

When Yuri is gone from the office, you might wonder where he is. Working hard to pay for their SOL plot? Visiting with Irina and his sweet little family in Moscow? Well, I found out for you by way of this "secret report" from someone who knew exactly where our Yuri was at every moment while we were looking for him. Therefore, the placement of this report in the Living Diary section which is still waiting to be filled because nothing much new but "life itself" has been happening for our two journal-keepers, Yuri and his beautiful, dear Irina. **Read below what I discovered about his activities behind our back and away from his desk. It appears that he was NOT lounging around somewhere in a chaise, although one could find worse places to do one's work. Read on and see if you agree!** Although our readers know some of the details of this report, it felt too harsh to cut away any of it, so do enjoy parts of it as a review. RJ

HOW TO LISTEN WITH YOUR HEART

Messages from the mysterious dolmens and the inspirational Shetinin School

© by Markus Stefanic, Guelph, Canada

Unfortunately, very little is known about the dolmens of Southern Russia in the Western World. Having studied many books and articles about spiritual and metaphysical themes, I have never come across any references about them. Eventually, I was lucky enough to stumble upon Vladimir Megre's *Anastasia* book series and this started a whole series of surprising and certainly unexpected events. Having read the first book of the series, I was researching the internet for some additional information on how these books came about, how the author met Anastasia, what other people think about it, etc. I discovered information about a "Ringing Cedar Workshop" that was supposed to take place on May 13/14, 2010 in Ottawa (Canada). The facilitator was a Russian, Dr. Leo Sharaskin, who studied in the U.S. and was instrumental in editing and translating the English version of the books. I convinced my family to register right away and one week later we were in the car on our way to Ottawa.

The workshop itself exceeded all expectations. So much exciting information about the Anastasia books, Russian history, culture and traditions, as well as Dr. Sharashkin's personal experience at the Shetinin School. **Actually, his information about the school and the video we watched touched me so much that I decided that I have to go there rather sooner than later to take a look for myself.** So, once again I was researching the internet, this time for information about the school and found a website, offering a 10-day trip to the dolmens and the Shetinin School in September. This happened to be the Dolmen Tour organized by Yuri Smirnov, publisher of *Space of Love Magazine*. Needless to say that this was exactly what I was looking for and I immediately contacted Yuri to find out if there were any openings left for the tour.

It seems that the higher a spiritual objective is, the more resistances and challenges one will encounter. At least, this is what I have experienced. Beginning with the struggle to get the vacation approved by my employer and ending with the difficulties to obtain a Russian Visa, the challenges seemed endless. But what can I say, if you don't give up, the rewards will be more than worth it. As a matter of fact, most of the participants had similar experiences and some ended up cancelling the trip literally at the last minute.

Finally, I left my home country Canada, flying via

Brussels and Moscow to Krasnodar in Southern Russia. If you think, all of Russia is only about short summers and long cold winters, think again. When the group met on September 18 at the Krasnodar airport, it was humid and hot. During the whole 10-day trip, we had day time temperatures ranging from 25 to 35 degrees Celsius. Not bad for September!

Yuri was already waiting for us and before we realized it, we were sitting in a minibus en route to the village of Pshada, which is beautifully nestled in the Northwestern foothills of the Caucasus, very close to the Black Sea coast.

For the next six days, we stayed in a private motel at the edge of Pshada with a very scenic view of mountains and forest. In the evening at the motel, we met our cook Miroslava and tour guide Vita. Both stayed with the group for the whole trip. Every day, we got to enjoy home cooked Russian delicacies and tea. What a treat!

It turned out that we were a total of eleven people, literally coming from all over the world to this little village in Russia. New Zealand, USA, Canada and England to name a few. Pretty much everybody had through one way or another heard and/or read about Anastasia, the dolmens and the Shetinin School. On Sunday, September 19, we visited our first dolmen, which happened to be in walking distance from our motel. Vita started to talk about the dolmen, its history and the current message it had for us. Yuri translated from Russian into English and everybody tried to experience any vibrations, energies, communication, etc. Some people felt more and some less.

[Ed.: Here, Markus gives a beautiful discription and explanation of the deeper purpose of the dolmens as presented by the RCoR material for readers unfamiliar with these amazing stones but, short of space, we assumed that you all knew.] **Leaving thought (energy) patterns by means of meditation was meant to create permanent messages for future generations about the culture and beliefs of these ancient people.** The idea was that thought energy is a more superior way of communication, as it cannot be manipulated or misinterpreted like written words (just take the many interpretations of the bible that are out there for example). So, one of the reasons (if not the main reason) to visit the dolmens is to experience this energy and try to decipher it for oneself.

Over the next days, we visited many more dolmens and dolmen groups. It turned out that every person of our group had some sort of experiences at the dolmens. Some were more attracted to certain dolmens than others. It became obvious that everybody received certain types of



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messages and therefore it was no coincidence that we were all drawn from different parts of the world to these dolmens. Vita, who has an enormous treasure of experiences with and knowledge about these dolmens, helped to facilitate the communication between the dolmens and group members. **Personally, I know now that I was meant to go, because I returned from the trip with many answers to questions I was pondering about for years. Aside from that, just to get to some of the dolmens was an experience in itself.** For some, we had to hike up onto scenic mountain tops, others we could only get to with Jeeps. Apparently, there used to be more than 10,000 dolmens in the Northern Caucasus at one time, but because of wars, ignorance and the atheistic dogmas of the Soviet Union, only two to three thousand have survived.

Even though the dolmens were a most amazing experience, there was yet another incredible highlight to be experienced: The Shetinin School in the village of Tekos, very close to Pshada. We went there twice, the first visit was arranged for Sunday evening, September 19. After watching the DVD documentary about the school back in Canada, it had become my main motivation for this trip, so my expectations were high. When we arrived there, I noticed that some of the red brick buildings were still under construction and my initial reaction was somewhat filled with disappointment. I thought "how can this look like this, since the buildings appeared to be newer and nicer in the film about the school?" Well, it didn't take long and my first impression was completely shattered. We were greeted by a female student and she guided us to the big wooden stage under the trees behind the buildings, where the students did their dance performances on the DVD. **After soaking in the incredible energy that emanates from this place, listening to the stories of the female student and observing the activities of the other students, I was stunned.**

We had the opportunity to ask questions of the students and we got some amazing answers. For example, the fact that many students have already university degrees at the age of 18 or even younger! At the end of the discussion, Mikhail Petrovich Shetinin, the founder of the school and now around 70 years old (but looking more like 50), joined us. You could feel his astounding energy and it was powerful to hear him talk. **He invited us to a concert in the school that was supposed to start later in the evening. Since most of us did not speak Russian, he advised us to listen with our hearts instead of trying to understand the words.** So, I decided to pay close attention and do exactly as he said. And it worked! I could "feel" the vibrations of the songs, dances and speeches with my heart. Watching these children with their big energy filled eyes and listening to their voices that seem to come from

deep within was absolutely mindboggling. **The LISTEN WITH YOUR HEART phrase became my most important lesson learned of the whole trip. Perhaps of my whole life. Outside appearances mean nothing, what really matters is the energy that comes from within.** Not even the most luxurious place can come close. I felt like a complete fool when I thought about my initial negative judgment of the school upon our arrival....

A few days later, we came back to the school; this time we had the opportunity to see the inside of the buildings. Most walls and ceilings are nicely painted, all done by the students themselves. Actually, most of the construction and upkeep is done by the students, as the school receives very little, if any, public funding. Schooling is free for the children, most of the money comes from donations, which also includes former students, who have become very successful in their lives. One of Professor Shetinin's principles is that no one should have to pay for education. I sure hope that one day this school will become a model for the rest of the world to emulate.

We also went to the yearly festival in a nearby eco-village. Lots of people were gathering there from different regions of Russia and even places as far as Belarus. Many self-made products, such as wooden silverware, clothing, paintings, etc. were for sale. I bought a little Mouth Harp (a.k.a. Jew's Harp) from a shaman and learned how to play it. Unbelievable, but true, this little instrument makes you smile every single time after playing. I believe that it is the way in which it makes you use your cheek muscles when playing. After playing

your lips seem to go upwards and make you smile from the remaining tension.

After the six days in Pshada, we travelled approx. 250 kilometers around the foothills of the Northwestern Caucasus from their Southern to the Northern side. We stayed in private accommodations in yet another small village (Shapsugskaya) and experienced even more dolmens. **Another memorable experience was the "Russian Banya" (Russian Bath or Russian Sauna). Located next to a river, we spent a whole evening there, sweating in the sauna, followed by a refreshing jump into the cold river. One sleeps like a stone afterwards.** Ever since I have returned to Canada, I am a regular visitor of a Russian Banya in Toronto. Don't want to miss this anymore!

Interestingly enough, when I spent a few more days sight-seeing in Moscow afterwards, I found myself thinking more about the Dolmen Trip than focusing on the many sights and monuments there. All in all, to say that this trip was a life experience is almost an understatement. Every night, I pray that I can return to these amazing places again someday in the future....

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M.P. Shetinin and Markus Stefanic



The Concert was full of expression and energy! Even all the costumes were made by the hands of children themselves...