

Why God create sufferings?

If there were no sufferings, nobody would do anything! There would be no hunger, cold, thirst, and people would do nothing; they would simply lie in bed until death. The same applies for animals. Especially cold, hunger, thirst and pain forces a living being to action. These conditions make them search for food, shelter, work and so on. They are the main forces that make people move. Without suffering, no one would even bother to move a finger, they would just lie in bed until they died. Suffering also has the function of keeping order. If people did not experience, for instance, the fear of being punished for a crime, they would do all sorts of cruel things. Yet, precisely because of fearing punishment, pain or sufferings they stop, they don't commit a crime. This happens because the human soul is not perfect. People are inclined to laziness or idle living, to commit crimes and harm other people. This is why these two functions of sufferings exist.

The third is that without sufferings no one would think about meaning of life: why do we live, for what reason? If people don't begin to suffer, they do not think about these questions. Suffering makes people think. Suffering is, therefore, the only force, which propels human beings into development and perfection. If people didn't suffer, no one would want to walk on a path of self-development and self-improvement. This is why there suffering exists: this is the main force for development, for the quest of the meaning of life and for finding an answer to different philosophical questions. These are the reasons why there is suffering. If there were no suffering, there would be nothing. Since the human soul is not perfect, it suffers. When people become perfect, they learn to live happily and do not have anything more to do on Earth. But learning how to be happy is possible only when people cultivate all forms of positive emotions: love for God, for people, compassion, happiness, enthusiasm and so on. When human beings learn to cultivate positive emotions, learn to be happy, and do not return to Earth, the soul achieves liberation.

Suffering also awakens people. People sleep in their illusions, but when some kind of suffering appears, they become more conscious. This is another function of suffering. The crucial point, however, is how to use suffering: this should be used for spiritual work, for becoming more conscious. If people have faith, for example, in God, everything goes well, but when their faith is weak they become helpless. Those who can preserve their faith in God even when everything goes badly and use their difficulties as a spiritual practice for development will be able to understand everything

correctly and pass all the lessons given to them by God.

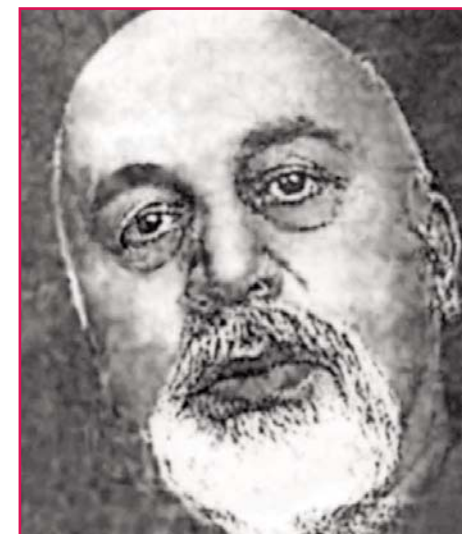
Life is God's school. Therefore the destiny of each person is a lesson. This does not mean, of course, that we must be passive in the face of suffering. For example, in the case of a fire, one should not think that this is a lesson of God and let everything burn, watching it consciously and only observing the burning... No, it does not mean that people should sit still. If there is a fire, we must stop the fire, as we must use all measures against suffering, because if people suffer it means that they do not live correctly and that they have done some silly or incorrect actions. Yet, suffering, could also simply mean that people are given sequential lessons, some kind of test. People should not stay passive in front of difficulties, dangers and sufferings: if your house burns, stop the fire, but emotionally take it as a practice, given by God. In this way, you can develop and, as a result, not suffer anymore.

Frequently people program themselves to believe that if they had a car, an apartment or some material, they would be happy. This frequently is simply self-suggestion. Certainly people need food and a shelter for cold or rainy days, but to think that this will give them happiness is foolish.

Happiness is an emotional state. We receive happiness from that which makes us experience positive emotions. But if we think that we must have something then, when we don't have it, this thought leads us to negative emotions. "I must have it, but why don't I?" All this leads to negative emotions and to more suffering. If person thinks: "I need food and dwelling, some clothing... It's necessary. But it is not the most important; the main thing is to have positive emotions, to cultivate them, including all forms of religious emotions", then this would indeed be a happy person. Is the correct attitude. Happiness is an inner emotional state.

Naturally, with regards to everything that has been said here, no one could even think of such possibilities without the help of a wise man. Not even one person! For example, why are there sufferings? People cannot even understand this. Only if we read books of wise men, listen to wise men, then everything becomes clear. Therefore without the Teacher, without the wise man, we cannot understand anything. People must learn how to find the Teacher, to learn so much that it becomes possible to pass any tests and learn to be happy. Without Teacher, without the School, no one can ever become happy, because everything around is such that only suffering is possible: sick people, underdeveloped society and education all lead to unhappiness and pain.

THE SPIRIT'S PATH TOWARDS HEALTH AND HAPPINESS



S HRI GURU SOTIDANANDANA ALID PFASKI NATVA - ENLIGHTENED RAJA-YOGI - IS THE FOUNDER OF A HEALING METHOD THAT HELPS PEOPLE TO STAY HEALTHY, REGAIN THEIR LIFE AND TO BE HAPPY.

This, is a unique, natural and extremely effective method of treatment based on the Indo-Tibetan Healing and capable of resolving serious illnesses like, for example, immune-deficiency disorders of unknown nature as well as many other diseases of the whole human systems, amongst which those of the nervous, circulatory, hormonal, skeletal and digestive system.

Guru Pfaski said that our body is God's gift and we have the responsibility to take care it.

His healing method uses the highest level of energy: He channels it through his patient's body, which then, by itself, directs the necessary amount of energy to the part mostly in need of it. This boosts the immune system, as the first step in all illness production stems from its lacking energy. Thereafter, He fills the body up with energy and feels how much energy and in what part of the body this should be directed in order to start the healing process of the specific person.

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GURU SOTIDANANDANA'S healing method, done by transmitting the highest levels of energy, has been proven effective in resolving illnesses such as AIDS, cancer, hepatitis as well as in drug addiction and alcoholism.

IN ADDITION as Guru Pfaski was gifted right from birth with the ability of both telepathy and psycho-energetic, He can perceive the mental process of an individual regardless of language barriers and distance.

INDIA Owing to the fact that the Soviet Union had been cut off from other countries for a long time, Guru Pfaski couldn't have leaved it, had it not been for the intervention of God Himself who made it possible for him to travel to India and meet there the High Teacher, who would help Guru Pfaski to attain the state of an Enlightened Raja Yogi.

GURU PFASKI became most known in 1971, when during an experiment conducted by NASA with 6 telepathists from all over the world, he could rightly guess 84 % of the images mentally sent by an astronaut from the stratosphere

How Healing of Guru Sotidanandana change my life and my destiny

Every thing in my life stopped when a doctor with incredible coldness in his voice told me that I had been diagnosed as having for sure AIDS. I opened my eyes up to the infinite and, on having seen my reaction, he left the office. I was almost sure that I was not in any group of risk. When the tests came back positive rapidly the doctors submitted me to retroviral therapy. My trust in modern medicine was blind, but in reality it caused my body total deformity: my liver and pancreas caught fire. I fell into the deepest of sufferings and loneliness, and my life totally lost its meaning!..

At that time the Siberian Academy appeared in my life and woke me up from death by treating me with the Tibetan healing method. During an initial consultation I was informed that the Healing method of Shri Guru Sotidanandana could help me, as its principle was that of boosting the immune system. It was, however, very expensive and at that time my financial situation was not so good: I was just about to open for the first time a business, in which I needed to invest a big capital and there was not extra cash to spare. I decided to put my health first: I went to Russia,

simply with my hope and the support of some friends and Academy. As I had not met anyone who had gone through such an experience before, I just trusted my heart and my will to live.

As I arrived in the freezing St. Petersburg I started to receive my treatment. Immediately, after three courses of healing I felt much better. Bad emotions that had been with me for years, ever since I had received my HIV diagnosis, disappeared. Waves of love, understanding and forgiveness came to me as well as hope. Step by step, after the first treatment, I started to regain my health. My body that had been destroyed by medications and even my appearance changed for the better. The healing is given by an alive enlightened Teacher, whose presence and help I feel constantly in my life since then. In times of sadness and great insecurity He invariably comes to me as an energetic presence full of love, and gives me peace. I observe that I have gained a greater understanding of life, like a silent and intuitive understanding of situations and, at times, I can even predict the

future. It is as though His high psychic qualities are developing within me.

In the past I was sick and sad, and now many people around me feel better, just for me being there, as if they also could feel the high energy I have received in these last years. All situations in my life have improved. I started my business and became very successful, so I am never short of the money I need to continue my treatment. I can see that all this happened because of my trust in that very first moment, when I had almost nothing and took the first step of going to Russia.

Now in my town many people have received this treatment. I can see clearly that their level of health has improved: they have become more beautiful and young, and their diseases have disappeared. Of course, there have also been many people who had gone to the consultation with diseases as serious as the one had, but had not accepted to be treated. They criticized and put their attachment to material things first: they cannot understand that a healthy financial situation is given to us by God when we live in accord to his will, and His will is that we are healthy and develop.

Now, without medication, my organism is recovering with the love of Guru Sotidanandana and of the tutors of Academy. I feel that new channels have been opened in me and that my heart blossoms like a beautiful flower. A lot of changes happened and I see my future with open eyes!.



With love to you! **Susana**

the best form to wake up your being

THREE DANCES

And now you can dance three songs. The first in the name of God, feeling his support, his blessings, his help. Giving thankful for your life. The second dance for Spiritual Guides, whom are clear channel between us and God and give his knowledge, wisdom and unconditional love. And the third, after receive knowledge through Spiritual Guides, we dance for all the people in the world with messages about peace and health.

WASHING

Try to wash your face with cool water and in a following manner: put your hands till the wrists under the water, feeling the coolness of water, make the movement "hand washes hand" (3 times). Then take water to your palms and moisten with it your forehead (also 3 times). The same way moisten your ears: first the left ear, then the right. Now throw 3 times water to your face, and the fourth time you can moisten it completely.

SINGING THE MANTRA "AUM"

This mantra is with the sound; therefore do not whisper or singing it low voice does not give any result. There must not be any stress in throat, air must go out freely. Lips are slightly adjoined; teeth are not squeezed, even with the sound "M", and must appear vibration or tickling between the lips. Sit down so that your back is directed to the north and 3-5 times sing the mantra "AUM". It will be correct if you pronounce the following sounds which continue one after another: Aaa-Ooo-Uuu-Mmmmm.

BLACK DOT MEDITATION

With the back to the north, we sit down on the floor one metre, more or less, in front a wall. In this wall we'll put a white sheet of paper with a black dot in the center. This black dot will have around two centimetres of diameter. After singing the mantra "AUM", we'll look the black dot during 10 minutes.

EYES EXERCISES

Sit down on a chair with the back to the north and put hands on a table so that the hands bent in elbows have formed a right angle. I.e. the forearm should be in parallel a surface of a table. Hands should not feel a pressure. Exercises are done only by eyes: by a head not move, not incline and not twist! In parallel while eyes are practicing, rub the palms to sensation of energy in palms in the form of heat. Each exercise and each rest of eyes is done on one minute.

- 1) Look within one minute as much as possible in the right top corner, but do not lead up to a sharp pain. Rest within 1 minute: impose on eyes of a palm so that the center of a palm is exactly opposite of eye and edges of a palm densely closed eyes space around, creating full gloomy darkness. Thus feel, as on a breath from your hands there is a curing force, and on an exhalation your eyes are left with an indisposition.
 - 2) Look in the bottom left corner with the same diligence again within 1 minute; Rest within 1 minute: the hands pounded up to heat, put on eyes. Like this necessary to do after each exercise.
 - 3) Look in the bottom right corner; Rest.
 - 4) Look in the top left corner; Rest.
 - 5) Look directly upwards; Rest.
 - 6) Look directly downwards; Rest.
 - 7) Look to the right; Rest.
 - 8) Look to the left; Rest.
- Thus, at you it turns out an eight-final star.
- 9) Within one minute rotate eyes clockwise; Rest.
 - 10) Within 1 minute rotate eyes counter-clockwise; Rest.



MORNING PRACTICES EXERCISES

Dear friends! If you want to become the follower of the healthy means of life, then this page is for you! Stay alert for the next practical materials, sign for our newsletter! Shri Sotidanandana Alid Pfadki Natva reveals the secrets of the way of Rajah-Yogi! Step by step you begin your path towards finding the healthy body, calming of thoughts and emotions, towards apexes of enlightenment, disclosure of super-abilities and acknowledgement of the Bliss!

PRACTICE OF "TUNING IN THE MORNING AND IN THE EVENING"

Waking up in every morning, you are still yourself. You have recently come from God. Your soul is not covered with thoughts, habits and images yet. Therefore first of all remember the Creator: think about Him, without forcing yourself by ideas about God, which society has given to you. God feels your heart, but not thoughts, or more precisely formulas of imagination about something. If feel good in your soul, you feel happiness, bliss, joy, it means therefore, He also greets and blesses you for this day. Therefore do not waste time and immediately start with the morning practice, but during the day try more frequently remember the God, who is always near you, but you may forget it. In the evening, lying to bed, ask mentally Teacher's help and blessing in practices. Analyze all situations, which occurred during all the day. Make the conclusion when you acted correctly and when not. Make the clear decision to act in similar situations more correctly than the last time. Do not let yourself get hooked in self-pity, to be disturbed or angry - it is not an accurate result of revision. If you felt determination, faith in your change, selflessness to God and to Teacher - it means, you reexamined all correctly. In this state, with appreciation to God for the next day, fall asleep.

AWAKENING

After waking up, do not hurry to jump out from the bed. Start your day as a true yogi! First of all mentally thank God for the given day and for the possibility to help people. Then continue with the water drinking. The human organism accumulates toxins constantly. Also because of the fact that people eat diverse products, many times such products are not even compatibles with each other. Stomach is a very important organ. If the stomach is strong and healthy, it digests food rapidly, and a person feels himself wonderfully. Drinking after awakening a glass of clean water, we switch on the work of the stomach; it means thus we wake up the entire organism naturally, by a nonviolent way. Therefore bring for this practice your individual glass for 0.2-0.25 liters of water with the cover. And from today fill it each evening with clean water, cover it and put it in a place not far from your sleeping place, where it will preserve room temperature.

Sitting on your bed, back toward the north, drink water with small draughts, trying thoroughly mix the water with saliva (approximately 5 minutes). Person's own saliva is like a medicine, since it contains all necessary and useful for his organism microbes. During this procedure you can tune to how this water is cleaning and healing you. After you have this way drunk the water, fill it up again, cover it and leave it till the evening to the same place. This will help to bring your stomach and pancreas to a good state, and that means the entire organism!

BREATHING

With back to north, take pulse and account seven heart bites. In seven make a deep inhalation and exhalation through mouth and continue breathing only with nose. Inhale in seven pulses and exhale in seven pulses seven times. You have take air to down belly all the time, feeling you accumulate air and energy there. When you finish, be relaxing 10 minutes.

PRAY

**OH! GREAT DIVINE POWER!
AT THIS MOMENT WE TURN TO APROCH YOU
AND WE ASK YOU: GIVE US KNOWLEDGE, GIVE US GRACE.
GUIDE US ON THE WAY OF PERFECTION.
AND MAY WE BE READY TO GIVE OUR LIFE FOR YOUR GLORY
IN THE NAME OF THE FATHER, SON, AND THE HOLY SPIRIT
NOW AND FOREVER.
AMEN**

HOW YOU CAN CHANGE YOUR HEALTH, YOUR LIFE AND BE HAPPY

The Indo-Tibetan Healing is a unique, natural and extremely effective method of treatment capable of bringing about deep results to illnesses like, for example, immune-deficiency disorders of unknown nature as well as many other diseases of the whole human systems, such as those of the nervous, circulatory, hormonal, skeletal and digestive system.

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INTERVIEW

When people see your emergency treatments they cannot help but being amazed by them. I remember how a woman who had collapsed, because of your help, recovered her breathing again within a minute and her laughter within a couple of minutes. It was amazing! Seeing something like this makes me want to ask you: who are you, where do you came from and what is your mission?

- We came in the same way as everybody else. We are not aliens. It is just that God gave us special gifts that not everybody has.

In your methods there are descriptions of impossible or even miraculous cases of recovery. What are these methods about? Could you explain this?

- I treat with energy. First I channel the energy through my client's body, which directs then itself directs as much energy as it necessary to whichever part of it that mostly needs it. Thereafter, I feel the body up with energy so that it can last up to the next visit.

How do you know what organs are ill? How you diagnose your client? In your method is it necessary at all to know the exact illnesses of a person?

- I don't only know people's illness, I feel them. How do I diagnose? I 'connect' to my client's organism and feel all its diseases.

But couldn't this be painful for you?

- Yes, but what can I do? It's extremely important I know how much energy I need to give this person.

Do you give different people different amount of energy? how do you know how much each individual needs?

- Oh, yes, certainly! Different people, different illnesses... That is why I 'connect' to the organism of my client, to know how much s/he needs. IN normal circumstances an organism does not need extra amounts of much energy. It is a bit the same as with eating, we do not need any extra food, so much so, that when we overeat, we do not feel well. That is why we say: "if you eat too much you might pop!" The same happens with energy: if you have an excess of energy you might pop!

Did you have any cases when you were mistaken with the amount of energy?

- No, I have a vast experience I cannot possibly make a mistake.

Why after your treatment people feel worse at first, as if their illnesses?

- This happens because, when energy goes through ill organs, as they are unwell, it makes them sore. For example, let's say that you have a burn on your arm and that you put an ointment on it to soothe it. The burnt skin would respond straight away, at first by giving out with pain only at the slightest touch, and later with compete healing.. Diseased organs respond in the same way: firstly, when I treat with energy and when this goes through them there is pain and, after, healing .

Does this mean that more complicated illnesses require more energy?

- It is not exactly. A lot depends on the general health condition of an individual, on the severity of their imbalance. I can feel that if the overall state of health is pretty good, even very complicated illnesses could be treated quickly. In some cases, however, although an illness is not too serious, if the overall conditions are poor, people need more energy and treating them takes longer.

Are there illnesses that you cannot treat?

- No there are no such illnesses, although in some cases an illness has gone too far and can progress faster than the regeneration of an organ. Besides this, when I give energy to a person for a while this not only speeds up the regenerative processes, but also the intrinsic processes of an illness itself.

Why does it happen that immune system does not function in its full capacity? Is it because a certain organ gets ill?

- No, that is what immune system is there for. In our bodies there are always microorga-

nisms, microbes, etc.... It is normal. Our immune system is there to deal with them. Only when our bodies are not producing enough energy, the immune system starts having problems coping with pathogens. our bodies are not producing enough energy, the immune system starts having problems coping with pathogens.

So why should it suddenly not be able to produce enough?

- It does not happen suddenly. We take our energy from the food we eat, from the water we drink, from the air we breathe, from the sun...Everybody knows that our ecological system is in a poor state of affairs, that there is not enough nutrition in our food. That is why our immune system suffers.

Are there a lot of people with decreased immune system's function?

- Plenty.

Let's go back to the method. You were saying that first you channel the energy through organs and the body directs it to wherever is needed according to needs....

- Sometimes the organism is sluggish... This happens when there are many illnesses and when all of them are serious. In cases like this, I am the one who gives the order of how to distribute the energy.

Could it be even like this?

- Yes it could...

And then you fill up the body with the energy. What for?

- For treatment. The energy given by me heals the body up to the next session. That is why one cycle of treatment consists of three sessions. When the person comes on the second or third time, I feel how much energy has been used up and how much is still needed. In some cases all energy has been used up for healing. Then I give even more energy. I always control quantities of energy in a person. And finally the time comes when the organism produces enough energy on its own and does not need any extra. It means that the person has become healthy.

Is it possible to keep our immune system intact? If yes, how could this be done?

- Because of the conditions we live in, it is quite difficult: our atmosphere is polluted and the conditions for energy production are not optimal. In addition our life style does not allow our immune system to catch up with repairing the damage caused in our bodies. That is how illnesses occur.

Have you ever treated AIDS?

- Yes, at occasions.

Why occasions? If people got rid of AIDS, a lot of people would come to you would they not?

- The people I cured from this illness very often did not even know they had it. I do not tell people their diagnosis.