



Chok Shekkyur

Diagnosis of own karma

How to define who I am?

How to define own mission (Soul's Plan for the Incarnation)?

“Don't let your soul be somewhat lazy!
In order not to thrash over old straw,
Your soul must work, and work quite hard,
Both day and night, both day and night!

And chase it out from the house,
And drag it stages through,
Along the wastelands and across the windthrows,
And snow sculpted into snowdrifts through!

Don't let it stay in bed too long
Until the morning star is rising.
Keep lazybones in your control
And make your horse enjoy the riding!

If you let it indulge in idling,
Allowing not to work,
It easily, without any mercy,
Will take from you your only shirt.

But you grab your soul by its shoulders,
Teach and exhaust it until darkness falls,
So that the soul eventually knew
How to live humanly with you anew.

Being a slave and a tsarina,
Being a daughter and workforce...
Your soul must work, and work quite hard,
Both day and night, both day and night!”

N. Zabolotsky

There exist plenty of esoteric schools, mystical systems, moral and ethical teachings, which suggest clearly pronounced and convincing programs to attain health, well-being, success, fabulous wealth, high position in society, worldwide fame, and complete bliss of “doing nothing”. Thanks to this knowledge one can learn how to address angels for help to achieve the assigned targets, how to work on

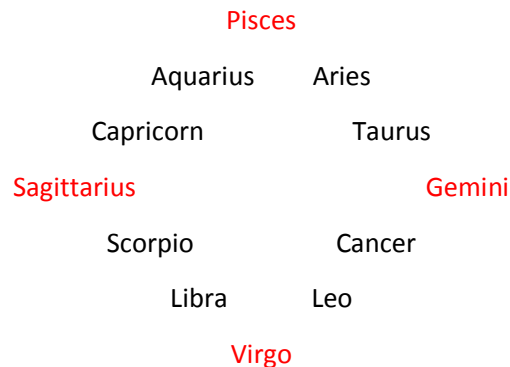
subconscious through meditations and affirmations, and how to make dreams and wishes come true with the use of magic rituals and spells... But the goal of our precious life is not that trivial! Can all these make humans happier?! Is it what we come to this world with hope and faith for... through the pain and fear of birth?! Nevertheless, if we are here and now, and, moreover, constantly aspire after something – it suggests that the fact has a certain meaning and some unknown for us reasons! Furthermore, someone needs this... Otherwise “what is the purpose of the stars to be born in the sky and why do they light up”?! Right?! – Sages and Teachers used basically to talk and continue now talking in different languages about the same: there is The Purpose! – To learn how to love and become happy through the realization of talents! And more... to make this world a better place! Remember Richard Bach and his – “I do not exist to impress the world. I exist to live my life in a way that will make me happy”? (And why shouldn't we believe Sages and Teaches?! And what is authority with the most arrant skeptics if not them!) By the way, do you remember the aphorism by Pythagoras of Samos, “Man know thyself; then thou shalt know the Universe and God”?! So, probably, cognitive processes in any system of values and in the ways of personal development one should start with self-knowing, with knowing own talents and own mission..., i. e. from the very beginning... Since not only The Messiah, missionaries or geniuses have their own mission or Mission (“referring to a tussock or Mont Blanc depending on the value of a man”)! And do you remember the aphorism by Albert Einstein, “Everybody is a genius. But, if you judge a fish by its ability to climb a tree, it'll spend its whole life believing that it is stupid”?!

And “in the beginning was the Word”... (Pardon another truism... But don't these “common statements - clichés» make the truth, which has been proven by centuries! Shouldn't we hope against hope, believe against believe?! You want to repeat them, and, having them as a guiding principle, to rush forward joyfully!) And in reference to the psycho-anthropometric system “Me” it means **a given name and a middle name**, i. e. information about yourself (metaphysical meaning of the name, sex, belonging to a specific culture, social stratum, and even to a concrete historical cut); **a family name** - linguistic, national, and historical information about the relatives, who the person is related with (by the way, meaning relatives not only of the same family name with you, but also your mother's relatives, if you wear your father's name)... And in all the mentioned cases the information received establishes harmony between positive and negative information. And, like all positive, it should support us in our development, and, like negative, should at the same time prevent from it. And hereof comes the first challenge – to accentuate/acquire/keep strong points of the name, family, and karma, and to weaken/level/eliminate all negative traits. It is already common knowledge that names are given in heaven, not by parents; and personal karma is very similar to the karma of the family (the Soul/Monad comes to a particular clan according to a semblance: “like attracts like”). And this information is a powerful force (not without reason magicians and sorcerers always covered up their names to conceal their identities, i. e. information about themselves)!

Another information, which is of no less significance, is the date of birth, i. e. the zodiac sign and numerology, designating the year, date, day of a week, hour, minute, and second of one's birth, to determine their influence on one's life... A mention should be made of the most general and obvious (the rest can be found in a vast amount of special literature ^[1]): if someone was born on Sunday – it is a present from The Fate (The Soul worked hard and a lot in the past lifetimes); if someone was born on Friday – the one is *much less* fortunate... Every year contains also the unhappiest day..., and those who were born on this day whether have a very heavy karma or the mission in the present lifetime is very difficult, and good luck will unlikely make the best friend... But, instead, his whole life the one will be directly connected with the Divine Forces (the law of compensation! Almighty God loves us all equally, i. e. everyone is created equal and we all have the same chance to succeed in life and be happy! Only the ways and efforts are different... If to believe Kamigori Aitiku, then “even a fool can perform something great, if he makes a conscious effort”)! Those who were born in small hours will have to work a lot, in the evening – to rest a lot, on Sunday, as already mentioned, – life will be like a cheerful celebration!

(But exclusions might occur. – We are all unique individuals with unique gifts to offer!)

And again... One should eliminate/level the negative aspects, and keep/accentuate or expand the positive aspects of the astrological and numerological data (there's always room for improvement and, in fact, it is so easy to be unhappy, and so hard to be the opposite). For example, you were born under the Pisces sign, and in the process of your personal evolution you have at least to change your sign. However the sign switch does not happen steadily clock-wise, but counterclockwise in two signs, as if following a square, i. e. the next sign for your development is Sagittarius. Yet another sign is Virgo, then comes Gemini, and finally again Pisces, i. e. a full circle of Elements is closed – Fire, Air, Earth, and again Water. Though this is the path of a “professional high achiever” - a person who achieves more than the average person in their work thanks to his inquisitive and persistent character. But, in fact, even taking at least one step forward is expected to result in a great life. But we won't limit ourselves... – Shall we complete the square and return to the initial point? – And where is evolution then?! – The point is the same, but its quality is different... It presupposes complete possession of the competence required under the sign, the skills to manage the elements, it's the point of the sign negative elimination. This movement can be schematically defined in the following chart:



If you are quite confident in Astrology and are eager to examine this universal law yourself so as to determine its accuracy, please, undertake the following experiment: take as an object of your research someone (or several) famous or quite popular personalities and analyze his/their “squares”... For example, everyone knows Mister X, who more than once became *The Man of the year*, – his actions in the world, his philosophy, his manners of behavior, and the tempo of his personal evolution – the observation proves him to be Capricorn, then look at his date of birth... It's October 7! So, he is Libra! i. e. it's really his “square” - Libra, Cancer, Aries, Capricorn! And his tempo of development is fantastic!

So, we have started absolutely consciously to better ourselves, or, with other words, to manage our self-development... How to find out what sign you are (not according to the date of your birth, but according to the actual reality, i. e. not the way you might want things to be, but the way things actually are) right now? – Check your chronic diseases! Every sign has a particular, inherent only in it, set of ailments and weak areas on the body... If you change the sign – the “bouquet of syndromes” is being changed, too. And we get diseases not only to find out *what is wrong* with our souls, but also to define *where*, at which stage of development, they are right now. One can start with analyzing the following information:

- **Aries (March 21 – April 19)** – eye, ear, and nasopharynx troubles; headaches, migraines, neuralgia.
- **Taurus (April 20 – May 20)** - diseases which particularly attack the throat: throat, larynx, and tonsils infections; thyroid may increase; respiratory diseases; genital diseases; diseases of the uterus, liver, and kidneys; rheumatism, obesity.
- **Gemini (May 21 - June 20)** – nervous disorders, catarrh, and bronchitis.

- **Cancer (June 21 – July 22)** - cancer, pleurisy, hemorrhoids, phlebeurysm, gastritis, coughing, caligation, frequent cases of poisoning with bad-quality products.
- **Leo (July 23 – August 22)** – back and lung pains, pains in the spine; heart trouble, poor circulation and similar troubles, blood diseases; convulsions, jaundice, and eye troubles.
- **Virgo (August 23 – September 22)** – the healthiest of all the signs; nevertheless is susceptibility to intestinal disorders, constipations, abdominal spasms, bowel obstructions, diarrheas, different liver diseases; as well as, weak lymph nodes.
- **Libra (September 23 – October 22)** – weak resistance to disease, main threat to health being the cold and damp; the most vulnerable parts of the body are kidneys and loin; frequent renal colic, ectopic pregnancy, and skin diseases.
- **Scorpio (October 23 – November 21)** - hepatitis, ARI, laryngitis, diseases of abdominal, genital organs, and bladder. NB! Scorpio might be in danger from fires and accidents, especially while travelling.
- **Sagittarius (November 22 - December 21)** – sciatica and rheumatism; may have bad skin, nails, and hair; susceptible to injury; sore throat; nerve diseases and varicose veins.
- **Capricorn (December 22 – January 19)** - fractures, stretching the knee joint, other leg and feet defects; anemia, chronic nephritis, acute respiratory viral infection, deafness, rheumatism, and rickets; depressions.
- **Aquarius (January 20 – February 18)** – nervous disorders, catarrh, diarrhea, hemorrhoids.
- **Pisces (February 19 - March 20)** – one of the most unhealthy signs of the Zodiac; frequent eczemas, fungal infections, colds, poisoning; possible accidents on the water.

However, real wisdom, i. e. understanding of the life laws and the purpose of one's personal inner development, presupposes the return to own initial sign, though already after having completely eliminated its negative traits, and having received power over oneself! And, maybe, it's even more than wisdom... For, if to believe *The Tao Te Ching* of Lao Tzu, "to know others is wisdom; to know oneself is enlightenment"...

If some negative information is repeated in the name and in the astrological sign (for example, jealousy)... – it indicates the need to pay special attention to this feeling or mental uneasiness, and transfer it to the rank of priorities for elimination, or the ability to *really* deal with it...

Another important issue is **the place of birth**. If you were born in the capital of a highly developed country – please, accept our congratulations (in your past lifetime you received many bonuses!)... If in a small backward village of a poor country... – You screwed it up last time... Of course, there are exceptions, but they are so rare that we all know about them, and more than for a century... For example, Mikhail Vasilyevich Lomonosov – a Russian polymath, scientist and writer, who made important contributions to literature, education, and science...

Also a very significant aspect is **the family of orientation**, which you were born into. Here, in principle, is the same: if you were born into a family of intellectuals with a deep tradition – it means, you are highly developed (but the requirements to you will be according to your status!)... However, if you were born to a single mother, an alcoholic, who abandoned you, or You were taken from her by the guardianship institution and placed into an orphanage, it is, most likely, that You were already born a grown-up independent person, who does not need parents and family any more (You had them plenty of times in Your past lives!), and now You will have different challenges, and, probably, connected with public interest at large... But if you were born into just an illiterate, poor, and scandalous family, in which, in addition, you are not loved, then ... – Well, You see the message yourself...

The environment and profession... are also meaningful! If your parents are teaches, the majority of their

friends are pedagogues, your friends' parents are educators, your neighbors are officials in the Ministry of Education... – it means that you will not be picky when choosing your future career, of course, if you have an appropriate inclination – You should become a professor, to start with! Or, on the contrary, but again, if you are craving for this, to become its complete antipode – for example, a programmer analyst or idler... (You see that these are not synonyms... They just belong to the same mindset, opposing the one, with which people are eager to take care of, educate, and raise...) However, profession-to-be one can see in the games of childhood: if You were looking for criminals at a nearby cottage – You will, sure, make a detective; if You were curing the neighbor's dog – You will be a veterinarian; if You were giving beauty treatments to dolls and Granny by washing and cutting hair, applying makeup, etc... – No doubt, you will be a good beautician or cosmetologist... But if You are 60 and feel yourself absolutely unhappy, because someone wanted to make an engineer out of you, or You yourself, following the fashion and prestige, finished a faculty of foreign languages and became a translator, although all Your life You have been dreaming of a studio with the smells of paints and turpentine... Don't despair! Urgently start doing what you have been dreaming about! That's the way to happiness! And besides... life is just beginning!

Another great help in determining own destiny might be considering such a form of socio-psychological constructs of behaviour and feelings, as **envy**! We are used to treat it as a destructive feeling in regard of psychological, religious, philosophical, and fictional aspects... But let's look upon this concept in the metaphysical dimension! And then, it turns out, that this is a very useful quality that helps us to know our mission. If I am not envious of David Beckham or Zlatan Ibrahimović - football is not my vocation... But if I am envious of Vladimir Vasiliev and Nikolai Tsiskaridze, it is necessary to draw my attention to the ballet, and my place is exactly here! If I am not envious of the palace in a square, and I am envious of a little house on the outskirts of a village - that's where I put forward my claim, and I won't be comforted with a palace... It's just not my thing! My soul asks for privacy, space and comfort of deep thoughts about the essence of life... And then, why?! If those, who I am envious of, could get it, why cannot I achieve the same?! Here is my way to happiness! Full steam ahead with all the energy and enthusiasm! And, please, don't waste such precious time on trifles!

Karma is also a very important aspect... Quite often we ask ourselves the questions like: why does the baby, which has just been hatched, behaves like a sage; or... why is this hoary old man so poorly versed in the life... Just because this baby has lived many lives and has accumulated a lot of experience and knowledge, whereas the soul of the old man was reincarnated only the second or the first time!

This refers to a narrowed meaning of the word "karma", i. e. not the law of the cause and effect action on the principle of "what goes around, comes around", but simply as a list of lives, in the results of which one should sort out in order to understand the plan of the present reincarnation; and thus making it possible to understand own karma in the broadest sense... There are already certified specialists in the field of *Past life regression* - regressive therapy of past lives, who can easily help with this... So, karma stops being something that no one wants to understand or can explain!

And finally, probably the most important thing - to identify own (own soul's in the sense of its reincarnation existence) **age, i. e. the degree of moral maturity** (For to be an adult - it is not necessary to be a mature person; as well as, being a youngster does not have to mean having an immature character!), which, by the way, make seven:

- I – nursing infant;
- II – toddler;
- III – teenager;
- IV – youth;
- V – adult;
- VI – sage;
- VII – Teacher.

Let's, though superficially, but look at the mentioned levels; more precisely, not the levels of our biological age, not the calendar (passport, chronological), and not our understanding of the physical, mental and social maturity (patterns of all these we have been keeping in our minds since childhood), but exactly the levels at which an adult can stay in developing maturity...

^[1]For example, in the following books by Elena Korovina: "Numerology of Success. Start the Wheel of Fortune "; "Break the code of your destiny, or the matrix of the wish fulfillment"; "Know your future. Make Fortune work for yourself"

I – nursing infant

Mentality: no critical analysis; needs guidance and instruction; the outside world makes him confused; actions and doings are helpless; usually does not know why he does this or that; thinking is rough and concrete.

Feelings: his actions are ruled by primitive emotions - anger, desire and fear; is seeking pleasure and avoiding pain; eats because it is necessary for life; by love understands satisfaction of the instincts; sexual intimacy is based only on sexual attraction.

Faith: none, or very orthodox forms of any religion.

Attitudes towards dying and death: panic fear of death.

Speech: consists of separate words or phrases; much use of fervid declamation.

Credo: "I am the first to get!"

Relationship: always is in a high mood, of an exalted character; does not feel genuine affection.

Behavior: aggressive or, on the contrary, imperceptible; languid and silent, like a shadow; when communicating looks away.

Appearance: unattractive; untidy or, on the contrary, looks neat, but also repulsive.

Vices ^[1]: wrong pride (genetically and historically very first, original sin) at the level of extreme arrogance, i. e. swagger and peacockery; self-abasement to the point of servile savage; unbridled thirst for pleasure; martyrdom in the form of extreme manifestations of sacrifice; greed in the most primitive form; wild desire to survive at any cost; self-destruction to the point of madness, sometimes even in the form of a crime; stupid stubbornness to the point of autism or catatonia.

Career: engaged in a simple routine work; often leads a simple life on the margins of society.

^[1] This refers to the basic, well-defined by Doctor of Psychology **Jose F. D. Stevens in his monograph "Transforming your dragons"**, moral shortcomings, i. e. negative moral qualities of a person, according to which the degree of a person's maturity on the whole can be easily identified. Although, of course, the number and variety of these spiritual deficiencies is still difficult to expose to a thorough calculation and description, and, so, the approach here is also limited to the major defects/sins. By the way, the degree of a person's maturity is strongly recommended to *thoroughly* study as in the already mentioned monograph; there, in the second chapter, you will find tests to determine the degree of your own maturity.

II – toddler

Mentality: highly inflexible and orthodox; may be characterized as paradoxical; thinks in terms of "good" - "bad", "right" - "wrong", without much to interpret; does not torment himself with questions and never intellectualizes on the true meaning of a word; not able to accept the idea that thoughts and feelings can affect the life and health of a human; his logic is in the form of emotional attachment and feelings, masked as thoughts or ideas; incapable of creative thinking, although he might enjoy so called "peasant's wit", thanks to which (according to the law of compensation!) he can be very adequate to a particular situation, i. e., "adapted for life", which, in his eyes, raises him to the unattainable height in

comparison with other "eggheads".

Feelings: fears those who differ from him; fears and does not like to travel; his attitude to food does not require diversity; sex is treated only as the fulfillment of conjugal duties for the purpose of procreation.

Faith: blindly follows Holy Scripture, literally takes guidance of priests, and mercilessly castigates heretics.

Attitudes towards dying and death: deep fear of death and the transcendental.

Speech: illogical, extensive use of speech clichés.

Credo: "It is better to be the head of a cat than the tail of a lion!"

"There are two opinions: mine and wrong!"

Relationship: wants to be like someone else (have the same car, clothing, vacation..); capable of performing only the tasks, he is used to; uncritically accepts the rules and regulations set by those who is in authority (chief, minister, doctor, police-officer...); proclaims the rule of law, which he himself often violates (without taking responsibility for the acts committed, shifting the blame on someone else or the circumstances).

Behavior: always aimed to study the rules of conduct and afterwards to test their efficiency; in conversation it is difficult for him to withstand a straight look of the interlocutor.

Appearance: devoid of taste, style, though adequate to the occasion and time.

Vices: pride at the level of arrogance of a little bureaucrat with "the Judge approach"; self-abasement of a man, who is a tool in the hands of others; super irritable; martyrdom to the point of behaving in public life like a sheep from the flock; greed in the form of addictions and/or corruption; self-destruction as a desire to be caught by the hand; stubbornness.

Career: bureaucratic spheres of activity; may attribute himself to skinhead reactionaries or extreme "right", as well as, to radicals, extremists, and terrorists; avoids everything that requires an independent and unconventional thinking; likes being a big fish in a small lake; prefers to lead a life within a closed system, like a club, church, and so on.

III – teenager

Mentality: own thoughts and opinions intentionally presents in a confusing manner difficult for understanding; knows how to persuade and skillfully organize own system of arguments; is able to plan own steps in advance; knows how to avoid pitfalls in a conversation, and is able to control it; carefully delves into everything, with which he has to deal.

Feelings: unchecked; rarely follows emotions; it seems that he has neither heart nor compassion; loves everything that can be calculated or touched; demonstrates extreme flexibility in changing habits related to nutrition and sexual partner ^[1].

Faith: in spiritual issues can have multiple choice approach:

I – There is no God and, therefore, in this world, everyone is for himself!

II – God loves winners!

III – Is there God or not, but it's worth going to church, and for the reputation it will be better if they see me in a place like this!

Attitudes towards dying and death: death treats as a defeat and tries to hide from it behind a euphemism of the following type, "Well, bury me on the hill so I could see the flowers around" ... or "Scatter my cremated ashes over the sea surface, let my soul enjoy its expanse"...

Speech: with a share of experimenting in order to shock others; enviable ability to play with words (or a mere inclination for verbiage!).

Credo: "For these valuables... I won't regret sacrificing my life!" and "Winners are not judged!"

Relationship: always shows competitive spirit and desire to win; divides the world into winners and losers, strong and weak, rich and poor; often is very competent in many things and has a developed

sense of diplomacy, telling people exactly what they want to hear; never turns to others for help not to feel defeated; uses only the services of a doctor with the highest qualification; in relationships pursues his own selfish interests, like, "This spouse will guarantee me a worthy status", or "This friendship can be very useful for my career"; attention is always aimed at victory, glory, wealth, social status, and power.

Behavior: is able to work very hard; loves to travel, especially with the purpose to improve the social status; at any cost tries to look young and vigorous; in communication looks directly into the eyes of the interlocutor, but with the desire to have a definite effect on him; If the conversation turns to the items of a personal nature, the established eye contact is interrupted.

Appearance: is concerned about own appearance and the impression produced; regularly visits the hairdresser, spa salon, cosmetologist, makeup artist, and etc.; blindly follows fashion, dresses provocatively.

Vices: pride at the level of vanity, i. e. the arrogance of a man, who tries to achieve a high status at any cost; self-abasement in the form of concerns about age and appearance; impatience to the extent that makes him rush headlong into everything; a martyr, controlled by financial problems; greed in the form of a secret hoarding, stinginess, and disregard for others; self-destruction in the form of "a short life without regard for tomorrow", stubbornness in the traditional way.

Career: is able to work hard in any area, where he can be noticed, can succeed, and get ahead of others; if he cannot make a successful businessman, he turns to "goodfellas" or the mob.

^[1]Food is a framework of our life, without which it cannot exist, and, therefore, this sphere of our life will always show us the extent of our maturity: what we eat, how much and which way... It is not accidentally the interviews with candidates for senior positions are held over lunch in a restaurant. And remember Hippocrates, who used to say: "Let food be thy medicine or medicine will become thy food"?

Sex, like food, is also the basis of life, and also will tell us everything about the human (though not so clearly, and in an intimate setting): one person deserves to be read for the whole life, and another is not sufficient even for a single sexual intercourse, and there are even those, with whom you do not want to be together even for all the riches of the world... It's all very individual and is associated with the sense of harmony! And often, when people break up after a first sexual intercourse, it is not because, as they say, "he got his way," or "all women are whor..." (sorry, like these!), but because there is no deep harmony, and, so far it cannot yet exist...

Someone's betrayal in the event of a prolonged and, as already mentioned, deep harmony may destroy this harmony down to the ground! Since, harmony is a rather subtle matter that cannot be patched!

IV – youth

Mentality: often illogical, contradictory; has highly developed abilities; idealistic; is attached to own ideas and does not spare his life for them; explores different religions, cultures, and philosophies; values new ideas and discoveries.

Feelings: very sensitive to the feelings of others, however, not always able to accurately determine the sincerity and direction of these feelings; frequently has problems with self-esteem, because it is difficult for him to find a proper place in this world; quite often is under internal stress because of the self-abasement fits; is experimenting from cooking to sex, questioning everything.

Faith: is not afraid to express own disagreement with the fundamentals of religion.

Attitudes towards dying and death: feels more comfortable in reference to death than people of the previous categories, although is concerned about dying earlier than will contribute to the mankind development.

Speech: thorough, grammatically and logically verified, sometimes with the use of grandiloquent phrases.

Credo: "We, people, are given lives not for the ages. And any life is brief, and being brief is violent. But, as for me, I don't dream about easy one. I think: let death be easy!"

Relationship: likes to be in the company of people aspiring to inner development; maintains strong relationships, which can last for a long time.

Behavior: openly expresses own views, which often do not coincide with the generally accepted ones;

welcomes any assistance, if it can help to answer the bothering questions; loves silence and solitude; his attention is focused on himself, others, and his desire to contribute to the development of the world; usually maintains good eye contact (you understand, that there is big difference between the "eye contact" and the "Grave's disease").

Appearance: is not satisfied with own body and cannot recognize own physical perfection, nevertheless he follows the fashion and tries to match it; has taste and style; his adequate appearance makes sympathy arise.

Vices: pride as arrogance wrapped into a toga of shyness; self-abasement in the form of inadaptability and lack of proper understanding; unrestraint in reference to oneself and the system, he belongs to; martyrdom in the form of a political martyrdom; greed at the level of jealousy and lust for love; self-destruction in the form of suicidal tendencies, stubbornness at the level of radicalism and rebelliousness.

Career: can reach a certain height and to contribute to the development of humanity; works hard for the sake of principles, getting for this a fairly modest fee; can join the ranks of the "Left" radicals and rebels.

V – adult

Mentality: strictly logically structured, capable of finding a support point of order and harmony in any mental chaos (i. e. to find a grain of truth in any rubbish); many people of this category say that this age is a turning point in their fates and from that very moment they have begun to really live...

turns attention from "action" to "being"; in his perception "quantity" gives way to "quality"; the picture of the world is perceived as the whole; is able to quickly solve problems; relies on own creativity and easily uses the acquired knowledge; intellectually advanced; has a natural talent in many areas.

Feelings: many characteristics of this type of people coincide with the characteristics of a youth, but the actions of an adult are not ruled by his emotions; he makes fewer mistakes than a youth, and suffers from their effects less; unlike a youth, knows what love is; always keeps balance between emotions, thoughts, and actions; sometimes it seems that adults behave as if they do not love each other, because they do not demonstrate their special attachments in their relationships.

Faith: has no reason to seek solace in the church, as, quite naturally for himself, directly establishes a connection with the higher powers; although respects all religions and their believers.

Attitudes towards dying, death, and bereavement: is not afraid of death, seeing it as a transition to a new quality; experiencing loss, even more ardently follows daily routine.

Speech: usually speaks simple and easy to understand language.

Credo: "All for the good of humanity!"

Relationship: is not afraid to ask for help, if feels that it is necessary; teaches by own example; can be rich or poor, famous and not so, but if has wealth, fame, or power - makes it with a "graceful tact", knowing how to enjoy these things and help others enjoy the same; priorities for him always being spiritual growth, mutual understanding, contribution to improving the world, and enjoying pleasures like family, friends, and bringing joy work; if something goes wrong, does not blame others and circumstances, but takes the responsibility and corrects the situation.

Behavior: the behavior of an adult is stable; his approach to any work can be characterized as very accurate, including specifying the essence of the problem, and at the same time being quite diplomatic; feels great and comfortable with people of any walk of life, without attaching himself to any particular social category; feels equal with a rich man and a poor one, with a professor and a janitor; loves to chill out doing nothing, reminding a cat after a hearty dinner, so sometimes to some people he may seem a lazy bum, because does not spend all his time on his job; however, if he works, he doesn't spare effort ignoring the sweat trickling out and the dirt under his nails; appreciates the essence but not the sunny side of someone; does not care what people around think about him if he feels satisfied; respects other people's point of view; when communicating, keeps a long eye contact with the interlocutor.

Appearance: loves his body, no matter how it looks; dresses so that he could feel comfortable and

unrestrained.

Vices: self-abasement at the level of a lack of faith in himself; impatience of his riotous imagination; martyrdom in the form of a moderate desire to sacrifice; greed in the form of spiritual materialism; self-destruction as a sabotage against himself; stubbornness as a fierce internal struggle with himself; pride (the first and the last sin!) at the level of philosophical arrogance.

Career: healing with the use of non-conventional therapies; oddballs and eccentrics; philosophers and spiritual leaders; a huge number of ordinary people aimed at spiritual growth; musicians, artists and writers, creating timeless masterpieces; very few of the world's leaders, who are able to see beyond the boundaries of their state.

However, what gives an adult away is his voice, which, moreover, cannot be faked, - the voice of a deep confidence and charming velvet affectionate tenderness.

... and the stages to which everyone should aspire:

VI – sage ^[1]

Mentality: has true wisdom and is interested only in the truth.

Feelings: feels love to everyone and everything; has a sixth sense that allows him to know the things paranormally; demonstrates well-developed intuition and anticipates the future; knows all about people, even those with whom has never met before; kind but firm in his intentions; calm and self-assured; always feels safe.

Faith: a core value for a sage is spiritual knowledge, which, however, for him is not connected with religion; people around treat him as a mystic and healer; has unwavering faith in God and Divine Providence.

Attitudes towards dying and death: does not have any fear, including fear of death.

Speech: simple and effective, meant for a specific interlocutor.

Credo: "God has no other hands except ours!"

Relationship: even the simple fact of his presence can introduce a relaxing or easing into any tense situation; has a natural authority, people respectfully listen to him.

Behavior: appreciates hard work and true beauty; knows how to talk to animals, and understands what they want; does not divide people into friends and foes – everything and everyone for him belong to his family: a child in a charity-school is his son or daughter, a seagull is his nephew; a tree – a friend... The look of a sage is calm, direct, and friendly. He probably eats dew (at least such stereotypes do exist with us!)... Although, indeed, probably he eats something..., only no one sees what and when, therefore it seems that he consumes exclusively solar energy... But who knows?!

Appearance: can be anything, but always pleasant for its freshness and accuracy; dresses modestly, or elegantly, but always with taste and according to place, time and occasion.

Vices: has neither vices nor personal problems.

Career: sages are busy with contributing to the development of humanity; they have the experience, skill and talent; any work, given to them, they perform without effort; on others they produce a calming effect; if necessary, they can move mountains; in any place and in any capacity they work for peace in the world.

^[1]Of course, each category of maturity has its own striking examples... But do we really need them?! Hardly! We do remember the commandment of Moses, "You shall not make for yourselves an idol!" And then ... it is necessary to know The Hero personally 24-7, otherwise it is possible to be mistaken... Though bright and unforgettable images of Sages and Teachers are well reproduced by **Concordia Antarova** in her book "**Two Lives**." However, there are other examples, which can and should be taken seriously: **Neo from "The Matrix", the cult film by the Wachowski brothers; Albus Dumbledore from the series of books about Harry Potter by JK Rowling; Lucy**

from the film with the same name by Luc Besson... By the way, Lucy is a perfect illustration of a human growing through all the mentioned stages!

VII – Teacher ¹¹

Mentality: transcendental; enjoys supernatural powers; can perform miracles, with his willpower suspending the laws of the physical world.

Feelings: peace, harmony, love for everything and everyone in the universe, balance, ecstasy, unity, kindness, compassion, strength, telepathy; knows the future.

Faith: unwavering faith in God and Divine Providence.

Speech: provides answers to any questions metaphorically, presenting them in the form of a parable.

Relationship: no personal interests.

Behavior: is a model of behavior and lifestyle.

¹¹The difference between Sage and Teacher is well shown in the movie "Horde" by Andrei Proshkin, in which Metropolitan Alexis after severe hardships turns from a sage into Saint, i. e. Teacher. A sage, thanks to his thinking and feelings, knows The Essence (The golden mean, Dao) and follows it, whereas The Teacher becomes this Holy Essence himself.

NB! We should keep in mind that in different spheres of human life we can be at different stages of maturity. For example, in the professional field, we can behave like an adult, but in the relationship with the opposite sex - as a youth, in the relationship with the family members - as a teenager, or even a toddler, taking his first steps.

However, there is always a prevailing current of thought, or activity, in the characteristics that define a specific level of maturity:

I – a nursing infant mainly demonstrates a primitive approach to everything in life;

II – a toddler always thinks and acts according to certain stereotypes, he has learnt;

III – a teenager sets goals and achieves them, considering it the most important thing in life;

IV – a youth always seeks love, acceptance, and is looking for the "soul mate";

V - an adult learns the laws of life and implements them;

VI – a sage teaches, heals, and just "saves the world";

VII - a teacher is always busy with universal problems.

There is also another, perhaps even easier, way to determine the degree of maturity according to the intensity or quality of "a vice"... Here are, for example, the vices, which are so well-defined (i.e. studied) by Jose Stevens:

Vices	The degree of moral maturity				
	<i>Nursing infant</i>	<i>Toddler</i>	<i>Teenager</i>	<i>Youth</i>	<i>Adult</i>
Arrogance	swagger and peacockery	bureaucrat	high status	shyness	philosophical arrogance
Self-humiliation	self-abasement of a servile savage	a weapon in the wrong hands	age and appearance worries	inadaptability, lack of understanding	lack of faith in oneself
Impatience	excessive pleasures	excessive irritability	acting posthaste	lack of restraint in reference to oneself and the surrounding system	impatience of the riotous imagination
Martyrdom	extreme sacrifice	a tool in the hands of others	a martyr because of financial problems	a political martyr	a moderate desire for sacrificing

Greed	a wild desire to survive at any cost	attachment to addictions; corruption	hoarding; neglecting others	jealousy and thirst for love	spiritual materialism
Self-destruction	crimes; insanity	the desire to be caught by the arm	a short life without regard for tomorrow	suicidal tendencies	self-sabotage
Stubbornness	autism; catatonia	skinhead reactionaries or extreme "right"	"goodfellas" or the mob	"left" radicals and rebels	fierce internal struggle with oneself

Well... And how then to determine own stage of maturity in all areas, which, by the way, in the most approximate approach, are five:

I – love (to the opposite sex, parents, children...) and relationships (with loved ones, friends, colleagues, neighbors, and all the rest...);

II – family;

III – health;

IV – education and career;

V – money (material well-being) and recognition?

(Incidentally, the order of the mentioned categories is built in the system of values of an adult, but, in principle, for every age of spiritual maturity, it reflects the peculiarities of the age.)?

Define your thinking, feelings, skills, relationships, and etc., mark your stage of maturity in each category, and you will see what to do for your own development!

The more detailed is your analysis - the more accurate will be your "diagnosis"! And the easier it will be to treat your "disease"! The only thing you should be warned about is... When you honestly determine the degree of your mental maturity, do not try to get rid, once and forever, from all the vices (after all, exactly what we are thinking about, comes to us!), because in this case all the vices and related with them problems will start growing like a snowball... And is it what we really need?!...

On this occasion, the words of Mother Teresa of Calcutta come to the mind, "If someone calls me to rally against war, I won't go, but if I am called to rally for peace, I will be pleased to join the ranks of the protesters"! And therefore,

**one should aim at perfection,
defining oneself (and without self-conceit!)**

Sage at the making stage!