**Evolutionary Transformation of the human and emergence of the New SPECIES**

In our previous talks we discussed in detail the psychophysically significant stages of the Way of Conscious Spiritual Evolution. Today[[1]](#footnote-1) we are going to sum it up, focusing on the key turning points of the evolutionary process and the effect of the Descending Evolutionary Energy on the body and consciousness of the seeker, a person sincerely following the Way of Conscious Spiritual Evolution. To make it more visual, I have prepared several figures that show a human being and the evolutionary changes he experiences step by step.

Until now I have not been able to clearly distinguish and describe the psychophysical features of the new state following the complete formation of the new (vibrational) body and attainment of total energy transparency. Although everything was clear in theory, my own experience was incomplete. During the past month and a half the feeling of total energy transparency has become stable, so now it can be described. At last we can present the full picture of individual evolutionary dynamics in the people of the Fifth Root Human Race on the ascending arc of evolution.

We will examine, point by point, the evolutionary dynamics as seen in the consciousness and body of a person aspiring towards Truth who has finally chosen the Way of Conscious Evolution and has started working towards its realisation.

**First point – Establishing initial contact with the descending Evolutionary Energy *(Fig. 1)***

It is a period in the evolutionary history of the Earth that all planetary structures – human beings, animals, plants and minerals – experience an intensively increasing pressure of the descending Evolutionary Energy. Having completely entered the ascending arc of evolution, the mankind of Earth is going to face radical transmutational changes that will provide for the appearance of the people of the Sixth Root Race – the seed of the new mankind on Earth – within the current Fifth Root Race.

How does the omnipresent Evolutionary Energy work on the consciousness of the seeker, and what is its purpose?

It is important to note that an intensity of the Evolutionary Energy exists in every single point of space, or what can be called the General Psycho-Vibrational Field. As we have discussed before, the General Psycho-Vibrational Field consists of an infinite number of infinitesimal energy points that pulsate infinitely fast from zero to infinity.

Our body may be at any angle to the ground, but there will always be a spot above our head that can be the source of descending Evolutionary Energy for us, the Energy that descends into our body through the head-top energy centre. The gateway for the descending Energy is the top of our head. No matter where we are or in what position – standing, sitting, lying or moving – there is always an inexhaustible source of Evolutionary Energy above us. No matter where we are – at home, in the subway or on a plane, no matter in what country or spot of the globe we are, the source is always there.

So what blocks the natural descent of the Energy into our consciousness? (Note that it is absolutely natural on the ascending arc of evolution.) If we observe the operation of our mind, we discover in our own experience that the descent of the Energy is blocked by thoughts and desires that infinitely occupy our mind in turns, blocking the channel that links us with this Energy. When not obstructed by thoughts and desires, the descending Energy enters the human consciousness as a matter of natural flow. But as long as this chaos in our mind is the norm, the gateway for the Evolutionary Energy is closed, and we (our long-suffering body first of all) remain a stagnant swamp in terms of energy circulation, housing a host of illnesses, the seeds of aging and death itself. We can only start becoming a flow-through system if we consciously open to the downward energy stream.

The only way to establish conscious contact with the Evolutionary Energy is to silence our mind, at least for a while. Given the slightest time gap between our thoughts, the Evolutionary Energy can enter our body literally drop by drop to carry out its work of transformation.

For establishing initial contact with the descending Evolutionary Energy we recommend active downward meditative practice and/or prayer – there are no other effective means of stopping our mind. Prayerful being in God, prayerful being in the Divine means silence of the mind as well. Meditation and prayer require no special setting. You can use any spare moment to make your mind silent or pray in your heart, in the temple of your own body. There is no other way to establish contact with the descending Energy – only prayer and/or meditation. Any other means, any psychoenergetic training courses and methods of opening spatial energy (any other means whatsoever, regardless of the imposing names they’re given), firstly, have nothing to do with the Way of Conscious Spiritual Evolution we recommend; secondly, pose extreme danger to people with a delicate mental disposition, and thirdly, evoke an illusion of achievement by merely stirring up energies inside the body.

Initial contact with the descending Evolutionary Energy is established almost immediately after the seeker starts working on the Way of Conscious Spiritual Evolution. It usually happens during active meditation or sincere prayer. A physically perceptible descending energy flow, accompanied by a characteristic noise (or a high-pitched tone) in the head, penetrates the seeker’s consciousness in small portions when it is free of thoughts and desires. When it happens, the seeker may feel warmth or slight vibrational quivering in the cells of the body. These sensations are extremely important for him: he confirms that he is moving in the right direction and his confidence in the Way he has chosen grows stronger. A mind free of thought becomes a conduit for the descending Energy.

Thus, regular meditative practice and prayer help establish working contact with the descending Evolutionary Energy. A little stream starts trickling, and the channel through which the Energy descends into the seeker’s body grows wider. That is the first phase of obtaining the Holy Spirit or the Divine Power.

**Second point – Establishing working contact with the descending Evolutionary Energy and opening of the main energy centres *(Fig. 2)***

It takes different time for every seeker to establish working contact with the descending Evolutionary Energy, but in the end practically everyone who follows all our recommendations correctly, establishes the contact quite fast (in one or two months’ time).

After working contact with the descending Energy is established, the seeker may notice a stable ringing noise in the head. Sometimes there is a light vibratory warmth spreading over the body. The body’s own energies awake. Making its way downward, the Evolutionary Energy opens the main energy centres (chakras) that have been severely deformed, dormant or half asleep until now, which made their balanced and harmonious operation impossible.

In this connection we would like to warn you again that any methods of opening the chakras through creating energy vortices or other ways of handling energy, ancient or modern, have nothing to do with Spiritual Evolution and are extremely dangerous for your physical and mental health as they may cause irreversible deformations in subtle as well as physical energy structures.

Working in each of the energy centres, the descending Evolutionary Energy evokes typical symptoms that allow us to trace its current position. Headache and noise in the ears, cough and tickling in the throat, heart rhythm disruption, unpleasant sensations in the solar plexus area, pain in the lower back and around the tailbone – these are the consecutive symptoms that typically reflect the work of the descending Energy in the chakras. Temporary aggravation of latent and past chronic diseases is also possible, as the descending Energy rushes to the weak spots of our body to mend them. These effects are not something to be scared of – on the contrary, it is an important positive sign that the initial stage of the evolutionary process is on course.

Whenever working contact with the descending Energy is interrupted for some reason, the seeker feels uncomfortable on the cellular level. The cells of the body that have already tasted Divine Energy feel ill at ease when they lose contact with it. The descending flow can be re-established using meditation or prayer; however, if the flow won’t restore, it means our body has received as much energy as it can assimilate for the time being, and further contact with it may not be safe.

As the Evolutionary Energy descends from one energy centre to another, it opens up and widens the main energy channel, which branches into a multitude of thin and still barely penetrable horizontal channels. From time to time, a slight energy flow trickles through these channels to the periphery of the body, bringing a feeling of warmth and vibratory trembling on the cellular level. During these periods the seeker rests in vibratory peace and comfort. It becomes obvious for him that the descending Energy can heal and harmonise the whole body.

The main task for the seeker is to continue with meditative practice or/and sincere prayer, entirely trusting the Divine Power he has discovered. It is also necessary to be watchful and keep the active consciousness unperturbed. Everything that happens in us, all the transformation is done solely by the Evolutionary Energy – we should take a back seat. All we have to do is open to it and stay mindful to make sure we don’t get in its way. It does all the rest without our participation. While opening to it is relatively simple, not getting in its way is much more difficult. The one thing that can obstruct its work is our mind – always rushing, doubting the results and analysing everything.

In the process of collective evolution, the Evolutionary Energy dragged the human out from the animal kingdom and raised him to the mental level without his conscious assistance. Today, with our conscious participation, it will raise us to a newer stage of evolution, the supramental level. This is beyond doubt – you just need to open up to it.

Can the man of today – a dwarf thinking himself a giant – solve the problem of Eternal Life with his petty occult tricks and vain scientific efforts? Some self-confident individuals, who modestly proclaim themselves “saviours of mankind”, are naive enough to think that they can. They suggest using various numerical codes, matrices and magic spells, believing that they conduct the Will of the Lord. The lord of chaos, yes. Sadly, there are credulous people who fall for these promises. Poor *little ones* – but let God be the judge.

**Third point – Awakening of the Kundalini energy *(Fig. 3)***

After some time, working contact with the descending Energy becomes relatively stable. The main energy channel is cleared; the major energy centres are opened, their operation is harmonised. Now the descending flow begins working in the energy centre at the base of the spine, where the Kundalini energy is coiled up like a snake, sleeping.

In the earliest prehistoric times, on the descending arc of evolution – when mankind was descending into Matter – the ascending Kundalini energy played a very important constructive role – it took part in building up the subtle and physical bodies of the human, connecting him with various planes of consciousness. When the Earth entered a period of energy calm (which happened in the times of the Fourth Root Race – the race of Atlantis), the ascending flow died out, and the Kundalini energy coiled up in the energy centre at the base of the spine, to rest there for some time. Now, on the ascending arc of evolution, it is to come back into play.

When the descending Evolutionary Energy begins its work in the bottom energy centre, it is often accompanied by throbbing pain in the tailbone area. It is the Energy drilling in the most material chakra in our body, where the Kundalini energy is coiled up. Awakening of the Kundalini itself is marked by occasional feelings of vibrations boiling up at the base of the spine. From time to time the vibrations go up along the spine, reaching the navel, the solar plexus, then the heart. After reaching a certain point, the vibratory activity fades for a while.

This process may take months. It prepares the final rise of the Kundalini energy that will completely remove the energy plug in the chakra at the top of the head so that the individual consciousness of the seeker may emerge from the bounds of the physical body into the space above the head, into the Universal Consciousness, the so-called Nirvana. Look how it all works to a purpose! This is a natural process of evolutionary transformation, soft and smooth, without any physical or mental distress. The descending energy enters our body in such quantity and with such an intensity that is necessary for steady constructive work at every given moment. It is not our business to dictate to this Force, to spur the evolutionary process or to eagerly wait for a result. Our task is to trust and open to the descending flow and try not to get in its way.

The descending Energy, this Creative Power does its work of transformation inasmuch the person is open, ready and able to assimilate it. We must only co-create. Any sort of interference in the natural course of the process, driven by our desire to enhance it in some way or accelerate it, may lead to persistent and sometimes irreversible energetic deformations. The human energy system is very sensitive and can be unbalanced very easily by any sort of interference.

I have seen such deformations in people damaged at psycho-energetic training courses. Even if these people began working on the Way of Conscious Spiritual Evolution, they would have no progress or the evolutionary process would be very slow and painful. Think about the possible disastrous consequences before giving yourself into the hands of psycho-energetic profiteers.

**Fourth point – Rising of the Kundalini energy and emergence of the individual consciousness into the Universal Consciousness *(Fig. 4)***

The Kundalini energy stirs up occasionally, going higher and higher up the spine until it finally reaches the top of the head and removes the energy plug, giving the seeker’s individual consciousness access to the Universal Consciousness – the Nirvana.

The final rise of the Kundalini is a powerful flow through a wide upward energy channel. The flow reaches the head-top chakra, completely dissolves or “knocks out” the energy plug and emerges into the space above the head. An “energy halo” is formed above the seeker’s head, to stay there for quite a long time (until the seeker attains total energy transparency). But don’t flatter yourself – this halo is not a sign of holiness. True holiness comes much later and only if one follows the Way of Conscious Spiritual Evolution correctly.

The energy plug can be removed in two ways: it can be gradually dissolved by the Kundalini rising multiple times to the top of the head, or it can be “knocked out”.

When the energy plug is dissolved gradually, the emergence of the individual consciousness into Nirvana goes softer than when the plug is “knocked out” – in which case the consciousness of the seeker is literally thrown out into the space above the head. Either way you find yourself in a new reality, but since there is a contrast between the old and the new states, the change is felt much sharper when the individual consciousness is “catapulted” into Nirvana.

The seeker’s general experience at this point is that his individual consciousness extends beyond the physical body, into the space around. It is as if you were in the body and outside the body at the same time. The isolated cocoon of physical consciousness is finally torn. The individual consciousness escapes from the corporeal imprisonment.

From now on, any excess of descending Evolutionary Energy that enters the body will pour out through the head-top chakra that now also acts as some kind of an escape valve. When there is more descending energy entering the body than the cells can assimilate, and this excess fails to be removed through the head-top valve in time and is accumulated in the head area, the cells of the brain respond with a headache. Only when the seeker’s body acquires total energy transparency do the recurrent headaches disappear completely. Such transformation takes years of work on the Way of Conscious Evolution.

As soon as the Kundalini energy has escaped into the space above the head, the seeker needs to re-establish contact with the descending Evolutionary Energy as soon as possible in order not to get lost in the boundless vasts of Nirvana or be trapped by adverse vital forces. Of course it is alluring to flutter in Nirvana, listening to the voices of “teachers” and receiving messianic revelations, to imagine oneself a great poet, scientist, healer or at least the saviour of mankind, but the seeker has a completely different objective – to follow the chosen Way consistently. No games with the spatial voices, no temptations to become someone great, no euphoria – only prayer and meditation, and silence in the mind. Thoughts and desires must not block the channel for the descending Energy, otherwise you will become a prisoner of Nirvana.

**Fifth point – Birth of the psychic being and establishing stable contact with the Divine Power *(Fig. 5)***

Now the head-top centre is fully opened, and the descending Evolutionary Energy enters through it in a wide flow. When the energy flow was narrow, we used to hear a thin noise or whistle in the head. Now there is a sort of a humming background, something you get used to and may not even notice – a wide plain river doesn’t make much noise. Excess energy pours out freely through the head-top chakra – the escape valve does its job. Thus we establish steady and balanced contact with the descending Evolutionary Energy, so that it can operate with pinpoint precision to prepare the birth of the psychic being. The Energy follows a clear process, which is purposefully designed and can be easily verified in practice: ascent of consciousness – descent of consciousness – forced descent of consciousness – energy assimilation.

A true miracle happens at this stage, but the preparation for this miracle is generally not a pleasant experience. A powerful flow of descending energy begins preparing the seeker’s consciousness for the Birth in Spirit. Remember: only the descending Evolutionary Energy (the Divine Power) can carry out this preparation in the most painless way possible and initiate the spiritual birth itself. No psychic miracle workers, no witches or spells, codes or numbers, no technical means can do it. Everything is in the hands of the Divine Power. We only need to trust it and surrender to it completely – because from now on, it is its will that is done.

There are many attractive advertisements nowadays of trainings, special devices and machines that can stimulate and bring about the so-called enlightenment in short time. Sheer quackery and nonsense! Any outer interference disrupts the natural course of evolutionary transformation for a given individual. Only the Divine Power knows what and how much every person needs for the necessary evolutionary transformation to come about.

Different people have different readiness for conscious spiritual work, different degree of ego development and maturity of the psychic being. Stimulated to birth in any way, an immature psychic being can turn out stillborn or die soon after birth, buried by its own ego. I have seen such cases. A second spiritual birth within the same life is very problematic.

Even a normal (timely) Birth in Spirit does not necessarily mean that the following life of the seeker will be devoted to Divine Evolution. Under certain circumstances, an ego that has not been transformed in due time can creep over the soul and foster a “spiritual ego” in its place. An inner Teacher is born, but the person does not listen to the quiet voice of the heart but rather to the clamorous voice of the ego. At the moment of the spiritual birth the ego suffers a great defeat, but it takes time for it to be transformed completely. Only a perfectly watchful consciousness can speed this process up. If there is something inside you after the spiritual birth that is afraid, eagerly desires, suffers, gets angry or doubts – that something is your untransformed ego. Therefore watch yourself. Our true being cannot be afraid, suffer, get angry or doubt.

The Birth in Spirit is preceded by psychological “birth pains” – periods of oppression caused by a conflict between the actively resisting ego and the swiftly growing and maturing psychic being. You are scared of the unknown; you realise that something is going to happen, but that something is unknown to you, so you are afraid. The spiritual birth takes place at the peak of the conflict between the ego and the psychic being. The seeker must resign to die for the past and surrender to the Divine Power entirely. “Your will be done, Lord” – these five words can work a true miracle at this most critical point.

Psychologically, a human being is very afraid to part with the past, with the known. Even if the past is gloomy and unhappy (and that’s what it is, for the most part), you’ve been through it, you know it, while the future is unknown and always scary. Those who follow the Way of Prayer and complete devotion to the Divine, find it easier to part with the past than the others (i.e., those who follow the Way of Meditation, especially intellectuals). Trusting the Divine Power completely at this most critical point frees you from unnecessary fears and doubts.

The actual Birth in Spirit takes an instant. You are entirely trapped in a point of space. You are stuck, you can’t move to the right or to the left, up or down, back or forth, it is hard to breathe, you wish to disappear, to vanish away with nothing left. Relax, trust in the Divine Power, and the Birth will happen. Sincere, heartfelt consent to die for the past triggers the Birth.

At the moment of spiritual birth the seeker’s consciousness takes a quantum leap into a new dimension, into a completely different psychophysical world – a world of Unity, Love and Harmony, a world without psychological fears or crippling anxieties, including the original fear – the fear of death. The seeker feels for a fact that he has never died and never will – he is, he has always been and will be forever. The long and painful wanderings are over – you are home, you are secure under Divine protection. The Kingdom of God is attained.

Attaining the Kingdom of God (psychological immortality) is the first stage of attaining Eternal Life. All the values of the old world mean nothing in this new world that has unfolded before you. The true being where you now reside is absolutely free and knows everything for certain, therefore it does not doubt, does not fear and does not suffer, while the mental, vital and physical bodies become submissive instruments of the Spirit.

And what is most important – our true Teacher is born inside of us, the entity that has been some sort of our guardian angel. It becomes evident that it was it, not something from outside, that saved us from fatal mistakes and hasty actions at the critical moments of our life. It was always there, inside, it never left us, but we weren’t always able to listen to it due to our overinflated ego. If we have a sincere aspiration towards evolutionary transformation, our guardian angel is our best helper. Now we unite a Teacher and a disciple within ourselves.

A powerful magnet of the heart, a potent inner source of Light and Truth comes into action. After the psychic being is born, the seeker’s consciousness settles in spontaneous (automatic) meditation. During spontaneous meditation there is a powerful energy flow that doesn’t let any unsanctioned thought get a grip in the active consciousness. Thoughts get either dissolved or cast ashore like woodchips. The thinking machine turns on only when necessary and only at your discretion. It’s amazing how wisely it is all designed! The Divine Power does miraculous things. And some people claim that mankind is going to be saved by some “miracle workers”. Lies!

The use of meditative practice and verbal prayer gradually comes to a minimum and finally becomes unnecessary. You simply live without assuming any bizarre poses, bowing in prayer till headache, sitting in the lotus position for hours or praying on a schedule – you live in the society, you actually live instead of doing a practice ad nauseam! You live a life free from any method, you live in spontaneous meditation, in a state of prayer, in constant contact with the descending Divine Power (the Holy Spirit), giving yourself to it entirely. Now everything is ready for a fundamental transformation of your body (the physical ego), so that a new subtle vibrational structure can be formed in it, our new vessel that is capable of maintaining conscious existence (existence without loss of individuality) on any plane of Being – a structure capable of Eternal Life.

**Sixth point – Opening of the main lateral Kundalini channels *(Fig. 6)***

The lateral Kundalini channels take start from the main energy channel that goes along the spine, and lead to the periphery of the body. They have been collapsed since the last time they were used – since the human physical body was first built up. Now they are needed again – the descending Evolutionary Energy is going to access the cells of the physical body via these channels. The descending Energy has already marked its way to the periphery with a thin energy current. Now the Energy enters the body in a wide, powerful flow. Augmented by the power of the psychic being, it is ready to blow the Kundalini channels through and open them to bring the Energy to the cells of the body directly.

Blowing the channels through requires a different kind, or form, of descending Evolutionary Energy. It is not a mere energy current, but rather a dense and viscous energy mass that is pushed into the body in separate portions through the top of the head and spreads instantly to the periphery of the body. The channels open from bottom to top. The seeker may feel energy blows and heat in the palms and the feet. He may also feel parts of his body to be pumped up. This is how the lateral channels open that branch into the finest capillary-like energy vessels that go directly to every cell of the physical body.

Transformation of the body and formation of the new subtle vibrational body takes years. It is known that that the cells of our body (including the slowest-regenerating ones) get fully renewed every six or seven years. This means that every six to seven years the renewed cells of the body can pass positive evolutionary changes, including genetic changes, down to the next generation of cells.

The cells that have undergone initial evolutionary transformation part with a number of negative habits and, to some extent, lose memory of the old energy environment, alter their physiology (the physiological and biochemical constants), discover new sources of nutrition, get the green light for the next stage of evolutionary transformation, etc. The renewed cells carry information about the new conditions of existence. They are no longer afraid of the descending Evolutionary Energy, of the vibrations of Light, as it is their new energy environment. I noticed that a number of significant bodily experiences happen on the turns of six-year periods.

The dense and viscous descending Energy gradually opens all the central Kundalini channels. This process is accompanied by a pumping up (externally invisible) of separate parts and areas of the physical body. It usually happens during sleep.

**Seventh point – Complete opening of all Kundalini channels *(Fig. 7)***

The final energy pump-up of the body usually takes place at night. The seeker wakes up to find his body full with some kind of air that is thick and at the same time incredibly light and vibrating. The Energy is forced into the body in a powerful flow, with any excess flowing out freely through the head-top valve. Even though the feeling is surprising, it is delightful, not frightening at all. The body feels enormously inflated, so much as if it were going to explode. Or rise above the bed – here’s levitation for you. All the seeker has to do is relax and observe this process without interrupting it with his thoughts. It doesn’t last long, maybe a few minutes before the body deflates like a popped balloon. This experience never recurs afterwards.

The final energy pump-up straightens all central and peripheral Kundalini channels completely. No channel is left clogged. Now the descending Evolutionary Energy can be fed to every little cell of the body continuously instead of just individual portions, providing deep evolutionary transformation on the cellular level. Every cell of the body is now in permanent contact with the Divine Power. It is now that formation of the new vibrational body within the cocoon of the physical body begins.

**Eighth point – Formation of the new subtle vibrational body *(Fig. 8)***

The first step to immortality is the spiritual birth: the seeker attains psychological immortality, the Kingdom of God. He realises that he has always existed and will exist forever. The fear of death disappears, and with it go all the subordinate psychological fears (fears of falling ill, accidents, indefinite future, etc.), never to return again. The second step to immortality is formation of the new subtle vibrational body.

Our physical body, the corporeal ego, is the cocoon where the new subtle vibrational structure (the vibrational body) is formed. The core of this structure, similar to the bone skeleton inside the physical body, is our psychic being, which is also the unified “organ” of perception and intelligence – a counterpart of the central nervous system that is infinitely more perfect. As the vibrational body is formed, the physical ego is gradually diminished and all the psychological and psychophysical functions (perception, assessment and control) are given over to the new structure. The physical body remains only as an instrument of the Divine on the physical plane of existence. The physical mind that makes up the physical ego is transformed, and our individuality (that which we call our self) is now located in the vibrational body that is absolutely free from egoistic attachment and ambition.

It takes six or seven years after the birth of the psychic being for the subtle vibrational body to be formed (not to be confused with the vital or ethereal bodies, which are both properties of mortal life). The memory of the vibrational body is fundamentally different and is not connected with the brain. The vibrational body “thinks” in a different way (it could be called spontaneous thinking, or thinking by instant insight), has a different mode of perception (which is wave-based and does not involve the physiological sensory organs, but instead operates through the subtle physical consciousness), and much more.

Now it is the vibrational body that is in charge of all manifested activity. As a matter of fact, the physical body serves only as a mechanical instrument of its true master, the psychic being – it walks, talks, moves things, etc. When a person’s consciousness is constantly seated in the new vibrational body, it operates purely in real time (“here and now”) and does not swing across the time scale (running ahead of or lagging behind reality) as it does in an ordinary person.

The physiology of the physical body becomes totally different; the cells of the body are renewed and operate in a new energy environment. The physiological and biochemical standards of yesterday applied by modern medicine are not appropriate anymore. By these standards, a person who follows the Way of Conscious Evolution may be labelled sick and even disabled. Something isn’t right about his haemoglobin level, breathing rate and depth, blood pressure, heart function, etc., while the person himself feels just great. If these standards as well as the approach to the causality of disease are not revised, the doctors will continue to indiscriminately treat man from evolution, while the only disease humanity suffers from is chronic evolutionary deficiency.

The share of energy required for normal body function that is received from food breakdown and gas exchange gradually comes down to a minimum. Now most of the body’s energy needs are covered by pure Energy which is brought directly to all cells of the body via the Kundalini channels and microchannels.

The descending evolutionary Energy is the creator of All: it is the creator, the creation and the material for creation; there is no reason why it cannot be a universal source of power for the physical body. This makes the phenomenon of physical life with no food and drink quite explainable – it is the result of radical transformation of physiological processes on the cellular level in the new energy environment.

**Ninth point – Attaining total energy transparency *(Fig. 9)***

There comes a moment when the new vibrational structure that has been maturing in the cocoon of the physical body is ready to emerge. It doesn’t happen until the energy pores of the physical body are fully open, and the last obstacle – the physical body’s energy shell – can be dissolved. The “saint’s halo” that has been above our head since the rise of the Kundalini energy now disappears. The excess of descending Energy doesn’t pour out of the head-top chakra as it used to but passes freely through the body’s energy pores into the space around.

I realised that something significant had happened that radically altered the body’s mode of existence and its energy balance when no headaches and pains in the back occurred during the last two periods of forced (deep) descending of the consciousness.[[2]](#footnote-2) A number of new stable sensations appeared instead: lightness, airiness, transparency and wavelike fluency.

There is a deep feeling that your physical body doesn’t belong to you. It is there, you feel it, but it isn’t yours – actually, you are no longer the body, but something else. It may sound crazy at first. Concepts such as “my thoughts” and “my desires” vanish with the mental and vital ego, and now your body isn’t yours either, but there remains a sense of the self that is independent of the body, and this observer self becomes the observed, it directly becomes everything it sees. Once you are energetically transparent, you realise that the body is only temporarily yours. You are located in the body as in a specific part of the material world, and you use the body to interact with this world.

You feel expanded to infinity, formless, you don’t depend on your body at all, it lives by itself, eats what it needs, you only have to feed it, walk it and give it some reasonable exercise. Parting with the body is now nothing but a mere formality, as when you fall asleep and wake up in a dream. You are not psychologically attached to your body, as you live in a totally different dimension beyond time and physical form.

Living in the vibrational body is something words cannot describe. Nothing belongs to you and nothing burdens you, but the observer is there, ever increasing its presence in all things, it simply is there and it is love. It can only be known through direct experience – no mental concept or emotion will be adequate, so trying to imagine it can only get you confused. The seeker grows to be the world, fulfilling God’s plan to know himself in this divine game. Our true self is a little part of the Whole, and in the course of conscious evolution it gets to know itself as the Whole. Not only does the seeker come to know himself, but he also takes part in the world’s evolutionary transformation.

These are not just fine words but reality the seeker faces upon attaining total transparency. From now on he accelerates the evolutionary process on Earth by conducting the descending Evolutionary Energy to all planes of existence, including the solid-matter spheres of the planet.

One more thing. After the individual consciousness becomes fully open to the universal vibrations, the seeker feels physically immersed in human filth and imperfection. Those are not his own, as they have already been transmuted. It is the sewage of the world he has to bathe in for a while, retaining deep inner bliss.

It is not pleasant, but the seeker is entirely protected by the descending Divine Power from above and by his own heart from inside. This allows him to get used to the new psychological state and even start recycling the negative vibrations that pervade the human atmosphere. One can think of it as a temporary waste disposal job. The negative vibrations pass freely through the seeker’s mind and literally burn in the fire of the Supramental Energy. Once you’ve done some work for your own account, it’s time to do some work for humanity. If you’ve ever wanted to save the world, now is the perfect time to do it – without big talk and fanfare, in a simple and ordinary way.

And most importantly, the seeker becomes a living transmitter of the vibrations of Light and Truth, spreading them to the world around him, awakening those who are ready to wake up, the spiritually endowed who are ready to become lighters of souls themselves. If such a chain reaction takes place, one need not worry about an imminent “apocalypse”. A tree which bears good fruit is not hewn down, only the futile is eliminated.

Nonlocal existence in the new subtle vibrational body, the state of total energetic transparency, which means being everywhere and nowhere, is depicted in Fig. 9, which shows a “fuzzy” energy body. I drew this picture more than ten years ago. It has become my normal state since, but I have not encountered any physical explanation to this phenomenon. It was obvious to me that a new wave structure had been born inside of the physical body in the course of evolutionary transformation, a vessel for the Life Eternal. Recently, however, I stumbled across a passage in a book by the renowned Japanese-American physicist Michio Kaku, which I think could provide a scientific explanation to this extraordinary phenomenon.

In 1925, physicists Werner Heisenberg, Erwin Schrödinger and their colleagues developed the quantum theory, thus making a revolution in physics. They found that the smallest physical particles have a dual nature: they can act as waves (vibrations) as well. It started off with the electron, which could be easily shown to have both wave and particle properties. Experiments with light waves proceeded to prove this theory. Heisenberg proposed the so-called uncertainty principle, which states that the exact position and velocity of an electron cannot be measured at the same time, neither can we know its precise energy in a given time period. The same principle suggested that electrons may disappear and reappear in a different place, and even exist in several places simultaneously (?!). In other words, all the tenets of common sense were brought down, but nevertheless this crazy theory worked and was being proven by further experiments.

It was then that Erwin Schrödinger discovered his famous equation, one of the most important equations widely used in physics and chemistry that helped to explain many puzzling phenomena, including fundamental chemical laws. It was later reformulated by the genius Paul Dirac to correspond with Einstein’s relativity theory and explain the behaviour of particles approaching the speed of light.

As to the phenomenon we discussed earlier (the “porous and fuzzy” body), Michio Kaku says the following: “If you used a computer to graph the Schrödinger wave of your own body, you would find that it very much resembles all the features of your body, except that the graph would be a bit fuzzy, with some of your waves oozing out in all directions. Some of your waves would extend even as far as the distant stars.” Here it is, floating in the ocean of Universal Consciousness, being everywhere and nowhere at the same time, simultaneous motion and rest, – basically the principle of uncertainty. Our new body (our new consciousness) has undergone the supramental transformation and becomes a perfect physical device and a wave function – a Schrödinger’s function (Dirac’s function, Planck’s function) that cannot be captured or destroyed. Thus, parting with the physical body enables you to do wonderful things that are physically impossible in the solid material world: teleportation, telekinesis, telepathy, travelling through time and space with limitless speed (including faster than light) and all the possibilities that follow, including travelling to parallel worlds (worlds of different materiality). And some people say that real physical miracles do not exist and believe exclusively in trivial occult rubbish.

Let us sum it up. The seeker now has two well-formed bodies: the renewed and partly transformed physical body that operates in a different energy environment, and the subtle vibrational body that resides in the ocean of Universal Consciousness and is free from death. The radically renewed physical body has been cleansed, it is free from diseases and energetical deformations, its cellular physiology differs drastically from that of the old physical body that was nothing but a stagnant energy swamp. The descending Evolutionary Energy takes part in the renewed physical body’s breathing and nutrition. The renewed physical body is an enhanced solid-matter instrument that enables the human being to live on the physical plane of existence during the transitional period preceding and preparing for the upcoming quantum leap of evolution on our planet.

The subtle vibrational body that is formed on the base of the psychic being is a matrix for the immortal subtle-material body of the New Species of human beings that will appear on Earth upon the quantum leap of evolution. The Birth in Spirit and the formation of the vibrational body are the two things to be done on the current stage of evolution. Those who have acquired the new vibrational body (the Eternal Life) during their life before the quantum leap of evolution, pass to the subtle plane of existence. They are through with reincarnations and don’t have to come back to Earth, but live a fully conscious life in total spiritual omnipotence.

The following stage of evolution is the appearance of a New Species as a result of the quantum leap of evolution. There is no doubt that a New Species is to appear on Earth. On the new Earth, the mortal “intelligent man” of today should give way to the new man – the supramental man, or the spiritual man, the immortal man.

Practice of the Way of Conscious Evolution shows that radical evolutionary transformation takes place deep in the physical body on the cellular, molecular, atomic and vibrational levels. The matrix for the immortal subtle-material body is developed within the cocoon of our physical body. It is also clear that the radical physical transformation of the human and the radical transformation of the physical plane of existence will take place at the same moment. The physical appearance of the whole planet will change.

The quantum leap of evolution is the moment when the spatial Supramental Energy and the Supramental Energy buried in the depth of solid-matter structures meet in the body of a person who follows the Way of Conscious Spiritual Evolution. It is the people who evolve that should bring about the evolutionary breakthrough. No one else can do that.

Beware of those who offer resurrection of the body and prolongation of its life either in their own name or in the name of God. Beware of those who proclaim a “path” that will make your body young, free you from diseases and protect you from evil spells and curses – Divine Evolution has nothing to do with this magic rubbish. Don’t waste your time waiting for more false saviours in sheep’s clothing, the true Saviours have already come and left the true way to life eternal for us. Wake up and work!

The secret of Immortality is hidden in our body. It is in its cells that Immortality’s nectar should be found. How can it be done? Only with the help of the descending Supramental Energy (the Evolutionary Energy, the Divine Power, the Holy Spirit). All you need to do is open to it and make sure you do not get in its way. It does all the rest itself. It was well proven by the few Great Teachers of Mankind who paved our way to Eternity. You can easily prove it yourself.

Our physical body is a bridge between the world of the dead we now inhabit and the world of the ever living that will become our home if we do our job here. In order to become such a bridge indeed, our body should become energetically transparent, totally porous and permeable to the Supramental Energy.

*“It is the body that has the cosmic consciousness, absolutely and directly,”* says Satprem, one of the Great Teachers of our time*. “You are stripped bare, the various cloaks covering you fall off in succession – and the whole world is there [in the body].*

*That ‘pounding’ [by the Supramental Energy] which the body undergoes day after day, that intrusion or invasion of another air, another respiratory mode into this barrierless matter, and especially into these higher vertebrates that are, after all, part of general Matter, must doubtless have some incalculable and traumatic effects on this old cellular and terrestrial conglomerate.*

*But what does this new ‘thing’ [the Supramental Energy] seek? What is its evolutionary goal? If it is pounding us and hammering this Earth with such energy, it must be after something. The body’s simple answer: it is hammering our grave.”*

Our grave is the Earth with all its inhabitants who suffer from chronic evolutionary deficiency and stubbornly refuse to evolve, who are mired in the habits of the physical mind, most importantly to get old, to fall sick and finally, to die.

Many curious people ask when the quantum leap of evolution will take place. Jesus answered this to his disciples: *“But about that day or hour no one knows … but only the Father.” “Be always on the watch, and pray.”* We need to work hard on the Way of Conscious Spiritual Evolution regardless of the difficulties. The more spiritually endowed people who do so, the sooner the lie of today will fall. Our evolutionary passivity is only prolonging the agony of mankind and the whole planet. Don’t look up to Heaven for salvation, today it should be found here on Earth.

*“Heaven is in matter,”* Satprem says*,* “*all the way down in matter. All the intermediate layers (mental, vital, etc.) are what makes a gangue or cocoon of falsehood difficult to break through. But once that is broken through, matter is itself again, that is, divine!*

*So we are landing in another air which will radically change the face of the Earth, which is pounding and kneading her unrelentingly to bring forth of forge a new species capable of bearing and living that Nectar she so much thirsts for.*

*The ‘New’ is here! There remains to do a long and slow and thorough cleansing of all the cells and atoms – so ‘That’ can flow unobstructed. Then everything will be possible.*

*Then deathless life will flow drop by drop through our lungs to refashion us according to its enigmatic law.*

*And the true Earth will be.*

*And true men.”*

In conclusion, I would like to quote the Mother’s answer to a question on the upcoming “end of the world” (the Mother is the name Sri Aurobindo gave to Mirra Alfassa, his true follower and one of the Great Teachers of our time):

*“There are even people who have foreseen the end of the earth, but that's idiotic. For the earth was built with a certain purpose, and it will not disappear before things are accomplished. But there may be some changes.*

*The true change of consciousness is that which will change the PHYSICAL conditions of the world and will make of it an entirely new creation.*

*It's impossible for any change, even in one element or one point of the earth consciousness, not to make the whole earth participate in that change. Necessarily. Everything is closely knit together. And a vibration somewhere has terrestrial consequences.*

*I think this will happen the moment there is a sufficient number of consciousnesses which feel absolutely that it cannot be otherwise. All that has been, and all that still is, must appear like an absurdity which cannot last — at that moment it can take place, but not before.*

*In spite of everything, there will be a moment when it will happen, there will be a time when the movement will tilt over into a new reality. There was a MOMENT. There was a moment when the mental being was able to manifest on earth. There will come a time when the human consciousness is in the required state for a supramental consciousness to be able to enter this human consciousness and manifest. It does not stretch out like a rubber band, you see: there is a time when it happens — it can be done in a flash.*

*An apocalypse, yes, and a smiling one. Fatal for the dead and light for the ever-living.”*

I think there is nothing to be added.

1. This talk was held in Moscow on 22 February 2004. I had been following the Way of Conscious Spiritual Evolution for 13 years by then. [↑](#footnote-ref-1)
2. Periods of forced (deep) descending of the consciousness last two or three days and occur with a frequency of one to one and a half months. During these periods the descending Evolutionary Energy is heavily forced into the body. Headache is caused by an excess of energy in the body. Bone tissue is part of the universal solid Matter. It resists evolutionary transformation, which results in spine pains and pain in the bones. [↑](#footnote-ref-2)