

Overcoming Stress:

The Nature of Stress

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

00:00:00 I'd like to welcome you, just as you've welcomed me. And I'll try to justify your expectations. Today we're going to discuss a very serious topic. It's also a sore spot for me, because I also had to go through the most severe stress not too long ago and I understood this topic really well from my own experience. Therefore we'll talk about serious things, and as always, I'll start with explaining, on the whole, what differentiates Vedic psychology from regular psychology. Where lies the root difference. And then we'll already gradually move to the topic at hand.

A person's psyche from a Vedic point of view

00:00:55 According to ancient Vedic knowledge which was only just written down 5 thousand years ago. I'm not even talking about how long it's been in existence. I don't even want to mention the numbers that are provided in the Vedas themselves, because they'll just frighten you. It's really hard for us to understand such spans of time. I can only give you the numbers for the predictions that Vedic knowledge has provided. For example, in the "Shrimad Bhagavatam", predictions are given for the next two billion years. For us, these are fairly big numbers, but, nevertheless, at least, what's been described has already come to pass. For example, the birth of Buddha is predicted there, the birth of Jesus Christ, and so forth. There's no mention there of Lenin, the intervals of time are too great, that is, there, there are predictions there for the major global events of our universe, not just those of our Earth, therefore, as such, it's a rather serious scientific work that we treat as an epos. But in reality, it's far from an epos. It's extremely deep knowledge even one thousandth of which hasn't been uncovered by humanity.

00:02:13 And so, *the Vedas assert that a person's psyche has its own subtle nature and it consists of four components. The first main component is the mind. The mind is this complex, psychic structure that we perceive as character. It is comprised of channels of energy known as nadi.* There are pranic nadi energy channels and there are, strictly speaking, mental channels. So, for example, the main psychic channel is called Chita-nadi. It has two directions of movement. One direction from the depths of the heart, that is, the psychic depth, not from the anatomical heart, but there, on that level there's also your subtle, invisible psychic structure. From the depths of the heart, the Chita-Nadi channel goes outwards and exits through the emotions. And it is called (from inside out), it is called the internal current. Another channel goes from outside to the heart, it's called the external current. In effect, these two currents work continuously but for people who lead a selfless life directed towards the attainment of truth, the internal current operates many times more intensively than the external current. And for people who seek external happiness in life, on the whole, the external current operates, the current directed from outside in.

00:03:43 *In any case, the mind has the unique ability to absolutely continuously interact with the outside world. And our contact with each other is absolute, that is, by looking at a person we immediately enter into a psychic exchange, that is, we truly enter into a psychic, subtle interaction with each other. It is this interaction that gives birth to our lives, that is, our happiness and our sufferings.* That is, it isn't a combination of nervous impulses, as science would have it. It would be funny to suffer so greatly from a combination of nervous impulses. In actuality, even purely from the standpoint of logic, typical, primitive logic, it's very easy to refute this idea. Well, for example, if everything depends on a combination of nervous impulses, then why can't a person stop recalling an offence that someone subjected him to? So I actually

experimented on myself and noticed one thing, that I don't want to think about it, that is, I have enough willpower, for example, well if, for example, someone offended me, I don't want to think about it, I have enough force of will. But memory invades my psyche by force. And it has nothing to do with reflexes. I know what a reflex is. When, for example, you're lying down, your leg has been lying down too long, its starts to twitch – this is a reflex (laughter). It has nothing to do with the sensation that something is reminding you of the fact that you were offended, it doesn't. This recollection is very much similar to real stable contact between two people. For example, you didn't forgive a person, and therefore you can't be in your normal state, the energy of happiness constantly trickles out a little from within us, and we experience anxiety.

00:05:42 In reality, *when a person recalls the person who offended him, he...actual contact takes place with him, therefore the person recollects, recollects the pain originating from him, and so forth.* I've conducted these sorts of experiments. For example, you take two people, one of them hasn't seen the other for a long time, or, let's say its not even that he didn't see him for a long time, he just, he doesn't know what mood the person's in. And all he has to do is recall the person, calmly, without straining himself, recall the person without emotion. And he will very exactly reflect his psychic state at the given moment in time. He describes it, the person says: "yes, I'm in that state right now." *That is, the recollection itself gives you firm contact, actual contact that exists between people.* Therefore, this has nothing to do with a combination of nervous impulses. More often that not, according to the Vedas, combinations of nervous impulses are the result of mental activity. But if it was the other way round, then it would be totally unclear how a person comes about and starts developing.

00:06:47 According to Vedic knowledge, its all very simple. So, *first a soul ends up with the subtle body, it gets attached, it attaches energetically to a spermatozoid. Then the force of the soul moves the spermatozoid to the womb, and there it finds the ovum, and fertilization occurs. And then the subtle structure of a person is already in place within the subtle body. There exist these psychic channels that are called shrotoses. Shrotoses are unique, psychic channels on which, you know, for example, take how some kinds of pictures are constructed from iron. Beautiful pictures are made from iron shavings. First, the picture is drawn with energy potential, the picture is just drawn with energy potential, and then, the iron dusts itself onto the potential by itself, because its inclined to having magnetic properties. In the exact same way, subtle dusting exists in shrotoses. That is, shrotoses are channels of energy that our organism completely mimics. And when a soul and the subtle body come into contact with gross matter, than at this moment, the shrotoses get very worked up and the ovum, it, in effect, starts to multiply, by copying these subtle channels, by completely re-creating the person's nature, that is, the subtle nature transforms into the gross.*

The failings of modern psychology

00:8:25 And now you can see that subtle nature forces the cell to function, right? So how could it be the other way round, that when an organism grows, the nervous system forces the psyche to function? Well, its utter nonsense! You can see that that's the same as a fridge forcing electrical current to move through the wires. You see, this is what our scientists have thought up. Even an Eskimo, when he sticks his fingers into a socket, even he then thinks differently (laughter). That is, such a point of view is already worthless. It turns everything upside down, makes everything

the other way round. So there. Well, okay, fine. Let's say we didn't clue into that yet, its hard to understand. But there are a ton of facts that indicate that things aren't like that.

00:09:17 Well, first of all, all of this theory creates a perception of life. So, for example, most people believe that pills are the best means of treatment. Since chemical functions are the basis for everything, that means that the you need to treat the psyche with pills. And the organism is best treated with pills. Therefore, all industry is directed towards the study of chemical structures. We aren't even planning to study anything else. We don't understand that there are treatment methods that are much more effective.

00:09:51 So, for example, I'm one person. I studied the effects of stones for ten years. Now we treat multiple sclerosis very effectively. Many...just about everyone gets better. We treat the preliminary stages of schizophrenia, that is, when a person is still more or less sane, mental debilities in children, not Down's, but when a child has poor concentration, just about all of the kids improve by 60-70%. The most severe cases of polyarthritis, bronchial asthma. We started to treat diabetes mellitus not too long ago, if its just starting in a child, we can cure the child completely, we've already got some results. And we can also cure diabetics who don't inject themselves with insulin. Those that take insulin get much better. One small team, a few people – our treatment is better than enormous institutes that invest billions of dollars in their work. And only because we just up and cast off our ambitions and began to study ancient knowledge. We began to consider ancient people not as these primitive-communal “hello, tree”, but began to believe that this serious civilization lived long ago before us. And in this lay the result. Why did we get such results? This deeply profound knowledge truly works. And you should pay attention to it. The result of this knowledge will be today's seminar, and you will see how strongly it overturns your understanding of things. Because this seminar isn't based on psychological tricks that modern psychology teaches us nowadays.

00:11:28 What is modern psychology based on? Its based on games. What is Vedic psychology based on? Its based on how, in effect, a person should live correctly. Look, for example, in modern psychology the most important thing is not how a person acts, the most important thing is that he understood what the psychologist tells him, that is, there's development within the person of this idea of understanding a situation.

00:11:58 Well, fine, so a person understood a situation. Let's say, let's take a person who is under the influence of Saturn, for example. *Stress is originating from Saturn, he's weak, its really hard for him to work, his, for example, his back is about to fall apart, his joints are beginning to ache, his spine, its hard for him to think, his memory's failing. That is, there's stress from Saturn that has arisen as a result of the influence of fate.* And a psychologist tells him: “Well, can you see that you don't want to work, that you're weak, that you have sore knees. Can you see this or not? That in actuality you need to work. You need to overcome this illness of the knees. You need to act so that your constipation subsides. Do you understand this or not?”

00:12:46 Well, who did this force crash down upon? He can't, its hard for him to do something. Raise your hand, are there are such people? Now, you see what I mean. You, yes, you have stress from Saturn related to work, not to your personal life. It started for you one and a half years ago.

The woman. Yes. Do you understand this or not, that this is happening to you? You know. Now, you need to, so that you don't have this. Let's you and I work on you not having this anymore.

00:13:15 Do you know what this can be compared to? A person's walking along, he's hauling an enormous log. He's going along, he's hauling, it's really hard for him. Right next to him someone with a good period is running by. He runs by, he's a good psychologist, he runs by and says: "Op, so raise the log. Stretch, harder, come on, come on, heave ho, well, why aren't you smiling? Smile! He: "eh-eh" smiles, he's going along, but it's still hard for him to carry the log because. And the person doesn't understand how hard it is. Then this person hauls his log to the end, gets stronger, gets on his feet and this log appears on the back of the psychologist, Because no matter if you're a psychologist, no matter if you're an academic. Saturn doesn't care. He'll put a log on a psychologist's back too. And everything in the psychologist's life will go to ruin, and he'll say: "Well, my situation is much harder than yours was." My log is the real deal. Here just psychological abilities alone won't help. I don't know what can be done about this.

00:14:20 Do you see what I mean? That is, it turns out that our modern psychology is some sort of, just some kind of child's play. Do you see what I mean? Some game we're playing, we're playing at life. But in reality, the situation that overtakes a person has nothing to do with games. And you can't solve the situation with the help of games. A person needs real methods, he needs action, he needs real help, he needs real strength that can help him restore his psyche.

How should you treat psychic illnesses?

00:14:53 According to Vedic knowledge, since a person's psyche has an actual substrata, that is, a psychic substrata, it needs to be restored. This is why, for example, in Ayurveda there exist these restorative methods, that is, when a person has a psychological illness; force is applied on him. People start to say mantras around him, they sit facing all four directions, such treatment of psychic illnesses exists. Or how I do things, they tie tree branches or stones to a person. He starts to feel energy, it gets easier for him to live. And then when it becomes a bit easier for him, then you need to tell him how to live correctly in order to make life easier. This is what you need to do, this is what you need to do, you need to do this. He starts doing it and little by little bounces back. It's hard for him, he knows that he's in a hard time, he knows it. When he started, when he finished it, what's happening to him. It's a fact, he knows all about it but he also knows what force you need to give up in order to change all of it. He also knows that when we get together with a large amount of people and start to, for example, say prayers together or meditate together, then there's more power from this. The psychic nature of other people comes into contact with you, and your psychic nature is revived. That is, there are also these sorts of methods.

00:16:09 But our Doctors haven't cared at all about the psychic nature of people. For example, a tuberculosis ward. One person lacks one kind of energy, one type of energy, and as a result, he comes down with tuberculosis. *People who come down with tuberculosis are disappointed with life, they lack vital energy, disillusionment overcomes them. And this energy of disillusionment destroys the lungs.* So, they've laid up one person with disillusionment, another person with disillusionment next to him, a third, a fourth, fifty people. All of the beds are taken. Then the Doctor says, it seems as if I'm starting to get tuberculosis. They treat him in advance. Because

there're a lot of them, and he's only one person. They treat him in advance. Or, for example, they built a mental hospital. In Vedic culture, its forbidden for a person having one kind of problem, its forbidden for him to speak with people like him. Because as a result of this, he'll destroy his life.

00:17:09 Now mental hospitals. When I was a student, I went to a mental hospital. The first thing I noticed was that these Doctors-psychiatrists, I noticed that the suffix "iatrists" wasn't necessary (laughter). For some reason it didn't smell of "iatrists". There were just a whole lot of (laughter). So that's clear. And its because the process was incorrectly organized. Since there's no knowledge, they think that its just an illness of the nervous system. Since its an illness of the nervous system, there's no problem, you can put people next to each other, you can create such a hospital. There's no problem at all. I'm not against psychiatrists, I really respect all doctors. I'm just explaining the system to you. People with this illness are put together. That's it, you've been sentenced.

00:17:57 I have one relative who got sick with schizophrenia. With a severe psychological illness. I went to save her. She was put in a mental hospital. I went to them, explained that I can help her, but they didn't believe me. I began to prove to them that I'm a Doctor and so forth, etc. I said that I wanted to take her out of there. She already came to, a little. She said that I also want to get out of here. We understood each other. So there. They gave me to her after signing, after signing a lot of documents that they put together, under signature. I took her away. When I took her away from there, these women that were standing nearby, they were also more or less okay at the time. Its not a fact that in mental hospitals everyone's "not normal", keep that in mind, that's all not true. Most of the people are more or less coherent. But since the situation, the atmosphere isn't what's needed for getting better, they never get any better. And I saw the eyes of these people. They looked at me, all of these people, as if I was taking her back to life, and they will never see this life. They looked at me like this, do you see what I mean? "Maybe you'll take me along with you too?" You see, that is they had this state of mind. I was in total shock. When I saw this, I understood how much our science is powerless and how stupidly and senselessly this is all organized, on the whole. Do you see what I mean, I was in shock from the destinies of these people, I was very much saddened. About it.

00:19:17 I pulled her out of there, she got better, that is, right now, she can live normally. And when the bad period ends completely she can even live without stones. After a year, she had a small relapse, she had an attack. We curbed it with our own methods, a week went by and everything was over. Then the person started living a normal life. And for a year there was a full, normal, good life. So there you go.

But our perception, our understanding of life is so high-flying, how to live. So for example, I often am on the show "Time". I sat next to this very serious person. There was this discussion about medical education in Russia. But they're always inviting me over (laughter). So someone didn't come and they stuck me in, as it turned out, for something right up my alley (laughter). But they decided to just shut me up. Next to me sat a person who heads one of the branches of medical education in Russia. When he asked, for some reason I don't know you, where are you from? I said that I'm also involved in education in Russia, I'm involved in the study of Ayurveda. He said: "What?" I said: "Ayurveda". He said: "Whazzat? What the heck is

Ayurveda?” He said: “When you induce diarrhea?” I said: “Yes, as per your understanding it induces diarrhea, but as per my understanding, diarrhea is induced by something else” (laughter).

00:20:47 But he didn't understand my humor (laughter). But, nevertheless, the idea lies in this. The idea lies in the fact that a person is standing at the helm of the entire educational system. He is. He should know what to teach people. But, unfortunately, he doesn't know about this. In this lies my grief, do you see what I mean. Therefore, I think that its better not to get into this system, which has already, in effect, ossified. But you need, you need to somehow develop, interacting, perhaps, in a direct manner through medical science. You need to directly interact with people.

What is the rational mind?

00:21:30 And so, you and I talked at the last seminar about what reason is. It's the second part of a person's subtle body. That is, *the mind consists of psychic energy, and it has five senses that come into contact with the outside world and give us the ability to exist. That is, its as if this contact fills us with information, an understanding of things and so forth. There's also the rational mind. The rational mind is a particular structure of the psyche. It controls the mind and it has special functions.* The rational mind seeks happiness, it searches for happiness. And its very important to understand what the rational mind is. You need to listen to the three lectures from the last seminar. We were talking about the rational mind. And there, it was said that the most important thing in a person's life is the meaning of his life. That is, the goal, a goal that life depends on that if a person doesn't set for himself, will find him in and of itself.

00:22:26 *If the goal finds us itself, then there is a very high risk that we're choosing it incorrectly and as a result, we'll receive the most severe stress in our lives.* This is what we're going to talk about today. *The rational mind consists of knowledge of what happiness is. That is, the rational mind is this antenna that seeks happiness in life.* When it finds happiness that is worth getting attached to, that is, in this world its as if there exist different forces, energies that the rational mind is seeking. And since we're striving towards happiness, happiness is the point of our lives, therefore our rational mind searches for where to find happiness. And if, for example, it finds this source of happiness, then it begins to believe in it. *That is, faith is a particular state, it signifies a link between the rational mind and a source of happiness. This connection provides a stable flow of the energy of happiness into our psyche and we live with this faith.* We live for something. Just you alone, all I need is just you alone- as the song goes. Despite the passing of years, we're still close, something like that. That is, it signifies that a person thinks, he believes, that is, the connection remains.

00:29:39 More often than not, we believe that the opposite sex is the source of happiness. Not because we're just so educated in this matter, of who to consider the source of happiness. And that's why nature itself takes the pains on our behalf to choose our goal in life.

00:23:53 And so, when a person comes into contact with the source of happiness, inspiration emerges within him to live. He begins to live for it. It so happens that there's this idea of another happiness. A more elevated idea of happiness – this idea of universal happiness, not my personal happiness but universal happiness, societal happiness. The idea of societal happiness. And when that idea captivates, for example, an entire country, strong enthusiasm is heightened within the

country. There's universal spirit. This spirit of happiness and movement forward. We were born to make fairy tales into reality, to overcome space and distance. Energy moves upwards. That is, it stands for inspiration. People in this state are ready to move mountains. And this means that their rational mind is focused in one direction. It works the same for everyone. This state is known as spirit. The spirit of a nation. And this state is unique in its nature because, for example, if a commander is capable of setting a goal, setting it means that he has a very strong rational mind.

00:25:07 If there's, for example, *Suvorov had a very strong rational mind. He himself was this puny little man but he had a very strong rational mind. And with just one word, he could inspire an entire army of soldiers. As a result of his strength of reason, people believed in him so much, they blazed with inspiration to fight for him. They said, we're fighting for Suvorov and for Russia.* They didn't say- we're fighting for the Tsar. They fought for Suvorov and for Russia. There you go, an army of five hundred thousand Turks was defeated by Suvorov's army of fifty thousand. Not Russia's, but Suvorov's. Because when he later went to the Tsar and reported on this, very few people understood his idea. Do you see what I mean, that is, such people are geniuses.

00:25:53 The same applies to Alexander the Great, he defeated King Darius' army of 350 thousand with 30 thousand. How is that possible? Just imagine, 130 people against 10. Well, how can 130 people be defeated by 10? It's simply unrealistic, do you see what I mean, it's ridiculous to even think about it, that it's possible. But, *the Vedas describe how even one person capable of focusing on victory a great deal, can paralyze the will of an entire army.* There's this concept of an adi-radha, that is, there's a maha-radha, who can fight alone against a few thousand people. And there's this concept of an adi-radha. In the Vedas, it's described how the person has such unyielding will that gives him the ability to paralyze the psyche of an enormous amount of people. That is, he stands before them, and they can't even raise their arms. This is described in the Vedas, that there were such soldiers in ancient times. Because they knew what the rational mind is. And from childhood itself, they worked with the rational mind, and didn't you know, play with swords. So, do you see what I mean? That is, a completely different nature of understanding things.

What is stress?

00:27:07 In the exact same way, we don't know how Jesus Christ cured people, he touched someone with three fingers and the person was immediately cured. How did that happen? You see, it happened on account of energy that we don't understand. And the Vedas describe this energy. And so, the rational mind possesses this force. *A force that leads us through life. And that actually. What's stress? Stress is when the rational mind loses the ability to move towards its goal. A person loses his goal in life, loses his vital thread. As a result, since the rational mind inspires the entire psyche to live, function, as a result of the fact that a person's goal is being lost, the entire psyche breaks down. He can't understand what he should do next. He's dispirited, he's totally disheartened in life.*

00:27:55 Who wants me to tell them right now how things stand for them? So, the woman in black, yes you, holding your hand like this. Right now you have. You're in a state of stress right

now. Do you agree? You agree. You don't know what to do next, how to carry on. This doesn't concern your personal life, for the most part, it would seem to me, that this concerns your understanding of what to do, how to act in outside activity. Is that right? Yes. But your personal life also suffers. That is, you're in a state of complete stress. And the reason for it lies in the fact that, as per fate, your rational mind lost its vital thread. You just now came out of, that is, what you believed in, its been destroyed in your life. Is that so? Yes. That's it, in this lies the reason for the stress. Sometimes it happens as a result of a person not acting the way he should. But more often than not, the cause of stress is the fact that a person is fated to go through it. That's what happened for you. Its fate, its unavoidable. As soon as you were born, it was already programmed into your life. Its an event that happened, as far as I understand, around 8 months ago.

00:29:15 So, each person has a certain portion of happiness in life that he is just entitled to, as per his Fate. This feeling of calm, that everything is more or less okay, everything's fine. That's our typical portion of happiness that we live with and feel that that's the way things should be. In reality, we receive this portion of happiness as a result of having committed some virtuous deeds in the past. That is, we committed some selfless deeds in life, in the past, and as a result, we are given something just like that.

00:29:50 On the whole, without hard work, you can't catch a fish from a pond. You understand this, but since we...For example, a person sits, panhandles, someone gives him money just like that, and he buys himself something to eat. In the exact same way, we committed some good deeds in a past life, and in this life, this portion of happiness drips down on us just like that, and we think that this is how things should be. But in reality, when it stops dripping...Like how it is for you, for example, the woman in the first row. Yes. Its not that it stopped dripping for you, it just started flowing a lot less. Have you felt it? Maybe over the last month, but not so long ago. A little bit, a bit less, but this won't go on for long, its just, little trifles in life, it'll start trickling again. So there you go.

*00:30:40 Its started to drip a little less for you, you're sensing that something's not right. What it is it, what's going on? A person starts to search for some external causes. He starts searching, someone's thinking badly of him, maybe someone cast him the evil eye, maybe its something else, what kind of outrage is going on. But its just not meant to be, as per Fate. Right now, you're not meant to have happiness, as per Fate, and our psyche starts to rebel. But how is a person different from a plant? What do you think? A person differs from a planet because we are rational beings. Rationality doesn't stand for how to drink vodka properly. *You see, rationality signifies that we know how to correctly choose our goal in life. Because its primarily the goal that's linked to the rational mind. Vodka isn't linked to the rational mind, it kills it. But a goal in life is linked to the rational mind. And when a person is capable of choosing some important mission for himself in life, by himself, he gains faith in life, and through this faith comes enthusiasm.**

00:31:45 When a bad period begins in life, then this period, even though it creates a feeling of unhappiness, somewhere deep down, there's nevertheless still happiness. And a person doesn't lose his vital thread, he doesn't enter into a state of stress. Therefore, life creates stressful situations for us, in order for us to recall that we are rational beings. That we should live a little

differently. So that we don't just float along with the tide, like plants, do you see what I mean? Seaweed floats along with the tide, its never pulled to going anywhere. But we are rational beings, we should understand that our lives shouldn't just take their course like that, as if they're flowing down an ordinary course. We should very seriously study how to live correctly, how to have the right mindset in life so as not to depend on the situation that we find ourselves in, not to depend on the circumstances that will catch up to us very soon.

What role does karma-vasana play in a person's fate?

00:32:33 *I'll now very simply explain to you which circumstances can catch us unawares. Look, in the depths of your psyche there exists this concept of deep memory. That is, the mind, on the whole, according to the Yoga Sutras, an ancient work, the mind, if you look at it from a certain angle, its like a lake. Right? A lake has waves. Waves are our thoughts, our thoughts and our emotions. Next, there're the columns of water – the columns of water are our character. And then there's the silt at the bottom – these are our past deeds and desires. The Vedas describe them as these nodules of events that are grouped next to each other, they're called karma-vasanas. Vasana means nodule, and karma, you know what that is. Its our activity, our deeds.*

00:33:22 And so, these nodules of karma-vasana are formed from psychic energy. And they carry within themselves memory of our past lives. A certain emotional-psychic condition that we had during the time of undertaking some or the other deeds, or when we strongly desired something. And so, it turns out that the different directions of the earth also have their own psychic focus, state. Different directions of the earth. Which is why, there're these allegories, ancient tales. If you go to the West, then you'll get it. If you go to the south – then this. If you go the north – this. If you go back- then you're totally kaput. That is, the idea lies in the fact that each direction of the earth has its own significance.

00:34:10 Our solar system is located on one plane. By the way, did you know about this? It moves not like this, all the planets on various planes, but there's approximately one plane. All the planets move on one plane. That is, it turns out to be like a disk, right? This disk, this plane of our solar system is called the zodiac. That is, this upper surface is called the zodiac. And if you divide it into 12 sections of 30 degrees, this entire plane, that is, you'll get 12 directions, each 30 degrees. And the 12 directions are known as the 12 zodiac signs. Why did they call it that, I'll explain it to you right now. Because each direction has its own, absolutely unique focus that can't be compared to anything else. The focus of each direction is determined only, you see, by a certain amount. Two, three degrees after a new zodiac sign, the focus is completely changed, the psychic atmosphere of space.

00:35:07 *The planets in the solar system also have character. Each planet has its own character, and the force of their influence on us surpasses our own personal ability to maintain psychological equilibrium many times over. And so, when these planets move, they interact with space, with these zodiac signs, their psychic influence on us is constantly changing. That is, this interaction, the character of planets doesn't change, the zodiac also doesn't change. But when they come into contact with one another in motion, remarkable changes take place in all of this. This is, in effect, why in our psyche, things happens when a certain psychic atmosphere in the*

universe arises. Inside, the atmosphere resonates with one of these nodules, karma-vasanas. That is, contact takes place with some sort of energy that sits inside us.

00:36:00 And do you know what's the first thing that happens? After this contact? Do you think that our brains are attacked after this? No. After this the brains are attacked of the people around us. And that's where the problem lies, that's really hard for us to figure out. That is, a person doesn't suspect anything, the planets stick it to him and instead of loved ones treating him normally, they suddenly, for no reason, start to lash out. In actuality, deep down I still haven't understood that something's happened to me. That is, this energy hasn't reached the surface of the lake of my mind, it hasn't yet gotten to my thoughts. Its within the columns. These columns of psychic energy are known as this subconscious, unmanifested mood not manifested by myself. And a loved one starts to look at me and says: "Why are you looking at me funny all the time?" Let's say, she says: "Well, I'm not looking funny at you!" (laughter). I'm looking at you the same way I always do." No, something's not right. And if it acts on someone a great deal, the person actually starts to shake. This is no joke. That is, he looks and the loved one almost pushes away from everything, pushes the person away from himself. He says: "Have you got someone else?" She says: "No, I haven't got anyone else." Then what's going on. Nothing's going on. No, something's going on. He senses something, but he can't understand what's happening and starts getting on her case everyday. Its one thing if its for, let's say, five or ten minutes, a day. But, if for example, you have this condition for a year. In a year's time, your family will totally fall apart.

00:37:41 It was a good family, everyone lived well. And then things got started. A Brazilian soap opera. Why did it happen? Because that's how fate operates. People who don't understand this start to blame each other. They don't have it in them to understand what's going on, they start to go to fortune tellers who know what you can make some cash on. There are these people who know what you can make cash on. You don't need to do anything. You need to know two, three words. You need to know five words: "You were cast the evil eye". Only five words. You don't need to know anything else. Five words and there you go. There'll be money, you'll have a good life, though its true that in the next life, you'll be born blind. Because *the Vedas describe how if we don't know how things stand in reality and give incorrect advice that destroys a person's life, as a result of that advice, in the next life, you'll be born blind. So say the Vedas. Because you blinded a person psychically, therefore you'll have to be born blind.* Do you see what I mean? Its the law of karma.

00:38:45 Therefore you see, it's a really interesting situation. Negative psychic energy influences a person. This negative psychic energy makes contact between two people. The person feels it, but can't understand it. And here's this fortune teller that he goes to, she already understands everything. Because she's a sufficiently sensitive person, she's no fool, she senses whom he's got negative contact with. And she says: "He gave you the evil eye!" That is, she officially legitimizes this negative connection, she makes this negative connection official, legitimate. That is, a person truly starts to consider a loved one or someone who's not that close to him his life objective with a minus sign. He says: "So he's ruining me". And that's it, he starts to think badly about this person all the time, since negative energy truly is coming out of him, this negative connection. It doesn't come from him, its between them, do you see what I mean? Because there's shared karma between them. And that person's karma-vasana flared up and its within this

person, it got aroused in the other. In effect, I myself am the cause of the problem. Since I'm flaring up the negative psychic energy of a loved one, it really angers him. And he starts the conflict first, do you see what I mean? It's not me that's starting whatever's coming from me, it's him who starts it.

00:40:02 And I, for example, think, why is he acting this way towards me? And I go to a fortune teller, she says: "He gave you the evil eye." I rapidly start to think poorly of him. And this force emanates from me that agitates him. And as a result of this force, I think of him viciously. He's guilty for my fate. He's ruining my life. What's that called? What's that called? A vicious circle. There's no resolution to the problem. How to solve it? If two sides are destroying each other. One consciously, the other unconsciously. Who started the vicious circle? Auntie Frosya. And she'll be the one who'll pay for it to the fullest. Therefore, I have this suggestion for you, if you aren't really able to figure out what's going on, at least somehow positively, give people something positive, so that they get out of the mess. No need to brand anyone, that's the most ideal means of ruining your own fate, doing that.

00:41:06 So, these situations that heat up your life to the extreme are simply unavoidable. If a person is heated up at this time. But, if a person lived his whole life like a plant, he didn't work on himself, he didn't appeal for happiness of his own personal effort. Now some of you say prayers everyday, do you summon happiness unto yourselves? You just sit and pray to God. You establish contact with him. Calling happiness towards yourself doesn't depend on fate. Raise your hand. Are there such people? Well, there is someone, people from Riga are very humble, someone didn't raise their hand. I think half the hall prays to God every morning for sure, the rest watch soap operas in the evenings.

Why are people so attracted to television?

00:41:47 Because you need to feed on happiness from somewhere, you need happiness from somewhere. Do you see, since humanity lost its natural means of contact with higher forces. *We need some method, we need some method in life of feeding on energy, and for us to get fed. Humanity invented television. It's a good means of feeding on who knows what. Because you don't have any guarantee of what they're going to show on there next.* And when you come to think about it, why is it all necessary, to watch all of that. There's just some politics on and a person watches, he doesn't have anything else to do.

00:42:27 And in this is the crux of our terrible existence. That which we feed on is far from what gives us happiness, the ability to live a happy, full life. Can you say that television improved our ability to interact with our loved ones, can you? Or gave us the force to raise our children? When we, for example, finish praying, the actual force arises for raising children. The actual force to endure hardship in relation to a loved one, because this heavy energy that destroys lives, truly emanates from him. Psychologists say: "Well, don't pay attention to her!"

00:43:00 You go up to the psychologist with a needle. You sit next to him. And he tells you: "Well, don't pay attention to your wife when she's acting that way. You need to stick a needle into his bum. He'll say: "Ouch!" You need to say: "Don't pay attention. Sit still, don't pay any heed." And press down on it, push that needle in further. He goes: "Aaaa!" Quiet! Relax, don't

pay any heed. Everything's okay. He goes: Huh, huh, huh (demonstrates heavy breathing). "What is this, what is this?" And then he'll understand what's what. What's of concern here is that hardship is truly crashing down, hardship of immense force is crashing down on a person. This isn't phantasmagoria, this isn't a combination of nervous impulses. This is an actual force that destroys lives. Its truly exists, you see. And there's no need to think anything up.

00:43:57 For example, stress starts for someone. This state – life is being ruined. And for example, a person, people around don't understand that it's an actual force. And a person comes up to such a person, to his friend, for example, who doesn't have a clue. He says: "Well, relax, everything's okay for you. What's with you? Let's go to the movies". But the movies no longer help. The right energy isn't there, do you see what I mean? The person watches the movie in stress. But before him, there's just emptiness. He watches and nothing happens in his life, nothing changes. Before movies somehow helped. Well, movies alone help some people, some la-la, tra-la-la. When karma's good people watch such gentle movies. "Ah, vaudeville, vaudeville, vaudeville! Music, dancing, eh, song and dance. La-la-la. Nevermind if you were someone, nevermind if you stayed the same!" There everyone's dancing. If your fate's a bit harsher, stronger karma comes into effect. Well, it's as if a person's life is more tense. For him, for example. Well, some tragedy came about in his life, he needs to watch about war. He watches: "The people's war is taking place, a sacred war." He sits and watches. "Let noble rage boil up like a wave." Anger boils up inside him. There you go. Something happens with his psyche. Or his life is completely braindead, he starts to watch "Nightmare on Elm Street". If he's just completely desensitized, he needs stronger emotions. He needs for someone to go "Aaaah!" So that people go around and suck blood. And if he has a lazy life, nothing to do, for example, in life, then he watches sex shows, cable tv. Well, there's nothing to do, everything's okay. You need to watch what they're doing. Cable television is for that kind of people.

00:45:49 On the whole, each person derives amusement however he can. *But when genuine stress enters a person's life, he watches what he used to watch, but he can't divert himself with it. He sits down in front of the tv, gets up, starts walking around, sits back down again, switches it off. He tries to read the paper. He attempts to unload himself psychically with all the usual methods, but can't. Because happiness in his life is over, there's now this time of emptiness. The time of sadness, rain, I'll go take a walk. There's no one for me to share it with. The time for emptiness has come, do you see what I mean? And the person doesn't know what to do. He starts roaming aimlessly in life.*

Why are people unhappy? The meaning of a happy life.

00:46:31 What do things happen that way? Because we *live like plants. We don't accumulate happiness for ourselves. We wait for it, for it to be handed to us on a silver plate. And in this lies our problem. In this lies the most difficult situation that comes about for a person. Not understanding how to get himself out of stress, he starts skittering about. First a person starts searching, he searches for pleasure within himself. He attempts to wash away the stress with alcohol, nothing helps. Next, he runs to friends. He tries to go to psychologists, he runs further, somewhere else. He cries for help: "Help me, my wife is leaving me!" His wife continues to leave little by little because she can't go on, its hard for her. The situation is hopeless. Very heavy energy has accumulated between them. No one can help because no one knows how to*

help. Everyone is doing the same thing that television did. They're just trying to gently calm the person down, but no one can give him any strength.

00:47:32 Imagine that a person comes up to you and says: "Heeeelp!" You'll feel like: oooo, I better get as far away from him as possible, because he's asking for strength. We ourselves don't have any energy, we're afraid that someone will take our energy away from us. We're afraid of that. Because we live like plants, we don't want to give anything away. The kids are a bit stressed out, you need to somehow smooth out the situation, calm them down. *Why is a kid tense? Because he needs strength, you need to give him energy. But we can't live in this energy exchange which by the way, in the Vedas is known as happiness. **Happiness is when a person learns his whole life to give energy to people. He studies this his whole life and from him, there begin to come such currents, that he's capable of giving people strength. Its as if he's able to live in such a way as to give this energy to everyone. He doesn't want anything for himself. He knows that happiness is in something else. He starts to act in such a way.***

00:48:32 Great martyrs, for example, there's this concept in Christianity. Its founded on this. *A person just wants to live for everyone, he doesn't want anything for himself. At first this evokes suffering, then great happiness. The Vedas describe how the correct approach to life first breeds poison, then nectar.* For example, right now you're listening to this lecture. You start to feel: "Oh God, what is this? How am I living like this?" At first there's poison, if something goes into your ears, then there'll be nectar. You'll work on yourself, everything in life will change, there'll be nectar.

How to achieve happiness in family relationships?

00:49:05 If a person lives incorrectly, at first, there's nectar in his life. First, people get married. Their eyes meet and they of course, immediately, fall in love with one another. What's the first thing that takes place? "What's your name, I know, I, alone." This feeling emerges. What does it do? Good karma comes out from inside your heart. The Vedas describe how in this ocean of the mind, all of the good karma lies on top, the bad karma is further down. *The greatest ability for exchanging karma is between a man and a woman, therefore, a person's life begins when he gets married.* A Brazilian soap opera begins, a multi-part series one for your whole life. Before that, he sort of lived in peace, he didn't know what marriage is. But when he got married, this energy exchange begins. Its very thick, heavy. *First comes "love". That is, it lasts a certain amount of time. Because at first, this surface karma comes forward, first the good comes out to the surface. And people actively start to derive pleasure from one another. They don't understand that this love that comes out in the beginning is meant to remain as a deposit. Do you understand what a deposit is? It's some reserve of family stability, that is, this virtuous karma, it shouldn't be wasted under any circumstances. Do you see what I mean about a deposit? Some sort of reserve of stability in a family, that is, this virtuous karma shouldn't be wasted under any condition. You shouldn't just simply derive pleasure from one another.* Do you see what I mean? You need to have a different sort of mindset. We didn't learn this. So, this deposit. It shouldn't be wasted. It can all be spent during the honeymoon.

00:50:40 Then, next, there's heavy karma. And after yet another sleepless night of love, they get up, look at each other bleary eyed: "Get away from me. For some reason, I don't feel good

around you.” A new life begins that strongly differs from this love. Do you see what I mean? It’s a big problem. We don’t understand anything that we do. In this lies the whole problem of our fate, of our lives. The main problem is a lack of knowledge. *The Vedas explain, when people fall in love with each other, they should not waste this energy. They need to. Waste means deriving pleasure, waiting until someone does something good for you. You need to forget that people need to do something good for you, and just selflessly, without desiring anything in return, serve your loved one.*

00:51:34 *Serving someone means doing what a woman ought to do.* Men, do you know what you need to do for a woman? Tell me. Well, fine, first let’s ask the women. They are more intelligent when it comes to these matters. Please tell me, women, what does a man need more than anything in life? They say food. Work. So, what other options are there? For people to believe in him. That’s already a bit closer. Freedom! Why then does he get married if he needs freedom more than anything? Care. That’s right! How should this be expressed. What does this care consist of? How to put it. There’s this word. How should you take care of a man? *A man needs to be respected. What you need to do for a loved one, is the hardest of all to do. Its hardest of all for a woman to respect her husband. Because every second she sees so many faults in his behaviour. Every second in life she sees so much, that respecting someone like that is “too much”.* Do you see what I mean? Someone like that. Well, its possible to take care of him, take pity on him, but respect him. That’s too much.

00:52:51 What does a woman need nowadays, more than anything? What’s the most important thing that a man should do for a woman? Love is such a broad concept. For a man it looks completely different, do you see what I mean? Ha-ha-ha! Take responsibility for whatever she does, that’s right, but inexact, its not entirely exact. Its correct, its along those lines. You need to understand what responsibility consists of, how to make the woman by your side happy. This is already... For the most part the women are answering, I’m asking the men (laughter). Women are better at figuring these things out, I agree. So there, in life, *more than anything women need attentive, sympathetic, solicitous relations. A man should conduct himself very attentively and really watch whatever he does near her.* Isn’t that right, women? *That’s the main thing. Men should very attentively, solicitously and carefully relate towards her. In this lies respect.*

00:53:49 On the whole, the main thing is that both men and women need respect. Its just that *respect towards men means that a woman believes in him, she tries to listen to what he says, she tries to make him the elder of the family, she tries to allow him to do things, though she doesn’t agree. But she tries to allow him to do it.* This is what I just told you. These, these two things that I just mentioned to you are the greatest feat in relations with a loved one. And now you’re saying: “I love you?” What do you mean? Yes, you say it. In this lies the main idea behind conjugal family relations. Because *if by “I love you” a man has in mind that he wants to achieve this feat and very sympathetically, carefully and tenderly conduct himself his whole life, despite all of those feminine ups and downs. Because when she behaves herself very emotionally and prickly, its really hard to maintain sympathy and caring.*

00:55:01 On the other hand, its very hard to relate to someone respectfully who’s constantly doing something. The wife: “Honey, let’s go for a walk in the forest”. “What?” Or, for example, he’s watching hockey, she attentively and caringly goes up to him and says: “Shall we go eat?”

And, by the way, do you know what to do, in general, in order to tear your husband away from hockey? Who? So what suggestions are there? What do you need to do, what actions do you need to undertake in order to tear your husband away from hockey, so that he goes and eats? We don't even know how to behave with one other, nevermind a happy family life. Come on now, are there any suggestions? If you switch off the tv, then you'll never hear the end of it. Next, second, that isn't the right approach. Next, the second option. Well, that's closer, but still incorrect. What did you say? Sit next to him. Next, the next step? Sit next to him, start talking: The men are already giving you hints. Quiet! We're not giving them any hints! Next, step two, next. I'm talking about serious stuff, this isn't funny. Next? Stroke him! The next step, is to stroke him. What next, that's already been said. Start talking about hockey. Say: "Is Fetisov playing today?" Sit on his knee, start to stroke him and say: "Is Fetisov playing today?" He'll say: "He's playing." Next, what do you need to do? You need to, after hockey, what does a man need more than anything after hockey? Himself. In second place. Hockey's first, then he's next, or the other way round. That means that you need to stroke him and then, after Fetisov, its as if he tunes in, starts to listen, you asked about hockey, he started to listen to what you'll say next.

00:56:56 Next you say to him: "You look pale today." At that moment, he understands that his wife is sitting next to him, he starts to look at her. She looks at him and says: "Shall we go eat?" After that, only after that. He tries, but since she's already got his attention, he tries to pull it back to hockey. But there's no turning back. Because loves stands above hockey, do you see what I mean? And she tenderly takes him by the hand, slowly, and leads him behind her. Slowly, not like: "Let's go", but slowly. She controls her husband with love. A woman controls with love. She takes him by the hand and leads him, leads him. And he goes, like a child, to eat. There's no other way.

00:57:47 Television in the kitchen! Then he'll eat there, but it won't end up down his throat. It might end up in his nose. Ha ha ha. Well, okay, that wasn't a lyrical digression. I just explained how the majority of women are completely uneducated on how to build relationships with men. They don't at all know how to conduct themselves. That is, they don't at all understand, this wasn't taught to any of us. In the exact same way, men completely don't understand who's in front of them. They completely don't see, they don't understand the nature of women. And we are creating a family! There you go. In this already lies stress, from the very beginning. But since we're having a honeymoon, we don't know this yet. Its all to to come.

00:58:29 *And so, stress is a condition during which the rational mind of a person loses the ability, the internal ability to connect with a goal. Our ability to live, our ability to strive towards something, as a result of this, starts to gradually melt away.* A person desires, he tries with all his might, but he can't restore contact. As a result, he starts to skitter around, he goes to psychologists, he goes to some other person, to astrologers, and so forth. But in reality, at this stage of life, the person should pray. *He should sit down in the morning and say prayers, make contact with higher forces.* Because happiness can only come in such a stream, that could truly help us in life, from there, from higher forces. From there, from where sufferings are dispatched.

00:59:24 The Vedas describe how the planets that create these hardships are managed by managers of the universe. That is, these living beings that have a more rational existence than we do. That is, our universe isn't uninhabited, as our scientists describe. Its completely saturated

with life. And if, for example, we ask higher forces for help, for example, with our prayers. Well, if you don't understand this, pray to some saintly person. All saintly people also come from above, they are deliberately summoned to help us. For it to be easier for us to understand who to pray to, how to do it properly. When a person does this, he establishes contact with these forces and there's relief.

Where's the energy of happiness?

01:00:06 Итак мы описали ум, разум. Есть еще прана – психическая энергия, которая собственно и кончается во время стресса. Т.е. энергия, несущая счастье, психическая энергия. И есть еще эгоизм человека. Т.е. есть два типа проявления эгоизма. Эгоизм – это чувство собственного достоинства. Собственно та энергия, которую мы пытаемся удовлетворить в жизни. Один тип удовлетворения, это я живу для себя, т.е. все должны жить для меня. Веды описывают, этот тип удовлетворения всегда приносит страдания. Я потом вам это подробнее расскажу. Есть истинное эго, когда человек пытается жить для других. И этот тип удовлетворения трудно достигим, т.е. для того, чтобы так жить надо себя заставить очень сильно. Но это именно, это путь к счастью.

01:00:06 And so, we've described the mind, the rational mind. There's also prana- psychic energy that actually ends during a period of stress. That is, energy, bringing happiness, psychic energy. And there's also a person's egoism. That is, there are two types of manifestation of egoism. Egoism is a feeling of self worth. Its namely this energy that we attempt to satisfy in life. One type of satisfaction is that live for myself, that is, everyone should live for me. The Vedas describe how this form of satisfaction often brings suffering. I'm tell you about it later in more detail. There's genuine ego, when a person attempts to live for others. And this type of satisfaction is very hard to achieve, that is, in order to live that way, you have to force yourself a great deal. But that is, in effect, that is the path to happiness.

01:00:50 The desire naturally arises within us to satisfy ourselves. Its inborn from the very beginning. Well, for example, a little child, when it's born, who does he want to satisfy? Only himself. If you give him a toy to hold, he holds on tight to it, just try to take it away, and he'll start crying. That is, egoism works from the very beginning. But, in order for a person to develop true happiness within himself, for that, he needs to live through life. Therefore, we should understand this idea, that true ego doesn't emerge in and of itself. In order for it to be activated, you need to work a great deal, work on yourself.

01:01:25 The Vedas describe how the energy of happiness, in actuality, where do we look for happiness? We search for it around ourselves. We look for it in people, we search, we need to buy a house there, we look in the future, we search in people, we search in societal status, in money, and so forth. That is, these sources of happiness that we understand, and we attempt to find them there, to find it. But the Vedas describe how, in actuality, happiness gives a person only one psychic structure that has a spiritual nature. Its called the higher soul. Or the voice of conscience, the voice of righteousness, the voice of truth, intuition. However you want to call it, its one and the same psychic structure that has, not even a subtle material, but a spiritual nature. And this structure is entirely not ours, it's the energy of God. And its not in any way linked to us, aside from the fact that it gives us happiness.

Why does a person need deep sleep?

01:02:19 Who among you has felt, from out of nowhere, at least once, that from this area here, from right over here, from the centre of your chest, a little bit above the lymphatic cavity. This sternum here, a bit above this area, right here, from the centre of your chest. Who among you has ever felt how all of a sudden, this force of happiness broke loose suddenly from this place? All of a sudden, some amount, up and came out? Raise your hand, who truly felt this. The rest of you haven't yet gone through it. In reality, happiness truly comes out of there. What do you think, why does a person need deep sleep? Anyone care to guess? *Deep sleep is a state during which a person receives. That is, the rational mind. Why, what is sleep? The rational mind is sleeping, the mind never sleeps, its always awake. Something's always happening inside the mind. When the rational mind stops controlling the mind.*

01:03:17 What is wakefulness? *Wakefulness is when the rational mind takes the mind under control. It means that a person has come to. To his senses, it means that the rational mind has started to control the mind. A person has come to his senses. "Wake up and sing, wake up and sing! Try it at least once in life!" There you go, the person woke up and started to sing, that means that the rational mind has an optimistic mindset, everything's okay. That means that it will be a good day, you got up from the right side of the bed. If the rational mind stops controlling the mind, the mind's somewhere up in the clouds, a dream state begins, dreaming, that means that the mind has already gone over there, its gone, its always getting into the subtle world that we totally can't find our bearings in. At this time, the rational mind searches for happiness. Its mission lies in distracting itself from all external objects. When its distracted from external objects, where does it find happiness? Right here, in the higher soul. This is what is known as deep sleep. A person. When a person's sleeping, he's so blissful. When deep sleep begins, when a person isn't yet in deep sleep, he looks like this, like this, right, like this. But when a person enters deep sleep, it lasts only, maybe half an hour during the course of the night. This deep sleep is characterized by the person's lips spreading apart. For children, deep sleep lasts a really long time. But the older the person, the less deep sleep he has. The lips spread apart, he experiences this state: "The tired toys are sleeping", that is, this state. The state of contact with the higher soul. This peaceful, deep sleep. *At this time, the person receives a portion of happiness from the higher soul, what's essential for him, for life.**

Causes of insomnia

01:05:08 *But, when a period of stress enters into force, external energy chains the rational mind to itself really strongly. The rational mind seeks happiness so fervently that it can't even tear itself away, even to relax. As a result, the very first sign that a person is entering into stress is that he begins to lose sleep. He can't fall asleep, he can't relax. His sleep becomes very light, and its if he's sleeping, but as if he's not sleeping. He's just lying down and his rational mind is very strongly attached to what's going on. He's deeply analyzing, analyzing. The mind works like a burnt out motor. "Whiirrrrrr". Very quickly. And the mind's analyzing. "Why did he leave me? Why did he leave me? What happened? What did I do? What a jerk he is". That is, there's this constant rotation of these here, there's this constant repetition. That is, why does the mind work so hard and not divert itself? Because the mind is chained to the problem. It says: "Where's*

the happiness from my loved one? Why isn't there any happiness coming from there? Where's the happiness? Give me happiness! Its impossible to survive. The rational mind demands, and the mind starts spinning around, working.

01:06:19 And this state of stress, how long can it last? What do you think? It can last up till the day you die. Or until you go crazy. Some people think that no matter what happens to me, everything will be okay. But in reality, they don't understand that *when a person enters into stress, there's a possibility that there's no turning back*. Because all mental illnesses are nothing more than an escape from stress. Mental illness isn't that a person is just a flat out idiot. He's an idiot! Why did he contract a mental illness? Well, because he's an idiot! And all of us sitting here are very clever. But you see, he didn't get out of stress, and not because he's an idiot. Because he contracted a mental illness, not because he's an idiot, but because he couldn't get out of stress. He lacked the inner strength of reason to get attached to some source of happiness. And for it to be sufficiently stable for normal functioning of the psyche. *Why does a person go crazy? Because the rational mind completely loses the power to control the mind. He, in effect, doesn't lose his mind, but loses his rational mind*. Do you see what I mean? This is a more correct understanding, if you want to talk about what happens in reality. There you go.

01:07:29 Don't think that this can't happen to you. This is absolute nonsense. What does nonsense mean? What does a stupid person mean, how does he differ from a rational person? How does a stupid person differ from a rational person? The Vedas just clearly say: **A rational person believes that anything on earth could happen to him, and a stupid person believes that everything's going to be okay for me**. But there are also saintly people who believe that no matter what happens to me, everything will be okay, regardless. And that's how they live. They accept all happenings as a reward. Saintly people live like this. *Rational people believe that you need to be prepared for anything in life, anything on earth could happen. They don't just trust their destiny, that everything will be okay. But foolish people believe that everything in my life is going to be okay*. Raise your hand, who will have everything go well for them in life? Good for you! Congratulations! (laughter). In actuality, we're all foolish because this is within each of us. This foolishness in actuality comes from the nature of our souls. I'll now explain.

A person's spiritual nature

01:08:37 We all have a spiritual nature. And that is, this subtle mind is found around our souls. That's right, its just honest people who raised their hands. That's what everybody believes in reality, that everything will be okay for us. At least, right now we're not dead, tomorrow as well, at a minimum. Well, why? How do we know? We don't know, we just believe that. Why does that happen, because *the soul, it has a spiritual nature*. I'll explain it to you right now. Spiritual nature differs from material nature. The Vedas describe how there exists material time which we live in accordance with. Time is the greatest force in the universe, there's nothing stronger than it. Time is a force that moves the universe, it creates life, it moves everyone forward. Namely time pushes vital energy towards life. Vital energy moves under the influence of time, the energy of time. Time is the greatest force that moves life. And where does it move our lives? The Vedas describe how material time moves constantly towards old age. In effect, it increases unhappiness. Material time is a force that increases unhappiness, suffering.

01:09:44 If you don't believe me, I'll explain it to you right now. Look, everyone's getting older. We were born, next, what happens with the matter within which we live? It ages every second. The matter around us, this hall, cars, houses, everything ages. Everything falls apart. That is, nothing gets younger by itself. But there also exists this force that's called the soul, spiritual nature, where time acts differently. This is described in the Vedas (ananda buddhi vardanam). *All increasing happiness. Every second of our internal spiritual lives, the soul, spiritual time acts upon it each second. Its happiness increases more and more each second. Since we're souls by nature, therefore what do we believe? "Tomorrow will be better than yesterday!"* And at the same time, our bodies age. "Better than tomorrow, better than tomorrow. Tomorrow will be better than yesterday!" And our bodies are already at: "I'll stand a little longer on the precipice!" This's already a whole other song.

1:10:46 And so, wherein lies the point? *The point lies in the fact that since we are souls by nature, we don't believe in death. We can't believe in it. Because we live under the influence of another time that's known as spiritual time. And it feels that tomorrow will be better. We believe that tomorrow will be better and it truly is that way, its true. Because we truly are moving towards progress, the question lies only in how we get there.* In the material world, movement is cyclical, because we first fall under the influence of material time. And it leads us to the edge, that is, to some extreme point when we can no longer go on suffering. And then we rebel against material time and start to elevate ourselves, work on ourselves, through our own efforts, we start to regenerate ourselves as individuals. Do you see what I mean? That is, we rebel. This rebellion is the activity of spiritual energy, spiritual time. *A person who floats along the current, where does he go, what does he float towards? Towards suffering, towards an increase in suffering. He lives just the same as everyone else. If a person rebels, then what happens to him? Rebirth. In this lies Vedic wisdom, it explains all of this.*

What is stress needed for?

01:12:02 And what is stress needed for? *Stress is a necessity of our destinies. Without it, we won't be able to become wise. We won't be able to conquer material time. Without stress, we can't become who we should be in life. We can't fulfill our purpose in life without stress. Its sad to hear, but its true.* Its true, there are rational people. How do they differ from everyone else, rational people don't need stress. Rational people become wise, because they listen to knowledge. They try to understand it and this understanding transforms them. That essential transformation that raises the psyche of a person upwards. *And foolish people, they just live an ordinary life, and through stress, life itself forces them to change their destinies. Because there's no sense continuing to live that way.*

01:12:53 Now, I have this question for you. Let's say, a person didn't cope with stress. For example, the stress came at a young age, and he became a drug addict. What'll happen next? See, the person didn't cope with stress, he became a drug addict. What'll happen next? Degeneration, illness. What'll happen next? There could be death, but maybe he'll gain his senses in this life and will start to somehow recover. What'll happen next is just that the person will need to reach the breaking point. At which point he'll no longer be able to keep living. But everyone has a different breaking point. It may not even be in this life. Sometimes it's the case that you need to live a few lives, down there, in order to reach that breaking point. Do you see what I mean? Each

person has a different ability to live, therefore, if a person somersaulted over there. He's gone, he was spirited away. How can you help him? Can you help him? Someone says: "No". But I know for a fact that you can. *You have a spiritual nature, you can give your spiritual energy to the person. If you live around the person, you can stop his degeneration with your own strength.*

Why does degeneration of consciousness take place?

01:13:57 Now look. *Why does degeneration take place? Because our soul is going rotten. What is degeneration? A person stops believing in happiness. He believes in it less and less. And degeneration takes place, a person's life goes rotten, the soul goes rotten. This is, in effect, degeneration. If we breathe into it. What is compassion? Compassion is a force that gives us the ability to impact the fate of another person. Why can't we help another person? What's the reason for it? Because energy radiates from him, that we find unpleasant. This energy is known as suffering. So, for example, put a young girl next to yourself, I'm giving the men an experiment. A young girl, energy of benevolence radiates from her. This energy comes from the higher soul. Right. You say, this girl is meant for happiness. The higher soul tells the man that. He looks at her and forgets himself at that moment. Because happiness is radiating from there. Happiness radiates. Everyone needs happiness. Now, a very old woman, suffering radiates from her, there's no happiness left. Where will he look, huh? Where will his mouth water? He will look at the young one. So, what's compassion? Compassion is a force that gives a person the ability to experience happiness while looking at a source of suffering. He looks at a person from whom suffering radiates, and attempts to make him happy. Regardless of the fact that suffering radiates from him. This energy, this force is known as compassion. *Namely this force is capable of changing the fate of another person.**

Why does my husband drink?

01:15:45 Let's say your husband drinks a lot. Sit next to him, look at his face. What'll you see? Its as if my eyes don't see you. That's what you'll see. A woman wants to change her fate. Who is a husband? The definition in the Vedas. *A husband is the definition of the wife's fate. That is, the reflection, the mirror of the wife's fate.* That's who the husband is. There's your fate, if you please, in the mirror. Mirror, mirror on the wall, tell me truly. That's the truth. That's what's sitting next to you. This is the truth of your past life. You lived that way and received that sort of a husband. What to do? Can you help him? Or rather, can you help yourself by his side? Can you act so that he doesn't drink? You know, in reality, what is his drunkenness? His drunkenness is nothing less than energy that's destroying his fate. He has that much energy accumulated inside. And its also destroying your fate.

01:16:52 Why did life arrange things that way? I'll explain right now. *In a female body, a person works off karma on account of other people. If it were otherwise, the husband wouldn't conceive a child in the womb of a woman. A female body is meant for impacting the child. The psychic energy of other people impacts her, on account of which, she works off karma.* Now, what are men intended for, a male body? A man works off his karma on account of his own, personal actions, on account of that fact that this force emanates from him. Who suffers more? Men or women? Both. The question only lies in how you rate suffering. *A woman works off karma, a*

man accumulates it. That is, for example, a man drinks, the woman suffers. The woman works off karma, the man accumulates. What's better- working off karma or accumulating it? Of course, its better to work it off, therefore a woman is placed in better life conditions than a man. And so, a woman works off karma, but its harder for her. How to act so that your karma gets worked off? There are two options. The first option is suffering. And this option is similar to, you know what? To walking across the arctic circle on foot. She'll look at him and think: "Oh God! How much more do I have to suffer with him? My beloved". Do you see what I mean, she'll look and really see, that its simply an eternity. Before him sits eternity, before her sits eternity in a drunken form. Do you see what I mean? Her eternity of suffering. And she doesn't know how much more she can look at it. She's already sick of it, should she hang herself? She doesn't know what to do.

01:18:44 But there's a second means of working off karma. This method is known as spiritual knowledge or victory. This method is known as victory. It's the same as flying on a plane over the arctic circle. Do you see what I mean? When a woman takes her inner force and starts imparting it to others. *But first, she needs to receive, first, she needs to accumulate this energy inside. First, there's nothing to give, she can't even look at him, let alone be compassionate. Compassion means that you have something inside. In order to be compassionate, you need to have strength inside, that you can impart. But if you don't have this strength, you're turned off by him, psychic pollution sets in.* This is something real. She sits next to him: "Oooo". She's turned off, that is, she doesn't have the strength to sit next to him, to look. She feels pollution. *This pollution evokes a negative emotion that's known as resentment, anger, and so forth. That is, all of this turns into negative.* And so she thinks about him poorly all the time. When she thinks about him poorly, what happens to him? Things get even worse, he degenerates even more. So, they end up in a vicious circle. Happy family life, the laws for a happy life.

01:20:00 And so, how long will this circle last for? So, the circle is known as samsara. That is, today you, tomorrow me. The Vedas describe this law of karma. That is, the woman hates her husband, she lives with hatred towards him. She lives, she lives with hatred towards him. And this hatred attaches her to his body more and more. And she thinks: "Oh God, when will you pay for this?" Don't worry, soon. It means, in the next life, she'll be born a man who drinks, and he'll be born a woman who suffers from it. And this woman will once again think: "Oh God, when will you pay for this?" Don't worry. Soon. In the next life, everything will be the other way round again, then again the other way round.

01:20:49 No, she should have worked off her karma. But you see, hatred is new karma. When a person hates another person, he earns new karma. Do you see what I mean? And that's where the problem lies. Here, there's this option, you can, for example, accept your fate and just, just forgive him. This option is a working off of karma, in one life you can part with your loved one for a long time. "Forever!" I'll never forget you! Do you see what I mean? Memory is the main force connecting people. Memory is a force that gives us one or the other kind of body. When a person "can never be forgotten by me, never be unloved by me", in the next life, he'll receive the exact same body as his beloved woman. The woman loves, she's attached to a man. For example, she's attached in a negative sense, the woman doesn't love her husband. She receives a body that is woven out of his bad character traits. She got attached to his negative character traits, so she'll receive such a body. Can you imagine the happiness?

01:21:55 So, my point lies in this. In the fact that, when a person understands how to live correctly, what does he start to do? Attempting to play the fool is attempting to uplift the drunk. You know, its impossible to uplift him. Playing the fool (laughter). And so, when a woman directs her energy towards her husband, its no different from playing the fool. Do you see what I mean? That is, playing the fool in Russian means, not doing anything. That is, the person just does something, wastes his time in life for nothing, because he doesn't have the energy to overcome his illness. She doesn't have the energy. And no matter what people around her tell her to do, she doesn't know what to do, she doesn't have the energy.

01:22:40 Because such is the way our psyche works. If our liver hurts, what do we treat? The liver. If our neighbour's shouting, what do we do? We yell at our neighbour. If one sheep butts another sheep, then what does the other one do? It butts it. This is known as a straightforward, simple, straightforward reaction. (laughter). That is, a very primitive means of perceiving the world. And this primitive method is based on irrational existence. When our life, all of a sudden, our liver gets afflicted, we treat our liver. That's it. So the liver is the result, do you see what I mean? Its like an iceberg, the tip of an iceberg. There, below it is a whole huge system that's melting. And the tip of the iceberg is a small piece of the mountain. There's no point in looking at it and thinking about the entire mountain, everything's found inside. Therefore, you need to understand that if your liver hurts, you need to treat what provoked the pain in the liver. *Its anger, anger. Anger is also a result. Anger means that a person doesn't want to cultivate humility, patience in himself with regards to his fate, acceptance of his fate. When a person gets angry, that means that he doesn't accept his life, he doesn't want to accept the situation that he ended up in.*

How can you rid yourself of stress with the help of spiritual practice?

01:24:03 So, when a person enters into stress, the planets start to affect him malefically- what's the first reaction? A person starts to get angry, he wants to destroy, to get to the bottom of the matter. As a result, his liver falls apart. What do you need to do? You need to accept your fate. In order to accept your fate, for that, you need strength, energy. Where can you get energy from? A person should learn to get it with the help of practice, that's called spiritual practice. Each person in life should engage in prayer, just the same as we brush our teeth, he should wish everyone happiness. I read only one lecture in Omsk on this topic, about how to wish everyone happiness. One lecture. After this lecture, I gave an example of this drunk person, how hard it is to do. After the lecture, 500 people were sitting in this lecture, one woman heard my lecture, out of the 500. One woman was listening. And what happened next in her life? She forgot about everything, that she had a drunk husband, and she had her life. And then she started to wish him and the people around her happiness for days on end. Not desiring anything for herself, selflessly, she began to repeat: "I wish you happiness, I wish you happiness, I wish you happiness." After half a year, he stopped drinking. Then, when she told him what happened, he was grateful to her his whole life, and now, he's ready to give his life for her. Because *the gratitude of a person who was pulled out from the clutches of fate is limitless.* She put her own energy into his fate and as such, overcame her own, personal karma. Do you see what I mean? Every person should act that way. We should help our loved ones and ourselves with all the force our soul has. And this help is no simple

thing. Sometimes you need to keep some distance between a person, keep it till the very end, sometimes you need to care about him a great deal and bring him closer to you. It's a whole science.

01:25:55 *The idea lies in the fact that there are always two paths. The first path is suffering from stress, degenerating from one life to another. And the second path is rebelling against it. Rebelling signifies that a person starts to act in a completely different way. And his actions are totally not connected to this life.* What are we doing in life? We go to work, watch tv, raise our kids, eat, and so forth. We carry out all of these actions that are absolutely useless in relation to our fate. Do you see what I mean? Absolutely useless. I can prove it to you with a simple example. Do monks go to work or not? No, they pray. Do they have enough to eat? Yes. Why do they have enough to eat? Because *the Vedas say that just the desire itself to act and live gives a person the ability to eat.* Well, let's say a person wants to live. *Life stands for something selfless, doing something for other people. A person just wants to live, that means that he wants to bring benefit to the people around him.* Just imagine, for example, an old woman. She can't do anything anymore, she can only just somehow care about everyone. And she, for example, says a kind word to that person, a kind word to this person. She doesn't have any opportunity to earn money, she goes, there, does something in the garden. She starts to live actively.

1:27:19 *There's this experiment. Try this experiment. People who don't have work, try to live actively, help everyone around you, care about everyone around you. During this time, you'll run out of things to eat, you'll experience hunger. Continue in this state of hunger to wish everyone happiness, to care about the people around you. What'll happen? They'll start to feed you. It will unavoidably take place.* I'm telling you for sure. 100 percent. I know. There's this holy place, Vrindavan. One Russian woman from St. Petersburg up and went to live there. She up and abandoned everything, stopped receiving any income in life whatsoever. And she just, up, if you go, for example, there, you'll see her. She goes up to you, she's so saintly. She's a nun. She goes up to you and says: "How are you?" Do you see what I mean? And you feel like giving her everything. Everything that you have, all your money, you feel like giving it to her, so that she's happy. Do you see what I mean? She puts so much energy into you, so much of her soul, helps you so much, answers all of your questions. She just, there's this remarkable force of love within her. Well, can you really not give anything to a person like that in your life? What do you think? You will. That means that its not essential to work in order to have something in life. For that, you need to understand the main law that gives people the ability to live.

01:28:46 The main law consists of the fact that when we put love into our actions, genuine love in regard to the people around us, this love, this force gives us the ability to live normally. We won't have any problems in life, we will have income, we will have food and so forth. That is, its unavoidable, do you see what I mean? You don't need to think too much about it. Well, no, for example, you have an apartment. You don't need to think too much about it, because that's was what was meant for you, as per fate. Do you see what I mean? It was meant for you, as per fate. The time will come and everything will be fine. It just takes time, that's all.

01:29:21 And so, you should understand this very important idea. *It lies in the fact that whatever we lack in life happens not because we can't have it, that is, we don't work enough, it just comes*

about because there are forces that prevent us from having it. There are forces for this. These forces stand for punishment. Life is punishing us. These forces are connected to our past, its very important to understand. Therefore, when a person lacks something, you shouldn't get anxious. It will come in and of itself, when the time comes. In this lies knowledge of how to conduct yourself correctly. Because, when a person starts to get anxious, the main force that exists within him, that gives him happiness, the force of reason immediately starts to melt away.

01:30:13 What is anxiety? *Anxiety is a force that diverts the rational mind from the source of happiness. A person loses happiness in life right away, that is, he, in effect, exchanges it for something else. For example, he has a small apartment. Let's say, his wife got anxious, she started to. Who does the small apartment affect more? The wife or the husband? The wife. Because, you should understand, the husband is more attached to activity, but the wife is attached to space. The wife. Space very greatly affects a woman. The space in which she lives. Therefore, for example, if the apartment is small, the husband should calm his wife everyday. He should give her strength because otherwise, her psyche grows and she simply breaks down as an individual. That is, she needs, a woman needs sufficient space for life. And a man should have enough of a sphere of activity. If, for example, the husband has a bad job, he doesn't like it, he also psychically melts away. The wife should support him, give him her strength. Let's say, the apartment's nice, the job's bad, she imparts strength. The job's good, the apartment's bad- the husband imparts strength. When the apartment's bad and the job's bad, that signifies stress, there's no one to impart strength. I'm serious.*

01:31: 32 What is a stressful situation? *There's no one around to give you energy, everything's gone to ruin in life, there's emptiness, no one can help. Because the family is like one whole, united cell. If, for example, there's a small apartment, but a good job. Is there stress in the family? Nope. "Hope is my earthly compass". They have hope in something, they live, strength comes from the husband. He says: "Well, everything will be okay for us, we'll soon start earning money." She thinks: "Well okay, I'll wait." The second option, the apartment is big, but the job's bad. He comes home from work and says: "For some reason everything's awful, there's no money, bad management. That's it, we're done for." There you go. The apartment's nice. The wife says so cheerfully: "You know, everything is okay for us. We have a nice apartment. Everything is okay for us. He looks, his wife's so happy, she's smiling. He thinks, probably everything's okay. It's a good sign. (laughter.) As such, they somehow support one other, some sort of balance takes place. But if there's no balance, everything goes to ruin. This is in effect the stress that we're talking about. This is in effect the state that destroys a person's fate completely.*

01:32:49 I'm of course not talking about the things that are run of the mill. And so, stress is an unusual psychic state that occurs as a result of atypical events in our lives. Some people perceive, they think that stress is simply that you got anxious at work and got some stress. No, that isn't stress. That's simply nervous tension. What is stress? *Stress is a state, an unusual state of the psyche during which the psyche completely breaks down for a certain amount of time. That is, it can't function normally. There occurs this psychic glitch, that is, a person can't be in a normal condition. This isn't a normal condition for him, he's very deeply surprised that this is happening to him at all. This state is known as stress.* Within it there are 14 stages of development that we'll talk about during the upcoming lectures.

Four kinds of stress

01:33:42 And so, look. Stress has four states, there are four strengths of stress. Write down this classification. *The first kind of stress is when a person feels that something has happened to him, some sort of difficult situation in life. For example, he fell ill. He thinks, that's the first stage of his understanding of things. He thinks: "I can't help myself". A person always believes in happiness, we know. I can't help myself. And he starts to seek help, he starts to somehow try to cope with it. For example, he has quinsy, he takes medicine, this and that. He has his own home supply of medicine, he takes something that he knows will treat it. It didn't help. He treats himself for a few days, attempts to help himself, it didn't help. He enters into an unusual state, that is, he doesn't understand what's going on. That is, his psyche's already a little fractured.*

01:34:33 Next, *the next stage. He starts to turn to friends, acquaintances, doctors, psychologists, that is, this is all development of the second stage. That is, first to friends, relatives. He asks: "what to do? My throat hurts". There, they say, you need to do this, this, do this. Good, he does it. It didn't help. He goes to the Doctor. He does it. It didn't help. Who to next? Well, that is, he increasingly attempts trying things that will allow him to rid himself of the illness. They don't help. No one cured him.*

01:35:11 *The third stage of stress is when a person can't handle the situation with the help, with the help of society, with the help of the forces of his social environment. If a person can cope with his own energy, that means he's in the first stage. If a person can cope with the help of society, that's the second stage. If a person can't cope with the help of society, he turns towards higher powers. He starts to go to church, pray, to priests, goes to the holy land. He attempts to swim in ice holes. Get christened somehow, pours holy water over his head. He prays with the image of holy people. And it helps. That means that he had stress of the third degree. And when a person does all of this, all of this, turns towards God, turns towards higher powers and it doesn't help him, this signifies stress of the fourth degree. This is in actuality stress, as such. Because all of these conditions up till the third stage are simply stressful conditions. That is, a person just got scared and that's it.*

01:36:15 One woman came to see me. She said: "In actuality, prayer always helps." I said: "Well then, tell me what's the matter." She said: "My child fell very seriously ill. And I, I had this certainty that I could help him. I started at first to treat him, it didn't help. Then I went to some Doctors. It didn't help. Then I started to pray a great deal. I prayed, prayed, and can you believe it, he started getting better. It helped him." *What stress did she have? Third degree. She had a stressful situation, she didn't even enter into a state of stress. Because in actuality, stress is a unique state of the psyche in which a person feels that he is absolutely powerless. That is, in effect, a person encounters death during life.*

01:37:04 *What is death? Death is complete helplessness before fate. That's what death is. And when a person enters into a state of stress of the fourth degree, he encounters a state of complete helplessness before fate. He totally doesn't understand what he should do in the situation. How he should live. That is, he is in a psychic situation in which nothing helps at all, absolutely nothing helps. Do you see what I mean? That is, in this state the person, the psychology of the person starts to break down, because his faith in himself as an individual, his ability to do*

something, to somehow live in the situation is totally breaking down. Just like morning snow under the sun. Everything's melting, there's no energy, there are no possibilities of doing anything, of getting by somehow. This is in effect stress. How much will such stress go on for? For half a year minimum. I haven't seen a person who had it for less. When a person enters into fourth degree stress, if he copes with it in half a year, that means that he, without a doubt, engages in spiritual practice. It means that he, without a doubt, is working on himself somehow.

How to cope with stress?

01:38:08 *Spiritual practice can be understood as the desire to help people everyday, the desire to work at your job with love, without desiring any fruits of your labour. Just desiring happiness for everyone at work and working with love, without desiring anything from it.* This doesn't mean that the person refuses a salary. No. It comes in and of itself. Next, prayer to God, this is spiritual practice, visiting holy places – is spiritual practice. Distributing food selflessly is spiritual practice. Undertaking various ascetic practices, a daily regimen, for example, hatha yoga, breathing exercises. Everything that's associated with benevolent ascetic practices that bring health and happiness is spiritual practice. But it should be undertaken selflessly, in this lies the idea. If we do an exercise with the goal of improving our health, then its no longer spiritual practice, its a selfish activity. Selfless activity is undertaken for the good of everyone around you. For example, you have poor health. You noticed that from this everyone around you suffers, its hard for everyone to live around you. A person starts to treat himself with the goal of helping his loved ones. This is spiritual practice. If a person treats himself for himself, then its no longer spiritual practice.

01:39:17 Where lies the difference? Why am I focusing your attention on this, I'll explain right now. When a person does something for himself, where does he take the energy for getting better? From where does he reel in the energy for getting better? From his past karma. We have deep memory inside us. When a person undertakes ascetic practices, he says: "I want a house! I want a house!". Let's say he wants a house really badly. What happens at this time? He has, he has a certain store of virtue, he has, for example, an amount of happiness that he should receive from his wife, from his kids, from his health, from his work, from his vacation, from sex, from food, from sleep. He has certain portions of happiness that he should receive from it all. But he wails: "I want a house!" His fate cries out in despair. What happens at this time? All of the types of happiness start to decrease. They start to decrease and he receives a house while working crazy hours in the heaviest of stress. He gets the house, as a result his free time decreases, he has no vacation, he gets overstressed, there's no opportunity to be healthy. He has no free time, no proper contact with his wife, the family's falling apart. He doesn't bring up his kids, there's no time. Next, he also doesn't have the ability to get enough sleep. Because at a certain point a person can't even fall asleep due to stress. He gets the house. And then he sits there and just cries in the house. Because he got it, but he doesn't have anything else left in life. No health, no wife, no kids, nothing. Do you see what I mean? Do you need a house at such a cost? No.

01:41:18 As such, **there's another means of receiving happiness in your life. You don't need to ask for anything from fate. You don't need to ask fate. You need to just fulfill your duties in life. Our duty is to bring happiness to others. The more a person brings happiness, the more a person engages in spiritual practice, the more he accumulates virtue. Virtue is**

the force that manifests our desires itself into life. And you don't need to undergo stress for it at all. It manifests our desires into life by itself, this force of virtue. How it happens, you won't be able to understand. You won't be able to understand it. Its beyond the range of understanding.

01:42:00 So right now, let's try an experiment. Raise your hand, which of you, when the time came, for which of you did your housing question resolve itself? And moreover, it was resolved somehow in and of itself, without any particular stress. Raise your hand. There, you see, a few hands. Now, the second option. Which of you, through your own blood and sweat, earned an apartment for yourselves through really difficult labour? Raise your hand. Only 4-5 people. So, before that at least 150 people raised their hands. Then, 5 people earned it through blood, sweat and tears. Isn't this an interesting statistic for you? No? I'm telling you the truth, that's the way it is. A person receives housing, and a wife, just as per Fate, because he's meant to have a good one. A person also receives health in the exact same way, as per Fate, because he's meant to. Which one of you, a severe illness, which one of you got cured of a severe illness, simply because that's the way things came about? You found a good Doctor, for example, and everything just happened in and of itself. Raise your hand. The severest of illnesses. You see, hands were raised. Now, who cured themselves of an illness, with a lot of strain, experiencing really terrible hardships and suffering with the help of their own personal efforts? Raise your hand. Not one person. One. Two. There, one person. Now, go ahead and make your conclusions on how fate operates.

Why do people become impoverished?

01:43:30 But for some reason we spend the majority of our energy on what? We toil like workhorses so that we have a house. We argue with our wives so that she, darn it, would behave herself well. We act totally counter to common sense that exists in this life. Right now, I'll just give you a snapshot of a person who didn't come out of stress. There are lots of such people in your city, they live on the street. This stress is known as greed. Its linked to Venus, the planet that manages your city. So, remember, that this planet also, aside from greed, is also responsible for selflessness. This planet is responsible for greed and selflessness. So, when you see a poor person on the street, who's asking with a shaking hand, "Please give me something for bread." Like this, you can see the avarice in his eyes, this desire for bread, this desire for bread, don't think that he's lying to you. He needs bread. But know that he's asking because he's very greedy. There's no other reason. And you need to give this person alms. When you give him alms, you rid yourself of your own personal greed. Why don't people feel like giving bread to such poor people? Do you know why? Because they awaken undesirable emotions within us. If a saintly person sat there, would you give him bread? You would. 100 percent you would, because he awakens emotions of happiness. You feel like giving him something. But when a greedy person asks, you don't feel like giving him anything. But what to do? You need to give, you need to give him bread. Greediness flares up in us as well, we don't want to give it to him. You need to overcome it and give some bread, let him eat, nevermind that he's greedy, no big deal.

01:45:26 So, why did he become so poor? Well, imagine, now I'll explain the psychic situation to you. Let's say you work with a person at a workplace, who constantly wants something for himself. So, he goes like this with you, looks at you and thinks, what to grab off you. Like this. Would you work with him? No? Will the boss keep him on the job? No? He'll just throw him

out, from that workplace. So, know, there are people who are in this state only because they were born into it. There's this force that emanates from them, they can't do anything about it. And these people can't do anything with themselves, life just throws them out onto the street. They can't get a job anywhere, they can't do anything. That's it. They're just like outcasts. And this is simply because this force of greed emanates from them, this strong desire to live for themselves. On the other hand, there are people who experience this immense desire to live for others. These people are known as saints. And they experience immense happiness, they don't need to do anything in order to survive. They can live peacefully, without even working. And life itself will give them everything in their lives. And we are in that intermediary state between the one and other. In this lies the idea.

Four types of sin

01:46:45 And so, if we were to talk about the law of karma, *there exist four types of sin. The first type of sin is active. Or type of karma. The active type of karma is characterized by the fact that it already exists in our lives right now.* What's happening right now stands for active karma. Next, *maturing karma signifies the karma that lives in our desires. Dreams.* Dreams, where's your joy, right? Your dreams are gone, what's left is... (laughter). Happy family life (laughter). There you go, where does the idea lie? The idea lies in the fact that when a person dreams about something, that means that he's being propped up by fate.

01:47:32 For example, a girl lives with her husband and she feels that this isn't her man. She feels that in reality, her prince on a white horse hasn't yet galloped over. And she starts to think about the person that she should have, as per her fate. And she, really attentively, starts to penetrate deeper and deeper into the actual person who can bring her happiness, so gradually her husband just becomes disgusting to her. Just disgusting, he makes her sick. What does she say to him as a result? "Goodbye my love, goodbye!" And where does she go? To her Prince Charming on a white horse. Who lives where? In her dreams. So what are these dreams? *These dreams stand for past karma. That hasn't yet been realised, its just maturing. Its past karma that's destroying our fate. Its just still for now only living in desires.*

01:48:30 Or a man, for example, lives, he lives with his wife, and suddenly, he felt that she's not giving him enough of something in life, sex, "It seems like too little!" There you go. (Laughter). "What to do? I don't know." So and he doesn't know how to carry on, what he should do. He enters into this state, he walks up and down, up and down, up and down. Then, "suddenly, like in a fairytale, a door creaks open, everything has now become clear to me, for a long long time I argued with fate, thanks to this meeting with you." What happened next? What he wanted. Do you see what I mean? He wanted this sex, this good sex. He got it all with her. And when they woke up in the morning and experienced happiness with each other, they looked at each other and he told her: "You know, you and I were together in a past life." And she tells him: "Exactly, I also feel the same. You and I lived together three lives in a row." He says: "Then the wife of my two kids, who's she?" She says: "Well, she's just a chance acquaintance." And he goes home and says: "You know, there was a time when I was a strange toy without a name, now I'm Cheburashka!" Do you see what I mean? He tells her: "Now I've really started living, before this everything was somehow awful for me in life. I didn't actually love you. I only need that one woman!" Right? And he leaves his wife for her, truly believing that he's acting absolutely nobly

and correctly. Do you see what I mean? Truly believing in it, he doesn't have any doubts. And what is he doing at this time? At this time he's ruining his entire life. Completely. Its going downhill. Because his wife is simply in shock, that is, she's simply just, everything is falling apart for her. He is leading her into the severest of stress. She starts to experience grief, do you see what I mean? She lives in a bitter condition, because this person, fine, the heck with him, that he left. He doesn't even understand that he acted incorrectly. He, on the whole that is, he's a good, sincere person. He sincerely just up and destroyed her life. But she doesn't know what to do next. And this force, its like the sword of Damocles starts hanging over this person later on. And the most amazing thing lies in the fact that these people that met like in a novel were not at all fated to be together. Because family relations differ and are absolutely opposite to romantic relations. *In family relations, a person works off karma, but in romantic relations, he simply rids himself of his superfluous good karma. Some really good karma of his was weighing down on him. Its as if dreams were weighing down and him and he opa! Got rid of it, and then what? He won't go on living with the person. They'll live together for a bit, and then, they'll quietly split up as if there wasn't anything between then. Then he'll return to his wife like a plucked rooster.*

01:51:55 There's another option. He can start to live some part of his life with this woman. But *if he killed the happiness of his wife, then, through this woman, the next one, will come the murder of his own happiness. Even if she herself doesn't want it. So works karma, like the sword of Damocles.* Do you see what I mean? It's a serious matter. A serious thing. Maturing sins. They're like a force that leads us somewhere. Do you see what I mean? They're like dreams. They're like this idea that we think with: "There's where my happiness can actually be found." We have some kind of an idea, some sort of dreams that aren't connected to spiritual progress. They are just connected to the fact that we need to meet someone on the sly, change something, someone, steal something at work. Some people have such dreams, a person lives, works and thinks: "How can I steal this computer". The boss has such a nice, beautiful computer. That is, he has such dreams. Its funny, but its true. Someone can have such dreams. Someone else, for example, has something else, like enticing the neighbour's wife. Something or the other.

01:53:05 *The next type of sin are the sins that a person already worked off. We call this the past. It's the completed stage of our lives, we say. It already happened in my life, I already understood it, I worked it through. And the fourth type of sin are those sins that we don't even have a clue about, but there is a means of determining them. I'll explain it to you now. Its very interesting. Well, let's say the neighbour's husband left. And, for example, you go to the neighbour, well, for let's say to a friend, you start to talk to her: "Well, did your man leave you?" She says; "Yes, hon, he left." "Well, did you listen to the lectures or not? You have to know why he left. How were you acting? Rudely. How did you treat him? You were obnoxious to him all the time." And the person starts judging the person. This energy of judgement, this unconcealed malice, judgement of a person who committed some incorrect action. Or, for example, she goes up to the husband and starts telling him: "Why did you leave your wife?" So, when a person judges someone in life with malice, judges some action with malice that a person committed as a result of the fact that he well fate, well, it turned out that fate acted with him, you see, fate forced him to do it. Of course he committed a sin, that's a fact. But when a person doesn't understand that it's a force. People commit sins not just from nothing. Above us hangs a force that forces us to do it. And if a person doesn't understand this and accuses him, tells him in a sign of protest: "What did you leave her at all?!" In this case, she'll do the same thing, there's no doubt about*

it. She'll leave her husband in the exact same way as she judged the person. Or if she, for example, reproached, criticized the woman who quarrelled with her husband, she'll soon also start to shout at her husband and will turn him away from her. And he'll leave her as a result. Do you see how to determine karma that hasn't yet come into our lives but that we have. Its possible to determine by how we react to the inadequacies of other people. If we react to them with malice, that means that we will also receive such a fate in life. That means, that we should expect to receive it.

01:55:37 Well, for example, a person quit smoking. How to tell whether he'll start smoking again or not? If he reacts with compassion towards a person who's smoking and attempts to somehow help him, he'll never smoke again. This is a one hundred percent fact. Option two. If he reacts with malice. For example, smoke, he sensed smoke, someone's smoking nearby. He says: "Stop smoking! I just quit!" That means that he'll start smoking. One hundred percent. Because he didn't work off the karma, he's just on a wave, a good wave of life, he stopped smoking. He didn't overcome the force that forces him to smoke, and this force came from someone else and he started getting angry. Because there are two types of attachment. One type of attachment carries a plus sign, another type of attachment carries a minus sign.

Six reasons due to which emerges stress.

01:56:24 There are six forces. Six types of forces that evoke stress. Only six types of forces that evoke stress. All of these forces emerge from pride. What is pride? *Pride is the state of a person during which he believes that he can handle all of his problems by himself.* Well, that is, he can do everything himself. Well, for example, some people believe that only with the help of higher powers can a person achieve happiness in this life. A person doesn't have his own force, he's a strong person, he labours all the time, he has force, but he believes that in order to be happy, for that, your own force is not enough, you need help from higher powers. And therefore such a person isn't proud. Therefore, what does he do everyday? He prays to God. Option two. A person doesn't understand why he needs to pray. He says: "What for? What are you doing?" A person is sitting. "I wish everyone happiness! I wish everyone happiness!" He goes up to him. "What are you doing? Have you lost it or what? Why are you repeating the same thing over and over? Well, you wished everyone happiness, that's it. I wish everyone happiness all the time. What's the need to keep repeating it?" He says: "I constantly..." He's told: "Do you pray to God?" He says: "I constantly pray to God. What do I need to pray for? I'm always praying". He's told: "Well, wish everyone happiness!" "Well, I always wish everyone happiness!" "Well then wish! Say – I wish everyone happiness!". "What's to say? I always wish everyone happiness! Do you get it? What's to say?" These people who have such a mindset, these people believe only in themselves. This state of consciousness is known as pride. *When a person is prideful or at least a little prideful or full of pride, he ends up under the influence of one of the six types of forces that destroy his happiness.*

The first cause of stress - lust

01:58:16 And now we'll diagnose the six types of forces. The first type of force is known as kama in Sanskrit. And this type of force is called egoism or lust in Russian, as you wish. But this

force is called kama. There's a sign that a person has this force sitting inside him. *If a person constantly experiences anxiety. He can't, he feels discomfort, he's lacking something. In life something is always lacking for me.* During the winter- summer, during fall – spring. As the song goes. That is, a person feels that anxiety, that is, this enemy, kama, is overcoming him. And destroying his life, leading him towards the severest of stress. Usually, through this stress your family falls apart. More often than not. What does it lead to, that is, this form of stress coming into his life? Often, the family falls apart. A severe form of stress emerges.

The second cause - anger

01:59:13 Next. The next, the second enemy is known as krotha, or anger. Anger is not anxiety, its rage. There are two forms of rage. One form of rage has a feminine nature and is linked to the planet Venus, its known as resentment. The second type of rage has a male nature and is linked to the planet Mars, its known as anger, actually, anger or rage. That is, this aggressive manifestation of anger. And when a person gets offended, then the psychic energy of anger acts on his lower psychic centres, it beats down. When a person gets angry, then the psychic energy of anger beats down through this, this psychic centre, through the bridge of the nose, the centre for will of a person. From here comes anger. That is, anger always emerges when people live in a family, without desiring to serve, when they don't have the self-sacrificing desire to serve one another selflessly.

02:00:18 In the family there exists this law of family life. What is a family? Two people, a husband and wife, are united by a strong desire to derive pleasure from each other. What is this desire? This desire is known as lust, or self-interest. If in this state they don't board up this desire, to use each other, and constantly say to each other: "See, if you behaved like this, the way you should behave to your wife. You need to give me flowers, you need to smile, you need to relate to me with tenderness. Did you listen to the lectures? There you go. You need to do everything like that. So, as its said in the lecture, fulfill your duties and you'll be happy. You need to do things without self-interest. Got it? Now, look. Do that, and everything will be okay for you." This state is known as self-interest or lust. Or the man says: "Did you listen to the lectures? A wife should be subordinate to her husband. Bow before me, fool!" This state is known as lust or self-interest. *When a person experiences this state too strongly, that is, he extracts information from the lectures not for himself, but for others, this is, in effect, self-interest. When a person experiences this state strongly, then a certain type of energy accumulates within him. Let's say he experiences this state for a long time, a certain type of energy accumulates within him that stands for him wanting to prove the whole truth to everyone.* That is, this type of energy.

02:01:43 What is anger? It's a psychic energy that is founded on what? On the truth. Anger is a psychic energy that destroys a person's life and is founded on truth. And resentment is also a psychic energy that destroys a person's life, what is it it founded on? On truth. In this lies the uniqueness of this force, that it is founded on the truth. That is, a person found some truth in a loved one that you can get offended about with the greatest amount of force there is. Or get angry. As a result, the family falls apart. How does it fall apart? How to tell if there's anger amongst you? At each lecture about stress, I conduct the following test. He. I also conducted it with you. I asked you, right? Ah, this was at our lectures on anger. Right? I asked you. In the

room there without a doubt turn out to be two people who don't see anything good in their loved one. If you don't see anything good in a loved one, that means that you are in a state of anger in relation to him. And that means that you'll definitely enter into a state of stress because these six enemies, they don't let go of a person. Until a person repents, that is...

02:03:04 *There's this concept of praishita in the Vedas. Praishita means that a person is getting out from the influence of one of these enemies. Praishita stands for atonement. That is, a person starts to repent.* He says: "I don't want to live this way. Why am I always angry at my wife? I don't want to live this way. That's it. I don't want this anger." At first he repents just from a sense of duty, because he doesn't even understand that anger is destroying his life. Its just meant to be that way, he's undertaking praishita. At first he says: "I don't want to get angry, I won't get angry anymore!" But inside he says: "Well, what, anger's okay. I just yelled a bit, that's all. That's fine." But he does it, he wants to rid himself of it. And gradually, when he repents the next time, gradually deep down the feeling will arise within him that what he's doing is awful. This idea will gradually come to him. *When he undertakes praishita, this internal atonement, gradually he'll start to become aware of the horror, where his life is leading to, on the whole, what's happening to him. Next, when he's sensed this, this horror, it signifies that he's come out of the anger. He's seen it before his very eyes. That is, the anger. These six enemies, they're dangerous because they sit within the rational mind, you can't see them. But when, for example, a person experiences a state of lust, he's constantly wandering around anxious, he always doesn't have enough of something, he doesn't, himself, see the lust within him. He can't understand it deep within himself.* He sees it in others, that they have problems, but he can't see these problems within himself. When a person is in a state of lust, he...everyone, everyone is bad. There are constantly some kind of problems with everyone. He's in a constant state of negative thinking. There are constantly some kind of problems with everyone. **This negative thinking signifies lust, self-interest.**

02:04:41 *Next. Anger is a state that breeds illusion. A person can't see any good character traits whatsoever within a person. He simply loses memory of them. So, he wants to understand what's good in a person but can't see it. This means that he...his psyche has been overcome by anger. The rational mind has been defeated by anger. And what does this anger do? Anger destroys a person's happiness with the help of thoughtless acts.* That is, if, for example, lust, just some sort of betrayal and so forth, then anger, it reduces a person's fate to ashes, so that a person, simply, without any betrayal, just yelled at his wife, she up and left. That is, he simply destroys his own fate, when a person...Anger destroys right away. That is, a person went to work, yelled, and was fired that very day. And that's it. He got what was coming to him. Or he, for example, did something bad, and people started to deliberate his sentence. For example, he was sentenced to say, half a year probation. Let's say that was what was given to him, right? He gets up and starts yelling at the judges, they say: "Well fine, we'll discuss it a bit." They discuss it a bit and give him half a year, maximum security. This isn't funny, it's a true life story for people, that happens in their lives. And a person, instead of being free, sits in jail. At a penitentiary. In this lies the problem.

Greed

02:06:08 *Next. The next enemy is greed. Lotha in Sanskrit. Greed is an enemy that destroys your life in the following manner. It chains a person to some action. That is, for example, a person is chained to work, a person is changed to his mortgage. Greed chains, it simply nails the fate of a person to something.* For example, if you feel that you are attached to your mortgage and can't do anything about it. Its just suffocating you. You can't live with it. That means you, greed has overcome you. You've taken it out and now greed is choking you through the mortgage. Greed can suffocate you at work. A person can work three jobs, its choking him, he can't live, but he continues to work because he needs money. Greed can be overcome through various states. For example, greed towards a child breed strong egoism in the child. And the child starts to suffocate the mother psychically. What does he do to her? He wears her out and she can't do anything with him. He constantly disparages and disparages her and she can't do anything. She can't punish him because she's attached to him. When she punishes him, he distances himself from her and she starts feeling poorly. She thinks: "Well, fine, let him act the way he wants to." And he treats her worse and worse.

02:07:23 I've seen cases in life when a child growing up, started to hit his mother everyday. What do you think, does he hit her because she's unlucky or something? He hits her because she experienced strong greed towards him during the course of his life. And such is the result. Immense suffering.

Illusion

02:07:41 *Next. The next thing...moha, the fourth enemy breeds illusion. A person under the influence of this force completely loses his sense of reality. It's as if a mirage in the desert appears before him.* That is, what I've told you. This state during which a person just leaves his family with his dream. "In a past life, we were together". This is illusion. It breeds a thirst for something else. A person can no longer live in this place. That is, a person needs to go somewhere, he's led off somewhere. For example, he went to America, this illusion, to earn money. And it starts. He gives up everything here, he leaves his family, he leaves his job. And goes to America, life is better there. Or to France, to look at the Eiffel Tower. There. Everything's ruined in life, he becomes a tramp. There was this incident I know of. A family I know. The son. The Father is the director of a large factory. The mother is a very virtuous person. The son, all of a sudden took a few tens of thousands of dollars and disappeared off to Europe. It was an average family, he just up and ran. And he can no longer return, because he lacks the strength. He's ashamed. Although they forgave him. That's it, he can't come back, there's no energy. That is, in effect, illusion.

02:09:07 *What does illusion to a person? It destroys his fate. Its like illusion immerses a person in the desert.* He doesn't know how to carry on. First, he ruins everything for himself, then, he lives for some time as if in the desert, and experiences, throughout this, the most severe stress.

Envy

02:09:24 *Next. The next enemy of a person is called envy. Envy is a force that chains you to another person. A person starts to think: "Well, why does everything turn out well for him in*

life?" Or, he thinks the opposite; "What a bad person, huh? Well, how is that possible? Such a bad person, huh?" So, he constantly thinks about him, thinks, thinks about this person and thinks, criticizes him. This is called envy, a force. What does envy do? Do you know what envy does? Envy takes all of the bad in the person and injects it into your fate. Envy is a force that can be equated to a garbage man, you know? It collects all of the dirt from everyone, it collects all this garbage everywhere. *A person who is envious collects all of the dirt from the person whom he envies.* Therefore saintly people, when they come along, when they see an envious person, they say: "Thank you". They say to the person who's envious of them "Thank you!" The person says: "What are you talking about?" He says: "Thank you, my dear. Thank you." And the person can't make head or tails of it. Its because he's taking all of it into himself, he's turning his destiny into a garbage bin.

02:10:39 *Envy ruins a person's hopes. Since a person collects everything, he collects everything like a fly, fertilizer around him. A fly flew by, right? The consciousness of a bee and the consciousness of a fly. A fly flew by. A bee flew by, it flew up to a flower, it took nectar from there, that's it, there's now a lot of honey in the hive. A fly flies towards the honey, it also loves honey, it flies towards it. It looks, there's someone there, some sort of scene is taking place down below. It looks, something stinks over there, it needs to look into the matter. There you go. And it just up and flies over there, then maggots start breeding there, and its life has been submerged in excrement. The consciousness of a fly. Envy destroys a person's fate. Its as if he lives in excrement his whole life.*

Madness.

02:11:30 *And the last enemy of a person arises as a result of ill fate. Its called madness. When a person's mind totally goes off kilter due to an unexpected blow. That is, since he undertook some horrible, bad deed in a past life, with one blow of fate he becomes a drug addict, a drunk, a murderer, etc. This last enemy thats really hard to fight against.*

Why does a person experience stress during work?

02:11:56 *And so, these points that I would like to bring to your attention today. The first point. There are two types of stress. The first type of stress arises as a result of ill fate and crashes down on us in life systematically, in and of itself, because the time has come to suffer. The second type of stress arises as a result of our mistakes that we commit because we don't know how to live properly.* Well, for example, a person always eats, every day, at night, oily, fried, salty, bitter, acidic food. That is, at night you can only eat fresh food, boiled vegetables, for example, hot milk. Fresh food, You can only eat fresh food at night because the influence of the moon increases at night. Let's say a person eats some fried, salty, oily food at night. Why does he eat all of that at night? Not as a result of an easy fate. He eats it because he experiences strong stress that he needs to release. Why does he experience tension? Tension arises because a person's working hard without love. He gets attached to the result of his labour, not to the labour itself, but to the result.

02:13:12 *What is stress during work?* Its nothing less than the desire to gain results. Well, for example, a person works in order to go home as soon as possible, he strives towards it. As a result, he very quickly tires from work, he experiences tension. Option two. *He doesn't want to work, but he's forced to and he works, he experiences stress from the thought of quitting work, he's tired, he doesn't want to work. The third option, he wants a salary, he's not being given a salary. He works hard and thinks about his salary, stress arises. The fourth option, he doesn't like his co-workers.* Everyone around is working, everyone is swearing, that's his karma. What should he do? He should constantly forgive everyone during work. And then he'll experience at least, if not happiness, then no suffering. He'll be able to work normally, And he won't get too tired. But if he hates these people because they behave poorly. Or just gets offended at someone at work, As a result, the person experiences very strong fatigue. *Fatigue is not a function of the body. Why does a person get tired at work? Because the psychic energy of his mind is used up. And why does a person want to eat? Because the psychic energy of his mind is running out.* Why does a very fat person, a corpulent person, want to eat four times a day just the same as a skinny person? Not because he lacks chemical elements, as our scientists say. Our smart scientists. But because his psychic energy is running out. And when he eats, what does he feel? Does he feel a replenishment of chemical elements? No. He feels peace, a good mood, contentment. A feeling of happiness comes to him. This sensation is linked to the mind, it has nothing in common with chemical elements.

Why does hunger arise in the evening?

02:15:00 How to tell that hunger arose from the fact that there's a lack of chemical elements? When a person experiences weakness, his hands shake, they quiver. When he feels that he is losing physical strength. Not psychic strength, but physical strength. He can't work physically. That means that the hunger is linked to a lack of chemical elements. Option two; a person experiences, starts to get anxious, nervous. Its hard for him, he feels like eating, like grabbing a bite of something. He starts shouting at everyone, yelling, running, fussing about This means that he lacks mental energy. Why does a person lack mental energy? Because he labours without love. Do you see what I mean? Sometimes, when a person starts to work with love in the garden, birds sing around him. And, let's say, the wife says: "Foods ready!" He says: "But I'm still digging!" He works as much as there's time for it. He doesn't get tired, he feels good in the garden, he doesn't even want to eat. He has enough energy and strength. That means that the psychic energy is working, its circulating normally within his body.

02:16:12 *And so, hunger in the evening is a sign that a person is doing something wrong in his life. It means that he's sliding towards stress.* And he starts to eat, to fill himself up in the evenings. What happens next? Next, the following happens: excess weight, hypertension, myocardial infarctions, osteochondrosis. One old lady listed her diagnoses for me. She said: "I have myocardial infarctions and osteochondrosis." I said: "Fine". There's this screening called a sigmoidoscopy. Its where they look at your intestine through a tube. She said: "They did this screening of me, a sigmoidoscopy." So this myocardial infarction occurs because a person eats at night. And they also do a sigmoidoscopy for it. Because *when a person eats at night, he accumulates excess fire energy within his organism. And it starts to descend down the central meridians. The first thing that happens to a person is that his throat hurts, his throat and his nasal passages. Antritis, illness of the throat, is the first sign that a person is eating too much*

food in the evening. That is, he's eating too much and not the right food. Or he's not eating the right food, or too much, or both, or both one and the other. What happens next? The negative energy descends downwards, he gets gastritis. If it goes all the way down, he gets hemorrhoids. Do you see what I mean? That is, that's the last stage. The lower it descends, the harder it is to treat.

02:17:50 So, that means that a person has committed some incorrect actions. Why did he commit them? Because he doesn't have knowledge. There's no other reason. The person didn't know that you shouldn't eat a lot at night. The person didn't know that he's eating so much because he's not working properly. The person didn't know all of this, as a result he has the most severe illnesses. Women get hormonal imbalances. Vesicular atherosclerosis is related to this. If a person eats meat-based food at night. Next, *hypertonic illness, strong heatiness in the body, illnesses associated with metabolic dysfunction, dysfunction of hormonal functions in women. All of this emerges as a result of such a diet at night. This stress arises as a result of ignorance.* The person himself accumulates bad karma in his life.

02:18:41 Stress of the first degree, well, that is, light stress, not strong, emerges as a result of what, what do you think? More often than not as a result of our past destiny or as a result of our incorrect actions? Right! More often than not stress of the first degree arises as a result of incorrect actions. Stress of the second degree arises more often than not from what? Once again, as a result of incorrect actions. Stress of the third degree arises more often than not as a result of the influence of past karma. And stress of the fourth degree arises, for the overwhelming majority as a result of the influence of past karma. A loved one died, that's fate. Your husband left you, that's fate. And so forth, do you see what I mean? That is, we accumulate past karma, from past karma all of these things come about. It always happens, for the most part, due to the influence of a past life.

02:19:36 Therefore, the first thing that you shouldn't do. A loved one died, what shouldn't you do? You shouldn't blame yourself, it won't help. Your husband left you, your wife left you, you shouldn't blame yourself, it won't help. You just need strength... You need to remain in a calm state. You need to gather strength, you need to understand that heavy stress is entering into force, it could destroy your life. At this time, a person should covet his strength, he should try to live correctly, he should try to engage in spiritual practice. Then, when there's less stress, you can blame yourself, you can repent and so forth. But at this time, you simply need to survive. When stress enters into force, a person should simply survive, there shouldn't be any emotions. You need to just understand that it may not end any time soon. Because no one knows how long this stress will go on for. It could destroy your entire life.

02:20:28 You and I are speaking on a unique topic today, because most people who have already experienced stress, forget about it and think that it will never repeat itself in their lives. And the people whose stress has only begun, don't yet understand what's in store for them. Therefore, in general, very few people think about stress. Only people who are in a state of stress think about stress. For everyone else, it all takes place somehow far away from them. But only *a rational person knows that stress is an immense force that destroys our destiny. And we should treat it with great caution.*

The psychological state of a person in stress. Means of helping.

02:21:05 I would particularly like to raise your attention to the people near you who are undergoing stress. Right now, I'll describe their psychic state. These people either constantly complain about their fate and don't give anyone any peace, they bring a lot of anxiety to the people around them, or, on the contrary, are very reserved and don't talk to anyone. The first sign. The second sign – these people have a poor capacity for work. Or they can't stay on at work or they work, but they have a very weak ability to work. That is, its really hard for them to work. The third sign of such people, they are psychologically very unstable, that is, its really hard for them to talk to someone, its very hard for them to clarify relationships, its really hard for them to prove their point. That is, they do it very hysterically or can't say anything at all. Next.

02:22:02 Sometimes these people are in a state of depression, that is, they come along really gloomy, and downcast. There's no life in their eyes. Sometimes these people are in a state of very strong fear in relation to the world around them, that is, they're afraid of everything. Sometimes, these people can't express their thoughts properly, that is, they want to say something, but they can't. And so forth. You see, right, what the condition is like? This condition of complete displacement from society. So you know, my point lies in the fact that there is only one, common...one common similarity between these people. And this similarity lies in the fact that nobody needs them. And when you attempt to even just think about helping the person, you'll psychically be pushed away. So know that if you overcome this inner force of dislike towards the person. The failure who lives this unhappy life, who isn't needed by anyone because he can't even conduct himself properly with the people around him. If you start to help this person, regardless of the fact that you're turned off by him, only this gives you the ability to rid yourself of insurmountable stress.

02:23:23 Aside from prayer and so forth, fate provides mercy to rid oneself of insurmountable stress only to the person who is capable of helping such people, regardless of all of the repulsion in relation to them. It may be relatives that you need to take of, it may be friends who are behaving really badly and ended up in such a situation. It may just be people on the street or neighbours. A neighbour, for example, who lives that way. Do you understand what the state is that they're in?

02:23:54 *These people are here for us to undertake sacrifice in relation to them. And this sacrifice consists of us giving them something of ourselves. If we are able to do it, then fate protects us from a difficult fate, from the stress that they are in.* Well, that is, if we give ourselves to them to the fullest degree. That is, how to tell that fate can...that we've conquered fate in this instance. How to tell? If you have the internal force to endure this person and not just even endure, but cope with him. That is, first there's this sense that its impossible to endure the person, that is, he's simply out of hand, its impossible to stand him. But when the force to cope with him arises fully, it means that the exact same thing will happen with your fate. The exact same thing will happen with the insurmountable karma. A person transports himself over a mountain of fate if he's able to overcome relations with such a person.

Does a woman need to work?

02:24:55 If a man is the reflection of a woman's fate, what then is work for a woman? Work for a woman is her mistake, her incorrect experiment. If a woman considers work the main goal of her life, then she activates a psychic channel that is known as pingala. This psychic channel normally works in a woman at 60% in contrast to the female channel, ida, that works at 100%. So, if she starts to strength this male psychic channel that acts on the right hemisphere and is connected to external activity, then her external activity will endure four stages. The first stage. She'll very greatly, she'll want to, this job will be very, greatly interesting for her. The second stage. Since she's not realising her female karma there, she doesn't see delicacy, concern, love, warmth. What should be in a woman's fate, in female relations. She enters into what kind of relations? Male, business-like, serious relations. And she doesn't see all of this there and she thinks: "Now I'll deal with this!" And starts to try to inject female fate into it, that is, she fights there. She says: "Let's be more delicate towards each other, let's be more tender." There. And starts to fight. Next, the next stage. The next stage is exhaustion. The third stage is exhaustion. She feels that she can no longer endure these idiotic co-workers. There's simply no energy. And the fourth stage- complete disillusionment. She has strong disgust, she's overstrained. The most severe disgust in relation to the job. The fifth stage- she thinks: "Its probably not my vocation, not my line of work. I need to find something else."

02:26:57 Raise your hand, women, if this has already happened to you. To everyone else, I want to say, that if you relate to work as the most important thing in your life, that means that this will happen to you. I also want to say that *a woman can work even her whole life with great interest, but work should be like a hobby for her*. She should just come to work with interest, doing it with joy. She should work while chattering with all of her friends "Cheep-cheep-cheep". That's the kind of work she should have. And women come up to me: "What, what kind of work am I meant for?" For that kind. I'm replying to all of you at once. And there's no need to dream up anything else.

02:27:42 There's no time at all. Well, okay. I'm sorry, I talk too much. That means, let's now wish everyone happiness. We don't have a minute left, but we should nevertheless, a little, wish everyone happiness for five minutes. Everyone sit up straight, let's get the right mindset now, we're going to train our rational mind. This is a group training, practice. It possesses immense force. I, in reality, I even say prayers at home, I don't experience the power that happens at these séances, when we wish everyone happiness. It's a special time because a lot of energy comes together at the same time, this positive energy, from various people. Therefore, I recommend that you have a very calm, attentive frame of mind. This activity of the rational mind exists not in the sphere of emotions, it exists in the sphere of attentive understanding of what's happening. Attentively focus on these words and attempt to understand their meaning. And attempt to impart them, these words, as a blessing. There's this concept- the force of blessing. That is, I want, I bless you, I want to make you happy. That is, this idea, "I wish everyone happiness", its an idea of blessing, giving happiness to people, so that they are happy. You need to attune yourself to such a state (be in this state). Now, the music's going to start playing. Its important that spiritual music plays during...I wish everyone happiness.