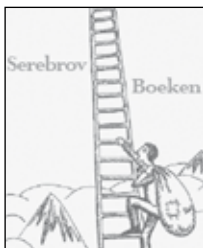


*Spiritual Message
and Teachings of Master G*

PART 3

COMPILED BY WORK GROUP 'ATANOR'



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TABLE OF CONTENTS

Chapter 1.	12
Letters to Bird: about the Essence, Personality and melting of the inner Dragon. About the Spirits of Nature. About inner Gardens and Holes in the human Soul	
Chapter 2.	20
Advancement on the Path. On the benefits of keeping a diary. How to get rid of the heavy karma of sexual partners. How to switch the mind from worldly vanity to the spiritual path. Exercise for self-remembering	
Chapter 3.	23
Active principle Yod. About unauthorized appropriation of the energy of the Ray. The need to control your instincts. Initiative on the Path of Enlightenment. Caring for neighbours	
Chapter 4.	28
What is swing. A mockery from the evil vizier. Alchemical alloy. Incorrect crystallization	
Chapter 5.	31
Sacrifice on the Path. The importance of participating in alchemical situations. Getting rid of horizontal aspirations	
Chapter 6.	35
Arjuna's working group. Transformation of inner composition. Alchemical Melting is painful. Refractory spots. Your dark power must be brought under the control of your Higher Self	
Chapter 7.	41
Gurdjieff. Fairy	

Chapter 8.	43
Alchemical Tradition. About kundabuffer elimination. About the space of history	
Chapter 9.	49
The era of the Paraclete. How to share the Good News of salvation	
Chapter 10.	52
On horseback riding and the art of courtly communication	
Chapter 11.	55
On how to get on the Argonauts' Ship, become a worthy magical figure and about 'Flights in dreams and in reality'	
Chapter 12.	59
About the interaction of soul and essence and how to follow the Path of the Enlightened as a couple	
Chapter 13.	62
Vertical Rule of a Couple which follows the Path of Enlightenment	
Chapter 14.	66
On the manifestations of the dark twin and the ways to deal with it	
Chapter 15.	69
About why it is forbidden to influence the other person's will centre, about dealing with fear and about what are the 'red flags'	
Chapter 16.	72
How to get rid of the instinctive 'selves' and cultivate the fighting spirit of a Kshatriya	

Chapter 17.	75
About talents, inner buffers and rules of conduct on the Ship of the Argonauts	
Chapter 18.	78
About the chivalrous attitude towards the lady and what it means 'not to screw up a gesture?'	
Chapter 19.	80
About the law of analogy, the secret Tibetan practice and how not to attract attention to yourself and develop your essence	
Chapter 20.	83
About the Spirit of our time, the formula 'time, place, people' and the help of the Master. Death is the best adviser on the Path	
Chapter 21.	86
On strategic thinking, an atmosphere of love and how not to be led by the nose by horizontal life	
Chapter 22.	88
About how to pave the way to the Kingdom of Heaven, about the cosmic Ray and how to restrain your negatives	
Chapter 23.	91
About work in the alchemical Ray, about mechanical work and conscious desire, and about how to learn to endure the unpleasant manifestations of the neighbour	
Chapter 24.	95
About how to be yourself, about the alchemical fire and work along the first line	

Chapter 25.	98
About conscience, essence and about the third line of work on the Ship of the Argonauts	
Chapter 26.	101
About how the disciple can melt the noble qualities from his weaknesses and about the levels of human development	
Chapter 27.	104
About how to become knights of the Spirit, about the correct travels and how important it is to accept the admonitions of the Master	
Chapter 28.	107
Comments on the alchemical plot 'Puss in Boots': on the regularity of seven year-cycles	
Chapter 29.	111
Comments on the alchemical plot 'Puss in Boots': about the need for sacrifice and the first success of the Cat	
Chapter 30.	114
Comments on the alchemical plot 'Puss in Boots': about the alchemical wedding, the rite of baptism and royal dignity	
Chapter 31.	118
Comments on the alchemical plot 'Puss in Boots': about the working group, about the king in the head and about the transition from a 'man-two' to a 'man-five'	
Chapter 32.	121
About the influence of the mystical Ray on the disciple, about the perception of the subtle world and the creativity of Fairy	

Chapter 33.	124
About one of the tasks that Master G set for himself, and about the mystical courtyard of the Ship of the Argonauts	
Chapter 34.	127
About mutual aid on the Path, on the example of the parable of the lame and the blind. About patience and teamwork in the Ray	
Chapter 35.	131
About stolen time, negatives and ways of struggling with them. About relationships with ladies. What it takes to develop the Spirit	
Chapter 36.	136
About the traps of the dark forces. About the correct attitude towards the Master and detachment from the result	
Chapter 37.	140
Motto: 'Go there you don't know where and bring that you don't know what.' Immersing in the depth. About how to become a noble person and about misalliance	
Chapter 38.	144
About the importance of written messages, about victories and defeats on the Path of Enlightenment, as well as about the inner struggle	
Chapter 39.	146
On fear of admonitions, C-influences and manifesting oneself freely	
Chapter 40.	149
On how to overcome hypnosis of the horizontal world and find a living spring inside your soul. On sincerity	

Chapter 41.	153
On the only vertical. About sirens leading away from the Path of Enlightenment. Cleansing the soul in the temple and losing interest	
Chapter 42.	156
It is important to remember about the interests of your essence. Setting of a specific goal snaps out of lethargy. About the destructive craving for comfort	
Chapter 43.	159
Work and sacrifice. Separation of the subtle from the coarse. Sincerity means a ruthless struggle against inner chaos. The inner area must be controlled by Arjuna's working group	
Chapter 44.	162
It is important to learn to give, not to take. How to defeat the Ouroboros? How to redeem yourself from the outside world? Coarse energy quickly destroys the subtle atmosphere	
Chapter 45.	166
On the importance of giving love and beauty. What gangs of anarchists entrenched themselves in your kundabuffer? The disciple needs to expand the range of his roles. Higher worlds cannot be reached mechanically	
Chapter 46.	169
The mystical space of the Argonauts' Ship. Being in the alchemical Ray, we are not dependent on the influence of the external environment. Contemplative attitude towards life	

Chapter 47.	172
How to enter the Albedo stage? About the struggle against the sin of love of money. How to direct energy to work on yourself. It is important to know your negative and working selves	
Chapter 48.	175
How to hit your dragon with a spear. The benefactor helps to expose the disciple's flaws. Why the disciple needs to curb his uroboros	
Chapter 49.	178
What sorts of work should be done on the Albedo stage. The Disciple should not be afraid of alchemical melting, for it strengthens his soul	
Chapter 50.	180
How to deal with self-pity. Whom do you want to be: a Knight or a Vaishya? How to overcome jealousy. The importance of initiative on the Path of Enlightenment	
Chapter 51.	183
The Ship of the Argonauts educates spiritual knights. Learning how to work together on the Slippery Deck	
Chapter 52.	186
The need of sacrifice on the Path of Awakening. Explore your inner theatre	
Chapter 53.	188
How to kindle inner fire and awaken the super-energy source. It is important to sacrifice the desires of your false personality and strive for perfection in everything	
Supplement:	190
Practices of purification and awakening	



Vladimir Stepanov (Master G) around the year 2005

CHAPTER 1.

LETTERS TO BIRD: ABOUT THE ESSENCE, PERSONALITY AND MELTING OF THE INNER DRAGON.

ABOUT THE SPIRITS OF NATURE.

ABOUT INNER GARDENS AND HOLES IN THE HUMAN SOUL

Dear Bird, flying alone to the North! In this fairy tale (as in any fairy tale, if you can see its depth), the psychological doctrine of the essence (individuality) and personality known to you is set out. The key seems to be simple, but to control your personality, to tame, curb, process its indomitable raw, grasping energy, as you already well know, is not so easy. Our undeveloped essence can grow, but only if the disciple, having got on the Ship of the Argonauts, withstands the load of training, assimilates the ideology and develops a resourceful psyche. It happens often that the disciple's personality slumbers, not manifesting itself noticeably. But once he gets into a provocative environment, all that what was dormant inside him flies out like a twelve-headed dragon (in alchemy it is called 'ouroboros'). Moreover, even if he cuts them off, they grow again, so the disciple must be inventive, try different methods, constantly and attentively observing himself.

Do not be afraid to experiment, deliberately creating provocative loads of varying degrees and intensities. Try to see in yourself different, the most incredible creatures, good and bad, with their own opinions, their own lives, interests; to see how they float up and then fall into nowhere; try to trace where they hide, where they live. Then you can find out the

whole truth about yourself and, having accepted it, consciously start working on your negatives.

Jesus said to the apostles: 'Little sons, for a brief while, I am with you. You shall seek me, and just as I said to the Jews, 'Where I am going, you are not able to go,' so also I say to you now.

I give you a new commandment: Love one another. Just as I have loved you, so also must you love one another.

By this, all shall recognize that you are my disciples: if you will have love for one another.' (John 13:33-35)

02/26/1980 Vladivostok

Greetings to the Lonely Bird. This time I would like to ponder on the state of subtle sensibility, which allows man to see the beings of the subtle worlds, elementals, nature spirits, geniuses of the seasons and even enter into a conversation with them. Their existence differs from undeveloped human life, where all energy usually goes to squabbles, fears, anxieties, vanity... There is there no directed, deepened, unbroken, contemplative state that allows our essence to freely feel things that are incredible for a non-clairvoyant person...

The second thing that can be noted here is the friendly patronizing attitude of all these creatures to the kind, meek, hardworking (the theme of Cinderella and the Fairy) man's essences. They endow those essences with fabulous gifts that increase the degree of will and freedom. But at the same time, if clairvoyance came prematurely, if the essence has not yet worked out its inner elements, is still wild, undeveloped and is still under the great influence of the personality (Stepmother's theme), then contact with these creatures can cause death or madness.

10/08/1980 Yaroslavl

Dear Bird! Some people can grow violets in their gardens (inner as well as outer ones). It's time for you to start gardening and grow flowers for the time being, because to grow a fruit tree is not so easy. How I would like to see in your gardens different flowers - virtues - that can already sprout, for over the past year the most incredible and luxurious various seeds have been sown in your soil. The seeds are already germinating in some places, but they need regular maintenance to avoid becoming a dump or wasteland. The meaning and mission of a woman is to take in the seeds of wonderful impulses and grow them with care and love.

'And behold, a man came, whose name was Jairus, and he was a leader of the synagogue. And he fell down at the feet of Jesus, asking him to enter into his house.

For he had an only daughter, nearly twelve years old, and she was dying. And it happened that, as he was going there, he was hemmed in by the crowd.

And there was a certain woman, with a flow of blood for twelve years, who had paid out all her substance on physicians, and she was unable to be cured by any of them.

She approached him from behind, and she touched the hem of his garment. And at once the flow of her blood stopped.

And Jesus said, 'Who is it that touched me?' But as everyone was denying it, Peter, and those who were with him, said: 'Teacher, the crowd hems you in and presses upon you, and yet you say, 'Who touched me?' 'And Jesus said: 'Someone has touched me. For I know that power has gone out from me.'

Then the woman, upon seeing that she was not hidden, came forward, trembling, and she fell down before his feet. And she declared before all the people the reason

that she had touched him, and how she had been immediately healed.

But he said to her: 'Daughter, your faith has saved you. Go in peace.' (Luke 8:41-48)

25/05/1980 Warsaw

So, dear Bird, resembling Enallagma, if you want to fly as freely as this beauty depicted on the postcard, you will have to acquire the same noble outlines in your inner, to distil the gentle flight of the soul from the raw chaos of your emotions, and the first condition for this is the anti - hole policy. There are many holes in the human psyche that do not allow spiritual gold to be accumulated. The main hole, where almost all the emotional endowments of our essence go, is the false world of all that is negative, the dark kingdom of resentment, irritability, fear, dissatisfaction with ourselves, or our position, or our neighbours. Even if a person has surmises about all this, he does not have specific, clear lines of work on himself in this direction, and also does not have a living impulse of the sun and heavenly stars burning in the microcosm of those who have embarked on the Path of salvation. You have both, that is, all the priceless gifts of the original flaming knowledge that can disappear, fly away, if you do not start to embody them in your personal life. And also you have been given an impulse of such strength and beauty, such free wings, from which even a stone can come to life. It would be a pity if you would forever remain a small bottle, a vial, because then even a bucket of new elements and new life cannot be poured in you, let alone an ocean of them. Give up your 'viality', say 'goodbye' to it.

11/16/1980 Murmansk, Barents Sea

Dear Bird, comfort and the Way are two different things. The first is given only to very weak, lack-all creatures, who are broken, crushed by life. This is their grace, they earned in their distant past, and it is sent to them invisibly so that they would not become conceited. The second is given to the few, and only as a chance that they can lose because of their longing for the former comfort, their self-pity, their usual psychological chaos and egocentrism, their striving to serve only themselves and no one else. The vast majority of mankind however is not given either consolation or the Way, for their souls are asleep. Of course, I can wait for decades and even centuries for your change, germination, and I will wait. But realise that you have now a chance to get everything done quickly, if you just stop feeling sorry for yourself and get down to work. Then all your difficulties will turn into fluff, they will simply disappear, and instead of them there will be living, real life: mountains, deserts, ups and downs, and most importantly - the Path of Enlightenment, as an opportunity to get out of the squirrel wheel of the old, obsolete mirages. The Path of salvation is the path that leads to the Lord. It lies ahead for man to walk this road, with the help of the practices of awakening.

11/20/1980 Arkhangelsk

Dear Bird! Today we will touch upon the most important topic of Hermeticism, on which one of the secrets of Tao is based. There are two Ways to obtain energy, warmth, comfort and light.

The first is to look for it all outside. This is communication with people, with books, with nature; feeding on various subtle external impressions of one's

subtle bodies. This means feeding with information, events, meetings, and so on.

The second way is to drill an artesian well within oneself, split one's atomic nucleus and thus obtain a source of infinite energy which is necessary for the transformation of the soul and finding love in the spiritual heart. This Path is a billion times more difficult than the first one, because much has to be changed in one's inner composition.

There is also a third Path - to be able to correctly combine (in accordance with one's inner rhythm and abilities) the first two Paths, fertilizing the outer Path with the inner one and enriching the inner Path with the abundance of the outer one. Remember: 'I am the Way ...'

'Perfect my steps in your paths, so that my footsteps may not be disturbed.' (Ps.16:5)

08/10/1980

Dear Bird trying to follow Hoopoe to the Mount Kaph!
I decided to share the latest meditation topics with you. Our affairs have developed in such a way that we are delayed: we need to investigate the esoteric dimensions of life in Moldova. In a week or two we will meet in Moscow and exchange impressions. Now we are working on the Tao materials, which I will briefly acquaint you with.

On the Path of Tao, the disciple learns how to transform his sexual energy into an alchemical agent and how, having cleansed himself of worldly plaque, accumulates it in one of the alchemical cauldrons inside the body.

In this regard, I am working on the following topics:

1. Cleansing eight psychic channels;
2. Microcosmic cauldron and furnace;
3. Gathering an external alchemical agent;

4. Fast and slow lights;
5. Gathering an internal alchemical agent;
6. Immortal breath;
7. Preparation of the elixir of immortality;
8. Accumulation of the elixir of immortality in the precious cauldron.

All these traditional themes are displayed in encrypted form in drawings from Chinese scrolls, as well as on vases and dishes.

I know you love everything about China. Do not abandon the topic of the East, plunge more often into the atmosphere of Tao. You have enough materials. Study them carefully, gradually deepening the spectrum of those that are associated with your ascending destiny and, at the same time, with Tao gnosis. Etheric experiences come not only from reading books (although this is a very important reference point), but also through vertical actions, through the organization of meditative space, rhythm and time for performing the practices of awakening and cleansing the soul. If it becomes difficult, immediately plunge into Chuang Tzu's materials.

Dear Bird! The postcard you are holding in your hands depicts a young shepherd Lel (element Yang), who fell madly in love with the Snow Maiden in early spring. He does not even suspect that she can melt at any moment from the bright rays of the sun. For the temperature range of the Snow Maiden (the Yin element) is very limited. And, although she uncontrollably loves Lel and does not want to part from him, her life is defined by a cold range. She cannot enjoy spring, she cannot jump over a fire, she does not know the magic of autumn. Any fire for her is death, she can only live in the palaces of the Snow Queen. And Lel, who is in love, if he will follow her, will turn into the boy Kai.

I want to give you a little task: find the motives of the Snow Maiden, feel them, define their internal regime, understand what threatens her existence, under what conditions her love for Lel is possible. And also pay attention to what are autumn and winter in man's inner world..

CHAPTER 2.

ADVANCEMENT ON THE PATH.

ON THE BENEFITS OF KEEPING A DIARY.

HOW TO GET RID OF THE HEAVY KARMA OF SEXUAL PARTNERS.

HOW TO SWITCH THE MIND FROM WORLDLY VANITY TO THE SPIRITUAL PATH.

EXERCISE FOR SELF-REMEMBERING

Working on oneself is the creation of a mystical crystal within oneself, a luminous core capable of self-development. We have an alchemical school of self-realization. For example, it is difficult for some disciples to hold their ground on the Argonauts' Ship because their personal desire to grow is weak. But the School needs such a person who is more of this world too. While on the Slippery Deck, such a disciple can gradually enhance his magnetic centre, warm up his heart, start writing a diary, and purify his soul through reconsideration, prayer of forgiveness, and repentance and confession of his sins at the sacrament of confession.

As soon as the disciple stops keeping a diary, he is no longer able to digest the intensive alchemical events on the Ship of Fools. It is important to record in your diary your highs and your lows, negative experiences, especially at the beginning of the Path of self-development. The memory of elevated experiences helps the disciple, for it acts as a beacon in moments of mental dryness and scepticism.

Learning progresses slowly if the disciple took on the dull and sluggish karma of those women who shared

a bed with him, and under the pressure of this weight, his inner source of interest in escaping from planet Earth, interest in the stellar Tradition, dried up. Why should he run somewhere when life here is all right too? When the soul is polluted, it cannot perceive the subtle vibrations of the higher worlds. In order to awaken again, the disciple must deliver a super-effort for throwing off this karmic lead by going through the Albedo stage, that is, to purify his soul. This requires sincere repentance, prayers of forgiveness for former loved ones and reconsideration of sexual relations, allowing the disciple to retrieve his energy lost in the past. Having purified and transformed it with the help of Taoist techniques and stored it in the precious cauldron inside the lower abdomen, the disciple gets a supply of subtle energy at his disposal. A kind of amendment for those numerous connections, which can somehow reduce the severity of the sin of fornication, will be the Argonaut's efforts to try to lead the women with whom he had sexual relationship to the Path of self-development.

In principle, there is not so much work on the Argonauts' Ship, and if the disciple distances himself from his ego, he can have time to get everything done. But if he gets overwhelmed by an interest in worldly life, then everything becomes very heavy and difficult. Interest in horizontal life kills the desire to escape to hyperphysical worlds. Therefore, it is important to remember in your heart about the Creator of the Universe, and try, with the help of sincere prayer, to switch your vain mind to an elevated mode. And for inspiration the instructions of Saint Seraphim of Sarov can help:

'Without freeing itself from the world, the soul cannot love God sincerely. For the worldly, according to St. Antiochus, is like a veil for it.'

Master G to Kasyan: 'Learn to see yourself from the point of view of several millennia, and not from the point of view of one incarnation or one day. This will be an excellent exercise in self-remembering. Only then can you form your magnet and keep it in the correct vibration in relation to the Ray. It doesn't matter where you are, in the desert or in the city, you should look at this life from the point of view of history, from the point of view of centuries. You must develop this kind of inner vision. Otherwise, it is difficult to be detached from the problems of external life, it is difficult to be able not to be drawn into its vortex of shallow triviality.'

CHAPTER 3.

ACTIVE PRINCIPLE YOD.

ABOUT UNAUTHORIZED APPROPRIATION OF THE ENERGY OF THE RAY.

THE NEED TO CONTROL YOUR INSTINCTS.

INITIATIVE ON THE PATH OF ENLIGHTENMENT.

CARING FOR NEIGHBOURS

Master G to Kasyan: "The active position is when one samurai defeats seven bandits. And the passive position is when ten people allow one bandit to kill them all.

In order to achieve Enlightenment, you have to fight all the time on the front line of your consciousness, oppose your inner enemies who seem to you to be close relatives. You must follow Arjuna. Krishna taught him to wage a life-and-death struggle against his seeming relatives, who belonged to the House of the Moon and defended the laws of the horizontal world. Arjuna's working group defends the interests of the essence and actively fights against man's inner dark twin, consisting of the demons of fornication, pride, resentment, condemnation, rudeness and others. And you look like a man who has overeaten a horizontal henbane, lost understanding and abandoned an active situation on the front line.

You turned into a swivel-chair warrior Karabas Barabas, who victimizes each and every neophyte-Buratino in our alchemical theatre as his potential rival. Get this funny idea that the Argonaut's ship exists for you and in your name only out of your head. The Ship is meant for sharing the inspiration of the Ray, the inspiration of the Spirit of Time with all of humanity. To