

When the earth under your feet is gone.

Advice by Lama Oleg to all spiritual practitioners in difficult situations. April, 2020

Hello, dear friends!

First of all, I would like to wish you a happy International Cosmonautics Day. It is a special day for us, cosmonauts, and I feel that we have a lot of interesting discoveries ahead in inner and outer space.

This is an almost live broadcast. I mean, if you're not watching this on the 12th of April, that means this is a recording. I decided to make this short message to address the tension accumulated in our world, in our minds and this is not meant to "hype" the case that makes our society so depressed. Mostly because we had to cancel several seminars in Russia and Ukraine, and I do understand that we won't be able to meet in person for the next few months. When we meet, we will meet.

My understanding of this disorientation arising in the minds and consciousnesses of many people, formed this message addressing a few key points. Perhaps these key points would be helpful to many people, not just this week or this month, but for the near future.

If at some point you were tormented by questions - What is going on? Why did they send such a thing to us from above? Is it a punishment or not? In general, we should remember that so-called amplifiers of evolutionary development – we can also call them catalysts – regularly appear in the world to further our development, and evolution of human society. So now, at this moment, one very powerful catalyst has been activated. It comes in the form of negative emotions, fears, in the first place. Fears and attachment. In the form of impoverishment of the population, and respectively – fear for one's own well-being and well-being of one's family and loved ones. And in the form of diseases. You might, of course, put disease in the first place now, but very soon you will discover that diseases will take back stage, and impoverishment will come forward along with all the emotions related to fears. This is a very powerful catalyst, it became some sort of a common theme that began uniting the entire society, all people on the planet. In the past, when many great people, prophets, messiahs, apostles and other outstanding people were trying to find some sort of a single significant theme with which to unite humanity and lead it in the right direction. But, as we know at the present moment, all these themes that they brought up, later were exploited, with great success and profit. These themes: religion, socialism, communism and other –isms – have been used to separate people. Because this separation grew, we are now given such a catalyst that might look too painful; nevertheless, it does unite us all. And from this point of view, this trouble that came to us, as it might seem, suddenly, unexpectedly, with a

certain degree of irony, can be called the second coming, the new messiah, who came to teach us. And why are the messiahs coming? To teach us.

What should we understand here? First we should learn something, get some lessons, since such a teacher came, we should perceive it as a great Teacher. In this case, if it is an epidemic or pandemic or global economic crisis – we should view it, on a global scale, as well as at our personal, individual level, as a great guru, the great teacher, and learn appropriate lessons.

What kind of lessons should we learn? First, if I had to limit it to just one phrase, I would say the following: when the earth under your feet is gone, rely on the essence of space. This can take a long time to explain, but I will limit it to this. The meaning is that when the earth under your feet is gone, if you try to hold onto it, you won't be able to take a hold, neither of yourself nor the earth. Because of this we rely on the element of space, or the sky.

First, we need to be changing to a much greater extent and at a much greater speed than usual. This is the first key point. The water never runs under the boulder lying still, and now this is even more true. And we have bad news for lazy people, people who are lazy in respect to their own life, their own development, personal and spiritual practice, or inner changes, relationship changes, for those people: no one needs those people anymore, except perhaps the coronavirus. And, sooner or later, if those people are lazy, if they continue being lazy or resisting any changes, they will just be eaten. So we should depart from that, if we are noticing such laziness in ourselves.

Second – we should learn how to be more helpful to the people who are already around us. We should look for any opportunities to bring real benefit. In order to do that, everyone should learn how to create products that carry a certain benefit for others. This applies, in a general sense, to material products, as well as to spiritual sense, to vibrations we are producing.

If we just try to make money, like we did before, we will notice how we increasingly become unwanted; even our profession becomes increasingly unnecessary to society. In order for that not to happen, so the boat of society won't set sail without us, we should offer ourselves and our products in such a way that people see and feel the benefit in them. The products we are producing must have the added value of benefiting others.

Third – we should learn to help others in a much broader way than before. Not only doing things for people who are close to us, those with whom we are staying home in quarantine or self-isolation now, but try to reach out to as many people as possible.

It is not a coincidence that people, finding themselves in solitude now, even spiritual practitioners and Buddhists, stick not to sadhana texts, but to their smartphones to listen to what others think and say, to catch the most important information. That is to say we want to unite, we want to feel the support of as many people as possible. As the last Duchess of England was saying (she had her own principality on the territory of England, Bodike was her name): “Everybody is selling out one by one”. This means that if we try to defend only our own interests, we will all die out one by one. Our strength is in unity.

People are looking for help right now. They feel that their own strength is not enough, and the first place they seek help is in communication and information. For this reason, when you are communicating through social networks or anything, please fill your communication with light, love and try to share as much confidence as possible with others. Infuse them with hope and faith, not with fears. Do not repeat all the things broadcast in the media regarding how many people have been infected, how many people have died, how many people have lost their jobs, or how many have been cast into poverty. Media is interested in these horror stories, because the more they scare people, the more people will keep tuning in. This is the way the media succeeds.

But these horror stories are at odds with our spiritual messages. So try to infuse people with love and self-confidence. Do not scare your family and friends. There is no need to find someone to blame. The thing is that all of us are at fault, and at the moment it would be impossible to find a single person not at fault, who did nothing to intensify the situation and thereby cause tensions to rise. Therefore, please take care of your loved ones, relatives, and acquaintances. Inspire them and don't scare them. Care for your loved ones and friends. We don't know how much time we will have here together.

We all are to blame that our planet Earth began to get rid of us humans, as if we were a poison. Let us make peace with the fact that in the future, we'll probably have to live within more modest means. And this humility is actually more important even than the acts of generosity. Even if some businessmen, a philanthropist, donates millions and at the same time, when something happens to his business or business planning, such a person would have fear of what might happen to him. At the same time, someone who has very little means will not be afraid for himself but simply learn to be happy with what he has. Therefore, humility is a very important quality in these times.

If you have your own business, I feel for you. At the same time, if you had enough wisdom to create some sort of safety net, I would advise to invest that safety net into modernizing your own products. Not invent some different products, but modernize the ones you have already, if those are virtuous products, of course. What can be done? We simply take the same products, add the

element of usefulness to them, and take out the harmful elements. Or, we add something to make products themselves or production thereof more ecological.

I wouldn't call ecologically sound or helpful clogging one's brain with useless online content. By the way, right now is a perfect time to get rid of harmful habits, if you got them: smoking, drinking, doing drugs, gambling and so on — from all which deprives us of energy, time, and money. Precisely at a time when over 30% of people could experience a decrease in income, or lose their jobs, the few euros or pesos you would save by quitting your harmful habits would come in handy. And if you do have those saved pesos, it would be great to invest them into your quality of life. The quality of your life, and life of those surrounding you, trying to eat better, buy better quality products, buying good quality water, and again, trying to find a clean place, where there is fresh air, to live in the mountains, for example. And, perhaps you would laugh at that, but — purchase a bike — to ride in beautiful places, breathe fresh air and get some exercise.

You know, now that we'll have less income and more expenses, it wouldn't be very wise to spend extra on medical care. Therefore, use the money you used to spend on harmful habits — even if they were some games, watching paid content online or some obscure blogs and so on — spend that money on your quality of life and your health.

And - as obvious as it may sound, — the best product we can produce is our own vibration, on which we live and which we create and share with our surroundings. Any true spiritual practice is aimed at elevating our vibrations to a higher level. By doing that, we can also improve our life quality. How do we do this? We put this into practice by transferring our attention and focusing it on the higher chakras. By this, we achieve a higher level of awareness. And, in particular, we focus on the images and thoughts of enlightened beings. That is, speaking simply, when we practice Guru Yoga or a sadhana where we have an enlightened being, we'd focus our attention on it.

Instead of looking under your feet, so to speak, where we see a lot of dirt and trying to find reasons why is everything so bad right now, why is everyone so sick and who's to blame, we simply turn our gaze toward the sky, elevating our view towards higher chakras, and try to see the enlightened beings there, their qualities, their beauty, their excellence. And at the same time, we shouldn't forget that the excellence of enlightened beings relays the excellence of our own enlightened potential, and the beauty of these enlightened beings is our own inner beauty.

Don't inflate the crisis inside. As professor Preobrazhensky (a Russian fiction character - *SP*), used to say: “Read **fewer** Soviet newspapers. In the morning, at midday and in the evening”. It is enough that the mass media is exaggerating the crisis, and they do so very skillfully. Illnesses — what they are calling epidemic or pandemic — will soon subside, but what follows will be a long-

term economic crisis, which will restructure many aspects in the general system of relations. People will meet less in real life, and switch more and more to online channels. Many more products and services will be available online.

This will be the general outcome of our evolution, but I would like to remind you that the true spiritual transmission must happen at personal contact between a teacher and students. This is very important to us. And if we notice that all Buddhist teachers stop giving teachings as they used to before, through a personal contact, and switch to online channels, I would be the first one to say that the traditional Tibetan Buddhism as we know it has ended.

As for myself, as long as I have energy and the circumstances allow, I will continue meeting with you to guide retreats and seminars and help you in difficult situations. If any of you feel the need, as a result of grave illness or self-destruction, please write to me, I can help in extreme situations, including those situations when people would need to confess.

And we'll try to organize our events regularly. Clearly, the first events can only take place after the quarantine is over, but in the interim between now and when we can meet again in person, please maintain your inner purity by means of regular practice, through purity of your motivation, and through prayers.

I recommend that you do more mandala offerings and hang lungta on auspicious days. This would help harmonize inner elements, which is especially important right now. This would allow the wind element to be harmonized, which, on a general level, would harmonize the situation. In general, take care of yourselves and those around you.

I love you very much!