



Contents

Creating a pious population	4
Glossary	70
List of books on television:	
"Creating virtuous offspring"	111

Creating a pious population

You reap what you sow. Good deeds are rewarded with good deeds. The apple doesn't fall far from the tree

Russian proverbs

Pious people are the main source of spiritual development in human society, and therefore the Vedic duties of varna-ashrama are designed so that the state is dominated by such a pious population, which in many ways depends on the chastity and fidelity of women. Just as children are prone to deception, women are prone to falling, so both need the protection of older family members. If women are engaged in various useful activities, they will not fall into adultery. According to the Vedic scriptures, women are generally not very intelligent and therefore cannot be trusted.

The Apostle Paul wrote in his First Epistle to the Corinthians and in his First Epistle to Timothy: "...he (the husband) is the image and glory of God; and the wife is the glory of her husband. For the husband is not from the wife, but the wife is from the husband; and the husband was not created for the wife, but the wife for the husband. A woman should learn in silence with all subjection. But I do not permit a woman to teach or to have authority over a man; but to be in silence. For Adam was formed first, then Eve. And Adam was not deceived.

^{&#}x27;1 Kop.i 1.7-9. 1 Tim. 2:11-15.

But his wife, tempted, fell into adultery; however, she is saved through childbearing. If she remains in faith and love and holiness with the whole family.

It is clear that they achieve perfection through the fulfilment of their sacred duties, which consist in their ability to nurture virtuous souls and lead their children to the Almighty Lord. In ancient times, people were not afraid to have as many children as possible, and it was considered a moral virtue. The more children, the happier the ancestors who had departed from this world, for they receive abundant energetic support from the prayers of their descendants.

THEIR POTENTIAL IS LIMITED AND THEY CAN BE USED IN NEW WAYS.

into their families for further development as their children. Therefore, the debt to ancestors could only be repaid by the birth of children, and the absence of descendants was considered a sin. Visiting the kenya at a time favourable for conception was a sacred duty of every married man. The Vedic scriptures prescribe: "Being faithful to his wife, let him come to her at every appropriate time." The Parashara (IV, 15) not only prescribes this duty, but also declares its non-fulfilment to be a sin: "Whoever, being healthy, does not go to his wife at the appropriate time, undoubtedly commits the sin of killing a foetus." Similarly, a wife is obliged to come to her husband when she has purified herself from her monthly period. "Parashara" (IV, 14) says: "A woman who, having purified herself, does not go to her husband, will be a pig in her next life." The Yamasmriti goes even further and prescribes punishment for her: "Let her be abandoned after she is declared in the middle of the village to have destroyed the foetus." The Arthashastra (III, 2,44) prescribes significant financial penalties for a husband or wife who refuses to cohabit.

^{&#}x27;Manu'. Ki. III. line 45.

However, there are exceptions for physical, mental, and moral reasons when a husband has the right not to go to his wife: "Let him fear My>K, who ru

PC tlX ODIG K 7KCII 0 SLI SH KO CI C'fd]ЭОЙ, о BCl 1 10,ЦI IOi i, ,Ц)'})NO t О

behaviour, giving birth to dead children, who does not menstruate, to a minor or one who has many sons."

Vishnu-Puraa also says: "Let him not approach a wife who has not performed ablutions, a sick woman whose monthly period has not yet ceased, one who is not worthy of praise, one who is angry, one who feels unwell, one who is unkind, one who loves another man, one who has no desire, is hungry or has overeaten," for such a state of the wife does not allow for the conception of healthy offspring, since her unwillingness or inability (in general or at a given time) to participate in the necessary exchange of energies does not contribute to success in this matter. Moreover, during intercourse occurring at a certain level, her physical or mental disorders, preoccupation with personal troubles, as well as illnesses are absorbed into her husband's energy and affect him as mental toxins. As a result, all the harmful qualities of the wife are transferred to the husband. According to Manu-smriti (IX, 107): "Only that son is born in fulfilment of dharma (the Law of the Creator) through whom parents enjoy bliss. All oc-

TdJIbHble ARE CONSIDERED TO BE POTO MCTBO OF LUST."

In ancient times, it was considered necessary to produce offspring at any cost for the good of the family and ancestors, Therefore, the custom of ngiogi (literally, "assignment") or levirate (levir, Latin for "brother-in-law") was widespread, according to which a widow was obliged or had the right to marry her husband's brother. The text of the Artha-shastra (III, 4, 37-42) testifies that until the turn of the new era, not only niyoga (cohabitation of a widow with her brother-in-law for the purpose of bearing a child who was considered her late husband's *son*) was considered normal.

From the explanations to the Parashara 1,1,7.

husband), but also secondary marriage of widows, "examination" of widows by men in the family or clan. In

The Rigveda (X, 40.2) contains a reference to Aivipas

boi's I M-fil I'l 31IN I(4 ii 4 1 J 3dd 1 I ICi't 11 k0'l Cj9 I'l C U 3*t{9 f1, CB Whe* TCil I-indicating that the widow invited her brother-in-law to produce children—her husband's heirs: "Where do you spend the night, who takes you to bed, like a widow's brother-in-law?" "Yajnayalk" (I, 68) also permits zimech(enie:

"Let the brother of the deceased husband come to his wife during a favourable period with the permission of his elders, having anointed his body. If there is no brother, then let a man of the same clan or sapinda (close relative, usually up to

T}9CTbeFO KOL CHil PO VOSKHODYA SCHEY I PO NISKH ODYA SCHfIY LI NI II), who brings sacrificial food (pindu) to the same ancestor. Manu (IX, 53) and many other Vedic writings allow a widow or the wife of an impotent (or sick) man to bear children from her husband's brother, a man of the same clan or a brahmana. For example, in the Mahabharata, Bhishma suggests that Satyavati invite a Brahmin to father children by her daughters-in-law, and then he describes the virtues of the one who replaces the husband.

In order to better understand the ancient teaching on the conception of virtuous children, it is necessary to consider the basic ideas about the origin and development of individual life. In the Sanskratattva (c.857), it is stated: "...when a man unites with his wife in accordance with the garbhadhana ritual, he implants in her a seed that becomes worthy of acquiring veda," i.e., knowledge and wisdom. By performing garbhadhana-sankara, parents express their intention to conceive pe-

Garbhadhana-sanskara, the seed-planting ceremony, is performed on the fourth day of the wedding; "garbha" means "embryo" curled up in the womb. This ceremony was performed at the appropriate time when the spouses were physically healthy. All their thoughts were focused on the act of procreation, and a pure, favourable environment was created through sacrifices and the reading of

Before doing so, they perform special rituals to purify their consciousness and attract souls with good karma, for souls ready for incarnation are drawn to their future mother months before conception, creating the father's sperm. To ensure that the egg is fertilised by the sperm of a virtuous soul with good karma, it is first and foremost necessary for the parents to have a spiritual consciousness and an elevated state of mind. Important factors include the general state of health, character and eating habits of the parents. The choice of time for intercourse is also of great importance, depending on the woman's menstrual cycle and the time of day of conception.

The appropriate time for **3ayatus** is considered to be the 4th to the 16th night after the start of menstruation. According to According to the Gobhila-grihyasutra, conception should take place after the flow of impure blood has ceased. A woman was considered impure until the fourth night after her period, and a man who visited her during this time was considered defiled and guilty.

THAT IN GOGXB BIYSTVfl 3£tlЭОЛЫШ8, РОСКОПЬК EGO CCM I VYLI-

It was in vain. Only nights were allowed for conception, while daytime was forbidden. The reason for this was the belief that the life force of those who lived with their wives during the day would disappear. "Truly, those who unite in love during the day lose their breath (i.e., their life); those who unite in love at night are abstinent." Nights that were furthest from the time of menstruation within the specified period were preferred. The Baudhayana-grihasutra (I, 7, 4b) says: "Let him come to his wife from the fourth to the sixteenth night, preferably in the later nights." The Apastamba-grihyasutra (II,1) says the same thing; it is believed that children conceived later will be happier and more worthy.

It was also taken into account that the sex of the future child is determined by the night on which conception occurred

^{&#}x27;Manu III.42; Yajnavalkya 1.79.

^{- &#}x27;Yajnavalkya' 1.70.

[&]quot;Prasna Upanishad" 1.13.

In order for a boy to be born, the night must be even, and for a girl to be born, it must be odd. For the conception of a boy, the most auspicious days are the 2nd or 4th, and for the conception of a girl, the 7th and 9th. Manus, the progenitor of mankind, said that of the 16 days from the beginning of menstruation, intercourse is prohibited on the first four days, the 11th and 12th days. The remaining 10 days are favourable, if they do not fall on the 1st, 2nd, Sth, 1st, 12th and 14th days of the waning moon, days of cosmic deviations (e.g. eclipses), Sundays and holidays. In particular, the days when the moon transitions from one phase to another should be avoided*. It is best if the home star ship, in accordance with the desired qualities of the future child, determines the most auspicious time for the conception ceremony. Vedic astrology states that the most auspicious lunar stations for conceiving a child are the stars: Revati — Alpha Pisces (El-Rish); Ygltza — Alpha Virgo (Spica); Anuradha — Delta "Eye" of Scorpio (Isis); Mrichashira — Lambda Orion and the Encis nebula located behind its belt.

Unfavourable lunar stations are the stars: Bharani — Delta Aries (Albatain); Magha — Alpha Leo (Regulus); Purvaphalguni — Delta Leo (Zosma); Purvasha Gamma Draconis (Etamin); Purvabhadrapada — Alpha and Beta Pegasi (Markab and Sheat); Kritika — the Pleiades constellation; Visakha — Alpha Coronae Borealis (Gemma el-Genubi); Ardra — Alpha Orionis (Betelgeuse); Ashlesha — Alpha Hydrae (Alphard); Jyeshtha — Aly§a "Heart" of Scorpio (Antares); Mula — Lambda "Stinger" of Scorpio (Le-zatth). The first five stars are especially "terrible." When the Moon passes through them, no xopo-

^{&#}x27; Manu III.49.

^{&#}x27;Manu III.45,47; Yajnavalkya 1.79.

^{&#}x27; Mathura Mandal dasa (Mezentsev M.A.) "The Vedic Approach to Conception and Childbirth." Ayurveda for Families, Moscow, 1998.

These beginnings are not realised. The next two stars are variable in nature, and the last four are only suitable for those engaged in serious magic.

Лучшими восходящими знаками Зоднака для совер-The signs of conception are Taurus, Gemini, Cancer, Leo, Virgo and Libra.

Malefic planets (Saturn, Mars, Sun) *should* not destroy the connection or aspect of the favourable Ascendant and the point vi zeti ita. In the natal chart, Brihaspati (Jupiter) should occupy a strong and favourable position. It is desirable that l-y and

D BY TO BE IN HARMONY.

For the conception of a boy, it is desirable that the ascendant be a masculine sign, and for a girl, a feminine sign.

During each of the ten lunar months of embryonic development, one of the ten planets influences it. If the child was born prematurely, then the planet (and the last months of its development were missed by the planets that have a very profound influence on a person's destiny) did not manifest itself in its astral field.

The first lunar month of pregnancy.

During the first seven days of life, the embryo has a gelatinous consistency, without clearly defined dimensions or boundaries. In the first week, the embryo resembles milk fungus floating in a vessel of milk; in the second week, it begins to grow and sway slightly. In the third and fourth weeks, it begins to develop. Sexual differentiation has not yet begun, and the embryo is still asexual. At this time, the woman begins to change her habits, tastes, and inclinations. This occurs under the influence of the child's qualities and karma. From this moment on, the mother and child are connected by

DQIIIOM NT)ЭdЗ]ЭЫВНОЙ ЭНе]ЭГ8ТИ ЧеСКОЙ СВЯЗЫО, КОТО]ЭdЯ СТ£t-It becomes almost imperceptible by the age of 14. Throughout the entire pregnancy and for a long time after the birth of the child, the father does not have such a strong connection; it only manifests itself when the child is 2-3 years old. If a woman experiences vaginal discharge or uterine pain during this month of pregnancy, *or* if she has *a* weak *uterus*, it is necessary to take a mixture of sandalwood and lotus powdersand milk, in an amount of 1120 mg daily throughout the first lunar month of pregnancy. To prevent miscarriage, a mixture of licorice powder, tek-

TON II, B YUNK il I K SDJ£t S M OPK OM .

Second month.

During the second month, the sex of the child becomes apparent and fixed. The jelly-like clot that was the embryo in the first month of life has formed into a dense, cottage cheese-like substance. If the embryo is male, this "curd" is shaped like a ball; if female, it is shaped like a disc; and if hermaphroditic, it is shaped like a cloud. The growth and development of the embryo depends on the actions of the primary elements that form all living and non-living objects in the universe. Earth gives density to the embryo and protects it from mechanical damage. Water promotes nutrition and the connection of the embryo's cells and tissues into a single organism. Fire maintains the necessary body temperature of the embryo, aids metabolism, and promotes immunity. Air ensures the movement of nutrients in the embryo's body, cell division and the elimination of waste. Ether, in addition to promoting the growth and development of the embryo, provides the space and opportunity for all these phenomena to occur. During the first week of this month, the embryo forms *a* nyn *ok*. The embryo is nourished during the first two months through amniotic fluid. In the first month, the placenta has not yet begun to form, and in the second month, it does not yet play a leading role in the delivery of nutrients and removal of waste, although the formation of the first artery connecting the mother and child is completed by

In the middle of this month.

The second month of pregnancy is usually characterised by rapid fatigue, a feeling of heaviness in the lower abdomen, fainting spells, vomiting, loss of appetite, yawning, salivation, hair growth on the abdomen, breast enlargement, darkening of the nipples, cravings for salty and sour foods, a feeling of heaviness in the legs, warmth in the heart area, and other symptoms.

PJEIZ NilK P MI .

All this can be explained by the sharp and accelerated changes in a woman's body, the formation of a large amount of impurities, and the unpreparedness and weakness of the body. If spouses are preparing for childbirth by consciously choosing the time of conception, then during this preparation

TOVKI OJEGINIZ M ZhE H SHCHIN bI GOTO VITSA K PJE SDSTO YA SHCHI M difficulties and restructuring, so pregnancy proceeds much more easily.

To prevent uterine pain during this month, mix blue lotus petals with licorice and pistachios, then blend the mixture (1120 mg) with milk. Take daily throughout the second lunar month of pregnancy. To prevent miscarriage, take a mixture of ficus, sesame, rubia and asparagus powder with milk.

Third month.

During the third month of intrauterine development of the embryo, five lumps, five tiny dots, appear on its body. These lumps will later develop into the head, arms and legs. However, at this stage it is still impossible to predict which dot will become the head, which will become the arms and which will become the legs. At the same time, the embryo's body becomes even more compact and grows. The beginnings of all the small parts and organs of the body are already visible. By the end of this month, the body gradually divides into upper, middle and lower parts.

With the formation of the tubercle, from which the

The child begins to feel joy and pain, although there is still no distinction between happiness and unhappiness, pleasure and displeasure. There are almost no irritants in the womb that can cause such strong sensations, but the baby is connected to the mother not only physically, but also emotionally and spiritually. All of the mother's sensations are transmitted to the child in an intensified form. The mother's slight excitement causes a storm of pain in the child's consciousness, and even a small joy turns into jubilation for the future person. That is why it is so necessary to protect a pregnant woman from all unpleasant impressions and give her joy, peace and confidence. If a man has not yet developed a feeling that makes him treat his pregnant wife very tenderly, then he must make every effort to create a favourable and peaceful life for her, acting contrary to his own selfish desires and interests. If a pregnant woman is satisfied, the child will be blessed with longevity and resilience in the face of life's trials and tribulations.

By the end of this month, the placenta takes over the leading role in nourishing the embryo, although the embryo continues to receive nutrients from the amniotic fluid. The umbilical cord connects the baby directly to the mother's heart. The embryo receives nourishment directly from this storehouse of all substances. At the same time, with the mother's heart chakra functioning properly, it is bathed in her love for her husband and for itself. The power of the mother's heart chakra is necessary for the development of joy and the ability to love in a small person. Thanks to this power, the embryo's heart is formed, a process that is completed in the fourth month of its life. It is quite understandable that the child in the womb is influenced by all seven of the mother's chakras, especially those with the greatest power of action.

Taking a mixture of 1120 mg of sandalwood, bitterroot, beardroot and lotus powder diluted in cold water will eliminate uterine pain. To prevent miscarriage, a mixture of ayunka, loranthus, callicarpa, water lily and chemedesmus powder is taken with milk.

A quarter of a teaspoon.

Avurveda refers to the fourth month of foetal development as the month of two hearts. By this stage, the heart of the little human being is fully formed and will only grow and improve from now on. From this point onwards, foetal development accelerates and the child's energy fields merge into a single whole. The older the child gets, the more refined its energy becomes, through which it establishes a connection with the entire universe. The first vibrations emitted by the child are at the mineral level, gradually becoming more orderly as they pass through the plant and animal levels. By the time of birth, the child's vibrations correspond to those of a human being. Depending on the qualities and level of development of the child's life force, their ability to use coarser vibrations remains after birth. If parents do not "suppress" this talent in early childhood, the person retains the ability to finely sense the surrounding world and understand its advice, warnings and hints even in more mature age. Most often this occurs on an unconscious, subconscious level.

The mature heart of a child takes him to a new stage of emotional development. He begins to have all kinds of desires, which are transmitted to the mother through the umbilical cord. This explains the second wave of female mood swings, which coincides with this month. The husband must take into account that these desires are born of the child's developing consciousness, so he must make every effort to fulfil them.

Nine depressions are clearly visible in the child's body, intended for the eyes, ears, nose, mouth, anus and urinary tract. If the embryo is female, a vaginal depression also appears.

Of the other vital organs, the head, bones, and blood vessels are completed this month. In the following months, they will only grow.

Taking blue lotus petal powder, beard

cha, anchor, and scirrus in a dosage of 1120 mg, diluted in milk, will eliminate pain in the uterus in the 4th lunar month. To prevent miscarriage, take

смесь порошка верблюжьей колючки, хемедесмуса, девясила, лотоса и солодки с молоком.

Fifth month.

The fifth month of pregnancy is called the month of flesh and blood. During this time, the embryo's body undergoes rapid formation of blood, muscles, fat, bones and bone marrow, and by the end of the month, the skin has finished maturing. This does not mean that muscles and skin are stretched over an already formed skeleton. Their formation and development proceeds evenly and continuously. In the earlier months of its development, the embryo also has a membrane, which is the precursor to the skin, but the skin that we see in a newborn is *only* formed *by* the end of the fifth month.

The most interesting phenomenon occurring with the embryo during this month is the awakening of consciousness. The child begins to think, experiencing feelings of happiness and unhappiness, satisfaction and dissatisfaction. The child begins to sense the mother's state and tries to respond. As soon as the mind organ is formed in the child's body, it remembers its past incarnations. With the awakening of consciousness, the mind, reason and intellect begin to manifest and act intensely, which curb false self-love and bind the soul to the human body. At this stage of the child's development, if the mother wants the child to grow up to be a righteous person, she should read the Vedic scriptures aloud to him, go to temples and museums, listen to music and look at pictures of a spiritual and moral nature. It is necessary to resolutely avoid watching films that show **violence**, **to avoid** conversations on such topics, as well as bad news.

Rpchei poroika burhaviya diffuse, Indian cocculus, delphinium flowers and blue lotus petals

in the amount of 1120 mg, diluted in milk, will eliminate uterine pain in the 5th lunar month. To prevent miscarriage, a mixture of black nightshade powder, nightshade powder, milk thistle powder, and balsam tree milk with milk and warm oil is used.

Sixth month.

In the sixth lunar month of intrauterine development, the maturation of the skin, ligaments, tendons, veins, teeth, hair and nails is completed. The development of the subtle bodies and energy channels that permeate the child's body continues.

By the end of this month, the mental body, or body of the mind, awakens from the subtle bodies. The child begins to THINK, BUT HIS MIND IS NOT YET CLEAR AND HE IS NOT YET AWARE OF HIS THOUGHTS.

He is pure in his thoughts, because his senses have not yet interacted with objects of perception. In other words, he does not yet know how (nor does he have any reason) to be deceitful or dishonest. If, in the fifth month, when the mind awakens and the child remembers its past incarnations, it simply sees images like dreams, then at this stage of its development it tries to comprehend them *in*

IN RELATION TO THE EXPERIENCE THAT IT HAS NOT YET EXPERIENCED.

A mixture of elephant's tusk, honey and caxara, mixed with cold water and diluted with milk, will eliminate pain in the uterus in the second lunar month. To prevent

MISCARRIAGE, SEE POJEOSHKP

EP}EII, SIDY,

moringa, anchor and tinospora with milk.

Seventh month.

In the 7th month, the creation of the embryo is complete. By the end of the month, the child's rough physical body will be fully formed. In the future, it will ONLY grow and improve, increasing muscle mass, strengthening bones, etc.

Most of the human energy structure also completes its formation by the end of this month. But the three upper chakras are still only beginning *to develop*.

This month, the child begins to suck its thumb. To prevent miscarriage at this time,

a mixture of powdered trap, lotus rhizome, grape, reed, licorice and sandalwood with milk. A mixture of 1120 mg of reed powder, lotus rhizome, tragacanth and blue lotus petals, taken with milk, will eliminate uterine pain that occurs during this month of pregnancy.

Eighth month.

The eighth month of intrauterine development is called the month of the moving Ojas (the life-sustaining radiation of the jivātma). This is one of the most dangerous months of pregnancy. The fact is that during this time, the mother's Ojas connects with the already formed Ojas of the child. Once connected, they begin a circular movement from the mother's body to the child's body and back, connecting them even more deeply with each other energetically. At this time, the mother feels her child particularly strongly. If premature birth occurs during this month, there may be complications. Most often, the child is born with less than the necessary amount of Ojas. A lack of Ojas can lead to a tendency towards alcoholism or drug addiction when the person reaches the age of 15-20. In addition, there is often a lag in development and academic performance compared to peers. In the worst case, stillbirth may occur.

If a child is born prematurely, it is necessary to artificially create Ojas. For this purpose, a special "golden" clarified butter is prepared. To prepare it, take a golden teaspoon, put a drop of clarified butter (a third of a teaspoon) in it and

heated over a very low heat for 7 minutes. The gold particles soak into the clarified butter. Under no circumstances should the butter be overheated; it must remain the same colour. For the preparation of gold oil, take a regular oil pan and place a gold ring or other item made of pure gold in it. The finished oil (one-third of a teaspoon) should be divided into 3 parts. Give one part per day, in the evening, before bedtime.

In the eighth month of intrauterine development, the growth of the tissues and organs of the embryo continues, as does the hardening of the bones and the growth of hair and nails. The development and formation of all tissues reaches the level necessary for existence separate from the mother.

A mixture of licorice root, lotus stems, ptspirus, reed and chaba pepper in an amount of 1120 mg, taken with milk, will eliminate uterine cramps that occur during this month of pregnancy. To prevent MISCARRIAGES, DRINK MILK OTB PJEKOJE HeY JeJEOHI AND SLOnew, Hungarian quince, Indian nightshade, trichosanthes, sugar cane.

The ninth month.

At this time, the energetic and physical components of the child's body are maturing. Ojas has not yet taken root in his body, so this month is also undesirable for childbirth. Energy from the mother's body is now flowing to the child not only through the umbilical cord, but also through her entire body. During this month, all of the child's energy channels and all seven chakras are finally created and fully activated. The child communicates more and more with its parents, but it is becoming cramped in the womb, so this month there may be a slight decrease in its mobility.

A mixture of 1120 mg of cocculus indianus powder and vasella cordifolia, taken with honey and sugar, will eliminate uterine pain that occurs during this month of pregnancy. To prevent miscarriage

, drink milk with chemsdesmus, camel X HOLYCHIS, VYUNH t AND SOLODCHI.

Desya gyi >Iesats.

The tenth month is the month of preparation for childbirth. By the end of this month, the Ojas is finally fixed in the child's body. The period of full maturation of the child is 250 days. After this period, childbirth occurs. If childbirth occurs earlier than this period, but in

the 10th month of development, there are no problems; if the child is born in the 7th, 8th or 9th month, certain physical and mental abnormalities may develop. The child is born weakened and needs more time to adapt to its surroundings.

WORDS

Sometimes a child "stays" in the womb longer than the term of delivery. If the delay lasts 2-2.5 weeks, this is not dangerous; with a longer delay, it is necessary to artificially accelerate labour by inducing labour. This is best done by massaging the abdomen with melted butter, in which red pepper and calamus root have been simmered in a water bath for 7 **minutes**, or with a decoction of herbs that induce uterine contractions.

A mixture of grape juice with sugar and blue lotus petals will eliminate the pain that occurs during this month of pregnancy. A decoction of a small amount of ginger in milk has the same effect. To prevent premature birth, drink a milk decoction of liquorice, ginger and cedar.

In Devala Smriti and Arthashastra (III,2,43), a householder with several wives is given instructions on how to avoid conflict between his wives due to their periods coinciding: "When their menstrual cycles coincide, let him first go to the one he married first, or to the one who has a living son."

The Charaka Samhita states: "If a woman is pregnant, she must wait until her menstruation ends."

a child, she must wait until her menstruation ends. After that, she should perform ablutions, knead her body and rub it with mvi incense. Then she and her husband should dress in white clothes, put on garlands of flowers and, kissing each other, give themselves to love with all their passion." The same text notes that during intercourse, "a woman should receive a man's seed while lying on her back," because in this position, all parts and elements of her body are well balanced and in their proper places, i.e., this position is undoubtedly the most favourable for conception. The importance of the position taken during intercourse is also noted in other ancient texts contained in sexological treatises — Tibetan, Chinese, Japanese and Arabic.

The Grihyasutra of Gobhila (II,5,I-9) describes the "fourth day" ritual — marital intimacy.

"After placing logs on the altar fire, the husband sacrifices a spoonful of melted butter to purify himself, his wife and their future child. While doing so, he says: "O Almighty God, manifest in the form of Agni (Fire)! You are purification." He does this four times. But for the next three offerings, instead of Agni, he invokes Vayu (Wind), Chandru (Moon) and Surya (Sun). And on the fifth time, he names them all together and in the plural:

"O Almighty Lord, manifesting yourself in the form of Fire—

Winds, Moons, and Suns. You are purification." He pours what remains in the spoon after each offering into a jug of water. Then he anoints his wife's entire body, including her hair and nails, with the remaining oil, wipes off the oil, and washes her.

When the hour of intimacy arrives, the husband touches her womb with his right hand and recites the verse: "May Vishnu prepare the womb," and then: "May Sinivali (the young moon) create the embryo." At the end of these two verses, they unite.

The Vedic scriptures also note that in order to conceive a healthy child, a man should avoid premature

premature ejaculation, as this makes his semen stronger. If a man makes love to his wife on the 3rd or 5th day after the end of her menstruation, she will definitely become pregnant.

The phenomenon of conception is described in the Charaka Samhita: "The seed, set in motion by a man in a state of ecstasy and overflowing with feelings, leaves the body of the man, mixes with the woman's sexual secretions, and enters the inner parts of the vagina. The seed reaches the place where the Spirit is located, which possesses consciousness, which is its instrument. There, it strives to attract to itself all the necessary substances and all the vital elements, and, first of all, the barely discernible cosmic elements (air, fire, etc.)."

All ancient writings emphasise the importance of a certain state of mind necessary for successful intercourse leading to the conception of fertile offspring. When spouses make love, a rushing whirlwind of spiritual force grows, passing through the bodily centres of the man and woman.

Ancient teachings assert that it is this very vortex of power that attracts and draws in the Spirit, which exists in an intermediate state between life and death and is set in motion by right karma. Parents, therefore, do not "create" a child, but attract the Spirit for conception, i.e., the physical body is created by the Spirit, which draws information about the body from the inherited code embedded in the seed and egg cell.

Conception also depends on biological conditions. Thus, a woman must be healthy and fertile; a man must have viable semen. Along with this, there must be a feeling of sincere love between the spouses, otherwise it will be impossible to attract the Spirit for conception. When conception occurs with love, generations appear that live in

love, but when conception occurs accidentally, in a moment of lust, the children who are born will be possessed by DPT D IEN Y MI K iICh eCTB3 MI.

Vedic rules state that the vortex is coloured by the feelings of the parents, and the Spirit that corresponds to this colouring is attracted.

In order for the Spirit to create a healthy body for itself in the womb, it is necessary to eat pure food. An example of this can be found in the parents of St. Sergius of Radonezh. Russian church history records that "his pious and wise mother, carrying this child in her womb, observed all kinds of abstinence, eating only bread, seeds and water, so as not only to avoid harming the gift of God she carried in her womb, but also to provide the infant's body with pure blood and juices, giving it a pure and healthy constitution and nourishment, as it was to be the vessel of the Holy Spirit."

Ancient writings also say that the sex of the future

The sex of a child can be determined by the future mother's diet, if she strictly adheres to it for several months before conception. Ancient Indian texts note that if a woman dreams of having a son, she should eat salty foods, and if she wants to have a daughter, she should eat more *sweet* foods. For example, in Ashvalayana (I,13,2), the following advice is given: in order for the child to be male, the future mother should eat barley grains together with two beans and grostokvash (in this case, it is more of a magical action, as it signifies the male gender) before conception. Recent studies conducted in Canada and France by Dr. J. Corrain and Dr. D. Stolkovsky have shown that in 86% of cases, the sex of the child is determined precisely by the nature of the food consumed prior to conception.

^{&#}x27;Decree. Coch, vol. 2, p. 167. Moscow, 1823.

A large amount of vegetables and salty foods increases the potassium and sodium content in a woman's body, which contributes to the birth of a male child. Sweet and salty foods lead to the accumulation of calcium and magnesium. A woman who follows such a diet for two or more months should ultimately give birth to a girl.

The gender also depends on the zodiac sign, male or female, and the position of the Moon at the time of conception. Male signs include: Aries, Gemini, Leo, Libra, Sagittarius, Aquarius. Female signs include: Taurus, Cancer, Virgo, Scorpio, Capricorn, and Pisces. The moon passes through one zodiac sign in approximately 2.5-3 days, so it is necessary to make every effort to ensure successful conception, because under unfavourable conditions it may not occur immediately after intercourse, but several days later, when the moon is already in another sign of the zodiac.

However, the main factor determining the sex of the child is still the chromosome that the sperm cell passes on during fertilisation. If the fertilising xpo-

MO COM $\langle KS \rangle$, THEN THE SEX WILL BE 3 £t] \ni OДЫ SH ZHAN SKOGO POsil, P if "y" is male. Compare the symbols X and Y: u

The "X" structure is more stable; it even resembles a cross-shaped support, while the "Y" structure is U-shaped. The unstable, fragile U breaks under any overload, the upper branches fall off, so any incident involving the "Y" carriers can seriously affect the sex of the offspring: if you take a strong blow in a hand-to-hand fight, get into an accident, or fall badly, the "Y" breaks, and you can expect a girl. Male xpouocoma also suffers from alcohol, air pollution, radiation, and poor-quality food. Even antibiotics can destroy it. Modern research has shown that during a 2-3 hour flight, about half of the male chromosomes in sperm die. Consequently, the probability of conceiving a boy

is reduced by half. By the second hour of flight, 70% of sperm cells die "Y" chromosomes are destroyed, and during a long flight, for example, from Russia to the United States, 85-90% are destroyed.

If you want a son, then spend a week or two without any incidents. During this time, special cells — "destroyers" found in the testicles — will eat the "extreme" sperm. Fresh sperm will replace it.

If a woman has regular and consistent *periods*, the birth should occur around the time of her 10th menstruation. To calculate the due date, count forward 9 months and 7 days from the first day of the last menstrual period. For example, if the last menstrual period was from 1 to 5 January, then adding 9 months (= 5 October) and 7 days to this date, we get 12 October — the day when childbirth should be expected. However, the intrauterine life will be shorter than 273 days if the moon is waxing at the time of the child's birth — from new moon to full moon — and at the same time is above the horizon, or if it is waning at the moment of birth — from full moon to new moon — and is below the horizon. If the moon is waning at the moment of birth — from half moon to new moon — and is below the horizon, the intrauterine life will be shorter than 273 days.

BIRTH TO BIRTH 31 WEEKS UNDER THE GUARANTEE, then intrauterine life will be longer than 273 days.

The Indian medical treatise Charaka Samhita states: "A woman gives birth to a child who will resemble the person she is thinking of at the moment of conception." Children often take on the appearance and qualities of other family members. Both men and women often fantasise during sexual intimacy, especially if their relationship lacks sincerity and warmth. If, during intercourse, a woman focuses on the image of her desired partner rather than on the person she is with at that moment, this may *result* in the child she conceives resembling her mother's fantasy. In ancient India, this method was used to produce beautiful and exceptional children in the family. The woman imagined herself copulating with a divine being, such as Krishna, believing that her future child would inherit the divine qualities of her imaginary supernatural father.

, such as Krishna, believing that her future child would inherit the divine qualities of his imaginary supernatural father. In

TC, Dc1.fi 3 dl(l lh /CCSV11SGQ0•I CCKf lh I I Д]ЭСВI IС]Эf I M СКИХ у чены х EtlK

Empedocles, Hippocrates, ApvICTOTCJIb, *PlviΓlkiŭ*, also note that mental representations play a huge role in the conception of a child.

In tantric customs, the representation of images of gods by parents and IDENTIFYING THEMSELVES WITH THEM contributes to the highest sensual uplift and the conception of a Κ]98CИΒDΓΟ, INTELLIGENT and godlike child.

In everyday life, a husband and wife, while
OR 3OSTY IN SOSTY VOST OCTOJEF£t AND GPT YTYViJYA CH BCTBO
sincere love, focus on images of each other, trying to lay the
foundation for the best in their future child.
SHIN KPP CCTB8. PIEI SD SHCHIS AND M CII MI M.

The importance of the emotional state of parents in co-building, glZVITglI and maintaining a full-fledged giotom-stvo has been identified by both modern and ancient scientists. Tax, for example,

in at the beginning of the 1990s Doctor of Biology, member of the New York Academy of Sciences

P.P. Gariaev experimentally proved that 38 H-numbers in chromosomes are clearly insufficient **for** the normal development of the embryo. For they are, so to speak, technological in nature and indicate how **to build** certain proteins or organs. The main information, which carries the "ideology of construction" of a new organism (what it should be like), comes from outside in the form of radiation, wave **command signals**, called wave genes by Gariaev. They affect DNA and determine its functioning. These waves can be not only electromagnetic, but also acoustic. After conducting a series of studies, Gariaev and his colleagues discovered that emotions — wave genes — completely change the structure of water, and humans are more than 80% water. Under the influence of words spoken at a high emotional level, water molecules can form complex compounds that change

its properties. And if you send a targeted curse at water, as sorcerers and shamans know how to do, then its

MOLelt L Y SKLZDYV ZYUTSYA V ST}EKT)EY, POVID M SVOY -

substances similar to strong poisons. Drinking i akuio water can make you very ill, or even leave this world altogether.

Garyaev tested his ideas on the seeds of the Arabidopsis plant, which is as well studied as the famous Drosophila fly. Botanists have established with absolute certainty what external influences cause certain deviations in the development of plant organisms, so that researchers had calibrated tools to determine the degree of sensory impact — they had something to compare it with.

P.P. Gariaev says: "Of course, when we irradiated Arabidopsis seeds with 'cursed' waves, we predicted the result. But what happened simply horrified us. The power of the harsh words that fell on the poor plant was similar to... exposure to 40,000 roentgens. Such a blow broke DNA chains, split chromosomes, and scattered and scrambled genes. Of course, most of the seeds died, and those that survived... it would have been better if they hadn't. Their genetic apparatus began to produce unnatural programmes, which resulted in monstrous mutations that caused severe plant diseases and premature death.

These and other experiments have irrefutably proven that curses, which are often just hostile emotional outbursts, damage the genetic makeup of a living being, condemning it or its descendants to destruction. It does not matter that the experiments were conducted on plants. The heredity of any living being is transmitted according to the same laws, whether it is a plant, an insect or a mammal. Therefore, identical external influences cause identical changes in genes: the human organism also responds to curses, just like Arabidopsis.

"Pronouncing a curse is actually creating

an artificial *new* gene that works at the level of the energy body," says Gariaev, "at the level of the very determining genetic information that comes from the outside. This gene, once it enters the body, begins to wreak havoc, like a virus in a computer. And we haven't discovered anything new; all this has been known since time immemorial. And now, with the development of

We are unaware of this. When we engage in heated exchanges and hurl insults at each other, we do not realise that we are creating wave genes, symbolic structures whose effects will inevitably have an impact. We are like Molière's Monsieur Jourdain, who did not suspect that he was speaking prose, and we do not suspect that we are disrupting the workings of our neighbour's genetic apparatus. And it is possible that in time, in a year, two years, ten years, when misfortune befalls them, an incurable disease, we will grieve, unaware that we ourselves gave impetus to the destructive process.

However, words can also be kind, especially blessings

, when people sincerely wish someone all the best. As Garyaev's research has shown, such words also transform the structure of water: its molecules form structures that are similar in appearance and properties to the chromosomes of heredity — the DNA of a healthy person. This was also tested on plants: first they were irradiated with curses, and then with blessings.

And again, the result was stunning. Wheat grains that had received a preliminary amount of curses equivalent to 10,000 roentgens, which broke and scrambled their DNA, chromosomes and genes, sprouted after the blessings and developed successfully into adult plants that produced healthy offspring, while in the control group the vast majority of seeds died, and those that survived remained mutants.

"This is how we came to the conclusion," concluded Peter Petrovich, "that human words can be destructive and salvific. Again, I want to emphasise

This was known long before us, and people skilfully used it. So we are only reviving the knowledge of our ancestors. Curses damage the body and soul, while prayers and blessings heal them. Words have an effect not only on the person being spoken about, but also on everyone who hears them. There is a reason for the proverb: you are who you hang out with. And you will either gain health or illness. And you yourself will be healthy

to the extent that good prevails over evil in your thoughts, words and deeds, for they are all inextricably linked.

Garyaev asserts that if a wife curses her husband who drinks, cheats on her, and does not bring home a salary, and she says this from the heart, with sincere hatred, so that the curse comes true, it will come true. But it will also fall on her and her children, and therefore on the whole family. Conversely, if a wife does not spare kind words for her husband, as they say, prays for him, then her blessings extend to her, her children and her descendants. She sends health and happiness to future generations. That is why peace and love in the family are a necessary condition for a happy and healthy life. **This truth** comes from ancient times and has been proven over thousands of years.

The ancient Chinese treatise "Secrets of the Inner Chambers of a Pure Maiden" states that "there are several infallible ways to conceive virtuous children. To do this, one must purify one's heart and cast away all sadness and sorrow, engage in meditation, and focus one's mind through fasting. Then, on the third day after the end of menstruation, between midnight and early morning, the man must ignite the flame of passion in the woman. First, prolonged foreplay and love games are necessary. After that, the man must merge with the woman, being sure that his innermost feelings correspond to hers. The union of yin and yang inevitably grows into an all-encompassing pleasure that permeates the spouses.

Vedic writings assert that in order to embody a great soul with a powerful Spirit, it is necessary to create an energetic vortex between spouses that is just *as*

Bt. 'Л£I KO rl Nl ОЩНО С Г ГІ .

If intercourse takes place with a certain tension of feelings, emotionality and spirituality between the spouses, then the power of the great soul will not be able to correspond to their energetic vortex and produce conception. In this case, only that Ausha will be incarnated, whose power will correspond to the energetic power of the parents at the time of conception.

Vedic texts indicate nine signs by which it can be determined that a woman has fully reached the right moment for conception: when she begins to breathe rapidly, her life force is in her lungs; when she kisses a man, the life force has moved into her heart; she hugs the man tightly — the force is in her spleen; her vagina becomes moist — the force is in her kidneys and genitals; she moves her pelvis and bites gently — the force has penetrated her bones; her legs tightly wrap around the man — the power is in the muscles; she caresses the penis — the power is in the blood; she kisses with deep passion — the power has reached her skin; she gives herself and moans with delight — the life force has entered the liver and released her spirit. She is truly ready to receive the male seed for the incarnation of a great soul with a powerful Spirit.

There are also four signs of a man's readiness for full ejaculation: **the** first **sign** is the hardness of the male penis. If it is erect, i.e. straight but not enlarged, it means that there is not enough vital energy in the blood. The second sign is enlargement; but if it is not firm, it means that the vital force has not yet penetrated the bones. The third sign is firmness; but if it is firm but not hot, its vital force has not yet reached the man's spirit. The fourth sign is warmth.

Thus, having reached the stage of readiness, soup-rugi are capable of achieving perfect fusion.

This science, so important for the creation of full-fledged offspring, was suppressed by the forces that came to Russia, and its bearers — sorcerers and witches — were destroyed. Nowadays, this sacred science has been tainted by lust and directed exclusively towards sensual pleasure: sexual promiscuity and all kinds of perversions have become commonplace. However, the useful grains of ancient science can still be found in modern books.

Archaeological written monuments in Slavic runes also speak of our ancestors' highly moral attitude towards childbearing. For example, an Etruscan bronze mirror dating from the 4th century BC and kept in the Hermitage depicts people and various creatures with remarkable skill.*

The central part of the image is occupied by a smartly dressed young man embracing a girl around the waist, who is affectionately reaching out to him with her left hand and gracefully removing her clothes with her right hand. Behind the girl, a huge peacock can be seen gently touching the spiritual energy centre (sahasrara chakra) on the young man's head with its beak: through this centre, a person transfers their consciousness to the spiritual world, i.e. becomes a pariahamsa — a "high-flying swan". Behind the young man is a winged woman who has left the world of Pra-vi and is pointing at him with a writing stick: all this refers to the world of Yavi. The worlds of Navi and Pravi are depicted at the edge of the mirror, as if behind a wall — a line. The world of Navi is represented by pu-

The most acceptable works ^{are those by} Man Tsia and Manivan Tsia, Taoist Secrets: Perfecting Female Sexual Energy and Taoist Secrets: Perfecting Male Sexual Energy. Moscow, 1995.

See Grinevich S.G. "Praslavic Writing," vol. I, Sheet 32.

^{&#}x27;For more on the spiritual-energetic centre — the "hole of Brahma" — see the following chapters.

, a thick, short, tailed, humanoid creature, who stood over the oprokin utoy amg§ora and angrily threw aside the SBOIO tip∢ByiO ru k u, k<l k by se gu ya na go, ch go vessel lz ust.



AND VI DINCTA MOUT AND I CEPOLAN IM NAIL? A CITITA LONW MAIM TV POCE ? PE-CE AND TO RECHCE KIBORO BOM POERMAN KIBO

Silena is surrounded by two predatory panthers, which, as can be seen, would also like to feast on something from this vessel, but all their expectations are in vain: there is nothing for them — the vessel is empty. Above Navi is the world of Prav, represented by winged women (four figures) and men (two figures). Each

representative of these three worlds has explanatory inscriptions. Thus, the maiden declares: "CbPOMO BOΠΟ MOI ROCHE TO E POCY DAVAYU", i.e. "My frank undressing indicates that I am giving myself", where

"срмо" means shame, nakedness, exposure; "вопо" means revealing, exposing, frank; "мои" means mine, my;

"roche" means speech, talk; "to e" means that which; "pocy" means pocy, Russian; "davayu" means to give, I give, I surrender.

The winged woman behind the young man points to the newlyweds and says, "Cb Roda Ini," meaning "From Roda (from the world of D hOBnoro), they are." Another winged woman, located in the world of Pravia, joins two large oak leaves above her head and says: "POKA POPE Cb", i.e. "Fate ignites the connection", because "roka" means fate, destiny, time ("rohotat" means to proclaim); "nore" means time: "e" means this, in accordance with the gesture

"pore" means time; "e" means this, in accordance with the gesture explaining **the connection**, i.e. the beginning.

The winged man from unpa Prav holds a kushah (wedding belt) in his hands and says: "DAN MO PO-ZHEKIS," i.e. "My gift to the groom," because "dan" means tribute, offering, gift; "mo" means "my"; "pozekis" means "the one who is betrothed," i.e., the groom. A winged woman hovering in the world of Prav above the young man's head, pointing to his "swan-like" centre (caxacpapy chakra), adds: "KI VEROVOSCHESH," which means "open swan-like centre," i.e. the opportunity to visit the worlds of Prav, for

"ki" is a swan (in ancient Greek "kiki" means swan);

"vero-vesche" means belief, the ability to communicate with the soul HOVNY M MIJEOM.

Another winged woman, hovering in the world of Pra-vi behind the newlyweds, joins two large oak leaves in front of her chest and says: "POCb ЖЕЩЕ", i.e. "Ros (Rusich) is getting married". A winged man flying below her holds a wedding belt in his hands and adds: "KIVO," meaning "On a swan."

Below the creatures of Navi is the inscription: "CEPOBE CbPA", i.e. "Nezhy (nothing got, only) cepa", because

"serove" is the world of Navi, keniti: there is no Sun and

, so this whole world **is perceived by humans in** twilight, grey tones; "sra" is cepa, which emits a special smell that arises when the undead appear in

The creatures of Prav in this image make it clear to viewers that if, at a wedding blessed by Heaven, when using secret relations for the purpose of continuing the family line, the creatures of Navi (the unclean) will gain nothing, but during sexual relations aimed solely at satisfying one's lust, a significant part of a person's life force is spent on the formation of gavvaha , the main food of the unclean. This dark action is clearly shown on another Etruscan bronze mirror from Tuscany, dating back to the 3rd century BC.

On the reverse side of the mirror are depicted two young couples and a slender young maiden standing between them, wearing a laurel wreath on her head. In her raised left hand she holds a large gaozd, stuck into a torn, distorted apple visible above the head of a naked young man with a dejected appearance, a gloomy face and a dull gaze, pointing with the finger of his limp right hand to the ground to the underworld — where his strength has gone. This exhausted young man is next to a seated young woman who has turned away from the winged maiden with a dissatisfied expression on her face. The winged maiden's right hand is lowered and holds the hammer in such a way that it is level with the erect penis of the seated young man from the other pair; the handle of the hammer corresponds to the young man's erect penis. This young man, with a lustful expression on his face, reaches with his right hand towards the breast of the clothed girl standing next to him, who has trustingly placed her left hand on the winged maiden's right shoulder. At the same time, the winged maiden

See Grinevich G.S. "Praslavic Writing," vol. 1.

the maiden explains to the young people: "YU APODAVYA DAVIA I REZESHCHE AYURO ZHERETYA." Her instructions is simple: after all, "yu" means "you": "apodavya"



I ATRIA AVIII AVIII ATRIA AGRAÇORA EM...

do not give in; considering her expressive gesture — to sex, lust; "davia" — to oppress, to distort; "rezhishche" — to cut, to tear, "aiiypo" — aypy, biofield; "zheret'a" — to live, to grow, i.e. to be healthy. It turns out that the maiden is saying: uHe do not give in to lust. The loss of seed suppresses, destroys and ruins healthy aypy." At the same time, she expressively shows that if an aroused penis is used not for what it was given by the Creator, i.e. not for the conception of virtuous offspring, but for the satisfaction of one's lust, it turns into

a "hammer" that destroys a person's biofield. As many times as one sins, so many times one drives painful nails into one's body.

And, as mentioned above, this is precisely how humans create one of the main types of gavvaha — the energy of suffering, which serves as food for the Navi beings.

After all of the above, it becomes clear why Asians shamelessly call this sinful act a "nail-driving ceremony": they really enjoy feeding their demonic masters in this way.

The Vedic scriptures give advice on how to achieve transcendental states of consciousness during intercourse:

"Hold back your seed, restrain your thoughts, hold your breath."

Explaining the meaning of the first part of this advice, The Tao of Sex (translated by Ishihara and Levgi, see Mystical Sex, Sofia, Kiev, 1996, pp. 97-98, Lewis W. Mildman) recounts: "The Yellow Emperor said, 'I want to hear what the result will be if you move (make love) but do not lose (your seed)?"

The simple woman replied: 'If you move but do not lose, your vitality and energy **will increase.** If you move again but do not lose, your ears and eyes will become more sensitive. If you move a third time but do not lose, all your illnesses will leave you. If you move a fourth time but do not lose, your five internal organs (liver, heart, spleen, **lungs**, and kidneys) will come to peace. If you move a fifth time but do not lose, your blood will flow through your veins with new strength. If you move a sixth time but do not lose, your waist and back will strengthen and fill with power. If you move for the seventh time without losing, your buttocks and thighs will become incredibly strong. If you move for the eighth time without losing, your body will begin to glow. If you move for the ninth time but do not lose, you will not lose your longevity. If you move for the tenth time but **do** not **lose, you will be able to speak with the gods.**

The middle part of this advice speaks of the need to reduce internal verbal analysis of one's actions to a level where it does not interfere with emotional бли зость муж чины and women,

the unification of their life forces and the attainment of spiritual consciousness.

Explaining the last part, Charaka Samhita says: "As long as the breath is moving, the seed is also moving. When the breath stops moving, the seed is motionless... When the breath moves, the mind is also in motion; when the breath ceases to move, the mind becomes motionless."

The famous Taoist physician Sun Xu-Mo, born in 581 BC and who lived to be 101 years old, believed that if a man could make love a hundred times without ejaculation, he could live a long life. He claimed that when a man's jing (essence, or seed) becomes insufficient, the man becomes ill and, with the depletion of his seed, dies. Sun knew that many men could not achieve this ideal, so he established a simpler standard that most men could follow: "A man can also live a healthy and long life if he maintains a frequency of seed loss during intercourse of 2 per month or 24 per year. If he also pays attention to healthy food and exercise, he will be able to achieve longevity."

He then offers another criterion: "A 20-year-old man can have 1 loss of semen every 4 days. A man of 30 can lose it once every 8 days. A man of 40 can lose it every 10 days. A man of 50 can lose it every 20 days. A man of 60 should no longer lose it; if he is exceptionally strong and healthy, he can still lose semen once a month."

When both partners are spiritually developed like immortals, they can connect deeply without movement so that the seed is not stimulated; at the same time, the couple should imagine that there is a red energy ball the size of a chicken egg in their navels. They can push without any effort, but if they become aroused, they should retreat. For 24 hours, such a couple can practise this type of coao-

A woman cannot live happily without a man, and a man cannot live without a woman: he will constantly strive for the female sex, and this striving will weary his spirit. And when the spirit is weary, a person cannot live long. If a man truly does not need a woman or does not desire any of them, this may be very good, and he too will live a long life, but such people are extremely rare. If a man tries to suppress his natural need for ejaculation for a long period of time, it will be very difficult to preserve his seed, but very easy to lose it. It will be lost during sleep or contaminate urine, or the man will suffer from painful mating with ghosts. If he loses his seed in this way, it will be a hundred times more harmful.

In ancient times, the relationship between men and women was compared to fire and water: "Water and fire kill, but they can also give life — it all depends on whether we are knowledgeable or ignorant. If someone knows how to control their energy, then the more women they have to make love to, the better it is for their health, but for those who are ignorant, one woman is enough to bring them *closer to* the grave."

Our ancestors were well aware of the harmful influence of the Navi creatures on **human** life and tried in every way to protect themselves from their destructive effects. For example, to protect the expectant mother and her unborn child, the ancient Aryans performed a hair-combing ritual, which gave strength to the woman in labour and ensured a safe delivery, as well as a number of other protective rituals to ensure the full development of children: birth celebrations, naming ceremonies, door opening ceremonies, shaving of the crown of the head (to promote mental development), ear cleaning, and others.

To enter into apprenticeship (from 5 to 24 years of age), an initiation ceremony was performed and a vow of chastity was taken, and the end of apprenticeship and the transition to family life was marked

•ІіІЛСЯ О ІЭЯ,ЦО іИ ОМ ОВе Н И Я.

Among the ancient Slavs, the arrival of newborns was accompanied by special rites and vows. With the birth of a child, a new unit was added to the family: a new life was lit, symbolised by lit white wax candles as a sign of purity. The child was placed on a threshold, signifying the boundary between two worlds, their own and another, and the head of the household, the father, was given the right to either lift them up, i.e. accept them, or reject them. In the Book of Precious

NYKH SOKJEOVISHCHN TBeJZ ZHdETSA, CHTO KOGDI PJEITAGIVdLa Cb a soul with the qualities of a warrior and a son was born, the father took a naked sword, placed it before the newborn and said: "I will leave you no inheritance, but you will have what you acquire with this sword." When a soul with the qualities of a warrior was attracted, the child was taken in the arms, placed on the ground (if a ploughman was expected), or on a popor (if a merchant was expected), or on the hearth (if a girl was born), then lifted up, carried around the hut and kissed. Guests brought gifts: grain, cumin, salt, and later money, with godparents playing an important role in the rituals.

Before any strangers touched the newborn (which was forbidden for 10 days after birth, because during this time the woman was considered unclean and weak, and therefore unable to protect her child), a ritual is performed to promote the development of the child's mind, reason and intellect, as well as their mental and buddhic bodies. The father, taking the child in his arms and facing east, looking at the rising sun, sang the Gayatri mantra three times: "OM. Bhur, Bhuvah, Svah, Tat Slavitur varenyam. Bhargo Devasya dhimahi, dhiyo yo nah prachodayat" "O, Supreme Lord, manifesting in the worlds of Yavi, Navi and Praai. Three-eyed giver, Remover of ignorance. We praise your radiance illuminating our intellect" ("OM" — the image of Pāra-

"Bhur" — Bhulok, the physical world; "Bhu-vah" — Antariksh-Poka, the astral world; "Svaha" Svarag-Lokp. the divine world; "Tat" — That, the Ultimate, Paramatma; "Slav and ryp"

Trishl.tvnygt, Iyugi

Transcendent — Creator of the Universe; "Varenyam" — the ability to know and respect; "Bharago" — Remover of sins and ignorance, radiant majesty; "Devayaya"

SV R]E13d YUSCHY, SI YA YU ICY, +tDA AND M It X I» M bf CII £tB ¥t M j "dhiyo" — buddhi, intellect, understanding; "yo" — who; "nah" — our; "irachodayat" — to shed light, to illuminate, to enlighten).

After that, the priest, with the nameless finger of his right hand, gave the child some honey, melted butter, and boiled grain — rice or barley — to taste from some golden vessel, and allowed him to touch the gold. At the same time, he whispered in his right ear: "I give you knowledge

МеДd, МПСПd И 3 '}ЭН П, ОЖДеН НОW СВСТЫ М ЩЛПВИТQИ. СТЬ

May God Slavitri grant you wisdom, may the goddess Tsaraswati grant you wisdom, may the bright gods grant you wisdom. Live healthily in this world for a whole lifetime, protected by the gods.

The Brahma Purana and Aditya Purana say: "When a child is born, the gods and ancestors come to attend the celebration in the house of the twice-born. Therefore, this day is festive and important. On this day, one should give gifts of gold, land, cows, horses, zoiggy, *koe*, garlands, beds, etc." According to Vvse, the merits of alms given on the day of a son's birth are eternal (Vnra Mitrodaya, 1, p. 199).

After the end of the period of postpartum weakness — a time of particular danger for the child from evil demons and sorcerers — a naming ceremony was held: it was usually performed on the 10th or 12th day after birth. According to astrological prescriptions, this ceremony could be postponed if there was any unusual natural phenomenon that made it inappropriate from a cultural point of view: "If the sun passes from one constellation to another, ml

eclipse, or a ceremony commemorating deceased ancestors is performed, the naming ceremony cannot be auspicious" (Vira Mitrodaya, 1, p. 234). In preparation for the ceremony, they washed and cleaned the house, the mother performed ablutions, and the child was bathed. Then the mother covered the child with a clean cloth and, moistening his head with water, handed him to the father. After that, a ceremony was performed to honour Taorza, his five elements, and other deities.

the end of the ceremony, the father leaned towards the child's right ear and, touching it with his breath, addressed him:

"O, child! YOU, WHO WORSHIP OD, JEODILSYA IN TAKO M-

that month under such-and-such a constellation, therefore your spiritual kay ... And your worldly ish ya ...". After that, the child seemed to accept them, and each priest blessed him, calling him by name and saying: "Live long, beautiful child!" The celebration ended with a feast for the clergy, relatives and friends who had gathered.

The name given to a child had to correspond to the level of his spiritual development, manifested in the colour (varna) of his biofield — his etheric body. If the child possessed the ability to transfer consciousness into his deaconical body, he was considered twice-born (in flesh and spirit) and was given a name consisting of two syllables; if he did not possess such qualities, the name had a single root; and if he possessed low, animalistic qualities, he was given a nickname instead of a name. If the child had the varna of a priest

CII ЖИТЕЛЯ, TO ERO AND MYA DOPZHNO YPO SOTOYAT IZ GLOBA, signifying goodness, glory, or joy; if he had the varna of a warrior, then his name had to contain words signifying protection, defence, or order; for craftsmen, the name had to signify wealth, creation, or preservation; and for servants — work and service.

Boys were required to be given names consisting of an even number of syllables, and girls — an odd number. "Manu" (11, 3) provides additional instructions.

about the girl's name: "It should be easy to pronounce, not frightening, have a clear meaning, be pleasant, auspicious, end in a long vowel, and contain a blessing." She should not be given a clumsy name meaning "constellation, tree, river, bird, servant, fear" (III, 9). Manu does not advise marrying a girl whose name is derived from these objects.

Judging by written sources, Slavic children were named according to the wishes of their father or mother. Sorcerers were required to participate in the ceremony, but outsiders were also present, as noted in the Laurentian Chronicle.

According to Svyatoslav's Izbornik of 1073, the Slavs of Ancient Rus, like those of Ancient Greece, distinguished seven stages of human life based on age. This was reflected in seven stages: infant — up to one year old; child — up to 5 years old; adolescent — up to 10 years old; youth — up to 25 years old (corresponds to the Vedic ashram of brahmacharya — celibacy); man — up to 50 years old (corresponds to grihastha — a family man); middle-aged man — up to 75 years old (corresponds to varna-prastya — a family man living separately); and, finally, an old man over 75 years old (corresponds to sannyasa — a wanderer, a beggar).

Our ancestors also distinguished between different types of marriage:

- Acypa secret, violent, unknown;
- Arsha bride ransom;
- Kshatriya the capture of a bride by force during a contest between suitors for courage and valour;
- Gandharva a girl's choice of a groom from among many young men, made in a festive atmosphere, usually after a series of tests for the suitors to reveal the level of development of their devakonic bodies, i.e. souls.

The first type of bride acquisition — abduction — is characteristic mainly of the Caucasian peoples; the second — kaly m — of **the** Asian **peoples; the third**

knightly tournaments — two Western European; and the fourth — for Slavic peoples: such tests of suitors are very vividly and colourfully described in Russian folk tales, and it was customary to give her "a dowry, up to and including a kingdom".

Aware of the importance of a happy family life, our ancestors clearly defined the duties of spouses. According to Vedic custom, a wife must perform her duties () and 6 a 3 a h π o c τ s $\breve{\mu}$, which are discussed

В ЗАБОТЕ — **MATЬ. В наше время большинство** женщин относятся к своим мужьям как к источнику material well-being and sensual pleasure. 3dsch also means that mitn should be treated with respect and gratitude, and not , like a mother who gives herself completely to her children and expects nothing in return.

AT WORK — A SERVANT. The basic beliefs of the world say that a man is a servant to a woman, being completely dependent on her. They were completely scattered, and t

YAOVMYA . In Vsvjaski nm:avuzz DZeTcs Rayka is located

отталкиваются друг от друга, вследствие чего дети и без войн растут сиротами, или кое-как притираются

zhvzn. That is why «х»e;щнсітве avuh redv pol -

egk:oqetankem txopoazec Gtsukom ne nase\$g 1 tt \$g vremensnoi zhe tserkovn veichannem mogut nazvat n

For spiritual development, it is necessary to но должен служить своему духовному учителю, но счастье иметь его все время рядом доступно лишь немно-

and consists of the wife always having her husband by her side, who should be her spiritual teacher. At the same time, the wife, taking on the main burden of family life, is obliged to give her husband the opportunity to take the time necessary for spiritual perfection. It is precisely this selfless activity that is the path to her elevation and her main advantage over the male incarnation; that is why in the Vedic scriptures, a woman is compared to a boat, with the help of which a man can cross the ocean of samsara — the ocean of life.

samhita states that women should not be given freedom, but this does not mean that women SHINY MUST N ZKH ODEYTSYA Hil POPOZHENII r P60B. They are more like children. They are easily deceived. And if children are not given freedom, it does not mean that they are treated like slaves. Nowadays, most people who have been deceived by demons disregard these principles, believing that women should be given the same freedom as men: in no country has this improved the state of society. In reality, women should be cared for at every stage of their lives. In childhood, a woman should be under the protection of her father, in youth — her husband, and in old age — her adult sons. However, modern education has artificially created a new image of women as independent beings, and therefore the morals of most women are not at a very high level. When people, in their ignorance, do not recognise the precepts that are beneficial to society, are not guided by the experience of the great sages, and do not adhere to the

According to Vedic concepts, a husband leads his wife in the same way that a father leads his children, which is why she has been called a "led one" since ancient times, and depending on how she followed her leader, her karmic judgement was determined.

Vedic rules, their civilisation is in a deplorable state.

behavior. Violation of this statute was called a misdemeanor or crime, because violating the legal boundaries of our ancestors' customs leads a woman astray from the right path and makes her reckless, wayward, lost, and strayed from the path; she is condemned to stray, i.e. she becomes a sodra — a condemned woman.

A woman who is not the guardian of the family hearth loses her connection with the Creator, for the Almighty can only be satisfied by the fulfilment of one's natural duties. Having lost the grace of the Creator, she follows the call of her feelings, which plunge her from one absurdity into another. Such a woman acquires a worn-out appearance, trying *to hide* it under a layer of makeup.

IN STABILITY — LIKE THE EARTH. Just as the Earth stoically fulfils its purpose in sustaining life, so a wife must be kind and calm in all circumstances. If a woman does not display depressingly bad tendencies, if she is sensible and not rebellious, this is quite enough for a man to decide to choose her. He should thank fate if he discovers rare talents and emotional sensitivity in his wife, and not try to nitpick her flaws. A gentle, peaceful disposition is important in a woman, and it is not so difficult to complement these qualities with external refinement.

In KPACOTE — LAKSHMI. Lakshmi is the goddess of luck. chk, wealth, beauty and splendour. This means that a wife should always be attractive to her husband. Unfortunately, modern wives consider it normal to remain unattractive and irritable in front of their husbands, and when going out to visit friends, **they dress up, adorn themselves and** put on a mask of cheerful carefreeness, amiability and charm — it turns out that she does this not for her husband.

People who have a superficial knowledge of Indian Vedic culture are often surprised by the "unapproachability" of Indian women, who seem completely oblivious to the presence of unfamiliar men.

the presence of unfamiliar men. They love to dress beautifully — for their husbands. They take care of their skin, do their hair, apply kohl to their eyelids, and wear jewellery — for their husbands. They learn to sing and dance — for their husbands. If her husband is rich, healthy, and devoted to his family — and this is the rule, with very rare exceptions — a woman is happy and desires nothing more.

Another insidious consequence of civilisation is women with short hair. Can you imagine an irritable, unbalanced, nervous woman with a thick braid down to her heels? Nature gives nothing superfluous. Hair is intended for gathering subtle energies and accumulating vital force. All the beliefs of the world advise women to have braids and to cover them with cloth in public. She is only allowed to let her hair down in front of her husband, since a woman with her hair down, and even more so with a short haircut, absorbs all the vile, lustful thoughts of those around her through her hair. Nowadays, women are required to cover their heads even in Christian churches — who do they need to protect themselves from there?

The advantage of men is their beard. It serves as a storehouse of spiritual strength, and shaving it off is only permissible if one is well aware of all the consequences of this ritual and uses them wisely; otherwise, a man becomes incapable of fully perceiving either this world or the next. This is precisely why prisoners and soldiers are shaved bald, thereby depriving them of their individuality and uniqueness. In The Source of Eternal Bliss (chap. 53), Balarama (White Rama), the elder brother of Lord Krishna, instructs him as follows:

"To cut off a man's hair and shave off his moustache and beard is almost the same as killing him." That is why Russian **men** in the time of Peter I coined the saying: "Cut off our heads, but don't cut off our beards."

IN CONVERSATION — A WISE MAN. Before marriage, a girl learns how to be attractive, run a household, and become a perfect wife and mother; a young man

devote this time to spiritual development, serving their spiritual teacher. In family life, a wife becomes her husband's student and must diligently learn spiritual knowledge from him, thus becoming, over time, a wise and worthy companion.

IN BED — A WITCH. A witch is a knowledgeable, wise mother. The words "witch" and "sorcerer" come from the Old Russian word "vedat," meaning "to know." The English word "witch" also comes from the Old English semantic root "wit," meaning

"to know, to be aware" (compare with the Russian word "uchit"— to teach). Conception and birth of healthy offspring is a complex science, so a woman must be skilled in this noble endeavour, for it is her natural destiny. Unfortunately, however, the true meaning of the concept of "witch" has been distorted.

The Vedic scriptures (for example, the Kama Sutra) state that a true woman (witch) must possess 64 qualities necessary for a full family life:

- 1. Composing and performing songs.
- 2. Knowledge of favourable and unfavourable musical rhythms, metres, melodies and their reproduction on various instruments.
 - 3. The ability to dance to different melodies.
 - 4. The ability to express thoughts eloquently.
- 5. The ability to recognise a person's state of mind from their handwriting, and to express oneself beautifully and competently in writing.
- 6. The ability to convey one's state of mind and perception of the surrounding world through painting and drawing.
- 7. The ability to make garlands, wreaths, bouquets and knowledge of their hidden meaning.
 - 8. The ability to make utensils and household items from clay.
- 9. Making fabrics and yarn from various materials, making and decorating clothes; embroidery and knowledge of its hidden meaning.

^{&#}x27;Kama Sutra of Vatsyayana'. Bombay, 196.

- 10. Preparation of dyes; dyeing of fabrics, yarn, clothing, and utensils.
 - 11. The art of cooking and preparing beverages.
 - 12. Knowledge of wild plants and their use in life and nutrition.
- 13. The ability to obtain a good harvest from the garden, preserve it and make food preparations.
- 14. 8. Understanding of economic calculations, knowledge of measures and procedures.
 - 15. Knowledge of the tax system.
 - 16. Ability to negotiate and conduct business.
 - 17. **Ability** to prove one's case.
 - 18. Ability to recognise people's qualities and abilities.
 - 19. Ability to interpret dreams and omens.
 - 20. Knowledge of animal husbandry.
- 21. Communicate with animals; train them. Suggest necessary actions.
 - 22. Communicate with animals.
- 23. Everyday and ritual witchcraft, knowledge of folk customs, auspicious and inauspicious days.
 - 24. Knowledge of fairy tales, legends, and traditions.
 - 25. Making dolls for games, rituals and witchcraft.
 - 26. Knowledge of the properties of stones and how to use them.
 - 27. The art of entertaining games.
- 28. Agility in various situations, dexterity and skill, the ability to make decisions on the spot.
 - 29. The ability to juggle various objects. Y. The ability to deceive ("ob man" that which is similar to "uiom," with "shchavda": tricks, tricks, pranks, dexterity

dexterity, cunning).

31. Knowledge of developing thinking skills

ности человека.

- 32. Yueii«e guessing the intended numbers, names, предметы, словосочетания и т.д.
- 33. Knowledge of games based on guessing (riddles, puzzles, charades, hide and seek, etc.).
 - 34. The ability to mislead an opponent.

- 35. Knowledge of various betting games.
- 36. Ability to reason, identify patterns and draw conclusions.
- 37. Ability to be *co6putiHCtkl* in any discussion.
- 38. The ability to attract interest with your behaviour and appearance.
- 39. Knowledge of hairstyles and the ability to style hair. волосы.
- 40. Ability to perform various types of massage, promote longevity and health.
 - 41. Cleanliness.
- 42. Traditional healing: herbal medicine, spells, healing with life force, etc.
 - 43. The ability to communicate with the elements of nature.
 - 44. Knowledge of different personalities.
 - 45. The ability to express one's feelings.
- 46. Knowledge of the necessary protection of one's honour and dignity.
 - 47. The ability to present oneself.
 - 48. The ability to show the necessary character.
 - 49. The ability to undress beautifully.
 - 50. The art of lovemaking.
 - 51. Agility in love positions.
 - 52. The ability to give the greatest pleasure to your partner.

Pygu-

- 53. Possession and control of sexual power.
- 54. The ability to arouse one's husband.
- 55. Knowledge of love games.
- 56. The ability to control one's feelings.
- 57. The ability to appease an angry husband.
- 58. The ability to leave a sleeping husband without disturbing him.
- 59. Knowing how to fall asleep after your husband.
- 60. The ability to sleep in any position.
- 61. The ability to cry.
- 62. The ability to control one's husband's jealousy.
- 63. Having the determination to follow your husband.
- 64. Conscientiously fulfil your duties even in the event of losing your husband.

Three reasons are given as to why these arts should be studied:

- 1. By applying these arts, it is easy to win the affection of your beloved.
- 2. A woman who masters these arts will naturally earn a place of honour in society.
- 3. Knowledge of these arts contributes to greater charm, grace and attraction to such a beloved.

The duties of a husband towards his wife are as follows: to provide for her, buy her clothes and jewellery, protect her, educate her, shower her with trust, love and tender words, and never upset her. A man who has won the love of a chaste woman has succeeded in his faith and possesses all virtues.

But a man's primary responsibility is to fulfil his highest duty, described in detail in the Vedic scriptures, which is to attain the Kingdom of Heaven. That is why all the saints advised:

"Save yourself, and thousands around you will be saved." Those who have attained perfection will save their relatives for seven generations forward and backward.

Russian folk wisdom says: A merciful husband always has a leisurely wife.

A wise husband's wife is well-groomed, while a foolish husband's wife is worn out from daily chores.

A wife without a husband is always an orphan. A wife without a husband is the worst of all.

Parents protect their daughter until her wedding, and a husband protects his wife until the end. Without a husband, the head is uncovered; without a wife, the house is not covered. A husband is honoured for his intelligence, a wife for her wit.

A peacock is beautiful for its feathers, a wife for her character! A bad wife will make you old, a good wife will make you young. *The one with* the fairest wife is the most beloved. Children are a blessing from God.

Good children are a father's and mother's crown; bad children are a father's and mother's end.

To create healthy offspring, in addition to attracting a soul with good karma, it is necessary to provide it with healthy genes. Anyone familiar with heredity knows that it is impossible to breed plants or animals with completely random characteristics. By selecting seeds and breeding new varieties, amazing results can be achieved: for example, wheat can be bred in different colours, shapes and qualities. It is possible to increase the germination rate and yield of grains. With each generation, the desired trait is strengthened in the **offspring**. The same applies to animals with the appropriate selection of producers. It is possible to breed any breed of cattle or horses. By striving for this from generation to generation, it is possible to colour the animals' coats a certain colour, reduce or increase their horns, lengthen or shorten their legs, and make their muzzles blunt or pointed. Everyone knows that a thoroughbred greyhound can easily outrun a dog of another breed with outstanding running abilities, that the worst trotters

Kf3Hb B $BB\Gamma$ > P Φ TfHT C&My nimble workhorse, and even the worst l e g a l ones will still be better.

YUDN TOZD&Nf IZ TOFO ZHS MVTSHBNI t, CHTO P VT8 OStalnme living beings, I apply the same laws of heredity, •ggv n k zhivotnimi In them, it is also possible to consciously develop a particular quality, that or another ability.

The development of certain characteristics in certain nations is undertaken by both the Roesnyans and **the** P & CIIITIJI. FOR THAT, bf CTdJO fICUO, K&KFIO CII H£IOTU JKJJIIIJJJACT U strengthen a certain nation, it is enough to familiarise oneself the sacred writings of that people.

All biological species, including Russians and

Asians, are genetically different from each other. In addition, all species are genetically isolated from each other, i.e. under natural conditions, inter-species hybridisation is either impossible or infertile $Krl\kappa$ mule, or unstable when generations change — like a number of cultivated plant varieties. The disappearance of the genetically stable core, which allows the species to adapt to slowly changing environmental conditions, leads to the hereditary degeneration of the community. It is precisely this kind of subversive activity that Asians are currently carrying out against Russians, as a result of which more and more children are being born with

PERSONAL DEVIATIONS.

English naturalist Charles Darwin (1809-1882), who published his magnum opus On the Origin of Species by Means of Natural Selection, or the Preservation of Favoured Races in the Struggle for Life (translated into Russian *as* "The Origin of Species"), introduced the concept of "bastard" to denote interspecific offspring, meaning offspring from the mixing of two species, but N.I. Vavilov replaced it with the word "hybrid".

French naturalist and honorary member of the St. Petersburg Academy of Sciences J. Buffon (1707-1788) put forward as a criterion for determining genus and species the fact of the appearance of offspring capable of continuing the genus. It is known that when different species are crossed, even those that are closely related, such as horses and donkeys, their offspring cannot reproduce. In such offspring, the homologous chromosomes of the father and mother will come together, but they will not be able to find common ground, and even if the chromosomes form pairs and exchange segments, healthy sex cells necessary for the continuation of the species will not arise among them. The bastards born after the crossbreeding of different human species retain the ability to continue

POTO MCTBa, BUT POTO M CTBd NSZDOJEOVO V POLOV O M ID -

This is the 37% of sick members

in society, about whom Grigory Klimov writes so eloquently in his numerous works.

Nature is wise and expedient, so it marks such degenerates, whom Klimov calls "legionaries" (for in the Gospel it is said that their name is "legion"), physical defects that prevent them from continuing their lineage, even if they have normal sex cells. Degenerate women do not produce lubrication during sexual intercourse, which prevents healthy conception. Male degenerates have a physical defect called "phimosis," commonly known as *foreskin*, where the glans of the penis does not become exposed during sexual intercourse: it is clear that with such an "instrument" it is impossible to conceive a child at all.

To hide this mark of the devil, degenerates came up with the rite of circumcision. Doctors know that a sick body cannot cope with the removal of toxins, which accumulate at the ends of the organs. As a result, trophic ulcers form, the feet begin to rot (in ordinary labourers) or haemorrhoids appear (in gluttons and gourmands), and due to disorders in the genital area, the foreskin of the penis becomes inflamed, so whether you like it or not, degenerates have to be circumcised.

The mixing of different bloodlines is contrary to Nature, unnatural, and therefore immoral. Inter-species crossbreeding dissolves the strength of a people, dilutes the blood, destroys the protective barriers established by Nature itself, reduces the adaptability of offspring, and inevitably leads to degeneration. Knowing the vital importance of blood purity for the existence of a people, Asians strictly observe racial prohibitions within their own camp. For example, the preaching of their own exclusivity and hatred for all

^{&#}x27; Klinov G.P. is the only known Jewish writer who has managed to identify the problem of degeneration, the solution to which is impossible without conscious spiritual development.

other peoples — the basis of Zionism. In Israel, mixed marriage is considered a crime. There is still a custom there: if someone in the family enters into a mixed marriage, the whole family declares mourning, and the women cry as if at a funeral, tear their clothes and hair, and sprinkle dust on their heads. In their desire to preserve *their purity*, the Jews elevated the purity of their blood.

In SV YATY NYU, BUT SV YATY NI DIE GI H N PIEODOV, KPK N£tCTPBL YA-

the Jews and their religious writings must be destroyed. However, the very blood of the Jews, their sacred thing, has become rotten, for, having closed themselves off in the unnatural exclusivity of their small tribe, they inevitably began to enter into sinful kinship marriages, and as is well known, this leads to degeneration even faster than mixed marriages.

When Slavs marry Jews, the latter pass on POTO ivt CTB THEIR GNILU KJEOV b, POETOM THEIR JEPSOVI e
These traits inevitably manifest themselves to a greater extent than Slavic ones — it can be compared to a fly *in* the ointment. Such marriages, even in the next few generations, are either infertile, produce only daughters, or are completely barren.

When Jews, in accordance with their cosmopolitan activities, need to infiltrate a foreign nation and destroy it from within through incest, they make an exception to their religious law: then thousands of rotten branches are cut off from the family tree and serve as a means of widespread infection. This is precisely how the so-called "new Russians" appeared in Russia, who confidently declare on television screens: "Half-breeds will save Russia!"

In Russia, the word "bastard," or "bastard," has long been interpreted and perceived as a consequence of fornication. The crossbreeding of two species of animals — a donkey and a horse, a wolf and a dog, a fox and a dog — has always resulted in nothing less than a sinful monster — a mule, a wolfdog, or a foxdog. Bastards (vybludki) in Russia have long been

Children born of a union between a Slav and a Jewess were also called this. Children of such fornication, which led to bad heredity, grew up to be incapable of distinguishing between good and evil, imposing the most absurd views on all aspects of life on those around them, resorting to deliberate lies, misleading people and leading them away from the natural laws of the Creator, i.e. engaging in demonic activities. That is why G.P. Klimov, in his research novel My Name is Legion, calls the Jews (who, as is well known, have set themselves the religious task of conquering the whole world and enslaving all nations, followed by their destruction) "Martians," who in H. G. Wells' The War of the Worlds also tried to conquer Earth and enslave all people; and he calls the marriage between a fallen Slav and a Jewess "the union of Satan and the Antichrist," because a sane person would not marry a "Martian."

A popular expression asserts that the intelligentsia, which often sinned through the "union of Satan and the Antichrist," has white bones and blue blood. Russians have long noticed that the colour of the bones of ordinary people and noble "aristocrats" of the same age and in the same conditions differs significantly. As modern science has determined through chemical research, the white colour of bones is associated with an imbalance in the phosphorus-calcium ratio, while

"blue" blood is what is now called a negative Rhesus factor in the blood, which interferes with childbirth and, if present, results in the birth of unviable "blue-coloured" children. This is where the expression "blue blood" comes from, which Asians, without hesitation, attach a connotation of superiority to, but, as you can see, there is no praise here!

The purity of the parents' blood plays a crucial role in the creation of healthy offspring. In the late 1930s, when blood donation was being actively introduced into everyday life

A true aristocrat is an Aryan a hundred times over.

In their medical practice in the USSR, doctors were surprised to discover that most native Muscovites of Russian origin had blood type I. At the same time, certain details came to light that were not usually discussed outside the medical community. It turned out that in families of native pure-blooded Russians, relationships with foreigners and people of other faiths were considered a despicable act. No, they were not treated badly, but having children with them was out of the question! It was believed that Russians and Russian blood were good *in* themselves and should not be mixed, turning them into mud. There is a law of inheritance by Berenstein, which states: if one of the parents has blood group I, then they cannot have a child with blood group IV. That is why all Russian revolutionary rulers were forcibly divorced from their Russian wives and forced to marry new partners — exclusively Jews.

At the *Skap* Institute, where they had barely begun to accumulate blood in Moscow, it soon became apparent that the main donors were At first, doctors were only able to collect blood type I, but somehow it turned out that the main donors of this valuable blood at the time were representatives of foreign nationalities.

It was also discovered that the fear of

мян и грузин оказались обладателями крови в основном IV группы. Поэтому и получалось, что их собственная

KDDB GODSCHNSTOL&EO DPYAS80FM0 EEGO SHQ , S BLOOD of Russian people is suitable for everyone. However, brought up in the spirit of

"international equality and brotherhood", some Russians, entrenched in the Khazk leadership, do not accept this. Of course, everyone knows that

¹ Для осознания более глубокого смысла этой басурманской деятельности, см. работы Г.П. Климова, указанные в списке книг.

Type I blood is the highest quality, and not only because it is suitable for transfusion to anyone. The fact is that this blood has the strongest antimicrobial and antiviral activity. During vaccination, doctors often tell people with blood type I with surprise: "The vaccine did not take." These statements only confirm that the body did not react to the vaccine in any way. The body's internal forces **immediately** dealt with it as a foreign body. In the same way, they will deal with the disease itself, and not just with weakened pathogens. This means that the vaccine did not create new protection — immunity was present in the blood, but not as a memory of a previously overcome disease, but quite independently as the enhanced activity of good blood.

Those with blood type IV very often suffer from long-term complications after vaccination, and sometimes even direct signs of the very disease that the vaccine is supposed to protect against. In this case, doctors say, "The vaccine took," meaning that weak blood slowly and poorly resists foreign influences, but ultimately acquires the desired immunity that was previously absent.

In the Biology textbook for medical students, we read: "For people with blood type 0 (i.e. type I), the probability of developing stomach cancer, cervical cancer, rheumatism, ischaemic heart disease, cholecystitis, and gallstone disease is approximately 20% lower than for people with blood type A (group II)... Hereditary diversity removes the real adaptability of human populations. The burden of humanity's genetic load can be assessed by introducing the concept of lethal alleles... Approximately 15% of organisms die before birth, 3% at birth, 2% immediately after birth, 3% of people die before reaching sexual maturity, 20% of individuals do not marry, and 10% of marriages are childless.

Gab

All this is a consequence of the long-standing internal and international policy of European states (including Russia), whose leadership, at the behest of the Zionist-STSKO Shirov regime, is implementing a programme to destroy the white population of these countries. It can be predicted that the ultimate outcome of such a policy will be terrible for all of cultured humanity. However, the very instigators of genetic extermination have already received their deserved punishment — the AIDS disease.

People often, out of ignorance and unawareness, associate with impure people, i.e., those who are "deposed" in a spiritual sense, carrying a dark charge of destruction in their biofield. Spiritually unclean people are often afflicted with karmic diseases inherited from their vicious ancestors. Sexual intimacy with a person from such an environment leads to infection with bad energy and causes many diseases, including cancer.

And, of course, an important condition that protects a person from harm and saves them even in the event of infection is having blood type I. Only this blood type can fully fight any infection. Blood type I is mainly found **among Europeans**, i.e. people of the white race. It is sought after by all physically weakened people, including representatives of other races. "To date, the proportion of genes from white people is 25% in American blacks and 40% in Brazilians (0) /o." But this issue is now being hushed up in every possible way, and people who dare to speak about it openly are persecuted. But Nature itself has ensured that healthy white people dislike interracial marriages. For example, blacks sweat 10-12 times more than white people, and all their bodily secretions contain ethyl mercaptan and mercaptan ethanol, which are the most foul-smelling substances in the world. With some

^{&#}x27;Yarygin V.N. Biology, p. 274. Moscow, **Medicine**, 1985. **Yarygin** V.N. Op. cit., p. 266.

the second amendment, this applies to mestizos and Jews. These substances are found in trace amounts in the spray of the American skunk, and if it gets on

abear, then 3TfI ON«tG ODNY S

Animals go mad and die. This foul-smelling substance is a prime carcinogen, as well as a nervous and paralytic poison that causes cancer in white people. This is why white women who cohabit with Jews, blacks and mestizos end their lives with cancer, and this is why ethyl mercaptan is added to the gas in the form of an aerosol, supposedly to give the gas a distinctive smell. In contact sports, the sweat of the above-mentioned individuals, when it comes into contact with the skin of a white person, causes damage to the skin, up to and including first-degree burns. Therefore, white people cannot stay in a closed room with blacks and mestizos for long — they start to experience headaches, nausea and depression: hence the mandatory signs saying "For whites only". When a human being emits an odour that is unbearable even to animals, this indicates its demonic origin: completely foul-smelling substances contain cepy, and, as is well known, Navi creatures smell like it.

If the natural course of selection had continued, as it was relatively recently in the development of humanity, it would have continued to improve. However, today the direction of natural selection has changed to the opposite — unnatural and, in essence, anti-human, barbaric. Nowadays, civilised parasites who have come to power all over the world create artificial advantages for degenerates — mainly those with blood type IV, that is, themselves. Nature, on the other hand, is trying to get rid of all the "chosen ones" and the weak-blooded in a natural way. The leaders of parasitism themselves understand this perfectly well and strive to unite with the owners of the most viable blood type I. It is quite obvious that the result

The result of this merger will be some new intermediate individuals who have lost their original, better blood but, on the other hand, have improved it compared to the worst original blood.

ной формой. Через несколько поколений только лишь A small portion of parasites will obtain their coveted blood type, thereby corrupting the blood of most descendants of the former possessors of this priceless gift of nature. There will be no further selection of the best representatives of humanity. With the continued mixing of Slavs with Basurmans and Girs and the absence of natural selection, blood group I will be lost to Russians forever. As a result, humanity, having lost Russia, the bastion of purity and morality, will first stop developing and then quietly disappear.

In the article by E.O. Manoilov, "Methodology for the Classification of Races by Blood" (journal "Medical Affairs," 1925), it is stated:

"It is clear to us that, given the existence of hormones that characterise one sex or another, by analogy there must be something specifically racial in the blood of different races of humanity. This specific substance gives a given race its imprint and serves to distinguish one race from another. And if this is so, then the unknown substance found in the blood must be discovered one way or another. After lengthy research, we managed to find a reaction that answers the questions just posed and reveals racial differences in the blood.

Due to the fact that Jewish blood has relatively few impurities for many reasons, we chose Jewish blood on the one hand and Russian blood on the other. Both Jews and Russians were thoroughly researched in terms of their ancestry, and only those Russians were selected whose three ancestors on both their father's and mother's side were true Russians, i.e. not only in terms of religion. Blood was taken from the elbow vein and, where possible, the reaction was carried out on the same day. Since 1923

By 1 March 1925, we had examined 1,362 people, of whom 380 were Jewish and 982 were Russian.

By the end of 1923, we were already able to use reagents to identify pyCCEliX from blood samples. *In order* to verify our experiments and, above all, their results, we approached several scientific institutions and individuals with a request to provide us with Jewish and Russian blood under the above conditions and with the requirement that the test tubes be marked only with a number, without surnames or nationality. Our request was responded to without fail, for which we express our sincere gratitude to all of them. A total of 202 samples **were received and** examined from the aforementioned institutions and **individuals**.

The following reagents are required for this reaction:

- 1) 1% alcohol solution of methylene blue;
- 2) 1% alcohol solution of cresyl violet; 3) 1.5% silver nitrate; 4) — 40% hydrochloric acid; 5) — 1% potassium permanganate solution. The reaction proceeds as follows: add 3 cubic centimetres of unheated emulsion of red balls 3-5%, or directly into the clot, add 3-4 times more physiological solution by volume and stir with a glass rod to obtain a not quite thick emulsion. Add one drop of the first reagent, shake, then add 5 drops of the second reagent — shake again, then 3 drops of the third reagent — shake, 1 drop of the fourth and 3-8 drops of the fifth reagent. The result will be correct if the liquid in the test tube with Jewish blood is paler than in the Russian one. The cresyl violet colour in Jewish blood will either disappear almost completely and remain blue to blue-green in colour, or in Russian blood, part of the cresyl violet dye will remain undissolved; usually a blue-reddish colouring is obtained. We consider it necessary to make the following reservation: a clear result depends exclusively on good dyes. As we have already mentioned, our experiments were mainly carried out with Jewish and Russian blood. Incidentally

We have also researched other nations: Germans, Chinese, Estonians, Finns, Poles, Armenians, etc. It is possible MOZHNO CTD ET MPTSO M) EZZLI CHIT I DJE GIe NPTS fl, NO we do not have sufficient material to speak with such certainty, *unlike when* we speak about the Jewish and Russian nations.

Next, we examined the people, who were born of mixed marriages, namely: 12 cases where the father was Russian and the mother was Jewish: 8 cases where the father was Russian and the mother was Finnish: 23 cases father Russian, mother German; 2 cases — father Russian, mother Tatar; 2 cases — father Russian, mother Armenian. Based on this material, we can only note that in mixed marriages, children who had a Russian father and a Jewish or Armenian mother underwent a stronger oxidation process than purely Russian children, and the reaction may give an incorrect answer; where the father is Russian and the mother is non-Russian, Finnish, or Tatar, the oxidation process was slower and therefore the reaction differs little from that of pure Russians.

Based on the above, the following conclusion can be drawn

- 1. The determination of different blood types using reagents in most cases makes it possible to distinguish Jewish blood from Russian blood.
- 2. The oxidation process in Jewish blood proceeds faster than in Russian blood.

In forensic medical examinations, this reaction should provide certain indications; in mixed marriages, the reaction to our material provides indications of the influence of one race or another.

The Slavs knew that physical qualities are passed on to children through the male line, and **mental qualities** through the female line. Modern scientists explain this by the fact that the genes that determine mental abilities are located along the entire length of the X chromosome. Women have two such chromosomes (XX), while men have only one (XY), so the genes responsible for intelligence in non-

Our ancestors knew that the predominance of intellect over spirituality leads to demonism, so the Slavs traced their lineage through the male line, thus passing on their descendants to the Russians. Asians, on the other hand, still trace their lineage through the female line, as a result of which their descendants cultivate the qualities of the Basurmans. This is also reflected in the nationality of the Usgans: for example, if the father is Russian and the mother is Jewish, the children are considered Jewish.

The characteristic features of degenerates are vividly reflected in Russian proverbs and sayings:

- Red-haired and red-faced a dangerous man.
- Don't go into the forest with black hair, don't heat the bathhouse with red hair!
- Devils and Jews are Satan's minions.
 - Deliver us, God, from the bald, the cross-eyed, the red-haired, and the crooked-nosed!
- Jewish children are worse than rats in a cage: they will harm the good and corrupt Christian children.
- Don't go into the forest with a black man, don't put your finger in a redhead's mouth, don't trust a bald man, and don't get involved with a curly-haired man!
 - To chase a Jew is to get involved with the devil.
 - Curly hair means curly (crooked) thoughts.
 - Hard hair means a quarrelsome life.
 - A bald man is a false person.
 - Hanging eyebrows mean malice in one's thoughts.
 - There is no fish without bones, and no Jew without malice.
 - Don't buy a horse from a gypsy, don't take a priest's daughter.

Scientists and researchers in our country cite alarming statistics. Spiritual emptiness and a lack of morality have led us to a terrible state and continue to do so. Here are just a few figures cited in the collection Awaken, Russia, and Rise Up:

- The life expectancy of men, which was 66.1 years in 1964-1985, fell to 63.9 years in 1991 and to 52.5 years in 1993.
- The younger generation is undergoing physical degeneration: in 1992, there were about 14% of healthy children in first grade, while in tenth grade

, they already accounted for 10% nationwide, and in Moscow and the Moscow region, 5%.

- In many kindergartens, about 90% of children have defects; there are about 700,000 children with physical and mental deformities; for every 3,000 children born, only one is healthy.
- The number of mentally disabled people is increasing.

 .people (about 50 million people). In 1992, there were
 LOS OKO PO MPH. POP YTOK CIIMO \ PIY CTB, OF WHICH OTLOJ2O
 43 thousand ended in death.
- In 1993, the number of regions with mortality exceeding birth rates increased from 60 (in 1992) to 73, and the rate of decline accelerated 1.5 times.
- The birth rate among the disabled in 1992 almost reached a dangerous threshold, amounting to 17%. It is known that with 18% of the population disabled, degeneration becomes irreversible, and under such conditions, a "dead season" for the future of Russia is just around the corner.

According to data from Professor L. Rybkovsky (Institute of Sociology of the USSR Academy of Sciences, Department of Demography): of the 15 million people under the age of 24, approximately 60 million are disabled. And of those born in the early 1980s, no more than 25% are healthy children.

De

mographic proportions among children in a decade or two will become the proportions of the entire population.

CONCLUSION: in 20 years, 80% of the population of Russia will be sick and will inevitably die out.

In Vedic Russia, healthy heredity was preserved thanks to the fact that our ancestors understood that one of the most important conditions for its creation was the virgin purity of the bride, that you cannot get good offspring from a **promiscuous** girl. Therefore, a morally fallen girl was considered spoiled and unworthy of marriage. The connection between virginity and the quality of offspring was explained by genetics, which discovered the phenomenon of telegony in the **19th** century — **the** decisive **influence** of a woman's first **male partner** on her offspring. It was he, and

^{&#}x27;S. Newspaper "For the Russian Cause" No. 3 (5), 1996.

It is not the future father of the child who determines heredity, the biological basis of every woman's offspring, regardless of when and from whom she gives birth. He, having taken her virginity, becomes, as it were, the father of all her future children, forming their psychoenergetic, lepton matrices during orgasm through the emission of his semen. This happens even if the woman does not become pregnant.

Unfortunately, most women of all ages are now unaware of this hereditary mystery, and as a result, their first man turns out to be inadequate in terms of physical, moral, and spiritual qualities. He, **P8JEVY, POJEOCHS TOM, THAT IS** b30BdJI DOV8JECHIVO OTB AND OTC TCTBUE ZHZN SNONNO OP bITd YUNO D SHKI. IO

In essence, he acted like an animal, satisfying his natural urges and not marrying the object of his passion.

natural urge and not marrying the object of his passion. A girl who was exploited in this way and abandoned was rightly considered spoiled: it was this man, an individual with less than desirable qualities, who laid the foundation for her future children's poor biological basis (gene pool). Therefore, our ancestors avoided girls who had made mistakes, not allowing their sons to marry

But since the discovery of telegony revealed the Asian, degenerate origins of many high-ranking individuals, it was soon hidden from the people. To keep telegony secret, a convenient expression was found and even entered into the dictionaries — allegedly, telegony had not been confirmed. By our time, a contradictory situation has developed: this phenomenon, which is directly related to the birth of healthy offspring, is known mainly to livestock breeders. Otherwise, Russia would not have the best breeds of animals: neither thoroughbred horses, nor dairy cows, nor excellent sables, which produce the best fur in the world. Incidentally, domestic iuexa have conquered a third of the world fur market. Any dog breeder knows that if he does not keep an eye on his purebred bitch and she is the first

If he walks with a mongrel, he will never get purebred puppies with good looks from this bitch, even though she will be in heat in the future. Э L J B dT b Π O J O , Ц i I C I b I C K O 6 c i i c i i c π r i κ o ite п но й pedigree. Such a bitch is considered spoiled.

For another 150 years, experiments were conducted to cross mares and male zebras. Not a single pregnancy occurred.

The experiments were discontinued, and no one would have remembered them now if something extraordinary had not happened a few years later... The mares that had been with the zebra stallions suddenly began to give birth to... striped foals! How could this be? The father was a thoroughbred stallion, the mother was also a thoroughbred, and the foals were striped! And this happened many years after mating with a zebra, which did not result in conception or pregnancy. The scientific world was literally stunned. This amazing phenomenon was called telegony. This was described by Ledant-Tecq in his book "Individuals, Evolution, Heredity and Non-Darwinists" in the chapter "Telegony or the Influence of the First Male". Subsequently, scientists proved that "the effect of telegony extends to humans, and even in a much more pronounced form than in the animal world!"

The phenomenon of telegony exists and punishes all those who do not want to know the laws of heredity in favour of their animal nature. Therefore, girls who rush into their first and, as a rule, extramarital

RELATIONSHIP WITH A MAN, SHOULD BE PUNISHED! THIS MAN

has laid down heredity - the biological basis for her future children. Whenever and from whomever they may be born. *Moreover*, scientists, in particular the famous 19th-century scientist C. Lombroso, after researching the genealogies of many prominent and ordinary people, proved that the positive characteristics of parents, especially intellectual ones, are inherited to a lesser extent than negative ones, while the latter, including diseases, are passed on in a more intense form. are inherited to a lesser extent than negative ones, while the latter, including diseases, are passed on in an intensified form.

Today, when the per capita consumption of alcohol in Russia is 10 times higher than medical standards allow, this is yet another diversionary tactic by acria—

TOV P}EOTIV }EO S SGIYA N), DAV SH K<1 \I O SSO SI1 N O V<1 zK11O 3II <1 1'B

about the consequences of sexual intercourse with a tipsy or drunk man. It turns out that even one shot of alcohol taken "for courage" can be fatal for the children of a girl who has risked such intimacy, because 100 grams of vodka distorts a person's biofield just as much as a serious illness. The consequences can be the same, whether she spent her first intimate night with a slightly tipsy classmate or a regular at drinking establishments. At the same time, alcohol damage may spare her children, but a long-standing frivolous relationship will surely come back to haunt her in her old age in the form of disabled grandchildren — as a rule, epileptics, idiots, and lunatics. Lombroso gives a characteristic example: "...From one progenitor, the **drunkard** Max Yuke. 200 thieves and murderers. 280 unfortunate people suffering from blindness, idiocy, consumption, 90 prostitutes and 300 children who died prematurely were born within 75 years...". Lombroso also studied the depth of alcoholism in many other families: the consequences were similar.

Currently, there are 3 million alcoholics registered with medical authorities in Russia. Another 20 million are classified as "hidden" patients. Alcohol dependence has been established in 50 million people. But despite warnings from the World Health Organisation that average per capita alcohol consumption of more than 8 litres per year leads to irreversible changes in heredity, i.e. to the degeneration of the population, in 1994 Russia produced about 24 litres of spirits per capita (excluding moonshine and contraband). As a result of **this genocide in Russia**, the number of disabled children is growing by 100-120 thousand per year.

Lombroso, C. Genius and Insanity, p. 54.

Recent studies have confirmed the role of hereditary predisposition to alcoholism. For example, children of alcoholics are four times more likely to become alcoholics themselves.

чаще. Причем, без какой-либо зависимости от общественн укну slob i, v ко соје у кн zhiv \ т.

According to G.V. Gribakova (Institute of Defectology, Academy of Sciences of the USSR), approximately 40% of children born to mothers suffering from chronic alcoholism have foetal alcohol syndrome. Approximately 60% of these children are mentally retarded. Moreover, 90% of them begin drinking alcohol occasionally by the 7th or 8th grade, and then regularly. Thus, the cycle is complete: children of parents who abuse alcohol are born alcoholics.

The following pattern has been identified: out *of* 100 registered children, 60 have alcoholic fathers, 10 have alcoholic mothers, and 30 have alcoholic relatives. It is evident that alcoholics breed alcoholics, and the influence of alcohol further exacerbates degeneration. Here are the results of a study by scientists of 819 children in "drunk" families: 37 were premature, 16 were stillborn, 120 died in infancy, 36 had physical disabilities, and 55 were seriously ill due to weakened immunity. 145 were mentally disabled.

Any random man who becomes a girl's first lover can give her family the same bouquet of defects. There are more than enough examples confirming the connection between various types of promiscuity and the birth of defective offspring.

That is why many ancient peoples, interested in the appearance of healthy offspring, offered their heroes the "right of the first night." For example, in Greek mythology, there is the thirteenth labour of Heracles, who, by order of the Mycenaean king Eurystheus, impregnated 40 virgins in one night. Other sources report that King Thespios also literally

^{&#}x27;Defectology magazine, No. 5, 1990.

begged Heracles, who had captivated him with his radiant purity and intelligence, to give his 50 daughters heirs. Heracles agreed, and nine months later the princesses gave birth.

13} ЭЛК } ЭЛСНЫ X МП ПДС Н ЦСВ: О,ЦЛ Л Ц О,ЦГЛ Л ИЛИ 3 Г С БОБ , Т Л k ЧТО there were 51 of them.

So, in accordance with all the above-mentioned laws of creating virtuous offspring, the Vedic scriptures advise that women should always be under the protection of a man (in childhood — their father, in adulthood — their husband, in old age — their son) and be occupied in the family with various household duties and cultural rituals that preserve family traditions. In this way, their chastity and devotion will lead to the birth of healthy offspring, capable of ensuring healthy social relations between people in accordance with the laws of varna-ashrama.

If the structure of varna-ashrama is destroyed, women women gain freedom of action in their interactions with men, which leads to adultery and the risk of unwanted offspring. Irresponsible men also provoke adultery, and unwanted children fill a society torn apart by wars, diseases, and suffering in all its manifestations.

aAroBoP MATEP.

Пошла я в чистое поле, взяла чащу алтариую,

чертою прозрачною и возговорила зычным голосом, Заговариваю я своего пенаглядного дитятку над чашею брачною, над свежей водой, над платом венчальным, над свечою обручальною. Умываю я своего дитятку в чистое личико, утираю платом венчальным его уста сахарные, очи ясные, чело думное, ланиты красные, освещаю свечою обручальною его становой кафтан, его осанку соболиную, его подноясь узорчатую,

его ноступь борзую. Будь ты, мое дитятко ненаглядное, светлее солнышка,

кренче камня горючего — алатыря. А будь ты, мое дитятко, моим словом кренким

и дороженьке,

от нечистых духов, сбережен от смерти напрасныя, от горя, от беды, сохранен на воде от потопления и укрыт в огне

И которы слова не договорены и которы нереговорены, все номогайте, пособляйте и будьте кренки и емки

Dictionary

ABORTION — premature termination of pregnancy, a type of homicide. In the Middle Ages, the death penalty was introduced in many European countries for "expelling the foetus". This led to the complete disappearance of abortion from medical practice in the 15th-17th centuries. In Russia, according to the first Criminal Code of 1830, those guilty of abortion, "both women and doctors," received five years of hard labour with deprivation of inheritance and exile to Siberia. Criminal liability for abortion was abolished in Russia in 1920. As a result, Russia now loses more "ban 80% of its children before they are even born — about 5 million *per year*. Every day, 14,000 unborn babies are killed in our country. Russia did not experience such losses even during the Second World War. Every child killed by abortion experiences pain, horror and fear, just like any human being at the moment of violent death.

AKAPMA — actions that do not bring about karmic or vicarious consequences due to detachment from the fruits of one's actions. Any activity for the sake of reward is slavery. Akarma allows one to escape from the power of the law of cause and effect — the Law of Karma ("a" — no, outside,

"kar" — punishment, fate, judgment, "ma" — mine).

AKASHIC RECORDS an informational-energetic field, the noosphere; the "heavenly tablet" on which all events that have ever occurred in the universe are recorded, including the most secret human thoughts, desires, and actions.

ARYAN, ARYAN, according to Western European terminology — ARYAN — a follower of Vedic culture. The Sanskrit name "Aryan" comes from the Old Russian word "apryan" — a peaceful, non-warlike person ("a" — against, "Nrya" — cpor; hence — discord).

APTXA economic well-being, which comes as a result of observing the Laws of the Creator and forms the basis for the satisfaction of the senses (Kama). One of the goals that a family man must strive for.

ASIAT — a follower of dark forces, a heathen, a supporter of civilisation, an enemy of Russia. The concept is not geographical, but egregorial ("a" — no, against,

"siat" — radiance, light; i.e., the opposite of light, enlightenment, culture, Russia).

ASTRAL BODY — the second subtle-material garment of a living being. It is created by feelings, desires and thoughts. As feelings change, so do the colour and outline of the astral body. The transfer of consciousness into the astral body manifests various abilities: the ability to pass through gross material objects, communicate with astral beings, fly and penetrate into other astral worlds. When the energy cord connecting the astral and physical bodies breaks, death occurs, and consciousness passes into the astral body.

AURA — the totality of a person's energy emissions emanating from their subtle structures and bodies, reflecting both their general spiritual level and their current mental state and emotional mood ("a" — no, "yp" — light, "ra" — sun; i.e. one's own light, not sunlight).

AYURVEDA — the Vedic science of health; a system of practical, spiritual and scientific rules for everyday life and healing. It is set out in one of the auxiliary Vedas of the same name (originally "ayur-veda": "ai" — ah, my,

"yp" — sveg, aypa, "veda" — knowledge; i.e. knowledge of of one's bodily shells).

BASTARD — a mixture or isones born of two different species of animals. A person born to parents of two

different peoples — white-skinned, yellow-skinned, black-skinned, grey-skinned (freak, bastard, mongrel). Such hybrids are either sterile, or have mental and physical abnormalities, or are born only female.

POVERTY is the inability to obtain sensual pleasure. It occurs as a result of a violation of the Law of Sacrifice — when a person took but did not give, and if he sacrificed, then he did so incorrectly.

FORNICATION deviation from the straight path (hence "to fornicate," "fornicator").

"The prodigal son is the grave of omty."

WHORE — originally "blada" — loving many ("b" — big, "lada" — love).

WEALTH — the opportunity to obtain sensual pleasure. Achieved by fulfilling one's prescribed duties and observing the Law of Sacrifice.

"The rich man lives, and the poor man cries."

ILLNESS is a consequence of violating the Laws of the Creator.

"God is slow to anger, but He strikes hard."

BEARD — hair on a man's face. Serves to **accumulate** vital and mystical power.

"A beard is a substitute for eyes."

BRAKOSOCHETANIZE (marriage) — legalised prostitution, because each spouse uses the other for selfish purposes. It consists of three stages: the struggle to control each other, the struggle for dominance, and the struggle for freedom from each other. Hence — "obrichit," i.e., to be united in marriage, sanctified by the Christian church.

BRAHMACHARIYA — the first stage of spiritual life (discipleship) in which a person lives in chastity and abstinence from the loss of seed, undergoing training with a true spiritual teacher.

BUDDHIST BODY — the body of the intellect. It is developed through conclusions made by the mind from the information and knowledge received. It has the form of light

TUBTEGO SHPA?JI, VY HO,TSL SHCHEGO 3ct PJEDt/l bl 'it JESP Y 'ICJIOB S H rt,

and is perceived as a halo around the heads of saints. The transfer of consciousness into the buddhic body manifests the ability to see objects from the front, back, side and inside, to penetrate into the buddhic worlds and communicate with the beings of these worlds ("buddhi" means to awaken: hence

"Buddha" — awakened).

VACCINATION — a campaign of compulsory vaccinations of the population. It is carried out to suppress the health of the weakened and to infect healthy people. In areas where vaccination has not been carried out, people are much less likely to suffer from these diseases than in places where vaccinations have been carried out.

BAHARAPACTXA — the period of life following family life: withdrawal from everyday affairs. It is devoted to the development of spirituality and preparation for the afterlife.

VARNA-ASHRAAM-DHARMA — The Vedic social order, consisting of four social levels — varnas ("varna" — var, colour; i.e. the colour of the etheric body): priests, warriors, merchants, judges — 6 four ashramas (stages of spiritual life) and dharma (foundations, law). This way of life ensures well-being.

VEDIC SCRIPTURES — writings, both ancient and modern, which contain siddhanta — the essence of the original Vedas.

VEDUNYA — a girl who studies the Vedic science of creating virtuous offspring.

VEDAS — sacred writings of the ancient Aryans: Rigveda, Yajurveda, Samaveda, Atharvaveda, Vedanta Sutra, Srimad Bhagavatam, Mahabharata, Upanishads, Puranas, Itihasas, Kama Sutra, Ayurveda, Laws of Manu.

The Slavic-Aryan Vedas, preserved in Russia for hundreds of thousands of years, are now being printed.

A WITCH is a woman who is knowledgeable in the science of raising virtuous offspring ("vedat" means "to know," "ma" means "mother").

MARRIAGE — bringing together the destinies of a man and a woman for family life in the name of creating virtuous offspring and fulfilling the Laws of the Creator.

FAITH — guidance from the Creator. Judeo-Christians replaced faith in the Creator with belief in the Creator. Faith depends on the personal spiritual experience of all incarnations ("fa" — guidance, "th" — light, sun: i.e., enlightenment).

VESTAL — a girl, from the age of 4 to puberty, who is taught the science of creating virtuous offspring, i.e., who receives messages from the Creator through a priestess-witch ("vest" — message, knowledge, "alka" — hungry; i.e., desiring to gain knowledge). She is under the protection of the goddess Vesta, who is the keeper of the wisdom of the Higher Gods.

VESYA — a rural resident. In Vedic society, the level of development of people who set themselves the goal of achieving material well-being: farmers, livestock breeders, craftsmen, merchants, doctors, as well as those who are engaged in any kind of art.

HAIR is an organ of perception and accumulation of subtle energies. The longer a person's hair, the greater the spiritual power they receive, for this power nourishes their entire body and shell. The Vedic scriptures say: "To cut a person's hair and shave his moustache and beard is like killing him." But in cases of special necessity and with certain skills, a person can draw negative energy into their hair and cut it, thus freeing themselves from energies that hinder their development — this is the meaning of the rite of "cutting hair in a monastery." Cut hair, nails, as well as old underwear and women's

The pads must be burned. For if discarded parts of the human body rot somewhere, it affects the entire organism. The Slavs cut their hair for the first time only at the age of seven. and the cut hair is thrown onto the roof or into the attic (the main ceiling beam of the izba). If a child's hair is cut before the age of 1, their speech development is suspended

, and if before the age of 7, the development of mental abilities slows down.

A woman who had cut her hair was called karna (after the goddess Karna, responsible for enforcing the law of cause and effect), i.e. she who was condemned and punished by Karna. Hence the word obkarnat.

UPBRINGING — creating favourable conditions for the growth and development of all aspects of a child's being ("up" meaning demand, that which is necessary at a given time; "nourishment" nourishment of all parts of the human body).

HARM — an action that hinders evolution. "Do no harm to your enemy."

DEGENERATE — a person incapable of producing healthy, full-fledged offspring (i.e., one who has left the family line).

DEGENERATION — deterioration of the breed from generation to generation.

GAVVAH — subtle energy radiation emitted when living beings suffer: fear, hatred, malice, anger, resentment, and other negative emotions. The strongest release **of gavvah occurs during** haemorrhaging, during which not only the creature losing blood suffers, but also thousands of creatures found in the blood itself (leukocytes, **erythrocytes**, thrombocytes, etc.). That is why the creatures of Navi, for whom gavvah serves as food, are interested not so much in killing other creatures as **in bloodshed** (which is why there are still many slaughterhouses that are the main and constant suppliers of gavvah).

GARBHADHANA-SANSARA — the rite of "planting the seed". It serves to conceive virtuous offspring ("garbha" — intrauterine embryo, foetus in the womb, "dh<in<i" — given, "sanskara" — cycle of birth and death: "san" — rank, position, "kara" — punishment, training, cause and effect: i.e. this ritual promotes the reincarnation of ancestors).

GOY — respectful address to a man ("ogoy-ny" — clean, neat, well-groomed). In the literal sense — a full-fledged male sexual organ.

GRIKHASTHA — family life, which is built in accordance with the rules and prescriptions of the Vedas: the second stage of spiritual perfection in Vedic society, after discipleship.

BLOOD TYPE — a characteristic that determines the genotype of a race. Before the invasion of Judeo-Christians into Russia, most Russians had blood type I, while other types were rare (as a deviation in the evolutionary process). At that time, Europeans mainly had blood type II, the inhabitants of Vostok had type III, and Negroes and Jews (degenerates) had type IY. People with blood type I are always leaders: they are self-confident, strong and assertive, and can give everything to achieve their goals. However, they can be narcissistic and arrogant. People with blood type II, on the contrary, feel comfortable in subordinate positions; the main thing is to have likeminded people around them. They love emotional and domestic comfort and hate conflict; they are romantics at heart, but can sometimes be stubborn and irritable. Those with blood type III prefer to live for themselves; freedom and independence are their credo. People with blood type IV are easy to get along with; they are friendly and calm. A significant disadvantage is that they are cunning, deceitful, extremely dishonest, cowardly, indecisive, and afraid of anything new. Along with blood type, not only character is inherited, but also

predisposition to diseases, and sometimes the diseases themselves. Genetic diseases obey the "funnel principle": the longer they are passed down from generation to generation, the more severe they become. Sick children who have received "bad" blood from their parents grow up to produce increasingly frail offspring. Basurmans mainly have blood type IV (the weakest). They understand perfectly well the value of blood type I and therefore try to hide the truth in order to transfuse viable blood into themselves. The Basurmans also diligently conceal the fact that a person who violates the Laws of the Creator changes blood type from I to IV, while a person who leads a righteous life changes blood type for the better — from IV to I.

DVIZHI, DVADZHYRO ZHON NYY — a person born in flesh and spirit (deva-konic body), able to transfer his consciousness into the astral, mental, buddhic and, most importantly, into the deva-konic body.

DEVAKONIC BODY — a guardian angel, a soul, one of the shells of the jivatma (the "I" of a person). It is awakened by ethical and moral victories.

DEMON — a being whose activity **is directed** the destruction of nature, society, and the world.

MONITIC INFLUENCE — demonic control and manipulation of people's consciousness and opinions through magic, psychotronic and psychotropic weapons (medicines, food products), mass media (press, radio, television), the education system (schools, lyceums, universities, academies, etc.), shaping public opinion, fashion, art, ideology, politics, and lifestyle.

TITHE — donating a tenth of one's income to the development of society. The proper use of tithing is necessary for compliance with the Law of Sacrifice, which ensures the achievement and preservation of

abundance, wealth and luxury, which are necessary for successful development.

If a person living in abundance violates the Law of Sacrifice of Sacrifice, he finds himself in poverty. If he is poor and misuses the tithe, he will end up in destitution. A person who observes the Law of Sacrifice achieves wealth, and if he correctly sacrifices his tithe even in wealth, he achieves luxury.

The donation of tithes, like any other action, can be of three material natures. For example, the donation of tithes to beggars, alcoholics, drug addicts, etc. belongs to the nature of ignorance. Giving tithes to politicians, artisans, and religious figures belongs to the mode of passion. Giving tithes to priests who truly use them for the benefit of society belongs to the mode of goodness.

DIATHESIS is a disease. It manifests itself in children as a result of the mother's resentment towards her husband or his relatives during pregnancy. With such resentment, the developing foetus is deprived of the energy supply from the father's lineage. To avoid diathesis in their child, mothers must show selfless love to their husbands and forgiveness to their relatives, accepting everyone as they are.

GOODNESS is an act that brings pleasure. But in doing good, one can harm people. No wonder they say, "The road to hell is paved with good intentions." A person's natural desire for pleasure should not interfere with anyone's evolution.

GOODNESS — one of the three gunas (qualities of nature). Under its influence, one acquires knowledge, happiness, purity, control over one's senses, calmness, humility, and restraint. This guna is ruled by Vishnu.

VIRTUOUS DESCENDANTS — people who consciously live according to the laws of the Creator and have healthy children.

DOMOVOY — a domestic spirit, a creature of the astral world. It is the size of a two-year-old child and is covered with short hair. In modern children's stories

сказах это Чебурашка, мурзилка.

WEALTH — the level of material security necessary for successful spiritual development. Poverty and destitution are the lot of those who violate the Laws of the Creator. Wealth and luxury are necessary for the full enjoyment of sensual pleasures, for only after this does a person begin to strive for personal perfection.

FOOL — an enlightened person who does not use his mind ("d" — given, having, "yp" — light,

"r a " — sun, hence the Russian "URA": "k" — belonging to something). At the initial stage of development, the mind is man's best friend. But at *the end* of human evolution, it becomes his worst enemy, because this imperfect organ

3 N UH IYA OG)IL NI CH OH P}E I MITIV NOST VOS P]Z IYATIYA P YATI

senses: touch, taste, sight and hearing — the mind has no other means of receiving information. In Russian folk tales, Ivan the Fool is always evolutionarily superior to his clever brothers. A person who uses only the abilities of the mind is unable to solve, for example, such a task: "Go there, I don't know where, and bring back that, I don't know what." The fool, using not his mind but other, more perfect ways of knowing the world, easily copes with such tasks. That is why Russia is a country of fools: "Russia cannot be understood with the mind, it cannot be measured with a common yardstick, it has a special status, one can only believe in Russia."

SPIRITUAL DEVELOPMENT — the acquisition of knowledge, wisdom, ethical and moral qualities, and the ability to transfer one's consciousness into subtle material shells — the astral, mental, buddhic, and devakonic bodies.

SOUL — a deva-like body. It has the shape of a human body and measures from two to several hundred metres. It is cultivated by ethical and moral victories, hence: "soulless person" — one who has lost his soul and given it to the asuras:

"a faint-hearted person" — one who has few ethical and moral victories: "a magnanimous person" — one who is able to control their feelings and transfer their consciousness into a devakonic body.

DHARMA — the basis of life: Zak, given by the Creator ("d" — for, "xap" — centre, balance, from here — "character", "harakiri", "harya", etc., "ma" — mine, my).

DESIRE — attraction, striving to achieve something, to possess something. The Vedic scriptures say this: "Desire covers the whole world, desire is the enemy of wisdom, the wise are thrown into desire, that greedy flame in the guise of desire" (Bhagavad Gita).

WIFE — spouse. Her duties to her husband are as follows: in work — a servant; in care — a mother; in steadfastness — like the earth; in beauty — Lakshmi; in conversation — a sage; in bed — a witch.

SACRIFICE — conscious dedication of all one's activities to the will of the Creator; recognition that everything in this world is created by and belongs to the Creator, expression of gratitude for the opportunity to use His creation.

ZHIVATMA — the "I" of every living being: an elementary particle, atom, molecule, mineral, plant, animal, human being. A living, individual, indivisible, self-luminous particle of the Creator, equal to Him in quality but not in power. As written in Be-Aah, **the jivatma** is one ten-thousandth the size of a hair, i.e. it is smaller than any simple particle. The jivatma cannot be cut, burned,

wash away with water, or dry out with wind; it was never born and does not perish when the body dies; it is outside of time

M OH I I V N e PJEO STJE il N STVO . OETO M YUKI V PT M 3 D"/X OB GI il , P i \vartriangleleft I \lq C/ f I H Л b H il.

Zhid — "The Jews themselves say this: a good Jew is a Jew. And a bad Jew is a 'zhid', and the word

"Zhid" is a purely Jewish word, taken from the ancient Hebrew language, and means the same thing as "pots" or

"iimok," which in Russian means "dog's penis." So "zhid" is not some kind of insult that anti-Semites use to call Jews, but simply a word that a good Jew uses to call a bad Jew. Of course, we must distinguish between a Jew and a zhid." (G.P. Klimov. Krasnaya Kabbalah. Russkoe Slovo Publishing House, 1993, p. 7).

ZHRAAT — to eat unfermented (milk and plant-based) food offered on the altar as a sacrifice to the Creator (hence "zhratva": "zh" — sacrifice, "ra" — the sun god Ra, "tva" — yours; i.e., your sacrifice to the god Ra).

DELUSION — an illusory perception of reality, generated by the imperfection of human cognitive abilities and conditioned at any given moment by the limited use of the experience of ancestors. People who base their behaviour on delusion and thereby reinforce delusion turn it into common prejudices.

THE LAWS OF THE CREATOR — the connection between phenomena. They exist objectively, independently of human consciousness, as an expression of the interactions between the properties of things or social relations. Voluntary compliance with the Laws of the Creator is a necessary condition for human development. The desire to resist the Laws of the Creator suspends human evolution.

SUNDOWN THINKING — conscientious use of three criteria of truth: the opinion of a competent person, the opinion of the Vedic scriptures (the experience of ancestors), and personal experience. All of them must be brought to a single

If you use any two criteria, and even more so *if you use* only one, there is a high probability of error. Those who correctly use all criteria are not mistaken. This is what allows us to avoid mistakes.

EVIL is temptation, suffering. But evil can also benefit people. No wonder they say, "Devils lead people to paradise." "There is a pike in the lake, so that the fisherman does not sleep." However, it must be remembered that "...it is impossible not to come to temptations, but rope through whom they come" (Luke 17:1).

KNOWLEDGE — "Modesty; humility; rejection of violence: tolerance; simplicity; turning *to* the true spirit—

SHIT M CHITELU; CHICOTa; STOIKO CTb; SP MODISTSI PLI H-d; renunciation of objects of sensual gratification; absence of false consent; awareness that birth, death, old age and disease are evil; absence of attachment; freedom from bondage to wife, home, children, household and work; calmness in the face of both pleasant and unpleasant events; constant and pure devotion to the Creator; a meditative mind that leads away **from idle** conversation and crowds of people to **solitude; self-sufficiency;** recognition of the importance of self-realisation; continuous deep knowledge of the Spirit, Light and true "I"; philosophical search for Absolute Truth all this the Creator proclaims to be knowledge, and everything else that exists besides this is ignorance" (Bhagavad Gita, 13.8-12).

ZNAKHAR — a healer who knows xapy — the navel, the umbilical energy centre. Znakhars are divided into herbalists (herbalists, i.e. experts in the power of plants) and charmers (obavniki, i.e. spellcasters capable of charming snakes, animals, weapons, diseases and phenomena NIA PIZIZODY).

IZYAN — imperfection, incorrectness, deficiency in something due to a lack of positive qualities.

Yang energy. Following the Creator's laws ("iz" — to take, "yagi" — *Yang* energy).

ИМЯ -- наречение. В Ведической культуре непосредственно связано с эволюционным уровнем развития If the varna (etheric body) of a newborn child corresponds to a priest, then his name is given to him. And one of the roots is usually "sliv", i.e. glorifying, or "ibo" — glorifying. loving. For example: "Boguslav" — glorifying God, "Dofroslav" — glorifying goodness: "Lyubomir" — **LЮБЯЩИЙ МИ**)Э, *«Й Ю О* М *Ы СЛ N* loving to think, etc. A two-part name indicates that a person is twice born — in body and spirit. If the varna corresponds to a warrior, then the child is given a two-part name with the roots " and "мя", usually with the roots "mir", "vlad", etc. For example: "Branvlmir" —— fighting ЮШУІ Й СЯ З П М И)Э. «ТВ ОІЭМ М ИСІО — ТВО І Э Я LU І Ії Й М ИІЭ: «RU Й dimvir" - possessing the world, "Vladdjh" - possessing the spiritual body. If the varna corresponds to the vesu, then the name has one root, and if it corresponds to the sudra, then it is a simple nickname. When they came to Rus, the Judeo-Christians forbade "To name Russian children with Russian names in order to conceal the true level of human development. Of the 150 names permitted by the Russian Orthodox Church, only 15 are Russian: Borgis, Vadim, Vladimir. Vladislav, Vsevolod, Vyacheslav. Gleb. Rostislav, Bera. Zlata. Pyubov, Lyudmila, Nadezhda, Nina, Svetlana. The rest of the names are Jewish or Greek.

INDIVIDUALITY is a quality of the jivatma, limited in knowledge only by its own experience. The Creator, or Paramatma, is a Personality, for He knows everything that every individual jivatma knows.

INTERNATIONALISM — the mixing of different peoples for their own sake. Scientists at the Institute of Ethnology and Anthropology of the Russian Academy of Sciences have found that "marriages between people who are **genetically** distant from each other are just as harmful as marriages between relatives" (KP, 28 April 2000). Children in such families have

a greater number of hereditary diseases and are n times more likely to lag behind in development than their peers.

ИНФОРМАЦИЯ сведения об окружающем мире, ограниченные способностью восприятия ума и чувств human being (touch, smell, taste, sight, hearing). YIN — the energy

of causal matter, the feminine principle compression, absorption, darkness, cold, dampness,

SINCERITY is a property, the essence of the living soul (the spark of the Creator) — the "I" of a person: honesty, straightforwardness, openness, etc.

TEMPTATION — temptation, desire for something forbidden by conventional ideas or the Laws of the Creator. Tasting the fruit of the tree of the knowledge of Good and Evil. Hence "tempted," i.e., having experienced temptation.

ISCHADIE — a descendant who does not wish to fulfil his duties towards his ancestors and is therefore excluded from their children ("chado" — child).

YOGA is a system of techniques and methods of self-knowledge that allows a person to control the mental and physiological functions of their body and transfer their consciousness to the astral, mental, buddhic, and devachanic bodies. The ultimate goal of yoga is to achieve perfection in all actions, to attain the quality of Lkch-noska by transforming all one's bodies and shells into a sattvic (light) body, allowing one to fully attain the three basic spiritual qualities of Eternity, Knowledge, and Bliss.

KAMA — sensual pleasure. A necessary stage in human development, the penultimate goal of a civilised society.

KAMA-CUTRA A Vedic scripture explaining the science of sensual enjoyment. This science consists of 64 arts covering all areas of human life.

KAPMA — the law of cause and effect, determining the consequences of actions committed by R or prely nr nJ in their lives. Actions rioc ri,. prigIo-

сящая опыт положительных эмоций.

«Кик ударишь, так и получинь — тем же концом по тому же месту».

«Не рой другому яму, сам туда попадешь».

KOCA — braided hair. Serves to accumulate the vital and mystical energy necessary for health and spiritual development. Unbraided hair serves to attract subtle energies and information from the outside world. Therefore, in the presence of hostile people or unfavourable influences, it is necessary to braid your hair and cover it with a scarf. Modern bareheaded and short-haired girls attract negative sexual energy from lustful and envious men, thereby promoting a programme of sexual promiscuity. At the first opportunity, they rush into debauchery. Therefore, the Slavs consider a girl with loose hair to be spoiled and unfit for producing virtuous offspring.

"Red beauty, fair-haired braid."

"Koca — maiden beauty."

- Ch ePOB SK, OT K 313TV SH I Y SYA OT SVO-

his homeland, clan and tribe. Deprived of connection with the national egregore. Support of his ancestors and the guardianship of ancestral spirits.

COSMOS — loose hair. Used to connect with the Cosmos.

KOSCHEY BEZSMERTNY — a highly moral person, a vegetarian who eats "porridge and soup." The Slavs used to say: "Soup and porridge — the food of the gods." A person who correctly follows and observes the other Laws of the Creator can live as long as they wish, which is why their is called "immortal." As is known, death

Koshchei is found in a hare, a duck, a pike, and a goose, i.e., in the food that is forbidden by the Vedic cult rypori.

KPEMA I MIA burned down >ic зшст< чсловсі<N Р ravil ь NO 14С полі leн ны 14 и нр ов едС і і і ыl I I3 .ЧіІОПЧІП Г—now a ritual accompanied by prayers for the deceased, facilitating the transition of the physical body into the spiritual realm. Otherwise, they return to the animal, plant and mineral kingdoms (when the body becomes food for animals and decomposes into chemical elements).

PEASANT — a person who understands and balances the energies of Yang and Yin4 in the field of agriculture ("cross of Yang and Yin").

CULTURE — enlightenment. The cult of Light — the god Ra, Dazh-god ("yp" — light, "Ra" — the god of the Sun, Dazh-god; hence the Russian cheer "Hurrah!").

MERCHANT — a person engaged in trade and multiplying the wealth of his family, clan, people, and state. Hence — "purchase," "addition," "*in* the bargain," etc.

LADA — goddess of love, beauty, prosperity, and the elevation of the soul — of the physical body. Slavs revere the elevation of the soul more than worldly well-being.

LAKSHMI — goddess of family well-being, luck, prosperity and beauty. Wife of Vishnu.

LASKA — an action that brings pleasure ("la" — soul, "ska" — smooth; i.e., smoothing, restoring a wounded, distorted soul).

LAKHUDRA a person with a sick soul (mentally ill) and a bad, dishevelled appearance (la — soul, khud — thin, sick, bad; ra — light, aypa). thin, sick, bad, "ra" — light, aypa).

LINGAM — the male creative power of Prigiro-di, symbolised by a stylised image of a phallus representing the god Shiva (Zhiva). According to Vedic writings, Shiva's lingam looks like

a column of light: its upper and lower limits could not be found by Brahma in the form of a swan and Vishnu in the form of a turtle, which proved the power of Shiva (Zhiva). Sculpture lviнгсі>lci оО.i'шо р</br>
tci iu:i*н спо'г в кrtWieri iiом опь це, преіt-

CTIBJ R IIIIIITI M COM OU ÏI OH TI (B JIBB)). 4 TO CUM BOJ U 3 U}) eT the sacred connection between the masculine and feminine principles (Yang and Yin). Chinese keui, a jade dagger with a triangular tip; the shape of a Muslim minaret and mosque; a Christian Easter cake, sprinkled with whipped egg white and seeds, served on a dish (yoni) with painted eggs, has the same symbolic meaning. The lingam, entwined by a snake, is related to yoga (kundalini — snake-like FLOW OF LIFE HCH NOY E NeJEGII).

PERSONALITY — Creator, Paramatma. Possesses the ability to know everything that every jivatma knows, and therefore has all three spiritual qualities of the Creator: Siddhi — eternity, Chit — knowledge, Ananda — bliss. At the end of its evolution, the living soul acquires these qualities of the Personality and becomes Paramatma.

FALSE EGO — identification of one's *true "R"* with one's body and everything related to it: appearance, nationality, family, religious beliefs, etc. Selfhood.

PYSINA — baldness. If hair is not used for its intended purpose, it dies off, like any other unused organ of the human body. When hair begins to fall out on the top of the head, it means that the connection with one's spiritual egregore is interrupted. And if it falls out on the crown of the head, the connection with one's national **egregore** is interrupted.

LOVE is the awareness of the unity of your "I" with all of creation.

MAKOSH — goddess of family well-being, prosperity, guardian of the harvest ("ma" — mother, "kosh" — home; i.e., guardian of the family hearth).

MATERIALIST — a person whose interests are focused solely on satisfying their senses and desires.

MATERIAL b HOE BODY time-space оохлг0 IKi3. covering living matter. It is formed by eight elements: five "gross" (earth, water, air, fire, and ether) and three "subtle" (mind, intellect, and spirit).

MEDITATION — the transfer of consciousness from the physical body to the astral, then to the mental, buddhic and devachanic bodies; the contemplation of other worlds and penetration into them in the corresponding bodies.

MEDICINE — the science of healing or the art of medicine. Modern official medicine is a pseudoscience and is used to destroy the peoples of Russia. If doctors treat one organ, another is bound to be damaged. That is why people say:

"A sick person needs a doctor's care — the faster and further away the doctor goes, the better it will be for the patient."

MENTAL BODY the body of the mind and intellect. It has the shape of a sphere located inside the human skull.

MYSTIC — a clairvoyant who can transfer consciousness into his subtle bodies and move through parallel worlds.

POLYGAMY is a form of family life in which one man supports several wives. The creation of such a family is permissible only for those who have been born twice, as it requires a high ethical and moral level of development from all spouses. Otherwise, polygamy causes suffering and leads to psychological damage and a slowdown in the evolution of the entire family. The correct use of polygamy makes it possible to embody great souls (boyars, aristocrats) and allows all women to be under the care of a man, which is necessary for the creation of full-fledged offspring.

FASHION is a demonic way of controlling the consciousness of ignorant people, imposing false values.

СС С Й ЛЛ Я ОF СС П С°1 k°13 И fl ВП «СТ Ы dl їl }3О 8 ОГ О П{јПВ ГІТО Л ьСТВ R.

M CJ K IIIA — the path to perfection: the development of all abilities, the mastery of all skills of material and spiritual life, as well as liberation from the material world and transition to the spiritual world. It is achieved by transforming all one's bodies and shells into a sattvic (light) body, which ensures the attainment of all three spiritual qualities of the Self: Sat — eternity, Chit — knowledge, and Ananda — bliss. The fourth and final goal of a cultured society.

MONASTERY — a place of refuge for those who are unable to lead a family life ("manas" — mind, "tyr" — to steal, to hide: i.e. a dwelling place for those who are unable to live according to their own mind).

HUSBAND — cypyr. His duties to his wife are as follows: to provide for her, adorn her, shower her with attention and gifts, speak kind words to her and, most importantly, teach her.

HABb — parallel worlds of demonic beings, worlds of purgatory and hell.

CONCUBINE — a woman who has not undergone vestal training, who does not possess the science of creating virtuous offspring, who is not a witch and is therefore unworthy of being a wife.

HAUKA — a way of knowing the world. There are only three such ways.

1. Pratyaksa (practice) — based on the abilities of the mind, which perceives information about the surrounding world through **the** five **senses** (smell, touch, taste, sight, and hearing). This is the most primitive way, because it is limited by the abilities of perception: human smell and touch are much worse than those of many animals; taste is also imperfect; sight perceives light in a very narrow range of light waves.

- (e.g., it does not detect polarised, infrared and ultraviolet light, radioactive rays, etc.); hearing detects sound in the audible range of the sound wave (humans cannot hear ultra-low or ultra-high frequencies).
- 2. Anumana (theories derived from facts) is based on the mind's ability to compare information received by the mind and draw conclusions. Since this method is limited by the capabilities of the senses and the mind, it is naive to expect to know the Truth with the help of anumana.
- 3. Shabda (the opinion of a knowledgeable person) is the most perfect way of knowing the world. For example, if a person wants to learn to play the violin, it is better for them to become a student of a good violinist; if they want to become a surgeon, it is best for them to learn from a good surgeon, etc. It is much more difficult to achieve this with the help of pratyakshi and anuma-ni.

NATIONALISM — love of one's homeland; the natural need of any people to live in accordance with the precepts of their ancestors. Observing customs and rituals, following cultural heritage and all the way of life inherent in the ancestors, helps to avoid mistakes in activity, in preserving the health and well-being of one's people. If people forget the experience of their ancestors and become rootless cosmopolitans, they can easily be led into fatal error by the imposition of false values.

HEBECTA is a young woman who has reached sexual maturity, completed her training as a vestal virgin, and is ready to become a worthy wife and mother.

A jivatma that has created a human body incapable of evolution (retards, oligophrenics, Down syndrome sufferers, morons, etc.). Karmic reaction to a **persistent unwillingness** to obey the Laws of the Creator.

ILLEGITIMATE — born of a twice-born (in body and spirit) and a sudra ("sudra"

осужден ный 6 гй йї Рі4у That is, unwilling to live according to the Creator's Laws). Such a marriage is likened to the union добра и зла, и по степени смещения крови доходит до крайнего нарушения человеческой природы в породе чандалов (буквально — «собакоеды»), т.е. подонков fiли despicableiъ n x of people. For example: from the union of a knight with the daughter of a sudra is born yrpa ("urka" — robber), SO*L* possessing the virtues of a knight (strength, courage, etc.) and the vile qualities of a sudra (malice, insolence, frivolity, selfishness, etc.).

NEZAL YPA — disease caused by a deficiency of Pll IIT3OSIS,
PJEIKOTOJE O NI GOL OBK 3 M ZSK O GO POL OB OGO °IL e N il N dl Oget naked. This is how Nature weeds out degenerates, not allowing them to reproduce. In order to remove this stigma and gain the opportunity to procreate, the Jews invented the ritual of

POVERTY — need, extreme poverty, suffering from the inability to fulfil one's desires. The consequence of a stubborn unwillingness to follow the Laws of the Creator — to improve oneself.

"NEW RUSSIAN" — a person who has fallen under the influence of Jewish-Masonic propaganda of Negro barbarism and has adopted the gestures, fashion, mannerisms, music, dances, and other traits and values of American Negroes.

OBEZZYA NA — a human-like creature deprived of the positive Yang energy necessary for spiritual development ("o" — he, "bez" — without, absence,

"yang" — positive Yang energy, i.e. "he without yang").

SHAPESHIFTER a person capable of transferring their consciousness into an animal, plant or object.

COMMUNITY — joint social and economic activity of people, managed by Kopa.

IGNORANT PERSON — an uneducated person, deprived of curiosity and living only for petty interests and their ownwell-being.

OS VO BOZHE}E NIE freedom from material dependence, achieving the transformation (transformation) of all one's bodies and shells into light, spiritual energy —— the sattvic body.

OSELEDETS — a long strand of hair (forelock, tuft) left in the middle of a shaved head. Simple Cossacks leave the oseledets on the fontanelle, where the bones of the skull remain soft at the top of the head in children. This makes it possible to focus one's consciousness on the ancestral egregore, receiving from it the abilities, power and strength necessary to protect one's family. Distinguished leaders and atamans leave herring on the crown of the head (caxacpape), where the hair parts. This allows them to connect with their spiritual egregore and acquire all the qualities necessary to protect the Guidance, the Monarchy and Russia.

RENUNCIATION is detachment from the goods of the material world; sannyasa. It is a natural, conscious aspiration to achieve spiritual perfection.

OTRODIE — a person who has renounced his family, a rootless cosmopolitan.

OTCTY Π HUK — a person who has renounced the laws and faith of his ancestors; a pagan.

PARA MATMA — The All-pervading Spirit; the presence of the Creator in every living being ("para" — supreme, "atma" — spirit).

PACAN — boy; from the Hebrew word "pots" "little penis", i.e. having a child's penis.

PACIFISM — condemnation of all wars. The fate of those who do not wish to defend their honour, dignity and independence of their people from aggressors and enemies.

PEREWOBLOSHCHENIE — a new incarnation of the flesh after death. After the death of the physical body, human consciousness is transferred to a new body. If "elo-

век жил праведно, то его астральное гело - легкое, и ttocesi, it immediately enters the world of Panvi. If it violated the Laws of the Creator, then, depending on the severity of the karmic reaction, its astral body will be heavier and will descend into the world of Navgi, where it will be "cleansed." After that, it will become lighter and will be able to rise to the world of Prav, where the astral body will rest and wait for its turn for reincarnation. When the most favourable moment for acquiring an earthly p.CHOTi4 arrives, the jivatma (the "I" of a person) connects with water and descends to earth in a raindrop. There it enters a grain of corn, which is eaten by a man. In the man, it forms a sperm cell, which is destined to fertilise a woman's egg. In this way, the jivatma enters the woman's body and ka chinzfcT DdzVIVdT 33]30/t

REBIRTH — a change in one's worldview during one lifetime as a result of life experience. The worldview of a successfully developing person evolves rapidly. Only great sages or complete fools do not change their worldview during their lifetime.

 $\mbox{OFFERING}$ — a donation of a tithe. An offering may be made under the influence of one or more factors.

HOW MANY X G N

Almsgiving in the mode of ignorance is done by a person who does not know the Law of Sacrifice — it harms the recipient of the alms or frees him from suffering for a short time.

Almsgiving in the mode of passion is done for gain — the person receiving it may be freed from some suffering.

Almsgiving in the mode of goodness is done selflessly — as a result, the recipient is freed from all suffering and attains perfection.

KNOWLEDGE OF GOOD AND EVIL — the path of prioritising the experience of struggling with the animal nature within oneself.

BOW— гіаклонеі іі те голопі.і нл н всрх ії ії тулов н іца в зн а к пр уватеств п я І4Л І4 ЛЦПЛОДІ ї ІОСТІ4. о Y• absorption through the caxacpapy chakra (rodni chok) of negative energy onto the one (or thing) you worship. The lower and more conscious the bow, the more such energy is poured out. Therefore, it is forbidden to bow to those who do not respond to the bow, for people bowing to each other each other, thus mutually exchanging negative energy, which is neutralised upon collision. Only the monarch and the sacred inhabitants do not respond to the bow — they, having taken upon themselves the negative energy of the people, are freed from it by bowing in worship of the Creator at the altar. Jewish administrators, not wanting to worship the Creator, worship the scapegoat.

GENDER — belonging to a man or a woman. Initially, men and women were one being and had one soul. Then this being, which had a lentil-like shape, split into two halves (along the spine of modern humans). The edges of each half joined together, with the seam running along the line of the ribs on the sternum. Thus, two separate halves appeared

РОL-М ЖСКОЙ И ПОЛ-ЖАН СКОЙ. Д ЛЯ ЈЭЛЛ М НО ЖеНИ Я ЭТИ П ohalves strive to unite through sexual relations.

RIGHTEOUS A person who lives according to the Laws of Pra Ved (i.e. the ancient, original Vedas).

PRAV — the worlds of gods, demigods and righteous people; heavenly worlds.

PRAKRITI — the goddess of Nature and Nature itself.

PRANAYAMA breath control, *as* a means of advancement in yoga.

 VACCINATIONS ——"voluntary-compulsory", i.e. a compulsory means of mass destruction of people by means of introducing into the human body a substance that is harmful to health, causing serious damage to the body.

JEOV O,TSYA GSYA IN SOOTBETCTB AND IS 7HIDO dI aCO NS EII M PzZ $^{\circ}$ the Earth's population from 5 billion to 1 billion people. In works

published in the United States by Neil McFiller

"Vaccines: Are They Really Safe and Effective?" and Dr. Len Garowitz's "The AIDS and Ebola Viruses" (see "The Last Call," 1998, published in the USA) states that live vaccines used in smallpox vaccinations can activate dormant HIV infections, which cause clinical conditions indistinguishable from AIDS. When vaccinated, the immune system begins to malfunction, causing a reverse effect, since the immune system was created by the Creator and does not need corrections or interventions. The danger of such interference is proven by many tragic cases involving children after vaccinations. Complications may not occur immediately, but after 1-2 months, when neither doctors nor parents associate the disease that has manifested itself with vaccinations. There have been many cases where children, if not dying from vaccinations, became disabled for life (with extensive brain damage) or died years later from cancer, AIDS or other **incurable** diseases that developed after vaccination. Vaccines against polio, measles, mumps, rubella and other diseases are foreign proteins. For example, the polio vaccine contains a cell culture of human kidney cells and calf serum, which are foreign proteins. When injected into the bloodstream, they can alter the structure of genes. Recently, two more vaccinations have become mandatory for children under one year of age. These are vaccinations against haemophilus influenzae and hepatitis B.

Viral hepatitis B is a serious infectious disease that affects the liver. It can cause chronic hepatitis, cirrhosis, and liver cancer. It is

is mainly transmitted through blood from infected and asymptomatic carriers

• carriers of the virus. Infection can occur during surgery, when visiting a hospital, or during childbirth.

лезнь также передается половым путем и от материcarriers of Bllpyca in newborns.

The question is: why do healthy babies need to be vaccinated against such diseases? The answer is simple: if a child falls ill before the age of 1, they will inevitably become a chronic carrier of the virus. Therefore, most infants receive their first hepatitis B vaccination at 4 months, followed by repeat vaccinations at 5 and 12 months.

Diseases can develop after almost all vaccinations, including autism, epilepsy, and functional disorders.

M OZGP, Z|E TsTeL b NOY I MOTO|E NOY KOO|EDIN 3 TSII, P il|Ei1LI °I

cranial nerve. Brain retardation has been identified in school-age children, which is particularly noticeable at 12-15 years of age. Even children with healthy genetic inheritance who had good abilities in primary school lose interest in studying. There is no doubt that as a result of vaccinations, 80-85(0) /o of schoolchildren are unable to study normally. This raises the logical question: "If vaccinations are a blessing, as the Ministry of Health claims, then why are they compulsory, and where does the money for free mass vaccinations come from when the treasury is empty?"

Doctor of Medical Sciences, Professor, Academician of the Academy of Sciences Vladimir Barabash asserts: "IF WE DO NOT START VACCINATION, OUR FUTURE IS IN DOUBT."

PROLETARIAT From the Latin word "proles" meaning offspring. A poor person who is unwilling to defend his homeland and is only capable of reproducing his own kind.

ENLIGHTENMENT — the acquisition of Vedic culture by a person or a nation.

PSYCHOTRONIC WEAPONS Weapons of mass destruction. A bioenergy generator, with the help of

which basurm iny ocy carry out the zombification of a specific hour and population. For this purpose, any electric ptzi lill CB «Тел ьн i»l ri приібор is used. tel svtz'zor, kom-

11 b lOTC]Э,]Э гІДІ 1 t.J С 0 1 b , I 0,Ч t;tJ) О 11 , ').'1С li"l [J OO C h C11 lï H 11 С.) Щ U-

С'ГВ ЮТ пр і і 6 ор ы , К О 1't] Э Ы С й'1
О1 — I' ВОЗ,Ц0 \in 1 С'1 В ОВ rt'ГЬ H c1 q че-

people at any distance, including from space satellites. The consequences of such exposure may include the imposition of a certain worldview or political orientation. rioteps 1. ••• and life.

PSYCHOTROPIC WEAPONS — weapons of mass destruction. These include: harmful medicines, unbalanced and refined foods, alcoholic beverages, tobacco products, drugs, etc.

PUTAHA — a demoness of the Navi world. She disturbs and evokes negative feelings in humans. She feeds on the radiation of negative emotions and the life force of humans.

WORKER — a slave who needs supervision, i.e. constant control ("slave" — slave: "eyes" — eyes, sight, supervision).

INDIFFERENT — a person who sees the Creator in all manifestations and forms and, therefore, treats all beings equally, as spiritual beings, living beings.

RAJA-GUN — guna (quality of Nature) of passion and creation. Governed by Brahman Dagboh.

RADIO BROADCASTING — one of the main demonic means of mass brainwashing and zombification of people, imposing false values on them and misleading them.

PACA — primordial, white, light, pure. Russian people, the original inhabitants of planet Earth, whose ancestors flew in from the constellation Ursa Minor. They have white skin, light hair, and are divided into four tribes, each differing from the other in appearance.

the iris of the eye. Eye colour depends on the spectrum of light emitted by the star in whose planetary system a particular species originated. Silver-eyed (ce-pot'ii<tJыe) are the descendants of D'Arpgi, the descendants of H'A-riytsy. Blue-eyed are the descendants of Svyegorusi, brown-eyed (k'Arigl<i-zye) are the descendants of Rasseni. Hence the English name for Russian people — Russian (Rashen), i.e. Paca.

A worldview that ensures the purity, and RACISM therefore the survival, of one's race. Every person must preserve the purity of their lineage for the sake of health, prosperity, and the successful evolution of their offspring, because the mixing of different peoples is not as beneficial as internationalists claim. Basurians diligently impose on people the opinion that children born of international marriages are especially beautiful and healthy, and that the nation itself becomes healthier from the influx of foreigners. In reality. as stated by the head of the Department of Paediatrics at the I.M. Sechenov Moscow Medical Academy, Doctor of Medical Sciences, *Professor* O.K. Botvinyev, marriages, the established gene pool is destroyed, and the new gene pool is biologically weaker because it has not undergone thousands of years of "testing." As a result, morbidity and infant mortality increase, and life expectancy decreases. Moreover, the greater the differences between nations, the further apart **their lands** are from each other, the greater the complications that marriages between their representatives will bring. "Blacks and whites are the most explosive mixture of different diseases" (KP, 28 April 2000).

REFINED PRODUCTS are unbalanced, unnatural products that have been stripped of substances necessary for healthy life and are therefore poisonous.

RELIGION — the projection of Faith onto various peoples in accordance with their level of evolutionary development (language, morals, customs, etc.), place, time

and circumstances ("re" — repetition, reflection, "liga" — ligature, writing; i.e., reflection of faith in the scriptures).

RODI NA m ss go rozh, zei iiiya. Ro mi ito ii lvl me i•:i area with radnuso \i. eavi iym r\cdotisostoyansho. which takes place during the day a person born here. The spirits of the area are responsible for the development of a person born here. If he leaves the boundaries of his homeland, he loses their protection (which manifests itself in nostalgia), and his evolution slows down. If a person, even while living in their homeland, feeds (i.e. builds their body) on food that is not grown or produced in their homeland, pro-

KT3 MI, SO IT IS NEW •I DJ14 SI, NOT TV OS P]E11 AND M 3 e \I Y S4

for their service spirits. At the same time, its evolution also slows down. Therefore, it is best for a person to eat products produced with their own hands from fruits grown on their own land. That is why it is so important to protect your homeland and land.

ROZHA — the face of a person capable of producing healthy offspring (hence "rozhenitsa" — "woman in labour", "to give birth").

LUXURY — a level of material well-being that allows one to quickly attain Kama — sensual pleasure in its fullest measure, for only after this does a person begin to be attracted to the attainment of personal perfection. The fruits of luxury are used for the development of society, thanks to which a person acquires good karma and fulfils the Law of Sacrifice.

RUSSIA — a power that is a stronghold of enlightened forces. According to archaeological written monuments, the name "Russia" existed more than 3,000 years ago ("ros" — growth, increase, "siya" — radiance, light, enlightenment; i.e. Russia is a power that increases enlightenment). That is why Russia is the only country that bears the definition

"holy" — Holy, Bright Russia.

SANNYASA — a wanderer, a beggar. A person who has raised his children to adulthood, attained

enlightenment and devoted the rest of his life to preaching. The fourth stage of spiritual self-realisation of a person in Vedic society ("san"

YuH, POLOZHJ II⊤2, 〈ЯСі́4〉 HCFIЫÏÏ, CDL"¬Г, "/.€. DOM I III LU I I i i level of enlightenment).

SATTVIC BODY body of light. Having attained this body, the jivatma becomes Paramatma for all the jivatmas of its body. Thus, the jivatma becomes a Personality and attains Eternity, Fame and Bliss.

SVETOY - a person who has attained enlightenment. The destruction of all his bodies and shells. After death, his physical body does not stink or decay, but turns into relics. At the same time, the jātamys that make up the physical body gradually transform into an etheric body. The Light, who is currently *in* the world of Prav, controls this process.

PRIEST — a person who helps enlighten (spiritualise) other people.

FAMILY — the basic unit of Vedic society. It consists of seven generations: great-grandfather, grandfather, father, me, son, grandson, great-grandson. The whole family must live together, for they need each other: the elderly need material care and the opportunity to pass on their life experience and professional skills to their descendants; the head of the family needs to work to feed his family, and therefore he needs someone to look after his descendants; children need the care of a knowledgeable person and the upbringing of an experienced person.

A MAN'S EARRING is a metal ring worn through the lobe of the left ear. One earring meant that the warrior was the only son in the family, two earrings meant that he was the sole breadwinner in the family, and three meant that he was the only man in the family. When the warriors stood in formation, at the command "Attention!", , they turned their heads to the right, and the commander could see from their earrings who to send into battle first, who

second or third in line. First, those who did not have earrings, i.e. *those* who had sons, went into battle. Then those who had earrings, i.e. those who had daughters, went into battle, and then those who

кого их было две, и в последнюю очередь — у кого had three earnings.

SLAVS N — glorifying the Creator ("slava" — glory. "yan" — positive, masculine, solar, creative energy of the Creator, "vI n" — *ovpni<i* ть• *iы а я*. zehiskaya.

L\N HdЯ, JEPZJE SHITeL b N il Ya EN e}EGI Ya TV OJE Tsil). "hibl C.'f6f0l V Creator and never **lie to** Him about anything — for we are His servants.

SERVANT SPIRITS — beings of the worlds of Puri and Navi, created by the Creator to ensure the evolution of life in all kingdoms of nature.

SMERD — a person who violates the Laws of the Creator and therefore emits an unpleasant body odour ("smrd" — dying, decaying, putrid, foul-smelling, stinking).

DEATH — the transition of consciousness from the physical body IN PCTQaЛb HOE, Π }ЭИ КОТО}ЭОМ Π }Э ОИ СХ ОДИ T]Э Π З]Э ЫВ СОСДИ-the energy cord connecting them.

SMUTYAN A person whose Yang energy, necessary for spiritual development, is clouded.

- SOC the transition of consciousness from the physical body to subtle bodies. There are three types of dreams.
- 1. Bizarre, inconsistent, confused. This type of dream is a delusion of the mind and therefore has no particular **value** for understanding the world.
- 2. Incoherent, in which various plots, actions, and images alternate. This type of dream is a reflection of impressions received in the past and deserves appropriate attention.
- 3. Vivid, clear, consistent, memorable. This type of dream is a perception of other worlds and requires special attention and awareness.

Люди одну треть своей жизни находятся во ене, и поэтому здравомыслящий человек старается сделать свой сон осознанным.

СТЕСНИТЕЛЬНЫЙ человек, стеснённый в своём мировосприятии обывательскими представ іеннями,

SUDAR i osn, jiiн ("court" c};i. <i'l^ <ipнii. i.e. the court of the Aryan, who is himself su,1ja). 31c i пштый ariets will consider himself coy•кttrнvi kom i3 *cc i j ii.'iciшя. еслп if his case turns out to be witnessed by ii ru i'i зедпЈзі i-

M ST VCM BO3 M OZHNY S, CS ÈiS TV I NGI t3 fl{3CC e CH S N 11 R8.

SUDRA — worker: the lowest of the social classes — penei ("sud" means "court," "ra" means "slave"; thus, a slave's court is when a person is held accountable for their actions with full consciousness). Sudr a is not capable of judging his own actions. He is judged (protected) by the god Ra.

FATE — z-i kon pri chi sh to—c.re.te gv n no ii sv yazn , a chain of karmic consequences ("ci d" c;,i, "fia" God. i.e. God's judgment). HflTb c ,зъfi weave 60i ип $13\ \rm ДО.\Pi S$ and Misfortune, assistants to the goddess Karna.

«Что посеешь, то и пожнешь». «Что пожнешь, то и смолотить». «Что смолотишь, то и смелешь». "What you sow, you shall reap."

TAHTPA — Htlyka about the Obvious, for un sa iiH a я in Vsdi cheskich shzani я х: In ShïÏB.fill'3iYlD 'Ai i we. in vishiu-iz me — Puranas. In sectarianism and 6 DDil3MC CJIOBr 3 iiTflll7 -ra» is used as a generalisation Hil3BdHHe of all these texts. Tan tra teaches man to use energy and its application for the development of spiritual abilities.

CREATOR — The one who created all that exists.

«То, что было до всех и пребудет всегда. In the transparency of snbbi, it is not that. This is the essence without cover, chniu 'itituь «i. 'iя v.itoo'. Не способных постичь, надевает покров. Он создатель всех форм и, как ветер сквозной, Сквозь все формы течёт, не застыв ни в одной».

(Иби аль-Фарид)

TEJI EVIDENIE — means "siozGOVOΓO Er7ll2 |Эt9JliI!

of televisions and computer displays cause heavy clots

These microlegitons tear apart the etheric body of a person, penetrate its finer layers, and destroy the nervous and vegetative systems. In addition, there is the "25th frame effect" and "mosaic pictures." With the power of NKH, the transmitted information bypasses the defence mechanisms of consciousness and immediately enters the human subconscious, thus influencing their worldview and behaviour. With the help of

the "effect of combinations of coloured spots," it is possible to induce a hypnotic trance in a person (in which case it is very difficult to look away from the screen) and even cause instant death. Currently, all television in Russia is in the hands of non-Russians, who are

YU TC YA POVODNIK il MI I\DOM il SONSKOY P[j OG]E tl kl M bI

destruction of the Russian people. It is no coincidence that the people call television "tel-ividen'tiem" and the television set

"the devil's eye," ".wo'zzo.'io4o,4" and "zo.'iy6oti 'sapa'soŭ."

TELEGONY — the decisive influence on a woman's offspring of the first man in her life. It is he, and not the child's future father, who lays the foundation for the gene pool.

ОСНОВ РОТО КІ СТВ ЖАН ЩИ Н Ы ВН е 3 іІ ВИ СИ М ОСТИ ОТ ТОГО .

when and from whom she will bear children. He, having violated her virginity, becomes, as it were, the father of all her future children, forming their psychoenergetic, lepton matrices during orgasm through the radiation of his seed. This happens even if the woman does not become pregnant.

TECHNOCRATIC CIVILISATION —— co-

social structure under democratic control. Imposes lofl \bullet sub>1eriy development спогі х выутрепви х

CSPOC4fi 11 OS Gs1111C t10UT b3 OB rliifle*sl 3 CX H Π '1cCx11\ $\alpha \Pi$ }3c3 c 3a u» and directs the activities of society towards the destruction of nature and self-destruction.

TOTEMHOE ANIMAL — the last animal from whose body the soul passed into the human realm.

UBL YUDOK, VBL YUDOK — a creature born as a result of fornication — a mixture of two species of animals or people of different races. This is how children born from a relationship between a Slavic man and a Jewish woman have long been called in Russia. The fate of a child born of such adultery is usually unfortunate, and its future life is marked by constant conflict with its own soul and public opinion. For fornication, which has resulted in a defective heredity, creates an individual who is incapable of distinguishing between good and evil, who imposes on those around him the most absurd view of all aspects of life, resorting to deliberate lies that mislead people and lead them away from the natural Laws of the Creator, i.e., engaging in demonic activity.

MURDER — the taking of a life. Permissible only in six cases: when attacked with a deadly weapon; when someone tries to kill you; poisoning; taking away land; setting fire to a house; when a wife is taken away by force.

UD, ZHIVLIN GAM — Shivlingam, one of the most ancient and revered images of Shiva's life-giving power. In "The Word About Idols" (early **12th century**), Judeo-Christians **wrote that** the Slavs "have created shameful images and bow down to them and make offerings to them."

STREET — a thoroughfare formed by two rows of houses with a road between them. By the day of the wedding, the newlyweds had to move out. They began to build houses independently, placing them in the courtyard so that the gates faced each other ("face to face"). Therefore, this arrangement of many houses was called a street ("face to face").

UM — the ability of the mental body to perceive information about the surrounding world through the five senses: smell, touch, taste, sight and hearing.

A TEACHER is a spiritual mentor. The main task of a teacher is not simply to encourage or stimulate the intellectual and other abilities that exist in a student, but to transmit a strong spiritual vibration to the student: in order to enliven the spirit, the impetus must come from another spirit and nowhere else. This odum

НОТVO)Eeel-ІНЫй І MP LЬS НеВОЗМ ОЖ NO ІЗВЛСЧ b ІЗ К НИГ. 333-

Reading books can make a person intelligent, teach them to express their thoughts clearly and coherently, including thoughts about spirituality, but when it comes to everyday life, being well-read and informed is of little help, and a person finds themselves completely incapable of acting and behaving appropriately. A true teacher is distinguished by knowledge of the very spirit of the Holy Scriptures, and not by studying them with the help of grammar, etymology and philosophy; a teacher who allows his mind to be carried away by such studies loses the spirit of the Teaching. The soul from which high spiritual impulses emanate

— a person who directly transmits the life-giving vibration of Love to another — is a True Teacher. His duty is to determine the ways in which his disciple can focus his mind on the Supreme Lord.

A FANATIC is a person who blindly follows instructions I AM] 9 OR GI OZ NY KH dJ SI AND NIST} 3 ZTO] 9 OV, Ne P] 9 O I AM of common sense in understanding one's religion or ideas.

HARA — anatomical (navel) and energetic centre of a person ("ha" — balance, centre rp. basis. "Ra" — the power of the god Ra).

HARA PAKTEP —level of mastery •lеловеком споwith the power of the soul. Zt јеоv N I овлі pden I hitj ZOY ZAVISYAT all psycho-emotional states of a person (hence: "kharaidat" — to snore, to sniffle; "kharappugya" — a cheeky, insolent person; "kharatka" — a nasty woman; "khara-horiitsya" — to cheer up). Hence "ukhar", i.e. a person who actively acts with khara.

XAPJI — flИЦO >Aorovo person ("xap" — equal vesis, the centre of life force, "ya" — the pronoun "I").

HER — Zhiv (Shiv) Lingam. The personification of the lifegiving solar force — Yaripa: hence the Greek god of the Sun Helios (Helius), hero (Herois), Heracles (Heracles), Roman Hercules (Heriltis). Among the Baltic Slavs, Yarila was identified with Yarovitus (Herovitus). Hence the name of the Greek god Eros (Herotius). The Slavs used this runic life-giving symbol as a talisman in patterns on clothing, household utensils, weapons, and jewellery.

TSARASVATI — wife of Brahma. Progenitor of all living creatures in the universe: Mother of God. Patroness of maternal beauty and the hearth, **femininity** and selfless service to her husband, art and loving sacrifice ("tsara" — royal, exalted, "svati" — light: i.e. the Highest Light, shining into the universal egg).

KINGDOMS OF NATURE1 — there are four levels of evolution in the material world: the mineral, plant, animal, and human kingdoms.

HEALER — a sorcerer capable of correcting the damaged subtle bodies of a patient, i.e. restoring them, making them whole, healing them, and returning them to health. Hence — "to heal".

THE PURPOSE OF LIFE to gain certain experiences in accordance with one's level of development:

цель жизни судра — иметь достаток: для возможности есть, спать, обороняться и совокупляться;

the purpose of life is to have wealth for the well-being of the whole family;

the goal of a warrior's life is to have luxury: to gain power and strength in the name of the struggle for justice;

the goal of the life of a sorcerer — to achieve perfection.

VALUES — a measure of the importance and significance of the conditions necessary for successful development. Values can be spiritual, cultural, or material. Demons try to direct people's activities toward the attainment of only material values, diligently concealing the truth about the primacy of spiritual values, i.e., the meaning of human life and evolution.

CHAKRAS are special psychophysiological centres, nervepsychic nodes, which are zones of concentration of human *psychic* energy. The seven main

CHAKRAS are special psychophysiological centres, nerve-psychic nodes, which are zones of concentration of human psychic energy.

ren from the mountains, and 49 secondary on important organs and joints. The Vedas warn against mechanical methods of opening the chakras by rotating them or focusing attention on them, emphasising the safety and advantages of natural spiritual

}Э ЗЗВ ЭТИ Я.

Muladhara — the centre of survival and energy accumulation. Syadhishthana — the centre of sexual energy.

Manipura — the centre of vital skills and connection with the cosmos. Anahata — the centre of creative energy and energy balance.

balance.

Vishuddha is the centre of will and higher sensitivity. Ajna is the centre of clairvoyance and intellect.

Caxacpapa — the spiritual centre of connection with the Universe.

HUMAN — an organ and physical body, a shell created by living matter from p rttci ("chelo" — loo, body; "vek" — lifespan).

CHERT — An intelligent, intellectual being of the world of Navi, living "beyond the line" of the world of Yavi. Hence: "cher-ta" (line), "cherchit" (to draw), "chertezh" (drawing), "schet" (count), etc.

CHIS"I'IJI AND SCHB .m iirm Navi. Here, astral bodies polluted by unrighteous deeds are purified before entering the worlds of Prav and regaining incarnation in Yavi.

CHUR — the ancestral guardian spirit (shchur). EVOLUTION

— the training of the jivatma to organise the surrounding space, which it undergoes in the mineral, plant, animal, and *human* kingdoms. The ultimate goal of the evolution of the jivatma in the material world is to acquire the qualities of Personality, Eternity, Knowledge, and **Bliss** (Sat-Chit-Ananda). There can be no end to evolution in the spiritual world, for the Spiritual is beyond time and space.

EGOISM — the pursuit of one's individual interests through actions that cause suffering to other beings.

EGREGOR — an informational-energetic field created by the thoughts, aspirations, desires, and ambitions of living beings. Egregors exist in minerals, plants, animals, humans, and the beings of Navi and Pra-vi. Human egregors can be family, group, political, national, and religious.

EMANCIPATION OF WOMEN — a demonic idea of equality between men and women in rights and obligations. Nature has endowed men and women with different physiological characteristics and abilities, for their natural destinies are different. Therefore, their rights and obligations cannot be equal; any equality between men and women is unnatural.

"I am a horse, I am a bull — I am a woman and a man."

The ENERGY CORD is a subtle channel connecting the physical and astral bodies

. As the distance between these bodies increases, the thickness of the cord decreases: if the distance is several metres, it is thin; if it is several kilometres, it is thick.

СТОЯНИЕ -- НЕСКОЛЬКО ДЕСЯТКОВ МЕТРОВ И БОЛЕС. ТО ШНУР Thin to the thickness of a hair. If the cord connecting a person to their Navis is broken, they can enter the human body through the torn area. If the cord is completely severed, it means the death of the physical body.

The ETHERIC BODY is the luminous energy cocoon of the physical body (aypa), created by the energy emitted by a person's thoughts, emotions, hopes, desires, passions and aspirations. The colour of the etheric body determines the level of evolutionary development (varna), as well as a person's abilities and emotional state. It is believed that the first photographs of the etheric body were taken by the Kirlian couple from Krasnodar at the beginning of the 20th century. Nowadays, photography of the EBL field (electro-bioluminescent field) is successfully used in medicine and other areas of public activity. To determine a person's abilities, special light filters have been created: windows in the offices of some institutions, glasses similar to light-protective glasses, and even contact lenses through which a person's aura can be seen.

Yuga is a period of time; cyclically repeating eras that the universe goes through in its development.

There are four yugas:

Satya-yuga — the golden age; characterised by righteousness, wisdom, spirituality and the absence of ignorance, vice and violence. Lasts 1,728,000 years.

Treta-yuga — the Silver Age; characterised by the emergence of wickedness. Lasts 1,296,000 years.

Dvapara Yuga — the Bronze Age; characterised by an even greater decline in virtue and righteousness. Lasts 864,000 years.

We live in the Kali Yuga, which began about 5,000 years ago. It is an iron, ill-fated age,

characterised by an abundance of ccop, ignorance, godlessness and an almost complete absence of virtue. It lasts

432,000 years. During this "miserable age," so much evil accumulates that at the end of Kali Yuga, the Supreme Creator descends in the form of Kalki Avatar, whoEBIFI destroys the demons and begins a new Satya Yuga. After that, the whole cycle repeats itself again.

I am Jivatma.

YAV is the manifested, visible world of the four kingdoms of nature: mineral, vegetable, animal, and human.

YAYTSEKHORE — the "seed of the devil" in every being. It is the source of self-destruction and suffering. Yaitsekhor, inspired by jivatma, is transformed into Saira — the radiance of the personal Brahmojyoti of jivatma, which has become Paramatma. If this does not happen, yaitsekhor is transformed into karro — demonic materiality.

JAN — energy of Param (the All-Encompassing Spirit), the masculine principle — expansion, evolution, co-creation, light, fire, solar influence, etc. Contributes to the increase of the Primordial Light.

List of books on the topic: "The Creation of Virtuous Offspring"

1. Primary sources

"Mahabharata. Moishadharma" 2nd ed. Ashkabat. 1983.

"Bhagavad Gita." Bhaktivedanta Book Trust, 1956.

"Srimad-Bhagavatam." Bhaktivedanta Book Trust, 1994.

"Upanishads" (ed. A. Ya. Syrkina). Moscow, 1992.

Rigveda. Selected Hymns. Moscow, 1972.

Rigveda in 3 volumes. Moscow, 1989–2000.

Ramayana by Valmiki. Gaudiya Vedanta Press, 1999.

The Cry of the Phoenix by A.V. Trekhlebov. Glazov, 1997.

Koitsuny Finista by A.V. Trekhlebov. Moscow, 2001.

"Slavic-Aryan Vedas. Inglism." Omsk, 2000.

"The Vedic Approach to Conception and Childbirth" by M.A. Mezentsev. Moscow, 1998.

The Book of Living and Dying by Sogyal Rinpoche.

The Mirror of Full Understanding by Tselé Natsok Rang-drol. Moscow, 1998.

2. The Spider of Delight

Kamā Sutra by Vatsyayana Mallanaga (translated from Sanskrit by A.Y. Syrkina). Moscow, 2000.

Chinese Eros (compiled by A.I. Kobzev). Moscow, 1993.

Tantra (translated by N.V. Mezentseva), Rostov-on-Don, 1998.

Ananga-Ranga or The Arena of Love by Kalyan Man-la. Moscow, 1993.

"The Peach Branches (Ananga Ranga)". An ancient Indian treatise on love, L., 1991.

"The Tao of Love" by Zhang Zhongli. Yekaterinburg, 1992.

"Taoist Secrets. Perfecting Female

Sexual Energy." M. and M. Jia. Moscow, 1995.

"Taoist Secrets. Perfecting Male Sexual Energy," M. Jia. Moscow, 1995.

Functional Chinese Sexopathology by S. I. Zdravomyslova, Z. E. Angisimova, and S. S. Libik. Alma-Ata, 1985. Perm, 1994.

The Art of Liooui i, dl. Viislg> tsck <ija. Moscow, 1991.

"Problems of Women, Secrets of Men" G.P. Malakhov. Rostovon-Don, 1996.

"Man and Woman" by Yu. A. Andreev. SP6. 1995.

3. Family Rituals and Customs

"Ancient Indian Domestic Rites (Customs)" by R.B. Pandey. Moscow, 1990.

"Research in the Field of Ancient Indian Domestic Rites" by D.N. Kudryavsky. Yuryev, 1904.

"Religious Rituals in the Life of a Hindu Family" by N.R. Guseva. Moscow, 1973.

"Hindu Wedding Rites" by P. Pal. Moscow, 1958.

"Folk Russia" by A.A. Korinfsky. Smolensk, 1995.

"Kpyr of Life" by O.N. Prokopets. Moscow, 1998.

Russian Witchcraft, Sorcery, and Healing. SP6, 1994.

"The **Russian** People: **Their Customs**, Rituals, Legends, Superstitions, and Poetry," compiled by M. Zabilina. Moscow, 1990.

Sacral Rus in 2 volumes. Yu. P. Miroliov. Moscow, 1996.

"In the Circle of Life." Perm, 1993.

"Cherdyn Wedding" compiled by I. Zyryanov. Perm, 1969.

People and Customs of Ancient Rus (11th-13th Centuries) by B.A. Romanov. Moscow-Leningrad, 1966.

Domostroi, compiled by V.V. Kolesov. Moscow, 1990.

"Woman" in 3 volumes. G. Ploss. **Syktyvkar** — Kirov, 1995.

4. Healing Energy

The Merging of the Five Elements by M. and M. Chia. Moscow, 1997.

Neigong: The Art of Rejuvenating the Body by M. Chia. Kiev, 1995.

"Qi-Self Massage. The Taoist Way of Rejuvenation" by M. Chia. Moscow, 1997.

"Awakening the Healing Energy of Tao" by M. Jia. Moscow, 1995.

"The Power of Love and Healing in the Morning with the Sun" 31. ii N1. Jia. 31., *I**)91.

"Taoist Secrets. Strengthening and Protecting Internal Organs. Qigong 'Iron Shirt'. Beginner Level" by M. Jia. Moscow, 1995.

"Dao. Awakening of Light." M. and M. Chia. Kiev, 1995.

"Bioenergy Treatment" N.G. Vasiltsov, Voronezh, 1994.

Chakras by Naomi Ozanić. Moscow, 1997.

The Eye of Rebirth by Peter Calder. Moscow, 1997.

Meditation: Perfection in God by Sri Chinmoy. Moscow, 1992.

Meditations: Mysticism or Psychotechnique? L.S. Kaganov. Cherkessk, 1990.

Life Without Boundaries. Concentration. Meditation. V.V. Zhikarentsev. St. Petersburg, 1999.

Meditation. L.F. Lesnyak. Yekaterinburg, 1992.

"Liberation" D.S. Vereshchagin. St. Petersburg, 1998.

Maturity by D.S. Vereshchagin. St. Petersburg, 1999.

The Healing Energy of Trees by T. Sokolova. Moscow, 1999.

The House and Its Secret Powers: How to Manage the Energy of Your Home by A.N. Semyonova. St. Petersburg, 2000.

5. Yoga and **Pranayama** — **Movement** and Dhyana

Yoga for Women by Gita S. Iyengar. Moscow, 1992.

Yoga for Pregnant Women by Ninelle and Michelle Shandper.

"Guidance for Women Waiting for a Miracle" by S. Akkmova. Moscow, 1996.

"Yoga" by Godfrey De Vere. Moscow, 1997.

"Hatha Yoga Textbook" Yogeshwar. 1991.

"Classical Yoga: Patanjali's Yoga Sutras and

Vyasa-bhashya (translated from Sanskrit by E. P. Ostrovskaya and V. I. Rudoy). Moscow, 1992.

Yoga for You by Indra Devi. Moscow, 1992.

Personal Hygiene Yoga by Shri Iyogendra. Sofia, 1997.

The Fundamentals of Yoga by Aurobindo Grosh. Moscow, 1990.

Fundamentals of the Worldview of Indian Yogis by Rama-charaka. SP6, 1913.

Hatha Yoga: The Yogis' Teachings on Physical Health. Rama Prakti. St. Petersburg, 199 I.

"The Science of Breathing of Indian Yogis" by Rama Charaka. SPb, 1916; Moscow, 1990.

"Yoga and Its Goals" by Sri Aurobindo. Leningrad, 1991.

Vedic Sadhana by Sri Aurobindo. Kiev, 1992.

"The Synthesis of Yoga" by Sri Aurobindo. Moscow, 1993.

Yoga Pranayama (The Breathing System of Yogis) by P.A.

Afanasyev. Rostov-on-Don, 1990.

Eastern Breathing Therapy by Takashi Nakamura. Kiev, 1996.

Pranayama: The Art of Breathing by B.K.S. Iyengar.

Kiev. 1995.

"A New Look at Traditional Yoga Therapy" by Swami Shivakanda (as presented by A. Sidersky). Kiev, 1997.

Ancient Practices of Tibetan Lamas: Secrets of Rejuvenation by P. Calder (as presented by A. Sidersky). Kyiv, 1996.

"Yoga of Eight Circles" by A. Sidersky, Kyiv, 1998.

"The Third Discovery of Power" by A. Sidersky. Kiev, 1997.

Physical Culture of Indian Yogis by V.G. Vereshchagin. Minsk, 1982.

"Psychic Self-Regulation, Movement, Health" by N.I. Spiridonova. Sverdlovsk, 1983.

Yoga and Psychotraining: The Path to Physical Perfection and Cosmic Creation by Yu. M. Ivanov, Moscow, 1990.

Self-Healing. Moscow, 1992.

Hatha Yoga for Children, L.I. Latokhina. Moscow, 1993.

Children's Yoga by A. Bokatoa and S. Sergeev. Kiev, 1999.

6. Ayurveda — The Art of Healthy Living

Ayurveda for Everyone by Karkn Shutt. Slovakia, 1998. Ayurveda: The Ancient Science of Perfect Health.

SP6, 1999.

"The Vedic Art of Healthy Living (Secrets of Ayurveda)". Premananda. SP6, 1991.

"Introduction to Ayurvedic Methods of Treatment." Mat-hura Mandal Das. Moscow, 1996.

"Secrets of Ayurveda" Robert E. Svoboda. Moscow, 1998.

«Пракрити. Ваша аюрведическая конституция» Ро-Bert S. Svoboda. Moscow, 1998.

Ayurvedic Therapy by David Frouri. Moscow, 1998.

Ayurvedic Secrets of Beauty by Melanie Sash. Moscow, 2000.

Ayurvedic Massage by Harish Johari. Kiev, 1999.

Ayurveda: The Science of Self-Healing. SP6. 1992.

Ayurveda: A Guide to Practical Methods.

Minsk, 2000.

Ayurveda: The Ancient Teaching of Perfect Health. SP6., 1999.

Ayurveda: Herbs and Spices by Vasant Lad and David Frawley. Moscow, 1997.

Practical Homeopathic Medicine by J. Charette. Kiev, 1990.

How to Survive in This Destructive Age: A Homeopathic Handbook. Moscow, 1996.

Su Jok Therapy for Everyone by Pak Je Woo. Moscow, 1994.

Chinese Oigong Therapy. Moscow, 1991.

Reflexology and Massage by E. Gillanders. Moscow, 2001.

Rejuvenation Remedies by G.N. Uzhegov. Rostov-on-Don, 1996.

Herbal Medicine. Tibetan Medicine Chud-Shi by P.A. Badmaev. Minsk, 2000.

"Phytotherapy in Intimate Life" by S. Ilyina. Rostov-on-Don, 1998.

Medicinal Plants in Every Home by Z.A. Menshikova, I.B. Menshikova, and V.B. Popova. Moscow, 1991.

Medicinal Plants of the Forest by T.D. Nikitochkina. Moscow, 1991.

"A Pharmacy in Your Garden" by L.K. Safina and E.P. Petrov. Alma-Ata, 1990.

"Treatment with Plants" by N.G. Kovaleva. Moscow, 1993.

"Healing Vegetables and Herbs" by N.I. Danikov. Moscow, 1997.

"Medicinal Roots" by O. Murina. Moscow, 1999.

Wild Plants and Mushrooms in Medicine and Cooking by D.T. Zhogolev, L.L. Galin, and I.I. Dobroserdova. Moscow, 1994.

"Healing with Honey." N.I. Danikov. Moscow, 1997.

"Healing Juices" by L.V. Glavayova. Smolensk, 1997.

Treatment Without Medication. Moscow, 1994.

"The Healing Magic of Trees" by O. Shuvalova. SP6, 1999.

Plants and Cosmetics by S.B. Datsovsky and B.M. Datsovsky. Perm, 1995.

"50 Fruits and Herbs for Cosmetics" by G.K. Tavlinova.

St. Petersburg, 1993.

"The Mystery of Scents and Sounds" by S.V. Ryazantsev. Moscow, 1997.

"The Magic of Colour" by L. Bonds. St. Petersburg, 1997.

"Alternative Medicine for Women" by Diana Stein. Moscow, 1991.

Seven Steps *to* Happiness: A Wellness Programme for **Women** by A.N. Semyonova. SPb, 1998.

Heal Yourself by Louise L. Hay. Moscow, 1997.

The Complete Encyclopedia of Health by Louise Hay. Moscow, 2000.

"Without Evil Within" by Luule Viilma. Yekaterinburg, 2000.

"How Beautiful This World Is. Look!" (How to Maintain Healthy Vision) by I. Afonin and V. Travink. SP6, 1996.

"Healing Powers" by G.P. Malakhov. SPI, 1994.

"Complete Purification of the Body" by G.P. Malakhov. SP6., 1996.

Complete Encyclopaedia. Cleansing the Body of the Century. SP6, 2000.

The Miracle of Fasting by P. Bragg. Moscow, 1990.

Fasting and Health by G. Shelton. Moscow, 1996.

"Teacher Ivanov's Baby." Perm, 1991.

The Three Pillars of Health by Yu. A. Andreev. Nizhny Novgorod, 1994.

"Say Goodbye to Illness" by M. Gogulav. Minsk, 1996.

Secrets of Tibetan Medicine and Eastern Healers by V. Vostokov. SPb, 1994.

Shungite: The Saving Stone by Yu. A. Doronina.

CM6., 2000.

"Man — the Tree of Life. Avestan Traditions."

Minsk, 1996.

"Feng Shui. 130 Tips on How to Create Harmony and Comfort in Your Home and Office" by N. Vzidrz. ïI., 2000.

7. Healthy ilirmuine

"The Basics of Proper Nutrition" Herbert Shelton. SP6., 1998.

Vedic Culinary Art. Bhaktivedanta Book Trust, 1993.

"The Healing Properties of Food Products" V.G. Liflyandsky, V.V. Zakrevsky, M.N. Andronova. M.. 1999.

Mother and Child. Encyclopedia of Child Nutrition. V.G. Liflyandsky, V.V. Zakrevsky. St. Petersburg-Moscow, 2000.

Nutrition for Expectant Mothers by E. Hunt, M. Xecc. Moscow, 1999.

"Healing Nutrition: Therapeutic, Everyday, and Festive" by G.S. Shatalov. Moscow, 1997.

Healthy Cooking: From Principles to Recipes by I.I. Litvina. SP6, 1996. Three Benefits: The Basics of Separate Nutrition by I.I. Litvina. SP6, 1999.

Seasonal Nutrition: Principles and Recipes by A.N. Semyonova. SP6, 1998.

"Food Combining Cuisine" by N. Semenova. SP6, 1997.

Vegetable Cooking by N.I. Brunnek. Moscow, 1993.

Fruit Cooking by N.I. Brunnek. Moscow, 1993.

Healthy Eating by G.P. Malakhov. SP6, 1997.

"Wild Edible Plants" by A.K. Koscheev and A.A. Koscheev. Moscow, 1994.

Wild Edible Plants by F.V. Fedorov.

Cheboksary, 1993.

"Dishes from Wild Plants." Minsk, 1996.

"Generous Gifts of Nature" by A.K. Koscheev. Perm, 1979.

Secrets of Sun-Kissed Food. Advice for Vegetarians.

Perm. 1993.

Robinson's Kitchen by N.G. Zamyatina. Moscow, 1994.

Soy Cooking by T.I. Revyako. Minsk, 1999.

"The Great Culinary Encyclopaedia" by G.I. Poskrebyteva. Moscow, 2000.

Encyclopedia of Home Preserves by G.I. Poskrebycheva. Moscow, 1999.

Sushirick p ii, V.G. L gl\diл яt i;tck p ii. CI 16.. 1 \dio\dio\do.

"Vegetarian Cuisine" V.I. Docskalo, V.V. Jl ы—senkova. Minsk, 1998.

"Chemical Composition of Food Products" by I.M. Skuk-

Rikhin, M.N. Volgarev. Moscow, 1987.

"Chemical Composition of Dishes and Culinary Products" I.M.

Skurikhin, M.N. Volgarev. Moscow, 1994.

"Reference Book on Therapeutic Nutrition for Dietitians and Cooks" B.L. Smolyan, Zh.A. Abramova. Leningrad, 1984.

Physiology of Digestion by A.V. Solovyov. Leningrad, 1974.

"Cooking Recipes for Orthodox Fasting" by A.M. Smagin. Minsk, 1997.

The Path to Health by M. Goren and D. OCdBa Aterov. SP6. 1993.

8. Questions of Astrology

Astrology of Human Interactions. Moscow, 1997.

Medical Astrology by M.F. Filippova. 1993.

"Introduction to Medical Astrology" V. Skryabin. Perm, 1994.

Medical Astrology: The Influence of Planets and Signs on the Human Body by Raphael. India. 1973.

"Encyclopaedia of Medical Astrology" by P. Globa. Moscow. 1991.

Medical Astrology: How the Stars Affect Our Health by Omar V. Garrison. Keye. 1993.

Astrology and Sex by N.A. Fon. L., 1990.

Medical Aspects of Horoscopes by B.F. Fedotov.

Almaty. 1995.

Astrology from A to Z. SP6., 1994.

"Your Child's Horoscope" G. Star. Moscow, 1997.

Everything at the Right Moment (Daily Lunar Calendar) by I. Paunger and T. Poppe. SP6, 1999.

Everything at the Right Moment — 2 (lunar calendar for women, planning the sex of a child) E.V. Shamrina. SP6., 1999.

Diet Horoscope. Kiiiniev, 1994.

Astrology in Choosing a Profession. S.A. Vronsky. M., 1993.

"Astronomy: About Brips vi Somsis" S.A. Bpori-

. Kishinev, 1992.

"Health Under the Sign of the Zodiac" by S. Martynov. Moscow, 1995.

"Astrological Travnk." Minsk, 1994.

Horoscopes: Zodiac, Chinese, Japanese, Druid. Tashkent, 1992.

9. Spiritual Midwifery

Midwifery in Russia: Past and Present (Some Aspects) by E. Yu. Ermakova. Moscow, 1995.

Spiritual Midwifery by A.M. Gaskin. 1990.

Birthing in Joy by L.S. Guryanova and Yu.B. Zheleznova. SP6, 1997.

"Childbirth Without Fear" by G. Dick-Reed. London, 1933. Moscow, 1996.

"Rebirth Birth" by M. Oden. kf., 1994.

Nine Months and a Lifetime: Birth in the New Millennium by A. Akhin and D. Sveltsova. SP6, 1999.

Your Pregnancy: Nine Months of Joy and Health by J. Belaskas. 2000.

Pregnancy: Questions and Answers by G. Curtis. SP6, 2000.

Pregnancy. After 30 by G. Curtis. SP6, 2000.

Pregnancy: What to Expect When You're Expecting by G. Curtis. SP6, 2000.

Guide to Pregnancy (Practical Guide) by P. Simkin, D. Walle, E. Keppels. Moscow, 1998.

"Education in the Womb, or a Story of Missed Opportunities" by A. Bertin. P., 1991.

"The Child Before Birth" by A.I. Zakharov. SP6., 1998.

"Education that Begins Before Birth" by O.M. Aivankhov. Moscow, 1995.

"Sonatal. School of Prenatal Education" M.L. Lazarev.

Zarev. 1997.

"The Important Nine Months" by K. Brash and I.M. Richberg. 1998.

"A Wanted Child?" T. Veshler. SP6., 1996.

"How to Give Birth to a Healthy Child" by R. Ravich. Moscow, 1996.

"We're Waiting for You, Baby" by R. Ravich. Moscow, 1991.

Aqua. Conversations with Igor Charkovsky. Stories about childbirth in *the sea*. T. ti A. C∢tpi"} H∢ic. İ'rI.. 1992.

"Birth at Sea" by Krns Griskom. "On the Same Planet with Chris" by M. Dadashova. Moscow, 1993.

"Birth in Water" M. Dadashova. Moscow, 1994.

Healthy Childbirth – Happy Baby" by I.V. Dobryakov and I.P. Lazareva. SPB, 1995.

"For Birth Without Violence" by F. Leboyer. Moscow, 1984.

"Modern Methods of Preparing Pregnant Women for Childbirth" by *V.V.* Abramchenko. SP6, 1991.

"40 Weeks in the Life of a Woman." Moscow, 1993.

"To the Woman Who Bears a Miracle" by I.A. Arshavsky. Moscow, 1982.

"Your Child May Not Get Sick" by I.Z. Arshavsky. Moscow, 1990.

"Your Child: At the Source of Health" by I.A. Arshavsky. Moscow, 1992.

Perinatal Psychology by N.P. Kovalenko. SP6, 2000.

Perinatal Psychology (manuscript) Zh.V. Tsaregradskaya. Moscow, 1999

"The Psyche and Childbirth" by A. Aylamazyan. 1996.

How to Choose the Sex of Your Baby by L.B. Shattles and D.M. Rorvik. Moscow, 1999.

"The Mother-Child System" by Zh.V. Tsaregradskaya. Moscow, 1999.

From the First Desire to the First Breath, or How to Give Birth to and Raise a Healthy Child by T.F. Galyan. Kharkiv, 1999.

"To Give Birth and Be Reborn." Moscow, 1999.

Ecology of Infancy by M.V. Trunov and P.M. Kitaev. Moscow, 1993.

10. To help young parents

"To Help Young Parents" by A.I. Egorova. Perm, 1988.

"A Brief Encyclopaedia for Nurses." Rostov-on-Don, 1999.

"The Path to Yourself: A Magazine for Those Who Want to Change Themselves and Their Circumstances," issue "Children. Healing." Moscow, 1998.

"The First Year — The First Step" by B.P. Nikitin. Moscow, 1994. Parents of the 21st Century by L.A. Nikitina and Zh.S. Sokolova. Moscow, 1997.

"De re i vo OszooiicJ ticii" by B.11. J-li ixi i"i1in. (? PS, 1996.

"We, Our Children and Grandchildren" by L.A. and B.13. Nikitins. Perm. 1997.

"Conversation with Mother" by B. Cliok. Perm, 1991.

"The Child and His Care" by B. Spock. Moscow, 2000.

"Talking with Parents" by D.W. Winnicott. Moscow, 1995.

"Young Children and Their Mothers" by D.W. Winnicott. Moscow, 1998. Infant Swimming (a guide for parents) by Y.N. Totmyanina. Perm, 1997.

Massage for Newborns. Moscow, 1999.

The First Year of a Child's Life by V.M. Chimarov. Moscow, 1988.

Raising a Healthy Child by N.I. Averyanova and A.A. Gaslova. Perm. 1999.

Raise Your Baby Healthy (from 0 to 3 years old) by S.A. Ponomarev. Moscow, 1986.

"Your child should not be ill!" S.M. Martynov.

Moscow, 1999.

"If your little one is often sick" B.V. Shevrygin. Moscow, 1996.

"How to make your child physically perfect" G. and D. Doman,

B. Hagi. Moscow, 2000

"Physical Training Barrier OP3" B.S. Tolkachev. Moscow, 1988.

All Types of Massage V.I. Dubrovsky. Moscow, 1993.

"Children's Massage" by V.I. Vasichkin and L.N. Vasichkina. SP6., 2600.

Secrets of Children's Health by T.G. Glushonok and Ch.N. Volkova. SP6, 1994.

Flowers of Life. SP6, 1995.

"Energy Interventions (Practical Guide to Protecting Children)" by G.I. Kapitsa. SP6, 1999.

"Separate separate nutrition for children" N.A. Semenova. SP6., 1998.

"The Healer Gains Strength" Part 1, I.A. Vasilyeva. Novosibirsk, 1996.

"Your Child: The First Years of Life" by A. Charlish. 1998.

"Believe in Your Child" by S. Lupan. Moscow, 1993.

Your Child: Everything You Need to Know About Your Child from Birth to Two Years Old, W. and M. Serz. Moscow, 1994.

"Infants and Children" by P. Lich. St. Petersburg, 1993.

How to Care for Your Baby by N. Kotiszan Gvinovyi. Ros i on-ka-Don, 2000.

"These Mysterious Little Ones..." E.N. Korneeva. Yaroslavl Lavle, 1999.

"A Young Mother's Book, Written by Herself" by Yu. Kuzina. Moscow, 2000.

"The Magic Child Grows Up" by D.C. Pearce. Moscow, ...

"The Kpoxa Programme." Moscow, 2000.

"Programme for the Development and Training of Preschoolers (from A 3 levels)" A.S. Gerasimova, O.S. Zhukova, V.G. Kuznetsova

Moscow — SP6, 2000.

"Developmental games with children aged 3 years" T.V. Galanova. Yaroslavl, 1996.

"Sexual abilities of toddlers" by E.G. Pilyugina.

Moscow, 1996.

Early Education and Development of the Child (G. Doman's Method). SP6., 1998. Children from 0 to 3 Years Old: How to Develop Innate Abilities by L. Broadway. Moscow, 1997.

"Education Through Fairy Tales" by L.B. Fesyukhova. Moscow, 2000.

"Recommendations for Speech Development in Children Under Three Years of Age" by V.A. Petrova. Moscow, 1970.

"Nursery Rhymes, Counting Rhymes, Fairy Tales." Moscow, 1997.

"Potyuguiyenki, Porastushenki" (Grow Up, Grow Up). Perm, 1993.

Music in Early Childhood (games and songs for children under 3 years old). Moscow, 1982.

"Colouring for Children" by Nerešč Pakjamenta. CN6., 1998.

Coloured Palms. Drawing Without a Brush by I. Lykova. Moscow, 1998.

11. Ilachikovy Games

"Playing with Fingers and Developing Speech" by V.V. Tsytvarny. SP6., 1997.

"Exercises for Little Fingers" by I.V. Maltseva. Moscow, 2000.

"The Purpose of Mudras" by Yu.G. Zolotaryov. SP6., 2000.

"Taoist healing gestures" E.I. Gonikman. Minsk, 1999.

«ЙДО]ЭОВЬС Hal KOH°IЪlK:lN Пt3.Чы4ев» R. D. Tsoi. Taii ikent, 1959

"31c i b h ik<i cox pii iiсн i iя здоровь н ii<шыtев ы h i j i ipii жnengiamp" CIosiro Ts; *ts iki*. Krasnodar, 199 l.

"Articulation and Finger Gymnastics" V.V. Konovalenko, S.V. Konovalenko. Moscow, 2000.

"The Land of Finger Games" by M.S. Ruzina. SP6., 2000.

"The Child Learns to Speak. Finger Play Training" by M.M. Koltsova and M.S. Ruzina. SP6, 1995.

"Tell Poems with Your Hands." Moscow, 1992. Journal "De liektologiya." No. 2 — 1990. Journal "Liza," No. 3 — 2001.

12. Education and training in preschool age

"Education and Development in Preschool Age." Selected Psychological Studies. L.S. Vygotsky. Moscow, 1956.

Imagination and Creativity in Childhood. L.S. Vygotsky. Moscow, 1991.

Psychology of Learning and Teaching in Preschool Age. A.A. Leontiev. School 2000. Concepts. Programmes. Technologies. Moscow, 1998. School 2100. Educational Programme and Ways of Its Implementation (edited by A.A. Leontiev). Moscow, 1999.

Methodological Pedagogy: Formation and Development, *No.* 22. Moscow, 1999.

Pedagogical Diagnostics According to the Programme "Development Lower and Middle Preschool Education. Moscow, 2000.

"Development of the Emotional World of Children" N.L. Kryazheva. Yaroslavl, 1996.

"Developmental games for children of preschool age" Z.M. Boguslavskaya, E.O. Smirnova. Moscow, 1991.

"Steps to Creativity or Educational Games" by B.P. Nikitin. Moscow, 1991.

"How to Develop a Child's Intelligence" by G. and D. Doman. Moscow, 1999.

"How to Teach a Child to Read" by G. and D. Doman. Moscow, 1999.
"How to Teach a Child Mathematics" by G. and D. Doman.
Moscow, 2000.

"How to give ребеН Е епції клО ПСДП •ІССЕ ГІС 3 її ін Іп ії її. 11 D. Doman, S. Eisen. Moscow, 2000.

"Designing Intelligence" (TRIZ methodology). Perm, 1991.

"The Method of Scientific Pedagogy Applicable to Child Education in Children's Homes" by M. Montesuri. Moscow, 1993.

"What Doesn't Exist in the World?" (Entertaining Games for Children Under 6) edited by O.M. Dyachenko and E.L. Agayeva. Moscow, 1991.

"Ontogenesis of Musical Abilities" by K.V. Tarasova. Moscow, 1998.

Orff Lessons by V. Zhilin. Chelyabinsk, 1995.

Orpheus (children's songs) by I.G. Galyant. Chelyabinsk, 1999.

Musical Education of Young Preschoolers by I.L. Dzerzhinskaya. Moscow, 1985.

Sounds, Rhythms and Words by T. Borovik. Minsk, 1999.

Let's Play and Dance, compiled by S. P. Fedorova. SP6, 1997.

"Degskie Zabavy" (Degskie Games) by E.D. Makshantseva. Moscow, 1991.

"A Gift for Our Little Ones" (rhythmic exercises - calisthenic exercises) by E. M. Dubyiska. Moscow, 1975.

"Balder Children's Centre" by E. M. Grinelius. Moscow, 1992.

"The Rainbow Programme." Moscow, 1993.

"The Little Steps Programme." Sydney — Moscow, 1999.

"Skillful Hands Club." SPb., 1997.

"Methods of Teaching Artistic Activity and Design." Moscow, 1991.

Classes in Artistic Activity in Kindergarten (drawing, modelling, appliqué) by T.S. Komarova. Moscow, 1991.

"Drawing by Young Preschoolers." T.G. Casanova. Moscow, 1971.

"Diagnosing Children's Readiness for School." Moscow, 1994.

"New Body Therapy for Children and Parents" by V.N.

Potvakov. Moscow, 1998.

Psychotherapy: Play, Childhood, Family in 2 volumes. A. Spiakovskaya. Moscow, 2000.

"Anxiety and Fear in Children" by A.I. Zakharov. St. Petersburg. 2000.

"Identity and Compatibility in the Family" by B.Yu. Xvlrup. Moscow ?f16., 20tJ0.

13. Folk **pedagogy**

tïAT NO G 3 AND JUST S'G V 4 > Y . , il M OH K O. . Y

"The Land of Children. Selected Works on the Ethnography of Childhood" by G.S. Vinogradov. SP6, 1999.

Children's Games, Mainly Russian, E.A. Pokrovsky. SPb. 1994. Children's Outdoor Games of the Peoples of the USSR. Moscow, 1988.

"The Golden Wheel." Almanac, issue 1, 2 with audio supplement. Moscow, 1997.

"Anthology of Russian Folk Art" (with sheet music) by N.N. Gilyarov. Moscow, 1999.

Traditional Child-Rearing Among the Peoples of Siberia. Leningrad, 1988.

"How Russian Nobles Were Raised" by O.S. Muravyov. Moscow, 1995.

The World of Childhood and Traditional Culture. Moscow, 1987. Children and Folk Art by L. Sheachuk, Moscow, 1985.

The Traditional World of Childhood: A Study of Pedagogical Technologies by O.N. Prokopets. Tula, 1998.

"Games and Toys" by O.N. Prokopets. Tula, 1994.

"Dolls in Rituals and Dolls in Theatre" by O.N. Prokopets. Tula, 1994.

"Russian Toys." Moscow, 1987.

"Toy Museum" by N.D. Bartram. Leningrad, 1928.

Russian Toys: An Album by G.L. Dain. Moscow, 1987.

"Toy Makers" by G.P. Dain. Moscow, 1994.

Russian Wooden Toys by N.V. Taranoskaya. Leningrad, 1968.

Russian Clay Toys by L.A. Dintses. Leningrad, 1975.

"Weaving for Children from Threads, Twigs, and Bark" by M.I. Nagibina. Yaroslavl, 1997.

"Natural Gifts for Crafts and Games" by M.I. Nagibina. Yaroslavl, 1997.

"Obedient Clay" by G.Ya. Fedotov. Moscow, 1997.

"Dry Grasses" by G.Y. Fedotov. Moscow, 1997.

"Folk Sculpture and Decorative Modelling in Kindergarten" by N.B. Kalezova. iVl., 1954.

"Motifs of Folk Ornaments in Decorative Appliqués" by Z.A. Bogateeva. Moscow, 1986.

Matryoshka by N.N. Aleksakhin. Moscow, 1998.

"The Glow of Folk Costume" by M.N. Mertsalova. Moscow, 1975.

Winter - Spring. Folk Holiday Calendar, Part I. Moscow, 1999.

Summer – Autumn. Folk Holiday Calendar, Part 2. Moscow, 1999.

"Dictionary of Russian Proverbs" by I.M. Snegirev. Nizhny Novgorod, 1996.

Novgorod, 1996.

Russian Proverbs and Sayings. Moscow, 1988.

Proverbs, Sayings, Nursery Rhymes, Tongue Twisters by T.I. Tarabarina and N.V. Elkin. Yaroslavl, 1996.

1000 Riddles by T.I. Tarabarin and N.V. Elkin. Yaroslavl, 1997.

We Are Slavs! M. Semenova. St. Petersburg, 1997.

"Name Book: Dictionary of Slavic Names" by V.S. Kazakov. Kaluga, 1997.

Russian Folk Dance by A.A. Klimov. Moscow, 1996.

14. ITroblechy vyrozhdeyka

"Prince of this world," "My name is Legion" G.P. Klimov. Moscow, 1993.

"Protocol of the Yuvetsky Sages" by G.P. Klimov. Moscow, 1994.

God's People by G.P. Klimov. Krasnodar, 1999.

Racial Hygiene and Demographic Policy in National Socialist Germany. Moscow, 2000.

15. Questions of Karma and **Reincarnation**

"Diagnosis of Karma" by S.N. Lazarev. SP6, 1995–1999. Karma and Reincarnation in Indian Astrology by K.N. Pao. Moscow, 1998. The Vedic Book of Death: Garuda Purana Sarodhana (translated from Sanskrit by S.M. Neapolitansky). SP6, 1999.

Life After Death. Moscow, 1990.

Ptiза м iipa by D. Agidrssv. CI., 1991.

"Life to Death" by Raymonds A. Moudn. Kiev, 1994.

Life Comes from Life by Swami Prabhupada.

Bhakti Vedanta Book Trust, 1991.

"Reincarnations" by Abhedananda Swami. Moscow, 1992.

Karma of Women. Karma of Men by El Tat. SP6, 2000.

"China and Karma" by V. Goch. SP6, 1995.

BERSERKER BOOKS