



Anastasia Novykh

# **Spiritual practices and meditations**

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Simple meditations from the books by Anastasia Novykh offered in this brochure are easy for everybody even for those who has never tried spiritual practices. Their effectiveness will be also interesting fro those who have been self-improving his phenomenal abilities for long and seriously. And of course these spiritual practices are a unique source for those who want to cognize themselves and to find their spiritual way.

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# Содержание

Foreword	5
Meditation for Concentration of Attention	6
Cognize Youself	11
Конец ознакомительного фрагмента.	14

# Anastasia Novykh

## Spiritual Practices And Meditations

### Foreword

Meditation is one of the ancient ways of cognizing the world and spiritual development of a human. Despite the fact that the word *meditatio* (reflection) is a term of Latin origin this way of spiritual training was known from times immemorial in the East. During thousand of years civilizations and preferences of the society have been changed. But a human, his physiology and spirituality are still the same. Therefore the issues of physical and spiritual health and respectively effective ancient ways of his self-improvement are still of great importance.

At modern stage of scientific and technological progress scientist only start to examine the impact of meditation at the human body, but it's done mostly at primitive physical level. Due to modern equipment they have found out and registered that meditation significantly strengthens immunity, favourably influences nervous and endocrine systems and is quite effective for treatment of many diseases. Some prominent physicians use ancient techniques of meditations for rendering help to their patients thus managing to recover not only physical but also psychological health of a patient and his emotional balance. However despite these results details of influence of meditation at all systems of the human body remain still a secret for the science. Nevertheless it doesn't prevent people for many thousands years to use this ancient way of cognizing the world and self-cognition both in spheres of physical and, what is especially important for people, spiritual self-improvement.

## Meditation for Concentration of Attention

*Thought is a real power. A lot greater than humans can imagine.*  
**Sensei**

“Now we will practice the simplest meditation on the concentration of attention, so that you can learn how to control the Qi energy. But before that, I would like to repeat again for those who came late. In addition to the material body, the human also has an energy body. The energy body consists of an aura, chakras, energy channels, meridians, and special reservoirs for energy accumulation. Each of them has its own name. I will tell you later in detail about all of them, depending on the meditation.”

“And what is a chakra?” I asked.

“Chakra is a tiny spot on the human body through which different energies enter and exit. It works....so for you it would be easier to understand... like an iris or diaphragm in a camera. Do you know what that is?”

We nodded assent.

“It is the same way with chakras; they instantly open and instantly close.”

“And does all that energy really come out in that instant?” Slava was surprised.

“Well, it’s not like emptying a bucket of water. After all, a human being is an energy and material creature, where energy and matter exist by their own laws and time, however they are fully interconnected and interdependent. Any other questions?” Everyone was silent. “Then let’s begin. Right now, your objective is to learn to feel inside of yourselves the movement of air, the movement of Qi. You all think that you perfectly understand and feel yourselves. But I’m pretty sure that you can’t see right now, for example, the toes of your feet. Why? Because you don’t have internal vision. Internal vision, just like internal feeling, can be trained with time, in everyday training. That’s why we will start with the simplest and easiest meditation. We’ll try to learn to control thoughts and feelings, to evoke them and to guide them.

“All right, now make yourselves comfortable and relax. Calm your emotions. You may close your eyes, so nothing will distract you. Dissolve all your thoughts and everyday problems in the emptiness.”

As soon as that phrase was spoken, I recalled a pile of tiny household chores. “Gosh! Those impudent thoughts again,” I thought. “You were told to get dissolved.” I tried again to not think about anything.

“Concentrate on the tip of your nose...”

With closed eyes I tried to “see” the tip of the nose, guided more by my internal feelings. I felt my eyes slightly strain.

“Now breathe in deeply, slowly and gradually. First, with the bottom of the stomach, then with the stomach, chest, raising shoulders... Slightly hold your breath... Slowly breathe out... We concentrate our internal vision only on the tip of the nose... You should feel and imagine that the tip of your nose is like a small light bulb or small flame, and it flames up with your every breath out... Breathe in... Breathe out... Breathe in... Breathe out... The flame flares up more and more...”

At first, I felt a slight burning and pricking in my nose. There was such a feeling as if I were filled with something material, like a jug with water. Later it seemed to me that in the area of the nose tip appeared a dark distant contour of a purple tiny spot. At first, I couldn’t clearly focus on it. Finally, when I was able to get it fixed, it started to lighten up from inside. Moreover, when breathing in, the light narrowed, and when breathing out, it widened. When I got used to breathing this way, I heard the words of Sensei.

“Now switch your attention to another part of meditation. Slightly raise your hands a little forward, palms facing the earth. Breathe in as usual: through the bottom of the stomach, then through the stomach and chest. Your breath out should be directed through the shoulders, hands, to the center of your palms, where the chakras of the hands are located, and through them into the earth. Imagine that something is flowing through your hands, Qi energy, or light, or water, and then overflows into the earth. This flow rises from the bottom of the stomach up to your chest, and there it is split up in two streamlets and overflows into the earth through your shoulders, arms, hands. Concentrate all your attention on the feeling of that movement... Breathe in... Breathe out... Breathe in... Breathe out...”

A thought flashed across my mind, “What does it mean to breathe through the hands? How can it be?” I even panicked a little. Sensei, obviously feeling my confusion, came up and placed his palms over mine, without touching the skin. After some time, my palms began to burn, like two stoves, spreading warmth from their centre to the periphery. And what astonished me most of all was that I really felt how tiny warm streamlets were pouring through my shoulders. In the region of my elbows they weakened, but I felt them very well overflowing through my palms. Deep in these new, unusual feelings, I asked myself, “How am I doing this?” While I was thinking it over, I lost the feeling of the steamlets. I had to concentrate again. In general, it worked with variable success. After one of my next attempts, I again heard Sensei’s voice.

“Close the palms of your hands in front of you, firmly grip them so that the chakras of the hands are closed and the movement of energy stopped. Take two deep, fast breaths in and out... Lower your hands and open your eyes.”

After the meditation, when we started to share impressions, I understood that everyone experienced it differently. Tatyana, for example, didn’t see the flame; instead of it she felt some kind of light movement through her hands. Andrew had a shiver in his legs and light dizziness. Kostya shrugged his shoulders and answered, “I didn’t feel anything special, except a pins and needles sensation. But that is quite a normal reaction resulting from the oversaturation of the body with oxygen.”

“After the third, fourth breath in, maybe,” answered the Teacher. “But at the beginning the brain becomes fixed by the thought, in particular before the movement of the Qi. And if you listen to yourselves, relax and breathe in deeply, you will immediately feel a widening or paresthesia feeling in the head, or in other words, a certain process that develops there. That is exactly what you need to understand, what is moving there, and learn to control it.”

“Why didn’t I feel anything?” asked a disappointed Slava.

“What did you think about?” Sensei asked half in jest.

It turned out that Slava didn’t really know what he had been expecting, maybe some kind of a miracle. Sensei replied, “Right, that’s the reason you didn’t feel anything “because you concentrated your thoughts not on the work but on waiting for some extraordinary miracle. But there won’t be a miracle until you create it yourself. You shouldn’t wait for anything extraordinary when you breathe correctly or concentrate on something. No. **The biggest miracle is you, yourself, as a Human!** After all, where does all great spiritual art lead? It helps you become human so that you gradually wake up and recall the knowledge that was given to you primordially. These meditations are only a means of awakening from spiritual lethargy and recalling long-hidden and forgotten information that you knew and used once upon a time.”

“What do you mean knew?” Slava didn’t understand.

“Well. For example, everybody knows how to read, write, count, if, of course, he is normal, without mental disorders. Right?”

“Right.”

“But first he had to be taught. While later he already easily reads, counts and so forth. That is, he already exactly knows that, for example, one plus one equals two, two plus two equals four.

It seems so simple and real! But at the beginning he was taught all this, although in reality he simply recalled. These are hidden, subconscious abilities. Or, here is another easier example that has to do with the physiological level. If a man who doesn't know how to swim is thrown into the water, he will drown. But it has been proven and confirmed by deliveries in water that a newborn baby, when lowered into pool, swims like any other animal. Does it mean that he already possesses these reflexes? Indeed. But later it's simply *forgotten*. It is the same with a human. He has a lot of knowledge that he doesn't even suspect he has.

"But... all of this works only *with a positive factor*. If some mercenary interests prevail in him, for example, to learn to cheat somebody or to be able to hit someone with energy from a distance, or maybe he wants to be able to bend everyone's spoons so they throw him money for that, *he will never achieve anything*. Only when a person learns to control his thoughts will he really become human, and only then will he be able to achieve something."

"So, does it mean that spiritual practice is a method of awakening a human?" asked Andrew.

"Absolutely right. Spiritual practice is only an instrument for repairing your mind. And the result depends on how you use this instrument. In other words, it all depends on the desire and skill of the master. And in order to learn how to hold this instrument in your hands it is necessary to control your thought, to concentrate it, and to see it with your internal vision. In our case it means to learn to control our breath, to feel that you breathe out through the chakras of hands. You need to learn to evoke certain feelings so that later you will be able to control the internal, hidden energy."

"In my opinion, this is a hallucination," remarked Kostya.

"Yes, a hallucination, if you regard it as a hallucination. But if you regard this energy as real power, then in reality it will be real power."

"It's strange, but why?"

"Because, I repeat, a thought controls an action. While energy itself is an action. That is all. Everything is very simple."

... During this discussion, while the other guys were listening, Slava was carefully examining the palms of his hands. And as soon as a lengthy pause appeared in the discussion, he hurried to ask, "I do not completely understand about chakras. You said that there should be opening points. But there is nothing in here!"

The senior guys laughed.

"Of course," said Sensei. "Visually there is nothing like that."

Eugene, standing next to Slava, couldn't help it, turned his hands around and seriously asked like a doctor, "Well, patient. Do you see bones and tendons there?"

"No," replied Slava, still puzzled.

Eugene smacked his lips and mournfully said, "He is hopeless!"

The guys laughed.

"You see, chakras are certain zones on the human body that are more sensitive to warmth," patiently explained the Teacher. "They, of course, can't be seen, but this is real and can be registered by modern equipment. For scientists, just like for you, these zones are still a mystery: the cells are the same, the connections are the same, but their sensitivity is higher. Why? Because chakras are located here while chakra belongs to the astral body, that is, to another, more profound physics. A thought is a binding link between the astral and material bodies. That's why it is very important to learn to control your thoughts... Then you will be able really to guide Qi moving inside of your body."

\* \* \*

The discussion switched to other problems, including the meditations practiced by us at home.



“I felt again this goose bumps,” Kostya said. “Is this all right?”

“Of course. What is the main point in it? You have to feel these goose bumps that appear with the first breaths in your head. You have to feel how they ‘run’ inside of your arms and, most importantly, how they jump out of the centre of your palms to the earth. That is, you have to feel your inward and outward breath. And you should not have any outside thoughts at all.”

“This is the most difficult thing to do. When I concentrate on the tip of my nose, the ants start coming to my head, catching on each other. And the most amazing thing is that I even do not notice when they appear.”

“Right you are. It means that we are not used to controlling our thoughts in our daily life. That is why they guide us to any direction they want, confusing us in their ‘logical’ chains. And the uncontrolled thought may lead mainly to negative things as it is managed by the animal nature of people. That’s why there are different spiritual practices and meditations, to learn **to control the thought** first of all.”

\* \* \*

We talked a little more about the striking points of our home practice. And then it came to the next meditation.

“Today we will unite two parts of the meditation into one,” Sensei said, “so that you understand how it should work and try to reach it in your individual training. Now find a comfortable position...”

Following his words, we relaxed as usual and concentrated on the meditation practice. First, we concentrated on the tip of the nose as the last time. Then the Teacher said, “Do not distract your attention and vision from the tip of the nose. Take an inward breath through the bottom of your stomach, through your stomach, breast... Outward breath through shoulders, hands, chakras of the palms to the earth. With the outward breath, a small light flares up more and more. Breathe in... Breathe out... Breathe in... Breathe out... Concentrate on the nose tip... Breathe in...”

I was completely confused. As soon as I had concentrated on the ‘streamlet’, which I could feel clearly as partial movement through the arms, I immediately lost control over my nose tip. And as soon as I had concentrated on the ‘flashing’ nose tip, my ‘streamlet’ disappeared. It all happened when my ‘outside’ thoughts came to me. I was unable somehow to unite it all. During one of my next attempts, I heard Sensei’s voice, which informed us of the end of the meditation. As it turned out, this incident happened not only with me but with my friends as well.

“It is natural,” Sensei said. “You should not think it over, just observe. Then you will succeed.”

It seemed completely unreal to me. But I was encouraged by the fact that Nikolai Andreevich and the senior guys didn’t have any problems with this meditation. “It means that not everything is so hopeless,” I reassured myself. “If they can do it, why can’t I do the same? I just also have to practice hard. That is the point.” There I caught myself on the fact that even in my thoughts I had started to speak with the words of Sensei. While I was reflecting on this, one of the guys asked a question.

“So you want to say that the way to self-recognition starts with observing yourself and your thoughts?”

“Of course. Self-observance and control over your thoughts can be practiced little by little during everyday training. And for this you need an elementary knowledge base. It’s a natural way of any training, either physical or spiritual. Just a simple example. A man lifts a weight of 20 kg. If he trains for a month, he will easily lift 25 kg, and so on. The same happens at the spiritual level. If you are prepared, it will be much easier for you to master more difficult techniques.”

“But there are a lot of different meditations and modifications. It’s difficult to understand which one leads to the peak,” Kostya as usual made a show of his erudition.

“It’s too far to reach the peak. All these meditations that exist in the world practice are just an alphabet that has been never a secret. And the real knowledge leading to the peak starts from the ability to put together words from this alphabet and to understand their meaning. Reading the books is a privilege of the chosen ones.”

“Not so bad! Everything is so complicated,” Andrew said.

“There is nothing complicated in it. You just need the desire.”

“And if you have the desire but hesitate?” Slava asked.

“If you have doubts, someone should beat your head with a heavy hammer so that you understand that you’re a dunderhead. A person who hesitates is very much stuck in the material world, in the logic and egoism of his thoughts, his mind... if he possesses one at all.”

The guys smiled at these words, and Sensei went on, “If you sincerely strive towards self-recognition, with pure belief in your soul, you will surely succeed. It’s a law of nature... And the spiritually developed individual will succeed even more.”

Andrew said with a thoughtful view, “Well, the alphabet is clear, but I don’t quite understand about the composition of words. Is that also a meditation?”

“Let’s say it’s something higher – a spiritual practice, an ancient primordial technique that allows us to work not only with the consciousness but, what is more important, with unconsciousness. There is a set of certain meditations that lead to a respective spiritual level... It’s simple. The main point is that an individual should overcome his guard, his material thinking, with the same desire so he can conquer the whole world... The same eternal truth as usual, and the same eternal stumbling-block. If an individual is able to overcome it, he will become human.”

*(extracts from the book by Anastasia Novykh “Sensei of Shambala”)*

## Cognize Yourself

*The quality of instants lived by you in this life are much more important than senseless years of existence. How you lived, and not how many years you lived, is important.*

**Sensei**

“**As the law says: spiritual for spiritual** ... And if you guys strive to learn the art for material profits or satisfaction of your megalomania,” Sensei shook his head, gazing upon us, “no good will come of it.”

“Why?” Slava asked.

“First, you will never learn anything. Second, if, of course, you are lucky enough, you will gain at least schizophrenia.”

“Yes, it’s a nice future,” Ruslan said smiling.

“Well, there is no such threat for you,” Eugene said chuckling.

“But we are not going to kill anybody,” Andrew was looking for excuses.

“Physically, maybe not. But your thoughts contain too much of a beast. And this is the first step towards aggression and violence.”

“What should we do now?”

“Control your thoughts every second.”

Keeping silent for a while, Sensei added, looking at Andrew, “**Have you ever thought about who you are in fact? Who you are in essence? Have you thought how you perceive the surrounding world? Not from the point of view of physiology, but from the point of view of life... Who are you? How do you see, how do you hear, why do you feel, who in you understands and, who exactly perceives? Look inside of yourself.**”

Sensei continued addressing the guys, “Have you ever thought at all about the infinity of your consciousness? About what is the thought? How is it born, and where does it go? Have you thought about your thoughts?”

“Well,” Andrew became confused, “I think all the time, reflect on things.”

“It seems to you that it’s you who thinks and it’s you who reflects. But are you sure that these are your own thoughts?”

“Whose else? This body is mine, therefore the thoughts are mine as well.”

“Try to analyze them, if they are yours, at least for one day. Where do they come from, to where do they disappear? Dig through your thoughts thoroughly, and what will you see there except shit? Nothing. Just violence, just ugly things, just the desire to gorge yourself, to put on fashionable clothes, to steal, to earn, to buy, to raise your megalomania. And that’s all! You will see for yourself that all thoughts generated by your body end with one thing: the material supply around you. But is it really you inside yourself? Look into your soul and you will face the beautiful and eternal, your true “I”. All this external vanity around is just nonsense... Are you aware of it?”

We stood silent. Suddenly the scene seemed very familiar to me. It already happened to me once, in exactly the same way down to the smallest details: this word-for-word discussion, and this glade, and these bright stars, and most importantly, this voice familiar to the innermost of my heart, this kind face... I knew that it had already happened. But when, where? I tried to exert my memory, but I was unable to recollect it. I shook my head a little to get my mind out of this deadlock and back on track.

Sensei went on, “You have lived 16, 22, 30 years, and you, about 40 years. But each of you, do you remember how you lived? No, there are just some miserable scraps connected by emotional splashes.”

“Yes,” Nikolai Andreevich said in a thoughtful way, “life passed so quickly that I didn’t manage to notice it. All the time I spent studying, working, dealing with insignificant, endless family problems... There was no time to think about myself, about my soul, since there were always urgent matters.”

“Exactly,” Sensei agreed. “You think about the future and about the past. **But you live in this very moment called ‘now’. And what is now? It’s a precious second of life, it’s a gift of God that should be rationally used. Tomorrow is a step into uncertainty. It’s not improbable that it may be your last step in this life, a step to the abyss, to infinity. And what will happen there?**

“Each of you believes that he has plenty of time on the Earth, that’s why you don’t think about death. But is it true? Each of you may die any second, for any reason, as on the one hand you are a biological being. But on the other hand, you are not just a biological being, **you are a human who possesses a particle of eternity. Having realized it, you will understand that your fate is in your hands and a lot of it depends on you, not only here, but also there. Just think it over: who are you, a perfect biorobot or a human, an animal or a spiritual creature? Who?**”

“Well, a human... maybe,” Ruslan said.

“Exactly, maybe. And what is a human, in fact, have you thought? Go deep inside of this question. Who feels in you, how do you move in the space, who moves your extremities? How do your emotions arise in you, why do they arise? And do not shift the blame onto someone who bothered you, offended you, or vice versa, if you envied, gloated, gossiped. Is it your spiritual nature in you?

**“Find a crystal source of your soul in you, and you will understand that all this material glare – cars, flats, villas, social status – all this material wealth you spend your conscious life reaching for will turn into dust. Dust which immediately will be transformed in this source into nothing. And life passes by. Life which might be used by you to be transformed into the endless ocean of wisdom.**

**“What is the sense of life, have you ever thought about it? The highest sense of life of each individual is the cognition of his soul. Other things are all temporary, passing through, just dust and illusion. The only way to understand your soul is through your internal love, through moral purification of your thoughts, and through the absolutely firm self-confidence to reach this goal, that is through internal faith... Until you have a glimmer of life in you, it’s still not too late to recognize yourself, to find your basis, the holy life-giving spring of your soul. Get know yourself, and you will understand who you are in reality.”**

\* \* \*

Sensei said, “It’s a good result. To catch a thought of your animal nature is hard and to fight with it, even more so. It is impossible to fight with this category of thought in principle because violence generates violence. And the more you try to kill it, the more intensively it’ll appear in you. The best way to defend against it is to switch to positive thoughts. In other words, the principle of Aikido of smooth withdrawal should be used here.”

“What if they are chasing me the entire day? Can’t I just chop them off with some swear word?” asked Ruslan.

“No matter how you chop them off, negative thoughts will keep appearing according to the law of action/counteraction. That’s why you needn’t fight with them. You should withdraw from them, artificially developing in yourself a positive thought. In other words, concentrate on something good or recall something good. Only in this way of smooth withdrawal will you be able to win over your negative thought.”

“And why can thoughts sometimes be absolutely the opposite of each other? Sometimes I too get confused by my thoughts.”

**“Let’s say it this way: in the human body, there is a spiritual nature, or soul, and a material nature, or animal, call it as you wish. The human mind is a battlefield of these two natures. That’s why different thoughts arise in you.”**

“And who am ‘I’, if thoughts are alien?”

“Not alien, but yours. You are the one who’s listening to them, the one who is choosing your nature. If you prefer the material, animal nature, then you’ll be evil and nasty, and if you listen to the advice of your soul, you’ll be a good person, and it will be pleasant for other people to be around you. The choice is always yours, you are either despot or saint.”

“And why did my admiration for taming my anger lead to pride, to the growth of megalomania? Because it seemed like I did a good deed, but the thought got carried away in a different direction?” I asked.

“You turned to the soul, your desire was fulfilled. And when you weakened your control over yourself, you were pulled over by the animal nature by your own favorite egoistic thoughts. You liked that you were complimented from all sides that you were so smart, so judicious, and so forth... There is a permanent war of two natures inside of you. And your future depends on which side you choose.”

## **Конец ознакомительного фрагмента.**

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