

UNIVERSYNERGY ARTS

ASTRO AIKIDO

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[Note: Many of the benefits and amazing powers of Astro Aikido are shown in the Golden Altai films “Astrokarate”, “Astrokarate2”, and “Wisdom of Belovodye”. You can learn more in detail by watching these films and seeing actual people performing real Astro Aikido.]

UNIVERSYNERGY ARTS

ASTRO AIKIDO

COURSE OUTLINE

Perfection in military arts should not be independent, but on the contrary, should develop in you the feeling of love and respect for associates along with preservation of the individual independence.

~Altai Chi~

INTRODUCTION

ASTRO AIKIDO ADVANTAGES

Astro Aikido uses ancient mystical and scientific principles of energy manipulation to achieve amazing results, including many forms of Extra Sensory Perception (ESP) and so-called Supernatural Powers. Of course, nothing in the natural world can *really* be “supernatural”. Things that appear to be supernatural use natural laws that are not widely known (e.g., esoteric knowledge).

Anybody can learn the basics of **Astro Aikido** and enjoy the benefits of mastering personal energy and developing a healthy mind and body. Each part of **Astro Aikido** helps you in its own way. Each bit of wisdom is worth the effort of learning it, and each exercise builds the strength and power to do more. The exercises you do are the only ones that help you. Only the people who do them are convinced.

Even those who start out weak (physically, mentally, emotionally, or spiritually) gain strength as they persevere. By continuing on the path, they develop more wisdom and power. Whatever your current condition, it can be improved with **Astro Aikido**.

The Masters of Golden Altai can teach you to harness the power of your own inner energy. Then you can learn the ancient techniques to control Sansa Energy Fields, comprehend the mysteries of Sansa Psychology, Spiritual Aikido, Group Dynamics, and other important areas of Special Powers. When the proper foundation has been laid, you may even learn “*The Art of Fighting an Astral Battle*”!

If you are sincerely striving for wisdom, personal growth, and success, it is possible to improve yourself and achieve greatness, no matter what your starting point. After all, life is a path. Follow the path with diligence and you will be better for doing so.

Those who seek real understanding will find a lot to contemplate from the ***Masters of Golden Altai***.

Astro Aikido is just one area of their esoteric knowledge. They are also masters of other systems of knowledge and power, including many forms of yoga, music, dance, earth forces, parapsychology, universal forces, social psychology, love, and family harmony.

Besides fighting Astral Battles to preserve Planet Earth and the Human Race, the ***Masters of Golden Altai*** use their wisdom to help people who are raising genius children, troubled children, special “Indigolden Children”, people who want a more harmonious family life, people who are looking for the secrets to happiness, people who want to learn secrets of business success, people who want to be more healthy, people who care about the future, and people who just want everything in their world to get better.

Maybe you noticed — power isn’t their goal. Helping people live better is the reason for everything the ***Masters of Golden Altai*** accomplish. What good would it be, to have overwhelming power, if you couldn’t use it to help people?

By working together to improve the world using the energy of the universe, we experience the power of UniverSynergy.

Astro Aikido is a unique, easy method of self-improvement accessible to everyone to use for personal empowerment, self-defense, and for helping other people. These methods are actively used by businesspeople for expansion of business, helping to work with competitors, and defending against attacks of negative influence.

The knowledge and techniques gained through **Astro Aikido** are beneficial in all areas of life. The ***Masters of Golden Altai*** teach special techniques for finding true love, creating a harmonious family, being successful in business, communicating with people, and maintaining a strong healthy mind and body.

Astro Aikido teaches you how to control the Sansa Energy that flows through you and the universe. It teaches proper timing, so that your actions will be in tune with the universe. And it gives knowledge about yourself, other people, nature, the world, and the universe, so that you can better understand how to be in tune with the universe.

When you have overcome yourself and developed your personal power, all worldly and spiritual attacks will be easily overcome. When all the basic building blocks of a successful life (life energy, love, family harmony, physical health, emotional stability, wealth building skills, communication, and proper timing) are in place, failure is not an option.

This course is presented in the hope that it will help people — especially you — to be wildly successful in everything they do!

[Note: This is a *general* Course Outline, designed to organize the presentation of the **Astro Aikido** education system of UniverSynergy Arts. There are many variables that could cause one’s path to higher knowledge to follow a different order than what is depicted here.]

STUDENTS' PERSONAL EXPERIENCES

Students of Astro Aikido describe some of the positive changes in their own lives, and changes they witnessed in the lives of other students.

My life started to change very quickly. My energy became stronger and I had more control over my life. My desire to live on a farm and to have an esoteric center came true. Many of my goals manifested easily and effortlessly.

I started organizing seminars and started up a school for people to learn UniverSynergy practices. I saw so many changes in people after working with the Masters of Golden Altai. The change happens very fast. People are no longer having problems. They are now in control of their lives. A bright light is shining from inside them. They let go of so much pain. People have found better jobs, are healthier, are having more fulfilling relationships, and have a happier family life.

Two women I knew changed so fast! They were like mice and now they are powerful, courageous women. They are no longer depressed. I met a businessman whose company was about to go out of business. Now his company is making money again.

At the Academy of Golden Altai, we are one big spiritual family. In these groups I felt so much love, trust and joy. Most of all, people learn to develop a strong connection with the Great Divine Power.

About 20 or 30 people, both men and women, had come to study. I was surprised by the number of women, and also surprised that there were people older than me. I found out that five of them were martial arts trainers themselves.

I spoke to one woman who was about 45. She told me it was the second time she had come to this seminar, and that she had become crazy about Astro Aikido. She was incredibly energetic and confident, and talked a lot. I heard how she had taken control of all the mafia groups in her town. I told myself, "Good for her, but I'll find a different way to direct this knowledge."

All our studies during the seminar were alternated — there was a lecture, followed by quiet meditation, and then dynamic meditation. The result was that we never felt tired or lost concentration. To the contrary, day by day our energy increased, and our minds became more alert, clear, and kind.

PART I: THEORY OF SANSA ENERGY

Learn unique knowledge about energy fields, sources of energy, and especially how to raise and manipulate the Sansa energy field of the human body.

It is through the proper control of the Sansa energy field that all good things are made to happen and all bad things are prevented. This knowledge leads to success in business and personal life, health, wealth, family harmony, and happiness.

SHORT HISTORY OF THIS SCHOOL

Discover how the ancient secrets of power and energy were preserved during centuries of persecution and how the Masters of Golden Altai developed an educational program to spread this esoteric knowledge worldwide.

OPEN YOUR CHAKRAS

Chakras are centers of energy in a person. Without learning how to master the System of Chakras, one cannot possess strength, intellect, or sound health. Here are ways to open and clear the 7 basic Chakras.

COORDINATION TABLE

An Aharata column is an axled channel that connects Chakras and allows transmitting energies of lower layers to upper ones and vice versa. In yoga theory, this channel is called “Kundalini Nandi”.

BASIC KATAS AND MEDITATIONS

Here are some of the Katas and Meditations that help one to master energy and achieve personal development.

Nataraj Meditation

It is necessary to do this Shiva practice a minimum of *2 times every day* to master energy, be free from stress, and achieve a total relaxedness. It gives the student the ability to receive cosmic energy and be invulnerable during psychic attacks.

Mastering energy, being free of stress, and all the benefits from performing the Nataraj Meditation are useful to everybody in modern life.

Astrogamma “Starlet”

In this exercise, we concentrate our attention on the energy coming through this star. As in the other practices, we change the rhythm of our breathing. The movements flow into one another fluidly and gently without any breaks. Translated, *astrogamma* means *starlet*.

Hatha – Kata

Become a protected warrior, who is gathering the energy from the earth before a new battle with the enemy. Be free from the imprisonment of miseducation. Be like an endless ocean of energy, potency, and power.

Breathing Kata

Learn to breathe smoothly, to cleanse the body and mind, to get total relaxation, and to increase your power through proper breathing.

Inner Kata

Delve into the innermost self and discover how to control the energy flow in order to be healthier, happier, more energetic, and more able to properly use your inner powers.

PART 2: SPIRITUAL AIKIDO

Aikido is a martial art form that turns opponents' attacks back on themselves. Throw a punch at an Aikido expert and that punch is likely to land in a tree — and you with it!

Spiritual Aikido is a special method of turning opponents' spiritual, emotional, and psychic attacks back on themselves. When the **Astro Aikido** practitioner is properly prepared, attacks simply bounce off and only harm the attackers.

Spiritual preparation brings peace and inner strength. This protects one from all sorts of chaotic warfare, spiritual and emotional turbulence, and psychic attacks.

AHARATA – SCHOOL OF SPIRITUAL FIGHT – SCHOOL OF SPIRITUAL STRUGGLE

Aharata means “tsar, a warrior”, or more precisely “Archer who is shooting from far away”. The Aharata method of spiritual shooting was known both in India and in China. The Karateks of Aharata spiritually fight against evil sorcerers and other evil forces in the world. The School of Aharata forms an “Egregor” (powerful association) for good.

The modern global goal of Aharata School is bringing happiness and peace, without outside cataclysms, to the planet.

THEORY OF SANSA POWER

At this point, you will likely be using Sansa Power in many ways. But, there is more of the theory of Sansa Power that you need to learn in order to use Sansa Power most efficiently and to protect yourself and your Egregor against attack.

DEFENSE AND ATTACK

Understand the basic concepts of Defense and Attack. You must master both to be an effective **Astro Aikido** warrior.

Sansa Blow

The psychic attack technique, known as Sansa blow, is a powerful emission of Egregor's energy, which goes through acharat karatek and is followed by a will-power statement, which influences the opponent's program of consciousness. A very strong Sansa blow can render an opponent unconscious or even dead. A misapplied or poorly planned Sansa blow can be turned back upon the attacker.

Sansa Defense

Surround yourself with a sphere of energy and safety. Turn your opponents' attacks back with Spiritual Aikido. Develop an Iron Shirt defense. Never have any need to fear spiritual, psychic, or emotional attacks again.

Aharata Complex (the Kata of Chakras)

The phenomena of parapsychology, manual therapy, and many other abilities of people, which shock the imagination, are based on the skill to manage the inner energy — the Sansa — which is manifested in the mental, physical, and sensual activity of everybody.

Here is described the effective methods of sensing and governing the Sansa-energy of body and space.

Kata of the Exterior

You work with concentration of energy streams into energy balls. All yogis and karateks see and feel a stream of balls, and in their thoughts imagine creating it in their consciousness. This relates to the fact that energy streams are made up of many little atoms, which are actually hollow, but resemble little balls when seen as a solid form.

Kata of Meditation

Performing the Kata of Meditation is very important. The experience of the School shows that through this Kata, new pupils can easily gain contact with the Egregor of the Aharata School, and thereby they can easily develop the realization of Sansa Energy.

PART 3: SANSA PSYCHOLOGY

Therefore to achieve any outside aim – to help people or to realize your own desires, you should begin with your inner world, you should become the master there. If there is harmony, energy and health inside, in your intellect, emotions and body, then you bring this out into the surrounding world. If you can bend your thoughts, your body and desires to your will then you can achieve great things in your life.

~Altai Chi~

THREE TYPES OF ENERGY

The 3 types of energy (Sattva = Mental; Rajas = Emotional; Tamas = Physical) correspond to the 3 basic personality types noted by modern psychologists. Understanding how the energy fields relate, and why one tends to dominate in some people and others in other people, can help you recognize other people's personality types, and adjust your own energy field appropriately. The Masters know techniques to raise Sattva, Rajas, and Tamas at will.

[Note: More information about Personality Types is available in the IndiGolden Children direction of the Golden Altai UniverSynergy Arts website: GoldenAltai.org.]

DISTRIBUTION OF ROLES IN SOCIETY

Gain a vital understanding of the roles different people play in society, how they interact with each other, and how they manage power and energy.

THE 12 ARCHETYPES OF GROUP DYNAMICS

The ancients identified 12 different personality types that tend to be present in every group situation. Learning to spot these 12 archetypes, and understanding how they affect group dynamics, provides insight into the health and structure of the group.

SANSA THEATRE – PERSONALLY EXPERIENCE EXCITING STATES OF BEING

Sansa Theatre combines the fun of acting with the more important benefits of learning about life and personally experiencing various states of being.

COMPARING THE INDIAN AND CHINESE SYSTEMS

Since much of the Astro Aikido knowledge comes from ancient cultures, and since the Indian and Chinese cultures are amongst the oldest upon the earth, and since they both have been instrumental in developing and retaining much of this ancient knowledge, it is beneficial to study the Indian and Chinese systems of ancient knowledge.

Thousands of years ago, this special knowledge was carried to the Altai Mountains of Siberia, where ***The Masters of Golden Altai*** kept it alive despite the persecutions of the Dark Ages, Mongol invasions, two World Wars, religious fanatics, and Soviet Communism.

It is interesting and informative to note the similarities and differences between the Indian, Chinese, and Siberian systems. Historically, it is important to note how and when the special knowledge was transferred from place to place. How did some of this knowledge get to Egypt, Greece, Celts and Druids of the British Isles, American Indians, Eskimos, Australian Aborigines, Samis of the Scandinavian northlands, various tribes in Africa, and other cultures around the world?

There are many more questions than answers in this field that baffles modern scientists. Maybe you will be one who finds some more of the answers.

PART 4: INCREASE POWER, STRENGTH, AND HEALTH

INTRODUCTION TO YOGA FOR HEALTH

Yoga has helped to keep people strong and healthy for centuries. Everybody can benefit from learning these health techniques and exercises.

SANSA DIET – HEALTHFUL FOODS FOR ENERGY

Some foods make your body strong. Some foods make your brain strong. Some foods make your energy field strong. Some foods aren't really foods at all — they make you weak. Learn what to eat and what to avoid, to be strong and healthy.

SHAOSHA – A RIGHT WAY OF LIVING

In order to understand the meaning of Shaosha, it will not be enough to simply follow the recommendations of proper behavior. One should also feel what is good and what is bad. It is important to experiment in order to gain necessary experiences for learning.

YIN AND YANG, FEMALE AND MALE

Everything in nature is divided into Yin and Yang. The universe is based on the cooperation of these two powers, two energies, two principles. Yin is everything that is cold, inwardly oriented, and passive. Yin is the female principle of the universe. Yang is everything that is hot, outwardly oriented, and active. Yang is the male principle of the universe. Yin and Yang are two composite and opposite forces. This unity and opposition gives the world a diverse character.

PART 5: EQUIPMENT FOR ASTRAL BATTLE

At the final stage of development, a person must come to such a state, in which he or she will obtain cosmic morals. In this state the advanced person will be able to follow easily all principal commandments, given by religions and spiritual teachers. The advanced person will not need to fulfill these commandments. It will become natural for advanced people to follow them.
~Altai Chi~

PROPER PREPARATION IS ESSENTIAL

In battle, victory is assured before the first exchange of blows by proper preparation. Superior firepower, strategy, energy, strength, equipment, and everything else, is worthless if you aren't adequately prepared for the battle.

The Masters of Golden Altai have learned the lessons of centuries of fighting spiritual, psychological, mental, emotional, and astral battles. They have developed special techniques, Katas, and rituals to prepare themselves and their students for victory.

BUILD YOUR PERSONAL EGREGOR

The more powerful the personal Egregor of an **Astro Aikido** practitioner, the more systems he or she can connect by Sansa-contact. The personal Egregor of the student grows under the supervision of Masters through right meditation and deserving acts.

ESSENTIAL KATAS AND SPECIAL RITUALS

Here are some of the Katas and Special Rituals that help one to achieve personal development.

Devacanichesky Ritual

This is a special ritual to bring healing energy to various areas of the body.

Ritual "Dharme Lakshana"

While doing this ritual, feel how you change. As much as possible, try to embody every stage of life, from the newborn, to the aged and the dead. Feel transience that occurs in our lives. Feel a keen need to comprehend the Truth during this short time.

Kata of Rage

Use the rage within to quell evils and bring peace using the **Astro Aikido** technique of turning negative forces into positive forces.

Kata of Astral Blow

Learn to throw the most powerful psychic punch on the planet!

Bhakti Kata

This practice helps to control different emotional states by dancing.

Magic Ritual “Lavaraiana”

Oh, great pupils of Truth! How many secrets and miracles reach our Universe!? This practice will open in you parapsychologic and magic abilities to comprehend the secrets of the Universe. You will fill your selves — your slim bodies — with the energy of harmony, and activity. When you get harmony existing all around the world — you will find a happy life and be successful in all affairs.

~Altai Chi~

Complex of Self-sufficiency

Self-sufficiency may be achieved in many ways. This ritual is one method, one path to improving self-sufficiency.

Coessential Kata

At this time you will be introduced to the most essential Kata. The Coessential Kata takes you through the positions of reality, helping you to understand and allowing you to feel the 12 positions for yourself.

Here are the positions of the Aharata or Coessential Kata:

- 1st position: “Detachment”
- 2nd position: “Elements”
- 3rd position: “Nature”
- 4th position: “Humanity”
- 5th position: “National”
- 6th position: “Social”
- 7th position: “Ancient Religion”
- 8th position: “Great Religions”
- 9th position: “Contemporary Ideology”
- 10th position: “Freedom Giving”
- 11th position: “Hierarchic”
- 12th position: “The Infinite”

CHAKRAS AND HOW TO WORK WITH THEM

All Chakras need to be developed in the proper unified order. It is important that your energy level rises when working with Chakras. It is evidence that your practice is proceeding along the right path.

New Chakral Aharata of Future Man

Classical ancient Indian Yoga described the 7 Chakras of a man, and this was quite correct for that time. But today, working with only 7 Chakras is not enough. A new Chakral Aharata of Future Man has begun to crystallize. It has not 5, nor 7, but 17 nerve-energy knots, which collect and generate energy. Understanding the new Chakral Aharata gives a fuller perspective, both from the viewpoint of sound health, and also to understand the development of parapsychological abilities.

Here are the 17 Chakras of Future Man:

- | | |
|------------------------------|-----------------------------|
| • 1st Chakra: Sahashraddhala | • 10th Chakra: Anahata |
| • 2nd Chakra: Sahasrara | • 11th Chakra: Akitra |
| • 3rd Chakra: Soma | • 12th Chakra: Manipura |
| • 4th Chakra: Manas | • 13th Chakra: Nabhu |
| • 5th Chakra: Ajna | • 14th Chakra: Svadhisthana |
| • 6th Chakra: Lalana | • 15th Chakra: Lingandha |
| • 7th Chakra: Selma | • 16th Chakra: Muladhara |
| • 8th Chakra: Visshudha | • 17th Chakra: Râja Maya |
| • 9th Chakra: Damara | |

PART 6: THE ART OF FIGHTING AN ASTRAL BATTLE

Astral battle of a real warrior doesn't look like a primitive exchange of energetic blows but is a great meditation of perfection and power.

~Altai Chi~

THE ABSOLUTE SPIRIT

This is a deep contemplation of The Absolute Spirit, and how it relates to **Astro Aikido**, personal freedom, and the world in general.

PYRAMID OF CASTES

Excuse us if the world isn't perfect yet! It's not our fault that injustice, evil, inequality, and prejudice are messing up our political systems and warping our world-scapes.

Here, great Masters explain ancient concepts of “good and bad”, the unanswered questions of justice, equality, and brotherhood, and teach how to put oneself, and the entire planet, on a path of morality.

DELIBERATING TO OVERCOME KARMA

Overcoming Karma is necessary to gaining control over the future, rather than being controlled by reactions of the past.

ASTRO PSYCHOLOGY

The rule of polarization is a global rule. Global energy stream, directed to Earth, disconnects and polarizes on its own multipliers. It becomes apparent in religion (legions of deities), in astrology (division into signs and homes of zodiac), and in Sansa Psychology (division into roles).

ASTRO AIKIDO

An **Astro Aikido Master** becomes a ruler of the world when he penetrates the processes of creation of the world from its origin of Absolute Nothingness. Many scientists have spoken about the living creative force of absolute nothingness, but only the *Writ of Shambala* can give us explanation. And now The Masters of Golden Altai will open this

mystery only to those who have persevered to venture this far and proven themselves worthy of great secrets of power.

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ASTRO AIKIDO BATTLE PRACTICE

Gain experience with practice in the ancient art of Astro Aikido. Experience the techniques. Increase your power. Build your Egregor. Use your Sansa energy to the fullest to accomplish great good.

PREPARE FOR THE FINAL CHALLENGE – ADVANCED TRAINING AT GOLDEN ALTAI

Before presenting yourself for the final challenge of facing the Great Masters of Golden Altai, you must be properly prepared. Study everything you have learned so far and practice your techniques until they are perfect.

This is the time to trust your teachers, and to learn to trust yourself. Now is the time to overcome any bad habits or fears that still torment you. You are on the verge of greatness. Don't let weakness, fear, doubt, or psychic attacks get in your way.

It is easier to overcome a thousand enemies one thousand times than it is to overcome yourself one time.

~Buddha~

PART 7: ADVANCED TRAINING AT GOLDEN ALTAI

The next day, the Master showed us how to throw an opponent down, or even a whole, very powerful group, just with a cry. The main secret was not in the cry itself. I had begun to be able to very clearly see the energetic rays that the Master directed out, and all of those to whom they were directed fell down very quickly.

~Astro Aikido student~

LEARN DIRECTLY FROM THE GREAT MASTERS

Ahhh —the ultimate joy! To walk the mountain paths of the awesome Golden Altai! To meditate beside the majestic magic lake! To breathe the clean fresh air of the mountain forests! To personally receive intensive training in advanced methods of Astro Aikido from the great Masters! To become a powerful Astro Aikido Master oneself! This is a joy that few are lucky, or dedicated enough to experience.

When you are ready — the Masters of Golden Altai will be waiting to share their esoteric knowledge in a very special training session at their mountain retreat of Golden Altai.

SPECIAL MEDITATIONS, KATAS, AND RITUALS

The Great Meditation of Emptiness

Practicing this meditation, adepts of the Golden Altai Academy have mastered the great phenomena of levitation, teleportation, and materialization, which you can see in our films *Occult Phenomena*, *Spiritual Healing-2*, and *Astrokarate-2*.

Complex of Chakral Positions – The Kata of Chakras

This is a Kata exercise for clearing and managing the Chakras. Without learning how to master the System of Chakras, man cannot possess strength, intellect, or sound health.

Aharata or Coessential Kata

This seemingly passive Kata is, in reality, the slow progression of a Sansa-energetic, global battle. When the **Astro Aikido Master** begins this battle, he clearly understands that he will not win unless he is able to detach himself completely from his body and be practically ready to die in his living body to guarantee victory of his aim.

Exile of Malicious Spirits

The Masters of Golden Altai will expose and exile any malicious spirits that may cause trouble. You too can learn how to free yourself and others from the harmful effects of malicious spirits.

THE ART OF INTENTION

Each person wishes to realize his or her own purpose and ideas, but only a few succeed. What is the reason for so many failures? Why can't people make their desires and ideas come true? The problem is that they don't know the mystical act by which means great magicians and great individuals have realized their designs. Some of them use this act unwittingly; others are fully aware of what they are doing.

FINALLY – THE END OF THE PATH

After a long journey, the path comes to an end. But, does it really end, or is it just the beginning of a new path? If there are many paths from which to choose, how does one decide which path to take and which paths to avoid?

In the awesome mountains of Altai, by the peaceful magic lake, you will have ample time and solitude to meditate on the important things of life. You will have the wisdom of the Masters of Golden Altai to guide you in choosing your next path.

Most importantly, you will have the strength and wisdom acquired from following the path of Astro Aikido all the way to Altai. You can go forth in confidence, knowing that you have skills, abilities, knowledge, and wisdom far surpassing most of the people on planet Earth. Moreover, you will have become an essential part of a great Egregor — an astral warrior experiencing UniverSynergy with a powerful school of astral warriors!

SPECIAL WISDOM FROM THE MASTERS OF GOLDEN ALTAI

Special Teachings are collected here at the end of the course for your convenience.

Special Wisdom may be used at any time throughout the course to illuminate your path at the discretion of your personal tutor, The Masters of Golden Altai, or your own volition. Each of these treatises spans many pages. Only a brief description is provided here.

FAREWELL TO THE WORLD

Now you are in the threshold of the School, and you are experiencing the first stage of testing. This stage is called “Farewell to the World” because at this first stage all social stereotypes will be destroyed — a destruction of the social structure that has caused so much grief, tragedy, and affliction in your life. Once all worldly dogmas have been demolished, you will see what you are in reality — a pure soul filled with Divine Light. Then you’ll understand that God is you yourself.

~Altai Chi~

THE TRINITY OF MAN – HIDDEN POWER

I will tell you what blocks the way of development of man’s hidden abilities and the development of his hidden powers.

First of all, each person should understand that he was created by Nature, Society, and God. Three powers create man: God created his Soul, Nature created his body, and Society created his individuality (personality).

~Altai Chi~

THE KNOWLEDGE OF TRUTH

The small child digests many harmful stereotypes from an early age, which are set into him by parents. Grownups teach their children to get offended, feel self-pity, and molly-coddle them so that they feel weak and difficult. They set harmful principles, which obstruct their lives and prevent them from being happy. When a person gets rid of all these harmful principles and negative emotions, when he stops feeling self-pity, learns not to be weak, and, on the contrary, tries to be strong, then he enters into another state, becomes stronger, happy, and peaceful, and no hardships in life can distract him from the way to self-perfection.

THE PRESENT IS ETERNITY

To move along the way of self-perfection you should not rely upon enthusiasm, which may be here now and gone tomorrow; the same is true with short-lived feelings. Do not listen to them, since such feelings are fickle as the wind; today they blow in one direction, tomorrow, in the opposite. If you will follow your feelings, you'll never achieve anything. If the phantom of weakness, sentimentality, or foolishness appears, then you should make the kata of fury and destroy these phantoms to continue your clear path to perfection.

SANSA-ENERGY ASTRO PSYCHOLOGY

There is a corrupted understanding about many things in our modern world, but the highest knowledge gives us solutions to these problems, and ancient wise men conveyed their ideas to us.

Now let us try to define the origin of the root of all of the evil of humanity. This evil is the so-called *lamb program* that teaches people to be meek and accepting of bad situations.

FORMING A PERSONAL EGREGOR

Many people, who surround you, influence each other with different emotional states. This lesson teaches you how to build your personal power structure, using the positive emotional states and blocking out the negative emotional states around you.

THE SPRING OF JOY PRACTICE

Feel yourself joyful and happy. Repeat mentally the following words: "Now I will always be happy and content. I won't attach the attitudes of other people to my state of joy. My happiness doesn't depend on whether I achieve anything in this life or not. I can be happy by myself. I don't need anybody's praise. I can ignore other people's opinions, because I can be happy without their attitude, be it positive or negative. I will always be happy and full of joy and energy..."

EXORCISM OF MALICIOUS SPIRITS

This technique is used to "exorcise" harmful spirits from your body, so that you will be healthier and more energetic.

DEVELOPMENT OF POWER AND ABILITIES

Many people try to open up their power and abilities. But to achieve this, a man must become his own master. He must learn to bend his own states and actions to his will. A man will be able to realize his intentions in life only when he strengthens his will.

~Altai Chi~