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## Igor Kufayev: A True Guru?

by L. Ron Gardner

I've had a number of people ask me about Igor Kufayev, a rapidly emerging spiritual teacher who twice has appeared on Buddha at the Gas Pump and who has posted 150 + Youtube.com videos. I replied in the affirmative to these people, letting them know that I thought Igor was good and interesting.

Even though I thought that Igor was good and interesting (at least as a spiritual speaker), I didn't think he had "cracked the cosmic code," because, unlike me, he doesn't integrate the consciousness process and conductivity. Thanks to his Capricorn Sun and Gemini Moon, he's an agile and loquacious communicator (as attested to by his multitude of Youtube.com videos) – but is he a fully Enlightened one? Never one to shy away from asking such direct questions, I posted the following question at one of his YouTube videos:

**L. Ron Gardner:** "Igor, have you cut the Heart-knot, meaning that you now perpetually abide in Sahaj Samadhi and radiate unbrokenly to Infinity via Amrita Nadi? Or are you still on the "path," and periodically experience the Hridayam?"

Igor's evasive, muddled response, which follows, answered my question, and told me all that I need to know about him:

**Igor Kufayev:** "Whatever I reply, L. Ron, would not convey it in its true measure, it would only approximate that which is beyond any intellectual grasp of what is paradoxically most ordinary state – Sahajsamadhi is lived and known for."

Igor has lots of knowledge – mainly gleaned from studying Kashmir Shaivism, Ramana Maharshi, and Ayurveda – so he's worth watching (even though he's longwinded and tends to ramble), but is he a true guru?

No. He's a good-looking, good-talking spiritual teacher who, thankfully, moves beyond stilted, staid Advaita Vedanta, and considers topics that few other current spiritual teachers do. And he deserves kudos for this. But Igor's answer to my question confirmed my suspicions: He's not only not fully Enlightened; he doesn't

answer questions clearly, directly, and honestly when they might impugn his spiritual status. Hence, I recommend considering him as an interesting and educational spiritual source, but not as a fully Awakened, fully integrous one.

[Note: I will now be posting articles just randomly at both this site and at [integralspirituality.com](http://integralspirituality.com). In the coming weeks, I will also begin utilizing my Facebook page as an alternative means to market my teachings, takes, and writings.]

{ 101 comments... read them below or [add one](#) }



Viennabuddha [September 7, 2014 at 2:47 pm](#)

Dear Ron, OM Teacher,

thank you so much for the straightforward manner in which you describe your Dharma and your own spiritual standing, which lets no question unanswered, which lets no doubts arise.

May you soon cut the Heart-knot and then let us generously participate in your ultimate realization!

Namaste!

VB

[Reply](#)



Lori Ann Lothian [September 29, 2014 at 4:43 pm](#)

Hi Ron:

It's probably near impossible to assess the "attainment" level of any teacher without prolonged exposure to that teacher in real life. What a teacher writes in response to a question is certainly never going to convey for instance, the magnitude of shakti radiating from that teacher, nor the impact a teacher's presence (not words even) has on students.

I say this as someone who has hosted Igor Kufayev (and his wife and two young children) in my home for 40 days this summer (I know, how archetypal). We shared a small house (two stories) and a communal dining room and kitchen, and because I work from home, my exposure to Igor was intense. I was blessed to have been saturated in his radiant presence.

What was that like?

Well, for one, the man walks his talk. He is not a different creature off stage, someone for instance who reacts and acts badly, who mistreats his family, or who basically looks unenlightened when he is not on You Tube or in front of an audience. The quality of his presence is: compassionate, calm, playful, kind and oh yes, a born story teller. Under circumstances that would upset, irritate or anger most folks, he is

steady in his equanimity.

But more than looking for an unflappable calm teacher, what makes a true guru in my view is some one who can be a vehicle for my own divinity to shine back at me more clearly and brightly than it does with most other “selves.”

A profound awakening three years ago shifted my reference point dramatically and the idea of a teacher seemed redundant for a long time. But one thing I had experience one month prior to awakening was a retreat with Gangi-gi for three days. I consider this time in her presence instrumental in my own unfoldment—she radiates a transmission field the likes of which most teachers do not and that left me in a state of grace and calm abiding for weeks after. In meditation with her, my mind was deep, still and quiet instantly. These qualities of her very presence informed my owned awakening four weeks later.

Igor Kufayev also radiates this sort of field (and has in my experience, even more shakti overflow than Ganga-gi.) In this field, I have seen students have spontaneous kundalini events and huge awakenings. Just this summer a friend of mine “popped” after meditating with Igor at a two day event. She is now in a state of blissful awareness of her true nature that seems to be abiding.

Because I am not steeped in the terminology you use in your query about Igor’s level of enlightenment, it’s quite possible that my observations and experiences are irrelevant to your question. That Igor’s answer itself is the only evidence you need to declare the quality of another being’s attainment....

But I do suggest you meet Igor in person. And then make your pronouncements from at least a platform of direct experience versus supposition.

very best,

Lori Ann

The Awakened Dreamer

<http://www.theawakeneddreamer.com>

[Reply](#)



[Lori Ann Lothian December 29, 2015 at 5:48 am](#)

For the public record, I rescind my earlier comment. After one year in close contact with Igor, I saw changes in his behaviour and attitude that in my discernment, did not at all reflect that of a person who claims to be abiding in “unity consciousness,”

In a recent public access video Q and A, someone asks about “betrayal”...Igor spends 20 minutes engaging the question at the level of the question...as if betrayal is real. He goes as far as to say “Betrayal makes a teacher stronger.”

After my falling out with Igor (and after two others left his orbit who were as close to him as I was) he wrote a facebook post mentioning it had been a time of “betrayal.”

A TRUE TEACHER would point the way beyond the illusion of betrayal...the old, Beyond

right doing and wrong doing is a field. I will meet you there (rumi).

Instead, Igor seems to operate in a world where betrayal is real and where it makes you stronger. Hmm.

[Reply](#)



pinkcloud [July 9, 2016 at 4:41 pm](#)

I have only seen this Igor guy a short time on youtube but could immediately sense his big fat ego.

The answer he gave to Ron Gardner I barely understand, but I understand that that is his goal and I'm not falling for it either. As what he's really doing is giving a smart-ass cop-out answer. Trying to sound smart with the purpose of making you feel dumb and ignorant which then feeds his ego if he succeeds in making you believe he must have superior knowledge and supposedly is experiencing enlightenment.

Basically what you have been doing all that time with him, was waste it by feeding both of your ego giving him all the accolades and making yourself believe you were his good little student acknowledging his 'holy characteristics' in the name of seeking enlightenment. I would consider it a red flag if someone feels the need to constantly praise somebody else's so called good and altruistic characteristics such as being 'kind, compassionate and calm' as you did.

It also seems to feed your own spiritual ego identifying as somebody else's student. You think you're a good, evolving student for noticing and acknowledging "good characteristics" in your "teacher" and think the 'magnitude of his shakti ' is further proof of him being enlightened.

Like how many times are people going to fall for this nonsense?

That shakti you were feeling, was just the charisma of his ego that you helped to feed with all that adoration and acknowledgement you were giving him and in return thought it was evidence of your own devotion, discernment (as you now know was not discernment at all) and overall goody-ness.

All you need to do is get real and be honest. Keep it simple and stop the spiritual fluff. If you meet someone who's truly nice, be they enlightened or not, you'll simply enjoy their presence without feeling the need to write long epistles about how 'kind', 'compassionate' and so on they are. That analyzing and elaborating on someone's 'good characteristics and powers' is a sign of both of you being disingenuous, because it comes from the mind, the spiritual ego.

And stop looking for a teacher please, this is obviously a concept derived from the ego. You will never experience what you're looking for by acting like a little student in search for a 'teacher'.



[Reply](#)



[Emma Devi September 29, 2014 at 7:54 pm](#)

Dear L. Ron Gardner,

Just to correct what you wrote with regard to who are the major influences in Igor Kufayev's unfoldment and teaching. The main influence—as has been acknowledged by Igor in many of his interviews and essays— is His Holiness Maharishi Mahesh Yogi, whom Igor Kufayev recognized as his Guru. Other major figures who have influenced Igor are Sri Aurobindo Gosh and Swami Muktananda, both names are mentioned in some of Igor's discourses, videos and wikipedia page:

[http://en.wikipedia.org/wiki/Igor\\_Kufayev](http://en.wikipedia.org/wiki/Igor_Kufayev)

Otherwise you are correct to point to Kashmir Shaivism as the main point of reference in his discourses on Tantra. However Igor has a vast knowledge of other traditions such as Christian, Sufi and Zen.

I agree with a lot you wrote, but will leave aside your assessment of Igor's level of realization, and just add that few figures in this field whose reputation is already well established have endorsed Igor as a fully accomplished and self-realized teacher. What are your credentials to make the assumptions?

In any case it would have been courteous to add Igor Kufayev's website to reference your statements further: <http://www.igorkufayev-vamadeva.com/>

Love and Light,

Emma Devi

[Reply](#)



[Lori Ann Lothian December 29, 2015 at 5:42 am](#)

The syntax and cadence of this missive by Emma sounds just like Igor...hmm

[Reply](#)



[Yv March 29, 2016 at 1:37 pm](#)

You sound highly unenlightened in your comments as far as I can discern. A tad bitchy and definitely full of the proverbial you know what.

[Reply](#)





karen miller [September 29, 2014 at 10:11 pm](#)

Dear L. Ron Gardner,

I am a student of Igor Kufayev. I feel moved to respond to your post about him — to share my own experience. While it's probably true that "It takes one to know one," and I am an aspirant on the path, still what seems telling and trustworthy to me — well, I would say "The proof is in the pudding," so to speak. I first met Igor nearly a year ago this coming November. I felt a near-immediate recognition, first from a photograph and then subsequently in two short evening gatherings where he began to present himself and his teaching. On the third meeting, a day-long workshop, I felt my heart palpably open, a life-changing event for me. In the days following, miracles of grace occurred in my life — personal, humble, daily life issues I had been struggling with for the past 35 years (since I had left the community of Adi Da). These struggles just resolved and melted away requiring no effort on my part and continuing to this moment. To add to this, the awakening of the prana/shakti, holy spirit, life force, occurred spontaneously and powerfully immediately after a three-day retreat last December. So just to share with you, I feel his "conductivity" constantly and most especially when blessed to be in his presence. I freely acknowledge my inability to assess another's degree of realization. All I know, and, thus, the "proof of the pudding" is that being in relationship to him, opening to his teaching, experiencing his loving regard for me, continues to effect heart-opening and life-affirming changes in my life.

Best regards,  
Karen Miller

[Reply](#)



pinkcloud [July 9, 2016 at 5:25 pm](#)

Hm well what placebo can't all do is what I'm thinking reading your post full of red flags.

One that stands out is:

"I feel his "conductivity" constantly and most especially when blessed to be in his presence."

You constantly feel his conductivity? Sounds more like you have an etheric cord of attachment to him. Spiritual ego's are known for it to hook into their devotee's energy field.

They suck a lot of energy from their followers and this results in a strong charisma which then bounces off again to these devotees, keeping them stuck where they get the shorter end of the stick.

Isn't it alarming that you constantly feel HIS conductivity? If his presence would have catapulted you into enlightenment, you wouldn't feel his 'conductivity' constantly anymore. You would be connected to Yourself, instead of attached to his energy. As you said, you don't feel blissful on your own, you feel it mostly in his presence.

"I freely acknowledge my inability to assess another's degree of realization."

Despite you are right about that, you should pause and ponder some more about it and learn to develop some discernment skills because he's clearly not hat you think he is.

“All I know, and, thus, the “proof of the pudding” is that being in relationship to him, opening to his teaching, experiencing his loving regard for me, continues to effect heart-opening and life-affirming changes in my life.”

The proof in the pudding is rather that you are allowing yourself to be deceived by this un-enlightened big ego considering the fact your seeming progression is completely dependent of your ATTACHMENT to him and that while you are in a state of devotion to HIM. It's all about Igor, isn't it?

[Reply](#)



paloma [September 30, 2014 at 11:00 am](#)

Say what you like about Igor, at least, unlike you, he doesn't sound like a pompous twit. Your question alone reveals you.

[Reply](#)



L. Ron Gardner [September 30, 2014 at 1:39 pm](#)

Paloma, if I were a pompous twit, I wouldn't admit that I haven't cut the Heart-knot and am a mere spiritual teacher, and not a true Guru. And I'll openly admit that I'm wrong if someone presents me with contrary evidence or a convincing argument.

I would say that my question reveals that I ask the hard questions that others don't. If you're looking for a Dale Carnegie-Mr. Rogers-type spiritual teacher, then I'm clearly the wrong guy to pay attention to.

[Reply](#)



Joca [August 6, 2016 at 8:19 pm](#)

Don't waste time with these ladies. They are on all fours for Mr. Jesus Christ Superstar, no matter what one might say about another “joker in the spiritual marketplace” as UGK put it.

[Reply](#)



pinkcloud [July 9, 2016 at 4:46 pm](#)

Haha, I think Igor sounds very much like a pompous twit. He basically oozes it.

[Reply](#)



L. Ron Gardner [September 30, 2014 at 12:36 pm](#)

Lori Ann, it's not hard to assess the "attainment" level of a spiritual teacher if you ask the right questions and know the right answers.

I think Igor's a high being and an outstanding spiritual teacher. And I absolutely resonate with (and will continue to recommend) his teachings since I'm also into Ramana Maharshi, Kashmir Shaivism, and Ayurveda. I just don't think he's fully En-Light-ened guru, a la Ramana Maharshi and Adi Da Samraj. And, of course, I'm not either.

The most intense spiritual energy that I've experienced was in a Satsang with IM Nome in 1978 — and Nome was not a Self-realized being. Even my Satsangs with Adi Da did not provide as powerful a Transmission.

[Reply](#)



L. Ron Gardner [September 30, 2014 at 1:10 pm](#)

Emma Devi, even though Igor was influenced by the Maharishi and Aurobindo, his teachings are most like genuine Kashmir Shaivism, not Muktananda's perverted brand. And this is a positive.

In my opinion, if Igor were truly Self-realized and transparent, he would also consider Adi Da Samraj's teachings, which are brilliant, and a quantum leap better than Muktananda's. But I can guess why Igor avoids a Daism consideration.

My credentials are: I've "cracked the cosmic code."

I didn't provide a link to Igor's website because I figured that people could easily find Igor's website from his videos or from Googling him.

[Reply](#)



L. Ron Gardner [September 30, 2014 at 1:24 pm](#)

Karen, obviously Igor is serving your spiritual evolution, so stick with him. From my perspective, Igor is doing positive spiritual work, and I resonate with and recommend his teachings.

Interestingly enough, even though I'm sure that Adi Da was fully Enlightened and that IM Nome was not, I felt a more powerful Transmission at a Nome Satsang than at the Da Satsangs I attended.

[Reply](#)



David [October 1, 2014 at 6:58 am](#)

I'd suggest you're making an error. It is not the status of nadis or the kundalini that determine degree of enlightenment. Very simply because they're not causal but rather are effects. While a specific energy pattern may have shown up in this or that process, the concept that there is only one way this unfolds is a vast underestimation of what is taking place and what drives it. I fully appreciate this is a common expectation, but many teachings are founded on only one or a very few peoples experiences. No matter how illumined, if they look only to one process that's all they'll know.

Various traditions themselves don't agree on what starts the process and where stages takes place energetically. And within well-developed traditions, they acknowledge the varieties of how it unfolds. Again, this points to it as an effect.

What is needed for the expression of the cosmic body drives the devatta and thus the energy. If you judge based on more base effects, you'll create barriers even to your own progress. Expectations of how it "should" arise can be the most pernicious barriers.

[Reply](#)



L.Ron Gardner [October 1, 2014 at 7:36 am](#)

David, I agree with Ramana Maharshi, Buddha, and others that the cutting of the Heart-knot is concomitant with Self-realization, permanent abidance in Sahaj Samadhi. When the Heart-knot is cut, a force-current, or pillar of Light-energy (Hridaya Shakti, or Amrita Nadi), between the Heart-center and crown radiates ceaselessly and unobstructedly, outshining all that arises.

I suggest that you read "Sri Ramana Gita" and "Sat Darshana Bhashya" for more information on this.

[Reply](#)



jaya nouni [December 9, 2014 at 9:17 pm](#)

As I am reading all the threads I am amazed by the "right and wrong" and the more subtle variations of words in between those two . What I am about to say is most likely very simplistic yet it resonates with me : A Enlightened being does not have to speak . Just being near and ones live will never be the same . One glance and the connection is permanent .There is no way back from then on. The talk is for the students and teachers entertainment . A Enlightened One does not have to remind you He or She is .

[Reply](#)



Ronan Doherty [December 18, 2014 at 2:59 pm](#)

LOL at Adi Da being a true master, the guy was the one of the biggest charlatans of the 20th Century considering himself the be all end all of gurus, guy was a narcissistic socio-path to the highest degree.

I have only come across Igor in the last week and am really enjoying his videos and resonating with his presence and words.

[Reply](#)



L. Ron Gardner [December 18, 2014 at 6:33 pm](#)

Ronan, I couldn't disagree more. Unlike Igor, Adi Da cut the Heart-knot. I've listened to most of Igor's YouTube videos. He's all about Shakti and Energy, but he doesn't demystify the Conscious-ness Process. He's a teacher (and one of the better ones out there), but not a Heart Master. When I asked him if he'd cut the Heart-knot, he became incoherent.

[Reply](#)



Ronan Doherty [December 18, 2014 at 8:40 pm](#)

Ron how do you know Adi Da cut the heart knot as you put it? Because he said so? I have met Adi Da devotees they act like entranced zombies.

That Igor has a deep devotion to Sri Aurobindo means alot to me as Aurobindo is close to my heart, whereas Adi Da puts him on a stage below himself in his stages of enlightenment theory.

[Reply](#)



L. Ron Gardner [December 18, 2014 at 10:38 pm](#)

Ronan, it is obvious to me, from all sorts of details in his talks and writings, that Da was fully spiritually Enlightened. But if someone doesn't wasn't to accept that, it doesn't matter to me. I just tell it as I see it.

Yes, Adi Da was a failure in "producing" Enlightened devotes, but so was Sri Aurobindo. And I certainly don't agree with Da's criticisms of Sri Aurobindo (see my four-star Amazon review of "The Synthesis of Yoga").

[Reply](#)



pinkcloud [July 9, 2016 at 6:03 pm](#)

I googled Adi Da and just to give my 2 cents: the guy doesn't immediately put me off like Igor does, but at the same time I find him hard to listen to as in the sense he bores me. Now some people might think it may be a sign he has no ego, because my indifference may mean he isn't triggering anything inside of me, but when you claim he cut 'the heart-knot' I think my being bored of him is rather a sign to me there is no heart energy there, because heart energy is never boring.

[Reply](#)



Ronan Doherty [December 19, 2014 at 6:12 pm](#)

“The true guru will never humiliate you, nor will he estrange you from yourself. He will constantly bring you back to the fact of your inherent perfection and encourage you to seek within. He knows you need nothing, not even him, and is never tired of reminding you. But the self-appointed guru is more concerned with himself than with his disciples.” –Sri Nisargadatta Maharaj

[Reply](#)



Lori Ann Lothian [December 29, 2015 at 5:21 am](#)

You might be surprised to find out that this quote of yours above is the very reason I left Igor as a teacher after one year....

[Reply](#)



Ronan Doherty [March 23, 2016 at 12:44 pm](#)

I am glad it served you to help in your decision.

[Reply](#)



L. Ron Gardner [December 19, 2014 at 8:11 pm](#)

Ronan, I know people who were intimate devotees of Ad Da for decades — and they have nothing but wonderful things to say about him. From my perspective, mountains have been made out of molehills regarding his “abuse” of devotees. Nobody was forced to participate in the “crazy wisdom” demonstrations. All were free to leave.

Contrast that with the fascist-Mafia U.S. Government, now privatized and owned by the non-federal Federal Reserve (the private banksters). The IRS (Infernal Rip-off Shit Fuckers), the Federal Reserve's collection agency, stole half a million dollars from me. That's what I consider real "abuse."

[Reply](#)



Ronan Doherty [December 19, 2014 at 8:37 pm](#)

[http://www.enlightened-spirituality.org/Da\\_and\\_his\\_cult.html](http://www.enlightened-spirituality.org/Da_and_his_cult.html)

You have probably taken a look at this page? Too much evidence there to be brushed off as making mountains out of molehills.

All were not so free to leave when their very sense of self worth was intimately tied up in Adi Da and his community. It is not easy to break free from that.

I also share your views on the US Government.

[Reply](#)



L. Ron Gardner [December 20, 2014 at 5:07 pm](#)

Ronan, yes, I was already aware of this Tim Conway webpage. I lived in Marin County for a number of years, and in households with Daists, even though I was never more than a "friend" of the Community for a few months. I know/knew plenty of people who left, including my ex-girlfriend.

Like I've said and have written, I consider Da to have been spiritually enlightened, but not enlightened in other ways. I could write essay after essay about Da, critiquing him and his Teaching, but hardly anybody cares. I've had my say about Da (see my four-part series "Dissing the Da Avatar" that was posted here at [electricalspirituality.com](http://www.electricalspirituality.com) a few months ago).

I'm still waiting for Da's critics to move beyond personal attacks and take on Da's Dharma. But nobody does. I take on every major Dharma, and I'm looking forward to reading and reviewing Igor's book when it becomes available... And speaking of "dirty" gurus, I've yet to hear Igor talk about the dirt surrounding TM.

[Reply](#)



silver [June 30, 2015 at 1:28 am](#)

I've just come across Igor. He seems to be getting quite a bit of attention. I read some of his essays, a lot of knowledge, and he has achieved a certain level, but there is some obfuscation re whether he has opened the heart chakra on the right. That should tell you everything.

I have done this, and can look at a photo of anyone and see if they have too. You can too, just look



without judgement.

[Reply](#)



Emma Devi [August 13, 2015 at 2:52 pm](#)

To be clear, and I've left an initial comment to the assumptions of the author which are not based on any direct experience of sitting with Igor or being in his presence. Igor does speak with crystal clarity about the movement of Prana into the heart through amrita-nadi and there are various video recordings of these talks (which I did myself), but these are not available to the general public.

I would like to add that Igor does not speak on the matters of highest realization (descend of Shakti into the Heart), in public but only in the close setting of his retreats (aka immersions) and only with the students who are ready. Igor prefers not to speak much about the states beyond God-consciousness and basic Unity as these would open up possibilities for some to make moods of these states rather than actually abiding in these states. This is very much in tune with what many other great masters did in the past. As a matter of fact what is available out there in Igor's youtube channel is only a small part of the teaching and not the main one either. This is known to all who have sat with Igor for at least one week.

So all these talks, observations and photo-guessing are just that baseless assumptions so prevalent on the internet these days.

[Reply](#)



Lori Ann Lothian [December 29, 2015 at 5:23 am](#)

This is not the wording of Emma Devi...this was written or dictated by Igor. I know them both well enough to know the cadence and syntax differences.

[Reply](#)



L. Ron Gardner [June 30, 2015 at 8:59 am](#)

Silver, I think Igor is a fine spiritual teacher, one of the better ones around — but he is not an En-Lightened guru. And I certainly lost some respect for him when he became incoherent when I asked him if he had cut the Heart-knot and abided in perpetual Sahaj Samadhi.

[Reply](#)



silver [July 1, 2015 at 5:51 am](#)

To be clear, I have opened the heart chakra on the right side and can now look at a photo of anyone and see if they have too. As I wrote, obfuscation tells you everything. I would also add that this so-called state is not what everyone thinks it is.

[Reply](#)



[KCT July 3, 2019 at 1:26 pm](#)

Ron, silver, Lori Ann, Ronan, everyone, thank you for creating this awesome page. I had watched 10 or 15 videos of Kufayev's and had entertained some fanciful ideas about the guy. It is nice to be reminded that Igor is not the absolute, just a pointer to that, with a bit of subtle ego that he hangs onto and that prevents him from being as transparent and helpful as he could be. He's a smart guy, good story teller, and easy on the eyes, but not realized in the heart as silver and Ron point out. It is great to see Google ranking this page in the top ten for a search for him. Potential "Kufayevites" need to know his limitations, because it looks like neither he nor his followers will be honest about this.

[Reply](#)



[Andreas October 16, 2015 at 1:48 am](#)

Love to all of you from Andreas.

I have read every line from top to bottom

Tomorrow is my 71 Birthday and I feel no age.

7 or 70 no different .There are so many words in there what you all write, until two Months ago I have never heard of , and English is not my first language.

The largest gift I received when I was born that when I was 7 years old to know that what ever I will do in my live I am responsible for an was given the understanding what this ment.l had no Idea what Shiva and Shakti was . I could go on here and write a whole book about my live but I make it short.Over the last 7 years I have been listening and reading books from many teachers until 2 months ago I came across Igors teachings and everything fell into place . No more explanation needed it went right to the Heart and did not need any words

I am so at Pease , have to let you all know I was always Happy , but that not the same.

I woke up on October 7 at 4 am with the words

Embodiment of the Soul

Thank you for all your writings they are all important

Love to all

Andreas

[Reply](#)



[Andreas October 16, 2015 at 12:44 pm](#)

This is Andreas again  
 Just woke up and realized that I gave you the wrong date  
 It should read September 7 not October when I experienced  
 the wonderful words  
 Embodiment of the Soul  
 With Love  
 Andreas

[Reply](#)



Andreas [June 10, 2016 at 9:18 pm](#)

Just came back from Salt Spring Island which was supposed to be a 7 day retreat with Igor, I left in the morning after the 2nd night, I came there with my Heart full of love and hoped to experience something great. Great it was but not what I expected. Was told that the love I feel for myself and everyone around me is superficial and I am in denial to experience real love. I was glad that my sister Inlaw was with me so what I experienced she did also and we were both in agreement to leave.

Do not want to go into detail to write about it, if you are interested you can get in touch with me via email

[sapon1@telus.net](mailto:sapon1@telus.net)

[Reply](#)



Kritika Devi [November 6, 2015 at 1:54 am](#)

I just found this blog, and wow, it seems like kinda a silly conversation. Maybe I am too late and my response won't be seen.

I just recently found Vamadeva's web stuff and have never met him in person, so I don't really know, having not been in his physical presence which usually shows the truth, if the truth is not shown in the eyes in photographs. (At least for me.) So, this is not at all a defense of Vamadeva.

If Igor's teaching helps even one person, what would be any concern? Why would there have to be a "decision" if he is "enlightened" (your word) or not?

My questions are: What are the criteria regarding a human who is Realized? Who is the judge and jury to decide that? Why does it matter? And to whom does it matter?

I also don't know what "cutting the heart knot" means. Please explain.

Just for background, I had Kundalini spontaneously awaken (quite powerfully) in 2009. I was not a seeker in this life. So I am learning...

KD

[Reply](#)



Kritika Devi [November 6, 2015 at 1:58 am](#)

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Just for background, I had Kundalini spontaneously awaken (quite powerfully) in 2009. I was not a seeker in this life. So I am learning...

KD

And, who is "enlightened?"

[Reply](#)



L. Ron Gardner [November 6, 2015 at 9:47 am](#)

Kritika, the criteria for Self-realization, or full En-Light-enment, is cutting the Heart-knot, which enables the yogi to abide in Sahaj (or natural, effortless, perpetual) Samadhi, which is the same State (or non-state) as Nirvana.

I doubt that Igor is Self-realized, and I cannot identify any other living spiritual teacher that I think is Self-realized.

Although I think that Igor is one of the better contemporary spiritual teachers, he was vague and nebulous and less than straightforward when I asked him if he had cut the Heart-knot and abided in perpetual Sahaj Samadhi.

[Reply](#)



Kritika Devi [November 6, 2015 at 8:49 pm](#)

Thank you, L. Ron.

I have never heard the term “cut the heart-knot.” Curious where that comes from. Sounds as though that is an action, perhaps of ego?

I find Igor’s answer to your question to be absolutely clear. Samadhi, or, turiya or turiyatita is ineffable.

How would one possibly live a householder life if one were in perpetual Samadhi? In looking at my own “experiences” with Samadhi, I find it difficult to interact in the physical life whilst in that “state.”

I know of several living people whom I would consider to be Self-realized. But who am I to judge? And why would there be judging that?

Namaskar.

[Reply](#)



Kritika Devi [November 6, 2015 at 9:25 pm](#)

I am also reminded of Irina Tweedie’s description of her guru in Samadhi, in her book “Daughter of Fire.”

[Reply](#)



dinesh [November 29, 2015 at 12:10 am](#)

The fantasy around Igor is getting exposed and the angry followers who jump on whistleblowers are getting outed.

Lori Ann Lothian who posted in defense of Igor has posted against him on her blog. Igor’s wife Emma Devi has reacted angrily with potty mouth speak. No yogic equanimity there.

Igor reeks of ego and his followers comprise of people who want belief and not reality. I met some real sharks among them, grifters who float around such communities only to take the money of naive members.

<http://theawakeneddreamer.com/2015/11/26/why-i-will-never-be-on-buddha-at-the-gas-pump-other-full-moon-musings/>

[Reply](#)



Lori Ann Lothian [December 29, 2015 at 5:36 am](#)

Yes, it got quite nasty. And my post was not an expose nor a discrediting of Igor. It was rather my own process of self revelation about the need for a teacher.

The over reaction of Emma, Igor and the sangha was a huge surprise to me.

Lori Ann

[Reply](#)



L. Ron Gardner [November 29, 2015 at 5:40 pm](#)

Kritika Devi, if you read Sri Ramana Maharshi's "Sri Ramana Gita" and PaulMuller-Ortega's "The Triadic Hear of Siva," you will learn that the severing of the Heart-knot is coincident with attaining Moksha.

Dinesh, thank you for your comment. I'll post it at mt Facebook group: Meditation-Consciousness-Spirituality.

[Reply](#)



Freya [November 30, 2015 at 5:21 pm](#)

Reading all comments left me with bad taste in my mouth. The taste of knowledge perfumed spiritual egos. Labeling enlightenment, states, gurus. There is nothing to know or comment. You are either alive before death or not.

[Reply](#)



L. Ron Gardner [December 1, 2015 at 12:09 am](#)

Freya, it's called discrimination.

[Reply](#)



ecstatik tantrik [December 5, 2015 at 1:48 am](#)

I worked for Igor for over one year helping with design and promotion. I never received a penny and paid out of my own pocket. Igor's wife Emma Devi stole my dance concepts. I am grateful for the lessons but he taught me nothing that I did not know.

[Reply](#)



[Lori Ann Lothian](#) [December 29, 2015 at 5:39 am](#)

I did not know she stole your dance concepts? I do know that you were treated so poorly before you left, with the cut off, the public shaming and the over reaction by Igor to your blog post about your own process, that your mistreatment was the spark that light the tinder dry doubts I had collected along the way into a bonfire of clarity.

[Reply](#)



[Tam Mago](#) [January 23, 2016 at 4:13 pm](#)

That's because it's a nonsense claim. If anything it is the other way around. Lea Moon misappropriated the content and inspiration of Emma and others. Lea can hardly move herself whereas Emma is an accomplished dancer.

[Reply](#)



[Reggie](#) [January 8, 2016 at 4:15 pm](#)

Having read some of the comments, all I see is a play of ego. More mileage on the “i, me, mine” treadmill.

While this is ok, and very human, I think it is really missing the point about self-realization.

Picking sides, falling out of favour, assessing levels of enlightenment is all fine and entertaining yet at the same time is quite irrelevant. You need to deeply observe your compulsion to “be right”. What is your motivation? is it entertainment? a bit of “I’m smarter than you” ego gratification?

Secondly, in using a question as a means to understand whether another is abiding in a state of no-self, is quite silly to me. It's silly because you are using words and concepts (i.e. mind) to retrieve words and concepts from the respondent, and are assuming that your interpretation of the words are a definitive indicator of one's state. We all know awareness / consciousness is prior to mind, prior to words, prior to positionalities. What do you expect to hear? and how could you think you'd be sure that if you heard what you are looking to hear, it is legitimately reflecting the state of the respondent? Can't it just be a case of parroting the right words? Ahh, there it is...more mind games.

– As another teacher said, “be still and know that I am God”, and there is nothing else to do and nothing else to say. “Be at peace, it is I” and rest in it. Just rest in it.

Igor as with other ‘teachers’ has something to contribute...take it or leave it, but don't purport to have a definitive eye to determine who is more of a guru than others, like you are comparing football players to see who's better.

This style of probing another is only valuable if what is bring probed is mind stuff, concepts or retained



knowledge. A mechanic asking a mechanic what he knows about repairing brakes, a doctor asking another about diagnosing ailments.

Sitting in silence for hours with no thought formations cannot be described, only experienced by awareness through awareness. You will know when you have opened that door, and you will know when a teacher who radiates love, gentleness and compassion can assist with deepening it. Nisargadatta said, you yourself are the ultimate guru. Go deeply into your self and stop looking for somebody to attach to.

[Reply](#)



Andreas [July 9, 2016 at 12:59 am](#)

I love your response, thank you so much  
 If my vocabulary would be as good as yours, this how I would like to respond  
 I did meet Igor on Salt Spring Island on month ago, every one takes something with them from where ever they go, so did I. I was not ready for some of his teachings and left early, but this was my decision , and it gave me great strength to be able to stay with my beliefs.  
 I was born with a heart wide open for love, the problem is that others think this is not possible and they like to tell you to become enlightened you have to go through different stages  
 This feeling of love and being in the now can not be explained  
 You have to feel it yourself  
 With love from the Heart  
 Andreas

[Reply](#)



L. Ron Gardner [January 24, 2016 at 8:51 am](#)

Reggie, frankly speaking, I'm not overly impressed with Nisargadatta's teachings, and I don't believe he cut the Heart-knot and was fully En-Light-ened. Anyone can say just empty your mind and be still, but as I make clear in my writings, that's not the whole En-Light-enment formula.

[Reply](#)



Hep [March 4, 2016 at 10:46 pm](#)

One of the easiest litmus tests that show that someone is NOT a guru is "proclaiming oneself to be a guru". You do not have to take my word for it, as this principle has been ratified by many of the most universally respected teachers. For example, Lao Tzu said "Those who say they know, don't know, and those who say they don't know, know."

Igor's unwillingness to claim a spiritual accomplishment for himself is thus a positive.

BTW, this is one of many reasons why Adi Da was clearly a charlatan.

[Reply](#)



Hep [March 5, 2016 at 1:44 am](#)

FYI, Ramana said:

“Again,

people read in the books, “hearing, reflection and one-pointedness are necessary”. They think that they must pass through savikalpa samadhi and nirvikalpa samadhi before attaining Realisation.

Hence all these questions. Why should they wander in that maze? What do they gain at the end? It is only cessation of the trouble of seeking. They find that the Self is eternal and self-evident. Why should they not get that repose even this moment?

A simple man, not learned, is satisfied with japa or worship. A Jnani is of course satisfied. The whole trouble is for the book-worms.

Well, well. They will also get on.”

[Reply](#)



Yve [March 29, 2016 at 1:40 pm](#)

What a load of nonsense. Anyone who starts a sentence with ‘unlike me’ says it all. Dear. Dear. Dear. Give me strength!

[Reply](#)



anthony [March 29, 2016 at 8:01 pm](#)

I came to this page as a truth seeker of advancing years as I’m investigating Igor, like one should “,test the spirits” , I only saw him a few days ago on Buddha at the gas pump ,both interviews.

Initially I was impressed with his knowledge, now I feel rather too much knowledge,I mean, do you have to know all this rather technical stuff to be Realised? he seems to get rather complicated and I failed to understand what he was saying some times,Rick Archer also had the same problem.

To me its just mind or book knowledge, which can lead one to a spiritual egoic personality,the real awakening is beyond the intellect,one cannot speak of it.

I believe the silence of the soul is all truth and it cannot be described but it can be known.

I decided to look at another of Igors videos,the one from SANDS,he came across as rather superior ,lecturing,rather than sharing,and at one point became rather emotional,putting on an act,a theatrical performance,I felt very uncomfortable.

Thats a far as I’ve got,I may go back and have another look at Igor, as its early days,but first impressions.....? at the very least he’s very knowledgeable .

And as a practitioner of TM I am sympathetic to Igor mentioning about Maharishi ,he knew what he talking about in simple terms. and TM does work ,I have regular Samadhis of varying degrees with it, done it for nearly 40 years but not Siddhis.

I am devotee of Sathya Sai Baba the Avatar, his standards and Godly powers were of the highest quality of love,truth and integrity, consequently I have very high expectations from these YT gurus,which are more than abundant these days.

I haven't found one that comes anywhere near Sai Baba,but I wont, as he was an Avatar born like that,a simple village boy,with all this power and knowledge and the capacity to inspire to change people with just a glance.

Sai Baba had some simple marvelous sayings that really get to the point,I remember he said to someone,"Too much information,not enough transformation" humm.

[Reply](#)



L. Ron Gardner [March 30, 2016 at 9:37 pm](#)

Anthony, what is your response to all of the sexual abuse charges that were leveled against Sai Baba when he was alive?

[Reply](#)



anthony [March 31, 2016 at 11:18 am](#)

I thought I might get this !,I dont believe them,no charges were brought against Sai Baba by the police or privately,similar charges were brought against Jesus ,where there is Light there is darkness,its strange how some prefer the darkness.....

The accusations were from former close devotees of dubious character who had not followed Sai's teachings,he knows everything, he consequently, in hard love, banned them from close proximity to him ,even the Ashram,and they made up these terrible stories in revenge,just as the Temple priests did against Jesus.

I have studied Sai Baba since 1987,starting with just hearing his name, I had a profound raising of consciousness,i.e.joy,peace and love,it was accompanied by a vision ,at the time I was not interested in spiritual matters as I was involved in supporting my family,you could say I went off the rails!earning money, although I had been very involved in spirituality before that,but lost interest,I could not find a path suitable for me.

Sai brought me back.

I had had similar uplifting experiences starting from aged 8 years,the first one was the most powerful, I was shown I was pure consciousness,of course at that young age, I had no idea what it was,it took over 60 years for me to understand the experience.

The fact that I had this other amazing experience in 1987 proves that Sai Baba is Omnipresent, i just knew he was someone of great power, he says he lives in our hearts (as pure Consciousness). He lived for his devotees,even for those who do not know of him or defame him,not only did he have Godly powers far beyond the materializations which everyone gets too excited about, he made tremendous social change in India,building beautiful state of the art hospitals,temples of

healing actually, free treatment for major surgery and traumas ,free University's to PHD level,free collages,and schools ,a vast water project for thousands of villages,it goes on and on. Hi teachings are simple,based on the FIVE human values, of Truth,Righteousness, Peace, Love and Non violence.He emphasised selfless Service to others as paramount to one spiritual life. I am conscious of his daily guidance even though he left the body a few years ago.

He is returning as Prema Sai Baba in a few years,to continue his mission.

Previous to Sathya Sai, his first incarnation was as Shirdi Sai Baba a famous Indian saint,also with godly powers.

Sathya Sai was the most important holy person ever to visit the earth and simply was not capable of sinking to the lowly levels of a pervert.

The dirt is in the minds of those who believe these stories.

He taught that we are as Divine as him (being an Avatar) except that we dont know it.

He attracted millions to his teachings,2 million people use to go on his birthday,each one had there own story to tell.

He had followers from all walks of life from Presidents to to the street cleaner,all are of equal importance to Swami, as we call him.

There are over a hundred books on devotees experiences, many videos, one can purchase(and the negative ones) on YT, no other spiritual teacher has had so much impact.It is not a cult either,one does not have to join the "club" or pay fees.

I find it impossible to get deeply involved with all these Non duality teachers,although what some of them have to say is very interesting ,none of them mention the five human values or selfless service which is the simplest way to Self realisation for the common man or woman. You needn't fill your head with volumes of teachings or contort your body in meditation for hours on end to know God.

And you cant just declare on hearing these non dual teachings,that one has become Self Realised ,that is pure imagination,ego based.

One has to work hard for God hood ,to keep ones ego under control is the most difficult thing, Shiva shows us the importance of this as Nataraj with one foot on the Asura ,the egoic personality,the darkness of ignorance.

Those that say Sai Baba was involved in sexual misconduct are pitifully ignorant,they should instead study Sathya Sai Babas marvelous life,he said "My life is my message" I would encourage all those who are interested in Truth to study his life before making accusations. He was not called Sathya (truth) for nothing.

[Reply](#)



pinkcloud [July 9, 2016 at 6:32 pm](#)

There is a documentary on youtube about this: <https://www.youtube.com/watch?v=Kaww2Kp2yA4>

I believe the accusations. There is also a devotee in the docu who claims to experience spiritual benefits from him like you have, but at the same time believes those accusations but it didn't stop him from acknowledging the positives in his spiritual experiences because of Sai Baba.

I think Sai Baba is the proof that you can do all sorts of spiritual tricks, be enlightened on a certain level and still be a pedophile with a humongous ego.

[Reply](#)



Andreas [June 11, 2016 at 6:46 pm](#)

An update from Andreas

On one of my earlier postings on this site I like to make a follow up comment

After listening to Rick Archer Buda at the gas pump interviewing Igor I was so impressed that I wanted to meet him . I live in the Vancouver area so the opportunity came when I found out he is coming to Salt Spring Island for a 7 day immersion. This place is only one hour and a half ferry ride from where I live. I did sign up for my sister Inlaw and myself. It started May 31 ,had a wonderful dinner and my first live evening with Igor. I want to let you know that I went there with a fully open mind and the knowing that my inner guide and my open heart will keep me safe.

I am not completely new in meditation as I did go to the Chopra Center in January for one week and met Deepak, this was a great experience and I was ready for an other one.I was very open in my mind that this my be a different kind of meditation, and so it was.

Accepting everything as it was but not feeling comfortable with it , I did go to the event organizer to tell him about. Was told to talk to Igor, which I did and He told me to give it a chance and I am just in denial. The happiness I am feeling is just on the surface and I have to go deeper.

Want to let you all know that this happiness for myself and all the people around me has been with me all my life, which has been and still is very eventful and existing .I did stay for two more meditation , one morning and one evening.I did try very hard to see if there is anything there that would be uplifting for me. There was nothing there ,except feelings of pain from other people, and how could I help them .It has been my life's journey and blessings to feel love and enjoyment when I can help others.I did try to explain this to Igor but was told again that al this is just a facade and I am in denial. Told him that this was his opinion not mine, he seemed very ignorant and had no compassion for my feelings.He as me why did I come. I told him that I wanted to meet him. His reply,I am not a celebrity and why spending all this money and now want to leave.Than he left for a while and I was sitting with some of his regular followers, they all where trying to convince me to stay

In short, I did not and left the following morning, on the way out one of his followers came up to me and told me "you are 71 years old and my be have 4 to 5 more years to live and this was my chance " I just said Thank you and walked away

As for my conclusion, I am so grateful for this experience and would not wanted to have missed it Everyone in this world is here for us to learn from each other and I hope Igor reads this post and I am sure he will get something out for himself from this

Love you all

Be happy with an open Heart

[Reply](#)



pinkcloud [July 9, 2016 at 6:47 pm](#)

I'm afraid you are mistaken your pathological naivety for having 'an open heart'.

Igor had a point here: why DID you spend all that money to leave earlier?

You make no sense really and are contradicting yourself as you say:

“this happiness for myself and all the people around me has been with me all my life, which has been and still is very eventful and existing .

..

“I did try very hard to see if there is anything there that would be uplifting for me. ”

LOL so you supposedly feel happiness all the time, yet you were at the same time looking for something that would uplift you, but you didn't find it and that's why you left. Boy, can you be even more disingenuous?

Seems like an epidemic amongst new agers.

Even though you had the right to leave whenever you want to, you're in denial about the reasons why.

[Reply](#)



James [July 23, 2016 at 7:33 pm](#)

I hate to say it, because Igor is such an intelligent and well-read guy, but I don't believe he is a true guru. He avoids answering certain questions directly, and has a way of turning things around on people who may ask him questions which point out contradictions in things he's said in the past.

I'd say if it's book knowledge you're looking for, he definitely has it – but if you need a Guru, he's not it.

[Reply](#)



Hep [September 15, 2016 at 11:57 pm](#)

I finally was able to investigate the concept that this so-called “Heart Knot” cutting was advocated by Ramana Maharshi.

On David Godman's web site, he has a page where he describes the validity of various books purporting to be Ramana's teachings. FYI, the gold standard is Ulladu Narpadu (Forty Verses), which was written directly by Ramana when his foremost disciple asked him to teach us the nature of the reality and the means by which we can attain it.

Godman talks about various somewhat reliable books and then goes on to state: “Sri Ramana Gita, which was also published during Bhagavan [Ramana Maharshi]'s lifetime, is more problematic.

Around 1980 Sadhu Om interviewed Sadhu Natanananda about various events that had taken place during Bhagavan's lifetime and the conversation was recorded on an audio tape. Sadhu Natanananda said during the interview that shortly after he had arrived at Ramanasramam he had asked Bhagavan about the contents of Sri Ramana Gita because he didn't read Sanskrit himself. Bhagavan told him that he didn't need to read the text.

Then Bhagavan told him, 'They came to me, not to get knowledge of my teachings, but to convert me to their own. They tried to get me to agree with them, but I refused. Even though I wouldn't say what they wanted me to say, they went ahead and published the book. This is a bit like a high-wire circus artist who falls off the wire, does a somersault on the way down to the safety net, and then pretends that falling off was all part of the act.'

This is harsh criticism indeed"

In actuality, Ramana Maharshi's practice instructions are quite simple. Put your attention on your "I", your source of awareness, without giving any attention to either thoughts or sense perceptions. That is it, period. He said that eventually, if you did that consistently enough, the Self would terminate the ego. He sometimes called the ego "the knot between the Self and the physical body". He also sometimes called the place where the Self can be found "the Center" but the Tamil word is also translated as heart. In response to misunderstandings, Ramana specifically said that the Center is not in the body, and is not a place.

Ramana specifically was pestered about the Nadis on more than one occasion, and he specifically said the same thing as David said above. For example:

"Q: How to churn up the nadis [psychic nerves] so that the kundalini may go up the sushumna?

Ramana: Though the yogi may have his methods of breath control for this object, the jnani's method is only that of enquiry.

When by this method the mind is merged in the Self, the sakti or kundalini, which is not apart from the Self, rises automatically.

The yogis attach the highest importance to sending the kundalini up to the sahasrara, the brain centre or the thousandpetalled lotus. They point out the scriptural statement that the life-current enters the body through the fontanelle and argue that, viyoga [separation] having come about that way, yoga [union] must also be effected in the reverse way.

Therefore, they say, we must by yoga practice gather up the pranas and enter the fontanelle for the consummation of yoga. The jnanis on the other hand point out that the yogi assumes the existence of the body and its separateness from the Self. Only if this standpoint of separateness is adopted can the yogi advise effort for reunion by the practice of yoga.

In fact the body is in the mind which has the brain for its seat. That the brain functions by light borrowed from another source is admitted by the yogis themselves in their fontanelle theory. The jnani further argues: if the light is borrowed it must come from its native source. Go to the source direct and do not depend on borrowed resources. That source is the Heart, the Self.

The Self does not come from anywhere else and enter the body through the crown of the head.

It is as it is, ever sparkling, ever steady, unmoving and unchanging. The individual confines himself to the limits of the changeful body or of the mind which derives its existence from the unchanging Self.

All that is necessary is to give up this mistaken identity, and that done, the ever-shining Self will be seen to be the single non-dual reality."



[Reply](#)



Hep [September 16, 2016 at 1:42 am](#)

I just found this, which continues the previous comment. The Ramana Maharshi journal, The Mountain Path, October 1983 issue, p. 250 had the following first-hand account from Suri Nagamma (“sastras” means ancient scriptures, which Ramana frequently pointed out often had conflicting information):

In 1943, a pandit who came to the Ashram went on talking to Bhagavan [Ramana Maharshi] for a full four days about the amrita nadi and its significance. Bhagavan was nodding His head saying that the nadi would act like this and like that. Having heard their discussions, I felt aggrieved that I had had no experience of any such nadi. After the visitor had left, I met Bhagavan while He was returning from the gosala side and said, “You have been discussing at length the amrita nadi”, but before I could finish the sentence He said with some impatience, “Why do you worry about all that?” I ventured to say, “You have been discussing it for the last four days and so I thought I could know something about it from you”. Bhagavan replied, “You thought so, did you? He was asking something based on the sastras and I replied to him accordingly. Why should you worry about it? All that you should do is to follow the enquiry ‘Who am I?’” So saying, He walked away.

Two days after that when someone in the hall raised the topic regarding amrita nadi Bhagavan coolly said, “Yes, that is an idea”. Surprised at it, I asked, “Is the amrita nadi an idea only?” “Yes. What else is it but an idea? Is not the body itself an idea?” Saying this, Bhagavan looked at me with compassion.

[Reply](#)



L. Ron Gardner [September 16, 2016 at 8:40 am](#)

Hep, there is no end to reductionism. These people don’t experience the reality of the Heart-center and Atma Nadi, so they try to discredit the esoteric teachings on the subject. The Mundaka Upanishad states that the Heart-knot (Hridaya-Granthi) must be loosened in or to achieve salvation.

[Reply](#)



Satya [September 30, 2016 at 11:07 pm](#)

Below is the response to the repeated posts on this thread by Andreas from one of the people he mentions in regards to his short time he spent with Igor at the retreat in Canada this summer.

Dear Andreas,

I am happy to respond to you here as I was one of the people at the retreat with Igor in Canada you mention in your comment. I can attest, and I know you will agree, that your presence at the retreat was always welcomed and you were always heard and taken care of. Your observation of the kriyas and how startled you were by the vast and unexpected array of the expressions of the divine were brought

to the Teacher's attention immediately. To you it all seemed very intense, you perceived that people were going through rather painful experiences and you continued to insist on YOUR idea of what you were seeing, despite the fact that those same people were repeatedly sharing with you their OWN experiences and explaining to you that it was different from what you were perceiving and despite the Teacher addressing to you the fact that you are NOT seeing the truth of what is actually taking place. You continued to claim that it was painful to see others in pain, although NOONE, and I assure you, NOONE there was experiencing what you perceived them to go through. You see, it is difficult to step outside of our known reality, almost impossible, and the paradox of our existence is that it is precisely that what is required for us to realize our own Self. That is why, through eons of time, it is the Enlightened ones along the way, the ones who went ahead of the curve, so to speak, on this journey, that can assist us in that process of lifting the veil and wiping our windows of perception clean. You, unfortunately, in your pursuit of feeling good and the projection of that desire onto this retreat, missed this point completely. You stated in your comments quite clearly that you had certain expectations, I am quoting you below:

... "I came there with my Heart full of love and hoped to experience something great. Great it was but not what I expected"...

..."I did try very hard to see if there is anything there that would be uplifting for me. There was nothing there, except feelings of pain from other people, and how could I help them"...

Let me be clear here: this is not a retreat for people to "be uplifted". Not in a sense of a modern western spirituality, where people come together to hold hands, sing kumbaya and feel good about themselves. If you wanted that – you should have looked somewhere else. There is a particular kind of people who come to Igor's work and to his retreats. Those are the ones that have already graduated from the preschool of societal norms, who have quite a mileage under their feet of being a meditator and a Seeker, whose heart has been broken over and over again by loss, pain, bliss and is bleeding with the deep longing for Truth, who have been already disillusioned by much of what today's spiritual propaganda has to offer, the orphans of sorts, not fitting in any particular dogma and have seen themselves and their own confusions and repeated the vicious cycle of their own blindness and are screaming – enough! Those, and only those, burning in the Fire of their own Awakening, understanding the immediacy of the requirement to have a Teacher at this particular point of their evolution and what that relationship actually entails, the divinity, the sacredness and the true blessing of it – only those, when they finally arrive to Igor, find the solace and home. And then the real work begins and the real Path unfolds from there. And I repeat – the path only BEGINS then.

I am deeply sorry you have misunderstood the nature of this work. This is not a place for therapy. You have shared with everyone that your wife has recently passed, my deepest condolences to you. I am glad you feel so much love towards others, despite your loss and is happy to share it. Unfortunately, the retreat you have entered was not designed to provide a place for pacifying your sense of loss – it could have been a side product of the actual work there, if you chose to actually open up to it. The retreat is a safe and supported place to dive deeper into the nature of your own Self and a place to allow the Divinity within you to unfold in ALL of its terrifying beauty. It takes a certain level of awareness, bravery, openness, commitment to our own evolution and even despair, mind you, to go there, to dive into the newness of the discovery of the fullness of expressions of the Divinity within – it is the despair that A. Tarkovsky talks about in his classic "Stalker", where those entering the "zone" lost even the LAST hope. Well, you chose not to go there as you claimed you were already happy and I understand that and honor your path. But please refrain from spreading your misinterpretation of what has actually happened there at the retreat – there really is no need for your confusion to be shared and perpetuated.

Blessings on your path.  
Satya.

[Reply](#)



Yogananda Menzel [October 7, 2016 at 8:46 pm](#)

Hi Ron,

I actually found Igor Kufayev through this blog post, and became his student shortly after that. Thank you so much for serving as the bridge to that meeting! He is an amazing being, and I'm glad that you resonate with and recommend his teachings.

Reading your exchange, it seems likely to me that Igor was simply encouraging you to drop what he judged to be your overly conceptualized understanding of the awakening process, since at a certain stage such conceptualization can be a big obstacle to self-realization. Igor is a consummate teacher, and is more interested in guiding people on the path than he is in defending his status as a realizer.

Best to you, Ron,

Yogananda

PS: I love your Amazon reviews — please keep them up!

[Reply](#)



L. Ron Gardner [October 7, 2016 at 10:42 pm](#)

Hi Yogananda,

If conceptualization were such a big obstacle to Self-realization, Abhinavagupta and Longchen Rabjam would not have been spiritual masters. Again, I don't think Igor is Self-realized. But at least he's interesting and esoteric, and that alone puts him well ahead of most of the current spiritual teachers.

[Reply](#)



karen miller [October 8, 2016 at 3:24 am](#)

Hi Ron,

Regarding your question to Igor, (way back there in 2014) as to whether he “has cut the heart knot” and his, to quote you, “muddled answer,” I belatedly offer this:

“Abiding in a state of spontaneous absorption transcends the boundaries of any given truth based on intellectual grasp of ultimate reality...” Igor Kufayev~Vamadeva

Something as ineffable as living stably in Unity (“spontaneous absorption) may well come off as “muddled.” Words fail.

And just to add, I offered my own “testimonial” back there in 2014 to which you kindly and affirmatively responded. And, yes, I took your advice. I did and am “sticking with him” and simply love him and continue to experience that this relationship enriches my life!

Best regards to you,  
Karen Miller

[Reply](#)



L. Ron Gardner [October 8, 2016 at 8:12 pm](#)

Karen, good for you.

[Reply](#)



Thomá-Datta [October 9, 2016 at 12:46 pm](#)

dear all,

I wish to add a perspective to this thread that has not been touched upon yet.

Sooner or later, a proper guru is supposed to create the conditions for the student to dissolve the inner enemies that stand in the way of realizing the Self. We all know what the usual suspects are : self-righteousness, attachment, vanity, jealousy, chasing spiritual experiences, ... etc.

Ronan Doherty wrote in this thread : “The true guru will never humiliate you, nor will he estrange you from yourself”.

Indeed the true guru will never estrange you from your higher Self, however, it is a central job for the guru to estrange you from the ego, which is a complex knot of tendencies held together by the illusion of control and the need for psychological survival. That construct needs to be untangled or – if need be – broken down by the teacher. This work typically only starts after commitment from the side of the student towards the teacher and the teaching. There are many ways that the teacher goes about this work, and without a fundamental trust and enough courage on the side of the student, the student’s egoic dislike and/or fear, will keep the student from allowing the fire to do its work.

A student who first writes down flowery and supportive words about the teacher based on extensive personal experience, and one year later flips to public disrespectful & self-righteous comments as soon as the teacher starts to call out the inner enemies to the light of awareness, is fooling him/herself and stalling the REAL work.

I very much appreciated the substantial comment by Satya, as it conveys very well the nature of the work at the immersions of Igor Kufayev – Vamadeva. If there is no deep commitment to the Self, letting go of how one would LIKE to walk the path, then another teacher with a more ego-pampering approach is probably the preferred option or all involved.

This thread of comments is actually an excellent filter towards working with Igor Kufayev. Those who want to verify for themselves my personal experience of this teacher as a powerful guru in the traditional sense, who abides in unconditional Love and will not buy into endlessly creative twists of egoic identity, will find his willingness to transmit Life force and his skillful, integral guidance as to aid the seeker's or student's awakening. The rest is up to the student. Those who already start to wobble based on a few resentful comments, can continue the play of maya on the outside of Igor's forming community.

Thank You Ron and all others. All is good.

[Reply](#)



karen miller [October 11, 2016 at 5:28 am](#)

Wise, understanding, compassionate and beautifully written letter! Thank you, Thoma-Datta! I can only add a sincere and loud Amen!

[Reply](#)



Astraea [October 13, 2016 at 8:26 pm](#)

Why is Igor Kufayev no longer welcome to present at SAND (Science and non-duality) conference. Apparently has something to do with his telling other presenters they are not enlightened (but he is). I notice that all those above defending Igor are all his followers ...

[Reply](#)



L. Ron Gardner [October 14, 2016 at 7:41 am](#)

Astraea, I Googled the subject, and found nothing about Igor no longer being welcome at SAND conferences. Can you provide us with more information and/or links?

[Reply](#)



Astraea [October 15, 2016 at 11:29 pm](#)

The group does not advertise this. Speakers for 2016:

<https://www.scienceandnonduality.com/speakers-category/speakers-sand16-us/>

[Reply](#)



Daryananda Schneidman [October 15, 2016 at 4:44 pm](#)

Dear Ron,

I appreciate your interest in investigating the validity of information posted on your blog. As Igor's personal assistant, I will be happy to set the record straight about Igor's status as a presenter with the Science and Nonduality (SAND) Conference.

On Igor's behalf, earlier this year I wrote to Lisa Breschi, the organizer of the SAND Conference, to decline their invitation for him to present at this year's conferences. In this letter, I explained that in addition to his busy teaching schedule, Igor has committed to a large long-term media project which demands a great deal of his time and will likely require him to travel and be on-site for extended periods. Thus, he wished to decline participating, in order to avoid inconveniencing the organizers by having to cancel at a later date.

For your interest, I am including the most recent invitation extended to Igor by SAND:

Dear Igor,

It sounds like you have many exciting projects happening this year. If it works for you to join us again at SAND this fall, Oct. 20-23, please let us know. We would love to have you with us. This year's theme is "On the Edge of the Unknown".

Warmly,  
Lisa

So, thank you Ron, for allowing me to set the record straight, and to prevent the spread of pointless rumors.

[Reply](#)



Daryananda Schneidman [October 17, 2016 at 8:06 pm](#)

Dear Ron, I am wondering why you have not published my response to this blog which I submitted on October 15...? I am submitting it again here, as perhaps you did not receive it properly. Thank you!

Dear Ron,

I appreciate your interest in investigating the validity of information posted on your blog. As Igor's personal assistant, I will be happy to set the record straight about Igor's status as a presenter with the Science and Nonduality (SAND) Conference.

On Igor's behalf, earlier this year I wrote to Lisa Breschi, the organizer of the SAND Conference, to

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Warmly,  
Lisa

So, thank you Ron, for allowing me to set the record straight, and to prevent the spread of pointless rumors.

[Reply](#)



Sundari [October 18, 2016 at 2:41 pm](#)

Hi Astraea and Ron,

I wish to clear up any unnecessary rumors in relation to the above statement that Igor is "no longer welcome to present at SAND." This is simply not true. Here is a link for you that provides information that Igor Kufayev has been invited as one of the contributors by SAND in 2016:

<https://www.scienceandnonduality.com/contributor-category/explore-contributors/page/8/>

[Reply](#)



L. Ron Gardner [October 19, 2016 at 9:42 pm](#)

I'm glad this is cleared up, because it made no sense to me that Igor would not be welcome at SAND.

[Reply](#)



Amar [November 14, 2016 at 12:15 am](#)

Hi everyone,

I'd like to add my two cents as someone who recently attended an immersion with Igor for the first time.

I first heard of Igor through a friend and watched some videos of him and was pleasantly surprised to hear someone speak more comprehensively about spirituality rather than just the same neo-advaita drivel most of us have grown accustomed to hearing. The opportunity to see him in person arose about 9 months later while as he was giving a talk at a local spiritual bookstore in town. After the short meditation he led, I asked him a question along the lines of Shakti and non-duality, and he proceeded to "blast me" according to my partner sitting beside me. I don't remember anything he said, but the experience was that of being struck with a fiery lightning bolt in my heart. I went up to him after the talk to speak but words refused to come out of my mouth.

Last May my partner and I finally had the opportunity to attend an immersion and I went in determined to keep my discriminatory faculties working, and to not get swept up in charisma or other people's opinions/devotion towards him. Needless to say, the Shakti that was unleashed during meditations was very powerful. I am generally not very sensitive to these things, however it was undeniably felt, especially when he came near. My partner began to immediately experience spontaneous yogic kriyas. I experienced pranic movements in my body and heart openings beyond what 8 years of 3-4 hours of disciplined daily sadhana had ever accomplished. The darshans he gave were exquisitely poignant and brought a sober clarity that really grounded the ecstatic meditations in a clear framework of how the awakening process unfolds in the human physiology. Perhaps he can be a bit wordy for some people, however I appreciated the lengths that Igor goes to make sure no misunderstandings ever slip in due to vagueness or assumptions from prevalent new-age or neo-advaita ideas. There was also an element of transmission that took place during the talks that was often palpable in the room and people would continue to have kriyas. I can recall several phenomenal exchanges between him and students where a question was asked, an answer was given, and a tidal wave of unblocked energy was released. As I was on a work-exchange, and due to the nature of my role, I also interacted with Igor behind the scenes quite a bit. It was clear that he was someone of exceptional integrity, sensitivity, and grace. Igor also has an absolutely brilliant mind, a polymath of sorts, with a deep knowledge of different spiritual domains but also of art, science, philosophy, literature, etc.

Through all this, I have come to understand Igor as qualitatively different from any teacher I've encountered, including the many non-dual and Sufi teachers that I have spent time with. His ability to transmit Shakti is remarkable, and he's also a very skillful Teacher. At least 2 people that I know of have woken up out of identifying with a separate self within six months of attending retreats with Igor, and are continuing to be guided by Igor in a very subtle and individualized way to full realization. Ultimately it takes one to know one, however there is no doubt in my mind that Igor is a fully realized being. I strongly encourage any of you interested in him to attend an immersion and judge for yourselves. It is impossible to know simply by watching videos, corresponding via email, or listening to hearsay.

Sincerely,  
Amar

[Reply](#)





IJ. [April 15, 2017 at 12:52 am](#)

Igor Kufayev? LOL! He is just another mediocre charlatan just like Deepak Chopra is. No. Igor has not realized the Self, is not even merely enlightened teeny weeny bit let alone fully enlightened as one ought to be, to be considered to have attained moksha.

The only one to do so in recent times is Bhagavan Sri Ramana Maharshi who passed away in 1950. Not a single soul after Bhagavan Sri Ramana Maharshi, neither male or female on earth has done so. The closest one to have done so is Sri Nisargadatta Maharaj another giant in advaita vedanta.

But we have plenty of circus buffoons like Igor Kufayev, James Swartz, Sailor Bob Adamson, John Wheeler, Tony Parsons and thousands like them on You Tube and not to mention the German “cockroach, ca\_cicero aka Matt Geigerhausen” who pretend and parade around as though they all are fully enlightened and have attained moksha or liberation from rebirths.  
LOLOLOL!!!!HAHAHAHAHA!!!!

IJ.

[Reply](#)



Drew Chadwick [May 27, 2017 at 8:11 am](#)

Its a shame to see those who one would normally assume as highly knowledgable in Realization come across as naive teen-agers bickering to one another about whether or not Igor is cool or not.

More than anything there`s a sense envy coming from those who forget Igor is there very Self.

If Sat Sang brings you peace and fills you with right knowledge of the Self, then it matters not what speaks it.

Whether it be Igor, nature or silence, the voice is always only ever Om.

Resonance doesn`t lie and if it takes you higher ride the wave.

Theses divisions & comparisons demonstrate zero knowledge of the Self and the absolute truth that Brahman is only ever One.

Gratitude to the teachers who don`t stifle passion, but turn it into beauty. Teachers who are actively cultivating beauty through interactions with the elements, creating art that inspires, brings light to the heart and re-directs those lost in ignorance.

They, he, her are only us and we are only ever one. Igor is you, I am him and you are I. Any division here and you tie your own knot.

Pure Samadhi as a permanent undertone is the very nature of consciousness. Its is not to be realized,

but is realization itSelf. Tis` omnipresent and beyond intellectual comprehension which only sees in form.

This “knot” is a dualistic illusion and I warn thee who invest faith in such limiting concepts regardless of the mind that manifested them.

To live a hermetic life and try to sustain an idea of enlightenment which is sustainable whether you try or not, is to miss out on the banquet a world of sweet suffering has to offer. Taste the sours as much as the sweets as long as one holds true Health.

Many of those sages we consider absolutely realized developed diseases from stepping too far away from life. That is not absolute health. Life lived with right knowledge is rapturous by nature. A thrilling adventure with an ever present undertone of bliss for those that see to the source.

Learn the basics of TRUE health, physiological/hormonal functions and their intimate connections with the reality we experience as a seemingly individual expression.

Self-perseveration combined with right knowledge creates a reality which is an ever-blossoming experience of wonder, witnessed from the view of One who’s core feeling is warmth.. even in the storm.

Paradise is the destination thats always moving. Love in ecstatic motion. Don’t forget to dance.

Here the banquet can be experienced from all levels in a healthy way.

The key is actual health on every level.

Let the bottom be as holy as the top.

Rapture. Enthusiasm. Compassion. Exalt.

Why scrutinize words that provide peaceful resonance in the heart?

You`ve only separated yourself from God.

[Reply](#)



IJ. [May 28, 2017 at 10:08 am](#)

Drew Chadwik,

Have you actually realized Self? Are you in sahaja samadhi now and do you experience it 24 hours? If not what you have said above is just theory and BS. That means it is all coming from your mind or brain from the memory of having read a lot of of philosophical books.

[Reply](#)



IJ. [June 21, 2017 at 6:19 am](#)

Drew Chadwick is a presumptuous idiot to have posted that comment above.

He said to quote him:

Pure Samadhi as a permanent undertone is the very nature of consciousness. Its is not to be realized, but is realization itSelf. Tis` omnipresent and beyond intellectual comprehension which only sees in form. Quote.

That may be true generally of Samadhi but is not applicable to human beings in general. What about 99.99 % of the people including a large percentage of dangerous criminals and mentally incapacitated or disturbed people or fruitcakes who are insane schizophrenics etc. They all cannot automatically realize the Self or attain sahaja samadhi and not just kevala nirvikalpa samdhi.

They all have to earn it and realize the Self by the grace of the Self or Siva-Shakti or Anugraha Shakti just like Buddha, Sri Ramana Maharshi and others did. Drew Chadwick belongs to the category of neo-advaita buffons and idiots like Tony Parsons, Sailor Bob, John Wheeler, Bentinho's Babel and thousands like them who are parading in YouTube as if they have already attained moksha and have been liberated from future rebirths, samsara, karma, vasanas. desire to inhabit a physical body etc.

Mr Gardner has also included Igor Kufayev among them. I don't know much about Igor and I am sure Mr.Gardner is correct to consider Igor as just another spiritual rookie who has not yet attained moksha.

[Reply](#)



L. Ron Gardner [June 21, 2017 at 6:21 pm](#)

I have no problem with honest spiritual teachers who do not claim to be Self-realized, but, unfortunately, so many spiritual teachers nowadays pretend to to be Self-realized Gurus, or even Avatars.

[Reply](#)



IJ. [June 24, 2017 at 2:25 am](#)

Yes, and as far as I have seen some of the You Tube videos of Igor Kufayev he also seems to send the same message that he is also a fully Self-realized guru of the caliber of Sri Ramana Maharshi. Honestly I wish that he is but I have my doubts.

[Reply](#)



IJ [November 8, 2017 at 11:54 pm](#)

Checked out more of Igor's You Tube videos. He is just a spiritual novice trying to make a living by posing as an enlightened master. Nothing new here. Just like all those frauds in India who do the same by fooling gullible nincompoops who know no better. I guess they deserve such charlatans like Igor and James Swartz. I don't understand how Green can fall for such a goose like James. Lol.

IJ.

[Reply](#)



L. Ron Gardner [November 9, 2017 at 3:15 pm](#)

Igor is just a teacher, but a better one than the pathetic James Swartz. But Igor is a phony because he pretends to be a guru rather than a teacher. I believe that Green finally figured out that Swartz is pathetic, and deleted her review of his book. Swartz posted at my Facebook group — Meditation-Consciousness-Spirituality for awhile, but when I exposed his Dharma stupidity, he stopped.

[Reply](#)



IJ [November 16, 2017 at 5:18 am](#)

Mr. Gardner,

Is your interaction with James Swartz still there On your Facebook group? If so I would like to read them if I open a face book account. It should be interesting. His YouTube mumbo-jumbo videos are so laughable he proves he is a clown. Lol!. I feel Green is emotionally in love with James. She is also into advaita vedanta like James is. You know how that goes.

IJ.

[Reply](#)



L. Ron Gardner [November 16, 2017 at 2:59 pm](#)

It would be very difficult, if even possible, to find the post and comments. They are from more than a year ago. But when I disagreed with Swartz, he stopped posting at my group.

[Reply](#)



IJ [November 16, 2017 at 5:20 am](#)

Mr. Gardner,

You are correct about Igor. He gives the impression that he actually considers himself a Jnani which he is not.

IJ.

[Reply](#)



Yogananda [December 17, 2017 at 7:51 pm](#)

Interesting to see this conversation still active here.

For anyone interested in Igor's teachings, or in simply gathering more information rather than jumping to conclusions, Igor has just released a short documentary film on his YouTube channel that gives a first glimpse into the energetic inner work that unfolds at his in-person events:

[https://www.youtube.com/watch?v=D\\_V2X0sK-pY](https://www.youtube.com/watch?v=D_V2X0sK-pY)

This film starts to give an idea of what real work with Igor looks like. However eloquently Igor may speak, working with Igor is really about the embodied energetic process of awakening, which video darshans (mostly) cannot convey. Thus his work, his abilities as a teacher and spiritual transmitter, and the process his students enter into cannot be assessed with much accuracy based on most of his YouTube content. (Of course, if you are an attentive seeker you may learn something valuable about yourself by studying your reactions to that content, but that is largely independent of Igor's qualifications as a teacher.)

Best,

Yogananda

[Reply](#)



DAVID LOWEN [January 3, 2018 at 9:35 am](#)

You do not need a Guru, the Guru needs you!

Just imagine that you had never come across any so – called spiritual teachings, scriptures etc, (Remember Tantra originally just that – a corpus of scriptures) or met a so-called Teacher or Guru? What do you imagine you would have lost? Nothing! because all that you have, are, need (even a guru) is inside you.

To set what you like against what you dislike, is indeed, the disease of the mind. To rid oneself of preferences, is to see clearly; rather than through the lens of our own likes, dislikes, prejudices etc. This is the most neglected discipline of true Yoga and of most authentic spiritual paths, yet so rarely is it alluded to.

Now imagine how much nicer the world would be, if only people did not discriminate on the basis of appearances, charisma etc, but rather on character.

Blessings,  
David

[Reply](#)



L. Ron Gardner [January 4, 2018 at 2:59 pm](#)

I don't agree at all. Without the help/teachings of the greatest gurus, I would never have figured out the Enlightenment project on my own.

[Reply](#)



KCT [July 6, 2019 at 2:00 pm](#)

Ron, I am sorry. I really do enjoy watching Igor's videos, I would say especially his older ones. Take a look at "Is Kundalini Not Enough?" (<https://www.youtube.com/watch?v=PcX3d8Ex9hg>) from a talk in 2012. Igor is more expressive and spontaneous in his movements. Noteworthy is his discussing the descent of Shakti into the heart as a hypothetical, based on his readings of the literature, meaning, it is not something he has experienced directly. He says it is up to Grace or Shakti — that individual effort is counterproductive at that point. The aspirant has to be "open" to divine guidance, and let God do the rest. Igor even smiles before he discusses this, as if to say, the descent of Shakti is still high on his bucket list. I found him candid and less full of himself than he appears these days. In his more recent videos he assumes a disposition that is impassive, serene, "removed" from the spiritual search, as if he has discovered it all. I think it's part of a guru schtick that he has adopted. He wears dark sunglasses now, and pays more attention to his clothes and hair than he used to, which I find annoying. He is just "too cool." Anyway, I still think Igor is a great speaker and is very knowledgeable in spiritual matters. He is worth looking into, at least on YouTube, if not in person. Namaste

[Reply](#)



L. Ron Gardner [July 6, 2019 at 7:04 pm](#)

KCT, again, I like Igor as a spiritual teacher, and his videos are good. But I don't consider him to be straightforward or a Heart Master. But you and everyone else are welcome to your own opinions on him.

[Reply](#)



KCT [July 8, 2019 at 3:53 pm](#)

Ron, In the video "Grace Without Ascend ~ Igor Kufayev" (<https://www.youtube.com/watch?v=KVD9ywXhxQQ>) Kufayev says that spiritual aspirants must seek out a true "Adept." It is inferred

that Kufayev views himself as an adept. Is he an Adept? The poster Yogananda on this page states that there is a lot of energy work or kundalini manifestation surrounding Kufayev's in person sessions. But without the heart knot being cut (as you put it, and as he has admitted to lacking), isn't there still unresolved mind-stuff that will arise in the teacher, leading to all sorts of distortions in the clarity of the transmission/teaching? Does Igor still have work to do before he presents himself to the world as an Adept? Thank you for your insights, here, Ron!

[Reply](#)



L. Ron Gardner [July 8, 2019 at 4:06 pm](#)

KCT, you must make your own judgment regarding Igor. My article makes clear mine.

[Reply](#)

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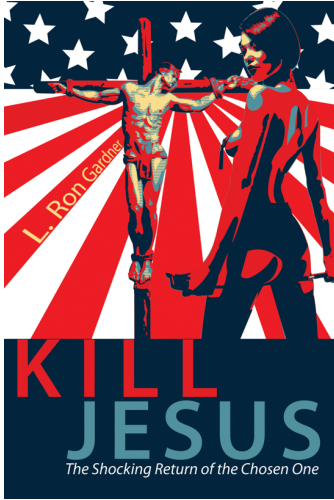
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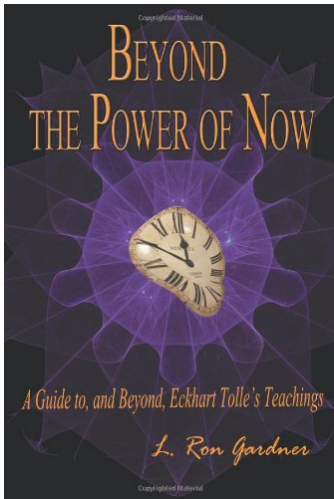
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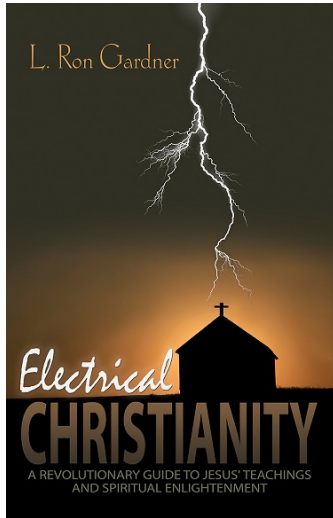


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