

# I am Here!

A bulletin from the Russian House#1

Planetary Center for Consciousness Research

## The Soaring Human From fragmented psychology to Psychology of Completeness



**Tatiana Ginzburg** is a founder of Russian House #1 project

**PhD** in Transpersonal Psychology,  
Rebirthing Breathworker, accredited  
facilitator of the Transformational Game

This issue is dedicated to the new trend in psychology:  
**the Psychology of Completeness.**

I and our team have participated in a number of events during the Summer-Fall season of 2018 that gave life to the idea of the Psychology of Completeness. I would like to share a few ideas from these events in this newsletter.

### Our Summer-Fall news:

#### 1. Open Studio at Russian House #1

In June we had our puzzle exhibition called **"Art of Wisdom"**. It was a part of Art at the Source event. A new puzzle "Auzzle" designed by Ilya Osipov was presented there. Right after that puzzle got a special prize from the IPP (International Puzzle Party) in San Diego.



We have already started the production of exclusive wooden version of Auzzle in Russia in September.

You can order this and other Russian puzzles here

[www.etsy.com/shop/DaShopByPolina](http://www.etsy.com/shop/DaShopByPolina)  
[www.russian-house1.com/store](http://www.russian-house1.com/store)

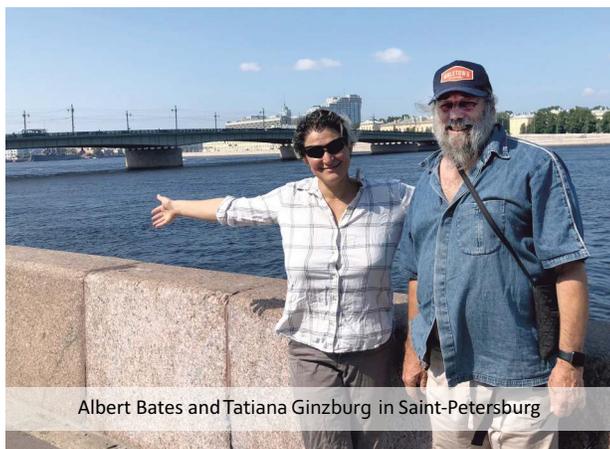
2. In July our representative Natalia Utkina participated in the **GEN (Global Ecovillage Network)** conference in the Lilleoru eco-village, Estonia. She met **Ingvar Vilido**, the founder of the eco-village and interviewed him about his understanding of Enlightenment.



In August during our Intellectual club in Saint Petersburg, Priti who is Ingvar disciple, shared their model called Human 2.0. The model is based on the idea that only a subject exists. I was skeptical about this since it gives no meaning to human communication. But maybe I need another look. In August Ingvar hold several events in San Francisco. It seemed as if he was following us. So, Tatiana Urusova and Polina visited his events and got deeper knowledge of his teachings.

#### 3. Albert Bates conducted a talk in St. Petersburg

Albert is one of the leaders of The Farm community (USA). He was our guest in Saint-Petersburg in July. He shared The Farm history.



Albert Bates and Tatiana Ginzburg in Saint-Petersburg

4. On August 1st, I began the quest **“Hunting for the Meaning”**.

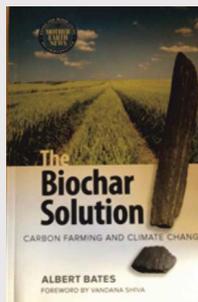
Almost every year we organize explorative expeditions with our Game Mastery school. We traveled to Baikal lake and to the Altai region with our **Hunting for the Power** self-exploration expedition. We went **Hunting for the Truth** to Ladoga lake and in Colorado, and **Hunting for Happiness** to Mount Shasta. This year I went to Vancouver, Canada to Hunt for the Meaning. My journey began from a tiny airplane that took off from the water. And after an hour of flying above beautiful wild waters and forest landscape I landed on Cortes island in B. C.



Richard story about his first psychedelic session can be found here →



**The Farm** was organized by a group of hippies who gathered together in San Francisco and then travelled by 80 buses looking for the new style of life. Albert met them in New York. He went up to one of the buses wondering who they were. At that time, he was in University as a law student, so he decided not to go with them; he did join them a couple of years later, after they had settled in Tennessee. The Farm went through a series of stages of development: initially from the idealistic ideas to save the world, to financial crises caused by Regan administration. Nowadays the majority of The Farm population are ordinary bourgeois. Nevertheless, they have an eco-center, they research and create new technologies such as Biochar, grow chaga-mushroom, run a natural birth Midwifery Center and other initiatives.



New book of Albert Bates

The Farm community members have created the Geiger counter the size of a pen, that is well known in the world and used by Red Cross organization.



Short video recordings of Albert's talk can be found on my youtube channel: **madzarutigi**.

That island was dramatically similar to Ladoga skerries. It features the same sorts of rocks covered with moss and has a profound severe-feeling nature.

I met with **Richard Yensen**, a friend of mine, who was one of the first researches of LSD. He studied in Maryland Psychiatric Research Center, Baltimore and he was one of the first assistants in psychedelic research of Stan Grof. That work influenced the rest of his life.

Right now, Richard works with ketamine, which is legal in Canada and USA. He teaches professionals how to use ketamine as a clinical tool in their work.

Richard was incredibly charming and generously shared his life stories about John Lilly, Carlos Castaneda and German psychiatrist Hans Carl Leuner, who developed the notion of phenomena that

is similar to Grof's COEX system (systems of condensed experience) even before Stan. He shared stories about **Salvador Roquet**, whom he considers to be his teacher. Salvador was a scandalous Mexican psychiatrist, who was the first to use ketamine and LSD with groups. Salvador actively experimented on people challenging ordinary way of life. He aimed to deepen self-exploration process, but he got imprisoned for that activity by Mexican state. That became a significant emotional experience for young Richard who adored Salvador at that time.

Richard also generously shared with me his stories about American politics as well as the influences that Presidents Regan and Bush made on his life. I realized that Richard lives in Canada because of his complicated relationship with US government in particular because of a critical article in Esquire magazine about his work. That time Richard was practically the only therapist working with LSD.

“Has anyone won the fight for freedom over the state yet?” – that was my question, which came from analyzing his stories and the discussion about a recent movie about Osho Radjneesh “Wild Wild Country”.

Unfortunately, he was unable to find such an example.

5. 10th Biennial International Meaning Conference organized by International Network on Personal Meaning (INPM), or positive psychology 2.0.

This was the first time I have attended the conference. The first talk was about well-being. It was done by **Phil Watkins**, who is a professor of Eastern Washington University, and a follower of Martin Seligman. He was talking about Gratitude as a tool for achieving well-being and happiness. Regular practice of gratitude, even if it is not genuine, could be beneficial and produces a long-term resulting well-being. Those conclusions were made based on the study of positive psychology conducted according to scientific standards with a control group. He proved that: "Gratitude encourages happiness by amplifying the good in one's life."

**Why SWB?**

2. SWB simplifies cross-cultural, cross-linguistic, and cross-temporal comparisons. More complex WB items contain difficult-to-translate psychosocial content.

(the case of "schast'ye" and "the complex Russian soul")



Another keynote speaker was a professor **Ken Sheldon**. He deliberated the concepts of subjective well-being (SWB) as an indicator of good living. He chose the notion of SWB, because it's simpler to study, than happiness. And as proof of it, he gave an example of the Russian word "schast'ye" which is more complicated than the rough English equivalent, "happiness". He also had shown that SWB, just a criteria of an optimal and good life, is a side-effect of happiness.

The myth: that the world is full of immoral people who are happier than they "should" be

**Hedonia**  
  
 "Lots of PA and Self-Satisfaction"

versus

**Eudaemonia**  
  
 "Suffering, but Commendably Virtuous"

A "warm puppy" is not happiness. Happiness is self-realization on the edge of human capacities, which is termed **Eudaemonic** activity. He was speaking about the difference between Aristotelian concept of **Eudaemonia vs Hedonism**, trying to explain, that Hedonism does not bring any SWB at all. In many ways Ken had the same idea as Maslow, in that the more a human being is self-actualized, the happier he/she is. But he didn't quote Abraham Maslow works at all, even when I asked him about it. Nobody at the conference quoted Maslow either. It seemed like they were trying to invent the bicycle.

In general, speakers made a significant difference between positive and negative: there are negative emotions as loss, shame, guilt., that have to be avoided. Positive emotions are the ones to seek for. In other words, all Positive Psychology is based on duality of human experience. As that duality is something which is objective and unavoidable, even the necessity to overcome difficulties in order to reach positive results has been escaped.

There were almost no talks about meaning. If someone mentioned it, that would be making just general observation that it is something complicated. Existential experience often was understood more as a problem than an important experience that helps to reach for the meaning. Presentation about the existential experience were made as if it were about gasoline prices in Texas. In other words, they were made with superficiality and a stupid American smile, without any dive into feelings...

**So, all that make me think about new concept of psychology – Psychology of Completeness.**

Completeness integrate bad and good, meaning and feeling of meaningless and so on.

Psychology of completeness is based on a concept of completeness, or in other words on clear ontological basis that Everything exist and World is kind.

In this case negative emotions don't exist objectively but rather created by subjective imperfections.

The way to Completeness goes through the Existential abyss and then finding the Meaning.

The Psychology of Completeness is also a Psychology of Wholeness, when in I, as facilitator help fellow human via my own human wholeness rather than from my social mask of therapist. The one whom I help thus completes me to my Wholeness. And only when I consider this thesis I can truly help him or her.

**I gave my talk: "Principles of Meaning-Making in the relationships between the Human Being and the World"**

The main idea of my talk was that Meaning is a superposition of the fact,

- of my emotional relation to that fact,
- of conventional understanding of that fact,
- of my existential feeling brought with this fact and understanding all of those.

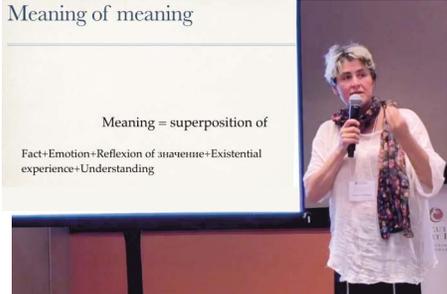
You can find my presentation video here:



Meaning is something that each human find for himself. It is not an objective reality.

Meaning of meaning

Meaning = superposition of  
 Fact+Emotion+Reflexion of experience+Existential experience+Understanding



6. After the conference I invited Dmitry Leontiev, who is the leading Russian expert on meaning, to San Francisco. I organized two presentations for him at the Saybrook University. Dmitry, being an inheritor of the Russian psychological dynasty, gave his lectures in a classical Russian style: complex, boring and monotonous manner, but the same time with a bottomless depth of Russian philosophical thought, which is so much in contrast with usual Californian facile, shallow and smug style.

«The curse and the blessing of being alone: an existential view»



Stanley Krippner and Dmitry Leontiev

Dmitry told us that loneliness currently is being recognized as a problem, but it has positive aspects as well. I see the main idea of his talk as following: there is one condition of loneliness, wherein a human being lacks social skills, while craving for communication. Let's call it "before social". And there is another state I see as "beyond social", when a human being overcomes ordinary interaction and is not interested in simple social communication anymore. Dmitry has confirmed that this understanding is correct.

Besides, in between of above mentioned two states there shall be an intentional practice of self-exploration, which is solitude.

«The divine knot: Personal meaning as the focus of emerging worldview»

Dmitry shared the history of exploring the notion of meaning in psychology and philosophy. He told about his meeting with V. Frankl in Moscow in 1986, and that he was the only person at that time in Moscow State University who had read Frankl's books. Dmitry also pointed out context-dependability, referential capacity,... the main characteristics of meaning, which can be represented through quote of Mikhail Bakhtin:

meaning ≠ information, context ≠ code

Meaning cannot be decoded, it is to be understood from the unique context.

What is meaning?

- Feeling? – Yes, and not only this.
- Cognitive interpretation? – Yes, and not only this.
- Valence? – Yes, and not only this.
- Incentive? – Yes, and not only this.
- Value? – Yes, and not only this.

Non-classical breakthrough  
late 1920s - early 1930s

- Kurt Lewin – Galilean mode of thinking  
vs. ascribing action to inherent properties of bodies
- Lev Vygotsky – social origins of mind  
vs. its "natural nature"
- Mikhail Bakhtin – open-endedness of human consciousness, its dialogical intentionality  
vs. closeness, separateness of human mind
- Alfred Adler – teleology of human actions  
vs. causal determination
- Martin Heidegger & Ludwig Binswanger – Being-in-the-world, life World (Lebenswelt)  
vs. adjustment to the environment
- Pierre Janet – self-regulation & inner work  
vs. spontaneous growth

It is remarkable, that in order to explain his concept of meaning, Dmitry had to introduce a context of Nonclassical Science.

Those presentations were warmly accepted by audience. Saybrook old-timers like Stanley Krippner and Kirk Shneider were happy to see Dmitry after a long hiatus since his last visit.

Dmitry publishes Frankl's works in Russian, and it was a pleasure for my friend Elliott Isenberg, who wrote his PhD dissertation about Evil and Holocaust to talk with Dmitry.

Videos from that presentation:



In a continuation of that topic on the next day I made a presentation in Russian House#1 titled "Meaning and existential ideas in Russian philosophy". We made an existential installations contest along.

7. On August 7th, **APA (American Psychological Association)** conference started in San Francisco. It was a huge conference in terms of the number of attendees and events. The printed program was as thick as a brick. The conference itself was a brick itself with many primitive American infantiles, fat, walking on high heels, wearing ties. Those, who came here for a tick in their careers. There were a lot of narrow thematic talks and posters such as demographics of practitioners in transpersonal psychology (how many black, how many blue, how many green); about The Phenomenology of bilingualism in Psychotherapy with Latinx clients; about the effect of childhood trauma on men's romantic relationships. I spoke with people who presented those posters and talks and I was convinced of the narrowness of their thinking.

From what I found interesting was the panel on psychedelics being presented on APA for the first time as one of the popular trend. Rick Doblin, Bia Labate and MAPS crew were involved in it. Elliott happily brought me to that panel.



Elliott Isenberg and Tatiana Ginzburg

There was also a division on **humanistic psychology** at the conference; it was held in a very small room at the Marriott hotel, unlike many other divisions. Even the division for religion had bigger space. It struck me deeply: after all, it is humanistic psychology that studies a person as a whole, and not fragments. And it seems like it should be the central focus of all psychology, but in fact it was sideways at a huge conference devoted to psychology.

In this division, one day was devoted to transpersonal psychology, which was almost absent on the general conference program. There I met **Rosemarie Anderson**, who gave a talk on Transpersonal Research Colloquia (TRC). Rosemary has been conducting transpersonal research for many years, and in essence her report was about how to conduct such a research. What I liked from her talk was that she claimed that the embodied transpersonal research is a transformation of the researcher himself. This conclusion is very close to our ideas about Post-Non-Classical science.

The Abraham Maslow award ceremony took place there with awarding **Miles Vich**, followed by a conversation with him about the Past, Present and Future of Transpersonal Psychology. Miles, who is now 84 years old, together with Abraham Maslow and Anthony Sutich was in the foundation of humanistic and transpersonal psychology. For 24 years he was the publisher of a transpersonal journal that was the center of developing transpersonal psychology. Miles helped Anthony Sutich, who was a paralyzed and could not get out of his bed. Miles was talking about Anthony with tears in his eyes, sharing stories about his salons where philosophers and meditators gathered during the early 60s.



Harris Friedman

Rosemarie Anderson

Miles Vich

In my case, this caused a strong association with our genuine spirit of Intellectual Club, which is attended by experienced psychologists, famous yogis and philosophers, and green beginners-seekers who have been steaming over the issues of human development methodology for more than 20 years.

Miles's story touched me deeply and I felt the spirit of era of enthusiasm and novelty.

video from  
award ceremony





8. When I returned to Russian House #1, Mind Lamps, based on quantum technology were shining there and responding to our minds.

It was amazing. I was naturally drawn to the color changes in the lamps. Our room fluoresced with magical flowers, and all this was complemented by the music of the spheres.



Leo Madrid creator of Mind Lamps

### 9. Burning Man 2018

Russian House came to life after I (Tatiana Ginzburg) and Polina Krasikova were returning from Burning Man in 2014 and stopped for breakfast at the Indian restaurant called Sizzling Tandoor on Russian river. Being ruffled by Burning Man we were looking for the new ways for personal evolvment and came across this place. It called to us, and we've been here since.

Alternative economy, radical self-expression, openness are values that we are realizing at Russian House, but even more straightforwardly, then at the festival itself.

More detailed on that [www.globalenlightenment.ru](http://www.globalenlightenment.ru) →



Despite the fact that we went further in the implementation of the principles, BM is a significant event for us.



In 2018, two weeks before the festival, we had one ticket left and we announced a competition for it. We received about 20 applications for the competition, most of the applications were cute-naive proposals for meditations or concerts, we were waiting for more initiative and energetically selfless help to our project. Therefore, no one won the first prize.

And the consolation prize was given to Charles, who provided us with an organ, and since then has been playing organ music with us.

The theme for Burning Man 2018 is **I, Robot**. Therefore, T#002, S#001 and E. went to the festival. They attended the event: lectures on "the ethics of robots" and "consciousness against replicators", a ceremony to calm the mind of robots from Elliott.

At BM, they conducted two breathing workshops on **"DA-breathing"** in the camp of Palenque Norte, attracting the elite of the transpersonal-psychedelic movement.

"DA-breathing" surpassed all the expectations of robots-leaders, in spite of the desert, heat, loud annoying sounds from all sides, several participants in the workshop could breathe through primary traumas and free themselves from them, approaching the state of Human.





**10.** In Russia, continuing the **Hunt for Meaning**, I participated in an **International conference on Logotherapy** (meaning therapy created by Victor Frankl after the Nazi concentration camps during the Second World War). The first was **Karl's Becker** talk. He suggested that some of the problems may stem from the field of physiology, and some from the field of psychology. Therefore therapist shall withdraw from considering the problem as logotherapeutic and do a diagnostic first.

This in my opinion has also reflected the incompleteness of modern psychology and logotherapy. I went to talk with Karl personally showing him, that any physiological problem is the result of psychosomatics, and therefore it can be healed with comprehending the meaning, no matter what level the problem is for the outside world. Karl agreed on words with me.

I first met Karl in California at a conference of American Transpersonal Association in 2010. I remembered him as an interesting person. Therefore, I organized a meeting with Karl for our group in the center of the Game Mastery School in Moscow. Karl shared his vision of Meaning, and answered our questions.

Perhaps the most interesting was his personal story. Karl's father served in US Air Force during the Second World War, and when Karl was drafted into military service during Vietnam war, he protested and asked for a different way of carrying out his service. In order to get this permission, it was necessary to go through court, and in court he was accused of being afraid to go to war in Vietnam. Karl replied that he would agree for an any other type of service that would be even more risky and was sent to work as a fireman. Indeed, there were a lot of firefighters injured, and he barely managed to survive. After that, Karl went to Japan, and continues to work there as a logotherapist because he does not want to support the imperialistic policies of the United States and to pay taxes to this country.

It's cool! I thought.

**11.** In June and in September Russian House#1 hosted talks by **Allan-Leslie Combs**, Phd. Director of the Center for Consciousness Studies at The California Institute of Integral Studies. In his first talk, Allan covered in detail the historical aspects of the views on what consciousness is and revealed modern approaches and theories about consciousness.

To our questions about the definition of the phenomena of consciousness, Allan gave the classical philosophical definition, about "what it's like to be a bat." The second time, Allan returned to expand the theme of levels of consciousness in more detail. It was a lively and interesting discussion. The basic idea is that the levels of consciousness can be found in the process of the formation of a civilization from primitive to modern in the process of growing up of an individual as well.

**12.** We also participated in the **Maker's Fair** in Moscow with our puzzles, and had an enchanting success with the main visitors of the exhibition - children.



The video from the Allan's talk when he gave definitions of consciousness and spirituality.

13. Annual conference of the **European Transpersonal Association (EUROTAS)** was held in St. Petersburg in the end of September.

I gave a talk: **"Russian House#1: Results of a three-year experiment in the field of Transpersonal Psychology"**.

I connected my talk with the keynote talk of Pier Luigi Lattuada called "Transpersonal Psychology as a Science". There he sought to create a new ontology and epistemology of transpersonal psychology, pushing it off from the classical approach seeking to substantiate the verifiability of transpersonal knowledge.

Classical approach	Matter	Verifiability Observability	Normal State of Consciousness
NonClassical approach	Energy	Experiecability	Altered states of consciousness
PostNonClassical approach	Text Information	Comprehensibility	Expanded states of consciousness
PostPost	Mystery	Nonverifiability Ineffability	PostNonOrdinary state of consciousness = Enlightenment

At that conference I participated in the section devoted to Russian Transpersonalism during the panel dedicated to Petersburg esotericists. This made me think more deeply about the uniqueness of St. Petersburg, as the space where spiritual schools arose and still alive. Nowhere else in the world have I encountered such a concentration of spiritual schools, that not just being groups or small centers. Perhaps that was due to the fact that Gurdjieff started here at the beginning of the century. Or the special city aura provides rise to this uniqueness.

Also at the conference S. Strekalov presented Labyrinth practice, V. Maykov made a premiere of film "The secret of Carlos Castaneda".



**Transpersonal Psychology as a science**

XIX EUROTAS TRANSPERSONAL CONFERENCE  
ST. PETERSBURG

**P. L. Lattuada MD., Psy. D., Ph. D**

web site: [www.integraltranspersonallife.com](http://www.integraltranspersonallife.com) ;  
[www.pierluigilattuada.com](http://www.pierluigilattuada.com)

You tube: <https://www.youtube.com/user/biotransenergetica>

Academia edu:

<https://integraltranspersonal.academia.edu/PierLuigiLattuada>

first slide from P.L. Lattuada talk

That gave me food for thought, and allowed me to create my own concept of various scientific approaches. There I suggest that verifiability and observability are just the functions of classical science. They are not mandatory for transpersonal psychology at all.

In addition to general context of my talk, I also developed an idea that Russian House is being a unique project, that is constantly facilitates practice and development to its participants. Russian House represents the environment for development and self-actualization, and it is being built based on the principles that support this type of environment.



14. At the end of October **Science and Non-duality Conference (SAND)** was held in San José. I participated in it with a poster on the Psychology of Completeness. There were many spiritual teachers at the conference: Thomas Huble, Igor Kufaeu ... But none of them seemed really worthwhile to me. Our next after SAND Intellectual club we dedicated to the topic: **"Who a real spiritual Teacher is?"**. One of the criteria we considered was the teacher's constant Self-actualization. That is, if a person seeks to satisfy his highest needs, and lives at the peak of his potential, self-realising and self-actualizing, then such a person is closer to be a spiritual teacher than the one who claims to have achieved everything or being realized, but as a matter of fact just being busy with teaching others.

15. At the end of September in Shiram we had a joint meeting of the Tver Philosophical Club and our Intellectual Club. The topic was: **“Comprehending Human. Integralika: Theory and Practice of AllUnities”**.

Scientists from Tver and Moscow came to us in Shiram (that is our ecovillage in Tver region) with their reports: I. Shashkov, Ph.D., - On the Theory of Completeness, Volnov A.N., Ph.D., As Intellect and thinking (Synergy Man), Professor Wojciechowicz “The Golden Section as the Code of Metagalaxy Objects”.



But perhaps the most important thing that happened over that weekend was that GenShi created a new paradigm:

COMPLETENESS = UNITY

- 1) The first thing that GenShi did, building a new paradigm, he reached beyond the opposition of duality and non-duality. He suggested to put a Zero as the basis of the worldview, as the starting point and fullness at the same time.
- 2) Ontology: ALL EXISTS
- 3) Epistemology: AWARENESS
- 4) Axiology: LOVE = Openness + Respect + Service

1-5 of April 2019

**practice to comprehend a new paradigm of Completeness**

Da-Breathing is a breathing practice of acceptance and recognition of kindness that surrounds us. It's a possibility to brake the chains of habitual loneliness, meet and accept your worries, open towards the World and other Human Beings and to experience the Bliss of Life Flow. DA-breathing involves the sound and verbal meaning, that allow to transform a negative feeling into Love and Joy. [www.russian-house.com](http://www.russian-house.com)

# DA BREATHING

**More about new paradigm in new books by Tatiana Ginzburg and Gennadii Shirokov “I am Here” and “I am Now”**

Those two books are an attempt of deep re-visioning of spiritual path, bright search for Meaning.

Profound discourse on Truth, Mind, and Love interwoven with the description of real life events stands as an example of how to approach any situation as learning experience and apply it toward self-realization.

We would like to raise funds for the translation of the books into English so that english-speaking people could also get access to the rich experience of Russian stalkers that they are sharing open-heartedly with their readers.



Please support translation of this books



RUSSIAN HOUSE # 1 operates at the basis of enthusiasm. The enthusiasm of those who are involved in the project entirely, those whose main purpose is to create themselves here.

At the same time, we would hardly have achieved the same success if it were not for our volunteers. Sometimes even two plates timely washed can be a crucial help for us. But some volunteers not only did not limit themselves to simple small things, but actively introduced themselves and their individuality into the process of common creating of the New, here with us.

More than 30 volunteers helped us during this summer and fall:

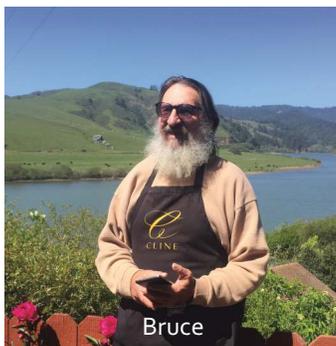
### Svetlana Vybornova

A few years ago, Sveta left her career as a pediatrician, and moved to the Shiram ecological settlement in the Tver region ([www.shiram.daism.ru](http://www.shiram.daism.ru)) to devote herself to personal growth. Sveta manages the rabbit farm, supports and develops the Shiram agriculture, but that's not all! Svetlana spent most of the summer 2018 at the Russian House.

Despite the imperfect knowledge of English, Sveta was looking for creative ways of communicating with people, also she was baking cakes, helping at festivals and easily taking on almost all the functions in Russian House. It was her readiness to take on any task, to master it and be responsible for the result that favorably distinguish her from many others.



Paul



Bruce



Holi and Rachel

In August, we clearly realized that we are located near Silicon Valley.

**Paul** appeared with us.

Paul was telling us modern fairy tales, where we would already live in the virtual world, the windows of our restaurant would become projectors, actively responding to touches outside and inside and allowing people to learn any information about us and about them. In this tale, all of our space has become littered with video cameras transmitting information to all Internet channels, and allowing us to recoup our costs with the generous support of patrons from Patreon and other conscious Internet audiences. Unfortunately, this fairy tale is still a fairy tale, but for some time drones were flying around the restaurant.

Our poster on SAND conference was illuminated by a super projector, and that made it possible to turn a dead image of a torus into an emerging universe. We also got a freeze dryer that allows us to dry borsch. Paul gave his super-video cameras to some guests of us and inspired their hope to shortly become a celebrity in virtual networks. In addition, Paul also washed the dishes. Participated in breathing seminars. Solved some puzzles and was struggling with the riddle about the trains. That one is still remains unsolved... as well as many other projects that we started with him

We spent a very soul-warming Sunday together with the company of guys who made us a real celebration of Russian-Ukrainian-American food!

Volodya is originally from Ukraine, his wife **Kristen** is from Louisiana, **Alexander** and his wife **Mett** spent Sunday with us cooking amazing okroshka, quiche, and blueberry pie.

Traveler musicians **Rachel, Reed and Holi** spent a whole week with us, taking care of the restaurant on the days when we were at breathwork retreat.

Holi was a Michelin-based chef from Chicago. She taught us to cook delicious dishes from mussels and algae, which we collected in the ocean. Energetic guys **Al, Camilla** and **Valentina**, who came to us from couchsurfing, helped us a lot during the weekend: they cheerfully and fervently cooked and cleaned.

And after their departure they sent us a luxurious blender, that we now use to make smoothies and sauces.

Special thanks to our dear friends **Bruce** and **Jeff**, who constantly put their time, care, support in Russian house #1 for a long time!



Promising, but not yet successtul chef Garrison

**Mary** who appeared seemingly out of nowhere, turned out to be a baker. Her mother baked bread herself because of poverty in the family, and now Mary can bake almost anything. Mary stayed with us for two days and taught us how to bake rye bread, buns of garlic and cheese, and to cover muffins with melting in a mouth lemonicing.



**Yasha Marshall**, the creator of The Map ("Tambolia Game"), spent two weeks playing Tambolia with everyone who wishes and actively helping with other work.

Here you can find his Interview about life in the center of Tarthang Tulku



Creating the composting by Startribe Alliance



Charming, dancing and very loving French girl **Zelda**, cooked excellent vegetarian food. Especially we remember her rice with beets.

**David** is our friend since our meeting in Kamchatka, is a great carpenter and jack of all trades.



Opportunity to join:

1. Come as a guest
2. Come as a volunteer and help us
3. Become a friend
4. Become a team-member



**THANK YOU!**

## The Soaring Human

16. Meanwhile, in California, the Harvest Festival took place at Fort Ross. The installation of a bow cross in the Russian cemetery at the Fort was timed to this festival. Russian Ambassador to US - Anatoly Antonov arrived from Washington to participate in cross opening ceremony. On the way back, he stopped by our restaurant.



17. In October Siegmur Gerken held a lecture titled "Realization the Unity of All Existence", we had a concert of organ music, and BabaYaga visited us on Halloween circling between Shell Beach and Pomo Canyon.

18. Also in October, a "Mystery of Breathing" retreat was held where all the participants had an opportunity to have an experience of different breathing techniques such as

- Rebirthing
- Holotropic Breathwork
- Vivation
- Free Breathing
- Primal therapy
- and...

You can find additional information about future breathing workshops [www.russian-house1.com](http://www.russian-house1.com)

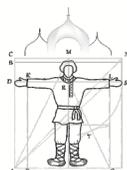


Friends! You are invited to our 20th anniversary New Year workshop of the Game Mastery School.

The New Year workshop is a point of singularity, an opportunity to transcend yourself above the whirlpool of life, to look beyond your boundaries and to see the next steps.

We have been celebrating New Year together in a seminar setting for the past 20 years. Come and join us and let's help each other to evolve.

30 of December – 9 of January



Center for Postnonclassical Science  
**RUSSIAN HOUSE #1**  
[russian-house1.com](http://russian-house1.com)