise rule for "the Golden middle" – for avoiding extremes, is usually the best counselor.

Everyone's wisdom has to suggest him the appropriate balance of attention and love toward himself, family, friends, Creators, Nature. It is not shameful to admit mistakes and learn from them, but it's shameful and unacceptable if we continue making them after being realized. A strong person can be either alone or among people – in the herd, but always remains independent and free, never becomes part of the herd. A weak one can not be distinguished from the herd, he is part of it, he is afraid to separate from it, it's very difficult for him to exist outside of the herd.

One can encounter the claim that everybody has a divine spark, but this term has different meanings and nuances. What is initially given by the divine level is rather a latent embryo. It might become a spark after many successful lives in wisdom and complex improvement (physical, intellectual, emotional, ethical and spiritual). Only a few hundreds of thousands people on Earth have achieved a divine spark, only half of them know that. Only half of those who know, also consciously comprehend this, and barely one third of those who have comprehended, have properly activated it – they can be treated as a potential embryo of a future god.

A person with a properly activated divine spark can fully master his own body, health, thoughts, soul, appearance; Terrestrial, underground and aerial elements; Be immune to any damage; Be in complete harmony with vicinity; Provide sun or rain, heat or cold; Prevent drought, hail or flood; Live as long as decides! Reigns body and soul, life and death, past and future, human and nature. Become Initiated, Great teacher, God.

Some people have gotten fragmentary special knowledge, healing ability, clairvoyance, etc. – already achieved in a previous life, due to potential makings, or other reasons. It should be noted – this is only a prompting, a proposal for growth. If these abilities are not consciously improved, if there is no movement, elan, they will drop out or become distorted. The knowledge is necessary but is not sufficient – very important are also the conscious awareness, proper development and implementation.

Now we can finish the started in the foreword

WELL-MEANING CRITICAL REVIEW

Despite of the claims for highly developed science, technology and medicine, there are more and more diseases and sick persons. People are increasingly weaker spiritually and physically, easier for manipulations and delusions. More and more of them are insecure and disappointed, stressed, depressed and self-isolated; Others are too selfish and presumptuous; Thirds have sunk into idleness or carelessness. But also increasing are seekers for substantially new knowledge and lifestyle!

The total military confrontation has been replaced by local, civil, between ethnicities and religions, by mental, psychotronic and other implicit types, many of which are difficult to detect and overcome. Public control and independent corrective are very insufficient in many areas. Instilling of fear from pandemics, new terrible diseases, terrorism, communism, cataclysms can be observed; People are manipulated with specious chimeras – equal start, equal opportunity, free market.

Increasingly are applied harmful security measures, dangerous drugs and vaccines ostensibly for health. Emphasis is often placed on the rights of criminals, perverts, minorities, animals... Openly or covertly is being stimulated violence, aggression, hatred, other harmful passions, perverse or excessive sex or shame of sex – via psy-impacts, part of the popular music, many movies, TV and other programs, commercials, internet.

The true rulers of today's world are outside the media, beyond politics and administration, which only service them. Those rulers are a complex entangled conglomeration of monopolism, commercialism, obsessions, poor education, high cunning, huge self-conceit, plus strong support from inferior-astral and Darkinati level. Their personalities, organization and structure are almost unlocatable and untouchable from dense-physical level. They firmly maintain the profitable for them status quo, restrict any information, scientific discovery, creative achievement, any group or organization, which may threaten their unlimited power. Some of the scientists, politicians, public figures, who begin to understand the true profound reality, are routinely isolated directly or through subtle subversive ways.

As already said, this unenviable condition is a consequence and is interlinked with the increasingly distorted, unnatural thoughts and feelings, nutrition, behavior, the entire way of life of the humankind. However we should not be frightened or stressed from all these facts, but to watch everything with wise, analyzing impartiality. We have to live in joyful serenity, to extract predominantly the good, the healthy, the positive from every situation.

Here the emphasis was intentionally placed on the bad, in order to highlight its depth, its blocking effect, the impossibility for substantial improvement through conventional ways.

In order to understand some unconventional ways, we need a

BRIEF HISTORICAL PRELUDE

There are sporadic evidences of previous human civilizations, which have disappeared in planetary cataclysms, like the sinking of Lemuria or Atlantis or burying under sand of Sahara, after which new epochs have been started.

There is a hypothesis, that due to the unacceptably deep distortion of humanity, similar events with reorganization of the continents for a new epoch are forthcoming. Direct proof of this is impossible and senseless – if this would happen, there would be no whom to show the proof! But living and progressing in such a fear would be quite uncomfortable, of poor quality, not very successful, not very healthy.

And we should not be afraid, because there is another hypothesis – that in the 1st – it's in our power to change such events, and in the 2nd – they are no longer relevant. Namely this hypothesis is endorsed by the Author and it consists in the following:

We live in a difficult and complicated time, but also very promising, constructive and creative. The Earth civilization is in a long transitional process. There have been hundreds of years of preparation, in spiral fluctuations, slowly gaining strength, starting with the first successes of the European Renaissance. It had been gradually established and periodically reinforced a clear general trend that self-destruction will not occur with this civilization! The last versions of astral images and records for a devastating cataclysm had been the prediction for such events around 1991. These potential disasters had been seen by Nostradamus and Edgar Cayce, by many other clairvoyants, people in hypnotic regression or out of body experience.

However, after 1988, such evidences rapidly decrease and near 1990 cease! Namely, at that time the astral space was cleansed of most of the residual records for such events, and these adjustments have been written in *Akasha*. It has become possible because of the significant mental-spiritual and complex progress of many of our predecessors, and of some of us – a predominance of the positive **Free Human Will** has been achieved. This definitely and irreversibly has abrogated the possibility of devastating for people changes in the Earth's crust.

Thereby has been completed the preparatory phase of the new – the Smooth type of transition between epochs, thanks to the wise implicit advices and subtle guidance from a group of Great spiritual teachers, led by Master Kuthumi. The "predictions" for cataclysms in 2000, 2001, 2012, etc., made after 1990, are because of not cleaned astral residues for 1991, misleading malicious intimidation, or due to the inability of many clairvoyants to distinguish real astral images from egregores, created by deluded, frightened and confused people. In this way all they, being the victim of delusion, are becoming also its amplifiers and distributors.

The SMOOTH TRANSITION

is a latent ability, embedded in Earth's world, to move smoothly towards a new, superior epoch, new type of man and society gradually, in small steps, without removal of the current population, without destructions.

Now it's our turn to continue with the first step of the Transition, or some other wise superior way. This will not happen automatically, as some people wrongly believe. It is naive to expect that we will deserve this by lapsing into vices, by harming ourselves and Nature, or by laziness and indolence – the main occupation of so many people today.

It is important to know that on subtle-energy level there have been very good natural-cosmic conditions, during the last decades, very helpful for this amazing transition, for so much needed radical rehabilitation of humanity. They will continue in the coming decades and we should utilize them as effectively as possible. These are changes in the subtle Info-Energy fields, periodic alterations in some parameters of the "subtle atmosphere". For example, spatial waves of chaos, from which the higher mind creates better orderliness (cosmos), the lower – higher mess. They are mostly soft, gradual, in spiral iterations – assist, encourage, sometimes require, from the potentially right people to heal and improve themselves. They might be quite shaking and jouncing our soul and body, in order after that we to have the chance to settle them more correctly, accurately, in better harmony with ourselves, with our own right, better world.

We should take them with a lot of wisdom and understanding, because for many of us they could be a very difficult challenge. In more sensitive people they can cause or worsen health issues of the heart, immune and endocrine systems, allergies, depression. As well as emotional and intellectual degradation, increased criminality and other inappropriate behavior among the weak in spirit people. Many cases of arrhythmia, pulsation in different organs or in the whole body, anxiety, depressive or euphoric mood swings, some difficulties with balance and orientation, with concentration, memorizing and many others, are readjusting response of our body and mind to these subtle En-Info changes. And we should help with a lot of patience, attention and love, with proper mental and physical techniques, subject of the next chapters. Many of those difficulties are a prompt for advancement from the type "necessity will teach us" (when the wisdom is not reached). Each pressure from the subtle atmosphere is another chance for us to use to the best advantage – to take a step, even if it's a small one, in the way of our perfection.

An individual or a small group can change their lifestyle, so as to minimize the most harmful influences, coming from the outside world, and to live in joy and peace, in elan to further progress, prosperous and satisfied – only right strong will, intuition and common sense are necessary. This is the best way of life, in the often tense and troubled world today. However, human society, as a whole, is a conservative self-sustaining system, which doesn't allow significant changes that originate only from the familiar to us dense-physical level.

A total change, leading to Smooth transition or another great improvement, is possible only through radically new, fine-psychic and subtle-energy-info methods, unknown and impossible as per today's scientific and social paradigms.

First and essential is the need for new knowledge – correct and comprehensive, available and accessible to everyone. On its basis most advanced people (few, but very wise and powerful), will generate active influence, in the beginning only remotely, on Info-Energy level – through their highly developed thought and will. This process will gradually build the subtle "body" of the changes, which will progressively cause corresponding modifications in the dense level. These lectures are a modest example of such knowledge in a popular concise form.

The process can further continue with direct suggestions of the new knowledge – through books, radio, TV, internet, talks, advices, personal example. This will continue the building process of both the subtle and the dense level of the transition. Part of the other people will adopt this new knowledge, and through their thoughts (though weak, but numerous) they will be passively facilitating the change. The active and the passive direction will be supporting, complementing and reinforcing each other. They will assist more and more people to accept the new knowledge, more and more scientists and public figures to prove and apply CoH and other similar hypotheses, to complement and expand them.

This is the essence of the Transition, of the creation of a New World – a major internal change in the way of thinking and feeling, in knowledge and aspirations. From the dense-physical plane will be gradually amended and synchronized the dense and subtle parts of the bodies and Selves, toward a higher advanced level.

Peaceful and safe processes, but irresistible and irreversible.

As an application of the new mighty abilities, the most advanced of us will be able through their thought and the will:

To acquire complete mental and physical health and perfection and to help the others to achieve this;

To improve safely and harmlessly some processes in Nature and society;

To "repair" some individuals, highly damaging for the others;

To prevent some offenses – physical and mental violence, murder, theft, vandalism, harmful noise, loud disturbing music;

To create conditions that support positive, constructive, creative thoughts and actions, more pure, fine and noble ways of thinking and communicating.

Those will facilitate further development, will be a warning to offenders, a hope for victims, a manifestation of wisdom and nobility, strength and inviolability.

All for the sake of the good people, who are the vast majority, though sometimes not quite obvious.

CONCLUSION

One should know the eternal truth that the constructive light forces of good are more powerful than the destructive dark forces of evil. This is a fundamental basis, required for the existence of the world. Sometimes it seems on the contrary, but it is permissible only temporarily and locally. However, we should not belittle the power of the dark forces – that would be falling into the trap of excessive self-confidence and negligence.

The progressing human must be strong and stable on his bright path, not amenable to delusions and negative influences. Despair can only be allowed as a temporary respite, to collect strength, to raise the decisiveness. There may be an apparent decline, in case of essential turning points, due to the reorganization of forces and values. Often the most hopeless-looking situation can have a successful outcome, but a calm, open, confident mind is needed to see it.

The seeker for perfection can rely on the healing and enlightening radiations of the Great Spiritual Teachers and the Universal White Brotherhood. But in order to receive them successfully, one should be properly tuned, in inner peace, led by love and kindness. Some people have set even higher challenge – to progress without obvious external confirmations that they are moving on the right track. They have to convince themselves indirectly, through logic, intuition, inner flair.

It is useful to know, that every action and every thought of every person are recorded in *Akasha* and can be shown to him/her in the discussion, which follows the completion of every dense life on Earth.

We have the right and moral duty to offer our knowledge to everyone, who is likely to accept it, but not to confined and ignorant people, who will only think we are crazy – a skeptic can hardly be convinced of something new. On the other hand doing good can sometimes be painful, met with undeserved insults and ridicule, even accusations – one has to be ready to accept this heavy cross in some cases, if he considers that he is able to do this.

The ignorance of the society is not an excuse for ignorance of the individual. There is natural and smart knowledge, although not widely available, inherited from our ancient ancestors and also other – achieved by some open-minded scientists today. The lack of acceptance by the conservative or commercialized academics does not mean it is not true. Everyone determines for himself what to learn and accept and must seek for the proper knowledge, with a pure open-mind, in order to find it.

We have to remember that only 3 centuries ago, science did not know electricity, although manifested in nature and some experiments. Today's situation is similar with subtle energies and matters - still forthcoming is their unveiling and manifestation before the scientific community, like the first attempts of Benjamin Franklin with electricity. Using his esoteric abilities he understood the presence of this phenomenon in lightnings, and succeeded to prove it in 1749, inventing the lightning rod.
