

Matryoshka doll is an image of a multistructured person, i.e. a person, as an energy system, consists of nine bodies. Standard matryoshka in Russia has always been made of 9 pieces, it is then ignorant people began to make them a lot. The main bodies of Man are nine:

1. The protective body (aura) is like the atmosphere around the Earth, a protective body.
 2. Visible body (physical).
 3. The dimensional body (etheric body) - holds the body in a certain measure, in a certain form, i.e. it is like an energetic frame.
- * The first 3 bodies (protective, visible, dimensional) are the basic bodies for existence in the World of Yavi to adapt here.

4. Stellar body (astral body) - it is called "astral" in a Greek manier (in Greek astra means "star"). The stellar body is necessary for a person to travel between the Stars, that is why many people in meditation move to other Earths and galaxies.
 5. Image body (mental) — this is again a non-Russian word "mental" (from Greek mentis - "thought"), i.e. it is a mental body or a body of thought. And our Ancestors said that it is not just a thought, but an Image, i.e. it has a finished form.
 6. The body of figurative interrelation (or the body of Karma, or in esotericism - the body of causality, that's why they translate "karma" as causal connection) - this body is connected with the surrounding world, i.e. through it there is a connection with all living beings, with the Earths, Stars, Suns..., i.e. the body of figurative interrelation is connecting with various life structures.
- * These 3 bodies (stellar, imagery, karma) are for existence in the Navi World.

7. The Soul's body is what fuels the Soul. And this body is like a link between the Soul and the Spirit.
8. The body of the Higher Form is the divine beginning in man, the divine essence. We have this body from birth, that is why the Slavs say: "We are all children of God", who in the process of spiritual formation become God-Creators themselves. And notice, the concept of "spirituality" is in Russia. All Eastern systems speak only about the salvation of the Soul, only about the seven bodies, i.e. they remove the body of the Higher form, and remove the Spirit itself, i.e. they remove the divine essence and speak only about the Soul and the body. And we add: we must not forget about the Spirit. Notice, even in the Bible, Jesus says: "I have brought you the Holy Spirit..., and for this you must do this and that".

9. Spirit

These three bodies are for existence in the World of Prav.

Therefore figuratively: the first three bodies are the physical body, the second three are the Soul of man, and the last three are the Spirit of man. And the body of the Soul is a kind of a shell or a boundary body for the connection of the Spirit with the Soul.

Will and Conscience (Воля и Совесть)

All nine bodies are governed by the Will, i.e. when they say: "A free man" - it does not mean: "what I want, I will", no, a free man is the one who has the willpower, and the will makes him observe the Laws of the Family, the Laws of the Ancestors.

* That is why in Russia they used to say: "To him who is free - will, to him who is saved - paradise (i.e. Christian Eden)". Christians say that they are not people with free will, but free people (free people become slaves); and they are waiting for someone to save them. That is, they are not free.

But the Will is governed by Conscience, i.e. Conscience is above everything, even Gods are subject to Conscience ("Co-Conscience" («Со-Вестъ» , pronounced [sovest]’ meaning with higher message; and the higher message for us is Ra-M-Ha). Conscience is above all laws, all Heavenly Laws, that is why it is said that Heavenly Laws are created by Conscience. I.e. the control of the Will is to do what one considers right, but in accordance with the Heavenly Laws, then a person achieves the goal he has set for himself, observing the Heavenly Laws, i.e. acting according to Conscience; this is the control of the Will. These four elements – Body, Soul, Spirit and Conscience are also symbolised in the swastika, hence it is the quadrility, not the triality that makes the wholeness for the old-faith believes.