

The Truth About Evolution

By Master HORA™



By the time Master arrived in Russia, he had realized his mission — to adapt his knowledge to Western Civilization. Prior to that, he had spent nearly 10 years in solitude, adapting his work to logical Western thinking. The result is the practice, the method, and the path, from his soul to that of typical Westerners, from his consciousness to theirs.

“People are deeply individual in everything they create. All living creatures have their own unique biosignature. There are no two identical fingerprints, walks, or even scents. Fundamentally this is also true on all subtle levels. I know this from the very essence of my being.”

Master HORA™ (September 21, 1991)

1.

Disease is literally encoded into every species evolutionary process. Sickness kills us off, leaving some behind to reproduce, to mutate into what we are to be. This is the cycle of life: in nature everything **dies** and then **transforms** into a different state (whether higher or lower does not matter). This is the state of nature, for better or worse. **This is its essence.**

Despite this, mankind seeks not to die out, but instead to change, evolving whenever possible. The question then becomes: How can mankind evolve without going through this painful process? This desire goes against the laws of nature, but remains our wish nevertheless. However, this **is possible**. Humans subconsciously believe this is possible.

The wish to seek, to improve in every generation. How to do this is a different matter.

HORA is the answer to this struggle since **it's not just a spiritual development, but an evolutionary development — transforming you cell by cell in accordance** with the laws of nature. Understand that the essence of all life is to continually evolve. Once you stop evolving, you die out as a species.

This fear of dying off is what provokes the awakening of great immortal Masters and for the rest to learn from them. This path is clearly seen in the world's religions as a way to achieve immortality. Our ancestors understood this process, but unfortunately, science was not nearly as evolved as esoteric knowledge.

Scientists have learned that the human spine suffers all sorts of abnormalities from daily activities like lifting, sitting, and even standing incorrectly, ranging from vertebral subluxations, bone fractures, to compressed and even slipped discs. Since the spine is the center of our body, linking every organ and nerve to it, these abnormalities are a route cause of nearly all diseases afflicting mankind.

Despite the fact that it is more harmful be on two legs instead of four, nature evolved us to that state, to force evolution through sickness. Yet nature requires that we perform these tasks everyday. Therefore, sickness is a very part of nature. We are conscious, not only to register the facts, but also to realize and fulfill our evolutionary potential.

To avoid natural decay, mankind has created artificial teeth and joints. There are already artificial intervertebral discs, the first step towards creating an artificial spine. But this survival has nothing to do with natural evolution. Further, there is nothing bad about it — it is also a way to survive. That is simply man's instinct to survive as species.

This process of creating artificial body parts is man's way to get around the laws of natural decay, a way for mankind to outsmart nature. The final result of such a process is obvious: cybernetic organisms who replace dying body parts with man made ones as needed. This is a natural consequence of Western medicine's approach towards disease — treat the symptoms and not the cause. It's also a natural consequence of man's belief that nature is to be conquered and ruled like a rogue territory.

So what is the solution? To **consciously evolve, deliberately** as ancient yogis and saints have done for millennia. The alternative is further genetic mutation towards degradation, and possibly extinction.

2.

I suggest continuing to **evolve, not just spiritually, but in every aspect, starting with the body. Changing the body reprograms the entire skeletal system from the inside out.** With the body working properly, energy, both physical and psychic, will flow through the subtler parts of our being. This is how both nature and the ancients intended for us to evolve. As the body heals itself, naturally, it will also heal your mind and spirit.

A technique has been developed that increases all forms of energy by changing the spine and improving neuromuscular coordination. It places you in a meditative state. This is the state of cleansing. It is the state of evolution. The practice HORA was developed with the Westerner in mind, meaning minimal time with maximal results.

In many other practices, the technique is simply to pay attention to breathing: inhale so many seconds, hold that many seconds, and exhale that many seconds. However, every person has his or her own individual and unique breathing pattern. Again, this is in line with nature. In the real world, methodical breathing does not exist. That is why HORA awakens the mind, body, and spirit, by attuning you to your own personal individual rhythm. **While increasing energy in the body, the HORA practice awakens unused reserves as well, increasing primordial survival skills to further aid the evolutionary process.** Once attuned to this rhythm, the practice builds on itself with patterns of walking, sitting, standing, and other movements.

Every practitioner of HORA has seen something similar. Followers of a Chi Gung practice will see the Chi Gung similarity. Yogis of different styles will see an analog of modern yoga, including elements of Tantra and Kundalini. Massage therapists recognize various massage techniques. Everyone recognizes something familiar, and professionals in their own discipline will say there is nothing else like it.

The bottom line is that this practice is either the source of those practices, techniques handed down from the Heavens, or a consequence of various spiritual paths, something completely new. One can see it any way, and any way it is true.

The practice that I created is yoga by definition, but not of Indian, Chinese, or any other standard origin. Instead it is the very essence of yoga. It can be called a new yoga for the Western civilization, with the potential of maximum acceleration on its evolutionary path. **The next evolutionary step must be made and we must make it consciously.**

Master HORA™