

Success in Purification of Consciousness

by Dr. Oleg Torsunov

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“May everyone be happy.
May everyone be free of infirmity
and be strong and healthy.
May everyone care for the wellbeing of others
and I too want to bring goodness to others.
May no one know any suffering
May no one have any suffering.”
-The Motto of Ayurveda

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I wish everyone happiness!

2012

[00:00:01](#) And so, today, we're going to continue our seminar; today we'll talk about everyone's duties. **The duty of all people is to become happy.** And the possibility of attaining happiness can only be found in purifying our consciousness. Our perception of happiness is often very illusory; we don't know what it is, as a rule, we don't know what it is. We don't know how to attain it.

What is Happiness?

[00:00:43](#) There's an innate understanding of it. This innate understanding seems to be etched in stone; it seems impossible to change it and there's no sense in even thinking about it. But it turns out that that's not exactly the case. We've just received a certain understanding of what happiness is because we've had really serious karma in the past that we received in this life, once we ended up on Earth. Here, there's a reigning understanding of what happiness is. Here, everyone believes that happiness is good family, good children, a good job, enough means of subsistence, a good profession, a house and so forth.

[00:01:42](#) However, as per Vedic knowledge, everything I just listed doesn't provide happiness in and of itself. In and of itself. A good job doesn't yet mean that there will be happiness. People have good jobs but suffer because they don't have good relationships with their colleagues. Next, a good family also doesn't mean that there'll be happiness, because people think: "*Why do we have such a good family, but so little money?*" Just having money also doesn't signify that there'll be happiness, because there are cases when people are very rich but suffer a lot. They don't even have anyone to talk to. They feel that everyone is insincere towards them; that people want their money, not them.

[00:02:33](#) And even health isn't purely health. Being healthy, that isn't yet happiness, as well. There can also be problems, even in the life of a happy person. And as such... And the same goes for an apartment: it would seem that we have one, we aspired towards it our whole lives; we have it, but there was no increase in happiness. As such, people often don't understand that the notion of happiness itself lies in a somewhat different arena from the one we live in, from the one we act in.

[00:03:03](#) And modern day psychology, as well, doesn't always speak to this issue since modern day psychology bases its understanding of happiness on relationships. It seems that if you change some relationship techniques, then happiness will increase. Therefore, you need to wink at one person this way and smile at another that way. But if you don't have anything inside to smile for, then you won't be able to smile.

[00:03:29](#) How can you smile if you don't have a smile, if you don't have the energy to smile? **Happiness is a force that should be within you.** And we practically don't know where it comes from, no one knows. That's why we're unhappy. **As per Vedic knowledge, happiness arises from a properly directed rational mind.** The rational mind is able to connect to happiness. But the rational mind itself, depends on knowledge. *If a person chooses the right stream of*

knowledge, then happiness immediately enters his heart. If he gets distracted from this direction, then his previous karma forces him, his reason to turn back to the direction he was in before.

[00:04:20](#) Therefore, there's a certain principle for happy life. This principle is called the daily regimen. It means that every second, a person should act counter to the force that forces him to be unhappy. He should know exactly what he should do with himself within his mind, inside. He should know precisely how to adjust himself in order to be happy. And that doesn't mean gestures, emotions; that means knowledge, that is, he needs to orient himself towards knowledge.

What is Purity of Consciousness? How to Attain it?

[00:04:56](#) And to get a good grounding in this knowledge (knowledge about what happiness is), there exists this term called "purity of consciousness". **Purity of consciousness signifies the ability to sense where happiness is and where it isn't.** For example, as per Vedic knowledge, *a young girl who slept with a man before marriage is deprived of a large percent (50-60%) of understanding of familial happiness. She simply loses this understanding. Its no longer in her head. She doesn't know what it is. In her head, her understanding of things has turned upside down.*

[00:05:42](#) Before that she knew that *"I'll love the person I meet, I'll serve him and I should work my hardest to do something good for him so that he's satisfied, and then we'll be happy."* But after that she begins to believe that, first and foremost, he should be cool, that is, HE should... Now from "happiness begins with me", her understanding of happiness transitions to him. That is, not I should be this, but that he has to be this. This state of consciousness is called the "desecration of consciousness", when everything in a person's life changes. It happens because he spoiled his understanding of things.

[00:06:27](#) So, let's say a person never tried drugs, he shoots up, and his perception of happiness changes immensely. It seems to him that happiness doesn't lie in the sphere of hard work and mastery of yourself, but in the sphere of having to turn yourself inside out to somehow find it; you need to do something really sneaky, you need to get money, get drugs and then you'll be happy. That is, his understanding of happiness changes right away.

[00:06:57](#) As such, *the first thing a person should be concerned with is purity of his own consciousness. Because, if there's no purity of consciousness, there won't be understanding in your consciousness of what happiness is.* Raise your hand, which one of you senses when your consciousness is pure and when its defiled? Are there such people here? I gotcha once again. From time to time, I like to catch out my listeners. This points to the fact that you don't know the topic.

[00:07:29](#) It turns out that consciousness... purity of consciousness lies in the sphere of the rational mind. And a person, by himself, can't control whether or not his consciousness is pure. He doesn't have the ability, because it's the same as pulling yourself by the hair from a swamp. That is, the rational mind itself doesn't understand, it believes that "I'm pure, sinless". The rational mind is ready to justify itself, in any condition, and the sign of purity of consciousness

lies in... *the first sign of a person's purity of consciousness lies in his understanding that he is unclean.*

[00:08:16](#) And how did I phrase the question? Do you feel your purity? I didn't ask, whether or not you feel your filth. The difference, do you feel the difference? Its impossible to feel the difference. Consciousness changes very slowly. Now you've come to this lecture and when you leave, you won't feel much difference, since you don't know how strong the changes can be. According to Vedic knowledge, one second of interaction with a pure sinless person burns off the sins of hundreds of lives (that's according to the Vedas). Have you felt this? No?

[00:09:04](#) For example, you go to some holy place somewhere. A saintly person simply says "Good afternoon" to you. One second of interaction and then you keep going without noticing anything. The sins of hundreds of lives were burnt away. Have you felt this or not? No. Yes, who has felt this, raise your hand? Did you feel it? Congratulations. Actually, it actually turns out that a person just isn't able to do this because it's a delusory feeling. For example, I believe that I've been purified. The idea itself signifies degeneration. "I've been purified." If I've been purified, that means that I'm a saint. Why don't you respect me then? You do respect me? Well, then that means that I should be very proud, if you respect me. I'm the best here. Do you see what I mean? It signifies degeneration.

[00:10:09](#) *What it means if a person felt that he was purified, is that at that very moment, he was defiled.* Because "I've been purified" signifies degeneration. It means that the person got egotistical and is already set on considering himself a good person. We've talked about how purity of consciousness means sensing your sins. Why is it impossible to feel your purity, what do you think? I'm asking you this question now. Why then is it impossible to feel your purity? Look here, I want to feel my purity. When perceiving my purity I feel happiness. So purity signifies happiness. I feel happiness. If I feel happiness emanating from me, what does it mean? I'm good. That's it. This is already contamination of your consciousness. Because a person who considers himself to be good can't do anything of use for anyone. In order to be of use, you need to believe that I'm bad, not good. You need to live for others. If I'm good, that means that everyone should live for my benefit. I'm better, I feel happiness, they don't feel it. Do you understand the idea or not?

[00:11:34](#) This desire to feel our purity of consciousness is really wide-spread right now in many schools of self-perfection. These people, what do they do? They sit in meditation: *"I feel so good, I'm starting to feel really good, I'm happy, I was such a sinner."* That signifies absence of any understanding. Why? Because happiness lies in the sphere of selfless activity of the soul. The soul should act not for its own benefit, but for someone else's. And this is what we'll talk about today.

[00:12:31](#) It turns out that the only obstacle to happiness and purity of consciousness is egoism. *Egoism is a force that pollutes our perception of the world, so say the Vedas. An egotistical person wants to act for his own benefit. This leads him to antagonism with other people because selfishness breeds selfishness, but unselfishness breeds unselfishness.* A person with an egotistical mindset stirs up the environment around him. We know that we can argue with someone, and that means that we don't like the person's attitude. There's no other reason to

argue, right? We don't like it, our inner environment begins to rebel, get worked up and we start to get angry. That signifies egoism. *Egoism is a force that makes us suffer.* If we didn't get worked up on account of someone being bad, then we wouldn't have gotten nervous and angry: "Well, he's bad, so what? I'm not any better."

[00:13:36](#) You see, this idea that "I'm not any better" gives us the ability to not get angry at someone bad. When a person engages in self-perfection for a long time, he finds so many faults within himself that when he sees, for example, some bad person, he thinks, "*But I'm no better. So why should I get angry at him? Why should I take pride in calling him out and pointing out his failings?*"

Purification of Consciousness in the Three Gunas

[00:13:59](#) There's purification of consciousness in ignorance, purification of consciousness in benevolence and purification of consciousness in passion. When a person purifies his consciousness in benevolence, he says, "*I'm actually a very bad person*", he senses it. He senses it. However, a person in passion also says, "*You know, I'm the most sinful.*" When a person in passion comes to talk to me, the first thing he says is "*You know, I'm the most sinful.*" Not just "sinful", but "the most sinful". This is also a qualification. "The most" means something along the lines of, well it means that you're practically almost a saint. The person understood that, in reality, you need to believe that you're sinful, he says: I'm the most sinful, that means that he's already a saint. As such, its possible to praise yourself in very different ways, this way or that way. You can even break out in tears. But that doesn't mean that the person is purifying his consciousness, because he's talking about himself the whole time: "*Me, me, me... I'm the most sinful, I'm a sinner, I'm this, I'm that*". You need to talk about others too. You need to attempt to do...to bring happiness to others. This still doesn't signify purity of consciousness, to act like this. You see, it turns out that it's a rather complicated topic.

[00:15:17](#) And so, *purity of consciousness lies in the sphere of action of an unselfish rational mind.* A selfish rational mind signifies egoism, pride, it signifies the desire to act and live for your own benefit; an understanding of happiness as something that belongs to me, that should belong to me... My children, my family, my apartment, my profession, my glory, my honor, my respect. All of this signifies the rational mind, knowledge covered by the force of egoism. Knowledge should be directed towards pure happiness. Pure happiness signifies unselfishness.

[00:15:56](#) When a person inhabits a sphere of self-interested activity (he thinks: me, myself and I), this means that in this case, he'll never achieve happiness. Why? Because someone will always interfere. Why will someone interfere? Because that person also has a "me, myself" mentality. My "I" begins to object to his "I", and a conflict occurs. Its impossible to achieve happiness, there's always some obstacle: the apartment seems to be okay, but the neighbors are bad; the neighbors are good, the apartment is good, but the building is bad; the building is good, the neighbors are good, but the building next door is bad. Something will always be bad, regardless. An alcoholic lives right across from me in the building next door; he's always looking through the window and bothering me. Somebody is bothering me all the time. At work, everything is good, but things are bad at home. At home, everything is good, but things are bad at work. If everything is good, that means that I'm bad. When I'm bad, when I consider myself to

be bad, I work on myself, but how do I do this? I do it like this... How can you work on yourself? You need to help other people.

[00:17:18](#) When a person is active, he's doing something, helping other people, then, he's able to purify himself. Let's say a person sat down in meditation, closed his eyes and started thinking: *"I'm bad, I'm bad"*. And then, let's say some old woman passes by and says, *"Give me something to eat, please"* He thinks: *"I won't"*. She goes away and he thinks, *"I knew it, I told you I'm bad, I'm bad, I'm bad"*. It's a useless activity. Because a person can't just change his life in theory or through self-suggestion. Purification, activity aimed at purification of the consciousness is found within the sphere of our lives.

[00:17:58](#) For example, it seems a trifle to socialize with colleagues at work who are not at all worthy of my attention, because I attend serious lectures and they are who knows who, they don't know a thing. It seems a trifle to socialize with these people; however, through them, our bad karma reaches us, it gets to us. We definitely have people who will bring us suffering because we're meant to suffer, as per our fate. *We ourselves committed bad deeds in the past and as a result, we got this idea in our heads, to be more exact, not an idea but an inner force, so we'll have to suffer. This force, it creates conditions around us that make people treat us in a certain way.*

[00:18:51](#) Of course, the people themselves aren't angels, since a good person, he won't act badly, he'll force himself to behave well. He won't become a force in the hands of our terrible fate; he won't become a tool in the hands of our terrible fate. Nevertheless, even if the person is bad and our relationship with him isn't that good, in any case, we should still understand that purification of our consciousness lies within the sphere of interaction with that person, and not just in the sphere of group, collective meditation on someone. *Purification of consciousness lies within the sphere of interaction. Practice means interaction. People avoid that; they think, "What's the point? I'll only debase myself!" But that, in itself, is the point, in purification of consciousness. A person acquires the ability to be unselfish, and act for the good of others.* Its very difficult to understand this idea. It seems as if you could act for the good of anyone on earth, just not for this person, because he's become a complete jerk, right? But this itself means that your consciousness will be purified even more if you interact primarily with him, if you learn how to interact with him. It hurts, its really hard, it really painful to talk to him; he's bad; I can't, I don't have the strength.

Where to find the Strength to Purify Your Consciousness?

[00:20:15](#) As such, in order to purify our consciousness, we need strength. Where can the strength be derived from? Strength is always derived from ascetic practice, from ascetism. The very first ascetic practice for people there is,.. because in the beginning you don't have any strength whatsoever, you can't do anything. A person seems to... *Ascetic practice means the daily regimen, but people aren't even able to stick to the daily regimen, they lack the strength. They can't. And lack of strength means lack of time. No strength. When you say, "I don't have the time to observe the daily regimen", that means that you lack the strength. For example, when you come home from work, you should stand under a warm shower (its recommended); you "don't have the time". In reality, it only takes five minutes. You can bathe yourself very quickly;*

one, two, three, that's it; you change your consciousness. Its not that you don't have the time, you lack strength. Next, you should get up early in the morning: *"I can't. because I went to bed late."* Why did you go to bed late? *"Because I didn't have time. I have to get everything done on time"*. But you can do things in the morning. Well, that's right, but something came up here, there and that's it, it was already midnight. That signifies weakness of will.

[00:21:27](#) In order to purify your consciousness, you need strength. This strength is derived from one simple thing: a person just constantly repeats, everywhere, wherever he can, he repeats, *"I wish everyone happiness, I wish everyone happiness, I wish everyone happiness"*. He constantly repeats it everywhere, wherever he can. If he loves God, believes in God, he should keep praying constantly, wherever he can. This is, actually, even better. He receives spiritual purity of consciousness, not benevolent, but spiritual, an even higher level.

[00:22:06](#) And so, a person can't even wish everybody happiness, he says, *"I don't have the strength to wish everyone happiness, what should I do?"* He needs to go where there is strength. He should go where people have strength. However, there's one thing that stops you from completely purifying your consciousness. What is the thing called? There's one force that will not, in any way, allow to purify your consciousness. That force is called self-delusion. Self-delusion.

The Criteria for a Happy Person

[00:22:43](#) How does this force work? It says, *"Everything is alright with my consciousness"*. Well, fine. If everything's alright with your consciousness, that means that you are an absolutely happy person, right? If anyone here thinks that everything is okay with his consciousness, then it means that you are a completely happy person. The Vedas describe the criteria... You can believe it and say, *"Yes, I'm an absolutely happy person."* The Vedas describe the criteria for an absolutely happy person. He doesn't feel like eating, because the desire to eat signifies some kind of suffering, unhappiness; it doesn't signify that you lack nutrients, as per the Vedas. Some people can fast 10-15 days and they don't feel hunger, despite the fact that they lack nutrients. A saintly person can fast until food is brought to him. That doesn't mean that he has enough nutrients. He lacks them as well. But if you ask him if he feels hungry, he'll say no. Why? Because he's happy. *Happiness takes away the feeling of hunger.*

[00:23:56](#) Next, *happiness takes away the feeling of cold.* A person feels good, he doesn't get cold. *Happiness decreases the need for sleep.* Next. *Happiness lessens the need for, for example, possessing some other kinds of comforts: a comfortable bed, a comfortable apartment, clothes.* When a person feels great happiness inside, he doesn't need all of this, because he feels good, in and of itself. Why does a person need external conditions in order to be happy? He needs a very good apartment, very good neighbors, a very good husband, very good conditions, all of the external conditions should be very good, otherwise, there's no happiness. Why? Because he doesn't have happiness. I'm letting you in on a secret, that if he thinks that his happiness depends on his neighbors, husband, child, on all of the people around him, I'm telling you a secret, he'll never have any happiness. Never. Can you imagine? All of these people are doomed to total defeat. I know many people who are simply at a dead end; they think: *"How is it possible to be*

happy with this husband; how is it possible to be happy with these children; how is it possible to live in this apartment or work at this job?"

[00:25:27](#) However, **according to Vedic knowledge, a person can be absolutely happy, no matter where he is, no matter what the conditions of life.** You see, the problem lies only in one thing; whether or not he is able to orient his rational mind towards the direction from which radiates happiness, and that's it. As such, the question of happiness is a question of the struggle to orient our rational mind. And we should look into this matter right now: what is orientation of the rational mind, how does it work, what is my rational mind directed towards, how can I change its course, what means are there for influencing my rational mind, and, on the whole, is everything that was said here right now true or not?

[00:26:13](#) Look here, a person lives for happiness. For example, a mother... right now, I'll give you a typical example of how people live for happiness. A man lives for his work. He believes that happiness lies in the sphere of his actions. This is just purely male nature, that's it. A person is already born... a man is born with this idea. When he was little, he ran outside; his happiness was on the street, not at home. He needed to run on the street, his happiness was there, where he played. The same thing applied when he grew up; his happiness is at work. It seems to him that there should be happiness there. He'll achieve happiness there, so he thinks.

00:26:50 However, when someone talks to him with an ironic grin and doesn't take him seriously, he experiences terrible suffering, because he's attached to this idea that happiness is right here, in this place. It means that everyone should relate well towards me, and so forth. Always, whenever a person believes this, that happiness is there, he always suffers defeat. Why? Because it's a false, egotistical understanding of happiness. It wafted down to us from our karma, we, in ending up here, in this place, will already believe that people are obligated to me, I should get my happiness. This signifies that people should respect me, I should be given a good salary, I should be offered a good job, I should get all of this. When I get it, then there'll be happiness – this signifies a male understanding of happiness that leads to suffering. Why? Because it's impossible.

00:27:48 *A person who perceives happiness egotistically thinks that: "people are obligated towards me." This automatically provokes opposition from the environment. Envious spring up around him, even if he achieves a good position, money, a good salary, nevertheless there will be people who won't love him.* And he, as such, will not be in full harmony with the people around him. Someone will respect him but again, what will he be respected for? For money, for his position, for the fact that he can provide a job, and so forth. Do you understand this idea or not? That it doesn't bring happiness. I said just now that "it doesn't bring happiness", but you're in doubt. Because it's very hard to break the rational mind. Which is why I said that you can't pull yourself out of the mud, out of a swamp, by the head, you need help. Therefore, **pure, humble listening is the only means of changing the orientation of your rational mind.**

00:28:46 The rational mind can be redirected. If a person isn't able to listen to anyone, his egotistical rational mind doesn't give him the ability to listen to anyone, it seems as if he's doing all kinds of stuff, he's criticizing this, that, talking kind of unintelligibly, that is, if the person

isn't able to listen to the opinion of others, then he has another means of beginning to purify his consciousness: "I wish everyone happiness, I wish everyone happiness". This is unselfish activity. It leads to the rational mind becoming purer and purer and purer and purer. And finally, there comes a point when a person wants to listen to someone else's opinion. He wants to go there, listen there, listen here. If his feeling of inner happiness doesn't increase after listening, this signifies that he either wasn't listening with humility, or he wasn't listening to what he needed to be listening to. Because that can also happen, and quite often. Therefore, listening with humility is the only means of getting to the bottom of things. If a person doesn't listen with humility, he doesn't have any chances of understanding whether there's knowledge there or not. Because antagonism can emerge from anywhere. Even if a person speaks correctly, if it doesn't correspond to my understanding of things, antagonism emerges.

00:30:03 *As such, interaction is the first link in purification of consciousness.* By purifying his consciousness, by interacting with people, a person is able to redirect his rational mind, at least a little, in the direction of happiness. However, if he can't interact with people, he should at least interact with the truth: I wish everyone happiness. There's another, more elevated means of interaction – interaction with God. When a person repeats the name of God, he interacts directly with God. And in effect, this is the best method for achieving constant control of your rational mind. Because there are two types of forces that give us happiness, two types of forces. There's spiritual energy and there's benevolent energy, that's materialistic. Spiritual energy is found...you can only contact spiritual energy through the name of God. What name – that already depends on your faith. Each faith has its own name for God. They all have the same force.

Signs of a Polluted Consciousness

00:31:07 And so, we can contact spiritual energy by repeating the name of God, but not everyone is able to contact spiritual energy, because it seems silly, nonsense, I don't believe in it, and so forth. This points to a polluted consciousness. Filth in your consciousness doesn't give you the opportunity to experiment. You see, **purity of the rational mind signifies that I accept any knowledge, I experiment, I study, then I make conclusions.** *How to determine if there's truth in what I said or not? You need to put it to the test. Try to repeat the name of God, some prayer and see whether the amount of internal happiness within you increases or not. If there's no increase, try to find out who's happiness is increasing, someone will tell you that his level of happiness is increasing. Then maybe you're not doing something correctly? You need to study it. When a person studies something, he comes to an understanding of things. When he simply rejects things, says: I don't want to listen to this, I don't like this, this isn't of interest to me- that signifies a polluted rational mind. He didn't test it out. A pure rational mind is able to put things to the test. A polluted rational mind immediately rejects, it can't test things out.*

00:32:19 For example, we meet someone at work, he says "good day" to us, in a very rude tone of voice. We say to him in a very rude voice: "Good day". We don't have the idea at all to check if the person, maybe, he actually still does relate to me well, maybe he just has a certain frame of mind that makes him say hi to people that way. You go up to him, begin to do something pleasant and it turns out that he has a bad mood because something bad happened with his family and so forth, he didn't have you in mind in that case. You know, such things happen in life,

where we falsely perceive another person in a negative light. Isn't that so? It's sometimes the case that he relates well towards you, but it really seems as if he doesn't relate well towards you. So, if we are truly, particularly attached to a person, we monitor him very closely, its enough for him to have a bad mood and it seems that he doesn't love me. Such things happen.

00:33:13 However, as per Vedic knowledge, all people are good, generally, everyone is good, absolutely everyone. Its just that some people have more sins, some people have less, and as a result of these people having more sins, they punish the people around them more. And those who have less sins, punish less. But if we orient ourselves benevolently in relation to the people around us, then their frame of mind also changes. Where can we get benevolence from? Where can we get benevolence? Give me an answer. From within yourselves. And if it isn't there? From purity of consciousness.

Stages of Purification of Consciousness

00:33:54 You need to purify your consciousness. Just like we brush our teeth. Where do you get nice smelling breath from? You need to brush your teeth. Clean teeth mean that people will talk to you. A nice smell from your mouth. Next, cleanliness of the body. Where do you get cleanliness of the body from? You need to purify your body. Even if, for example, people understand that in order to have strong muscles or flexible legs, you need to do something, you need to work out your muscles and stretch your legs, however, we don't understand that everyday you need to, just like brushing teeth, you need to purify your consciousness, because it also gets dirty every day as a result of the influence from our past karma.

00:34:36 And that's why we lack the strength to benevolently relate to people around us. Because we lack purity of consciousness, but we don't work on it, we don't want to purify it everyday in order to be happy. **Purity of consciousness means a good mood, it means love towards everyone, it means a positive view of the world, it means bright shades of life, it means age-old love for the music that you loved before, it means love for everything elevated, it means seeing good in everyone, and not the bad, it means understanding what food is benevolent, what isn't, it means when you need to do what, at what time, a person senses it. Purity of consciousness signifies the constant presence of happiness in everything.** And most importantly, *purity of consciousness signifies faith that happiness exists.* And this faith, that there is happiness, isn't something that can be got for cheap. Look, for example, how to tell if a person believes that there is happiness or not? Right now, when you leave this lecture, you'll have these conversations: and you know, there it was like this, and with these people this happened, and with that one this happened, and so it begins. This signifies that you don't believe that happiness exists.

00:36:08 You see, a conversation about unhappiness signifies that you don't believe in happiness. When a person sees honey, then he won't go towards the sugar, or towards some bitter thing, he wants something sweet, he won't go towards something bitter. He wants honey. If a person wants honey, he's only going to talk about honey. If something hurts for someone, that's all he talks about. If a person wants honey, he's going to talk about honey. He says: "Oh, and things are good for this person, and things are good for that person. One person's talking with another: Yes, this here is good, this here is good. Another person who doesn't believe in

happiness says: Yes, this here is good, but that there is bad. This is called pollution of consciousness. Conversation with such people is unfavourable. There's no point continuing the conversation because he doesn't believe in happiness. But you know, that's the way things are, that's reality. You know, a plane flew into that building, well, people died, well, America attacked Afghanistan, the crabs for five roubles are very large, but they're five roubles, the crabs for three roubles are small, very small, but they're for three each.

00:37:28 These discussions – this...no, there's no difference whether you tell these jokes or discuss who exploded where, into what, there's no sense in it. Why? Because it doesn't bring happiness. According to Vedic knowledge, a person should discuss what brings happiness. When we discuss what's bad, its no different than how a fly digs in manure. Its looking for happiness there, it also wants happiness. But it doesn't want it the way it should, that's where the whole problem lies. We discuss our children's faults, we discuss our husband's faults, but this doesn't increase the amount of our happiness, it decreases it.

00:38:13 What to do? *You need to redirect your rational mind to where there's happiness. This orientation of the rational mind signifies faith, signifies enthusiasm, signifies being goal-oriented, signifies a desire to act in this direction; it signifies a desire to think in this direction; it signifies a desire to live in this direction. It signifies forgetting all other directions that cause me interference.* And it also signifies a force capable of turning us towards this very direction. And it turns out that purity of consciousness or purity of the rational mind aren't for cheap.

00:38:48 Every morning a person will be defiled by his old ideas, his old thoughts that he had before he began to engage in purification of his consciousness. He began to engage in purification of his consciousness; every morning he repeats: "I wish everyone happiness", he wants to remember what happiness is. He remembers, then he goes to work. He purified his rational mind, and once again, he gains a correct understanding of things. He already knows that you need to relate to people well. You need to forgive this one, even though he's bad, you need to forgive this one, even though he's bad, you need to forgive everyone, you need to relate to everyone well. This isn't being fake, its not putting on a show. It signifies an internal battle to feel happiness.

00:39:27 You know, all people truly are good, we all have a spiritual nature. *The soul, by its very nature, is pure, its just been defiled by sins which piled up as a result of its life. In and of itself, the soul is pure. Sins signify an incorrect understanding of happiness.* There's no other way to understand sin. Sin means that a person isn't looking for happiness where he needs to. What is sin? He engages in debauchery, he's jealous, that brings suffering, it destroys the family. Next, he drinks vodka, as a result, he loses his rational mind – that's a sin. Next, he smokes, he loses his calm. *When a person smokes, then he becomes anxious, he loses...he drinks coffee...he loses psychic tonus, good tonus.* It would seem that he wants to hold on to it, but, on the contrary, he's losing it – that's sin. Everything that brings us suffering and leads us to suffering is sin. There's no other understanding of sin. What is lack of sin? It signifies an aspiration towards what brings happiness to both us and the people around us. Its all very simple.

A False Conception of Happiness

00:40:26 Charity, sacrifice, ascetism, simplicity, kindness, mercy, the desire to do something kind for other people, enthusiasm, purification of your consciousness, righteousness – all of this is a force that brings happiness. This force proliferates around us and brings happiness. What interferes with this? What interferes is a lack of understanding of how to gain this force. How to act in this direction. Lack of understanding. *The main conception of happiness that we have right now on earth, that most people have, 99% of people is that happiness should be given to me. Therefore we don't do anything in order to become happy.* It seems to us that happiness should be given to us. Why am I not given happiness? Why am I not given my salary? Why don't my relatives care about me? Why do they treat me badly? Why are my children bad? Why do I have pain here, why do I have pain there? Why does he rattle on and on all the time about the same thing, he doesn't want to talk about something else. Because its difficult to understand this topic.

00:41:43 All of this combined, what I said, signifies that happiness should come from within. Don't think that you think differently. If you thought any differently then you wouldn't have any problems, you wouldn't need to listen to this lecture. Why? Because a person who understands that happiness should come from within knows what purity of consciousness is, he practices it everyday, just like he brushes his teeth. He doesn't need to listen to it too much. He can listen to more elevated things for example, like how to love God. He's already interested in moving forward in this matter. But its still apparent that there's a necessity to listen to this. You know, it isn't always the case that you wake up in the morning and begin to tune yourself into to the right rhythm, right? More often than not, people do something completely different in the morning. They start to do the laundry, cook, run around the house, jump, fight with one other, then they get on the bus, insult each other, then they're at work, then they think, the sooner I get home the better, things are good there. You come home and you sit there, right? And listen to Visotskiy There you go. That means that we're not engaging in purification of our consciousness, that's the whole problem.

Methods for Purifying your Consciousness

00:43:06 And so, there exist various methods for purifying your consciousness. First and foremost, you need to know that purity of consciousness...what is purity of consciousness? *Consciousness is the force of the soul. Consciousness permeates the whole body, it permeates the physical as well as the subtle body.* Any movement that exists within us, movement of thought, the body, movement of the eyes, hearing someone, is impossible without your consciousness present. *Consciousness is the force that gives the body the ability to live.* When consciousness leaves the body along with the soul, the body falls lifelessly and we, subconsciously, understanding this, say: where did you leave me for? We go to the body. There's no one there anymore, no one's in the body. There's no point for us to cry over it because no one's there. At this time the soul, along with the subtle body, is in the air near the body, its touching the shoulder of its wife, who was left behind and is saying: I'm here. But its in the subtle body, this soul, and the wife doesn't want to understand anything or hear anything, she's sobbing before the body that was left behind, she's crying, saying: Where did you leave me for?" And he says from behind: I'm here, I haven't died yet, I'm alive. People who don't understand that the soul doesn't die and even the subtle body doesn't die, that's what's most interesting, even the subtle body doesn't die, it simply changes from life to life depending on our desires. Only the physical body dies. He says: I'm here. He thinks that I'm going to die soon, that I probably haven't died yet.

But he doesn't understand that he's in his subtle body, he doesn't understand why his wife isn't reacting. Incredible.

00:44:54 As such, there's the physical and there's the subtle body. Purification of consciousness means purifying one as well as the other. That is, if the pollution is found on the physical body, this is manifested in a certain way in our lives. So for example, *lethargy, you don't want to do anything, lethargy, because weakness, just weakness signifies pollution of the body, of your bodily consciousness. The consciousness associated with the body has been polluted. Weakness. In the sphere of action, there's no purity of the body.* The car is dirty. In the place where we live, there's dirt. A dirty car can't run properly, the wheels rumble, that is, there's a problem, it signifies intoxication.

00:45:40 At this level, more often than not, our understanding of things comes to an end; there can be no other pollution other than pollution of the body. However people don't even understand how to cleanse the body. They think that you need to give yourself enemas. Even Ayurveda, even it, nowadays, doesn't want to talk about something more serious, in reality, this isn't Ayurveda, it's something rudimentary. If you listen to lectures on Ayurveda, half the lecture will be about enemas, enemas, enemas. That signifies that it's already not Ayurveda. Why? Because the goal...they talk about how all illnesses come from our poor relations with one another, we don't understand the higher truth, that all illnesses stem from our own poor character, and what should you do? Now we all here are sensible people, you tell me, what should you do? Purify your character. Ayurveda says you can do whatever you need to – enemas. But you know, your character won't change from it, no matter how many enemas you give yourself, right? That means that the illnesses will come back to stay.

00:46:52 And so, purification of the body means if you woke up early in the morning and didn't bathe within 15 minutes, then the toxins will already enter your bloodstream, that's it. A person, after sleeping, has a polluted body. At this time he should (after sleeping), he should bathe, perform ablutions with cold water, cool or warm if you have aching joints, an aching spine. He should perform ablutions, from the head down, women can do it with a shower cap on so that their hair doesn't get wet unnecessarily. When he gets out of the shower, he feels that his body became cleaner. But you shouldn't get hung up on this, you need to understand the idea. If I feel clean, that already means something bad. You need to think about the purity of others, not about your own purity, you shouldn't take pride in yourself. You should understand what you need purity of the body for. In order to bring people happiness, then your purity of consciousness will be maintained. You need to maintain it during the course of the day, not just do this.

Why do Meat, Fish and Eggs Pollute the Consciousness?

00:48:01 Next, purity of the body – you shouldn't eat grain-based food at night, moreover, a person will never have purity of the body if he eats meat, fish and eggs. It's not even open for discussion. Why? Because violence never breeds happiness. You see, meat is the food of violence, an animal was killed. Eggs are also violence. You see, it wasn't meant for us to eat, it was meant for the birth of a chick, right? A hen, when it carries an egg, it doesn't suspect that it, as it turns out, will become an omelette in the future.

For example, take for example, women, right now, you're carrying your child and there's already this idea that it will be an omelette, do you like the idea or not? No. But a chicken, what do you think, how does it differ in that sense? It also cares for its children, it also doesn't like the idea, and that signifies violence. The same applies to fish. They say that fish just fall asleep. Fall asleep. A person though doesn't say that a person falls asleep, when a person dies, you don't say that he falls asleep. Why does a fish fall asleep? It's the same thing, it died. It signifies pollution of the consciousness, the desire itself to eat meat based food is already pollution of the consciousness because we're welcoming violence. Violence can't give harmony.

00:49:28 *When we aspire towards violence, there won't be harmony.* Go up to another person, pinch him really hard, will he be happy or not? No. There won't be any harmony because there's violence. *Similarly, if we take violence and ingest it into our bodies, what kind of happiness could there be? Violence does not breed happiness. If we treat others violently, that means that we will be treated violently. Why is there so much violence around me, a person says. Why are there so many people who constantly want something bad? Some people don't even talk about it.* Many don't talk about it, they consider it status quo, it goes without saying that there's no need to expect anything good from them. You just need to conduct yourself a bit better, more cultured, so that people don't get in your way more than necessary. That's how people live nowadays. God forbid someone starts smiling more than necessary; that would already be too much. People will look at him sideways. For example, if you're standing in line for bread and smiling. You're crazy. That's it. There's a very negative atmosphere all around. But the Vedas say that each person has the opportunity, despite this, to be happy, in any situation he finds himself in, in life. In any situation in life. In a line, when you're being yelled at, when people are treating you badly, in any situation in life, sick or healthy, it doesn't make a difference.

Egoism is the Reason for a Person's Suffering

00:51:02 *Its always possible to be happy because the body, in and of itself, is only a stronghold for happiness, and not happiness itself.* There's also the subtle body which is a more subtle stronghold for happiness, but happiness itself is found within the soul. The soul signifies a selfless life. The body, the subtle body signify egoism. Everything that's for the body is for me. Its impossible, living in a body to reject the idea of having something for myself. In order to have children its essential that I have a husband, in order to eat something, I need to have my food. Its impossible. The body signifies that, despite everything, you have to do some things for yourself. However, people who study what happiness is can live in the body and not want anything for themselves. They cook food for God then eat it themselves, because God, he meets us halfway, he eats the food beforehand.

00:52:02 Next. *They don't consider their husband to be their property, they believe that this is an individual who was given to me by God so that I could progress and so forth., so that I could work off my karma. Children were also given to me so that I could fulfill my duty before them. They're not my property. As such, a person can act selflessly at all times, even while having physical relationships, it doesn't matter.* And so, there's purity of the body. **Physical exercises, hatha yoga, breathing exercises, the daily regimen, ablutions, clean clothes – all of this brings purity of the body.** A pure body gives you cheerfulness, lightness, a lack of weakness, it gives you some measure of bodily strength, the ability to move here and there, it gives you, at the

very least, it gives you good digestion (this is also bodily strength), it gives you health (bodily strength).

00:53:15 A polluted physical consciousness signifies that bacteria can enter the organism. For example, a person is constantly anxious, there's this nervous activity, he engages in small acts of violence – he gets anxious, that's a little bit of violence, that means that right now already, a virus has the right to invade his organism. It also commits a small act of violence. This is called the law of karma. You defile your bodily consciousness – that means that there's now fertile soil there for unscrupulous individuals to act upon, who will bring you suffering. A virus is also an individual. It's a living being that's meant to bring us suffering. Why do they have the right to invade? Because we're flustered, we're anxious. That's it.

00:54:02 Next, if a person is lazy, he wants to live on happiness that wasn't earned - staphylococcus will infect his organism. Staphylococcus feeds on sugar (a person's laziness). For him, laziness stands for a lack of immune functions. If a person doesn't have a strong immune system, that means that the staphylococcus will thrive. And what will it feed on? It'll feed on sugar. That's why they say: "laziness and sugar". Because people who want a free ride love to chow down on sweet things during the second half of the day and at night. That signifies living for yourself, the desire to live for yourself, at the expense of others, and not do anything for anyone. Sweet food – as a result, there's pollution of the consciousness, the wrong food at the wrong time.

00:54:49 Next, let's keep going. Lack of desire to understand how to conduct yourself, how to carry your body, in what position. For example, you've noticed during lectures, if a person sleeps at lectures, it's really hard to sit next to him, you also feel like sleeping. It turns out that pollution of the body, bodily consciousness is relaxed at lectures, the body doesn't want to listen. The brains want to listen, the body doesn't, who wins? The body. The brains want to listen, it's an interesting topic, the body's tired of listening. The brains are straining to listen, the body doesn't let them. The brains are straining themselves, the body doesn't let them. That's it. The body wins. Why? Because the body is a completely ruthless thing. It says: I want to poop, that it's, there are no chances of resisting, full capitulation, you need to go poop. That's it. There are no other options. The body says: I don't want to listen, I want to relax. That's it. No chance. What to do? It turns out that *purity of bodily consciousness signifies victory over bodily egoism*.

00:56:08 What is bodily egoism, how can it be tested? Everyone sit up straight right now, sit up straight everyone. Right now, the desire will emerge within most of you to slouch down again – that signifies bodily egoism. It says: well, no- the back's already tired. And I'm telling you that it's bodily egoism because sitting up straight like this is more physiologically correct. The back gets least tired when it's upright, your head is able to think more clearly and so forth. Why don't you feel like sitting up straight? Because your body wants to lie down, it doesn't want to sit, it wants to lie down. This is a sort of compromise, do you see what I mean? Between the body and our consciousness, between...the body says: I want to lie down, I want to relax, it's already time to go, and here they've gone as far as forcing us to sit up straight. This here signifies bodily egoism, it signifies a polluted consciousness, it doesn't bring happiness. *A person who gives in to his bodily egoism can't purify himself of illness and suffering that are brought to him by bodily*

egoism. Dizziness signifies subordinating your willpower to the body that wants to relax. Dizziness signifies a relaxed body, lowered tonus.

Why do you Need to Wake up Early in the Morning?

00:57:24 A person who constantly struggles without an understanding of things, who constantly gets tensed up... typical bodily tension is also pollution of consciousness, just in passion and not in ignorance. What to do so that the body has normal tonus? For this, you need to purify your bodily consciousness everyday. You need to wake up earlier than the sun rises, that's the first rule. You need to stand under a shower. You need to have a small amount of exercise in the morning. Then, your whole body's cheerful the whole day. Do you understand the idea or not? If you don't do this, that means that you don't want your bodily consciousness to be clean. It means that you're going to go around like this: Why do I feel so weak today? Well, precisely for these reasons. Precisely for these... But I have chronic weakness. Its chronic precisely for these reasons; you don't want to do this. But yesterday I woke up early and I still felt weak. If a person goes to bed in the evening and says to himself: tomorrow I'll wake up early and I'll be weak. The next day, he'll wake up early and he'll feel weak, one hundred percent. Why? Because he doesn't believe in happiness.

00:58:35 Another example. Let's say you didn't see your husband for five years. He's coming back tomorrow at five in the morning. At three in the morning, you're fresh as a cucumber, you're running after your husband, you're not at all sleepy-eyed. That signifies a frame of mind, it signifies a frame of mind, right now there will be happiness, there'll soon be happiness – I'll see my husband, my beloved husband whom I haven't seen for five years. Soon there'll be happiness, you run around, hurray! That's no problem at three in the morning.

00:59:15 *When a person has a feeling that there is happiness, he can wake up early. When a person doesn't have that sort of feeling, there's no way he'll wake up early.* How to tell if you sense whether or not there is happiness? How to tell whether or not you have purity of consciousness in the evening before bed? If, when falling asleep, a person wants to wake up earlier and wants to search for his happiness from the very next morning, because morning hours signify happiness. That means that he didn't have a waste of a day. He purified his consciousness the whole day. It means that he overcame his bad karma during the course of his day and, lying in bed at night, he thinks: I need to wake up earlier tomorrow. And how to tell that he truly has strength of reason, that he has strength of purity of consciousness. He wakes up in the morning and he feels like waking up. And if he doesn't have the strength, there's purity of consciousness at night, that means that I want to wake up earlier tomorrow. That means that there's purity of consciousness. *Waking up earlier signifies happiness. The morning signifies happiness, all the birds are singing in the morning. The morning stands for happiness, day time stands for passion, the evening stands for ignorance. People who want to go to bed later, what this means is that the force of ignorance is dominant within them. People who spend themselves for the most part during the day, they expend all of their energy- it means that they are in a state of passion. People who expend all of their energy in the morning to the search for happiness, and then, during the day, just fulfill their duties and go to sleep earlier at night. What this means, is that they are in a state of benevolence.*

01:00:50 But then, tell me, who's going to make all the money? *It turns out that if a person purifies his consciousness, it's easier for him to make money than for someone who just works, works himself to the bone. Why? Because the person who purified his consciousness has a better character and, as such, people at work will respect him.* And that means that he'll move up the career ladder. It also means that he'll never be betrayed, it also means that everyone will understand how much he needs to work, as per his fate, and he'll work just that much. He'll be respected, people will say: That's fine. You did your job. If someone asks: Why can Vasily Petrovich go home on time but I can't? That person will be told: First become like Vasily Petrovich, then we'll talk, we'll also let you go home on time. Now work, otherwise you're out the door.

0:1:01:46 This signifies that *a person who has purity of consciousness is respected by everyone and no one anywhere will infringe on his rights. He'll begin to feel happiness, that it truly exists, but in order for that, you need to first believe in it.* So tonight, check and see, see if you believe in happiness or not. If you go to bed at night and think: tomorrow I finally need to get enough sleep, that means that you don't have that feeling because, the more a person sleeps at night, the filthier the pollution of his consciousness. I'm saying this only with regards to bodily consciousness, ladies and gentleman. Only with regards to bodily consciousness.

What is Purity of Prana?

0:1:02:20 There's also consciousness that's found in prana. *Prana is the force that activates the body, the mind and the rational mind. Purity of prana signifies love of hard work.* Some people don't properly understand purity of prana. They think that purity of prana means physical exercises: one, two, three, four. One, two, three, four, five, six, seven, eight. Vasya, time to go to work! – No, exercises, let's keep going, two, three, four. Vasya doesn't want to go to work but he wants to exercise – that means that he's simply deriving pleasure from his body. He watches how it moves, for himself.

That's it. There's no purity of prana, there's no strength, ability to act, nothing. But the ability to purify your consciousness signifies love of hard work. If a person loves to work hard, he likes to be of use through his work, that means that he has purity of prana. That means that he can treat everyone's biofields. Purity of prana signifies strength of biological energy. Its not that, it started like this, I was first hit hard with an electric shock, then I developed biological extra-sensory abilities, and now I can charge everything, batteries, washing machines. Its not that

[01:03:59](#) Purity of pranic consciousness signifies something completely different. It signifies that a person wants to live for other people, he wants to act for them and he likes to help everyone. He has this sense of happiness from the activity; but not from its fruits; because many people, everyone works for someone and many people go to work with enthusiasm; but the goal that this enthusiasm stands for is "*Soon, I'll get my salary. But if I don't go to work, I won't get it.*" That's something completely different.

[01:04:34](#) *Real purity of pranic consciousness implies a desire to work with love. No one will understand. But you know, happiness comes from within, so it doesn't matter if they understand or not. Happiness already exists. A person can understand it or not, it doesn't matter. Our duty is to fulfill our obligations towards people. This means that we should labour with love. Whether they understand or not. Someone will understand nevertheless; that means that the person is in benevolence. How to tell whom you should or shouldn't make friends with? If you work for a person selflessly and he respects your work a great deal, the person is in benevolence and you should make friends with him. Its all really simple. There's no other way to tell who a friend is. Whom you can and can't make friends with. People in passion think that they need to make friends with people who are in a high position with lots of money. That is a mistake. Why? You should form business relationships with them, yes, formal relationships, right, smile, yes, shake hands, yes, invite them to lunch, yes. But not make friends. Making friends means love. You can only relate with love to a selfless person who lives for you without any self-interest. If he wants to make use of you, how can there be love in that? Do you see what I mean? As such, you need to find friends. And this is very hard to do. For this, you should possess purity, at least pranic, at the level of prana. No one will want to make friends with you if you don't want to act for others with love. To give him... "Well, when they start doing it for me, then I'll do it too." That doesn't work. They'll think the same thing.*

[01:06:20](#) And so, pranic consciousness, purity of pranic consciousness, how to test it? *"Manyushenka, wash my linen, please." – "Do it yourself."* Purity of prana signifies a strong desire to do something for another person. For example, we're walking down the street and someone says, *"Please, help me carry my bag across the street; its very hard for me. Please."* – *"I don't have time"*. There's no purity of consciousness in the person's prana, no sense of happiness from helping others. That's it. You can exercise all day long, it won't work. Exercise don't yet signify that... there's a lot of prana, but increase in purity of consciousness; that's not the same thing, do you see what I mean? Lots of energy and the ability to live for others are not the same thing.

[01:07:16](#) Next. There's *emotional consciousness. Emotions should also be filled with happiness. When prana is filled with happiness: "I like to live for others; I feel good. As soon as a person is in pranic consciousness, in this consciousness of pranic purity, he immediately finds friends. He immediately has many friends.* Bodily cleanliness; what does body cleanliness give a person? Health. When a person is simply able to maintain his body in cleanliness, this is also an unselfish feeling. Because you don't keep your body clean for yourself. *Even a woman who lives alone, she's not that neat; if you go into her apartment, there's a mess there. However, a wife, who cares for her husband and children always keeps the apartment clean.* The same thing applies to a man; when he lives alone, its in no way possible to enter the apartment; there's a real nightmare going on there. However, if he's married he won't behave that way; he'll try to be neat. A person can also be clean not for himself. For yourself, its impossible to be... happiness is impossible when acting for yourself; its impossible to be happy. Happiness emanates from within; and there's the trick. A person does something for others and happiness comes from within. And in which case is he independent of others? When he does something for others without self-interest. If he does something in his own interests, that means that he's dependent. *"They should also do something in return, then I'll be happy"*, he thinks. This signifies

dependence. If he acts without self-interest, there's no dependence. There's already happiness, but no dependence. Nature has devised such things, in a remarkable way.

Purity of Emotions. The Power of Sound.

[01:08:58](#) And so, purity of emotions. Its very hard to maintain purity of emotions, because the emotions are in constant contact with surrounding objects. First and foremost, you need to maintain the purity of your ears, that is, not the cleanness of the ears but purity of hearing. *Purity of hearing signifies a strong desire to hear of God or at least, to listen to the things that yield an increase in self-realization, purity of consciousness.* And a strong reluctance to listen to everything else. Of course, out of a sense of duty, we should listen to information connected to our jobs and all the rest; but you should do it out of a sense of duty. You shouldn't have a strong interest in this, because where does that information suck our consciousness to? Towards the direction of passion, desire for money, desire for prosperity, and desire for material success. Once again, happiness takes second place. First, there's work, cash grabs, prosperity, promotions; and then happiness. When a person puts all of this in second place, first he wants to hear about self-realization, purity, about good people, about satisfied people, about elevated scriptures, about God, about how to work on self-realization; he wants to listen to that first; first and foremost, there's happiness right away, happiness right away, and then the opportunity to get whatever you want. But there's already happiness; its already guaranteed.

[01:10:33](#) *Power of passion signifies happiness in the future; first work, then there'll be happiness. Benevolence means that there's already happiness at this moment. A person who studies how to live correctly, wishes everyone happiness; the morning rule for him is prayer.* Without having prayed, he doesn't go anywhere. Why? Because what does prayer do? Prayer is sound; purification of hearing. There are different sounds. Some of them defile and others purify the consciousness. *The most elevated sound is the name of God, it has a divine nature.* So say the Vedas, its impossible to understand this. How can it be that our sound, material sound consisting of material elements, has a spiritual nature if it sounds the name of God? It turns out that sound, aside from its material component, always has a spiritual component as well. Because our sense of hearing is primarily spiritual. And when we pronounce the name of God, then in that case, through our sound, we immediately contact the spiritual world. This sound passes through; when we pronounce the name of God, this sound passes through the entire Universe and contact with the spiritual world occurs. This is a wonderful and incomprehensible thing. Most people don't have a clue about this.

[01:11:47](#) – What about thoughts? Thoughts are another thing. A thought will also carry over, but sound is stronger. Sound signifies outside activity, thought is inside activity.

[01:12:02](#) And so, there are also benevolent sounds that contact the Highest Planets of our Universe. Benevolent sounds are: *I wish everyone happiness* or, for example, kind words to other people, however, not words of flattery. When a person speaks of the truth, but without anger, that means that he brings kindness. It isn't necessarily that he evokes a sense of some sort of... euphoria; however, words that bring happiness, kind words, are the words that will, when all's said and done, bring happiness.

[01:12:39](#) As such, *purification of speech and purification of sound, purification of your hearing is a necessity. It signifies purity of emotions, purity of consciousness at the emotional level.* A person with such purity is very well attuned: his ears work like a barometer. He walks down the street and hears the sound bla-bla-bla coming from somewhere. He thinks: *“Vibrations from lower centers. I shouldn’t listen to them. I wish everyone happiness. I wish everyone happiness.”* He neutralizes it with his own inner sound, he whispers, *“I wish everyone happiness”* and neutralizes everything. That’s it. His consciousness isn’t shaken and the outer sound has no effect on him. Why? Because he already has a taste for happiness; he needs only maintain it. His bad karma caught up to him and his ear was disturbed by a sound that was not worthy of being heard. The person held on to his state of happiness with his inner strength. How much strength do you need? You need to train yourself in order to have enough for everything. Therefore a person should train himself. You need to cultivate the right frame of mind, you need to wish everyone happiness every morning. And its even better if a person contacts the name of God, he repeats the name of God, when he hears an obscene noise, one that doesn’t bring happiness.

[01:14:04](#) And so, there’s at least one thing that you should assimilate from this lecture: *that there are sounds that pollute the consciousness and prevent a person from being happy.* You say, *“I had a good mood, but you, jerk, spoilt it; you said these words to me and now I can’t forget them. Who’s guilty? Who’s guilty of the person getting into that situation? You know, in life we encounter this at every step. Who’s guilty? As per his destiny, he received these words because his time had come for punishment. However, the person wasn’t able to remain on the platform of purity of consciousness, and his rational mind went over to the position that happiness is in the sphere of struggling with the people around him. “Well, if I prove to him I’m right, then I’ll be happy, but now I can’t be happy. First he should apologize and then I’ll be happy; only in that case. Otherwise, I’ll rip his eyes out.”* That signifies a wrong understanding of where happiness lies.

[01:15:16](#) Now you understand that that’s a false understanding of things, right? Do you see what I mean or not? Does everyone understand that it’s a false understanding of happiness? Raise your hand which of you won’t be able to enter this state of mind tomorrow, never, that is, whatever the case, you can’t imagine that there are people like this? You’re scared already. There turned out to be one brave person. But you shouldn’t been in such a hurry to be brave because as per Vedic knowledge, forces exist that can knock us out of psychic equilibrium and force us to get angry. There are such...that is, its called incredibly heavy karma. It just forces you to get angry, there’s no chance, a person gets irritated, he doesn’t want to, but he can’t do anything with himself. Its just that this situation unfolds where he can’t do anything with himself. Where, then, is happiness? Happiness means that a person understands that this situation unbalanced him, he admits to his mistake, he repents and then continues, once again, to say: *“I wish everyone happiness”*. That’s it. It turns out that **a happy person isn’t someone who can’t be made to lose his equilibrium.** There are different levels of happy people. There’s this level where a person just can’t be made to lose his equilibrium. This signifies that he’s an absolute saint. *Absolute saintliness signifies a very high level of humility. A humble person won’t praise himself. If a person praises himself, that signifies a not very high level of saintliness.* You need to know this as well.

01:16:58 And so, purity of consciousness depends on listening. Therefore there exists Vedic knowledge, its very wise, its hard to understand this basic knowledge. What it means is hard to understand, its tough. It means that its hard to do things the same way. Religious music should always be playing at home. What's meant by that is repetition of the holy name of God. Not just singing- that doesn't yet signify religious music. Sound, in and of itself, isn't capable of purifying consciousness if reason doesn't get involved. *Reason signifies words. Words aren't something without meaning or form. Words always mean something. Therefore any music should be accompanied by words. Words are in fact the essence of sound, all sound waves should be tuned in to the pronunciation of words.* If there are no words about God or a word about God, that means that the music isn't religious, although it can be labelled as such. Do you see what I mean, or not? Music is just packaging, there should be something else inside.

01:18:28 However, that kind of music can be benevolent. That's already a different matter. If you don't believe in God and you don't want to believe in Him, then at least play benevolent music. Then turn on various meditational melodies. How to tell if music is benevolent? If you see that during the playing of the music no one at home is arguing, or they're not arguing very much, that means that the music is benevolent. Because its sometimes the case that its very hard to stop. The situation has been allowed to deteriorate for so long. However, religious music acts in a slightly different manner. Religious music heightens the problem, it never makes the shouting die down, it winds things up. What does that mean? This means that the person who's listening to religious music doesn't want any suffering at all, and, when he sees injustice before him he starts feeling really bad.

01:19:23 Why? Because he thinks: well, how can this be?: I'm so good, since not everyone is worthy enough to listen to religious music. When a person listens to religious music, he has a mindset that – that's it, there's happiness, and no one should bother him. If someone treats him badly at that moment, and you're not in a mindset to live selflessly, it means that you'll begin to get really angry. Spending time in holy places has the exact same effect. When an undeserving person goes to a holy place, he experiences immense happiness right away. He feels so good. And when he sees some bad person, he could sling so much mud on him because that person interfered with him being happy at that moment. This is called insulting a holy place- when a person shouts at someone in a holy place. That means that he's undeserving of the holy place, he's going to degenerate instead of becoming purified by the holy place.

01:20:15 The same applies to religious music. Therefore, if a person...religious music makes a place sacred...therefore, if you switch on religious music, it immediately intensifies peoples' sensitivity. How to differentiate religious music from benevolent music? If you turn on religious music, all the people around you will immediately start to get a bit anxious. If they don't give themselves over to the music, they'll begin to say: "what did you turn on?" If you turn on benevolent music, just benevolent music, no one will pay any attention to it, peaceful singing, everything's good, no one pays any attention. If you switch on religious music, since religious music changes the course of the rational mind, it immediately forces the course of the rational mind to change, and right away, people say: what's this? Where did this come from? Try it out at home, try it. Just turn on benevolent and religious music. Test the difference. It seems as if they're one and the same, this music and that music, the effect is amazing. Right away: What is this? Where did this come from? That's it, that is, people are afraid.

Why are People Afraid of Happiness?

01:21:22 It seems as if we're all aspiring towards happiness, however, people are afraid of happiness. It's a surprising fact. I can prove it to you very easily. If you don't believe that people are afraid of happiness, just mentally repeat to yourself: "I wish you happiness". Just go and break free from the boundaries of conventions, the sort of conventions that are currently reigning in our times. For example, in Dnepropetrovsk. Go down the street, and in your head say: "I wish everyone happiness, I wish everyone happiness." Smile at everyone around you. Smile. Just be glad of them. Wish them happiness. Smile at them. You'll see how they react (he demonstrates). They're going to just start scowling. If, for example, after nine o'clock at night, right now, if you go after the lecture and start smiling, you'll need armed bodyguards behind you because people can attack you, moreover, for nothing. Therefore, in actuality, you need to understand this idea, if something's pure and elevated it doesn't yet mean that it will be accepted by everyone. Because people are afraid of it, they're afraid of intrusions into their lives, it seems to them that it's an act of aggression.

01:22:36 And so, emotional consciousness, sense of hearing, how to tell if its pure or not? If you're not irritated by swear words, if you like obscene jokes, if you like some kind of sordid story, if you like to listen to gossip, news: what the news agencies are broadcasting, if you're attracted to this, if you start listening right away to what's going on in Afghanistan, in Chechniya, who murdered who, that's interesting, you need to know that two chickens were slaughtered, its very important, one was hit by an armed troop carrier...right, its very important to know all of this, all of these petty details...well, fine...look, now I'll give you the alternative. For example, there're two channels: on one channel a person is talking about the lives of saints, he's constantly talking about how some saint did this there, he wished everyone happiness for three years, he stood on one leg, he did something else, on another channel – now we're talking about Chechniya, for example, there's this reporter, what would you turn the channel to? If you want to hear about the Saint, you like that, and if you don't like it, if you don't even want to watch a little of what's on there, then, fine, we're going to watch about the Saint: we should watch what's there, at least for a little bit, fine, we're going to force ourselves to watch about the Saint (laughter).

0:1:24:09 That means that your taste for happiness isn't right, it's the wrong taste for happiness. Does gossip signify happiness? Gossip doesn't bring happiness, it brings suffering. Your brains are cluttered with all sorts of nonsense: Pugacheva has one husband, Pugacheva has a second husband, why do you need to know how many husbands she had? There's no need to know about it, it doesn't increase your happiness. But, an offensive relationship towards the person increases. We don't want to think about how many good character traits Pugacheva has. We think about what's bad. But you know, if there's only bad, you know, a person wouldn't become world famous, right? That means that there's something good. Why don't people talk about this? Why do we only talk about the bad all the time? You know, people aren't attracted to bad things, right, there should be something good. If a person goes right now and spits on everyone, would he become world famous? He'll be popular with the police, they'll take him and give him a good massage with a magic stick. That's it. And with that, his popularity will be done with. That's it. In actuality, you need to understand the idea that gossip doesn't bring happiness. However, we don't want to hear about happiness, we want to hear all kinds of sordid details. And so, the test is

very simple. If we don't want to hear about happiness, but we want to listen to gossip, politics, news about what's bad at work, we only want to talk about business, we don't want to talk about self-realization, that means that our sense of hearing has been polluted by filth. There's no purity of hearing. That's it.

Purity of Vision

01:25:49 Next. Purity of vision. Purity of vision is very important, purity of vision is very important for purity of the rational mind. And therefore a person who wants to cultivate strength of reason, ability, his focus in one or another direction towards happiness, should repeat, with concentration, the holy name of God or "I wish everyone happiness" and very attentively listen to how he does it. When he attentively listens, then gradually, by listening, he begins to become attracted to the taste of this sound because each sound has a taste. Now look, there's a spiritual sound, there's a benevolent sound "I wish everyone happiness", what's a passionate sound? Its information about work, about politics about what needs to be done where. This is passionate sound, it, more than anything, attracts us in life. Commercials are also passionate sound.

Benevolent sound signifies the desire to do, to bring other people happiness, selfless desire. There's also ignorant sound and some people are attracted to it alone. What is ignorant sound? It signifies obscenities, rudeness, shouting, anger. You see, when cable television appeared, then right away, a lot of people immediately threw themselves at it (makes a noise), and there, someone swears in such a raucous voice; Oh, this is just what we didn't have enough of. Its stupid. Its just pollution. Its just ignorant sound. It needs to be...no need to tune into the wave. You need to switch to it, why? Because the only thing going on there is pollution of consciousness. As a result, everything stays inside and the person just physically can't be happy. That's it.

0:1:27:45 Pollution doesn't give you the ability to be happy because the rational mind is diverted in another direction, its already searching for happiness in another place, that's it. Next, a person's actions will also end up in that direction. *Actions depend on our understanding of happiness. A person who has a correct mindset will wish happiness to everyone at work, labour with love, he won't feel pulled towards finishing work faster or money. This signifies pollution of the rational mind.* But if a person doesn't work on having the right mindset from morning, he's going to feel the urge to finish work, he's going to desire money, he'll feel the urge to get angry at the people around him, argue, that means that he's already on auto-pilot, he needs to tune his rational mind to the right channels. This is done through sound. There's no other way. The same thing applies, if you say I have a bad mood, that signifies vision. You need to tune your vision, you need to practice the purification of your mind through sight. This implies a well-intentioned gaze. Don't look for faults in others. He has bad thoughts in his right eye, he has all kinds of thoughts in his left eye, after my lecture. I didn't give you this information for that. I talked about it so that you would just know these things. Having knowledge doesn't mean that you need to use it, study it. In contrast, you need to look at what's good about someone and not what's bad.

0:1:29:10 *How to purify your gaze? Its essential that you put up images of saintly people and God in your house.* There shouldn't be these..."I am the body, I am the body", do you see what I mean? That is, a person who has bodily consciousness – that's already pollution. I won't, how women show, demonstrate, regardless, that signifies bodily consciousness. If you have these

kinds of posters on your walls, that means that your vision is being defiled. The sense of sight is defiled. The mind won't be relaxed because always, whenever a man sees a naked woman, a desire emerges within him to take "for myself, for me", here there's no longer a desire to give away. Do you see what I mean? Find one man who would give his wife away to someone. You always feel the desire to have, such is the design of Nature. Pollution of consciousness signifies that a person looks at these scintillating little pictures, pictures, images, all of these figures and the idea emerges within him to live for himself. It emerges automatically within the mind. But you know, in this world, no one's going to dance to the tune of our fiddles. This already signifies a spoilt mood. Were you able to understand the mechanism or not?

0:1:30:41 First we look at these images, at everything that's associated with living for ourselves, with me wanting to be like this, in order to have something, it all emerges in and of itself. And then, next your mood spoils. Why? Because I don't have all of this and no one wants to give it to me. Do you see what I mean? If, for example, a girl in an apartment (newlyweds), in their apartment there's this picture of a guy who has bigger muscles than the husband, the wife will always experience anxiety. She'll always walk around nervous. And this doesn't depend on us, it's how Nature intended. Her gaze gets polluted and she constantly thinks, well why do you have smaller muscles, huh? Why are you so puny? She's not satisfied. That's it. This signifies pollution of consciousness.

0:1:31:36 The same thing applies if a young family, on their wall there's a picture of a very beautiful, attractive, young naked girl. The man will constantly be dissatisfied because his wife doesn't measure up. That's it. At first when I told you about pictures on the wall, it seemed, at first, that it was nonsense. I've now given you a real life example. And some of you here have even encountered something like this in life. You think, why are we arguing? Take down the picture from the wall and you'll immediately stop arguing because there won't be pollution of consciousness.

01:32:15 As per Vedic knowledge, a person should only hang portraits of saintly people on his walls. What you look at is what you will become. If everything at home is only surrounded with images of saints, your mood will be maintained in good condition in and of itself. If bad karma will come into force, you won't say that you have a bad mood. You'll always have a good mood because according to Vedic knowledge, the mind has a subtle nature and always comes into contact with what it sees. If you have an image of a saintly person, for example, Sergey Radonezhsky if you're of the Christian tradition, Serafim Sarovsky, look, and that's it, you'll immediately feel joy, purity of consciousness, because you'll be in direct contact with this saint. So acts the subtle body of the mind. We look at something and establish contact. If you don't believe me, take a picture of your deceased relative, look at it, and right away, you'll enter into a grievous state of mind, even if you don't want to. This signifies contact, a break, contact with something that's been disconnected. You feel contact with him, but don't believe that there is contact. This is called grief. It's as if there's something there and at the same time, there isn't.

01:33:27 What is grief? You ordered ice cream, you opened your mouth, and there's no ice cream. The emotions weren't satisfied. I gave you this really weak example, the first example was much stronger. It signifies a connection, there's a connection. I can prove it to you even more. I can tell you things that would be total science fiction for many. If your, for example, if

some relative is out of town, take his photograph, from any time period, take a photo from any period in time and look at it, but without prejudice. The main thing here is no prejudice. In order to look at something without prejudice, you need to first purify your sight. How to purify sight? First look at a saintly person for some time and then at the photo of your relative, and you'll see how each day, there'll be a different emotion on the photo. This means that right now he has a different mood, not the one that he has right now, but another one, that is, not the one that he had yesterday. That signifies a connection.

What are the Benefits of Practicing Purification of the Mind?

01:34:27 Therefore we're always whatever is hanging on our walls, we're connected to it. How does Vedic culture provide you the opportunity to purify your...practicing purification of the mind means that a person doesn't just say prayers or wish everyone happiness, he looks at a saint or at an image of God, if having a picture of God is allowed in a certain tradition (in some, its not allowed). So, he looks, purifies his gaze, from then he sees the world with divine eyes. What does it mean to see the world with divine eyes? Now remember how in childhood, everything was bright, colourful and light. In the exact same way, a holy person looks at the world with bright, colourful eyes. Everything is good for him, everything is good in life, there's happiness, despite everything. Even if a nuclear war begins. There will always be happiness for him because he understands that life has an end, that there will soon be death. But everything has a spiritual nature, and therefore, there's eternity. We live forever. He understands this. He isn't afraid of hardships because there's happiness. When is a person patient? When there's happiness. When does a person not fear hardships? When there's happiness. When there's happiness, he can move mountains. When there's no happiness, its impossible to do anything. Your strength fails you. Lack of happiness signifies a polluted consciousness. Happiness signifies purity of consciousness. Sometimes, a person understands happiness incorrectly. For example, he has happiness when he wants to rob a bank, he's in a state of enthusiasm. But what doesn't such an understanding of happiness breed? Selflessness. It doesn't breed stability. The time will come and the person will experience suffering. When a person aspires towards selfless happiness, no one can destroy him because he doesn't want anything. He wants to do everything for others.

Purification of the Sense of Taste

01:36:15 Next. Sense of taste. It needs to be purified. *Purification of consciousness also signifies purification of the sense of taste.* You need to eat, that's 100% correct – it's a fact that even when we eat plants, we're killing something. Its murder, plants are also living beings. However, *according to Vedic knowledge, a person should prefer to eat less evolved forms of life over more evolved life forms. Why? Because in this case he's taking on less negative karma.* Less evolved forms of life, living beings, experience less suffering. More evolved forms of life experience greater suffering, that is, we're intended to eat fruits, all sorts of plants. Dairy products don't contain any sin at all because milk is intended for feeding someone. According to Vedic knowledge, the cow is our mother and we drink milk, we receive a pure consciousness because cows are in a state of benevolence. The cow is a benevolent animal in contrast to all others. That's very difficult to understand. But nevertheless, such knowledge also exists.

01:37:27 When a person eats only benevolent foods, he automatically develops a good mood, in and of itself. He doesn't even need to put in a great deal of effort for it. And if he offers food to God, sanctifies food, as the Christians say, then in that case, without a doubt, he'll constantly experience a good mood. Of course, as per his karma, he could get a bad mood, but the difference between what he had before such a diet and after, simply can't be described.

01:37:56 If a person eats polluted food, that means that even if he sanctifies it, in some religious traditions meat-based food is also sanctified, but the Vedas say that there will still be some signs of pollution, there'll be traces of hatred, anger, envy. *Therefore, the Vedas say its best to give up meat-based foods entirely. That signifies purification of your sense of taste.* You know, Christians also have fasts, that signifies purification of taste. You know, during fasts, they don't eat meat, they don't eat fish, they don't eat eggs, that's nothing more than purification of consciousness. You know, there's no other point to it. Why else would you do it? During fasts a person prays, he attempts to think more about God. Purification of consciousness.

Purification of Smell

01:38:53 Next. There's purification of smell. In addition, when you smell a bad smell, pollution happens, that means that there'll be negative thoughts. The sense of smell also influences our mind rather significantly. Especially when the mind is sleeping, now remember you may not have a really spoiled mood but if you sleep in a room where there's a bad smell, you'll have nightmares. That signifies contact with spirits. Spirits enter a person through bad smells. *A bad smell signifies the presence of spirits. Therefore a person should burn incense in his apartment, in his room, to purify his consciousness, his emotional consciousness through smell. He purifies his consciousness.* We are talking right now only about being happy, not on any other subject. As soon as you light up some incense, right away, the atmosphere in the apartment will be better. Its impossible to understand this right away, changes to your consciousness take place gradually. However, if you analyze your past, during the course of a day, you might notice that there was less arguing, that your relationships were better, that this was better, that was better. Changes in consciousness, purity of consciousness, come to a person unnoticed. Its impossible to understand that your consciousness changed, its very hard. However, the sensation of happiness increases, nevertheless. Of course, you shouldn't get hung up on this, otherwise, there'll be big problems.

Character Traits. Their Influence on Happiness in Life.

01:40:25 Next. The next moment is very important. Its purification of the mind. The mind. In and of itself it contains within itself all five senses, it is the sixth sense, the main one. The mind has a subtle nature and therefore it consists of character which... purification of the mind signifies developing positive character traits within yourself. A person who does so will be happy in any life event, in any situation.

01:40:59 Each character trait gives you many benefits. Righteousness gives you the ability to see the future, it gives you the ability to predict an ominous event, it gives you the ability to understand the negative thoughts and good thoughts of other people. Righteousness gives you the ability to never make a mistake in choosing a job, a profession and so forth. *Righteousness is a*

*force that gives a person the ability to avoid big problems in life. There's a whole lecture about this, you can study it, we're not having that seminar here, this year. But there are 26 lectures. "Cultivating Good Character Traits", "The Laws of Morality", in another words. These are laws that influence our lives. For example, if a person is envious, he's constantly gossiping, his family will fall apart, his relationships with colleagues will fall apart, everything he has will fall apart, all of his relationships will fall apart. It doesn't seem as if said anything bad to anyone, except to that one person, but his whole life falls apart because of that, that signifies envy. *Lack of envy is when a person doesn't want to say anything bad about anyone; even when people want to think badly about him, they no longer can. They don't have the energy.* Lack of envy signifies strength.*

01:42:14 Next. Non-violence, striving towards non-violence gives you the ability to not have violence committed against you. People want to beat you up, but they can't. I know this one person who handed out food to people in Chechniya, during the time when everyone was fighting. He went there in order to feed people, to feed the hungry. There were three times when people wanted to kill him and couldn't, they didn't have the strength. He didn't resist, he just looked that them, they couldn't do anything with him. What does this signify? It signifies non-violence. The person didn't want to commit an act of violence, an act of violence couldn't be committed against him, there was no chance. Do you see what I mean? As per your karma you're meant to be in a military combat zone, but there's no chance, its impossible for there to be any violence. As per your karma, there could even be violence, but it doesn't bear any negative results. Even if the person experiences violence against himself, the results are good, like, for example, Jesus Christ, He, without any karma, just suffered for people, this violence was committed against him, but what did he gain? He gained much more than we can even imagine. He gained spiritual happiness. So everyone who is following his path also acquires spiritual happiness. A person should give all of his energy, everything to the people around him, in order to help them live correctly. He should set them on the path of truth. And as such, a person will become happy.

What's Conscience?

01:44:01 *Purity of mind signifies that a person doesn't want to act, think and live in a way that brings others suffering. He wants to develop strength within himself that will give him the ability to bring everyone happiness. In and of itself the idea of acting this way already makes a person happy, this idea itself, just if you want to live this way, then happiness will already come your way.* Because, what is happiness? Happiness is energy that emanates from the inside, this energy is provided by the Higher Soul. What is the Higher Soul? The Higher Soul is God who also lives in our body. The Vedas say that two personalities live in our bodies, one personality is the Higher Soul, the other personality is the soul. The Higher Soul gives us the ability to live in this body. It is also the voice of conscience. It also shows us what's good and what's bad, it gives us psychic energy for the fulfillment of one or another action. And when a person carries out a good deed, the Higher Soul fills him with happiness. When he fulfills a bad deed, it doesn't give him happiness. Happiness comes from within. Sometimes, happiness comes in and of itself as a result of good karma. Suddenly, unexpectedly, a person did something amazing in his past life, unexpectedly, in this life, he gets happiness in this life, immense happiness, its not clear where it came from. It seemed as if the person didn't do anything good. This signifies that the happiness came as a result of karma.

Purification of the Rational Mind

01:45:33 And the next most important thing is purification of the rational mind, which we've already talked about quite a bit. *Purification of the rational mind signifies the ability to pull the rational mind away from an incorrect understanding of happiness towards a correct one.* This means, we talk about a correct understanding of happiness at all our lectures, at all our seminars. The same thing every day. I deliberately talk about it in order to set the rational mind on the right course. *According to Vedic knowledge, a wise man isn't a person who studies different things, a wise man is a person who studies one thing in life, only one thing- how to be happy.* That's it. He should think only about this, because that's the purpose of our lives, to learn how to be happy. A person who is capable of perceiving what happiness is, and knowing what it is, and setting himself everyday, every morning in that direction, attains happiness. There's no doubt about it. This is what internal prayers are meant for, this is what ascetic practices in the morning are meant for, wishing everyone happiness in the morning, wishing to forgive everyone, your mindset in the evening, before bed. "I wish everyone happiness, please forgive me for behaving badly" is part of this as well. This is none other than an aspiration towards happiness.

0:1:46:56 And the Vedas say that these are the main actions in life. You can fawn over your children who will then grow up to be egotistical and will make your life miserable later. Next, you can fawn over your husband who will get really bigheaded as a result. You can fawn over your colleagues who will exploit you. Next, you can fawn over anyone at all, but there won't be any happiness if you expect of them the same. And things always happen this way, if a person doesn't purify his rational mind before acting. If a Mother purifies her rational mind, she knows that , I'm doing something for my son in order to fulfill my duty towards him. The action itself brings me happiness, but I don't expect anything from him. I don't know what kind of karma I have, what will happen to me later on, how my son will relate to me. When a Mother has that kind of mindset, her son will respect her. If she expects good things from him and does everything with this goal in mind, then tells him, you should, remember my son, how I love you. If she says this all the time, the result will be that he'll grow up to be egotistical. That's it.

01:48:11 *In order not to have your colleagues exploit you, you need to act out of a sense of duty before them, not desiring results, just wishing them happiness in your head, and relating to them in accordance with their level of consciousness. If they are in a state of passion – formal relations. If they are in a state of ignorance – try to keep away as much as possible while fulfilling your duties. If they are in a state of benevolence – befriend them.* If they have attained higher knowledge, it means that you should ask them for guidance. There are different types of relationships, however, all of the positive ones, all of these kinds of relationships bring only happiness, regardless of the fact that people belong to different categories. In order to act this way you need to have strength. In the given case strength signifies that the rational mind, despite pollution, returns, once again, to its previous understanding of things. My mood was spoilt, and today I no longer can be good- this signifies a lack of strength to restore the rational mind, so that this strength emerges; to be good regardless of the fact that karma (fate) acts on us very harshly. It can act at any moment. For some people its constantly acting in a negative way. Some of you will leave here right now and come home and then there'll be such a circus that will only end when you return for a lecture. And, according to Vedic knowledge, even such people can be happy, if they constantly restore their rational mind to a correct understanding of happiness. And

there's this question that people have (I'll get a note about this right away), and does this mean that you have to live like this your whole life? No, not your whole life. If a person acts this way, then gradually, in exactly the same way as storm clouds disperse from the force of the sun, sunlight...when a ray of sunlight cuts through, the storm clouds immediately disperse, in exactly the same way, knowledge about happiness dissipates all of a person's suffering. However, the suffering itself doesn't dissipate, that's where the misconception, that we constantly inhabit, lies.

01:50:13 We wake up late from bed and think, there should be happiness. There won't be. We eat late at night and think, no harm done, grain based food or meat based food, nothing horrible about that. Its horrible! It will be horrible! You won't be able to wake up the next morning, you'll be lying in bed, trying to play the fool, trying to get up out of bed. Its horrible because the rational mind has been polluted. *Nothing gets digested at night, there's no sun at night. The sun digests food in benevolence. Food will be digested in ignorance with a great deal of effort, waste, and therefore, all of your energy will go into digestion, the food won't be fully digested, toxins will enter the bloodstream. Intoxication in the morning signifies strong weakness.* It seems as if you didn't get enough sleep, but in reality, its just that toxins entered the bloodstream. If you feel weak, focus within and try to feel where the weakness is coming from, and you'll see that its coming from the middle part of your stomach, meaning, from the intestines. There's this feeling of weakness and that's where the force of sleep comes from. This signifies toxins. That's it. Its very simple and easy to understand that if you don't want to understand this idea that you need to fight for your happiness, that it won't just rain down on you, then you'll never be happy. In this lies the main wisdom of the Vedas.

01:51:40 And only a person who understands that happiness exists is able to understand the idea itself that you need to work for your happiness. And therefore, every day you need to try to grasp the fact that happiness exists. It seems, it seems to all of you that happiness exists, however, early in the morning, you don't feel like getting up, you don't feel like forgiving anyone, you don't feel like changing yourself, giving up bad habits, this signifies that there's no knowledge of there being happiness. Because a person who knows that happiness exists, his rational mind will be attracted towards the direction where there is happiness. If we don't have any happiness right now, we're living like this, that means that happiness is somewhere else. That means that you need to give up your way of life, you need to get your rational mind attracted to another place, but not everyone wants to. That signifies that they don't believe that happiness exists. And in this lies the problem.

01:52:27 And so, *purification of the rational mind is a person's principle duty. And a person who raises his kids, cares for all of society, does everything that's required in life, but at the same time, doesn't dedicate time to purification of his consciousness...purification of consciousness means reading religious literature, it means searching for the truth, searching for teachers, listening to the knowledge that brings happiness, it means praying in the morning, in the evening and at other times as well if possible, it means wishing everyone happiness, purification of the rational mind means striving to rid yourself of all of your shortcomings – this is also purification of the rational mind.* All of this is purification of the rational mind. If a person acts in this direction, he's guaranteed happiness, even if he'll live with all sorts of suffering, even if he has really horrible karma, he'll nevertheless be happy, despite this. I've already given some examples of crippled people who were happy, I saw them myself. These

immobile people experienced immense happiness engaging in self-realization and they weren't lonely, crowds of people came to them for advice on how to live. Because everyone wants happiness, they felt that these people were happy and so, people came to them. Are there any questions?

Questions and Answers

01:54:18 Question: Can you put pictures of your kids or parents on your walls?

01:54:24 Answer: You can if you have the ability to think positively about them. If you hang up photos of your deceased mother and you think, every day: well, why did she do this, do that...that means that you shouldn't hang up the photos. That means that you don't understand that you're constantly insulting her, you can't relate to her positively. If you can cultivate humility in relation to your parents and positively think about your kids, you can hang their photos up. However, if you hang up a photo of a child who is still alive in your apartment, when he walks past the photo he will pollute his consciousness. His mind will be polluted, he'll think, this feeling will emerge in him that Mom didn't hang up her photo on the wall, but she hung up mine; that means that I'm good, that means I'm good. The feeling that "I'm good" doesn't signify purity of consciousness, as we've already discussed. Its the exact opposite emotion. When a person feels that he is good, that means that he already has an egotistical mindset. Its best to...you can hang up photos of your parents if you have respect towards them...its best to hang up pictures of saints, put them on the wall.

01:55:44 Question: Is it an insult if a husband refuses his wife's desire to have his child?

01:55:53 Answer: Its bad karma. First and foremost a woman who doesn't understand that its her bad karma won't be happy, that's it. She shouldn't think about whether or not it's an insult in relation to her. Of course its an insult because the husband, if he took a wife for himself, is required to give her a child, in this lies the duty of a husband, he is duty-bound to give her a child, as many as she wants, even if that's an entire boatload of kids. He must, as many as she wants. Next, he should work to support her and the entire boatload of kids, till he drops from exhaustion. This is also his duty as a husband. And he should be happy since he, himself, chose this fate for himself. However, the woman who feels that her husband isn't giving her a child, that he doesn't want a child with her...isn't fulfilling her duties towards her husband. Even if a man is completely brainless, completely brainless and the wife fulfills her duties towards him, that means that she respects him, cares for him, etc.. tries to act, fulfill all of her female duties, even he will want to give her a child in such a case. If he doesn't have any brains whatsoever. I hope that your husband, whoever wrote this note, has brains, that means that it'll be easier for you to move forward, that means that, one hundred percent, if you fulfill your duties correctly towards this person, and its very hard to do, it's a whole science. Listen to the seminar called "Family Relations". There, there's a description of the duties of women, its very hard to fulfill them. All the women who listen to it go into shock, they get angry, how can this be, what is this? For the first while, they get angry. Then, when they start to act that way, they think, Oh God, how simple it all turned out to be. It turns out that men are so primitive, you just act like this, and that's it, he doesn't have a chance, he'll walk around all the time with a smile on his face. Of

course, they'll think that men are primitive, but be that as it may, life will be easier for them—that's a fact.

01:58:01 Question: In the press there was an article...Are we going to discuss gossip, are we? No. We're not discussing gossip. Next note. So, once again its...there's a thank you. Please tell me, what if a child is always lying to everyone, with or without reason?

01:58:28 Answer: There's always a reason, that's where you're mistaken. The reason is your bad karma. Why does this happen and how to resolve it? I already told you that its bad karma. You are suffering through your child. Its very hard to understand. Right now I'll give you one example of how people become closely related. Its described in the Vedas. There's this Scripture called the Garuda Purana in the Vedas, and different incidents of bad karma are described in it. A person lent another person a lot of money, he was born as the Father, and the person who didn't get his money was born as the son. And that person needed to feed the other person for as much as the money owed. For all of that money. And at the same time, its also recounted that the child will never be thankful at all, its recounted in this work, he never will be, there's no chance. Because that person didn't repay his debt to him in a past life, he'll feel a lack of appreciation in regards to his Mother or Father. And nevertheless, the person, regardless of this, should be thankful for his fate, that he ended up with such a son. Why? Because he's working off his bad karma. Its really hard to understand this. A woman who gets an alcoholic husband, that means that in a past life, she was also an alcoholic. If she is grateful for her fate, that's it, her bad karma is done with. The more she relates with thankfulness towards her fate and respects her husband, despite everything, the less suffering she experiences. However, its really hard to understand this. You feel like getting on his case, suffocating him, suffocating him. But happiness doesn't increase from this, you'll only have more suffering.

02:00:09 Вопрос: Что такое ум, что такое разум. В чем отличие?

02:00:12 Answer: *The mind is character, its comprised of character. It just acts by collecting information, that's it. It collects information, its files it away in your memory.* It controls the activity of your organism. The mind is like a secretary. *The rational mind is knowledge about happiness. The rational mind is the foundation of our lives.* When we run off somewhere for bread, we are led there by our rational mind. Any kind of enthusiasm is given to us by the rational mind. A person knows that if there's no bread, he doesn't eat, and that means that there'll be suffering. Knowledge of happiness in the given case, knowledge of the existence of bodily happiness. A person runs for bread, he can't avoid this fact, he needs to run and get bread, it signifies activity of the rational mind. There's even activity within a dog's rational mind. But in what lies the activity of a dog's rational mind, how does a dog's rational mind differ from the activity of a person's rational mind? It turns out that a person, aside from satisfying all of his vital needs for food, sleep, sex and material comforts, animals also do all of this, their rational minds lead them towards these kinds of happiness in the exact same way, we see it in life. A person's rational mind leads him on in the exact same way, towards the comprehension of his nature. He wants to understand, who I am, who God is, why all of this is necessary. He wants to figure it out. This signifies rational existence. Therefore, **a rational existence signifies the desire to change your life for the better, the desire to reform, the desire to work on yourself, the desire to undertake ascetic practices, to give charity, the desire to repent, the**

desire to wish everyone happiness, the desire to study how to live correctly – this signifies a rational life.

02:01:57 The mind, in and of itself, doesn't want anything. It simply doesn't have a certain mood. I have a bad mood today, that's it. For example, in that cartoon where the donkey, he had had his birthday, and he had a bad mood despite it being his birthday, because no one wished him a happy birthday. Winnie the Pooh acted in the role of a rational being, he attempted to prove to him that happiness exists, and the donkey was overjoyed despite the fact that he was given a stump of tail and an empty pot of honey. Sooner or later a person understands that happiness exists. He's happy for whatever was fated to him in life. This signifies a rational existence. The mind is simply character, just your mood and nothing more. The rational mind leads us towards something in life. I hope, not just towards sex and similar things.

Faith in God and various religious traditions. Where lies the truth?

02:03:04 Question: If you repeat the name of God from various traditions, for example, in the morning, an Orthodox prayer and then Vedic mantras, would this be correct, or is it essential to repeat the name of God from only one tradition?

02:03:21 Answer: a 'separated' diet means that we can only eat cucumbers today, tomorrow we'll eat tomatoes, the day after tomorrow we'll eat cabbage, then we'll eat rice and so forth until our organism is totally depleted. In reality a person has the right to praise God however he feels necessary. Because God presents himself before people from various cultures in different ways, because people are all different. Even Christ is understood by many people in different ways, which is why Christianity is divided into many different branches. Everyone always understands God in their own way because God has an individual relationship with each person. Each person has his own understanding of God. However, there are traditions that give you the ability to understand God in approximately the same way as you feel, which seems to you that you really need. However, there are people who like to understand God in both one tradition and another, they want to perceive the depth of God, His breadth, His diversity. Well, why can't they? Why? You can be a citizen of two countries at once, the USA and Russia, its not illegal, is it? And if a person is a citizen of two countries at the same time, there's this open passport, he belongs to everyone, such people also exist. What's that, is he a heretic or what? They tell him you're Russian, he says, I'm Russian but I'm also American and Indian. He says, because I'm a Soul. Today I'm Russian, in the next body, I'll be American, later, in the next life, I'll be Indian, so who am I really? A few years ago I was little, then I became a teenager, now I'm an adult, then I'll be old. So, who am I? If you say that I'm an adult, that doesn't mean that I was little, right? That I wasn't little. It also doesn't mean that if a person believes in Christ in this life, but in a past life he was born into another tradition and believed in God differently, that doesn't mean that he's betraying himself. You know the difference between our two lives is very small. Many of us lived forty, fifty years ago in another body and understood the truth in a completely different way.

02:05:57 As such, you need to understand this idea, that if a person doesn't want to acknowledge the existence of other religions and attainment of love towards God through these religions, understand how others believe in God, that means that he's simply restricting his understanding of happiness. Because understanding of happiness is multifaceted. However, after studying many schools and acknowledging their true magnificence, a person nevertheless should choose some sort of intimate relations with God. It doesn't matter if they are rooted in two traditions or in one, he should delve deeper into them.

That doesn't mean that he's juxtaposing one religion against another, he's simply delving deeper in this direction because he likes to relate to God in just this way. For example, a husband and wife have intimate relations, they go through a deepening of these emotions. For example, one husband relates to his wife in this way, and another, in that way. Someone comes over to the someone else and says, well why don't you talk to your wife this way, huh? Well because they're different people, different people. I'll cut off your head right now for this, you're unfaithful. Or a daughter and son towards their Father, the Father is God. There are different... the daughter loves to fawn over her Father, the son loves to play with him, run around him, kick at him. The daughter tells him: you don't love Dad, which is why you do that. That signifies faith in state of passion. The son says: I love him but not the same way as you do. That signifies faith in a state of benevolence. Or the other way around, the daughter says: you also love Dad, I see that, but I don't understand your love. He says: I love him, you don't. This signifies faith in a state of passion. People in passion are inclined to fight with one another, to hate those of other faiths. They talk about love for your neighbour and so forth, but in practice, if you take a look, there are people, in any tradition, there are also benevolent people. They don't judge anyone, they don't make comparisons, you need to understand this. You see this idea itself- faith in a state of passion- gives people this reservation, this restraint against loving God the way they want. In this lies the problem. In this lies the whole problem. Very strong restraint.

02:08:18 So, here goes some poetry. I wish everyone happiness, for life to become brighter and more fantastic, for grief and aggression to go away, for the world around us to become even more wonderful. I wish everyone happiness. I wish for the greatest healing, for ignorance and passion to go away, for deliverance from suffering. I wish everyone happiness. Shall we read on? No, they say. They're afraid. Someone doesn't want to, this poetry here is good, I liked it. Its just that there isn't much time. Some people would like to get home sooner.

02:08:57 Question: Yes, its really late already. Give us your opinion on Ayurvedic cigarettes. On the other side. A grass filter for smoking tested in one hundred and twenty continuous tests, based on the principles of Ayurvedic culture, the ancient science of healing from India.

02:09:23 Answer: Is there nicotine in there, no? Is there nicotine? No? Well, then smoke it, there's no problem. If there isn't any nicotine. If there's nicotine, even if a little bit is stuffed in...If you take a barrel of honey and put a spoonful of tar in there, then it already wouldn't be tasty honey. If there's ignorance, that means that benevolence there won't change anything.

02:09:51 Question: Why does a person commit negative acts in a drunken state that he deeply regrets in a sober state?

02:09:57 Answer: There's only one reason for it, when a person drinks alcohol, this liquid pollutes the rational mind and as a result, he enters into a state of strong egoism, that's it. And from then on, he does whatever he wants to. His rational mind dulls down and as such, he has no idea what he's doing.

02:10:17 Question: When you pick vegetables and fruits, isn't that also violence against plants?

02:10:20 Answer: Of course it's violence. However, if a person offers everything to God, he purifies himself of sin. He cooks for God, he then eats for God, that's it, he doesn't commit sin. We can't live without violence, we should commit acts of violence, otherwise, we'll die of hunger. However, we should choose the violence that is less sinful, and if you'd like to know, the Vedas say that if you want to completely rid yourself of violence, pick food for God, offer it to God, prepare it for God, eat it for God and then, there won't be any violence whatsoever. This has been described in many sources, (indistinguishable), for example. Onion and garlic? Onion and galic. Again, onion and garlic, what are you going to do? We'll have a lecture about diet.

Why does a Lack of Acceptance emerge amongst Relatives with regards to Vegetarianism?

02:11:06 Question: My parents really want me to eat meat, they become unhappy if I refuse to eat it. My Mother thinks that I've gotten mad with vegetarianism. All of my explanations about the dangers of eating meat aren't helping, they are only making things worse. What to do?

02:11:23 Answer: Its very heavy karma. You really wanted to eat meat in a past life. What to do? Way back when, I did the following. I said that I experience a strong revulsion towards meat, and I believe that I have an allergy towards it. When I ate meat, a few times, I threw up, I ran to the washroom, stuck two fingers down my throat, came out, it was seeping out of me. In the end, my Mother thought, let him gorge on whatever he wants from now on. Let him eat his vegetarian food, as long as he doesn't throw up or go to the washroom. If a person really wants to, he won't have any problems. In the exact same way, I was told that when a person didn't want to (indistinguishable), he hung out with people who drank, but he didn't want to drink. He said that I get nauseous from it. They forced him to drink a little and he threw up right at the table. They didn't force him anymore. If a person really wants something, he'll get what he wants.

02:12:30 I really like this picture of this crane standing with her mouth open, and inside her mouth there's this frog that's already all...and it's put its arms out like this, its head's squeezing down and the crane can't swallow it. Its called "Never give up". That means that even when a person is forced to eat meat and there's already no happiness whatsoever, it doesn't mean that fate has completely turned its back on him. Its just that if he really wants to, God will give him reason on how to act. You know, in reality, what I'm telling you right now isn't a lie. If a girl lies to people who want to commit an act of violence against her and she avoids rape, did she really lie? She just acted rationally. In exactly the same way, a person who wants to avoid sin can act, he can commit some small act of deception in order not to deceive himself, not to live a sinful life. As such, these means, they don't get in your way, they only help you. A Doctor who wants to extend the life of a patient sometimes doesn't tell him that he's sick with an illness that will

quickly lead him to death, within a few days. As such, he attempts to extend his life, he attempts to act humanely. Of course, there are various points of view in relation to this, but nevertheless, he attempts to, its also a sort of lie. But, nevertheless, he goes along with it, it doesn't signify a lack of humaneness. Sometimes you need to lie in order to commit a humane act. This doesn't signify deception. Deception is something completely different.

02:14:27 Question: Well look, right now we'll, through this note, thank you, we'll understand the whole lecture, now look. Bodily purification, purification of consciousness as a result of fasting or correct diet- its wondrous. You can feel the purity. The sensation of flight, but it isn't possible to hold onto it for long and it often ends with a package of smoked kielbasa.

02:15:02 Answer: Now listen to me carefully. If you purify your consciousness in order to feel this sensation of flight or wonder, that means that you didn't understand anything. And it will all end with kielbasa. Why? Because a person purifies his body and consciousness not to feel happiness but to live for others. And he'll be able to feel happiness in and of itself. A person shouldn't want to feel happiness. "I'm pure. I want to feel happiness, I'm sinless." We're not doing this for that purpose. That doesn't lead to happiness, the feeling itself that I'm pure, the feeling of flight itself. If a person concentrates on that: I'm flying, I feel good, I'm the sun- that pollutes him immediately, that's it. And all of the happiness, the entire flight ends right then and there because going forward, there won't be any harmony. The person stands in opposition to everyone around him. If I am the sun, everyone else is a puny bug next to me. That's it. There won't be happiness. You understand where the secret in this lies? **A person shouldn't want to feel happiness, he should want others to feel happiness, then he'll be happy.** That's it. There are a lot of notes. I can't take a look at all of them. Let's wish everyone happiness. Whoever doesn't have time can go. But people with nothing to do can stay, purify their consciousness along with me, the people with nothing to do.