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Gertcel David

The Word of Eternal Silence

*49 Steps of Spiritual
Ascent*

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Аннотация

The Kabbalah sages asserted that the primary benefit of ancient knowledge is that it develops entirely different areas of the mind, areas that remain dormant in most of humanity from lifetime to lifetime. Most importantly, secret knowledge can help spiritual seekers understand and fulfill their mission on Earth.

Many excerpts from the Zohar and other Kabbalah books of the 13th century are published for the first time.

The book was translated into English using Google Translator.

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INTRODUCTION

We all have moments when we're happy, when worries recede, everything works out, and we live in harmony with ourselves and the world around us. At such moments, Silence awakens within us. A person may not be aware of it, but it's precisely its presence that allows us, at least for a while, to experience this incomparable state.

Sages of the past asserted that Silence resides within each of us, albeit dormant. Reaching and awakening it is not easy, but this is the meaning of human life. Literature often features the motif of a knight setting out in search of a sleeping princess, as well as stories of a princess or maiden seeking her betrothed, a prince, or a brother. Despite similar motifs rooted in the depths of centuries, all these stories speak not of the heroes' external journeys, but of their inner explorations; in other words, the protagonists search within for their other half, the sleeping princess or prince. The plots of all these stories are intended to remind young men and women of their primary mission on earth. But on a deeper level, they speak of the need for self-knowledge, of immersion in one's inner world, where the key to salvation lies.

By changing our attitude toward our spiritual processes, we transform everything we see around us. Esoteric teachings say that man is a microcosm; everything we see around us in the material world, the macrocosm, is a mirror, a reflection of our

internal processes, our emotional state. By eliminating vices in the inner realm, we will see their disappearance in the external, material world as well. This is an ancient rule that has been in effect for millennia. It states: «Transformations on the outside follow changes on the inside.» Enlightened thinkers of the past asserted that all treasures lie within, and the external is a reflection of the internal.

Yes, according to secret teachings, everything important lies within, and by embarking on the path of spiritual development, a person can tap into hidden resources and unlock their potential. Only when a person is imbued with the wisdom of ancient knowledge and embarks on the path of self-development does the realization dawn that they are like the protagonist of another well-known story: a hero who spent his entire life searching for treasure in distant lands, only to find it buried in his own garden. It's especially worth noting that even if a person achieves success, it's not the result of external circumstances — it's a reward for inner work. Many receive this reward unconsciously, having worked off part of their karmic debt or having endured some inner trial.

Unfortunately, the potential of 99.9% of people remains unrealized because their inner world remains unexplored. Sages assert that within each of us lies a spiritual seed that must be nurtured throughout life, but because we have forgotten about it, the seed remains in its infancy.

In some mystical traditions, inner Silence is considered one

of the highest attributes of the Creator, a Wisdom that grants harmony and well-being to humanity. This is why the well-known saying goes: «Big money loves Silence.» People of the past knew this, and over time, this ancient knowledge was lost, but fragments of it were preserved in mystical teachings.

Since ancient times, it has been known that to become more successful, a person must find Silence, learn to swim against the current, and dive deeper than others. While most people float on the surface, the most valuable pearls are hidden at the bottom of the sea. This is the path chosen by every successful person, every enlightened one. They persistently pursued their goal, overcoming obstacle after obstacle, and at the right moments, luck was with them.

In addition to financial well-being, the eternal Silence grants its followers a sense of comfort and tranquility. It cares for those who have reached its gates, and at the right moment, it will surely show them how to escape the labyrinth and find spiritual harmony.

«Live in harmony. Don't look for it outside. Don't look outside for what can only be within you. Harmony is peace of mind, and it begins with you.»

(Shakyamuni Buddha, founder of Buddhism)

It must be acknowledged that the path to Silence is long and arduous, but those who have completed it are rewarded with everything they desire. However, the hero should be careful with their desires and turn to Wisdom only for important matters,

the resolution of which will benefit not only them but all of humanity. Desires should not be abused, for, upon seeing signs of self-interest, the eternal Silence may abandon the spiritual hero or heroine, return to the cave, or disappear into the depths of the sea, like a goldfish.

Let me quote the words of the monk Silouan the Athonite (1866—1938) about eternal Silence:

«There is an eternal Silence, which is also called the Great Silence. It always abides in the world, but the world does not abide in It, for it has forgotten what Silence is. The Great Silence is constant, It is always full and fills all that exists.

This Secret Silence lies at the foundation of all existence. It is always humble and quiet, but in Its presence all restless thoughts, desires, and passions subside. Earthly attachments vanish, all vanity fades, and all pride is humbled.

Silence is meant to create, to make the world a better place, and so it helps those who have managed to curb their vain desires and ambitions. Ancient teachings say that the main obstacle to Wisdom is egoism, vain desires, and vanity. It was precisely with the ego that legendary heroes struggled on their journey to the inner princess, as well as the biblical prophets in the desert before receiving revelations.

To illustrate the importance of eliminating the Ego, I would like to tell the following story.

One day a man came to Buddha and said:
— I want Happiness!

Buddha replied:

— First, remove the «I» — that's the Ego. Then remove the «I want» — that's desire. See? Now you're left with Happiness.

The ego separates a person from true happiness, replacing it with momentary pleasure, which ultimately leads to suffering. Happiness, however, leads to peace. Spiritual seekers must learn to distinguish between these concepts. Pleasure and consumption are what modern society cultivates, while happiness is the product of spiritual work. Happiness is inner Silence; it is not a synthetic product, but a natural one. The more Silence and divine Light a person possesses, the happier they are — that's the formula.

Hearing the voice of Silence isn't as easy as it might seem. The barrier, or, as they say, the screen to Silence, are the millions of thoughts swirling in the head. All these thoughts are servants, products of the omnipresent Ego, since the Ego evokes desires and ambitions, and thoughts supposedly suggest how to achieve them. They are like clouds obscuring the sun, so a spiritual seeker must learn to manage their thoughts, and ideally, completely turn them off for a certain period of time in order to hear the Voice of Silence.

«Everything we are is the result of our thoughts.» (Buddha)

As you can see from the quotes above, all who have known the Truth speak of the saving Silence that lies dormant within us. It's the same voice we don't hear amidst the endless stream of thoughts and words. Having embarked on the path of

enlightenment, the spiritual seeker connects directly with their inner Wisdom, and it, like a guiding star, guides them to their goal, choosing the optimal route, like a GPS on a smartphone.

«When a man does not know to what port he is heading, no wind will be favorable for him.» (Lucius Seneca)

Almost all famous people who achieved recognition without outside help had to travel a difficult path to success. But this is precisely their advantage over others. The effort invested is the path to the top of the pyramid, where eternal Silence resides, or a deep-sea dive to the goldfish that grants cherished wishes. In other words, at some point they received a reward for the distance they traveled. One can inherit both fame and fortune, but in such cases, the principle of «easy come, easy go» often applies. The same applies to inheriting Silence — it can quickly «fall asleep.»

It's important to know that the path to the top of the pyramid is unique to everyone; no two roads are alike, no formulas apply. Your inner Silence must be found through trial and error. You can read books on the subject, listen to the advice of parents and loved ones, and even spiritual instructors whose advice can shorten your wanderings through the desert, but the main part of the journey must be walked by you; no one else can do it.

As we learn later, according to the secret teaching, it was the forefather Abraham who is considered the first of the great spiritual heroes, since he immediately responded to the call of the Creator and set out on a spiritual journey:

«And the Lord said to Abram, «Get thee out of thy country,

and from thy kindred, and from thy father's house...«» (Genesis 12:1)

The patriarch Abraham (originally named Abram) did not ignore the Lord's call. He responded and left his hometown, his community, his father's house — in other words, he stepped out of his comfort zone to find his purpose in the world, or rather, to fulfill the mission entrusted to him. It's worth noting that this journey isn't always physical, but mostly spiritual, a search for one's inner Light, one's true self.

Using the example of the first of the patriarchs, Abraham, who believed in a single Creator only at the age of 52, the sages of Kabbalah tell how, even having begun to comprehend the highest wisdom in adulthood, the forefather Abraham was able to correct the mistakes of not only the fifty-two years he had lived, but also those of his previous reincarnations.

On a secret level, this suggests that spiritual seekers should emulate the biblical heroes, elevate their consciousness to a higher level, and climb the pyramid of eternal Silence, symbolized by Mount Sinai in the Pentateuch. As we will learn in subsequent chapters, the path to the summit of Mount Sinai is not easy; it consists of forty-nine spiritual steps.

In ancient Egypt, this was associated with the All-Seeing Eye, the radiant Delta at the top of the pyramid, to which forty-nine spiritual steps led. Other sources, especially ancient Greek and later Roman, particularly the Mysteries of Mithras, speak of seven gates separating seven steps, for a total of forty-nine. It's

no coincidence that the sages of the past spoke of precisely forty-nine steps leading to spiritual enlightenment.

If a person fails to awaken spiritually, they will spend their entire lives wandering the Sinai desert of Holy Scripture. The same fate awaits those in whom the inherited Silence has fallen asleep due to a lack of desire for spiritual development. This is precisely why many wealthy people have stopped leaving their entire fortunes to their heirs, encouraging them to embark on their own path, searching for their own inner divine Light, Silence, and Luck.

«It is absurd to think that anyone other than yourself can make you happy or unhappy.» (Shakyamuni Buddha)

As you will learn later, all enlightened ones strove not for the spontaneous emergence of divine Light, nor for its artificial manifestations, but for the ability to evoke it at their own discretion. It was for this skill in acquiring divine Light that they were called enlightened, in contrast to the ignorant, who wandered in spiritual «darkness.»

What is the advantage of secret knowledge? It allows one to accelerate this process, understand one's purpose, and navigate the path of many lives within a single one. Without it, the soul of a religious saint and spiritual seeker would require many more reincarnations to escape the cycle of rebirth — the soul, being reborn, would wander the desert for a longer time until it had completed all the stages of spiritual ascent.

It's important to understand that there are no easy paths to

spiritual enlightenment, and anyone who promises to guide you along them is lying. There is only one path — the one trodden by the biblical heroes and other great teachers of humanity. Without careful self-improvement, self-knowledge, and self-control, achieving any results is extremely difficult. The whole world is within us, and most importantly, everything is in our hands.

The book will feature quotes from famous sages of the past, as well as passages from the Bible that explicitly or implicitly speak of divine Silence and its crucial importance in the lives of not only spiritual heroes but also their significant others. Despite the fact that patriarchy predominates in traditional religion, a literal interpretation of Scripture, the secret teaching, as we will later learn, speaks of the exceptional role of women in the destiny of not only men but also the future Savior.

The secret of eternal Silence is revealed to us not only in Scripture; the sages of the East also sought to understand the mystical Light, to hear the Voice of Silence within themselves; we will also become acquainted with their practices on the pages of this book.

As soon as a person embarks on the path of seeking Silence within themselves, changes begin to occur in their outer life. These processes are interconnected. If they previously wandered in the dark, over time they will acquire a candle, then a lantern, and finally a spotlight. One day, the clouds of negative thoughts will clear, and a bright sun will emerge from behind the clouds.

Everything around them will bring joy, and they will be imbued with peace.

«Peace is within you, do not look for it outside.» (Shakyamuni Buddha)

As you've already understood, a person can inherit Silence, discover it within themselves accidentally, or rely on external factors. But the goal is to do this intentionally, consciously. Only then will it always be there, and at the right time, it will be able to give you valuable advice and show you the right path in the stormy sea of reality.

* * *

Before moving on to the first chapter, let me make a brief digression and tell the background of the manuscript.

The first thing I want to say is that the knowledge presented in this book is intended for spiritual seekers; for those who believe that beyond the material world, there are also higher spiritual worlds. As we will learn in subsequent chapters, the primary difference between the spiritual worlds and the material world is that there is no war or suffering there. Knowing this, enlightened people of all ages renounced violence so that the ideals they extolled would, at a certain moment in history, become dominant on this planet farthest from the Infinite Light (Hebrew: Or Ein Sof).

Aware of the existence of another reality, the enlightened claimed to be guests in the material world and did everything they could to draw a clear line between the soul, the true self, and

the body, the shell the soul receives upon arrival in the material world. The great spiritual teachers of humanity asserted that their kingdom was not of this world, since the values they professed — a world equal and just for all — belonged to a higher spiritual world.

It's especially worth noting that in the book «The Word of Eternal Silence: 49 Steps of Spiritual Ascent,» many excerpts and prophecies from 13th-century esoteric treatises are published for the first time in 800 years. Sages of the past asserted that secret knowledge about the inner world of man does not belong to any one people, but is the heritage of humanity. This knowledge was known in ancient Egypt and the East many millennia ago. Speaking of the Jewish people, after the Exodus from Egypt, they were honored as the guardians of various levels of Holy Scripture, which, of course, included hidden knowledge.

This is why one of humanity's great teachers says, "...for salvation is of the Jews,» meaning by «salvation» the secret teaching, the custodian of which is the Jewish people. Only this teaching, as happened 2,000 years ago, is capable of reawakening the Savior.

In modern terms, Kabbalah is the best exercise for the mind. This teaching awakens those parts of the mind that remain dormant in most of humanity.

For millennia, earthly rulers persecuted humanity's spiritual teachers, just as Pharaoh once persecuted the prophet Moses, for their desire to share secret knowledge with the people. The

rulers of this world sought to keep humanity in ignorance, at best allowing them only access to religious teachings, which, as history shows, are incapable of awakening the Messiah on their own.

From the following chapters, we learn that, according to enlightened scholars of all ages, esoteric knowledge does not contradict religious knowledge, but rather complements it. They are two parts of a whole, and one without the other cannot develop or awaken the Savior. In other words, they are not enemies, but steps toward spiritual awakening. This is stated in virtually all secret teachings, and elsewhere:

«It is sown a natural body, it is raised a spiritual body. There is a natural body, and there is also a spiritual body.» (1 Corinthians 15:44)

It is no coincidence that all the biblical prophets, great kings, and the twelve apostles were adherents of the same religion, and the main role in this was, of course, played by access to the esoteric interpretation of Scripture.

But, as we've said, geniuses are found in virtually every culture, and they are predominantly those who have developed a level of consciousness higher than others. It's important to understand that without spiritual and mental development, a person will not be able to rise above the conventional «crowd,» climb the steps of the pyramid, and continue wandering in the desert with the rest. Even with the reading of numerous books, the level of one's consciousness will still not provide any

significant advantage. This has been emphasized by enlightened minds throughout history, since spiritual knowledge, unlike intellectual knowledge, is based on personal experience, inner awakening, and self-development.

The need for individual spiritual awakening, the choice of the path of the minority, is spoken of in all true religions, sometimes allegorically, sometimes literally. And if we return to the discussion of the Messiah, as the sages of Kabbalah say, and as the Book of Zohar (Hebrew for «Radiance») alludes to, the key to the revelation of the Savior is the «well» — true, profound knowledge, which all the enlightened find allegorically along their path. The motif of the well appears in the lives of all the patriarchs, as well as the prophet Moses in the land of Media.

The well is an allegory of secret knowledge, a storehouse of profound truths hidden from the uninitiated. Ancient sages paid particular attention to the arrival of biblical heroes at the well, as it marked the beginning of a new stage in their spiritual development. By absorbing the ancient truths, that is, by drinking from the well, the biblical hero or enlightened one elevated their consciousness to a new level, after which they began to awaken the consciousness of those around them.

As we will learn later, secret knowledge symbolizes the highest divine Light. Kabbalah states that this knowledge, as a harbinger of a new era (chariot, retinue), will appear before the arrival of the King of Heaven, preparing the world and humanity for His descent after the Queen, the world soul. In the Gospels,

the symbol of this light is John the Baptist (the Forerunner, the Predecessor), who in his sermons instructed the people and foretold the imminent descent of the Savior.

Enlightened people of all nations agreed that the literal interpretation of Holy Scripture is only the first stage in the development of the future Savior of humanity, a spiritual revelation, and the secret teaching is a spiritual awakening.

«Nevertheless, what is spiritual is not first, but what is natural; then what is spiritual.» (1 Corinthians 15:46).

It's important to note that all the methods described in the book are based on secret teachings and the lives of biblical heroes. The main difference between this mystical knowledge and conventional wisdom is that it is designed to transform the inner world of the spiritual seeker, and subsequently bring about changes in the outer world.

The sages of the past asserted that the purpose of man is to fulfill his mission on Earth and escape the cycle of reincarnation. This is what is spoken of in the allegory of the people of Israel's arrival in the Promised Land. But everything that pertains to the people also pertains to the individual, as a microcosm.

Let me say a few more words about the future Savior of humanity. Each faith awaits its own Messiah, but esoteric schools teach that this will be a single Savior for all, who will stand against the forces of darkness. Kabbalah emphasizes that no one knows from what people he will come, what his skin color will be, or what his religious affiliation will be, but it is said that he

will succeed in defeating the forces of darkness, establishing an equal and just world on earth.

Another important point I'd like to draw your attention to: the secret teaching, unlike traditional religion, states that the Messiah will not be superhuman and will not perform miracles, as many imagine. He will be made of flesh and blood, but at some point, imbued with true ancient knowledge and developing his divine potential, he will lead the people.

CHAPTER ONE

The Path to Eternal Silence

We live in an age of technological progress, and there's no escaping it. The daily flood of information bombarding us from TV screens and smartphones causes anxiety and worry. As a result, people tire more quickly, have trouble sleeping and resting, and feel a sense of inner emptiness. Over time, self-control becomes increasingly difficult, affecting relationships with friends and family and interfering with daily activities.

Why do anxiety and other unpleasant emotional experiences arise? What is the reason for this? The whole problem is that a person has distanced themselves from their inner Divine Mother, Silence. This can be compared to a young man's boat sailing away from the quiet harbor of his parents and heading into the unknown, which evokes fear. In other words, the further a person moves away from the Divine Mother dwelling within them, the more anxious they become.

It's important to note that even wealthy people, who are closer to Silence than others, are not immune to anxiety. While they may not worry about financial matters like the vast majority of the world's population, they still have many fears. Wealthy people's concerns are primarily related to the future, the stability of their financial well-being, and how to maintain the standard of living they've achieved. But because successful people are closer

to Silence, they are less susceptible to the anxieties that ordinary people experience.

The path to the top of the pyramid is open to everyone. The most important thing is to awaken spiritually and follow your earthly mission. This is the only path to happiness and harmony. All other solutions are short-lived or ineffective. Only inner salvation will lead to the transformation of your life in the outer world. This truth is thousands of years old.

It's important to understand that, in addition to the mother who gave birth to a person, their soul also has a Divine Mother, whom it deeply misses while in the body. This is what causes sudden sadness in people, an inner restlessness without any apparent cause. The root of all problems and anxieties stems from the separation that occurred at the moment of our birth.

It is never too late to come to the Divine Mother who dwells within us; her doors are open to everyone.

«Every morning we are born again. And what we do today will be of the greatest importance.» (Buddha)

Don't put it off. Start changing your life here and now. The closer you get to Silence, the more of life's problems will become a thing of the past. The ship will begin to emerge from stormy waters, the clouds will make way for clear skies. Life will be transformed. The main thing is to set a goal and pursue it day after day.

But most people are lost in this world and continue to ignore the voice of Silence. This is why humanity is considered to

be wandering in a desert, unable to reach the promised land. All these wanderings, which develop into cumulative worries and anxieties, can negatively impact mental health. Enlightened figures of all religions have called on people to return to Silence, to find it within themselves, for only it can grant peace of mind and comfort. Great inventors have derived their ideas from it, composers and writers — inspiration for brilliant works, and prophets have drawn information about future events.

Let me quote a famous composer, Wolfgang Amadeus Mozart, about Silence:

«Music is the silence that lives between sounds.»

According to the sages, the soul, languishing in the human body, loses its connection with its Divine Mother, Eternal Silence, and weeps, finding itself in a world alien to it. Intuitively, a person yearns throughout their life to return, as they were most protected in the womb. Likewise, the soul yearns to return to its Divine Mother, Eternal Silence, to experience peace and harmony.

Taking a short detour and turning to the secret doctrine, esoteric teachings say that by visiting synagogues, churches, or temples, a person returns, as it were, to the bosom of the mother. This is why houses of worship feel so peaceful and calm; they offer a sense of comfort and protection. It is human nature to seek solace in religious buildings. Understanding this, spiritual teachers of the past called for the construction of houses of worship and temples throughout the world, so that man, or rather,

his soul, could at least temporarily connect with the Divine Mother. This is why the well-known phrase says: «Return to the bosom of the Church.» We will return to the esoteric side of this issue in subsequent chapters.

There are two paths to Silence: one that requires spiritual development, and one that is financial and emotional. The second path involves all methods that differ from the spiritual and can provide short-term pleasure. If a person doesn't realize that this is only a temporary solution and that they need to seek comfort and emotional improvement within themselves, this can, at best, lead to mild addiction; at worst, it can lead to compulsion.

There's a lot of talk these days about compulsive behavior, characterized by a lack of rational explanation for one's actions and behavior. A person loses control of their mind and doesn't realize how much they're shopping or eating. They go to the store for one thing and end up buying a bunch of things they don't need. The same thing applies to eating: instead of eating their normal amount, they eat more, without controlling how much they consume. At some point, they may even realize they're over-shopping or overeating, that it's hurting their finances or their figure, but they can't do anything about it.

Before we move on to the importance of controlling your actions on the path to Silence, let's recall a few examples of how people try to deal with anxieties, fears, and worries:

- make compulsive purchases;
- eat without controlling the amount of food;

— they sit aimlessly on the Internet and social networks.

To understand the root of the problem, we need to examine each point in more detail. It's important to know that, beyond spiritual practices where the pursuit of Silence is conscious, everyone sometimes comes into contact with inner Silence and comfort without realizing it. As we mentioned above, this can manifest itself during shopping. You're probably familiar with this pleasant feeling, that inner Light, when you feel good and calm. While shopping, inner comfort awakens within us, meaning we experience inner Silence and moral satisfaction, but after a while, we become separated from it again, and apathy sets in. To regain this divine Light, a person is forced to make more and more purchases.

This is because, over time, the level of enjoyment from shopping declines, and to regain the same pleasure, you need to make more purchases. But not everyone has the opportunity to increase their purchases. For those who do, and more purchases no longer bring pleasure, emotional devastation sets in. This is the very state of separation from Silence. The Divine Light has once again left the body — Silence, that is, the human soul, has fallen asleep once more.

For some, a sense of inner Silence, of divine Light, manifests when they win a competition or receive a promotion. This feeling of satisfaction, confidence in their abilities and the future, indicates that Luck has visited them. But such processes are not eternal; instead, they are unique events. Maintaining this

level is impossible, and so, when the mundane sets in, apathy sets in. To reconnect with Silence, they need to evoke pleasant experiences once again, and sometimes even increase their dose. For example, winning first place not at school, but at a citywide competition, or buying not one item of clothing, but two.

A person is willing to do anything to regain that divine Light within, that unforgettable feeling of confidence and comfort. As a result, they become Light-dependent. They begin to measure their life only by those moments when they felt good, when they were at the summit, when the Inner Light dwelt within them. Unable to climb the mountain again, they begin to feel sad, having returned to the mundane level, having descended from heaven to earth. This is spoken of in virtually all secret teachings.

Although there's nothing wrong with shopping — after all, the encounter with Silence is purchased with one's own money — over time, inner satisfaction gives way to a decline in energy and apathy. And to return to a sublime state, one must make more and more purchases. In some countries, treatment has already begun for shopaholics, as such people lose control of their actions, acting instinctively, becoming psychologically dependent on new acquisitions, and falling into financial difficulties.

The same applies to gambling, intimate relationships, and other addictions. Over time, feelings become dulled, and people begin to experiment with all sorts of things, hoping to recapture those old emotions. But this path will only lead to further devastation and burnout.

«The awareness of one's imperfections brings one closer to perfection.» (Johann Goethe)

Consciously or reflexively, we all strive to get closer to Silence: some do this by overshopping, overeating, and sometimes even resorting to various forms of manipulation, which is strictly prohibited. Sages say that in the spiritual worlds, just as in this one, there are guardians. And if you illicitly enjoy yourself, you will be pursued in the spiritual world, captured, and forced to leave its confines immediately. Unlike spiritual seekers, who descend smoothly into this world, those who illicitly enter it are rudely cast out. Therefore, for those who try to obtain the Light by resorting to various manipulations, euphoria quickly gives way to prolonged depression and irritability. They long to return there, to once again experience, if only for a moment, the inner Silence. Unlawful intrusion into the world of Silence through various forms of manipulation is very dangerous not only for one's physical but also for one's mental health.

«He is strong who controls his weaknesses.»

(Mahabharata, an ancient Indian epic)

Mindfulness can help a person regain control over their actions and thought processes. Without tracking and recording their current experiences, they will continue to wander chaotically through life. To better understand the benefits of a mindful perception of the world, I'll give an example that everyone has likely encountered. I'll talk about overeating and excess weight in modern society. Even the previous generation consumed

significantly less food, but people were quite healthy and strong, despite the poor quality of medicine. In modern psychology, the problem of overeating is now associated with unconscious consumption, meaning a person loses control of their mind and thoughts. We overeat to drive away negative, tormenting thoughts, «eating away problems,» that is, consuming more food than the body requires. This leads to metabolic imbalances and excess weight, which has become one of the problems facing humanity in the 21st century.

«To enjoy good health, to create true happiness for your family, to bring peace to all, you must first tame and control your own mind.

If a person can control his mind, he will be able to find the path to Enlightenment, and all wisdom and virtue will naturally come to him.» (Buddha)

It's important to understand that a person has the ability to create a new dose of happiness whenever they choose. It's like meeting your beloved mother, who's sitting in the next room, waiting for you to finally remember her. She'll happily respond to your request, listen attentively, and offer wise advice.

With the birth of a child into the material world and the cutting of the umbilical cord, this connection is lost, but inwardly, a person strives throughout life to return to that state. This is the allegorical meaning of the Fall. We have lost our place in paradise and do everything we can to return, even for a moment, to a place of peace and comfort, to touch Silence.

Yes, we all internally strive for Light, for pleasure, for a meeting with the Divine Mother. A person develops their behavior patterns in such a way as to enjoy inner comfort as often as possible.

While shopping addiction, overeating, and promiscuity were widely discussed issues in the twentieth and early twenty-first centuries, the last decade has seen the emergence of an additional tool that suppresses the will and causes addiction: the Internet.

Today, the world is more information-rich than ever, and people need to keep up with it to stay informed: news, exchange rates, weather, the latest fashion trends, and much more. This makes people more restless and takes up some of their attention, resulting in anxiety and nervous breakdowns, and can lead to loss of balance.

But it must be acknowledged that in modern society, it's impossible to exist without smartphones, the internet, and other means of communication. They're part of our lives. To avoid being overwhelmed by the volume of information and to be successful, it's essential to learn to control this process and devote time to personal development and spiritual growth. According to recent research, people spend most of their time online ineffectively. Therefore, it's important to use the internet only as much as necessary to complete specific tasks, and devote the freed-up time to family and spiritual practices.

«Only he who controls himself is free.» (Friedrich Schiller)

When it comes to internet addiction, the desire for recognition

and that fleeting glow, we can compare the pleasure of new purchases to a successful post or photo on social media that garners a lot of likes and comments. Perhaps it attracts special attention or makes a person popular at work, with family, or in the city. They feel a surge of strength and say, «Finally, luck has found me, and now it will always be like this.» But when the next photo gets fewer likes, that is, attracts less attention from others, their strength begins to fade, and they think, «What else can I do to re-engage my followers?» Adults can approach such phenomena relatively calmly, but for teenagers, it can be psychologically traumatic. Therefore, in pursuit of likes, young people take photos on the roofs of speeding trains, on the edge of sheer cliffs, and jump from heights. All this is done with one goal in mind: to regain attention, to gain some recognition and satisfaction. But now, experts, having realized the danger this poses, have begun to talk about therapy for internet addiction.

These questions are not raised in this book to exalt some and demean others. All the examples are intended to highlight the problems of modern society and encourage change. The first thing a spiritual seeker must understand on the path to Silence is that addictions and unconscious behaviors distance them from their main goal, and only by learning to control them will they be able to further climb the mountain of Silence. This is the essence of one of the main commandments of the enlightened: «Know thyself.» This dictum was inscribed on the wall of the Temple of Apollo at Delphi, where the Delphic Oracle was located. Without

deep and honest self-analysis, the efforts undertaken will not have the desired effect.

«It is easier to wrap the whole sky in a small cloth than to find true happiness without knowing oneself.» (Vedas. Upanishads)

It's important to understand that most of the problems outlined above can be resolved by recognizing them and acting consciously. One must regain control of one's mind; this will create inner order and bring Peace back into one's life.

All the sages of the past spoke of consciously performing actions, as this is how one can temporarily stop the flow of thoughts and allow a person to have some measure of control over their lives. You might not realize it, but all religious prescriptions and commandments regarding eating, prayer, and handwashing have a secret purpose: to make people more mindful. If, every time before eating, a person considers what ingredients are used in this dish, whether they washed their hands thoroughly, and so on, they will momentarily switch off their thoughts and awaken. And the more often they do this, the more successful they will be in real life. Some religions even include instructions and recommendations on how many times, in which direction, and at what time to pray, which foot to get out of bed with, which hand to start washing hands with, and much more. All of this, of course, is not without a purpose. Beyond the religious significance, on a deeper level, it is intended to repeatedly awaken a person's mind, making their life more conscious.

You might ask why I pay special attention to tracking my

current experiences. Because, according to the enlightened minds of the past and all secret teachings, mindfulness is one of the most important companions, a guide to the world of harmony and Silence.

«If we are not aware of what is happening within us, then from the outside it seems to us that it is fate.» (Carl Jung)

What will mindfulness give you:

- * control over actions;
- * control over words;
- * control over actions;
- * mind control;
- * control over life.

Metaphorically speaking, you'll stop crossing the road on a street where there are no traffic lights and cars are speeding, and instead head to a place where everyone obeys the rules of the road. Much will change in a person's life once they've discovered themselves and begun the journey to Silence.

«Just as a mirror shines when cleaned of dust, so those who have known themselves shine in mind and body. They are always and eternally filled with happiness.» (Vedas. Upanishads)

Mindfulness is a certain amount of control over the thoughts that plague the mind. Humanity's fundamental problem is its unwillingness to understand itself, to uncover the deep roots of its problems. People are accustomed to routine, to living with thoughts wandering uncontrollably through their heads, and therefore fear being alone with Silence, turning on the television

or making a phone call. Silence frightens them, despite the fact that it is precisely this silence that brings peace and comfort.

When you begin practicing, you'll notice how frightening and unfamiliar Silence sounds at first. That's why the sages recommend approaching it gradually, as if climbing a spiritual ladder. During your first meditations, you may experience inner restlessness and discomfort, but don't be alarmed. Why does this happen? Why, when a person closes their eyes and tries to concentrate, does fear overwhelm them? It's because Silence resides in the darkness, in a cave, while people in the material world are accustomed to being in the light. But those who have walked the path will say that in this world, man wanders in the darkness, while true light lies near Silence. Only an encounter with the inner Divine Mother can give us happiness and peace of mind.

«There is no happiness equal to peace.» (Buddha)

I'd like to draw your attention to one important detail: Silence is not silence, as it might seem at first glance. During silence, you continue to think, just as you would when listening to someone, but the flow of thoughts still rushes in different directions. That's why these two concepts are not identical.

Silence can be external, in a closed room. But it can also be internal, when we begin to control our thought processes, our minds fall silent, and allow the words of Higher Wisdom to penetrate.

It was precisely this Silence that spiritual teachers spoke of.

Having experienced the power of Eternal Silence, the divine light emanating from It, a person will never be the same again. All great people of the past at some point encountered it. The search for this divine, mystical Light takes different amounts of time for each person, but even by approaching the Silence just a little, one can see how life and the world around them change.

A person should climb the Mountain of Eternal Silence not through various manipulations, but through persistent spiritual work. It's no coincidence that all the sages meditated for months and even years in desolate places: deserts or caves. They were doing the very thing described in this book — reaching their inner Silence. Yes, the path to it is not quick, but it is the only true path.

To summarize, Silence is our connection to the Highest Wisdom, whose voice was hidden. In ancient Egypt, this was associated with the All-Seeing Eye, the radiant Delta at the top of the pyramid, reached by 49 spiritual steps. In mystical teachings, the path to Eternal Silence is called the road to a higher state of consciousness, an ascent through the spiritual worlds.

CHAPTER TWO

Eternal Silence in Religious Texts

Not everyone will immediately recall Silence mentioned in religious texts. The fact is that it is mentioned under different names in all religions. In some esoteric teachings, where Silence is given a special place, it is called the counterpart of God, the feminine aspect of the Creator, the other half. In monotheistic religions, where God is one and unitary, it is called an attribute of God, or the divine Voice, a voice from Heaven.

According to the sages, the closer we are to Silence, the better and clearer we can hear its voice. This divine Voice, which proclaims the highest will and bestows revelations, is different from the one we constantly hear in our heads. The enlightened assert that to attain a higher level of revelation, a person must silence the voice they constantly hear in their heads and raise their consciousness to a higher level. It is important to understand that the power of the mystical voice resounding within a person depends on how high the spiritual seeker has climbed the pyramid of Silence, that is, on the inner work they have completed. However, all esoteric teachings pay attention to a certain mysterious Voice that spoke to the enlightened and the prophets.

If in the Jewish tradition the Voice from Heaven is not mentioned in the Scripture itself, then in the Gospel this mystical

voice is spoken of directly.

I will give two quotes from the Gospels of Matthew and John.

«And behold, a voice from heaven said, „This is my beloved Son, in whom I am well pleased.“» (Matthew 3:17)

«Father, glorify Your name.» Then a voice came from heaven. «I have both glorified it and will glorify it again.» (John 12:28)

I would like to once again draw your attention to the fundamental difference between the religious and esoteric approaches. In religion, this Voice is heard from without, while in mystical teachings, it is not an external voice, but an internal one. It can only be heard in solitude or with great concentration. The path to the divine Voice is thorny and winding. Eternal Silence hides within each of us — according to one theory, in the heart; according to a more mystical one, in the pineal gland. A Savior can lead us to Silence: Horus in Egyptian history, Jesus in Christian history, Irenaeus in Gnostic history, and the Messiah in Jewish history. Only by following the inner Savior can a person overcome all difficulties, ascend the spiritual pyramid, and meet their divine mother.

Essentially, all religions speak of the same thing: there is a whole world within a person, and to see improvements on the outside, transformations from within are required. This is the formula for a new person in a new era. Many teachings and religions speak of a transition to a new era. Some call it the Age of Aquarius, others the Age of the Holy Spirit, and in secret teachings, this era is called the Age of Inner Silence

or the Age of Eternal Silence. A person, as a Microcosm, can prepare themselves for the coming changes so that the new reality does not catch them off guard. Allow me to present, not the abbreviated version of the introduction, but the full version of the quote about Eternal Silence by the monk Silouan (Simeon) of Athos (1866—1938):

«There is an eternal Silence, which is also called the Great Silence. It always abides in the world, but the world does not abide in It, for it has forgotten what Silence is. The Great Silence is constant, It is always full and fills all that exists.

This Secret Silence lies at the foundation of all that exists. It is inaudible, yet from it is born everything we hear. The Great Silence resides in the very depths of the heart. It is always humble and quiet, yet near It, all restless thoughts, desires, and passions subside, earthly attachments vanish, all vanity fades, and all pride is humbled.

The Great Silence is unassuming and modest, humble and humble, but it allows no one to rule over it and subjugates no one. It remains always free and gracious and will remain with us forever, just as our Lord Jesus Christ promised us — «and the promise which He made to us is eternal life» (1 John 2:25). For He dwells in the pure heart as Love, which is infinite Silence and the unending peace of the Holy Spirit.

Alas, humanity has forgotten the eternal Silence, yet enlightened beings of all generations have continued to sing its praises. In Eastern traditions, it is known as the third eye, which

was once hidden. At the beginning of time, people were endowed with this externally invisible organ, and therefore possessed the gift of prophecy and a special intuition. During the activation of the third eye, a person remained in silence for most of the time, transmitting information over a distance through silent thought. But then, due to human ignorance, the word emerged, the third eye was hidden, and humanity plunged into spiritual darkness and ignorance.

The same motif is familiar to us from the story of the Garden of Eden, where, after biting into an apple, the first humans lost their place in paradise, where they had the opportunity to directly communicate with the Creator. And in more modern interpretations, in fairy tales about the princess who bit into the apple and fell into a deep sleep. This princess is also commonly called the soul princess or the soul beauty, as she resides within each of us in a dormant state. Only by awakening her, even briefly, will a person gradually begin to return their consciousness to a higher level. The path to this is long, but anyone who begins to develop these abilities will gain a competitive advantage in various areas of life. They will become calmer, their actions more balanced, and the results of their inner transformation will be visible to everyone around them.

«He who contemplates his own nature becomes a Buddha.» (The fourth principle of Zen)

Four thousand years ago, our forefather Abraham founded the religion of monotheism, and two thousand years ago, Jesus of

Nazareth ushered in a new era — the Christian era, or, as it is also called, the spiritual era. Each of these eras, lasting 2,000 years, prepared human consciousness for the Era of the Holy Spirit.

Over the past 4,000 years, religion has played a significant role in human development. It established commandments that have served as moral norms for civilized society for centuries, and most importantly, it prohibited human sacrifice, giving human life the highest value. By proclaiming the ideas of humanism, religion succeeded in defeating barbarism and creating a relatively just society. But in the new, spiritual era, humanity must ascend to the next level of development. It is called upon to completely renounce war and violence, awakening within itself the necessary spiritual qualities. But this is impossible without secret knowledge capable of elevating consciousness to a new level.

«It is impossible to live better than by spending one's life striving to become more perfect.» (Socrates)

While all world religions are more concerned with the soul, helping to perfect and purify it, secret teachings speak of the awakening of the spirit; this is their fundamental difference. No matter how spiritual a person is, without spiritual knowledge they will never be able to renounce violence and injustice. The endless wars of recent millennia, some of which are motivated by religious hatred, are further proof of this. Only a spiritually developed person is able to look at the situation from a distance and stop the violence. In other words, for people to avoid

exterminating each other and begin to coexist in an equal and just world, they must acquire a new level of knowledge that will complement religious education and become its next step.

It's important to note that esoteric knowledge is different from anything you've heard before. It alone serves as the invisible thread that will lead humanity out of the labyrinth of suffering into a new, just world. It's important to understand that this isn't intellectual knowledge, and success in it can't be achieved by reading a bunch of books. It's a spiritual experience that is unique to each person. Gnosis is specialized, secret knowledge that awakens a new spiritual essence, a superhuman, within a person. By absorbing gnosis, a person ascends to a new level of consciousness.

This can be explained using the example of fitness training. Let's say anything religious helps build triceps, while spiritual knowledge builds biceps. Only when an athlete develops both triceps and biceps will their arms look symmetrical. A person familiar only with religious literature can also be compared to a soccer player who plays well with only one foot. Fans of this sport know that even an average player must have sufficient control of the ball with both feet. Without specialized knowledge, a person lives an incomplete life, and only by absorbing gnosis can they develop a new muscle group, one that had been atrophied, and achieve their desired goal.

«The world is blind; here only a few are able to see. Only a few, like birds, escape from the nets and enter the realm of

bliss.» (Buddha)

It's worth noting that virtually all esoteric teachings are based on Holy Scripture, and each recognizes its truth. However, one of the main differences between the mystery schools and official religion is that the latter interprets Holy Scripture literally, while the mystery teachings interpret it allegorically. We will examine those passages in Scripture that directly or figuratively speak of the spiritual ascent to Silence.

One of the most striking examples is the story of Jacob's ladder, which the forefather saw in a dream. According to secret teachings, the fundamental meaning of human life is to awaken spiritually and begin to climb the spiritual ladder, which is allegorically described in the forefather Jacob's dream. Or, as we have already said, to climb the Pyramid of Silence to experience true happiness. Let me quote the description of this dream from the Book of Genesis (28:10—12):

«...10. Now Jacob left Beersheba and went to Haran,

11. And he came to a certain place, and stayed there all night, because the sun had set. And he took one of the stones of that place, and put it for his pillow, and lay down in that place.

12. And I saw in a dream, and behold, a ladder set up on the earth, and its top reached to heaven; and behold, the angels of God were ascending and descending on it.»

This dream has special significance for spiritual seekers, as it marks the path to Higher Wisdom, to that radiant delta at the apex of the pyramid. It allegorically speaks of a person's ability,

through their inner work, to ascend through the divine spheres and, with a certain amount of persistence and chastity, to touch Silence. During this ascent, the spiritual seeker receives an ever-higher level of knowledge from angels, or spiritual teachers, their consciousness expands, and they become superhuman.

It's worth noting that the radiant delta motif appears in Jewish and Christian traditions. However, their main difference from esoteric teachings is that the delta at the top of the pyramid depicts not an eye, the All-Seeing Eye, but the Tetragrammaton, the four-letter name of God, and sometimes God the Father or Mother Goddess. This symbol can be seen in many temples, as well as in paintings by famous artists of the past, which depict the ascent of the ladder from Jacob's dream, drawing on ancient knowledge.



Piscator's Bible — «Jacob's Dream» (1643)



Jacob's Ladder, Greece; 16th century (Greece, Mount Athos, Dionysiou Monastery)



Frans II Francken (1581—1642) — Jacob's Ladder



James Tissot (1836—1902) — Jacob's Ladder



Delta with the Tetragrammaton (altar of the royal chapel of the Palace of Versailles, France)

Every spiritual seeker must steadily climb higher and higher up the spiritual ladder to touch the divine Light, the Highest Wisdom. The summit is steep, and one will fall back many times, but one must find the strength to continue the climb.

Most people are at the lowest point of their evolution; others, like Sisyphus, climb and then slide back down, which is why

there is so much violence in the world. When humanity rises one, two, or three stages in development, it will completely renounce violence. People will become more considerate of their neighbors, the natural environment, animals, and insects. The world will be transformed, and a golden age of equality and justice will dawn. All enlightened thinkers renounced violence and urged their followers not to resist it, for violence begets violence, and only water can extinguish fire.

We stand at the threshold of a new time, an era of spiritual revolution, when the governance of the world will pass to people with awakened consciousness. They will be called upon to contribute to the foundation of a new, just society. Such a world existed at the beginning of time, and that era was called the Golden Age, but due to human ignorance, it was destroyed. After this, the Divine Mother disappeared, and her daughter, the princess-soul who dwells in this world and within each of us, fell into a deep sleep. In other religions, the awakening of the soul and its subsequent encounter with the Divine Mother, as we have already said, is associated with the third eye, which was long ago closed due to human ignorance. This mystical eye, like the Divine Mother, bestowed harmony upon humanity, imbued them with the gift of foresight and a different perception of reality.

Secret teachings also say that the material world is like the mind of a constantly evolving adolescent — a kind of Macrocosm, which we can tentatively call the Cosmic Man or Divine Mind, within which we reside. Some esoteric schools

say that a person represents the various parts of their body, that is, those from which they were formed, while others say that people reside within the mind of the Cosmic Man, each representing a specific thought. This is why it is considered important to side with Light thoughts. As the Cosmic Man matures, so does the Microcosm, that is, the humanity within it. During the process of evolution, this divine Mind has gone through several stages of development: infancy, childhood, adolescence, and now, roughly speaking, youth. As it matures, new interests emerge, and its range of hobbies expands. The macrocosm of children's literature is moving into more serious literature, becoming fascinated with electronics and robotics. In other words, the transformation of the higher mind is accompanied by a transformation of the material world. Our civilization is developing in parallel with the Cosmic Man, and therefore an intellectual leap is inevitable. But the question is whether humanity will be able to achieve it smoothly or through upheavals.

Let's return to our sports example. While working on the first muscle group, that is, studying religious books, the teenager had unconsciously been touching the second group as well, but now he set a goal to consciously devote special attention to it. Religion was meant to prepare the higher Mind for the most important knowledge — esoteric. Similarly, a child first learns numbers, then arithmetic, and then moves on to algebra. Mental and spiritual knowledge do not infringe upon each other or

compete with each other; on the contrary, they are meant to complement each other and smoothly lead the hero to excellent results in cosmic learning in the vastness of the vast Universe.

«A precious stone cannot be polished without friction. Similarly, a person cannot develop himself without a sufficient number of difficult attempts.» (Confucius)

In secret teachings, Silence is presented as the counterpart of the First Father or, as some say, the highest attribute of the Creator. In monistic religions, God is one and singular, and all attributes, such as wisdom, mercy, severity, and others, are gathered into the overall image of the Creator. Therefore, the Voice from Heaven, which spoke to the great prophets, is called God. But as traditional religions teach, at a certain point, the Creator hid from this world, and his will was to be proclaimed by Bat-kol (literally translated from Hebrew: «Daughter of the Voice»).

It is this voice, also called the Voice from Heaven or the Voice of God in Scripture, that conveys the will of the Creator and serves as the connecting thread between God and His creation. Through Bat-Kol, the Creator proclaims His will to conscious, awakened humanity and guides them to salvation. This same voice spoke to prophets, great kings, and enlightened ones.

In Kabbalah, two levels of revelation are known: the «Great Voice,» called the voice of Eternal Silence, what is known in secret teachings as the Voice of Eternal Silence, and the second is the «Daughter of the Voice» (Hebrew: «Bat-kol»). The Book of

Zohar states that this voice is not external, but internal, and when Holy Scripture speaks of the Voice of God, a voice from heaven, it refers to internal processes. The Voice of Eternal Silence is feminine; it was heard in the Garden of Eden, but was later concealed, and in this world only the voice of her daughter, Bat-kol, can be heard.

Book of Zohar, Bereshit Bet:

«Rabbi Simon (Hebrew: Shimon) said: «Just as the Torah is between two houses (two women). The first is Upper and hidden, sealed, and the second is more revealed.

The first is also called the «Great Voice,» the one mentioned in Deuteronomy 5:19: «The Great Voice that was heard no more,» that is, the Great Voice that was hidden.»

And the Zohar continues:

«It is an inner Voice that cannot be heard as speech. It speaks constantly, but it can never be heard.

The Great Voice is a voice that speaks in secret, a subtle inner voice that can no longer be heard.»

Gnostic literature places special emphasis on Eternal Silence. It existed long before the Aeon Logos (Word). Silence, known in Gnostic teaching as the Aeon Sige (eternal Silence), has a daughter, or, according to other versions, a sister, named Ennoia (Thought). In Gnostic history, Ennoia, the first thought of the Creator, at some point became proud and fled to create independently, but, upon descending into the material world, was captured by the Archons, the dark thoughts she herself had

created. The Archons continue to hold her captive, preventing her from returning to her parents.

In Greek mythology, the separation of the Aeons of Sige and Ennoia, or the Aeons of the elder and younger Sophia, corresponds to the myth of the separation of Demeter and Persephone. In that story, Persephone was abducted by Hades, god of the underworld. She greatly missed her mother Demeter, but could not leave Hades, and so Zeus's messenger, Hermes, stepped in as savior. Hermes descended into the underworld, rescued Persephone, and returned her to Demeter. If we turn to another, more famous Gnostic story of the deformation of the Pleroma (wholeness), the cause of the Fall was the prideful Aeon Sophia (Wisdom), as a result of which her daughter was cast out of the Pleroma into the Coenoma. The entire story revolves around their eventual reunion, the elder Sophia and her daughter, the younger Sophia-Sirim. In the mystery schools, these myths illustrate the process of inner salvation. They are meant to constantly remind people of their primary mission: the salvation of the soul, called the «harlot,» and its return to paradise with the help of Hermes. To better understand the Gnostic view of inner processes, I will cite excerpts from the book «The Song of the Sirim.»

History of the Pleroma and Kenoma

1. The Beginning of the Pleroma

In the beginning was the Unbegotten Father, also called the First Father. He had many other names, including the First

Principle, the One, the Silence, Bythos, the Bottomless, the Abyss, or the Depth. This unbegotten, primordial, and perfect Aeon existed long before all things came into being. The First Principle had a mate, called Sige (Eternal Silence), also called Ennoia (Thought).

Despite the fact that the incomprehensible First Father remained silent all this time, love overwhelmed him, which is why Love is one of his names. At some point, wanting to share this wonderful feeling with someone else, he decided to create his own offspring of Aeons.

Wishing to bestow upon the Aeons the best the Creator had within himself, he placed the seed of his future offspring in Sige's womb, after which Sige emanated from herself the first pair, the syzygy of the Aeons. These were Nous, also called the Only Begotten, the Beginning of Beginnings, and the Father of Aeons — in other words, the root of all Aeons, since all subsequent Aeons descend from him — and Aletheia.

This was the first tetrad, the four highest Aeons:

The First Father and Sige (Silence);

Nus (Mind) and Alethea (Truth).

After some time, the second pair of Aeons, Nous and Aletheia, wishing to emulate the First Father in all things, emanated from themselves a new pair: Logos and Zoë. Logos is considered the beginning of the Pleroma, the Aeons, and all subsequent creations.

Logos and Zoe in turn produced Anthropos and Ecclesia.

This is the second tetrad:

Logos (Word) and Zoe (Life);

Anthropos (Man) and Ecclesia (Church).

Together they formed the first eight Aeons, the Ogdaod.

Having produced the pair Anthropos and Ecclesia, Logos and Zoe emanated ten more Aeons, which made up five pairs.

Here are their names:

Bitios (Depth) and Mixis (Mixing);

Ageratos (Eternal Youth) and Genosis (Unity);

Autophyes (Essential Nature) and Hedone (Pleasure);

Akinetos (Immobile) and Syncrasis (Mixture);

Monogenes (Only Begotten) and Macaria (Happiness).

The pair Anthropos and Ecclesia also emanated from themselves six pairs, twelve Aeons, the last of which are Teletos and Sophia.

Here are their names:

Parakletos (Comforter) and Pistis (Faith);

Patrikos (Father's) and Elpis (Hope);

Metricos (Motherly) and Agape (Love);

Ainos (Praise) and Synesis (Intellect);

Ekklesiasticos (son of Ecclesia) and Makariotes (Beatitude);

Teletos (Desired) and Sophia (Wisdom).

2. Events in the Pleroma

These fifteen pairs, thirty perfect Aeons, constituted the Pleroma, that is, the fullness and integrity of the First Father. Of all the Aeons, only Nous, the Only Begotten, could enjoy the

Creator's boundless majesty. He was also granted the honor of being initiated into the mysteries and plans of the First Principle. For all the other Aeons, the First Father remained invisible and incomprehensible.

The descendants of Nus reverently fulfilled the commandments they received, the main one of which forbade not only approaching the First Father, but even thinking about him once again, since his greatness was incomprehensible to the descendants of Nus.

With each generation, the Aeons drifted further and further from the Source, the Root of all things, and despite the prohibitions, they secretly desired to know more about the Creator of all things, the First Principle. The descendants of Nous were tormented by questions: who is the source of all Aeons? Why are they born in pairs? How did they end up in the Pleroma? And why did the First Principle reveal itself only to Nous?

Despite all these questions the Aeons posed, they displayed humility, and none of them intended to violate the prohibition, until one day the youngest of the Aeons, descended from Anthropos (Man) and Ecclesia (Church), whose name was Sophia (Wisdom), desired, despite the prohibition, to know the First Principle. Becoming proud, she abandoned her mate, Teletos, and, driven by passions, rushed toward the incomprehensible First Father, the Source of all.

Sophia was driven by pride, not love, as she thought. She was

convinced that her action would elicit admiration from the other Aeons, who were hesitant to do something similar, fearing they would violate the prohibition.

Despite all the obstacles, in her quest to comprehend the greatness of the First Father, she pressed ever further. She almost succeeded in approaching the Source, but the Inner Limit (Oros), guarding the Creator's peace, stopped her. It reminded Sophia that the First Father was incomprehensible and returned her to Teletos.

3. The appearance of the younger Sophia, Sirim

Although Sophia returned to her mate, her action had consequences. In her quest to unite with the incomprehensible First Father, she produced a formless entity, previously unknown in the Pleroma, something that an Aeon without a mate could produce. Sophia attempted to conceal this entity, also known as a miscarriage, fearing that her imperfect creation would be expelled from the Pleroma.

Upon learning of Sophia's formless fruit, the Aeons were terrified, thinking that such offspring awaited them as well. The Pleroma, where the Aeons were born in pairs from male and female essences, was engulfed in turmoil. The harmony that had reigned since its founding was disrupted, and since Sophia, in a fit of passion, had violated the prohibition and given birth to a child without a partner, it was decided to banish the younger Sophia from the Pleroma.

Upon learning that her child was about to be banished, Sophia

tried to protect it and begged the Progenitor for forgiveness. But since she had violated the prohibition and given birth to a formless being, forbidden to remain in the Pleroma, her prayers were not accepted. To appease the Aeons, who were terrified by the sight of Sophia's child, the Progenitor produced another Aeon, neither paired nor female, also called the Cross. The Aeon Cross, unlike Oros, fulfilled the duties not of the inner Limit, guarding the chambers of the Progenitor, but of the outer Limit, that is, it was supposed to protect the entire Pleroma and the Aeons within it from external incompleteness, the Kenoma. The outer Limit cleansed Sophia of her passions and separated from her the formless miscarriage, also called Sirim. After these events, the purified Sophia remained in the Pleroma and was returned to Teletos, while her child, the younger Sophia, Sirim, was led beyond the Pleroma, or, as they say, cast down into the Kenoma. To further protect the Aeons from imperfection, the Progenitor commanded the outer Limit to ascend the Cross erected at the entrance to the Pleroma and guard the approaches.

4. Events in Kenoma

During her fall, Sirim saw the light of the Pleroma and imprinted it on her memory forever. Remaining in the void and darkness, in a place called Kenoma, she suffered greatly, longing to return as soon as possible.

To restore order in the Pleroma, the First Father gave instructions to Nous with Aletheia emanate a new pair of Aeons, whose names are Christ and the Holy Spirit.

They were called upon to calm the Aeons, restore order to the Pleroma, and subsequently care for its integrity. Christ and the Holy Spirit once again reminded the inhabitants of the Pleroma of the laws of the Forefather and His incomprehensibility, and also informed them that this very incomprehensibility is the foundation of the reigning order, integrity, and eternity of the Pleroma.

Having accepted the guidance of Christ and the Holy Spirit, the Aeons regained their peace, and only Sophia continued to pray to the Progenitor for forgiveness. Over time, the other Aeons inhabiting the Pleroma joined her prayers, and the all-merciful Progenitor took pity on Sophia, promising through Nous that in the future her child would return to the Pleroma and be united with its mate.

The thirty Aeons rejoiced at this news and, wishing to express their gratitude to the Origin, decided to create a collective Aeon in His honor.

Each gave the best they had, and thus, to the glory of the Creator, the perfect Aeon was created, named Irenaeus (in Hebrew, Yehoshua — Jesus). This Aeon is not paired, but only male, as its counterpart is the younger Sophia, Sirim. Along with Irenaeus, twelve angels were born, who were to accompany and protect him everywhere. This common fruit of the Pleroma was also called Logos, Christ, High Priest, and Savior, for he was destined to find Sirim in the future, save her, and then return her to the Pleroma.

The formless, powerless Sirim, who was in Kenome, did not know that her mother had been forgiven and that a new Aeon, Irenaeus, had been created for the glory of the First Father and for her salvation.

5. Design of Sirim

After Christ and the Holy Spirit had restored the integrity of the Pleroma, they were given another mission: to descend into Kenoma to give form to the younger Sophia.

Arriving in Kenoma, also known as the desert and the Kingdom of Darkness, Christ discovered the younger Sophia, unformed. She crawled along the ground, unable to even rise due to her nature. Christ formed Sirim, also known as the passions of the elder Sophia, after which she took the form of a female Aeon, but not a paired one. In the future, uniting with the purely male Aeon, Irenaeus, they would create a new, perfect pair of Aeons. Having completed their mission, Christ and the Holy Spirit hastened to return to the Pleroma.

The younger Sophia, having become an almost perfect Aeon, began to seek those who had given her form, and rushed after Christ and the Holy Spirit into the Pleroma, but the outer Limit, guarding the approaches to the Pleroma, blocked her path and ordered her to return to Kenoma.

Sirim found herself in darkness once again, the light of Christ having departed from her. Feeling lonely, afraid, and sad, she wept bitterly, calling out to those who had formed her. The Pleroma took pity on Sirim and, to console her, sent to

her the «collective fruit» of the Pleroma, the Aeon Irenaeus, accompanied by twelve angels.

Arriving in Kenoma, Irenaeus reshaped the Sirim, but this time in accordance with gnosis. He then separated from the Sirim the passions that oppressed it and created from them the root of all subsequent creations.

6. Creation of the Universe, the material world, all living things and man

After Irenaeus left her, the purified Sirim began the process of creation from the passions separated from her, emanating three elements: hylithic (material), psychic (soul) and pneumatic (spiritual).

Retaining the spiritual element for herself, she created her son, the Demiurge, the Creator of the Universe, from the soul element. He then performed all subsequent creations from the two natures — soul and material. Pneumatic nature was incomprehensible to him, and so he knew nothing of his mother, the younger Sophia, considering himself the Supreme God.

Secretly instructed by his mother, the Demiurge began the process of creation. Separating the two elements — the spiritual and the material — which had previously been united in Kenoma, he created from the spiritual element the seven heavens, archons, archangels, and angels. Once the spiritual worlds and the archons ruling them were formed, the Demiurge began creating the material world from the hylithic element.

Behind all this was the plan of Irenaeus the Savior, which

Sirim carried out through her son.

Having completed the process of creation, the Demiurge took his place above the seventh heaven, where his throne was located. He became proud and declared himself the Creator of the Universe. Since the Demiurge was still unaware of his mother's existence, unable to see or understand the spiritual due to his spiritual nature, he was nicknamed Samael, the «Blind God.»

Sirim, also called Mother, Jerusalem, the younger Sophia, and Ogdaod, since she resides in the eighth heaven, continues to invisibly guide her son. The eighth heaven is also called the Celestial Jerusalem or the middle place, since Sirim, who resides there, is located between the universe created by the Demiurge below and the Pleroma.

7. Man. Three kinds of man (the triune nature of man)

...The lifeless body of the first man lay in the Garden of Eden until the Demiurge decided to breathe a soul, that is, a spiritual element, into him, thereby reviving him. This man is called by different names in different cultures, but we know him as Adamas or Adam.

created by the Demiurge, dwelt in paradise. He combined the psychic (spiritual) and hylithic (material) elements, until the younger Sophia, unbeknownst to the Demiurge, imparted to him the pneumatic (spiritual) element. Those in the know call this a seed or a ray of pneumatic light.

Having learned of this, the Demiurge became inflamed with

jealousy towards the man who, unlike him, was awarded the pneumatic element, the spark of light of the Pleroma, and expelled him from paradise into the material world.

Thus, man, endowed with three elements: pneumatic, psychic and hylithic, found himself in the material world.

These three elements are also commonly referred to as the threefold nature of man or the three human genera.

These three genera are:

1. **Gilics** (material) — those in whom the hilitic element predominates. These are material people, followers of the Prince of this world, the Devil. They cannot be saved by virtue of their nature.

2. **Psychics** (spiritual beings) are people of all religions who follow the Holy Scriptures and the commandments received through the prophets. When they leave this world, their actions may merit a place between heaven and hell: the righteous go to heaven, and the sinners to hell. They have freedom of choice and salvation through righteousness.

3. **Pneumatics** (spiritualists), also called **Gnostics**, are those who follow the spark of light of the Pleroma received from the Sirim. Pneumatics are saved by virtue of their spiritual nature.

8. **Savior. The Mission of Christ, Irenaeus. Redemption**

The goal of the Pneumatics in the material world is to shape the soul's nature through gnosis, so that this nature awakens within a person, grows like a seed, and ascends to the Higher Worlds. After this seed matures thanks to specialized knowledge,

gnosis, the younger Sophia will leave the eighth heaven and enter the Pleroma, where her bridegroom, Irenaeus, will await her. By uniting, they will create a new pair of Aeons.

The spirits of the Gnostics will follow the younger Sophia into the Pleroma.

The Demiurge will take his mother's place in the eighth heaven. Following him, the souls of the righteous from various nations will enter there, those who lived in accordance with the commandments and Scripture.

And the third hylithic element will be destroyed by the all-consuming fire along with this material world.

CHAPTER THREE

Eternal Silence in Ancient Egyptian Mythology

The idea that the mind of the Macrocosm and the mind of man fell captive to dark forces is also allegorically depicted in Egyptian mythology in the story of Osiris, Isis, Horus, and Seth. As we know from the myth, Osiris initially ruled Egypt, along with his wife Isis, through whom he proclaimed his will, and there was peace and harmony, a Golden Age. But then Seth, the symbol of the dark forces, killed Osiris, and Isis hid in a cave. According to another version, in a hut in the Nile Delta. There she gave birth to Horus, the divine infant. The adult Horus claimed the throne, and a long-lasting struggle for the Egyptian throne ensued between him and Seth.

In esoteric teachings, the myth of the confrontation between Set and Horus holds special significance. The moment when Set killed Osiris allegorically describes how dark thoughts took hold of a person's mind. This period symbolizes a child's transition to adulthood. Set, that is, bad thoughts and anxiety, having taken up residence in the human mind, replaced the reign of Osiris and Isis, in which peace and harmony reigned.

If we transfer this story to our reality, the Microcosm, then in the secret teachings, Osiris symbolizes the mind of a child from birth to 13 years of age. During this time, the child is sinless, his thoughts pure, and his mind clear. Then, the world of the

youth, who according to religious canons has become a man, conventionally at 13, is gradually taken over by Set. Allegorically, Set kills Osiris, and Isis, the divine inner voice, takes refuge from Set's persecution in the Nile Delta. From 13 to 21, that is, over the course of eight years, control of the mind passes from Osiris to Set. This is the period known as «adolescence,» until, conventionally at 21, according to esoteric teachings, the Savior is born within the youth. From this moment on, a long-lasting struggle between Set and Horus begins in the human mind.

It's important to understand that all these stories, both Gnostic and Egyptian myth, illustrate the internal struggle between light and darkness, good and evil, bright and dark thoughts. Each person must decide whose side they are on. Set constantly tries to seduce the adolescent mind, to lead it astray from the righteous path, but if the youth, the Microcosm, chooses Horus's side, he will be able to return power to Isis and hear the divine Voice within. Only when a person overcomes their evil tendencies will Horus begin to reclaim swathes of land — that is, space within the human mind — and establish Isis's rule there. When Horus and Isis achieve final victory over Set, Osiris will be resurrected, and an age of equality and prosperity will dawn.

Translated into mystical language, the soul of a person who has conquered Set in their mind will escape the cycles of reincarnation and receive a place in paradise. Without spiritual knowledge, which symbolizes the teachings and blessings of Isis, this will be impossible. Set is cunning; he constantly offers

people the apple of paradise, the juice of which lulls their consciousness, banishing them from the Garden of Eden. When we refuse Set's latest offer and begin to follow Horus — that is, to utilize our awakened consciousness, at least for a time — we will be able to liberate more lands and, having reached Isis, hear her instructions directly.

An important digression is in order. In all secret teachings, the human mind is called «Egypt.» That is, Egypt is not a country, but a symbolic name for the Cosmic Mind, in which humanity exists in slavery to the dark forces.

All esoteric teachings point to one thing: beyond the direct interpretation of the motifs of Holy Scripture and Greek and Egyptian myths, all these stories are reflected internally within each of us. Returning to Egyptian mythology, according to its esoteric interpretation, the human mind, just as in the land of Egypt, is largely ruled by Set, that is, human vices. But the youthful Horus and the maiden Isis also reside within the mind. The savior Horus symbolizes bright thoughts and the good aspirations of man, which must overcome dark thoughts and return control of the mind to Isis.

Due to the overwhelming number of thoughts emanating from Set and his lieutenants, man cannot heed the Voice of Wisdom, the Voice of Isis, and be saved. The Voice of Silence resounds within each of us, but only a few have been able to hear it — the great prophets, the enlightened ones of the past, and the biblical heroes. The Egyptian myth is very important to understand, as it

well illustrates the main moments of the internal struggle for the mind: Set (dark thoughts) conquered Egypt (the human mind), and Horus (bright thoughts — the Savior) was born from the virgin Isis (eternal Silence), who must restore power to Isis and resurrect Osiris, who was killed by Set. (Fig. 1, Isis with Horus in her arms (7th century BC)).



In Gnostic literature, the Mother of God is called the Virgin Sophia. In relation to this material world, she resides in the eighth heaven, in the heavenly Jerusalem, where the souls of the righteous, having completed their earthly journey and overcome all obstacles, follow the Savior. All these stories show us that only when a person sides with the forces of Light, with spiritual enlightenment, will their mind rise to a new level — in other

words, they will approach the Temple of Silence and find salvation.

As already mentioned, in the Kabbalistic and Gnostic interpretation, Egypt refers to the entire material world, not a single ancient state, as in known history. And it's not just one nation that is enslaved, but all people in the material world — that is, humanity has fallen into slavery to its passions and vices. This is why it is so important to rid oneself of bad inclinations and dark thoughts, to escape Egyptian slavery, and, having passed the desert, to journey to the Promised Land. This is an allegorical story of the Fall and the return to Paradise.

But even without delving into the meanings of Egyptian myth and Gnostic history, man's goal is to achieve reintegration, a reversal of the process. He must return to his original state, make the journey back home — in other words, return to the Garden of Eden. Only by mastering his thoughts and learning to control them, just as an experienced coachman controls a team of three horses, will man be able to find the way back. And in a higher sense, he must completely shut off the thought process, and when he can silence, stop the last thought, then Silence will reign in his mind once again. This is what the Egyptian myth speaks of: Horus's victory over the dark forces, thoughts, and the return of Egypt to the rule of Isis and the resurrected Osiris. The story of the Garden of Eden metaphorically speaks of the same thing: after the sin of the first humans is corrected, Satan will lose his power over them, and humanity will return to paradise, the abode

of the Creator.

CHAPTER FOUR

Ego on the Path to Eternal Silence

You've probably noticed that all the above stories tell essentially the same story. In Gnosticism, Sophia, the twelfth Aeon, descended from Man and the Church, disobeyed the decree of the First Father and violated the integrity of the Pleroma, for which she was banished to Kenoma. In the biblical version, the first humans disobeyed God and were expelled from Paradise. In Egyptian myth, the ideal society was destroyed by Seth, ushering in the Dark Ages. Thus, for the spiritual seeker to return to Silence — since the Creator is incomprehensible — they must perform the reverse action, reintegration. Only by heeding the Voice of Silence can one approach the Creator, the First Father, and thus return to the Garden of Eden.

In previous chapters, we discussed how this mysterious voice existed at the beginning of time, during the Golden Age. It is also mentioned in Holy Scripture. However, due to the violation of a certain prohibition, the Voice of Silence was subsequently lost, hidden within us, just as Isis hid from Set's vengeance in the Nile Delta. It is important to understand that Silence did not leave our bodies; it hid far from prying eyes in the pineal gland, so that Set's followers could not find it. In mystical traditions, it resides at the top of the pyramid, waiting for a person to discover it upon embarking on the path of spiritual

development. In Kabbalah, this corresponds to the invisible sefira of Da'ath (knowledge), which is also called the upper paradise, as it symbolizes the Garden of Eden, which was closed to the first humans after they ate the fruit of the tree of knowledge of good and evil. It is especially important to note that the sefira of Da'ath symbolizes not ordinary knowledge, but mystical knowledge. Only by comprehending secret mystical knowledge and conquering vices within themselves can a spiritual seeker unlock the knowledge within themselves, known in Eastern traditions as the third eye, and return to paradise. But as we know, the path to Eternal Silence is blocked by the Ego — the voice of our incessant thoughts and excessive desires. But seekers of truth, following the savior Horus, will find Isis and restore her power over Egypt, that is, over their Minds.

The story of a savior exists in virtually every nation and religion. As Gnostic teachings teach, the messiah lives within each of us under different names. In the Jewish tradition, he is known as the Mashiach, and in the Christian tradition, Christ, both words translated as «anointed one.» How to cultivate a savior can be learned from the lives of Christ, Buddha, and other legendary heroes and enlightened figures of the past. All secret teachings agree on one thing: the primary emphasis must be on chastity, which must conquer the ego and vices, as well as on developing awareness, which will help awaken and understand the direction in which to move. Chastity is control over one's thoughts, desires, and actions. When a person succeeds

in developing this quality, the Savior within them becomes a Great Master, an instructor who leads them to freedom and frees them from slavery. The darkness, gradually receding, is replaced by light, and peace and harmony reign within.

Religion speaks extensively of salvation and calls for the Messiah to arrive to combat injustice and liberate his followers, after which eternal peace will reign. But the difference between secret teachings and traditional religions is that, according to them, people are not expected to wait for a Savior, but are called to follow the path to personal liberation and then help others. Through their spiritual work, they cultivate the savior within themselves and clear the way for the future Savior of all humanity. Only those who have been saved themselves, that is, enlightened, are able to illuminate the path for others.

«Before you straighten a hunchback, do something more difficult: straighten your shoulders.» (Buddha)

But without inner work, all efforts will be in vain. The lives of the prophets and Jesus of Nazareth allegorically demonstrate the path to salvation; they are instructions for inner awakening. If you recall the phrase that man is a microcosm, you will understand the need for inner liberation, without waiting for an external savior. By analogy, Jesus Christ, who descended into this world, is also an inner savior in relation to the macrocosm, the world soul. And if we follow the ancient formulas, «As without, so within,» and «Man is a small world,» it follows that within each of us resides the Savior, born of the Virgin

and the Holy Spirit. And only by absorbing secret knowledge and raising our consciousness to a new level will we help the savior reveal his potential within us. By embarking on the path of self-development, the spiritual seeker builds a temple within themselves, where Eternal Silence will dwell.

«Do you not know that you are the temple of God and that the Spirit of God dwells in you?» (1 Corinthians 3:16)

As you can see, Eternal Silence, sought by all enlightened people of the past, is given a special place in esoteric schools. Divine Silence differs from the modern meaning of this word, so we must distinguish between inner Silence, which we must strive for, and outer Silence, which serves as a stepping stone to inner Silence. One is simply impossible without the other.

In previous chapters, we discussed how we can experience outer Silence when alone in a closed room, but in this state, the brain still continues to function. The thought process and internal dialogue continue, despite the absence of external noise. Without outer silence, it is much more difficult to achieve inner silence. It is important for a person to achieve a state of inner silence, when their mind becomes silent and allows the word of Wisdom to penetrate.

While we can achieve outer silence by secluding ourselves in a room, putting on headphones, climbing a mountain, or hiding in a cave, achieving inner silence requires spiritual work. Without cultivating our own qualities, it's impossible to attain Silence. By recognizing the good and the bad within ourselves, we can

separate the positive from the negative and begin to control them. If you succeed in gradually returning control to the forces of light, a transformation will occur in your mind.

In the following chapters we will look in more detail at the paths leading to Silence, but now we will try to analyze three main goals on the path to spiritual development:

1. **Outer Silence.** Find a place to yourself in a room for a while to learn to focus on internal objects. You can relax, close your eyes, and mentally imagine one letter of the alphabet or your name. The main goal of this exercise is to hold a letter or a specific sequence of letters in your mind for ten seconds, then twenty, a minute, and so on. You can also imagine one of the Egyptian pyramids in front of you and hold it in your mind so that nothing can distract your attention from the object. These exercises will help you become more focused, focused, and allow you to better control your thoughts. Over time, you will learn to enter a meditative state even when surrounded by people. You can look at your conversation partner, but your thoughts will be focused inward, or ride public transportation, but ignore external noise and immerse yourself in your inner world.

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