



@kali_dan
@spray.gallery

Kali Dan

- Adept of Vedic culture, traveler, vegetarian
- Painter in the «Spray paint art» technique with aerosol paints
- Author of a universal online drawing course

Today, there are lots of different ways to expand consciousness – these are religion, psychology, neurobiology, esotericism, etc. What basis should a person choose for his individual spiritual path?

There are lots of religions in the world, as people are in varying degrees of conditioning and at different levels of consciousness. If a person is honest with himself and sincerely desires to realize fully his spiritual potential, then the religions such as Christianity, Islam and Buddhism can greatly help him get rid of lust and false ego.

But many hide behind a religion in order to justify their vices and ignorance, give their own interpretations, thereby distorting the very spiritual essence and the original meaning of the sacred writings. Today, ignorant people interpret the sacred commandment «Do not kill» in their own way. Someone says «Don't kill a Christian» or «Don't kill a man». But what about other living creatures, such as animals? After all, the commandment speaks for itself.

The spiritual path is the very goal of human life, this is our true position. Its presence already indicates that a person moves in the direction of self-realization and self-awareness. All other philosophical teachings and esotericism for many are just a springboard to self-knowledge. The main thing is

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THE SPIRITUAL PATH IS THE VERY GOAL OF HUMAN LIFE

not to stop in search of absolute truth, and therefore in your own development.

There is an opinion that every person on the spiritual path needs the help of a mentor. Is it really? How to choose a Guru for yourself? The search for a spiritual teacher is a long process or insight: did you see and immediately understand that it was him? Can it happen that at some stage of spiritual development the mentor will change? How can you comment on the appearance of numerous pseudo-Vedic Gurus?

The material world appears as a dark forest where you can get lost forever. The Guru is a guide in the pitch darkness of ignorance, who, with his torch of knowledge, illuminates the path of lost souls. Without it, we will certainly become entangled in the intricacies of Mai (illusion). It appears only in the lives of those who tirelessly seek it. The conditioned soul can only hope for the mercy of the Guru, as he immediately sees those whom he is ready to accept as disciples. Mentors can change, while there is only one Guru, but this does not mean at all that only one person represents him.

A Guru cannot be «pseudo», «false» or «a little bit» – these people are not Gurus. There is a disciplic succession (parampara) that has been going on since time immemorial. From Guru to disciple, then, when the latter becomes a Guru, he also continues to carry and transmit knowledge to his disciples, etc.

Sometimes it happens that some individuals have not been completely cleansed of lust and false ego, and they have their own personal ideas about Vedic philosophy and knowledge.



Some people, and sometimes many people, respond more strongly to such a distorted philosophy, and as a result they join it. In order not to be in such a predicament, one should associate with devotees and ask more authoritative representatives of the disciplic succession what they can say about this «devotee», whether he can be perceived as a Guru.

HOLISTIC KNOWLEDGE WAS FRAGMENTED INTO RELIGION, PHILOSOPHY AND SCIENCE

A famous Vedic aphorism says that «Philosophy without religion is just idle speculations, and religion without philosophy is sentimentalism or fanaticism.» Reveal the essence of this concept.

The basis of Vedic knowledge is the science of God and the soul, which is supported by a consistent and comprehensive philosophy and is based on religious principles. Divide and rule – the main principle of asura (demonic) philosophy, exploit everyone and everything. In the same way, integral knowledge was divided into religion, philosophy and science, but these are three parts of one whole.

Philosophy, devoid of scientific and religious principles, can be compared with a diplomatic dialogue without the goal of negotiations. So you can wander forever in a labyrinth with crooked mirrors, juggling words fluently and senselessly.

A religion without philosophy, supported only by blind faith, and therefore devoid of knowledge, is often no less dangerous than materialistic science without the realization of God.

Anumaya (sentimentalism) means understanding a living being at the level of feelings: like – dislike, want – do not want, understand – do not understand, accept – do not accept, etc. This is the level of consciousness of an animal, but not yet a human. Naturally, with such an understanding of religious principles, we have a lot of strife, wars and disagreements only because of blind and fanatical faith, devoid of knowledge, understanding and philosophy.

What is a «Vedic woman» in the modern sense? What is her purpose? What should she be from the point of view of the Vedas and, most importantly, what for? What is the centuries-old wisdom's attitude to personal growth, creative and professional realization of a woman?

In Vedic times, civilization was built on knowledge, and girls were raised from childhood as future wives and mothers. The purpose of a woman is the birth of devout offspring, which requires very extensive knowledge in this matter, and her duties are inspiration, support and care for her husband. She is the keeper of the hearth and order in the house. The Vedas say that a wife is half of her husband, moreover, the best part of him.

Modern women who take on the responsibilities of men, compete with them, try to become self-dependent and independent, do men's work, will never find true female happiness. According to the Vedas, a woman has only one single path to spiritual self-realization, and it lies only through service to a man who follows the path of spiritual development. All other realizations exist only to lead us to the spiritual path sooner or later.

For the past three or four centuries, Westerners have studied the Vedic heritage closely. What is its main value for the collective consciousness of the peoples of the world? How can a modern Western person apply Vedic knowledge and principles to his life?

The real purpose of the Vedic heritage is to gain liberation from the material world and return the living entity back to Godhead in his transcendental abode. Also in the Vedas there is knowledge about:

- How to improve your financial situation, so that you can then use it in devotional service to God;
- How to develop family relationships and personal qualities;
- How to conceive godly offspring;
- How to plant and harvest crops properly;
- What is a person and what is the true purpose of his life;
- What is the World Order, the Universe, the lower and higher Worlds.

**REAL CHARITY STARTS WITH WHAT'S
ON OUR PLATE**

The Vedic teaching says that food not only nourishes a physical body, but also affects our consciousness, mood and behavior. The main issue is intoxication. What does «clean food» mean in the Vedic knowledge? Do you see it as the cause of wars and natural disasters?

Since our health, first of all, begins with what we have on our plate, there is a whole science in the Vedas about preparing healthy, useful and fragrant dishes, which is called Ayurveda. All spiritual progress begins with the right food for our body and mind. We cannot perceive and listen to something sublime if our food, and hence our consciousness, is defiled. Real charity begins with what we have on our plate. The Vedas explain why dishes from dead animals are extremely unfavorable and undesirable for people. For humans, food of animal origin is not fully digested and therefore remains in the intestines, thereby poisoning the body and mind for many years. Meat-eating causes intoxication, headaches, drowsiness, laziness, bloating, varicose veins, increased cholesterol levels, obesity of the heart and the whole body, rashes, thrombosis, strokes and oncology.

At the moment of death in the slaughterhouse, an animal simply releases a colossal amount of adrenaline, as it experiences the most terrible fear in its life, which is transmitted through food to those who eat its meat. That is why people live in fear. Many wake up with a sense of anxiety and worry before a new day, before the unknown. Hence people have discontent and aggression, melancholy and apathy, in general, a very unhappy and meaningless life.

It is favorable for a person to eat oily vegetable food with added fragrant and natural spices, cooked in goodness without the use of violence, necessarily consecrated. If you use only such food for at least a month, positive changes will not keep you waiting. And if such a diet is constantly observed, then a person will live longer by 10-15 years, he will be less tormented by diseases.

Food should be prepared without tasting it while cooking, with best wishes and in the mind of God. Then the dish should be put in a separate special container and placed on the altar with the Deity, offered to the Lord while chanting the holy names, and only after that it can be eaten. Such consecrated food is called prasad in Sanskrit. Its regular use promotes immediate purification and spiritual progress.

**ALL LINGUISTS OF THE WORLD AGREE
THAT SANSKRIT IS THE MOST PERFECT
LANGUA**

Sanskrit, the language of the Vedas, has existed for the longest period of time in human history. Today, a NASA research team has concluded that its grammar is the best suited for creating an artificial intelligence language. Is it used in everyday life, and if so, how? Why is it necessary to study it?

All linguists of the world agree that Sanskrit is the most perfect language, besides, it is the root of the language tree for all existing languages. The Vedas say that there are only three languages in the Universe.



The first one is Sanskrit, which literally means «purified», «perfect». Another name is «Devanagari» or «the language of the Gods». There are 80 dialects of Sanskrit in the Universe, and they are all mutually understanding. Each object has its own vibration, which can be expressed in a sound. And Sanskrit absolutely corresponds in its sound and pronunciation to what the speech is attached to.

The second language in the Universe is called Prakrit, which means «defiled», «imperfect», «contaminated». In Vedic times, it was spoken by non-civilized people, underclass, bandits, etc. From Prakrit, for example, came Latin, which in turn gave rise to almost all European languages.

The third language is called «Paishasu», that is, «the language of spirits and ghosts.»

