

2. Meeting 02/26/2011

Introductory speech by Nicolai Viktorovich Levashov



Good afternoon to everyone who has come to this hall today. I hope that we will be able to address most of the questions that interest you. As already mentioned, please submit your notes, and as they come in, I will do my best to answer the majority of them.

Please refrain from sending personal notes, as they concern individual matters. Only questions related to the books will be considered.

As usual, at the beginning of our meeting, I would like to say the following: at the moment, despite one of my books being banned, the fight against the unlawful actions of the judicial authorities continues. This struggle continues because I believe that the book was banned illegally. However, the court ruling still needs to be appealed.

So, the book "*Russian History Viewed through Distorted Mirrors*" is banned, but other books continue to be downloaded. As of now, **2,209,431** copies have been downloaded. This year, in the first two months alone, the pace has not slowed down—**128,586** books have been downloaded. The numbers were lower in February than in January, but still significant.

What does this indicate? It shows a great deal of public interest, which makes me very happy. In reality, the number of downloads is much higher. The reported figures only come from two websites that have download counters. However, my books are available on dozens of other websites, many of which I am not even aware of. Most people download the books themselves, then print and distribute dozens or even hundreds of copies. These numbers are not accounted for in the official count. So, if someone downloads the same book two or three times, it does not mean the total number is lower than it

actually is. In fact, the real number is likely two, three, or even ten times greater—there is simply no precise data available.

In addition to downloads, my books are also being published. Book layouts are available on my website, and those interested can download them, obtain my permission, publish, and distribute them. By the way, when I grant permission, I explicitly state that I give my rights **free of charge**—meaning I do not claim any royalties, despite the effort I put into writing, formatting, designing, and illustrating the books. I provide everything **for free**.

Today, as you saw at the entrance to the hall, books were being sold inside the building. These are books published in Saint Petersburg by Mitrakov. Here, you can purchase them at a very low price. You can see titles like "*The Mirror of My Soul*," "*Beyond the Possible*" (the first edition, though there is also a third edition), and "*Revelation*."

Unfortunately, even books are being exploited by parasites. The books sold here are relatively cheap, but the same books—at least "*The Mirror of My Soul*"—are being sold in the Olympiysky complex for around 1,500 rubles. This price difference shows how they were acquired from Mitrakov and then resold at a much higher cost...

Before we get to the questions, I'd like to share a few amusing moments that occasionally appear on my website. There aren't too many of these funny ones, but some are just so ridiculous that I decided—why not? Let's have a laugh together.

Here's one such message—a letter from Archangel Michael...

See? You're already laughing!

So, the letter is addressed to Nicolai Levashov, and it begins:

— "Hello, Nicolai!"

N.V. – Hello, Archangel Michael!

— "I know that you have decided... to write to me... I have many names."

N.V. – Meaning, roughly speaking, he wants to say who he is. Quite a high level of literacy, right?

— "In human history, I have been known as Ra, Jesus Christ, Radomir, Vladimir Krasno Solnyshko, and Archangel Michael. I am the head of the Lord God's security service."

N.V. – How do you like that? Absolute nonsense—the person doesn't even understand what they're writing. But never mind! The most important thing is that they claim to be the Head of the Lord God's Security Service. If this is the security chief of the Lord God, then it's no wonder why such madness is happening on our planet!

Let's continue reading...

– "...I am the head of God's security from the universe that you humans call paradise... the place where some people go after their body's work is done. Right now, I am in Moscow in a human body, and I have quantum vision! ...and I also see..."

N.V. – Well, would you look at that! They used a scientific term! Do they even know what quantum vision is? At least they could have explained it as quantum vision related to light emission. After all, everyone can see light—it's all quantum vision, if you want to call it that.

But no, they had to go big—Quantum Vision! Sounds deep and profound, reaching the very core of one's soul. So intelligent!

– "And I also see in any range of electromagnetic radiation."

N.V. – Electromagnetic radiation! Well, now we're getting serious!

– "...I can control the weather on the planet and so on, but in truth, I am the Red Star! The Red Star—a sphere with a diameter of 4 cm."

N.V. – Well, now that's a twist!

N.V. – Well, to begin with, a 4 cm Red Star has never existed and never could exist, no matter how much one wishes for it. But clearly, this person is a great expert in astronomy and astrophysics!

– "...And divine light emanates from me. I hide this light because otherwise, I wouldn't be able to live among people—I would shine like a giant lamp."

N.V. – A 4 cm Red Star wouldn't shine at all. Stars of much larger diameters in the red spectrum are actually dead stars—the final phase before their complete demise. According to astronomy, a blue giant is a young star, while a red star is a dying or already dead one. And this person doesn't even understand that. I just had to share this masterpiece.

– "I have been fighting the black ones and the horned ones for several years! They control Russia... The black ones and the horned ones can also take on human bodies, just like we—Angels!"

N.V. – Well, of course, he's Archangel Michael, right?

– "They can fly, too, and they are all in Moscow. Volodya Putin is not human. He is the cunning one. And he will be destroyed along with his black, horned team. And you, too, are part of that team!"

N.V. – Well, now that's interesting! I wasn't aware of that yet. I need to file a complaint—how is it that I'm on the team and didn't even know about it?

– "Above Moscow, my pyramids appeared! They were..."

N.V. – Oh, black pyramids? The black ones? And he's the white one, I assume?

– "They were scouts! Your Universe is black!"

N.V. – Our Universe is black! Just like that. *Your Universe, specifically.*

– "...and flat. *The Universe is flat. It is living its final days, and it will fold up like a scroll. Read the theory of superstrings, smart guy!"*

N.V. – Oh, so now he's addressing me directly. Turns out, he read about the superstring theory, not realizing that it's complete nonsense and has nothing to do with reality.

– "*I often leave my body with my sister to fight the black ones, who are everywhere—in the government, in the intelligence services. My daughter, Daniela, recorded a video of us outside our bodies and how we fly. She uploaded it to YouTube—it's called 'Only Love Will Save This World, Daniela.' In the video, my sister and I fly onto our balcony in Moscow and scare our cat, Filya.*"

N.V. – See? Now you're all laughing! Everyone's wide awake now!

**– "*Yes, my sister's name is Aranta. Check out the fascinating video. Now, the most important part. You are going to be destroyed, black hog, one way or another. But I can speed up the process. If you, black hog, don't shut your mouth, I will, purely out of human decency, cut your throat.*

*With love,
Archangel Michael.*"**

N.V. – With love! Imagine that.

I've received many such ridiculous letters, but this one is truly over the top. The funniest part is that the person is completely ignorant in everything.

In every fairy tale, what does a cat shy away from? Dark forces. I didn't make that up—this fool did. There's no other way to put it. He doesn't even understand what he's writing or who he really is.

If a cat senses positive, high-quality energy, it doesn't shy away from it. Quite the opposite—it is drawn to it. I've often had to help people, and during my work, cats would immediately come running, jump into the energy flow, and then, after the person leaves, they would lie down in that spot, soaking up the residual energy, enjoying it.

But when a cat shies away, it means that the energy is negative. Cats are special animals—they have a strong sense for dark forces and "love" to detect them.

And according to him, the greatest achievement is leaving his body. So, he leaves his body, wanders around, returns, and the cat freaks out—and that's his highest accomplishment? That's the best he can do?

I feel sorry for such people. Because those who don't even know two plus two end up falling into traps. Look at this—he's Archangel Michael, Yahweh, Christ, and Vladimir Krasno Solnyshko all at once, yet he has no understanding of what's really behind all this. Every word is pure ignorance.

And about quantum vision—that part really stood out to me. I loved it—quantum vision! Apparently, it's a special privilege to have quantum vision. So, does that mean everyone with eyesight is already an Archangel? Turns out, all of you are Archangels, though probably not Michaels—that position is already taken.

Sometimes, I receive such amusing letters. But in reality, most of the letters I get are normal—from people who have actually read my books, and for whom many of the concepts have been truly helpful.

Here's another funny letter I received. Clearly, the person recently read "Russia," and they wrote:

— "Response from the Protestant-Reformist branch of the church."

N.V. – So, the person who wrote this is a Protestant. A Reformist, no less.

***— "I just started reading your book. The words 'Dravidians' and 'Nagas' have never been related to the phrase 'they were naked, Adam and his wife, and they were not ashamed of it in any way.' Now I understand why the church is so displeased.*

From my side, I can add: it's time for you to study the basic foundations of language—Ancient Aramaic, Ancient Hebrew, Greek, and Russian.

Question: How do you interpret the word 'Nagas'? The word 'Nagas' is simply a translation from Ancient Hebrew.

*Signed, Ilya.****

Once again, I read this and marvel at the ignorance of some people.

The fact is that Dravidians and Nagas were ancient tribes that lived in India long before the Jews even appeared. Even in certain books written just a few years ago—like "If You Are a Jew," which someone once brought to me to read—it was stated that the Jewish people as a distinct ethnic group originated around 4,500 years ago. Meaning, before that—there were no Jews at all.

Meanwhile, our ancestors had already traveled to ancient India, where the Dravidians and Nagas had been living for far longer. Not to mention that the Slavic-Aryan state existed on the territory of modern Russia for more than 100,000 years.

That's the first thing.

The second thing: 'Nagas' is the name of a tribe, so there is no need to "translate" it. It was written back then in Russian, and it remains a proper name, not something derived from Hebrew.

So, first, there was Russian, and only later came Ancient Hebrew, which was translated from Russian.

By the way, Academician Chudinov deciphered an ancient Hebrew engraving depicting Moses receiving the tablets from the burning bush. Allegedly, hands were extending from nowhere, handing him the tablets.

But here's the interesting part: if you flip the tablets not downward, but upward, Chudinov was able to read the text.

Do you know what language it was written in?

Russian. Using Russian letters.

Because all alphabets originated from that ancient alphabet, which, at the time, couldn't yet be called "Russian"—simply because those who came to our planet didn't call themselves Ruses or Slavs back then. They had different names, but the language they used was the same as the one we are speaking right now. And it is indeed very ancient.

At the very least, studies have shown that on a subconscious level, the brain of any person of European descent responds specifically to Russian words—as if it were genetically encoded, rather than reacting to their own native language.

During the founding congress of our movement, we even showed a special segment from this research. The studies demonstrated that when hearing the word "dog" (нёт), people of any nationality from the white race reacted instinctively—even though, theoretically, they shouldn't have had any particular response to a foreign word.

But the most amusing part is that Greek and Aramaic emerged much, much later.

That's why, when the Old Testament in the Bible uses the word "nagi" in the sense of being naked (written with a lowercase letter), everyone reading it understands it exactly that way, no matter what language it's written in.

So, when people start shouting about something—especially if they've read the now-banned book—they should remember that I actually decoded where this concept came from and explained that, in reality, it has nothing to do with nudity.

This means that the person hasn't read anything at all.

They just came across a word that bothered them and immediately started criticizing it.

Most of the people who criticize my books—when asked by their opponent, "*Have you read them?*"—answer, "*No, I haven't.*"

- "*Then why are you criticizing them?*"
- "*Because we heard things!*"
- "*And what exactly did you hear?*"
- "*Well, someone told us something...*"

That's how it goes. And as for the ancient origins of the language we are speaking right now—there are many studies that confirm this. All European languages are classified as part of the Indo-European language group.

But I have always asked: "*Indo-European languages supposedly originated in ancient India. The question is—does, or did, any people in India ever speak such a language?*"

If you search thoroughly, you will find that no such people ever lived there.

When the Slavic-Aryans arrived—the last recorded expedition being 2,500 BCE—that's when the Indian elite began speaking Russian.

And this is not my research; it comes from other scholars who have demonstrated that 70% of words in Sanskrit—specifically ancient Sanskrit—are 100% Russian words.

It turns out there are actually two forms of Sanskrit—I didn't even know this myself until recently:

1. Ancient Sanskrit
2. Modern Sanskrit

The modern version has been heavily altered, while the ancient one is entirely Russian. Even today, 70% of words in ancient Sanskrit remain identical to those in modern Russian. The only real difference is that, in the 20th century, they started forcing us to write "korova" (cow) with an 'o' instead of "karova" with an 'a,' even though in Sanskrit, it has always been "karova." But it doesn't matter how we write it—because no one says "korova." Everyone pronounces it "karova." And the most interesting part?

Indians who know ancient Sanskrit and visit Russia—especially the northern dialects of the European regions, such as Arkhangelsk—are completely shocked because even the spoken accent matches the ancestral memory imprinted within them from those ancient times.

For those who have read "*The Tale of the Bright Falcon: Past and Present*," you may recall how Nastenka, traveling from planet to planet (of course, she was traveling between colonies established by the White Civilizations Conclave), had no trouble understanding anyone at all.

What does this tell us? It tells us that the language used for communication was always the same. In other words, all civilizations that once participated in creating the colony on Earth spoke a single language. That language was Russian—though back then, it wasn't called Russian. The name itself isn't important.

Why did it eventually become known as the Russian language? Because it was named after a prince called Rus. The same way the Scythians were called Scythians because their prince was Scyth. They used to say, "*We are the people of Scyth*," and so they were called Scythians.

Similarly, the Sarmatians were named after their prince, Sarmat—hence, Sarmatians. These weren't different tribes. What surprises me is the naivety of official historians, who claim: "*Numerous Scythian and Sarmatian tribes disappeared without a trace. No culture, no burial sites—nothing remains.*"

But the truth is—they never disappeared! They still exist. Because the Sarmatians, Scythians, and others—they were all Rus! They were simply divided into clans, each carrying the name of their ruling prince.

Here, I've presented two cases—the first one, of course, is truly remarkable. I don't know Ancient Hebrew, nor have I ever studied it—because, frankly, there's no need. Why would I? If I had studied Ancient Hebrew and then personally translated the Torah, what would have happened? They would have accused me of distorting its meaning. That's why it's better to take a Torah translation done by a Jewish scholar—one that has been approved and stamped by the chief rabbi with an official seal: "*Certified and Approved!*" This way, no one can claim that I've distorted anything. Besides, why should I learn those languages when there are already qualified specialists who can do it professionally?

There are more important things to do. If I had done the translation myself, they would have accused me of translating it incorrectly because I don't know the language. That's why the best defense against such attacks is to rely on their own translations—ones they themselves have approved. That way, no one can claim that I have distorted anything. And since they have officially approved those translations, they can't turn around and deny them—because otherwise, they would have to admit that their own chief rabbi is an extremist. And of course, they won't say that about him, since he's the one who certified the translation in the first place!

I recently had another interrogation meeting with an investigator—for the fifth time, they've tried to open a criminal case against me, and for the fifth time, they failed. So, I told him: Yes, I comply with the court's decision. But that doesn't mean I agree with it. The fight will continue, because my book is not extremist—in fact, from my point of view, it is anti-extremist. Why? Because in this book, I expose super-Nazism, super-extremism, which is explicitly reflected in the Torah.

And this isn't just my opinion—if you read the Torah and compare it with the citations I provided in my book, which were 100% accurately quoted, you will see for yourself who the real extremists are. So, regarding the book ban, this doesn't mean that everyone has given up, raised their hands, and surrendered. I, for one, will never surrender! The fight for this book continues. Yes, they have temporarily won—but not because they actually won, but because the judges received direct orders. For them, it didn't matter what arguments or facts were presented. They simply acted according to the orders given. There's no need to explain how this works—many of you have probably encountered such situations yourselves or at least heard about them. Our court system is truly the most humane court in the world! The most fair and just! Remember "*Prisoner of the Caucasus?*" Even in Soviet times, it was the same...

But what's interesting is that justice has its own way of catching up. You've probably heard about the recent scandal in the Moscow region? The order to ban my book came directly from the General Prosecutor's Office. And what happened recently? The Deputy General Prosecutor was temporarily suspended, and now they are investigating the General Prosecutor himself. So, it turns out the prosecutor's office has some very interesting connections—essentially ties with criminal business. And now this has gone public. They couldn't hide it, which is something that pleases me greatly. So, what do you think—how great is our General Prosecutor's Office now?

QUESTIONS AND ANSWERS

2.1. QUESTION: *Hello! I want to express my deep gratitude for your books. After reading "Russian History Viewed Through Distorted Mirrors," I realized that it is an informational bomb! It's clear that this*

is unacceptable for our government, so I was expecting some kind of ban. But in my opinion, Svetlana's book "Revelation" is the most dangerous for both the authorities and the church. After reading "Revelation," I was able to understand your other books much better. My question is: Will "Revelation" be published again?

ANSWER: It's not going to be published again—because it has already published. I have already received Volume 2. Those who have purchased it have already seen it. Unfortunately, nothing else will be written by her anymore.

However, I did find some unfinished materials related to the Templars. And let me tell you—that's another bombshell. Although the book on the Templars was left unfinished, it will soon be available for download again and later will be published. But to publish it properly, I need to go through thousands of illustrations that Svetlana selected and prepared—not only for this book but also for others that she had planned. I need to sort through them, find the ones that are relevant to the Templars, and process them accordingly. So, the book may be released in an unfinished form—but even if it remains unfinished, the information she collected and wrote down is already explosive on its own.

2.2. QUESTION: *Is it true that Earth's magnetic field has significantly weakened recently, and could this have a negative impact on human metabolism?*

ANSWER: There is no exact data confirming this, and I don't think it's true! But, for your information, the magnetic field itself negatively affects humans. If it had decreased significantly, human metabolism would actually improve—not worsen. Let me explain why.

What happens in our cells? What moves within them? Ions! Whether we like it or not, our bodies contain molecules and a huge number of ions. Inside our bodies, molecular synthesis and breakdown constantly occur. During these processes, new molecules and ions are formed. When we exist within a magnetic field, it affects us because ions are charged particles, and they react to magnetic fields. That's why any magnet near us—for example, even from household objects—negatively affects our body and cellular activity.

So, if Earth's magnetic field were to decrease significantly, it wouldn't harm us—it would actually improve metabolism. This is because the negative external influence of the magnetic field on the human body would be greatly reduced.

2.3. QUESTION: *Regarding multidimensional logic.*

ANSWER: It's difficult to explain this in just a few words. I gave an example in the last chapter of my autobiography, where I explained how the oxygen we breathe comes from the past of plants, and the carbon dioxide we exhale is the future for plants. Then, the oxygen that plants release becomes our future again.

It's a fascinating cycle. The problem is that we have never been taught to think in this way. We just breathe—that's it. We inhale air, exhale air—seems simple, right? It happens automatically, without us even thinking about it.

But if we truly analyze it, we realize that past, present, and future are so interwoven in this process that it's actually not so simple—even though it appears to be.

Think about it:

- In order for us to inhale oxygen, it first had to be produced by plants.
- For plants to produce oxygen, they need carbon dioxide.
- So, when we inhale, we are breathing in the past of plants—what they have already produced.
- The present is the moment we breathe in.
- When we exhale carbon dioxide, for us, it becomes the past—because we already released it.
- But for plants, that carbon dioxide is their future—because they will use it to create more oxygen.

This forms a fascinating chain reaction. This is a simple example of continuous logic—because events that seem unrelated are actually deeply interconnected. Right now, we are sitting here, breathing air, but apart from the wilting flowers in this room, there are no other plants around us. Yet, this does not mean there are no trees outside. Nothing has changed—except that we have not been taught to think in a multidimensional way. We have not learned to connect multiple events into a single whole. When we develop this ability, we will find it much easier to understand both the world around us and ourselves.

2.4. QUESTION: *What could be the cause of death of the former editor-in-chief of the newspaper "President?"*

ANSWER: Indeed, in Saint Petersburg, just a few days ago, he passed away during a business trip—he fell asleep and never woke up. I believe that this could be due to extreme levels of stress, which he was constantly experiencing due to his work. The man simply wore himself out, and his essence (soul) was unable to return to his body.

What does it mean to die in one's sleep? People often say, "*Oh, he died in his sleep—he was lucky, it was peaceful.*" Unfortunately, this is far from the truth. When a person dies in their sleep, it means that their essence could not return to the body—meaning it was captured after leaving the body.

To explain this clearly: When we fall asleep, our essence leaves the body and moves to other levels of reality. As children, some of us still remembered this, but over time, our memories were blocked, and now we don't recall anything.

Have you ever had a childhood nightmare, where some monster was chasing you? You were running away, and just as its claws were about to grab you, the ground suddenly gave way beneath you, and you fell into a deep abyss, screaming—only to wake up in your physical body? This happens because, when an essence leaves the body during sleep, a child's essence (as described in detail in the book "*The Last Address to Humanity*") cannot yet ascend to higher levels. Instead, it ends up in the lower astral realm—a place that resembles a jungle, full of astral predators. When such a predator starts hunting you, the only way to survive is to jump back into your body before being devoured. That's why, in a critical moment, when the ground beneath you collapses, and you fall into an abyss, you may feel as if you're falling forever—an eternity. Then suddenly, you wake up, finding yourself back in your own body. This is a defensive reflex—the essence instinctively jumps back into its shell, just like a turtle retreating into its shell for protection. By doing this, the essence escapes destruction.

So, if for some reason the essence (soul) is unable to return to its body, then when a person dies in their sleep, it means one of two things:

1. The essence was captured by a parasite.
2. The so-called "silver cord" was damaged—this is the connection between the essence and the body, which always exists.

In Indian spiritual practices, the ability to leave the body is considered the highest achievement, but in reality, it is far from the highest level—it is only the beginning, a kindergarten-level practice. They received distorted knowledge, and because they accepted it in a distorted way, their entire understanding of it continued to develop incorrectly. When a guru teaches a disciple to exit the body, they often try to force the soul out of the body by using the energy of Kundalini, which is located in the coccyx and sacrum.

They push this energy up, and it hits the brain—essentially shocking the soul out of the body. It's the equivalent of running full speed into a wall—except with even worse consequences. When Kundalini forcibly ejects the essence, the risk of serious damage to the brain is high. That's why such experiments are not recommended without the presence of a teacher. Once the essence is forced out, it must return to the body. However, sometimes it fails to re-enter, and in such cases, the guru may try to help guide it back—but this is not always successful.

So, for one reason or another, when the connection between the body and the essence (soul) is severed, the person dies—and trust me, this is not the best kind of death. A natural death occurs when a person consciously leaves their body at the moment their physical body dies—not during sleep. In this case, the essence exits the body and moves on to where it is meant to go.

I don't believe that his death was some kind of punishment for publishing certain articles. However, the kind of articles he wrote undoubtedly caused him a lot of stress, which could have weakened him over time. It's truly sad that journalists who aren't afraid to speak the truth—as he himself said, *"How long can we live in fear? Enough is enough!"*—are often the ones who burn out faster. They push against the system, and unfortunately, that takes a heavy toll. So, yes, it's a tragic loss—but I don't believe this was a targeted assassination in the usual sense. At the very least, they (the system) do not yet know how to control the astral planes, and they are unlikely to ever learn.

2.5. QUESTION: *Is there a connection between social parasites and astral parasites? If so, how do they interact?*

ANSWER: There is no direct connection between social parasites and astral parasites. So, what are astral parasites? This is just a conventional term—it refers to the essences of extinct animals. When certain animal species became extinct in the course of Earth's evolutionary history, they lost their physical bodies and could no longer reincarnate. Why? Because there is no longer a genetic template into which they can manifest. For example, birds—their ancestors were dinosaurs.

Do you know who the closest relative of chickens and birds is? The crocodile! Birds and crocodiles share a common ancestor:

- One branch of evolution led to the emergence of birds.

- The other branch led to the evolution of crocodiles.

However, despite the fact that chickens and birds are, in essence, dinosaurs, large dinosaurs cannot reincarnate into them. No matter how much a T-Rex may want to return, it won't hatch from a chicken egg. Why? Because reincarnation requires an exact genetic match—a genetic resonance between the essence and the biological body.

When a species goes extinct, its essences remain, but they no longer have bodies to reincarnate into. At this point, these essences have a few options:

1. Symbiosis – They merge with an existing living being and coexist within a shared body. This happens, for example, during embryonic development.
2. Parasitism – They do not have their own bodies, so they begin to feed on the life force of those who do.

This is a natural and biological phenomenon. However, social parasites are completely different. I explained this in detail in my book, where I outlined how social parasites differ from any other type of parasite. Social parasites, in order to maintain control and function, eliminate the strongest individuals—those who carry alpha genetics within any nation. Just read the Torah or the Old Testament—it's all written there in great detail.

On the other hand, natural parasites, including astral parasites, do not attack the strongest individuals—because they simply can't. They lack the power to do so. Instead, natural parasites primarily attack the weakest. And while this is an unfortunate reality for the creatures that become victims of astral or biological parasites, from an evolutionary perspective, this is actually beneficial for the natural world.

Why? Because the weakest are eliminated, ensuring that only the strongest survive.

- Weaker individuals die off, while only the fittest pass on their genes.
- For future generations, this is a huge advantage.

If the weakest were to survive and reproduce, their offspring would also be weaker and would eventually face extinction. So, while natural parasites, including astral ones, serve a purpose—much like wolves and other predators in nature—social parasites are entirely different.

Social parasites provide no benefit.

- They do not strengthen a society; they weaken it.
- They do not eliminate the weak—they destroy the strongest.
- They target the best people, those who carry alpha genetics.

If we put it in modern terms, "the strong people of this nation," as written in the Torah and Old Testament, are those who carry alpha genetics. And social parasites seek to eliminate them—not because they are weak, but because they are strong.

2.6. QUESTION: *Why do dolphins and whales beach themselves?*

ANSWER: I'll explain briefly, as this directly relates to the book. Dolphins and whales beach themselves because these creatures communicate telepathically with one another. When there is too much disruption in their environment, it causes a powerful shock to their consciousness. Imagine experiencing a severe, unbearable headache—in such a state, a person would panic and run anywhere in distress. A similar kind of chaos occurs for them—it's like an overload of their mental system.

This shock disrupts their normal behavior, making them act irrationally, which is why they end up stranding themselves onshore. In short, this is a direct consequence of human activity and the disturbance we cause in the environment.

2.7. QUESTION: *Where does an essence infected with the Star Parasite virus go after death? Is it possible to get rid of the virus while still alive?*

ANSWER: Of course, you can get rid of it—you just need to know how and what method to use. If the parasite remains inside you, then after death, it will consume a significant portion of what remains of your essence. Once the essence loses its physical body, it no longer generates potential, making it useless to the parasite. In most cases, the parasite will leave that essence because it is no longer valuable to it. Instead, it will jump out and search for a new victim—someone it can inhabit again, connect to, and continue to feed on. The real world is far richer, more vibrant, more beautiful, and at the same time, more terrifying than what we are led to believe. But if you understand the true nature of reality and learn how to navigate it, then even the most terrifying things will no longer seem frightening.

Back in 1989, I had an interesting case. One of my patients came to me concerned about his 3-year-old daughter. He asked me what to do because every night around midnight, she would suddenly jump up and start fighting with someone in her room—despite the room being empty. I asked him to bring her to me. She was an amazing little girl—a 3-year-old blonde with blue eyes, curly hair, and an adorable face. Today, she's already a young woman.

Unlike her parents, I understood what was happening. I spoke with her in a way she could understand—on a level that made sense to a child. I asked her, "*Are they attacking you?*" She said, "*Yes! As soon as I lie down to sleep, two creatures appear and try to grab me, and I fight them with my fists!*"

How can a child defend themselves? Naturally, with the limited understanding they have at that age. She fought back the only way she knew how—with her tiny fists, trying to beat off the monsters that came for her. Now, imagine if her parents had taken her to a psychiatrist. She would have told the doctor: "*When I go to bed, monsters appear, and they try to grab me! But I fight them and fight them!*" What would the psychiatrist say? "*Clearly, a mental disorder—straight to the clinic!*" And they would have prescribed pills that would have fried her brain.

Would that have stopped the monsters from coming to feed on her? Of course not! So, I told the parents: "*Let's not rush! You can always take her to a psychiatrist later.*" Of course, I couldn't explain to a 3-year-old things like brain restructuring, astral defense, or energy fields—that would have been like teaching quantum physics to a toddler. Instead, I told her something she could easily understand: "*I am going to give you a special light in your forehead—a flashlight.*" A 3-year-old understands what a flashlight is. I continued: "*If these creatures come back, just think about your flashlight. It will turn on, and they will get scared and run away. If they don't run, call me, okay?*" She nodded, "*Okay! Understood!*"

Later, she came back and proudly told me: *"They came back, but I turned on my flashlight—and they ran away!"* Now, what would have happened if she had been taken to a psychiatrist? We all know the answer. The key to fighting these things, to truly combat many of these phenomena, we must:

- Understand their nature—know what they are and how they work.
- Know how to resist them—learn what methods work and why.

Of course, it wasn't really a flashlight that scared away the monsters. I simply created a mental image that a child could grasp—to make it easier for her to defend herself. But in reality, the principle remains the same, no matter how you present it. That's why many things can and must be fought against—but only with the right understanding. If you know **WHAT?** **HOW?** and **WHY?** then you can overcome almost anything!

2.8. QUESTION: *Does it make sense to do specific exercises before sleep to induce lucid dreaming, improve awareness in dreams, and enhance understanding and retention of dream experiences?*

ANSWER: This is a complex question, and the answer depends on what kind of exercises you are referring to. Some exercises may lead to such vivid and intense dreams that you might experience things you never imagined possible—even in dreams? That's a possibility too.

In general, when outside the body, the essence (soul) is fairly passive. It has a limited amount of potential energy, which is accumulated during the day by the physical body. For example, if you come home after a long day of hard labor—let's say, unloading train cars—by the time you crawl into bed and fall asleep, your essence won't have much energy left to actively use during sleep. As a result, no major events will happen in your dreams. Your essence will simply wander, allowing your physical body to recover.

When the essence leaves the body, the body undergoes a different biochemical process that enables rapid detoxification and recovery. That's why, when a person wakes up refreshed, it means their essence fully left the body during sleep.

What is deep sleep? It's when the essence completely leaves the body—the body is empty. However, if a person does not enter deep sleep, but instead remains in a half-dreaming state, their essence stays inside the body. As a result, they wake up exhausted rather than rested. Why? Because the toxins (waste products) accumulated during the day were not expelled properly during the night. Instead, even more toxins were added.

On the other hand, when a person sleeps deeply, they may close their eyes, fall asleep—and suddenly, it's already morning! This means the essence completely left the body, allowing the body to fully cleanse itself and remove all accumulated toxins. As a result, they wake up feeling refreshed, energized, and in a good mood.

There are many factors involved in lucid dreaming and dream recall, and I can't cover all aspects here. However, I have tried to highlight some key points to help you understand how sleep, the essence, and the body are connected.

2.9. QUESTION: *What does it mean to violate the laws of RITA and blood commandments?*

ANSWER: It refers to certain fundamental natural laws that govern genetic purity and lineage.

For example, a marriage between a brother and sister would be a direct violation of the laws of RITA and the blood commandments. Similarly, if first cousins (a cousin marrying a cousin) become husband and wife and have children, this also falls under such violations.

Why is this a problem? Because close inbreeding causes a high concentration of recessive genes, many of which carry negative traits and disorders. In the 20th century, Jewish communities allowed intermarriage with other ethnic groups—but only for men. Why? Because they were experiencing severe genetic degeneration due to centuries of cousin marriages. For generations, Jewish families practiced cousin marriages—first cousins often married each other, leading to a growing problem of genetic degradation.

A similar genetic decline was observed in European royal families. They constantly intermarried within their own lineage, generation after generation. As a result, many of these noble bloodlines ended up with genetic disorders, deformities, and severe illnesses. When cousins repeatedly marry cousins over multiple generations, the result is inevitable degeneration. The laws of RITA are natural genetic laws that ensure the health, vitality, and strength of a nation's lineage. When these laws are broken, the result is biological degradation, disease, and eventual decline.

Did you know that before the Romanovs, the laws of RITA were never violated? Do you know how the real Peter I, the one who was eliminated, got married? There is a book called "Tsar's Bride"—read it. At that time, even in the European part of Russia, which had split from Great Tartaria, even during the time of Ivan the Terrible, and later Peter I's father, as well as Peter I himself, marriages were conducted differently. Throughout the entire country—whether it was Muscovy or Muscovite Tartaria (which extended no further than the Ural Mountains at the time)—they would announce a national competition for beauty and intelligence. Only girls from noble families were invited to compete to become the Tsar's bride. And these competitions were nothing like the ones today! You know how beauty contests work nowadays—how people get in, who wins, and how corruption plays a role. Back then, it was completely different.

Candidates were selected based on:

1. Beauty
2. Intelligence
3. A clean genetic lineage – ensuring no hereditary diseases or mental disorders in their family history.

Each region (or estate) would select one girl, depending on the population, and she would then travel to the capital. In the capital, the final selection took place, determining who would become Tsarina. This was done every time, and as a result, there were no genetic issues in the royal bloodline. Because the relationships were always healthy, and never did a brother marry his sister or even first cousins become husband and wife!

However, after Peter I, the Romanovs began marrying into European royal courts. As a result, over time, everyone became cousins—first cousins marrying first cousins. This led to serious genetic degeneration over the generations. The Jewish community faced the same issue. That's why, in the 20th century, they

made the decision to introduce fresh blood. They allowed Jewish women to marry non-Jews (goyim) in order to strengthen the gene pool. However, as you may have already noticed, they have recently reinstated this ban.

2.10. QUESTION: *Is the current blocking anticyclone, which holds back the cold, connected with the new use of meteorological weapons?*

ANSWER: No, it is not connected! First of all, it is not blocking. It is just constantly moving. Blocking is standing still. But this one is not stationary, it keeps shifting. Therefore, it is not blocking. And you forgot that such a winter was normal 15 years ago. I don't understand why everyone is panicking about so-called climate anomalies, acting like -15 -20 degrees C is abnormal. In 1941, in 1942 (have you seen all the chronicles?), in November of that year it was -25 - -30 degrees below zero, and for some reason no one shouted about some kind of anomaly. And now 20 degrees below zero, or 22 is already an anomaly. Some claim that winter temperatures in Moscow should never drop below -5 degrees C. Really? Since when? Besides, February frosts have always been considered February frosts. And I am surprised how people are being deceived again. That is, there was no super frost, but a normal winter, because if there had been a super frost, they threatened, promised up to -100, -60, -80 degrees. Were there such frosts anywhere (now)? - No! Now that would have been an actual anomaly!

2.11. QUESTION: *Is cremation considered a great sin? It was my late mother's final wish.*

ANSWER: First of all, my condolences. I can tell you that before Christianity was introduced, our ancestors never considered cremation a sin! In fact, it was not only normal—it was actually preferred. Imagine this: After death, as long as the body remains intact, the essence (soul) remains attached to it. After leaving the body, the essence watches its own body slowly decompose. Is that a pleasant sight? No, it's a horrific experience. The essence stays connected to the body until the body fully decomposes. That's why we have rituals like the 9-day, 40-day, and 1-year mourning periods. In normal conditions, when a body is buried in the ground, it takes about a year for all organic material (cartilage, tissues, etc.) to decompose. By that time, all that remains is bare bone (calcium)—nothing else. But until then, the essence remains tied to the decaying body, especially in the early stages of decomposition. If a person is cremated, the entire process is completed in just 2 hours. After that, all that's left is ash—the inorganic elements of the body. And at that very moment, the essence is immediately freed! Is it a sin to force a person's essence to watch their own body rot? Or is it better to allow the essence to be freed instantly, without the emotional suffering of witnessing the body's decay? Cremation does not trap the essence—on the contrary, it allows it to move on faster and with less suffering. So, in reality, there is no sin in cremation—only a misunderstanding of its true effects.

By the way, in Tibet, they didn't practice cremation—they had a different method. When someone died (this was not done everywhere, but in certain regions), a monk would sit in a specific location, and the deceased's body would be placed in the center of a circle. The monk would then leave his own body, enter the body of the deceased, and raise it up. Then, while his physical body remained motionless in a trance, he would use the dead body to perform three ritual circles around his own seated body. During these three circles, the monk completely severed the connection between the dead body and the essence (soul) of the deceased. After finishing, he would lay the body back down, exit it, and return to his own body. And that was it—the body was now empty, with no essence tied to it anymore. Honestly, I think cremation is a much simpler and more effective method. After all, how many monks—especially Christian monks—would be capable of performing such a ritual today? Very few, if any. That's why I

believe that cremation is a normal and natural way to free the essence. If we care about the essence, then cremation is actually a blessing, not a sin!

2.12. QUESTION: *What is your opinion on Qigong and Tai Chi techniques? Why don't you provide practical exercises and self-improvement methods? Can you please conduct a cleansing session?*

ANSWER: I will conduct the cleansing session at the end of the meeting, as usual. But regarding these techniques, I've encountered many people who have practiced them for a long time and even obtained high ranks in Tai Chi and Qigong. Let me ask you this: If your water pipes are leaking, and you increase the water pressure, what will happen?

- If the pipes are clogged, increasing the pressure might help by blowing out the blockage—but only if the pipes are intact.
- However, if the pipes are already cracked, increasing pressure will only cause them to burst completely.

Scientific research has shown that most people's energy channels are blocked to some degree. So, when someone starts practicing Qigong or Tai Chi, they might experience some initial effects because they are clearing blockages in their energy system. This can lead to: increased energy flow, better well-being, a temporary feeling of progress. But then, nothing happens. After one, two, five, or even ten years of practice, many people stop progressing. Why? Because removing blockages is just the first step. Having no blockages does not automatically mean your system will evolve further on its own. And if you keep forcing pressure into the system for no reason, you risk damage:

- Pushing too much energy can create ruptures.
- Overloading the system can cause serious harm instead of improvement.

Cleansing can be beneficial if blockages exist, but endlessly forcing energy through the system after it's already clear serves no purpose. Instead, real self-improvement requires deeper understanding—not just repetitive techniques that stop working after a certain point.

That's why, once again, most Eastern teachings are distorted knowledge—knowledge that was originally passed down to them by our ancestors. I once had a conversation with a woman who held the title of Mahatma. A Mahatma is considered the highest rank in India's spiritual hierarchy—almost like a god (or in this case, a goddess). She was eager for me to "restructure her mind," to teach her, and so on. So, I asked her:

"You have the Indian Vedas, correct?"

"Yes," she replied.

"And where did they come from?"

She answered: *"Seven White Teachers from the North, beyond the Himalayas, gave them to us."*

Then I asked: *"Why is this information not openly stated anywhere? Why is this never written in history books? Why does the world not know that the 'Indian Vedas' are not actually Indian at all?"* Sure, maybe some scholars in Indian universities know this, but the rest of the world has no clue. So, I asked her:

"How can you claim to 'bring light' when you are lying about something so fundamental? You are taking knowledge that was not created by you and claiming it as your own! How do you justify that?"

The answer I received was very telling.

I then gave her an analogy: *"Imagine you walk into a kindergarten. What do you start teaching the children?"*

She hesitated.

I continued: *"Do you start teaching them quantum physics right away?"*

"No," she replied.

"Why not?"

"Well, they wouldn't understand it!"

"Exactly!" I said. *"So, what do you teach them first?"*

"We start with the alphabet and basic grammar," she admitted.

"Exactly! That's what happened to you! The White People from the North came to you and gave you the alphabet and grammar—the foundation of knowledge. But instead of preserving it, you distorted it beyond recognition and now claim it as your own creation!"

Those who truly bring enlightenment do not lie. From my point of view, a true bearer of light would never do something like this. And when you corner them with facts, they have to admit that the knowledge wasn't originally theirs. But, of course, they added their own interpretations—which in many cases have completely corrupted and distorted the original teachings. And as for China—it's the exact same story.

Our ancestors came to them as well, and unfortunately, taught them. These are not just my words. I uncovered ancient Chinese chronicles where this is explicitly written by the Chinese themselves! So, this isn't just my theory—I didn't make anything up. These are historical facts, documented by the Chinese themselves. In Volume 2 of *"Russian History Viewed Through Distorted Mirrors,"* I included this information in the final chapter. Anyone who has read the book will find this there.

People today worship Eastern martial arts, but they forget that these techniques originated from our own ancient traditions—such as Zhiva, Cossack Spas, and many others. There are countless combat styles that come from our heritage. I remember watching a recent film where a Japanese master was shown striking his opponents remotely, from a distance—and they would fall down as if hit by an invisible force.

But in Cossack Spas and Zhiva, this kind of technique has always existed—for thousands of years. And not just against a single person—but against dozens or even hundreds at once. Our Vytyaz Warriors Could Defeat Armies Alone. Do you know that a few of our Vytyaz warriors could defeat an army of 100,000 men? Yes, that really happened! Because Vytyaz warriors were more than just fighters—they were battle mages.

If you call things by their proper name, they were masters of energy and consciousness. They could enter a specific state and shatter entire armies. And most of the time, it wasn't even about direct combat—it was about panic. When a small group of warriors walked straight through an enemy army, cutting them down like a hot knife through butter, it broke their will to fight. These warriors would charge through the enemy lines, then turn around and do it again.

- Massive gaps would appear in the enemy formations.
- Soldiers would see their comrades falling like leaves—without understanding how.
- And suddenly, the entire enemy army would flee in total panic.

Today, the word "ogolteiy" has a negative meaning. But do you know what it originally meant? It came from the times when our warriors were surrounded by overwhelming enemy forces. For example, imagine a mighty army of 100,000 men surrounding only 1,000 or 2,000 of our warriors. Could 2,000 warriors defeat 100,000 in direct combat? Yes, they could inflict heavy casualties—but in a normal battle, they would eventually lose. So, What Did Our Ancestors Do?

What Made a Vytyaz Different from a Varangian or a Cossack? A Vytyaz had the ability to synthesize potential—meaning he could create and generate energy rather than just consume what he had. In essence, a Vytyaz was at the level of a battle mage—able to draw power directly from the surrounding environment.

- He didn't need to drain energy from other people.
- He could generate whatever amount of potential he required, directly from nature itself.

However, those who lacked this ability—such as Varangians and ordinary Cossacks—could only rely on the physical energy stored within their own bodies. Some had more energy, some had less, but they were limited by their physical strength. When our ancestors found themselves in a hopeless battle, they would remove all their armor—stripping down to the waist, hence the term "ogolteiy" (bare-chested, frenzied). Because at that moment, they no longer needed armor. They entered a battle trance, in which:

- Swords could not cut them.
- Arrows could not pierce them.
- They became nearly invincible.

Then, half-naked, armed with a sword, axe, or whatever weapon they carried, they charged into battle. And often, this small group of 1,000–2,000 warriors—sometimes even fewer—would completely annihilate the enemy army.

Very often, the enemy army would start running the moment they saw our warriors stripping down to the waist—even before the attack began. Why Did Warriors Enter Battle Bare-Chested? When a warrior entered this state of battle trance, he removed his armor for a very specific reason:

- Armor adds extra weight, which drains energy faster.
- Some could fight for an hour, some for two, and some only for half an hour.
- But eventually, they would burn out completely—often dying from sheer exhaustion.

However, before they fell, they would take down countless enemies. This was a last resort—a desperate measure taken only when there was no way out:

- Either everyone would die,
- Or there was a chance to win, even if only a few would survive.

Every warrior who did this sacrificed part of his own life.

- They would burn away 10–15 years of their lifespan.
- A man who was meant to live 100 years might lose 20 years, leaving him only 80 years to live.

But in that moment, losing 20 years was far better than dying that very day.

My good friend, Yuri Vasilyevich Sergeyev, is a writer—perhaps you've read his book "Knyazhiy Ostrov" (*The Prince's Island*). Lately, he has become deeply fascinated with various Slavic martial arts—including Kazachi Spas and Zhiva. He once told me a story about a master who demonstrated his skills to a group of special forces soldiers. This master entered a heightened state of movement—and vanished. Not in the literal sense, of course—he was still there, but he was moving so fast that the others couldn't see him. As he moved at lightning speed, he delivered open-palm strikes to the soldiers. These were not lethal strikes—just soft, controlled hits. Yet, each special forces soldier was sent flying several meters with every hit. In a matter of seconds, he had taken down 15 men. However, when he exited this heightened state, his body was completely drained. He had lost 15 kg (33 lbs) in just a few seconds. He was as exhausted as a squeezed-out lemon. This is precisely why Vytyazi were considered superior to other warriors. A Vytyaz could: Tap into surrounding energy instead of burning his own reserves. Draw power from "Primary Matter"—what modern physicists call "dark matter." Synthesize the energy he needed for battle without depleting himself. Meanwhile, other warriors could not do this. To enter this battle state, they had to burn their own life force—sacrificing years of their lifespan in the process.

2.13. QUESTION: *Is it possible to expand knowledge by studying past civilizations? What kind of information should we study? What about the experience of Daaria?*

ANSWER: Studying the experience of past civilizations is always beneficial. However, in order to truly learn from it, you must already be at a sufficiently high level of understanding—at least equal to or higher than the knowledge you are trying to study. Otherwise, even if you read something valuable, you won't fully grasp its true meaning. Sometimes, you see people reading a book, and they think they understand it. Yes, this kind of basic understanding helps a person move forward—but in reality, their interpretation can be vastly different from the deeper knowledge actually contained in the book.

Take certain ancient texts, for example...Many people have read them, but how many truly understand what is written? Yes, they can recognize the words, but the deeper meaning behind those words remains hidden from most. Why? Not because people are unintelligent—but because true understanding requires a foundation of additional knowledge. To decode the wisdom of past civilizations, you must already possess the necessary keys to interpretation. Without them, you will only grasp fragments, missing the real depth of what was written.

Take, for example, "*The Tale of the Bright Falcon. Past and Present.*" I took this text and analyzed it deeply. At first glance, it's just one short line—but behind that one line lies a huge amount of knowledge. To make that knowledge accessible, it needed to be expanded and explained, so that people could truly grasp its meaning. And that's how an entire book was written—from what originally seemed like a small tale.

Why is Ancient Knowledge So Difficult to Understand? Because the information is encoded—it is presented in a way that requires a higher level of understanding to be unlocked. For me to decipher it, I had to already possess the necessary knowledge. Without that foundation, I wouldn't have been able to unravel its meaning. So, we should study it, but with the understanding that each time we return to it, we will see more depth than before.

Every time you revisit knowledge; you will see new layers and understand more. This happens because you have grown, and now you can process the same information from a higher perspective. Therefore, the rule "repetition is the mother of learning" is not entirely wrong—but it depends on how you repeat the learning process. Blind memorization is useless. But revisiting knowledge with fresh eyes—trying to rethink and analyze it differently—this is how true learning happens. Simply memorizing words will do nothing. But if you allow yourself to continuously process and rethink knowledge, you will unlock deeper understanding over time.

2.14. QUESTION: *How can one determine how many material bodies they have developed and understand their true potential?*

ANSWER: To put it simply, you need to count how many bodies you have—if you are able to see them. However, it's better if someone else does the counting for you. Why? Because subjectivity can easily cloud your judgment. People often want to believe:

"Maybe I have an extra one!"
"Perhaps I have another hidden somewhere!"

That's why it's best to have it verified multiple times—by someone skilled in perceiving these things. (A Bit of Humor...) Of course, I say this half-jokingly. But, as the saying goes, "there's always a grain of truth in every joke." To truly determine the number of bodies you have developed, you must not only see them—but also understand their structure and function. And that requires both ability and deep knowledge.

I always laugh when I read things like: "My etheric body went right, my astral body went left, and my mental body went straight ahead." When you see this level of understanding, you can't help but be amazed. Because in reality, etheric, astral, and mental bodies do not wander separately. The essence (soul) is composed of multiple layers—but they are not separate entities that move independently.

Imagine saying: "My right arm went left, my left arm went right, and my head walked straight ahead." Does that make sense? Well, it could happen... but only if you chop off the limbs and separate the body into pieces! For simplicity, let's assume a person has three material bodies:

1. The second material body
2. The third material body
3. The fourth material body

If these bodies exist, they function as a single unit. You cannot separate them and send them off in different directions. What you can do is analyze each one individually:

- Observe the level of development of each body.
- See how one layer interacts with another.

But in order to do this, you need to understand what you are looking for and how to perceive it correctly. How Do You Verify Your Energy Potential? The best test is through action. Your abilities will be revealed in what you do, not in what you believe. Some people claim: "We are cleansing the aura of Russia! It's so polluted, we are purifying it daily!" Yet... If it were truly cleaned, it would no longer be dirty! Or others say: "We send powerful vibrations! We send love to everything!" Alright... Try sending love to a crocodile or a piranha—will that suddenly transform it into a gentle swallow? Of course not.

When they say, "Love will save the world" - Good. For a thousand years, Christianity has been imposed on us, which supposedly brings us love. "...Love your enemy as your neighbor" ... The main commandments. So, what did it lead to? Look where Russia ended up. Accidentally? I don't think so! Our ancestors also had their own commandments, but what commandments?

- You need to love those who are worthy of love.
- You need to respect those who are worthy of respect.
- You need to help those who are worthy of help.

A tiny difference. But look how radically it changes the attitude. It turns out that a parasite deceives you, robs you, like Mavrodi robbed the entire nation, but you need to continue to love him, allow him to do the same? Because he doesn't understand what he's doing? But for some reason he understands where to open his accounts. And how to transfer stolen money, robbed people to his own accounts, sharing with those who allow him to do this.

You see, Mavrodi is already a signboard, a whipping boy because behind him stood those who were nobody, never in the spotlight, but then got in on it. But this is clear even without me? But nevertheless. Should Mavrodi be beaten? (From the audience - YES!) And why? How cruel you are! You are all obvious sinners, both male and female. Including me. Well, how is that possible, in a Christian way you should love and kiss him. And say, "You know, I also have my own apartment, and it is registered in my name. Don't need an apartment? Well, you need everything so much." Such an unhappy man, with such an innocent face, such a poor man, came up with a system of theft, where, supposedly, everything is given voluntarily. "...Give me your apartments voluntarily and sign here" ...

What will you get after this? Love! Mavrodi will say from the screens how he loves you all! Do you need this? If you need it, please go ahead. After all, social parasites are cunning. They have studied the

mentality of our peoples; they have studied the Vedic worldview well. And you see, a small distortion - like "...you need to love" ..., but they forgot to add - "...those who are worthy of love" ... And with that small change, the entire meaning has changed dramatically.

Therefore, when this weapon was created - I call it a social weapon, it was designed for you and me, for the mentality of our ancestors. That is why it took root so well. True, it did not take root right away, how many tens of millions were destroyed until it was imposed, and even then, having distorted the essence - quite fundamentally. Dmitry Baida recently sent me a message ... Do you know when the Christian Church began to be called Orthodox? (Answer from the audience - Yes!) - When? (Answer from the audience about Nikon) ... No! Nikon introduced the Vedic holidays. The Russian Orthodox Church officially adopted the name during Stalin's time in 1939 or 1942, I do not remember exactly. Officially. But as you understand, Orthodoxy has nothing to do with Christianity. These are completely different phenomena and have nothing in common.

Orthodoxy was actually a form of Vedic atheism. Because our ancestors did not believe in gods the way modern religions portray them. They called people Gods who reached the level of creation, that's all. And in the Vedas it is clearly shown. The fourth book is the Book of Life. It says there, "...in the gods, hidden powers are revealed."

What does this mean? If these were truly gods, then what hidden powers can a god have? A god should already be omniscient and omnipotent, correct? But if these were actually humans who had reached the level of creation, then they were still in a process of evolution – they had not yet completed their development. By entering a zone of life-force energy, they were able to remove blockages and unlock their hidden abilities. This concept does not apply to gods—it applies to people who had mastered the power of thought to create real, tangible things. The way divinity is presented today has nothing to do with what our ancestors actually believed.

Our Ancestors Were Atheists—But What Did That Really Mean? Our ancestors were atheists in the sense that they did not believe in gods the way modern religions portray them. They would say: "We are the children and grandchildren of our gods"—of Dazhdbog, for example. Who Are the Children of Gods? Let's follow logical reasoning:

1. If Dazhdbog is our ancestor, then he was a god.
2. If gods have children, what are those children?
3. Wouldn't that make us gods as well?

So, does that mean we are all gods? Of Course Not! Because according to the beliefs of our ancestors, reaching the level of creation requires serious effort and work. A person does not simply become a creator by birthright. To achieve this level, one must: work tirelessly, push beyond limitations and develop oneself consciously. And not just sit around waiting for things to happen! That's the difference. Being a descendant of gods does not make you one—you must earn that status through effort and growth.

2.15. QUESTION: *How can one discover their purpose in life?*

ANSWER: This is a great question. But my advice is: don't wait to "discover" your purpose—act in the present moment. Whoever wrote this question, I can tell that it is your conscience, your heart, and your mind telling you that you need to act. Many people hold themselves back with thoughts like:

- "What if this isn't my true purpose?"
- "What if I should be doing something else?"
- "Maybe I'm wasting my time on the wrong thing?"

If you keep questioning yourself like this, you will never unlock your full potential.

My best advice is – stop overthinking. Do what you can, right now, to the best of your ability. Put in your maximum effort. If you do this consistently, then one day you will realize your purpose naturally. Most people believe they need to "discover" their purpose—as if it's waiting for them somewhere, hidden. But the reality is: You don't find your purpose – you create it. When a person stops waiting and starts acting, they begin to become a Creator. And when you become a Creator, you don't just shape your own destiny—you gain the power to influence and shape the world around you. Think about that.

2.16. QUESTION: *Can music be used as a tool for awakening people? If so, how do you see it working?*

ANSWER: Yes, of course, music can be used for awakening. But not all music is the same—some music can uplift, while other types can degrade. Music creates specific energetic states within a person. However, if someone enters a heightened state through music, but then does nothing with it, the effect is wasted. At its core, music is just sound waves—a vibrational frequency that interacts with the human body and mind.

- These frequencies influence our cells.
- The body resonates with the frequencies of the music we listen to.
- It realigns the person's energy and mental state, causing them to attune to a particular frequency.

If music is used intentionally—designed with the right frequencies and intentions—it can: elevate consciousness, activate inner awareness, help people shift their mental state and encourage emotional and spiritual growth. But if it's just for pleasure, without a greater purpose, then it will only create a temporary feeling that fades quickly. So, music can be a tool—but only if it's combined with conscious action and purpose.

Some frequencies tune a person into negative and destructive states, while others align with positive and uplifting energies. Remember the songs of Igor Talkov? His music truly had power. It touched the soul deeply. But how often do you hear his songs played today? Not very often. And why? Because his music did more than just entertain—it awakened people. Music is just a tool—a conduit that shifts a person into a certain emotional and energetic state. However, for music to truly awaken people, it must also carry meaning. The lyrics of a song can: deepen the emotional impact of music, guide the listener toward a specific realization, trigger awakening and self-awareness. Music can open the door, but words provide direction—helping a person see the truth and question reality.

Where Are the Modern Artists Like Talkov? Can you name a modern singer who does what Talkov did? There are very few—almost none. Most modern pop music does not resonate with the human soul. Yes,

there are still some powerful songs, but they are extremely rare—and they are hardly ever played on mainstream platforms. Because music has the power to awaken people—but only when it is created with truth and purpose.

It's not just the song that matters—the person singing it is just as important. The biggest impact doesn't come solely from the sound waves and the lyrics. It comes from what the singer puts into the words—the emotion, the soul, the pain, and the truth behind them. Why Could No One Replicate Talkov's Impact? Many other singers have performed Talkov's songs. But did they have the same impact? No. Why not? Because Talkov poured his soul into his songs. He sang with real pain, raw emotion, and deep conviction. He expressed what weighed on his heart. That's what made people resonate with his voice and his message. Others may have used the same lyrics and same melodies, but they didn't carry the same power.

Music is Only the Beginning. Music helps as a tool—it prepares people for awakening. But then what? Someone listens, feels deeply moved, maybe even cries—Then they go home and continue life as usual. Did that really change anything? From my point of view, true awakening requires more than just emotion. To truly awaken people, we need to expand beyond music. We need to create impactful content that shakes people awake. We need films that inspire and provoke thought, animated movies for children that teach real values and stories where good always triumphs over evil (Unlike the distorted, ugly cartoons that are being pushed today.). Of course, in real life, evil doesn't always lose. But that doesn't mean we should stop teaching that it *should*! We need to touch people's souls—to ignite something deep inside them, so they don't just feel emotion—but act on it.

Think back to Soviet-era cartoons—they were kind, meaningful, and uplifting. They resonated with children on a deep level, speaking to them in a way they could understand. Now, compare that to modern cartoons. They are filled with horror, grotesque characters, and ugly designs. The characters do nothing but fight, hit, and attack each other. Does This Affect a Child's Psyche? Absolutely. Take *Tom and Jerry*, for example. Is it a "good" cartoon? All they do is fight and hurt each other. What's the actual message? That a small mouse can endlessly torment a bigger opponent—but is that really a lesson worth teaching?

What Did Ancient Folk Tales Teach? Ancient Russian and world folk tales weren't just stories. They were designed to shape a child's mind, instilling morality, respect, a sense of justice and an understanding of cause and effect. They didn't just use words—they used symbolic imagery that resonated on a deep, subconscious level. Now look at what children are exposed to today. Modern entertainment is filled with themes of:

- Drugs and alcohol
- Casual relationships and promiscuity
- The idea that life is just about pleasure

How often do we see stories where people wake up in bed together, then ask: "Oh, what was your name again?" They call this "freedom"—but is it really? This Isn't Freedom—It's a Deliberate Manipulation. These distortions are pushed by social parasites who want to turn people into animals. Do we want to be animals? It doesn't matter what parasites want—it matters what we want as human beings. If a person wants to remain a true Human, then they will—no matter what conditions they live in.

A True Story from Prison: The Power of Awakening

Recently, my friend Yusupov called me. He told me about a documentary filmed in a prison in Sverdlovsk. They interviewed a convicted criminal, asking him about his life. This man had read one of my books (though he didn't specify which one). And here's what he said:

"Now I understand why I am alive. Before, I was like an animal. But I realized—I don't want to be an animal. I want to be a Human. I now know what I must do when I leave this place. I want to live as a Human, not as a beast."

That is worth more than anything. If a convicted criminal, after reading a book, comes to such a realization, it means that the book reached him at the deepest level. He didn't just realize his past mistakes—he understood something far greater: *"I am responsible not only for my actions, but for my thoughts."* And this is what social parasites fear the most. Because when people understand this truth, it becomes very difficult to manipulate them.

Laws don't determine morality—natural consequences do. Laws change depending on who writes them. There was a time when killing "pagans" was considered a righteous act in Christianity. There was a time when Muslims were taught that killing "infidels" would bring them closer to Allah. But who wrote these laws? People who wanted to manipulate others into doing their bidding.

Now, imagine if people understood the natural laws of the universe—the real consequences of their actions. Not because "someone said so"—but because every action carries an inevitable effect.

The Real Law: Cause and Effect

- Every action you take affects not just you, but your soul.
- It impacts your children, your descendants, and your future.
- It's not about "punishment"—it's about evolution or degradation.

If people truly understood this, they would think ten times before doing something harmful. They would realize:

- Every bad action drags me backward.
- Every good action elevates me forward.

Even in prison, people are waking up. This isn't an isolated case. There have been multiple requests from prisoners asking for more books. And after reading them, many start to change, realizing: "I don't want to be an animal. I want to be a Human."

And this is why they fear these books. Because these books truly help people wake up. They help people understand who they are, why they are alive, and what their purpose is. They shatter the illusion that a human is just a piece of meat that lives, dies, and disappears. That is why the parasites panic. They try to ban the books, silence the voices, and suppress the truth. But the battle isn't over. And as the saying goes... "The real results are counted in the autumn." (Цыплят по осени считают.)

2.17 Question: *What is dark matter, which has gravity and is part of these 90%?*

Answer: Scientists called it dark matter because they cannot see it. Look at the night sky—what do you see? Stars and darkness everywhere else. They don't understand that this darkness exists because our eyes cannot perceive it, so it appears black. In reality, the entire space is filled with matter, which also has color. However, since they cannot see it, they named these 90% of the universe's matter dark matter—which is simply a translation. *Dark matter* means *dark* or *black* matter. In truth, this name is incorrect.

In my books, I call it "primary matter." I prefer this term because this matter is not black. The funniest thing is when some people confuse it and say: "*Levashov wrote about a dark matter generator, so he must be involved in dark dealings!*" But I actually wrote about a psi-field generator or a dark matter generator because this generator controls the flows of so-called primary matter. I wrote about this as well. But for some reason, people ignore that and only focus on the fact that I used the term dark matter—so they assume, "*He must be dark! A dark magician doing dark things!*"

That's why dark matter is just a conventional term used by physicists. Sometimes, I use such terms for one reason—to prevent people from thinking that primary matter and dark matter are two completely different things. Physicists simply named what I call primary matter in their own way, and that's all. I use their term to create a connection in people's minds. I want them to see: *What they call this—actually is this.* That way, they build a bridge of understanding. (*From the audience: "What about dark energy?"*) There is no such thing as dark energy! I am a theoretical physicist myself. Energy is a property of matter. Energy does not exist separately from matter. Some theoretical physicists love to play with concepts, forgetting that behind these terms stand real things.

So, energy appears when matter transitions from one qualitative state to another. When we burn some kind of fuel, energy is produced, and we harness it to perform work. The same applies to a car's speed—speed does not exist without the car. When a car moves at a certain speed, it is just a term we use to analyze processes occurring within matter.

Dark energy is not a separate concept. Even dark matter transitions from one state to another, producing what some call "*dark energy.*" But this term is incorrect—it does not actually exist.

I can say this: there are concepts like black and white magicians, dark and light forces. But they all use the same matter. There is no separate matter for dark magic and another for white magic—it is one and the same. Matter cannot be inherently dark or light by its nature.

What determines whether magic is *black* or *white* is the intent and the goals set by the practitioner. Whether something becomes dark magic or light magic depends entirely on the consciousness of the person using it. In one case, it may be positive, in another—negative. But matter itself is neither black nor white. It does not possess a color in the social or moral sense that we attribute to it.

2.18 Question: *What is Jewish Kabbalah? Are Kabbalists dangerous?*

Answer: Try pronouncing the word Kabbalah differently—not as Kábbala, but as Kabbalá. What does it sound like? Slavery. The essence of Kábbala or Kabbalá is the methods used to turn others into slaves—in other words, techniques of brainwashing and enslaving people. Is there anything positive about it? From my point of view, not at all. These are methods of turning people into zombies, at least based on what I have heard.

I won't claim to have studied Kabbalah in depth, but from the lectures I've heard from Kabbalists—it is complete ignorance. You must understand that there is what is said to the public and what actually exists behind closed doors. In public, they say one thing, and at the same time, they confuse people—much like Blavatsky did. Remember, not Blavatsky, but that old Soviet film *The Magic Lamp of Aladdin* with its famous quote: "...A dream is a dream because a dream is a dream, but a dream is not a non-dream, and a non-dream is not a dream..."

This is exactly the kind of nonsense that is found in public Kabbalah teachings. However, real Kabbalah is actually a tool for brainwashing people. The real teachings are not shared with the public but are used internally among their own circles. So unfortunately, it is a system of deception and manipulation.

2.19 Question: *In your book, you write that you have three entities—two male and one female. You merged them into a single whole. What changed in your DNA as a result?*

Answer: Not exactly—you summarized it too briefly. The point is that my main entity, which merged with my genetics, was evolutionarily very different, so it could not activate immediately, even after birth. Because of this, buffer entities were introduced in parallel to help raise my genetics to the level where my main entity could resonate with it. Otherwise, my entity would not have been able to integrate properly.

For those who have read my book "*The Last Appeal to Humanity*," you may remember that an entity enters at a lower level first to prepare the system. One entity enters, then transitions out as another takes its place, gradually refining the process. This process was necessary because my primary entity was too different from the biological structure of my body, and even after all the lower-level animalistic entities had completed their work, it still could not synchronize.

So, a lower-level entity first entered to take over the functions previously handled by the animalistic layers. Then, a more advanced entity entered, followed by another, until finally, my main entity was able to merge. Since these were all my own entities, once I became aware of the process, I unified them into a single whole. However, this did not change my DNA in any way because this process was not about genetic transformation. Instead, it allowed my genetics to adjust to the level required for my primary entity, for which it had originally been designed.

2.20 Question: *In your book, you describe the influence of emotions on a person. Could you explain in detail what happens at the chromosomal level and in general to a person when a curse is placed upon them? How can this effect be removed?*

Answer: Here, two concepts—emotions and curses—have been somewhat mixed together. While it is true that curses occur in a specific emotional state, emotions themselves do not create a curse. A curse is a powerful energetic impact—words have a strong influence on a person. We may not always fully realize this...

And when someone casts a curse, it truly delivers a powerful blow to the person being cursed. The words of the curse, the curse itself—if spoken in a certain heightened emotional and qualitative state—can indeed cause destruction at the genetic level. If a person naturally has a certain gift, then such a curse can disrupt chromosomes and cause genetic-level damage. Every word has a specific resonance, especially when spoken in a particular state of consciousness.

Some of you in the audience may have experimented with books on spells, incantations, or enchantments. Have you ever noticed that one person can say a spell and it works, while another person says the exact same spell from the same book, yet nothing happens? What's the difference? Not everyone who recites a certain spell, incantation, or prayer can influence another person or phenomenon. The effect will only take place if the person has a natural potential or gift from birth and is in the correct qualitative state, which means entering a kind of trance state during the process.

If a curse is spoken by a person who is naturally gifted and they are in a trance-like state, the emotions involved are usually so intense that the curse causes destruction at the genetic level, specifically at the chromosomal level. This damage can be passed down from generation to generation.

To remove such a curse, one must understand the mechanism of its effect—this is not something that can be explained in just a few words. It is quite a complex but effective process. To break the curse, one must repair the damaged chromosomes and restore them to their original state—back to how they were before the curse took effect. Once this is done, the curse will completely disappear from both you and your descendants. Can you protect yourself from such a curse? To some extent, yes. However, it depends on the strength of the person casting the curse. If your defense is not strong enough and the person casting the curse is extremely powerful—especially if they are in a state of emotional intensity or trance—their influence can be so overwhelming that it may break through your defenses and overpower you.

2.21 Question: *Does the planet Earth grow, and do its dimensions change?*

Answer: Well, think about it—if Earth wasn't growing, then why would we have to dig into the ground to find ancient cities? Artifacts and settlements from 100,000 years ago are often found 10 meters below the surface. This means that over 100,000 years, Earth's surface has increased in thickness by about 10 meters.

How does this happen? It's quite simple. Cosmic dust constantly falls onto Earth from space. Everyone knows about large meteorites, but in addition to those, a continuous rain of cosmic dust settles and accumulates over time. As a result, ancient sites that existed 100,000 years ago end up buried under 10 meters of sediment. This suggests an average accumulation rate of about 1 meter every 10,000 years. Of course, this excludes cases where sites were intentionally buried—that's a different situation. So yes, Earth does grow, and this is a completely natural phenomenon. It's not because Earth itself is conscious or expanding from within, but simply due to the enormous amount of cosmic dust settling on its surface over time.

2.22 Question: *What do you think about parallel worlds?*

Answer: The parallel worlds that science fiction writers describe are not what actually exists. For example, the idea of a parallel world where everything is exactly the same as in our own universe is not accurate. For a more detailed explanation, you can read "*The Inhomogeneous Universe*" and "*The Last Appeal to Humanity*," where I explain that there are many universes. We live in one "petal" of the universe, and it is parallel—but not in the sense that another universe exists exactly like ours. Instead, there are other universes that differ qualitatively from ours. Some universes may be of the same qualitative nature but exist in different locations.

A few years ago, the Hubble telescope made a discovery that strongly supports the ideas I had written about 10–15 years earlier. Hubble detected what scientists called a "spatial distortion," which they referred to as a "white hole." A black hole bends space inward, while a white hole bends space outward—with a diameter of about a billion light-years, according to their observations.

Later, new reports emerged that scientists were studying this space distortion and discovered that through it, they could see another universe. This aligns with the concept of first-order super-space, as depicted in the diagrams from "*The Last Appeal to Humanity*" or "*The Inhomogeneous Universe*." In these books, I described how spaces of identical dimensionality and structure can align, forming "nodal points"—which are zero-transition points. These zero-transition points occur when two spaces that are identical in quality merge together.

So, by chance, the Hubble telescope stumbled upon one of these transition points. Through this transition point, it is indeed possible to enter and find oneself in another universe. We cannot see this other universe except through this white hole—this spatial distortion. We cannot see it anywhere else because a qualitative barrier prevents us from perceiving it. It is only at the zone of convergence that we are able to glimpse it. Thus, this is also a parallel universe, which may be completely identical to ours, but it does not contain an exact replica of Earth. There may be a planet similar to Earth in terms of parameters, but you will not find an exact copy of yourself—unlike the science fiction concept of multiple parallel worlds where countless versions of the same person exist with only minor variations in their fate.

Some sci-fi films depict "parallel worlds" where, for example, "*Nicolai Levashov exists, but his destiny is slightly different.*" These are fictional ideas created by people who have no real understanding of how the universe works. These writers have no clue what is happening not only in other universes—they don't even understand what's happening on the nearest planet to us! The same applies to our so-called "theoretical physicists"—our so-called "experts" in the field. I have already written an article about Einstein addressing this very issue.

The conclusions drawn from this were a deliberate distortion, leading science down a false path that is still being followed today. A person who had absolutely no real understanding of the Universe wrote these theories, and yet, modern science still clings to them—namely, the "General Theory of Relativity" and the "Special Theory of Relativity." This is complete nonsense! It has been proven false long ago, and in multiple ways. It was already disproven in Einstein's time, and even more so in recent years.

And yet, for some reason, modern science continues to rely on this nonsense. There is now overwhelming evidence that: the speed of light is not the ultimate speed limit for material objects; mass does not increase infinitely as an object approaches the speed of light; the universe is isotropic (it has uniform properties in all directions). Despite these facts, mainstream science refuses to abandon outdated theories and continues to follow a fundamentally flawed understanding of the universe.

What is isotropy? It means uniformity—that is, it does not change and remains identical in all directions: left, right, up, down—everything is supposedly the same. But this is absurd! Everyone went to school, right? What were we taught about the structure of matter? We were told that an atom consists of a nucleus, with electrons orbiting around it at specific distances. Now, imagine a crystal lattice. What do we see? One nucleus here, another nucleus there—but what is in between them?

Nothing! Empty space! In fact, 99% of what we call "physical matter" is actually empty space! There is nothing between atomic nuclei. So where is the uniformity of space? Even at this basic level, the idea of isotropy is absurd!

A crystal lattice is a physically dense structure with a defined order.

- A nucleus is located here, another there, and they repeat periodically, maintaining fixed distances.
- The specific structure depends on the type of material.
- However, between these nuclei—there is emptiness!

And the size of the nucleus is microscopic compared to the distance between them. This can be compared to the distance between the Sun and Earth.

Think of an atom as a miniature version of the Solar System:

- The nucleus is like the Sun,
- The electrons orbit it, like planets.

Is the Earth close to the Sun? In terms of the scale of the universe, it is nothing—but for us, traveling there would take a very long time. Between Earth and the Sun, there is a vast amount of empty space—and the same kind of emptiness exists within every atom!

So, where is the isotropy? The problem is that people have been conditioned not to think critically. If a student in school started questioning these things, physicists would have a very hard time explaining themselves!

2.23 Question: *If, during burial, the entity (soul) has not yet left the body, what happens next? Can the entity exit through the Earth's layers?*

Answer: Of course, it can. The entity is not trapped inside the body. After death, it exists outside the body. A great example of this is the movie "Ghost"—after a person dies, their entity retains everything: consciousness, memory, and thinking. However, for the entity, doors, windows, and all physically dense matter become transparent and meaningless. And how is the Earth any different? It's not!

Now, imagine someone falls into a lethargic sleep and then suddenly wakes up in a coffin. If they were buried properly, sealed in a nailed-down coffin, there would be no way for their physical body to escape. But for the entity, this is irrelevant—physical barriers simply do not exist. It can pass through any dense material as if it were empty space. That's all there is to it. So, there's nothing to fear when the time comes—whatever wrote this question can rest assured.

2.24 Question: *What is karma? Why should it be "worked off?" And who decides whether I have done something good or bad in relation to karma? I am sure that everything I do is right.*

Answer: Once again, this is one of the distortions that Hindus introduced to the world. In "Essence and Mind," Volume 2, there is a chapter called "The Anatomy of Sin or the Nature of Karma," where I explain what karma truly is. What is karma? At its core, karma is simply the idea that every action you take

leaves an imprint on you—on your genetics and on your entity (soul). Depending on the type, significance, and scale of the action, this imprint can be strong and lasting or weak and insignificant. In other words, everything you do—even your thoughts—affects you.

Why is "working off karma" a misunderstanding? This entire concept is flawed. Let me give an example to explain what "working off karma" really means: Imagine that in a past life or in this one, a person killed another person—whether consciously or unconsciously. Naturally, this leaves a deep imprint on them. For the person who was killed, this means that their entity (soul) was prevented from completing its evolutionary path on Earth. In most cases, people never get the chance to fulfill their potential, because social parasites have created a system designed to keep people from reaching levels of development where they can truly evolve. This is done deliberately, but the possibility to break free does exist.

If you kill a person, you deprive them of their opportunity to evolve. Maybe they would never have fulfilled their potential, or maybe they would have wasted their life completely—but as long as they were alive, they still had that chance. By killing them, you took away that possibility. To erase the traces of karma—the imprint of your crime—you must:

1. Find the entity (soul) of the person you killed.
2. Compensate them evolutionarily—give them everything they could have achieved on their own had they lived and fully realized their potential.

Only after this compensation is complete can you remove the imprint of murder from yourself. The weight of the karmic imprint depends on the victim's potential. The greater the victim's lost potential, the stronger the karmic burden on you. For example: if they had the potential to reach 100 units of development, but you killed them when they had only reached 10 units, then you owe them 90 units of unrealized potential. To do this, you must understand how to develop an entity (soul)—which means you yourself must have certain abilities and qualities to make such compensation possible.

If you don't know how to do this, but simply wish for it—saying, "*Oh, I want their soul to evolve to that point*"—nothing will happen. To develop an entity, you must truly transform it qualitatively, guiding it evolutionarily from point A to point B—to the level they should have reached if they had properly developed and achieved their full potential. Only then is karma removed.

Now ask yourself: Do the teachings that promote the idea of "working off karma" ever explain this process? No. Because they don't even understand what karma truly is. Unfortunately, even if a person realizes they have committed a negative act, that alone is not enough—because most people lack the necessary level of development to evolutionarily advance another person's soul.

But what if a person committed a crime, whether consciously or unconsciously, and later truly repented, realizing the consequences of their actions—are they doomed? Not necessarily. If they start acting correctly from that point forward, they can gradually compensate for, neutralize, and balance out the negative they have done. Eventually, a moment will come when the negative is fully neutralized, but of course, this is a much harder path. How can this be done? A person must actively work through their own actions and efforts—not just any actions, but those that truly push them forward in their evolutionary development.

It's important to understand which actions lead to evolutionary growth, which actions do not contribute to growth and which actions are just empty gestures. For example, beating your chest, self-flagellation, or endlessly repenting for all sins (yours and others')—this changes nothing. Only actions—real, selfless deeds for the benefit of others—can neutralize past negative actions.

When a person creates rather than destroys, helps others (but not parasites), and contributes something truly positive—then they change themselves, and this gradual transformation restores balance. If they continue on this path, their negative past can be completely neutralized.

Think of it like this:

- If you have -5 (negative karma)
- And you generate +5 (positive actions)
- The result is 0—full neutralization.

From this point, you can start accumulating positive balance, but only if you understand: which actions lead to what consequences and the responsibility that comes with every action. If a person follows this understanding, everything will be fine. The speed of progress depends on circumstances, individual effort, and various factors, but it is always possible.

2.25 Question: How should we view the Russia-Japan conflict?

Answer: I'll put it bluntly—Japan has become too arrogant! First of all, they refuse to accept reality. Let's remember—Japan was defeated. Their army suffered a complete loss. And not because of the Americans, but because of our forces! The Kwantung Army, which had 2.2 million soldiers, was completely destroyed and surrendered within one month of the start of military operations. I have also written about this in my book. Now, some claim that the "aggressive Soviet Union" simply seized the Kuril Islands and half of Sakhalin from poor little Japan. But did they forget that, during the Russo-Japanese War, Japan was the one that took the Kuril Islands and half of Sakhalin from Russia—not the other way around?

And before that time, both these islands and Sakhalin had always been Russian territory—just as Japan itself, several centuries ago, was part of the Slavic-Aryan Empire—Great Tartary. The same goes for a large part of North America. The war of 1772–1775, which is commonly referred to in history as the Pugachev Rebellion, was actually a civil war between two empires:

1. The true empire
2. The western fragment—which was called Moscow Tartary, or Muscovy.

The Western fragment (Moscow Tartary) won and later became the Russian Empire. This is a separate topic, and I have already written about it. If anyone is interested, they can read more in one of my autobiography chapters. Sometimes, when I start researching historical events, I dig up very interesting facts. For example, Tsar Nicholas II was deceived by Count Witte! Because Russia, being far from Japan, had only just begun moving troops to its Far Eastern borders. Meanwhile, the size of Russian forces and their armament had grown significantly, while Japan was already completely exhausted by the war.

How do we know this? Because among the Japanese prisoners, there were already elderly men and children. And when do armies start drafting old men and children? When they have no choice left. This is the same thing that happened at the end of World War II, when the Germans began drafting children and the elderly. But what happened? A revolution was deliberately staged in 1905–1907 to frighten the Tsar and mislead him. And what's worse—a true Russian patriot was assassinated. I forgot his name, but he was the commander of the Russian army.

Who did they appoint in his place? Kuropatkin! (Which sounds like "kuritsa"—chicken!) And what happened next? That same Kuropatkin later sabotaged the order from the Russian High Command to launch a major offensive in the summer of 1916—which would have led to a complete victory over the Austro-German forces. This was the Brusilov Offensive, which I have also fully analyzed in my research.

So, Russia was tricked. Tsar Nicholas II was deceived by corrupt officials, who forced him to sign away the Kuril Islands and half of Sakhalin—by scaring him with a "revolution" that wasn't even truly serious. And then, 40 years later, Russia took these lands back. But keep in mind—Japan controlled these lands for only 40 years, while Russia had held them for thousands of years before that. The question is: Whose land is it really? That's why I say—Japan has become way too arrogant!

2.26 Question: Who is RA-M-HA?

Answer: Do you know RA? In the process of evolution, the names of cosmic hierarchs change. Did you know that RA is not just one name, nor does it belong to a single being? When a developing entity reaches a certain level, it receives a specific name. If its qualitative abilities change and it moves to a higher level, its name also changes. Thus, a sacred name is not fixed—it is not permanent or unchanging. Whoever was called RA at a certain time may not be the same being that now carries this name. And RA does not necessarily refer to a human—it can be any intelligent entity. Who is RA-M-HA? Every system has its chief hierarch. The Forces of Light also have their hierarchical structure, just as the dark hierarchies do—but they differ significantly.

The one referred to as "The Almighty"—think about the meaning of this word:

- "All-mighty"—one who stands above all.
- This does not mean physically taller—it means a being who has reached the highest level of development within a given part of the universe.

Is RA-M-HA a "God?" No. RA-M-HA is simply a highly evolved intelligent being who exists at a particular level of development. That's all. This is my perspective on it.

2.27 Question: You are distorting the Bible's commandments— "Love your neighbor as yourself."

Answer: I am not distorting anything—read the entire Bible. It speaks about both enemies and neighbors—so I am simply presenting both perspectives. I have read both the New Testament and the Old Testament extensively. It is written there:

- "Love your neighbor as yourself."
- "Love your enemy as yourself."

That is also in the Bible! There are several versions of the New Testament, and different phrases are interpreted differently depending on who you are reading. So, there is no distortion! The Bible speaks about loving both enemies and neighbors. If you haven't read everything, then don't assume that others haven't either.

Next Question:

Regarding the book "*Russian History Viewed through Distorted Mirrors*," I have already addressed this. Unfortunately, I was forced to comply with the court's decision, even though I disagree with it. For that reason, it is not possible to download the book from my websites at this time. I am responsible only for my own websites. I have three websites, and on those, I had to comply with the court ruling, so the book is currently blocked. However, if my book is available on other websites or in other countries, that is the free will of those individuals who uploaded it. I cannot order them to block the book there as well—if the court wants that, then let them handle it. As for my three websites, unfortunately, the book cannot be downloaded for now. But I hope this will be temporary—because the legal process is still ongoing and the battle is not over. I was forced to comply, but I am absolutely not in agreement with the court's decision.

2.28 Question: *People are asking about what I said regarding mushroom production, where my generator is operating, and they want to know where to check the brand name.*

Answer: You can ask Nadezhda Yakovlevna Anshukova—she can provide more detailed information on this matter. The products are also distributed through our community.

2.29 Question: *Where did swear words come from in the Russian language?*

Answer: I have not studied this question because I have never used such words in my life. And naturally, since I never used them, I also never studied where they came from. But I can say the following: These words deliver an energetic blow. When someone utters them, they send a powerful energetic impact to others. If you are sensitive enough, you can physically feel this impact. It can feel almost like a physical strike. When I was a child, even without understanding these words, I would flinch when I heard them—because I could feel the strong energetic hit. This is because every word, in a certain combination, affects a person. As for when and how these words appeared, I haven't researched it. But I can say from personal experience—there is nothing good about them.

2.30 Question: *What influence do icons and holy images have in the home?*

Answer: It depends on which icons and images—because their effect is not determined by the pictures themselves, but by the person who created them. In other words, the artist. When an artist paints an icon, their inner state of being influences it. If the artist's soul is in a certain state, they can infuse the icon with an energy that makes it healing. But this does not mean the image itself has healing power—rather, the artist put that energy into it. They may have done this consciously or unconsciously, but as a result, they created a healing icon.

What actually heals in churches? It is not the saints depicted on the icons who heal people—it is the energy that the artist infused into the painting. However, if the artist had dark energy, then the icons they created can have the opposite effect—instead of healing, they can destroy and harm. And this does not only apply to icons. There are paintings that drain the life energy of people who look at them—even of the figures depicted in the paintings themselves.

There have been artists who painted portraits, and the people they painted died very soon afterward. You've probably heard of such cases, right? So, everything depends on the artist. People don't understand what happens when an icon or painting is created. An icon is simply a specialized type of painting. And the church takes full advantage of this misunderstanding. Just because some people use my photographs for healing or protection does not mean that I become a saint or a god. That is absolute nonsense! It's just that an image captured in a photograph can have an influence on a person. Once again, ignorance and lack of understanding lead to a situation where certain parasitic groups exploit this lack of knowledge for their own personal gain.

2.31 Question: *This question has already been answered regarding the claim that three large spacecraft are heading toward Earth.*

Answer: This information has been circulating for several months now. But think about it—if that were true, they would have already arrived long ago! Especially if they were supposedly spotted near the Sun—the distance from the Sun to Earth is nothing compared to the vast distance they would have already traveled. They supposedly traveled multiple light-years, yet it's taking them months to reach Earth from the Sun? That makes no sense. So, this is either a mistake, a hoax or an intentional deception designed to discredit the entire idea. The truth is, ships are not "on their way"—they have already arrived many times before, and they continue to do so. They make contact, and governments interact with them. I have written about this in one of my chapters, where I uncovered evidence confirming that the U.S. government has been in contact with other civilizations since 1947. They have even been using alien technology for their own purposes—essentially selling out Earth in the process. There is much more to discuss on this topic, but I don't think we need to go into it now, as we only have half an hour left and need to focus on understanding things correctly.

2.32 Question: *How do the dark ones live? Are they dark forces? How are they born? What do they feed on? How do they grow hierarchically?*

Answer: That's a good question! Maybe they grow hooves or tails, right? But in reality, most "dark ones" that I have encountered were born the same way as everyone else—at least if they were born on Earth. There is no other known way for them to appear here yet. They ate the same food as others. Some of them may have even been normal children in their early years. However, in some cases, a "dark entity"—a parasitic essence—enters the body from the very beginning. Naturally, when this entity starts to develop, it immediately follows a parasitic path. But sometimes, a normal soul gets pulled into darkness through inner conflict and ambition. One of the best ways for parasitic forces to take hold of someone is through ambition. A person wants to be powerful, important, or superior—but they don't want to put in the effort to truly grow.

Remember the classic fairy tale "*The Tale of the Fisherman and the Golden Fish?*" "*I want to be the ruler of the sea, so that the golden fish will serve me at my command!*" To become the ruler of the sea, one must work hard and earn it. But no—some people want it to happen instantly! When a conflict arises, especially in youth, when idealism and maximalism are at their peak, a person may start believing that

they know more than everyone else. In reality, this is often not true. I'm not saying it's always false, but in most cases, it is. Such a person feels that they are being held back, not given opportunities, that they deserve more. A conflict emerges between what they desire and what they are actually capable of achieving. This is where the "dark ones" strike. Especially in a parasitic social system, they recognize this vulnerability and use it against people. They step in and say: *"Here you go, we will give you what you want..."*

At the beginning of our meeting, I read a message from Archangel Michael—this is a perfect example of how unchecked ambition clouds a person's judgment. The "dark ones" use this to their advantage. A person should not focus on: what position they hold, whether people praise them or criticize them, whether they receive rewards or punishment, or whether they bring benefit to others or not. Instead, they should focus on their own real growth and not be deceived by illusions of power and importance.

A person should think about what they are doing and follow the calling of their heart, their soul, and their mind. Harmony. They should act without worrying about where it will lead. When this happens, true progress and development will take place. The Light Hierarchs do not and cannot limit anyone in their growth. If you reach a certain level of development, you will be given tasks that correspond to your level. No one will restrict you. Such concepts simply do not exist there. The "dark ones," however, do have such limitations. It's like in the army: Regulation, Rule No. 1 – The commander is always right. Rule No. 2 – If the commander is wrong, refer to Rule No. 1. This is essentially how the "dark ones" operate. This is, of course, an exaggerated army regulation—a joke, but as they say, every joke has a grain of truth.

The same applies to the "dark ones." Their hierarchy actively hinders the development of others. It always turns into a fight, like in a wolf pack. When a new leader emerges, they engage in a battle to the death with the old leader. If the stronger one wins, either the old leader remains in power, or the new alpha takes over. This is the principle of the wolf pack in the "Dark" hierarchies.

In the Light Hierarchies, such things never happen. Why would they? There is so much work that there is enough for everyone. In the Light Hierarchy, everyone benefits; any hierarchical promotion means taking on additional responsibility. It is not about rights, but about responsibility and duties. This is a fundamental difference.

That is why there is no such thing as "dark development." The development of the dark ones is very limited. They act in a very primitive manner. What they often do, as I have reflected in my book, is exploit and seize the potential of the light ones by finding their weaknesses. When someone is developing, they cannot know everything at once. If they encounter something new, they develop in that direction. But an adjacent area, until they encounter it, remains a blind spot.

The "dark ones" act very cunningly, like all parasites. They search for such gaps—evolutionary voids—in their opponents and strike where there is no protection. And if the one being attacked does not react quickly enough, they become trapped and are used as a puppet, as a zombie. They begin to act according to the will of the one who has taken control of them. This, of course, is the worst-case scenario.

So, the "dark ones" do not possess a high level of development themselves. They may reach a level of development higher than the planetary one, but beyond that, they fundamentally cannot attain a truly

high level. This is because the methods they use do not lead to progress but rather to regression. Eventually, they reach a qualitative barrier beyond which they can no longer advance.

This is precisely why they devised a system of parasitism on everyone else. They cannot generate a large potential on their own because true development is required for that. So, what do they do? They create pyramidal structures where they gather potential from others and use it for their own purposes. Many examples could be given, and the topic could be discussed at length.

But the dark path of development is a dead-end path by definition. However, even a piranha wants to live. The question is: should you allow it to devour you? That is something you must answer for yourself. Do you want to be eaten by piranhas? Or crocodiles? Or wolves? It doesn't matter which. What matters is understanding these aspects and recognizing the differences.

The "dark ones" are particularly skilled at trapping people through their ambitions. Take Sobolev, for example—the one who was supposedly appointed as the ruler of the Universe. Do you remember? A person establishes contact with some entity, not even knowing who it is, and suddenly they are told: "We appoint you as the ruler of the Universe!" Not bad, right?

Now, tell me—who would refuse to be the ruler of the Universe? Raise your hand. Some people wouldn't want it, but most would. And just like that—you've been caught! See how it works? Sobolev didn't mind being the ruler of the Universe either. He was appointed. So, by that logic, everyone who didn't raise their hand could also be appointed as rulers of the Universe.

Now, what should a person who is appointed as the ruler of the Universe ask themselves? "What have I done to deserve ruling the Universe?" After all, excuse me, but I don't even govern my own planet—how could I possibly govern the entire Universe? But he didn't ask that question. Instead, he assumed that if he was appointed, then he must be worthy. And that's how he was trapped. That's the point!

Every person wants to be special, and that's normal. But to truly become special, you must accomplish extraordinary things. Work hard, put in effort, don't spare your strength, and you will achieve it. Maybe you won't rule the Universe, but you will develop yourself to the fullest. And who knows—maybe one day you *will* be able to manage the Universe.

But not when someone comes to you and says, "We appoint you!" That's impossible. You must have the knowledge and ability to do it—you need to understand how the Universe is structured and how it operates. The "dark ones" are well-versed in psychology, especially within our social system. In a distorted, unhealthy society where people are overwhelmed and suppressed, it is natural to want to feel special, unique. However, this natural desire can quickly turn into a weakness. This is exactly where those so-called "friends" step in—appointing people as the ruler of the Universe or even as Archangel Michael, as I recently read.

My advice? There is so much you *can* and *should* do. Just sitting around and waiting for fate to intervene will get you nowhere. But at the same time, recklessly rushing into battle isn't the answer either. I don't mean to offend anyone, but let me draw a parallel: Imagine a 4–5-year-old child stepping onto a battlefield with a toy sword. Will they win? They can only win if their abilities and understanding far exceed those of their opponents. But if they truly have the knowledge and abilities of a 4–5-year-old,

then no matter how noble their cause, they will be crushed—without mercy, without consideration for the fact that they are just a child.

Understand this—the "dark ones" have no pity. They have no compassion, and they cannot have any. Their mindset is simple: if a 4-year-old already understands too much, he must be eliminated before he grows up and understands even more. "Let's destroy him while he is still 4 or 5 years old." That is how the "dark ones" operate. They won't say to the child: "Listen, kid, you're doing well, but go grow up first, and then come back—we'll fight then." No. Instead, they will eliminate that child immediately.

That is why, before taking action—before engaging in any kind of battle—you must at least understand the situation. You must know what you are getting into. When you step onto the battlefield, you need to understand: this is war. I cannot say you will win until you actually win. Each time, you may face an opponent of your own level—if you act wisely. In that case, you have a chance. But that still does not guarantee victory. You might say, "Ah, this is nothing! I want to fight at the level of the Universe! Against the entire Universe!" Well, in that case, your chances of winning are close to zero. There is no need to be afraid, but there is also no need to rush blindly into battle. Before doing anything, you must clearly understand where you are going and why.

2.33 QUESTION: *Again, about the flying objects.*

ANSWER: I have already explained that if they were flying near the Sun, they would have reached Earth a long time ago. But here we are again, talking about 2012. People keep speculating about 2012 left and right.

In one of the last chapters of my book "*Russian History Viewed through Distorted Mirrors*" (Volume 2), I wrote in detail about the calendars of the Maya, Aztecs, and Incas. I can say that in 2012, another life cycle ended—specifically, a 144-year cycle.

For our ancestors, a life cycle was equal to 144 years, and they based their calendars on these life cycles. The cycle calculated by the Maya calendar ended in 2012. This does not mean that the calendar itself ended, or that everything ended, or that it was the end of the world. It simply means that the calendar they had calculated was designed for several life cycles—and when that calculation ended, they just didn't continue it further. That's all.

Everyone keeps tying everything to the year 2012—saying it marks the transition to the Sixth Race according to Blavatsky and that everyone will shift to an energy-based form. But what exactly is an energy-based form? Apparently, only the especially gifted are worthy of transitioning to it, while everyone else is just supposed to die? Now there's barely over a year left until 2012. I find it very interesting. Of course, the planet could be destroyed—if someone detonates a nuclear bomb, for example. Or if the Sun were to explode—though I certainly hope it won't.

But what I'm really curious about is this—if nothing happens in 2012, what will they say then? It's just like all those previous doomsday predictions, which kept getting postponed over and over. As far as I remember, people have been predicting the end of the world since the 11th century. People were buried alive, people died, people even killed themselves in anticipation of the apocalypse. But for some reason, it never happens—over and over again. And now, here we go again—2012 is the new "end of the world." They found a reason for it—the Mayan calendar ends in that year.

And do you remember what happened back in the year 2000? Everyone said: "That's it! The world will end! Computers will crash! Nuclear facilities will malfunction! Missiles will launch on their own!" But what's most interesting—as soon as 2000 passed, everyone just went silent. It was as if nothing had ever happened! No one talked about it anymore. Everything passed, people forgot, and never brought it up again. And yet, before that, the hysteria was enormous. Everyone was waiting for the year 2000, watching the seconds count down—Boom! Silence. And instead of an apocalypse, it turned out—no grim reapers, no destruction, nothing at all. So, let's wait and see.

2.34 QUESTION: *Does the nutrition system matter for the development of the essence? Vegetarianism or raw food?*

ANSWER: In most cases, vegetarianism is actually negative. When people tell me, "We can't kill animals because they are living beings, but plants were specially created by God for us to eat," I ask—has anyone ever asked the plants how they feel about it? Are plants not living beings as well? And what about fruits—aren't they the children of plants? Do you know why fruit grows around a seed? It's so that when the fruit—say, an orange—falls to the ground, its flesh will decompose and create fertile soil for the seed to grow in. Plants did not "design" fruit for us to eat—it serves an entirely different purpose.

Think logically—which came first, plants or animals? Animals didn't exist at first. Plants had to fight for survival so that their offspring could grow. That's why they started producing more fruit—so that even if foolish creatures like us ate them, at least some seeds would still sprout. Over time, plants adapted to survive in conditions where predators appeared—herbivores included. Yes, herbivores are predators too—they eat plants. But why are plants considered *non-living* beings? Believe me, they can feel, they have consciousness, and much more. And just like animals, they don't like death either. The only reason people differentiate between killing animals and plants is because animals have eyes, ears, and mouths—they seem more similar to us. So, people say, "Killing animals is wrong, but killing plants is fine because they don't have eyes." No tears roll down like when a calf is slaughtered. They don't scream like animals do. But does that make their death any less significant? I've seen it firsthand—even a simple chicken, when caught for slaughter, feels fear.

They have different kinds of eyes. Other animals, like cows and calves, truly feel what's happening. A farmer can lead his cow a thousand times, and everything will be fine. But the moment he leads it to slaughter, the cow telepathically senses that it is being taken to its death. And it's not just cows—many animals can perceive this. When the same farmer who has fed the cow every day suddenly takes it away to be slaughtered, tears start to fall from the cow's eyes—because it *knows* it is being led to death.

Plants simply don't have eyes for tears to fall from—that's the only difference. I'm not saying that it's good or that we *should* consume other living beings. But the laws of life are such that we cannot survive without absorbing other biomass. The key issue is that we should not act in a way that is wrong. Killing for the sake of killing—that is wrong. For example, hunting for sport, killing just for the sake of taking a life—that is unjustifiable. However, if you take what is necessary for your survival, then you are not violating the natural laws of life.

Of course, there are consequences. When you consume meat, you receive a certain penalty. During the act of killing, certain toxins are produced—adrenaline breaks down into cadaveric poison. When this toxin enters the body, it shortens our lifespan. But plants do the same thing—they produce toxins to ensure that herbivores don't live too long. Because the longer an herbivore lives, the more plants it consumes. However, this is all part of nature's balance—this is not parasitism.

But humans are omnivores. If a human—especially a child—does not receive animal proteins, their development suffers. Children raised on a strict vegetarian diet often experience severe physical and mental delays, as well as conditions like rickets and many other pathologies. So, the issue is not what you eat, but rather the understanding that killing for the sake of killing is wrong. You may think, "I just picked a fruit—I didn't kill anything, I only ate it." But what about the worm that will one day eat your body? It could just as easily say, "I'm not killing you; I'm just eating." Or a wolf—when it tears out your throat, it too could say, "I'm not killing, I'm just eating." The idea that some living beings are acceptable to eat while others are off-limits is flawed reasoning. As long as we exist in physical bodies that cannot survive without consuming biomass, we have no choice. If we do not eat, we die. And this applies to all living beings.

Before we wrap up today's meeting, let me share a funny story. There is a tiny warm-blooded creature called the Etruscan shrew—the smallest of its kind. For a long time, scientists struggled to catch one alive. They did catch them, of course, but usually found them already dead. Why? Because the size of an Etruscan shrew is smaller than a matchbox. The ratio of skin surface to body volume is so extreme that this tiny creature must eat constantly to survive. If it stops eating for even a few minutes, it starts to freeze and dies. Just imagine a creature that eats nonstop!

The larger an animal is, the lower the surface-to-volume ratio, meaning it requires less food per unit of body volume. But the smaller the creature, the greater its surface area in proportion to its volume, causing massive heat loss—which means it needs to eat constantly to stay alive. So, the greediest creature on Earth is the Etruscan shrew—because it is always eating. The moment it stops, it dies. That's a real fact.

What's the takeaway? You can eat anything you want. I would recommend that people listen to their own bodies. Your body knows better than any diet what it needs at any given moment. When you crave something, it means your body needs certain nutrients—so you should give it what it asks for. However, even healthy foods can be harmful in excess. Your body only absorbs what it needs—everything else becomes toxic.

Why? Because the chemical molecules in food do not have intelligence. They react in your cells whether you need them or not. For example, if a cell needs 10 molecules of a certain nutrient, but 1,000 molecules enter the cell, do you think only 10 will be used while the rest politely wait their turn? No! All 1,000 molecules will interact—whether needed or not. That's why even beneficial nutrients, when consumed in excess, act as poison rather than as a benefit. Learn to listen to yourself. If you can listen to your body and give it what it truly needs, you will provide it with the optimal organic substances necessary to maintain balance.

What can vegetarianism lead to? Which animal is considered not very intelligent? A sheep! Herbivorous animals, such as sheep, have very slow brain development. This is because plants produce substances that harm animals, and these substances have a significant impact on brain development. That is why most herbivorous animals do not excel in intelligence.

(From the audience: *"What about horses?"*) I said most, not all. Each species has different biological adaptations. Intelligence levels vary, but in general, most herbivores do not develop high cognitive abilities. Horses, for example, have large brains.

But consider primates—they are omnivores. Most of them, especially great apes, eat bird eggs, insects, and even small animals when available. By the way, great apes are not our ancestors—no matter how much some people try to push that idea. Not because humans are "better" than apes, but simply because it is a fact that they are not our ancestors. And yet, they are omnivores too. Even human dental structure supports this.

Back in school, zoology was taught thoroughly. There was a clear classification of:

- Carnivores (predators)
- Herbivores
- Omnivores

Humans have small canines and a lack of strong incisors, which means we belong to the omnivorous category. We are naturally adapted to consume both plant and animal food. That being said, both plants and animals are living beings. And neither of them—neither plants nor animals—exist just to be eaten by some fool like me.