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MIANIE M.Yu.

ESOTERICISM. The BEGINNING of the PATH



M. Mianie

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beginning of the Path

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Аннотация

НЕЗАКОННОЕ ПОТРЕБЛЕНИЕ НАРКОТИЧЕСКИХ СРЕДСТВ, ПСИХОТРОПНЫХ ВЕЩЕСТВ, ИХ АНАЛОГОВ ПРИЧИНЯЕТ ВРЕД ЗДОРОВЬЮ, ИХ НЕЗАКОННЫЙ ОБОРОТ ЗАПРЕЩЕН И ВЛЕЧЕТ УСТАНОВЛЕННУЮ ЗАКОНОДАТЕЛЬСТВОМ ОТВЕТСТВЕННОСТЬ.

Not everyone realizes that esotericism is a much more complex and capacious sphere of knowledge than even modern cybernetics, as it studies everything existing in this world from the point of view of its energetic structure, the Laws of Life and Development.

This book from the series «Esotericism for Beginners» — helps to orient yourself in this sphere and make the right choice for your soul and your destiny.

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Ezotericism. The beginning of the Path

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About the book

The book is based on the presentations of the Spiritual Teacher, founder of the author's scientific and educational Center (Ukraine, Kharkov, since 1993) / "Academy of Personality Development" (Estonia, Tallinn) "Systems of Academician Mianie M. Yu.", researcher, Ph. D. (philosophy, psychology), Grand Ph. D., Prof., Academician Mianie M. Yu.

In an accessible form, with answers to questions, an explanation of the basics of esotericism as a field of knowledge about energy, God, His laws and the Human Soul is given. For those who are looking for their Path of Development, the information of general analytical character will be interesting, and the criteria introduced will help to make the right choice, depending on the interests of the person. Beginning esotericists, who have only just had an idea that something needs to be changed in themselves, will get answers to the first arising questions.

The book is intended for a wide range of readers.

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Preface

There are more than enough prejudices of all kinds in our society. If we look back in history, the dominant worldview has always hindered the development of new knowledge. Once the first believers were persecuted, then faith became dominant — the first scientists were burned at the stake.

Now, when esotericism is gaining strength and this knowledge attracts more and more people, religion and science try to prevent its spread. Although, by and large, this knowledge is a logical continuation of spiritual knowledge, but on a more perfect, deep level.

Esotericism differs from religion in that it is not only a belief, it gives people the opportunity to check all the statements on their own experience. To do this, one must learn to accumulate energy and discover abilities, learn to work professionally with spiritual laws and trace how delusions or violations of laws affect a person's destiny and health, in order to get to the root causes and remove them.

What do people believe? The less a person knows, or his knowledge with big gaps and contradictions, the more his soul is filled with fears, doubts and all kinds of limitations, the less

opportunities he sees in this life. This is also in keeping with Christ's admonition, "Study, and the light of knowledge shall make you free."

If a person does not think about what he was born on Earth for, if he does not have goals that inspire him — he walks around with wan eyes and often dies before his time. Esoteric schools help a person to realize what he lives for, to set a goal that awakens all mental forces, to take responsibility for his destiny, to put his body in order.

To become a Master, to learn the art of life on Earth, it is necessary to think and act in such a way that every minute of life gives joy and pleasure. If a man has no strength, he can hardly lift his hand, and is no happiness to speak of.

Energy development allows to accumulate the necessary amount of energy for a full life. The human body has enough mechanisms to restore itself, to overcome the disease, and accumulating energy, gaining peace of mind, a person gets the opportunity to automatically launch these mechanisms and forgets that he was once sick.

The book presents the basics of esoteric development; techniques and methods are not given. In order to practice, a person must fulfill a number of requirements for his own

development and learn to work with energy under the guidance of an experienced mentor (individual training or esoteric schools). But esoteric schools are different. In order not to have negative consequences — you must carefully choose whom to believe. It should be a highly professional school with positive results confirmed by practice.

M. Yu. MIANIE

Chapter 1. FORMING UNDERSTANDING (*OR WHY YOU NEED IT*)

There are many spiritual theories and wonderful teachings on Earth. But if you look carefully at the world around you, you can easily see that there are almost no perfect people: a brilliant scientist, but health and appearance problems; a great businessman, but the family is falling apart. The list could go on.

Why do we observe this pattern? If we take the strongest of the teachings that have produced the greatest results, we can see that each of them has one problem or another. Let's say *Christianity* (a billion believers): love is fine, but it doesn't develop strength, you look elsewhere for knowledge of social fulfillment.

Philosophy of science has trained to make money, satellites, spaceships, but man never got happiness. *Medicine* is getting better and health is getting worse. *Buddhism and classical yoga* give strength, opening of abilities, but problems in society remain the same — a man can not always realize himself. Besides, these teachings were created long ago, conditions have changed, and not everyone can follow this path. There are many people practicing yoga, but not everyone can get what it can give.

Each of the teachings has its advantages, but not everyone can be said to be perfect. The idea behind our Center is to combine these teachings together and, if necessary, to create new ones. So that within the framework of one direction to give a person the maximum and the best way: answers to all the questions of concern, realization of his main interests and help in solving problems.

By and large, each of the directions and teachings seeks to answer the question — what a person lives on Earth for, and how he or she can achieve happiness, strength, perfection and freedom. Buddhism says that life is suffering, and the way to get rid of suffering is to observe the eight noble truths, etc.

Each school sees the answers in a different way, but if you put them together, the following picture emerges. *For man the highest goal is to understand and realize his purpose.* If he is a cog, a bolt in some system, if he is a worm or a creature that is not worthy to walk on the Earth, this is one attitude. If a person is a future assistant of the Creator, and there is a huge potential in him, then it is a completely different attitude to himself and to life. This ignites the heart and opens the wings.

There's a theory in psychology called learned helplessness. They did an experiment. They took two groups of dogs and

started hitting them with electric current. If a dog in one group pressed the pedal, the electric shock stopped. In the second group — press, do not press, nothing depends on them. Then they were combined together and let the electric current. The first group of dogs quickly adapted to the new situation, the second group — doomed to run, fell on the floor and began to whimper pitifully. They did not even try to do anything, to look for a way out.

We observe approximately the same picture with a human being. If he does not know that another, more interesting, beautiful, rich life is possible for him, he lives in a certain rut, within the framework of his established ideas and does not even make attempts to change something in his life.

How to go to the limit of your abilities? The theory of learned helplessness says that if a person does not believe that it is possible, he does not even make attempts. If a person knows that everything he has in this life, he has earned (even if by laws that are not clear to him yet, received by virtue of delusions and wrong deeds), then he begins to think how to reach his goal.

A very simple pattern — ***a person cannot solve a problem that is superior to him.*** For example, if you go into a fight, into the ring, and your opponent is 40 kg heavier, stronger and much better prepared — you have no chance to win. The fight will be over in a few seconds — one punch and you're knocked out.

Completely different class. If a person is weaker, he can make a thousand attempts — all useless. If you increase your class, become stronger, smarter — you can cope with any problem in life (conflicts, complexes, shortcomings).

Another example: one person with great difficulty achieves “yes” for many years, hearing “no, no, no”. Another comes in, smiles and gets a “yes” in a minute. Why? It’s a different level. The person hasn’t even said anything, but you feel a nice high energy coming from them. So, *development determines what you can count on in this life, what goals are available to you in life.*

How to make human development as effective as possible, so that the goals are high and beautiful? How to reach the limit of one’s abilities, not just to be no worse than the neighbors? Most people are focused on those next to them. A standard mistake. Even the ancients said — if you want to make your boy an Olympic champion, you will take him not to neighbors, but to the only master who prepares Olympic champions.

But in life, as a rule, a person is shaped by circumstances and people who surround him (and often you can not say that they have lived a decent, wonderful in every way life). Look at your parents, your surroundings. What fate they have, approximately — the same fate awaits the people who trust them 100%. To

change your life it is necessary to look for masters.

Let's take work or personal life. If you look, few can say that they are absolutely happy in their personal life. Love is a high art. Neither school nor university teaches how to find a job, how to make a career, how to achieve happiness. A person is ready to be a performer, not realizing what laws it is subject to, what personal qualities he must have in order not to break down, to be respected.

It would seem to be absolutely different spheres, but they are subordinated to the same laws. A person finds himself in a particular situation, interacts with other people: what does he do, what impression does he make, does he control the situation, or does it pull him along? Work, personal life, environment. For all these things to be available to man, he has to become perfect. It is a constant development.

Many people know that “everything should be good for everyone, everything should be enough”, etc. But the more difficult question is ***what should be done to make all these goals available to a person.*** These are the questions we are exploring in class. Whatever you do, whoever you communicate with — you control yourself or you cannot control yourself.

A strong person — if someone tries to piss him off and

says hurtful words, he thinks: “they want me to be offended, but they won’t succeed. He speaks in such a way that he will not be offended, without raising his voice, without aggressive notes, without saying bad words. He defends his own dignity without degrading the dignity of another. Everyone is tense, fussy, nervous, but he controls the situation, he is calm, relaxed, he thinks with his head and does not panic. A weak person — primitive behavior: hurtful words — screaming, tears; good words — blossomed (“do what you want with me”). The person does not control himself.

How do you behave? You can realize formulas: “I want to be strong. I want to be a warrior. I want to be a loving husband. I want to be a poet.” You get into a certain state and you get what you want, the feeling — “I can do this.” ***You are alone with yourself. You have to learn how to manage the situation, how not to lose.***

How interested are you in your destiny? For example, a person behaves confidently, knows how to fight back, but does not achieve anything in life. Why? It is possible to be confident, to be able to stand up for yourself and learn to say compliments. But if a person does not know what he lives for, and has not realized that this is the most important issue in life — he will not be able to control his destiny, and all this will not be very useful to him. ***For goals to become real, a person has to learn a lot of things.***

This is taught in different spiritual schools in different ways. Our Center is such a school.

If a person has no goal, he walks around with slumped shoulders, with a faded look, he only needs something to earn his daily bread. This is sad, he needs to survive. If a man has a purpose — fine. He is burning, living.

There are a lot of interesting points in psychology. For example, a nursing home: some people have a choice, others don't (someone wants to watch something on TV or doesn't care what is shown; choice of food — "I want dumplings on Wednesdays and Fridays" or doesn't care what is given).

A person who has a choice, thinks, decides something. Such people live longer, they have a better mood, they have at least some purpose. No purpose — aimless existence, a person dies, ends his life by suicide, just dies out.

Or two people live together: if their feelings are the only thing keeping them on Earth, then one dies, and after a while the other dies. There is not a single motive to linger on Earth. Many have an excuse — children, it's good, but it's not enough.

You have to learn to choose goals that fit your personality. Everyone has a talent, but it takes work to discover it. Most

people don't study themselves. There is nothing more priceless and closer than your Soul, but how much time do people spend to know themselves? There is time to read the newspaper, to lie on the couch, but there is no time to pay attention to your Soul. One should try to set goals for many years in such a way that they inspire you and you will never regret it. This is a great art.

People make a lot of unnecessary efforts, spend a lot of time almost in vain, doing things that seem important but do not lead to the goal. They can't even appreciate that no one needs it. For example, the same conflicts in the family last for decades. We read a book on psychology — recommendations are given on how best to respond, how to talk to the person, and the conflict is over.

A person controls his destiny when he has a goal, a plan, and he approaches his goal step by step. Most people are pulled by the current, they become victims of circumstances. How to learn how to choose goals and calculate steps, how to realize your goals in life, how not to break down and learn to go forward by force of will (“I will overcome everything, I can do anything”), how to become open and receptive?

In addition to the will of man, there is the will of the Higher Powers. If you set some goals, God helps you, others — He beats you on the hands. One person makes gigantic efforts, and

everything is wasted: earned — lost, earned — lost, married — divorced. He does not deserve the right to be happy by his behavior and actions. Everything comes into another's hands. Why? He thinks differently, acts differently, although outwardly they seem to do the same thing.

The program of our Center includes everything that concerns destiny, what laws it obeys, how to know it, whether your Patrons will help you or there will be problems. The first thing is your destiny.

The second is situation management. You are communicating with someone. What influences your assessment of the other person, what influences their attitude toward you? You want the person to ultimately say “yes” and you don't want to hear “no”. What influences that? The first is condition. If a person comes in sideways, is not confident, you do not even listen to him, it is unpleasant to talk to him, he carries a lot of problems. Such a person is quickly forgiven. Another person is calm, relaxed, friendly, he has good manners and appearance. He is pleasant to look at and listen to. *The main thing is the condition.*

No one teaches (or almost no one) how to learn how to manage your inner world, how to act calmly and relaxed, how to become strong, confident, benevolent, how to manage your attention. Love: if a person does not feel a kind attitude to himself — he is

cold, unpleasant; but if you have feelings burning in your chest — you warm him up, open him. This is a high art, you need to learn it. Image is also important: speech, intonation (how to speak decently to get the right answers, how to put the offender in his place), appearance, manners, etc.

The third is self-management. It is hard for a person to try to do anything at all if he has little energy. Energy appears, and a lot of problems go away by themselves.

How to learn to accumulate energy? There are many conditions, physical exercises and esoteric techniques (self-injury, meditation). If you have energy, and there is a lot of it, you can easily discover psychic abilities. If you don't have it, it's not that you don't have abilities, your memory goes out, your eyesight goes down and everything else goes down too.

The example of our trainees. In the first and second courses, we do not work with diseases in a targeted way. And what is interesting is that if a person has learned to accumulate energy, some diseases disappear on their own. There are many such examples in the Center. A person forgets that he or she was on the medical register, comes to the clinic to get a certificate for the swimming pool and is surprised to hear: "You are our patient, you have a heart condition."

A classic example from yoga. The ocean. When the tide comes in, all your problems flood in and become invisible; when the tide goes out, the bottom is exposed, the mud and other nuisances are exposed. *Second example.* A ship is sailing. When everything is in order, the pool and disco are working. But one engine broke down, and only to get to the shore. Similarly, our organism — it lacks energy to “walk” to work and back (memory, vision, walking with difficulty, shortness of breath appear “for some reason”).

Do you want to change something in yourself, in your life, or are you satisfied with everything? Or maybe you are waiting for everything to change? Suddenly life will be better, and tomorrow you will wake up a happy person. Some people wait 33 years, some wait 48. Do you want to be the master of your destiny? Is your aspiration strong enough?

If a person wants something badly enough, he goes and does it. For example, a person wants to stop smoking. He realizes that it is harmful to his health, but his desire is not strong enough to give up, because he needs to change his image and lifestyle. Thoughts appear: I will quit smoking, I will get fat, but I do not want to run. It is the same with the question of development. To become the master of your life, you need to make a decision, go and do it. Otherwise, it will remain a pipe dream. This is the approach of our Center to development. A complete system —

complete goals.

Chapter 2. BEFORE SELECTING A PATH

To make the right choice of one's Path, a person must understand what paths of Development exist and be convinced by personal experience in the truthfulness of what is said (words do not disagree with deeds, gives practical results). Only after that you can ask whether you need this path seriously and for a long time.

Any organization is an opportunity that a person uses or does not use. For example, Christianity — there is Christ, saints, people who devoted their lives to it, priests, but there are also criminals and lepers. Our Center gives certain opportunities. How a person uses them depends on the person himself.

DEVELOPMENT PATH

All people can be divided into three categories. The first, the largest, is people who are weak, poor, and unhappy; the second category is the strong; and the third is people who create themselves.

Weak, poor, unhappy (as a rule, life is hard for them): everything is bad, conflicts, stress, a lot of accusations, claims. The saddest thing is that a person does nothing about it or is unable to do anything about it. He does not change anything in himself and in his life.

He has made a verdict to himself — “I am a loser, nothing will work out”. Some people are absolutely sure that they are right and do not want to listen to anything. Most people belong to this category. Life does not suit them, life is bad and they do not see or do not want to see a way out.

The second category is the strong. Perhaps they were lucky to have parents who taught them how to find their place in life, taught them ethics, communication with people (how to negotiate and make a career, how to treat people to be respected, how to keep calm when others are green with resentment and anger). They received a certain set of knowledge, qualities and go to their

goal.

The third category is people who build themselves. These are people who are developing. They believe that they can change themselves, that they can change their destiny. Their task is to become much stronger, smarter, happier than they are at the moment.

If something does not suit them, a person looks for a way to get what they want and finds it. For example, in business, more than half of billionaires and millionaires started from scratch, without anyone's help.

Each person is looking for his or *her own path for development*. In any case, you need a system that provides knowledge in a complex. In self-education, as a rule, there is a problem of fragmented knowledge (from one book one thing, from another another, it is impossible to put together). An illustrative example. There are many different cars. They drive only if all parts are from the same model. If they are from different models, then a Zaporozhets with Mercedes wheels and a tractor engine will not run. There must be a complete system.

Any school assumes that there is a mentor to whom you can ask questions. You can understand and accept something yourself, but if you cannot find the answer yourself, it means

that there is a big problem that hinders you. There must be a mentor who has traveled this path, who has been through the disease, suffered, found joy and can tell you how to cope with these or those problems. ***To follow the Path of Development, it is necessary to choose a system of knowledge.***

All systems existing on Earth can be categorized into three categories: religion, science, and esotericism. By and large, they are not antagonistic to each other. They are oriented toward different people and address different issues.

Science has done a lot of good: airplanes fly, satellites, there is a telephone, television, but an educated person can not always make a career, earn money. ***Science*** mainly studies the external, material world with rulers and instruments. There is logic, physical experiment (put the experiment, check the result, analyze). Science has practically proved its necessity, but it does not make a person happy, it does not even set such a goal. It does not consider spiritual issues, feelings are reduced to the level of physiological reactions.

Religion deals with questions of the inner world: what is the Soul, God, how to find faith, find peace, love for neighbor. Believers feel it in their hearts. It cannot be measured by any rulers. A person turns to God, he feels a surge of strength, energy. Belief in God is a fact that calmly coexists with the fact that there

are a lot of atheists.

Religion presupposes belief in what is, but it does not presuppose professional work. Religion is the basis of spirituality, the first principles for people who begin to walk the path of spiritual development. There is no rigid and clear logic here, no experimentation. There is a belief that there is a Soul, the Subtle World, Spiritual Laws.

Esotericism deals with spiritual issues at a higher level: logic (everything is verifiable), energetic abilities (if it is impossible to verify, it is better not to talk about it). Somewhere you can't do without faith, but it is a minimum of questions (for example, something exists in the center of the universe that is impossible to check at the moment).

But most of the questions it verifies. There is a Soul, it is organized in such and such a way. It is necessary to make such actions, to say such commands, and you can feel, even in the first classes, where the centers of consciousness, energy are. You just have to pay attention to it and know the techniques how to turn it all on. One of the tasks is to develop certain abilities and to learn how to check them. To learn how to enter the subtle world (it is not necessary for everyone to have all abilities at once).

There are a lot of other issues that esotericism deals with: what

is Honor, dignity, what is a strong person, how you can evaluate how perfect you are, how pure you are.

Esoteric schools are the next stage of development of spiritual knowledge at a qualitatively higher level. Not just faith, but learning how a person, working with energy, performing these or those exercises, gets an opportunity to get in touch with his Soul and the Subtle World.

He becomes convinced by his own experience that such and such a disease arises for such and such reasons, and there is a possibility to get rid of this disease. You will understand why you are being punished by invisible forces and what your own problem is. Even science has established that the majority of all physical disorders are caused by fears and inability to manage one's psycho-emotional state.

The main thing that distinguishes one person from another and one system from another is purpose. The answer to the question: "What do you want?". From yourself, from life, from people. What does this or that system want to give a person? You live 24 hours a day, you spend your time on something. ***Ideally, the goal of teaching is to make every minute of life bring a person joy, even better — happiness, not boredom, discouragement and suffering.*** And in doing so, he should study what he is doing, become a master.

Even if there is a conflict, one can suffer or be a warrior: “I am calm, invulnerable. He wants to upset me, to make me mad, and I know how to control my inner world. Calmness, relaxation, a slight smile. My inner world is my fortress. I don’t let problems inside me.” Every manifestation of life serves to make a person become a master, to learn the art of life on Earth.

In some schools, a person has learned meditation and thinks he is on the path to enlightenment. But he walks unshaven, shaggy, in torn jeans, and his family is abandoned. This is not development, but running away from life. If a person is on the path of development, it should be confirmed practically that he goes where he needs to go. It means that he gets recognition in the society, among his relatives. Moreover, special knowledge is not the most important in a career. Different people graduate from the same institute.

But one can not find a job in his specialty at all, and the other makes a great career. It depends on what kind of person you are, how responsible and punctual you are, how good you are at building relationships, whether you are pleasant to be around. It happens that they pay money for a smile and the atmosphere a person creates. In the West it is like a law: if you can’t smile, you have no right to work with people, if you have image problems, you have no right to work in government agencies. And this is

right.

The most important question is man's relationship to God. A person must decide in this life where he wants to go — to God or to his opposite. Ideally, so that you can check on your own experience: if there is God, how to see Him, how to understand Him, how to learn how to communicate. The questions are not easy, but very, very important. No human being can do more for you than God can do. All the other goals are important too: how to rest properly, regain your strength, how to make sure that household matters are in order, money, etc. Providential matters are not global, do not give the greatest enjoyment in life, but they must be understood, controlled and aligned in a flawless way. One has to understand how to make the best of everything one comes in contact with. So that it gives happiness.

Work (basic laws, special knowledge), relationships, personal life, formation of the environment (friends, acquaintances) are a person's responsibility. And it is not so that as it turned out, so it turned out (in most cases everything turns out that way). The task is to understand what laws operate in relationships, to learn from the first acquaintance, step by step to build them. To know what stages you have to go through in order to reach the very top of feelings, the deepest trust.

In many cases, a person puts himself before a choice: friends

or family, family or work, work or development. This is wrong, they are links in the same chain. The ideal scenario is when these goals are not contradictory, but mutually reinforce each other.

A person does not pay attention to himself, at work from morning till evening — one heart attack, second, third, a person died. It is not necessary to bring yourself to exhaustion. The more strength and energy a person has, the more he burns, shines, the more chances he has to achieve success in his activity. It is the same with work.

If you think about it, you realize that it is wrong to work in three shifts, remaining the same specialist without changing your level. It's much better to think about how to have one job or two, but spend less time getting more. And if you pay attention to your work, you have time, money for vacations and traveling.

The most important thing that saves a person time is making the right decisions. This requires knowledge. Goals should reinforce each other, not contradict each other. Take any person: somewhere he has successes, somewhere he has terrible problems. A person can get the most out of life only when he perceives it as a whole and nothing escapes his gaze. Then he can achieve maximum success, live the most fulfilling life. Further, how a person is going to do it, the methods can be very different.

There are three pillars of a human being — thinking (or reason), spirituality and will. The task is for all these components to be harmonious, light. A classic example: “you have strength — you don’t need a mind”, and a person tries to solve everything with his fists. Or a scientist, reasonable, but emotionless person — only logic, he does not believe that feelings exist. There are creative natures — only impulse, only emotions. All these are extremes.

A person must be harmonious. A sharpened mind is the ability to make decisions. You can have feelings, but it is up to you to destroy them or to devote your whole life to them. *Spirituality is faith, feelings.* One of the challenges is to learn to live in high states. If you have organized yourself in this way, there is no room for suffering.

Different people behave differently in the same situation, depending on what they believe in. Basically, it’s your choice — you want to suffer or you see life as a unique opportunity and want to enjoy what’s happening. Will — the power of the physical body, energy abilities and more. *The task is to awaken the powers that are in the person himself, to find what he wants and what will give him the most.*

Chapter 3. HAPPINESS OR MISERY

Achieving power, happiness, perfection are the main goals of most of the spiritual and esoteric schools. These questions are very complex. As complex as how often you see absolutely happy people or perfect relationships in a family (love, idyll). How often can you encounter happiness, strength, perfection in all its manifestations in life? To achieve anything meaningful in life — it has to be learned.

Even if a person sets a goal, he does not always realize it. If he does not set a goal to achieve happiness, he will never get it. The level of happiness is also measured by science. It is an indicator of how satisfied a person is with himself and his life. According to statistical data, out of 170 countries in the world Ukraine is in the last ranks. Therefore, learning to be happy in life is a very urgent task for the inhabitants of our country.

Let's consider a little more detail: 1. What *happiness* is, whether it exists at all or not, and how accessible it is. 2. What is *esotericism*, what opportunities it provides to a person, and whether its opportunities allow to make a person happy.

So, what is happiness, and what *misconceptions and illusions there are*. There are so many of them. Are there people who wish

themselves all kinds of suffering? By and large, no. People want to be happy. But, nevertheless, the majority of people believe that happiness does not exist, and if it exists, it is not available or, if it is available, it is not in our country, not for me with my problems, etc. It is unlikely that it would occur to a person to condemn himself to suffering. But he continues to believe it and does not even try to set a goal to become happy.

In Roman law, to answer the question of why this happens, it was necessary to ask — who benefits from it. Who benefits from a person suffering and believing that there is no other way? It benefits anyone but the person himself. In religion there is a concept — unclean forces (uncleanness — all kinds of *evil forces*). They are the ones, first of all, *interested in making a man suffer*. He will suffer as long as he justifies his suffering, as long as he believes that he cannot change himself and his life. These forces feed on suffering, fears, anger, they support all this in man. And the more a person suffers, the better they feel, the stronger they become.

There is a conflict. One person remains absolutely calm and invulnerable, while the other is green with anger and ready to throw himself out of the window. The situation is the same, people's behavior is diametrically opposite. It depends on what a person believes in, how he has built himself up. Most people are not able to consciously control themselves at all. They are

controlled by their desires, emotions, prejudices.

For a person to be able to consciously manage himself, he must have the appropriate knowledge, clear goals and will. If there is a bad emotion, a desire to hit someone — say to yourself: “Calm down, Ippolit, calm down”, and the desire to hit someone disappears. A person thinks how to solve the issue in a peaceful way, how to make the other understand that he is wrong and apologize. There are various reasons why people do not believe in happiness and do not go to it with all their might. *If a person believes, he has a chance to get what he wants*, but if he does not believe, he condemns himself to suffering.

On the other hand, who needs people who can be managed by crude, dirty methods? If it is pure management — everything is good, it is an optimal organization. But, if the management methods are not clean, then here you need weak, poor, unhappy people who are easy to manipulate.

Example. In Sparta, a man died with a smile on his lips, horrifying his enemies. He could not be forced to do what he thought was wrong, could not be humiliated with impunity — he was trained to defend himself. *A strong man who has tasted freedom, who has realized what happiness is, knows what he is fighting for.*

If a person does not know what happiness is (neighbors do not have it, he has not seen it at home, and his relatives have taught him that it is impossible to believe in it), he does not believe in it at all. He suffers and endures humiliation, does not defend his rights, he has nothing to fight for and nothing to fight for. He does not believe that it is possible to do things differently. People who want power at any cost are interested in making others weak and believing that it is not possible to do things differently.

But there is also a basic reason. Let's remember Zhvanetsky: "I didn't learn one, the second, the third, the fifth, the tenth, I didn't become an athlete, I didn't become an artist... and I'm passing on my experience to you." In most cases, *people become unhappy because they adopt it from their parents and friends.*

Happiness is understood differently by everyone. Each person has his or her own measure of happiness and suffering in life. The more suffering, the less happiness or, in general, life becomes a nightmare. In depending on what you want, you shift that scale. It seemed to you that suffering is not enough — you can make it more, for this you need to make wrong decisions. If you decided — enough suffering, you start thinking how to remove it and bring as much joy into your life as possible. ***It makes sense to look for happiness where there is joy.*** But joy is not the same as joy. A slave rejoices in an extra bowl of chowder. And the son of a millionaire expresses dissatisfaction about the Mercedes he

was given: the color is wrong.

Types of joy can be categorized. There is down-to-earth joy — peeking through a keyhole, overhearing a conversation, stealing and not noticing, injecting yourself and forgetting. It is a moment, and then there is trouble — the more you prick, the more you suffer. This is a joy for which you have to pay — lowly, unworthy, uninteresting, it does not make a person noble.

There is joy that is decent, but comes for a while: you win in the ring, you get a paycheck, you celebrate a birthday. Nothing bad follows these sources of joy, they are necessary, but they don't make a person fully happy, because it is only here and now. "There is only the moment, hold on to it." One should be able to hold on too, savoring the moment.

*There are sources of joy and pleasure that are lifelong or very long-lasting. They are present in man here and now, all the time he is breathing. **When a person realizes what can make him happy, he has a chance to get it.** He knows what to think about, where to put his energies, he has a chance to achieve his goal. These sources of joy make a man happy in a big way. *The work you love* is not the moment of getting a paycheck. You enjoy the process itself, *you create*. **Reliable and loyal friends** who you can call at any time, who will never cheat you, never whisper behind your back, never let you down. You meet and your heart*

sings. Faith, when you do not just know that there is a Higher Power, but feel it with all your heart.

Example. Ramakrishna used to test his disciples whether they knew God: when the Spiritual heart becomes alive, speaks and blazes, even the skin changes its color, it becomes covered with molasses. If a person knew God, his heart burned and his feelings overflowed to such an extent that his skin changed its texture. One could see with the naked eye whether a person's heart ever burned or not.

If a person knows God and lives by faith, it is a tremendous power. Christians went to the cross, suffered torment, but they did not complain, because there was something that gave them strength. ***Faith*** can be small, it can be huge, ***but the stronger it is, the happier a person is.***

Happiness is not something you can hold in your hands (someone holds a Mercedes and doesn't like it). You can get anything, but if you don't want it — you don't need it, it doesn't bring you joy. The very possession of something does not make a person happy. You get what you need from the external world, and it brings you joy when you know, feel — you want it. ***Happiness is your state, the state of your Soul, what happens inside.***

Example. For a collector, paintings are a pleasure. He can look at them for hours, he can feel the energy that comes from them, he notices everything in the smallest detail. Put a monkey near a painting — it is not interested in it at all, it doesn't look like bananas. It's the same with music. Some people enjoy classical music, others do not perceive it, they have a different taste or a rough perception (only “bang-bang” to make everything jump inside).

Happiness is a strong and positive state: there should be joy (the more, the better) and the absence of suffering (the less, the better). To achieve this, a person must solve two problems: to understand what can make him/her happy, what are the sources of joy, and to learn to enjoy communication, music, nature and being alone with oneself. ***If a person is oriented to strength, happiness, perfection, he is oriented to know what to do in any situation, to be strong, happy, invulnerable.*** What he will do will lead him to the goal — to joy and to victory.

The more sources of joy a person finds in this world, the more spiritually rich he is, the happier he can be. At the same time, it is necessary to understand what makes him unhappy, because of what he suffers. It is necessary to remove from your life all the sufferings on the list (fears, offenses, misunderstanding of the meaning of life) and all other problems on the spiritual level and physical (to worry about your body). To become happy, you need

to understand what the sources of joy are, make those sources your own and learn how to turn them on. Understand what causes suffering and step by step remove it from your life.

Every person is constantly presented with different opportunities. How you use them is your choice. ***Happiness is the main prize a person can get in this life.*** It is a reward for the right choice, for the fact that he worked hard and did it worthily. If he did not work on himself, on his destiny, or did it wrong, then suffering, like a doctor's diagnosis, shows him where he was wrong. Therefore, *in some religions the main idea is to get rid of suffering as a way out on the righteous path.*

Joy. To understand where to look for it, we need to identify its sources. The more unhappy a person is, the less sources of joy he sees. He has gotten deep into the swamp, and the indicator that he is stuck seriously and for a long time is that he is convinced that it is impossible to get out of the swamp. In what does a person see the joy of life?

Does he value a kind word, help, does he value feelings, creativity? Spirituality of a person is largely determined by what he values in this life. If only money — sad version. ***Spiritual development implies that a person learns to value God, time, his consciousness and body. To value and properly use this wealth.*** Life is only a few decades, and this piece of time should be used

correctly.

An example from life. Crimea, early morning, a clearing, a grandfather is sitting, a profound old man. Grandpa's condition is not usual, he is different from the others. "Grandpa, what are you doing here?" — "Well, I've been working all my life, now I'm thinking." It's better to think before. Why does a man live, and what will he say to the Higher Powers when they call him to account? *Why did he live, what good did he do? Or did he have no time for it all his life? Sooner or later life ends, and you will still have to answer how you have disposed of this life.*

All sources of joy and happiness can be divided into internal (nothing happens in this world, no one gives you ice cream or flowers, but you feel great, you are happy) ***and external*** (something must come from the outside world to make you feel good). Ideally, you already feel good, but when someone compliments you or gives you flowers, you feel even better.

Internal sources. The first is respect for oneself. If a person does not have it, he does not know what to respect himself for, he does not know what inner dignity is. It is hard to live without respect for oneself, it is unpleasant to scold oneself. It is more pleasant to talk about yourself politely, to wake up in the morning and hear (let not a servant, but a tape recorder): "Get up, Count, great things await you."

What names does a man call himself? If with the last words (it does not matter what you say to yourself), your Soul will suffer, it will be hurt. ***When you call yourself by respected names, worthy words — your shoulders straighten. This is a feeling of inner strength.*** It is hard for a weak person, who has two puffs of life, to feel happy, it is hard to lift a foot on two steps. When a person feels that he has energy running through his body, that he can overcome any obstacles (what he wants, he will get), when a person's abilities to write poetry or paint pictures are revealed — it is pleasant.

Even more significant are energetic abilities: to see what one thinks, what one feels, to communicate with the Higher Powers. Developing inner strength — when you realize that new energy is born inside you, that you become different and can make yourself what you want. Most people cannot even dream about this. The way they were born, the way they will die.

The ideal variant on the use of internal sources of joy is to learn to master oneself perfectly, to enter different states. *For example*, an artist. He can reincarnate. There are two main options: you can portray, remaining calm inside, and you can live the life of your hero (fall in love or be a general). This is a technique. A person understands what he needs, knows what to say to his consciousness, subconsciousness, knows how to

move. He enters the role, feels himself differently (today I will be D'Artagnan, tomorrow I will play Athos).

The ideal variant is that you say: "I want to be happy", give your consciousness a command and get the result. You ignite within yourself those sources of energy and joy that you need at the moment. Great artists do it well, they can live the lives of different people. Of course, when you have to suffer a lot on stage, you have to die early. In joy one can live for a long time. But in order to achieve happiness, you need to master yourself perfectly (I enter such and such a state), learn to change your inner world, your qualities, to form something new in yourself. There are techniques for this in esotericism: self-injury, meditation, self-control.

***External sources of joy.** The pleasure when you are able to communicate with God is an unforgettable experience for the first time. One of the most important events in life when you **receive** Gods gift is feelings: friendship, loyalty, love.*

You feel, you know with all your heart that this person is with you for life. You do not need to say anything, you are near and your heart sings. Another situation: people marry for love, but soon say goodbye — they don't agree in character. People receive a gift, but if they are not trained to use it correctly, something is bound to go wrong.

People are different — there are contradictions and, if they are not eliminated correctly, there is a conflict, then war, or someone has to step on his own throat. But if one constantly obeys, one can die early because the Soul does not sing, but suffers endlessly. *One should be able to competently defend one's point of view and find agreement.*

Family, friends, favorite business. If a person becomes *a Master, then every moment of life brings him joy*, and it is not necessary that he should sing dithyrambs. Even if there is a fight with a formidable opponent, one can also enjoy it: “Spread your shoulder, spread your arm.” “There is pleasure in fighting at the edge of the abyss...”

One ability is to learn to appreciate what you have, to enjoy what is happening. *Another*, if something is missing in your life, is to learn to set goals, achieve them, and stop feeling unhappy. Ask yourself a question: how much would you be willing to sell your arm, leg, head for. It's unlikely that you would want to at all.

But how much do you value what you have? You are walking in a park: you can plunge into problems with your head, or you can enjoy the landscape, think about something good. *If the situation is favorable — to become **the creator of your life**, unfavorable — to become a warrior*, to learn to fight, to defend

your interests with dignity.

Learn to manage yourself: I want to be so-and-so, and you become so. To do this, you need to make the right choice and learn to shape yourself. The right choice is what? Ultimately, ***it is a distinction of Good and Evil, a choice of the path of Light, the path of Development.***

What makes you unhappy? Evil in the Vedas is that which is first as nectar, then as poison. Good, on the contrary — first as poison, then as nectar. Drugs are absolute evil. At first, it may feel pleasant and exciting, but then comes the inevitable retribution, suffering, and death.. Or physical development: the body hurts, you don't want to get up in the morning, but after a few months of exercise, you have twice as much energy, your tummy starts to shrink, you like the image in the mirror more, and your illnesses go away.

Movement replaces any medicine, but no medicine can replace movement. It is hard to change oneself, but it gives the corresponding fruits. It is very easy to roll down the hill (get stoned, drunk), but you have to pay for it all. One should be able to choose what to value in this life so that one does not have to pay for it.

A strong person is one who is able to change himself and

his life. Lack of salary — set a goal (to find a better job), go and do it. Lack of education — learned, not satisfied with the environment — found new people, won trust and recognition by their attitude, good deeds. This can turn into friendship, into feelings, if a person deserves it.

High school and university do not set these goals, it is not their task. They prepare performers: to know physics, mathematics, to be able to assemble this or that device, to write a program. But if a person has no understanding of the meaning of life — why live, why breathe? Excuses appear: to bring up children, to plant a tree (also labor), to build a house (you build all your life, but there is no time to live).

High school and university do not teach this. Parents teach it first. How? By their behavior. If they are used to swearing in such and such a situation, you will swear too. If you think that you have a lot of special thoughts of your own, name at least one that is not shown in textbooks, one that you have thought up yourself, not taken from your parents, friends, books and television...

When a person realizes that he is shaped by the world around him, he has the key to change himself: “I’m tired of these negative programs, I like this one better, I’ll take it”. Who to look up to? If you want your boy to become an Olympic champion, will you take him to your parents, friends, acquaintances, school

teachers? No, to the only master who trains Olympic champions. He is capable, he is an expert in this field. But more often, people are brought up by non-specialists, by their own, far from the best example. Do you want to know what awaits you? Look at your parents — about the same, *if you do not make decisions that will make you stronger and better.*

Happiness is in a person's hands if he makes it his goal and tries to approach it professionally. If a person wants something, he tries to find where he can learn it. Spiritual schools teach: where you suffered — you can learn self-control, where you were hysterical — you can perceive the situation with a smile.

Human strength — whether you can stay calm and ***relaxed*** when everyone else is angry and tense, whether you can get rid of bad habits. ***Strength and will are developed in overcoming***, and spiritual development is our whole life.

For happiness to become the norm of life, it is necessary to get rid of suffering. And they are incommensurably more numerous than joy. Can you guess why? Very simple. There is a question, there is only one right answer to it, and there are so many mistakes. There are many different life situations and one right decision, and there are as many wrong ones as you want. When you give a wrong answer, you suffer. That is why there are so many reasons for suffering. The less one is protected, the more

one has to suffer. “He who has seen little, weeps much.”

The first cause for suffering is a purposeless life. It is very difficult for a person to feel happy if he does not understand why he lives. He has reasoned for himself that there can be no happiness in his personal life (he tried it once, he was deceived) — his personal life is closed. Friends have said a bad word — friends fall away. Career — once tried to get a job, not accepted — the career cross. Physical development — once accelerated, did not fly farther than three meters — that’s it, I will not be a sportsman, there is no reason to live.

What awaits such a person? Depression, all kinds of delusions, mental illnesses. Human consciousness and intellect do not know what to work for. There is no worthy goal to think about, to analyze situations, to plan. There is nothing to think about, there is no sense in life, but it is necessary to work. A person goes into the world of illusions or beats from powerlessness, because he cannot find a way out.

All sources of energy, which are in a man, work only when it is clear why to work, in what direction to think, for what to give power to a man. Man differs from an animal in that he develops his soul, becomes smarter, deeper. *When the reasons for life run out — a man dies.*

In developed countries, there is a clear program: get an education, make a career, get married, be a decent citizen, etc. And people follow this program. Each country has its own peculiarities. It used to be easier in our country — there were ideals, moral principles (good or bad, but there was something to look up to). When everything was destroyed: it is unclear why to live, people are homesick, they die faster.

***The first reason** for suffering, if a person never realized who he is and what he was born on this Earth for. Maybe for nothing, maybe nature made a mistake? It is even worse when a person does not even look for a purpose. He believes that purpose limits freedom. True, he does not know what to do with such freedom.*

***Second:** if a person has not built self-esteem, the right attitude to himself — he does not respect himself, he is engaged in self-meditation, allows to say bad words about himself. He does not know why, how to respect himself. He has bad habits (everyone knows what is harmful, but he continues — he doesn't know it well). There was no clear example to make a responsible decision.*

Example of training. It's time to quit smoking. You need to imagine: You take a cigarette — gray, dark, viscous, disgusting smoke fills your lungs, is absorbed into the blood, enters the heart; the blood darkens, spreads through the vessels to the whole body... Deeply enter the image and realize what cigarette smoke

does to a person. After several very detailed representations we realize that the one who smokes, ages and dies 20 years faster. We imagine how different we are from the ideal, and the desire to smoke diminishes. It's not easy if others smoke.

People have completely different attitudes even towards death. *Example.* In ancient times, hill wrestling was part of a feast. A mound was poured and the strongest warriors competed to see who would stay on the mountain, who would win. It was all in honor of the man who had died, the true warrior, so that he would enter a better world, go to heaven. Another question is how right it was. But it was the choice of the man himself.

A few basic things to learn in order for suffering to leave a person once and for all. *The first is invulnerability.* Can you remain calm, balanced, benevolent, correct, when everyone around you turns green, when they tell you untruths, hurtful words. If you start to react emotionally — you have lost, the opponent needs it. The more you suffer, the better the villain will feel. His goal is to make you mad, to see when you turn pale and collapse with a heart attack. Your heart attack is the pinnacle of his skill, mild suffering is a three.

Invulnerability is when you build such an attitude to what is happening that there is not even a motive to worry. To suffer, a person must be sure that he has a lot of reasons to behave in this

way. What he worries about is not protected from the negative manifestations of life, from the words of people, especially those who want evil (they can take it away from him). If what you value is on the surface — you will suffer at the sight of every dog. If the most valuable thing is deep inside, and you have protected it, then small losses do not count — in war as in war. You can remain calm, there is no inner motive to take offense, get upset, scream. You realize that your every emotion will work against you. A man shouted, and you without nerves, calmly: “Are you finished?” — “Yes.” — “What did you want to say?” There are different psychological techniques. The main reason why people get sick and die is fears and other sufferings.

Example. A space station. We lost one battery — there is another, one solar panel failed — there is another, some device does not work — we will find a replacement. But if the central computer fails, that’s the end.

If only because being nervous is bad for your health, *you need to get rid of aggression, fears, resentments and other negative emotions.* To do this, build a clear rationale for why you should not be nervous — every mistake you make puts trump cards in the hands of your opponent or destroys what you value most in the world. On the other hand, there will still be emotions that, no matter how much you don’t want them to, periodically rise up. You need power over yourself — self-control. If you feel that

the wave rises (cheeks begin to turn pink, eyes run) — “calm, calm, calm”. And after the fifth command you feel calm. When you have calmed down, you can also talk. ***In order not to suffer, you must learn to be invulnerable.*** A strong person cannot be taken out of his senses.

The second direction is cleansing. Something has already happened, and there are tails (old offenses, debts) lingering behind you. You need to say goodbye to them — apologize or compensate. There are different ways: working in meditation, in the Subtle World, in past lives. The point is that if you are wrong somewhere, there is a debt hanging on you and it will torment you until you realize where you were wrong.

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