

This woman was simply "crazy" about meditations and all this kind of stuff. At the same time, she was totally exhausted, which the colour of her face eloquently indicated: it was ash-grey. When I began to work with her and found out that she practiced meditation, I immediately recommended her to stop it; otherwise the consequences could be very grave! On hearing this advice, she looked at me in surprise and her look said everything: "Who are you and why I should listen to you when all the Great teachers say and recommend the contrary!" Certainly, she did not say, but just thought it, however for me it was all the same. She was enough of an educated person not to say it aloud, but she could not shut her thoughts down and her goggle-eyed expression fully gave her away. Therefore, seeing her reaction to my words, I said the following: "I think that you do not believe me, despite my explanations and this is quite understandable.

Do you trust your sister's husband!?" Jenes answered affirmatively and then I asked George to describe everything that he could see during her meditation. Everyone agreed to this suggestion and Marsha's sister began the meditation, simultaneously commenting what she was feeling.

It was clear even from the outset that she entered into the trance state and her face expressed the highest degree of bliss. When the meditation was "in full swing" the woman reported that she felt an extraordinarily powerful stream of energy piercing her in the area of her left shoulder and breast. The degree of her "bliss" increased more after it and it was difficult to understand where she was at this moment, but obviously not where she should be. What can be more convincing for a person than this kind of "own experience!?"

How is it possible to convince a person with good sensitivity to the contrary? Will they listen, having had this kind of personal experience!? It is highly unlikely, but one has to act despite this, if there is a desire to help. Therefore, in the moment of the climax of euphoria, I asked George to describe what he saw at that moment. To the great surprise of the meditating person, George described the following: "I see a creature looking like a dinosaur behind Jenes, the front part of its face is stretched into something like a "trunk" which is stuck to the left shoulder and I see that vital force is flowing to this creature through the "trunk"". It is of interest here that vital force was flowing from the woman to the astral creature (the spirit of an extinct animal), not vice versa!

During this classic action of energy vampirism, the woman was in blissful "seventh

heaven!" Is not this a strange situation: a person gets "unspeakable" pleasure and loses her vital force?! It looks strange only on the face of it and if one thinks a little, everything falls into its place. An astral creature sends some of stolen vital force back to a person, maximally exciting his or her centre of pleasure in the brain. This simplest of tricks allows the astral parasite to take away the maximum human vital force and here is why:

1. On feeling strong emotions close to orgasm a person opens maximally, which allows the pumping out of the maximum amount of vital force at a sitting.
2. Remembering those strong emotions during meditation, a person aims to feel them again and again, thus, feeding astral parasites many times and, besides, voluntarily. This kind of dependence is like a narcotic one and fraught with similar consequences for a person. In both cases the illusion of pleasant sensations which a person experiences pushes him to feel something of the like again and again. One could think that for the creation of such "high" and "positive" emotions a lot of energy is required.

This is not so! What happens is that normally a person experiences positive emotions when his centre of pleasure reacts to the actions he performs; in this case, the emotions are only a reaction to what is going on. Astral parasites influence the brain's pleasure centre directly, stimulating it with a portion of stolen vital force! We should never forget that we spend some of our vital force on every emotion, independent of whether we want to or not, even if the emotion is positive! I think that everybody has experienced powerful positive emotions at least once in their life and a complete emptiness after them.

The world of living creatures is much richer than people would imagine due to the commonly accepted concept that life is just the physical bodies of plants and animals (including man) and that is all! Many religions offer eternal life after death to the good and just men and eternal hell to the sinners, but not a new life in another body. Others, for example, Hinduism, speak about reincarnation, but describe it very wrongly.

However, none considers life as a many-sided and many-leveled phenomenon. Physical body or physical plane, or physical level (call it whatever one wishes, but the essence will not change) is **just a foundation!** It is a basis for life, for living matter and, besides, only at the initial levels of development. The physical body of any living creature wears out for one or another reason and sooner or later is shed, certainly, if nobody has already made a "dinner" of it. But a living creature is not just a

physical body! The latter is just a foundation on which life exists (for more details see: *Anisotropic Universe*, Chapter 4; *Spirit and Mind*, Vol. 1 and 2, *The Final Appeal to Mankind*). Other material bodies (the second, third, fourth, etc), the number of which depends on the level of development of a certain living creature, are "laid" on this foundation (physical body) in the process of the development of living matter.

Therefore, in a so-called ecological system created by developing living matter, living creatures which have a different number of bodies (in addition to the physically dense one) coexist simultaneously. Some creatures have only one additional body (in addition to the physically dense one), some—two, others—three, etc. The more "additional" bodies a creature has, the more highly it is developed. Besides, creatures which have the same number of "additional" bodies vary widely, because every additional body has its evolutionary sublevels. So, we just have to marvel at the variety of living matter, which is in harmony and balance reflected in the ecological system, where the number of species of every kind and the number of kinds, both vegetable and animal, is in the state of steady equilibrium. The ecological system does not exist only at the physical level! There are "ecological" systems at other levels of the planet which directly reflect the level of development of the physical ecological system and are tightly connected to it. The "occupancy" of these planetary levels is uneven. The planetary "floors" are occupied the following way: the higher, the less; and there are reasons for it.

The matter is that living matter can be divided into several basic groups:

1. The types of living organisms which are regularly incarnated in physical bodies.
2. The extinct types of living organisms which cannot be incarnated in new physical bodies, because there are no bearers of their genetics incarnated at the physical level.
3. Reasoning kind (s) of living organisms.

Everything is more or less clear with the first group: the spirits are incarnated again after the death of the physical body, creating the circulation of life at planetary levels, the second and the third groups have some distinctive features. I will begin with the second group.

When a living species lose its genetic foundation, it passes to the category of extinct species of which, according to modern science, nothing remains, except for petrifying

bones. But this is not so! After they lose their physical bodies, they **do not disappear!** The spirits of extinct animal lose their physically dense bodies, but their bodies at other levels do not die with the loss of their genetic foundation, but try to adapt to life **without a physical body.**

They have three options in this situation: to become a parasite, to create symbiosis with those species who have physical bodies and at least temporarily to be in a physical body, although with stranger genetics, or to be eaten by spirits of other more aggressive creatures. There are no other variants, except for combinations of what was mentioned above. On losing their physical bodies, spirit-parasites (they are also called astral animals, although not quite correctly) find some creature living in the physical body and begin to absorb its vital force, thus, getting the necessary replenishment for their existence. At the same time astral parasites use some kind of intellect in order to make the victim to feel "pleasant" emotions during the extraction of vital force so that a donor would long for submerging into a similar state as many times as possible.

The loss of vital force covered by "positive" emotions is extremely dangerous for a person and leads to his weakening and vulnerability to illnesses. Therefore, if astral parasites just take away vital force from a person, he would feel himself becoming weaker with every time. Sooner or later any reasoning person would pay attention to this situation and begin to analyze it. Astral parasites are perfectly aware of this and, therefore, they send some of the stolen vital force to the centre of human pleasure creating forced pleasant feelings in him. Regrettably, a meditating person does not know that the "pleasant" feelings which he experiences are of artificial origin and do not relate to the connection to "higher spheres", but to astral parasites' guile. They understand perfectly that if they suck all vital force from a person, they will get an abundant dinner just once, but they want "to eat" every day. Besides, astral parasites do not "eat" the kind of food usual for us, but take the final result of food processing by the material organism, which is quite understandable: they do not have the physical bodies to carry out this process by themselves. So, they adapted themselves for absorption of the already prepared "product" without any hesitation!

In order that a donor does not "kick" in the process of vital force extraction, astral parasites influence the pleasure centre in the human brain to force a person to long for this "bliss" voluntarily as many times as possible. Not bad for astral parasites!

This is exactly the reason why astral parasites do not "drink" all people's vital force at once. It is much more comfortable, for them, that one and the same person

would surely "feed" them for a long time! In this respect astral parasites are cleverer than natural ones, especially those which influence the pleasure centre. Certainly, there are primitive astral parasites like earthly piranhas which attack any animal which enters the water and do not stop until only bones are left. But this kind of astral parasite can rarely "regale" itself with human vital force. The overwhelming majority of people have their protective field powerful enough to prevent this kind of astral predator from partaking of such a "dainty dish"—their vital force! In this case more "advanced" astral parasites, which make a person open **voluntarily** and let them suck human life-force, "come to the fore." This is what happens during meditation!

In fact, the result of meditation is the same, independent of the methods and varieties of meditation used. It happened that almost from the very beginning of my study of human nature, I saw people who used one or another method of meditation to reach enlightenment and got serious problems instead—damaged health and the loss of vital force. I have never seen a person who actually got enlightenment due to meditating, but saw quite the contrary. By the way, I did not observe this in only "freshmen" who could be easily blamed for the "wrong" method of meditation, but in people who had got benediction from the "great" teachers of the East! I also met some Eastern teachers, including mahatmas and, regrettably, they were not in any better situation than ordinary people. I will touch upon this subject later and meanwhile let me continue my American saga...