



# Positive Mind



**CRITICISM OF THE POSITIVE MIND IN THE  
ENERGY-INFORMATION SYSTEM**



**SECO THE PANTHER**

– A HISTORICAL DOCUMENTARY SHORT STORY



**INDIVIDUAL BEHAVIOR EVALUATION**



**A HISTORICAL DOCUMENTARY *AN EVEN SHORTER*  
STORY** (ANALYSES AND ASSESSES THE BEHAVIOR OF INDIVIDUALS)



George Angelow

**CRITICISM OF THE POSITIVE MIND IN  
THE ENERGY-INFORMATION SYSTEM**



# CRITICISM OF THE POSITIVE MIND IN THE ENERGY-INFORMATION SYSTEM

Improvement System of Behavior Self-control








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## INTRODUCTION

Often some events or quite ordinary occurrences in life appear to be extraordinary until a man does not ponder over them, particularly if in concurrence of circumstances he is not provoked to do so. This studio is a similar provocation to the reader. Some things in it could seem a little shocking at first read. I suggest that you get acquainted with one, for some a novel, essentially exoteric way of understanding the world we live in, and the means by which we can verify whether all this is really so. This is a potent technique that gives you the power to do some things that we have believed impossible – to wit, to control your fate and through it, indirectly, possibly the others' fates as well. Making your thinking perfect you can create new patterns of behavior and make your life emotionally, spiritually and materially richer. The principles of the Positive Mind, to which this studio is focused, changes the life in general – yours and other people's too bringing clarity and insight, success and happiness. The majority of the people are not yet aware of it.

It is well known that there are authors and works that leap for ahead in time and are thus doomed to remain unappreciated by their contemporaries. Others, despite all the seriousness and depth of the treated problems therein, arrive too late, and their authors are just epigones, late emulators. The problems examined — here concern people's spiritual needs — needs that have been around for millennia and shall persist to exist as long as the human race itself. The only thing that might be desired are some guiding opinions that can be extrapolated from this studio, but the results of their practice by the reader might be as unexpected as they might be crucial in his transformation a quality human being in good mental and physical health until the moment he takes his last breath before being presented before God, as they say. Really, is it possible? Is there such a technique, which can be practiced by every ordinary man in his everyday life that might lead to such significant results? Many people, especially those who have dedicated their lives to the orthodox study, will find that most of the skills acquired in a manner described here, can achieve nothing. I recall what [Pliny the Elder](#) <sup>1</sup> has said in a similar occasion: "*Quam multa fieri non posse priusquam sint facte indicator?*"<sup>1</sup>

Not every word you are going to read here is my personal creative work. This Studio is built as a tractate and interpretations of literature by some writers studies similar to the topic (some passages are directly quoted) and, of course, my own research and extensive experience. There are, of course, plenty of books describing how to become rich or how to elicit victory from the enemy or competitor, others offer meditation, teaching dedication to Yoga, how to eat only green bitter vegetables, obtained as one goes around the dish singing "Harry Krishna" (not that I haven't done this). In bookstores I see endless piles of books on so called Eastern culture and Tibetan medicine; who has the time today to read semi-historical, semi-pagan paradigms for an unpopular religion while comfortably settled in the rational world of America and Europe? On such an occasion [Sri Chinmoy](#) <sup>2</sup> says:

*"Better not to read books written by professors or researchers who are still on the road and have not reached enlightenment. Reading does not replace thinking. In some sense, it is even dangerous to read in any matter prior the man himself and is mainly has thought about it. Only those who had understood the truth have the opportunity to provide the truth. Otherwise it becomes like a blind man to lead the blind."*

---

<sup>1</sup> How many things were considered impossible before they were made (*nam*)?

I've found that most of the books on this subject are narrative, verbose, overlay descriptive, and follow the maxim "Repetition is the mother of all knowledge." What is worse is that some writers are attracted by the opportunity to "jump beyond" themselves as professionals in their primary fields – mathematicians, physicians, physicists, globally recognized luminaries – have tried to use their books with similar exoteric themes materials from other scientific fields where they are ignorant, and as in last resort semi-funny semi-tragic results appears. And the worst result is the repelling the interesting readers. I've thought that's not what the regular contemporary reader wants. He surly has his every daily problems, enough to bend over, to burying in his soul, to require so much of it - not in this is the key to success, but only in the means of thinking and action. And in this regard, though I would highlight a contemporary author - Vadim Zealand. Read him, if you've this opportunity, despite his colossal verbiage, when you have some more time and patience. You will not regret it.

This reading is intended for ordinary people who encounter this matter for the first time. But I would not define it as a challenge for them. Rather, I expect they read it with interest and benefit from it. And the ordinary reader will value the ingenuous, visual knowledge much more highly than the abstract notions of the logical knowledge, especially when it relates to its practical use in achieving a universal and a very intimate goal – personal improvement in order to live more meaningfully, ultimately better.

The construction, herein applied, is a very pragmatic tool for entry into our own world and return to reality, and can be likened to a daily journey into outer space and then a return home. It happens to be similar and yet is actually easier than going to work every day. And all this - in two different routes described in separate sections, and as the first helps your work on the second, it is placed before it. Those readers who have already covered a part of this path could rearrange and re-evaluate their issues. This is of great importance to them. Later you will come to understand why.

This Studio sets out the principles of the **Positive Mind\*** in the energy-information system for the improvement of the individual. Thinking, as an element, part, category of one's mind and the part it plays in forming the intellect in all of its aspects, positive or not, is a process of processing of the acquired information, whereon some amount of energy, specific to each individual, is expended.

The presentation is structured on the bases of the **Positive Mind**, which is the basic level, the frame, and two parts (or as system presentation—on three hierarchical levels of a pyramid—**0**, **1** and **2**); Level **1** is formed by thought about the threatened idea and consists of three sections, and Level **2**—by two. As usually, the thought on the bases (**0**) has to prepare the rules for assessments and analyzes on Level **1** for their applications on the highest one and following optional management on Level 2. And the power of thought is enormous. With a simple effort and positive purpose, you can open your mind to the endless flow of mental energy on the path to financial, emotional and spiritual success. The **Positive Mind** changes the life - yours and others. Something like the always-needed relationship between theory / analysis and practice / management achieved through different forms of knowledge.

However, a book should have an opening and a closing line, and in this sense, no matter which way I replace them or overlap its parts, a single integrated organism cannot be created, as the causal connections are desirable and required. Therefore, this work's form and content are in an organic contradiction. It follows from itself that, to achieve the goal of the exposition in such circumstances it is imperative that these formally inconsistent parts **be read twice**. The first time with much patience, draw on the trust that the beginning is a prerequisite to the end of the entire work, and on the confidence that the second reading will put much or even everything in quite different light.

One next to the last clarification: the specific disadvantage of the construction of the exposition is that both parts, **ENERGY AND INFORMATION BASE OF THE HUMAN LIFE** and **MEDITATION**, should be read simultaneously, which is impossible. So you would not be motivated enough to meditate and it may not have lasting effect if you do not have a full



grasp of the principles of **Positive Mind** and the application techniques in everyday life. The dual approach of the **Positive Mind** itself to the energy resources in the World— through internal self-perfection of the personality and through active meditation— sometimes requires to be discussed twice in a varying context. On the other hand, there is the inability in such a short and intended for other purposes Studio to reveal the full energetically, informational, even in part philosophical nature of the material and the spiritual human worlds and his life *right here and right now*. Of course, a reader who is familiar with Kant's and [Schopenhauer's](#)<sup>3</sup> philosophies, and if he is also educated in the school of Plato, has read from [Vedas](#)<sup>1</sup>, knows who the Bulgarian Master Peter Deunov is and is acquainted with the ancient Indian wisdom, then that reader is best prepared to *hear* my presentation, despite the fact that it might be divided into two parts.

Only if you are fully clear what the principles themselves and what it means to enlightenment inspired by **Positive Mind**, how far its stretches spreads and where does not; if it is understood that this World is nothing but energy and information environment in which the subject, the man whatsoever he is, he lives this life, then it will be possible to make use of the technique of control his fate as described here for first time and in a manner diverging from all so far, so as from that World to take anything as much as he needs but not fight to win the reasons that would lead him to this and most often in doomed, unequal battles with that very World.

I am not a wordy writer, or a compilation manufacturer, or someone who expects applause for his work. Therefore, one who wants to learn from what I have said and to understand me in that is expected to agree to read everything written here at least twice. I've taken the liberty here to say: the final result is unique.

Do not accept the ethics of this pragmatic tool as prescriptive one, effectually saying "do this" and "don't do that". View it as awareness in the context of the ethics of compassion, that nobody harms anyone and everyone helps everyone, as far as is possible. If you have discovered it not by reason, but by your intuition, then certainly the [perception](#) of the content will be really full, and the end result – truly indescribable joy.



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<sup>1</sup> Sacred book of Hindu.



## PART 1

# ENERGY AND INFORMATION BASES OF HUMAN LIFE

## Chapter I

### LIFE ENERGIES

For Byon, the ancient Tibetans practicing spiritual and religious discipline for the past 17,000 years, the **Positive Mind** has been a skill daily studied and applied towards achieving success and satisfaction in life. Who does not aspire to that today too?

The body and the brain receive certain amount of **physiological energy** from natural sources (feeding, breathing) and its subsequent transformation into another type, for example by chemical reactions such as metabolism at the cell level to produce energy in the absorption of food that we take every day. Both the body and the brain burn roughly the same amount of energy in the same period. Therefore, substantial part of the energy is consumed by the brain to manage the functions of the body, to regulate its processes and to think, i.e. for the real implementation of the action. For ordinary people, the systematic shortage of such energy or, as some call it, a prolonged negative energy unbalance, leads to exhaustion, illness and death of the physical body and brain, which then degrade in the earth, feeding the stormy thrive of weeds (unless something more noble was planted) and thus expending the largest portion of their energy. This is what usually happens in energy terms in the World in which we live.



As I have mentioned, thought process in the brain consumes significant amount of energy. Very small part of it is supplied to the human body through food. The above mentioned natural resources provide physiological energy for the actual performance of the action, but also for the formation of the parameters of the wave field vector\* wherein the brain receives and transmits energy - sinusoidal variation† of the field carrier frequency with a minimum amplitude‡, the signals for inter-frequency transitions and location - fixing the locations (addresses), where there are the personal experience **clusters**,<sup>4</sup> the **codes**<sup>5</sup> with references to the information acquired from the individual ex-perience and knowledge in the space of the information environment, which is an inde-finite conception. The rest significantly greater proportion of energy consumption, often understood as mental energy, is supplied in field format in a wide frequency spectrum of World<sup>S</sup> in its entirety and infinity in time and space.\*\*

\* Such as e.g. magnetic field, where the direction of the magnetic force and its size in any point of the field could be described by the vector: applied point, size and direction:  $\bullet \rightarrow$  or **vector fields** (such as the magnitude and direction of the **force** at each point in a **magnetic field**) which are specified by attaching a vector to each point of space.

† The sine wave or sinusoid is a function that occurs often in mathematics, physics, signal processing, electrical engineering, and many other fields. Its most basic simplified form is:  
 $y = A \cdot \sin(\omega t)$ , which describes a wavelike function of time ( $t$ ) with: peak deviation from center **A** (aka **amplitude**), and angular frequency  $\omega$  (radians per second).

‡ In any creative work the nature is optimized to spend a minimum of energy.

<sup>S</sup> Universum, Cosmos

\*\* In physics, **space-time** is any mathematical model that combines space and time into a single construct called the space-time continuum. Space-time is usually interpreted with space being three-dimensional and time playing the role of the **fourth dimension**.





An appropriate to the theme definition of World order is: (i) an infinite virtual **information space**, where there is information for everything, *and* (ii) a **free energy**\* which exists in so called multiverse or space with or without our knowledge and understanding. Everyone is definitely capable in his or her life existence to "capture" and transform this energy as his or her psyche (soul) is tuned to its own frequencies corresponding to its thoughts, in order to use it in the form of **mental energy**.

A part of it is consumed in the process of thought when the intention to act is created and the decision is taken—simply, decisively, with conviction, without a shadow of doubt in the result thereof, and without any hesitation. The intention is formed at the expense of the free energy. This will be discussed later. The remaining, larger part of it, is "dispersed" in the space or is downloaded and consumed by other persons—individuals and/or entities (organizations, institutions and others insentient units) that have no feature to model on their own frequency and to generate energy or adopt it on their own frequency band.

Quantitative The power (**P**), wat – **W** or the work of the body (**W<sub>b</sub>** - limited) or mind (**W<sub>m</sub>** - boundless), is a time-based quantity. The dimension of **power** is energy divided by time:  $P = W / t$ . This power, of the mind,  $P_m = W_m / t$ , is boundless because the energy it can draw from is universal energy, which is infinite.



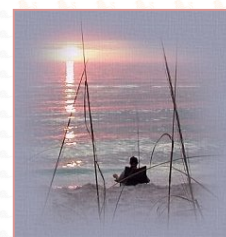
## ENERGY STREAMS



Mahavir Swami

The stream of free energy to an individual is like an infinite river of healing force. According to Tibetans, it is the essence of life. People can learn to draw life from this river. A few historical characters, drawing a unlimited supply, were able to get to a **Supreme Being**<sup>6</sup> status and get immortalized as the great teachers of the antiquity— Jesus Christ, **Sri Krishna**,<sup>7</sup> **Gautama Buddha**,<sup>8</sup> Mohair Swami,<sup>†</sup> Avestan Zarathustra,<sup>‡</sup> Hermes Trismegistus, Lao Dza. This likening to a river, however, is only partial and a somewhat poetic description. In reality it, the energy, ideally passes through the human body in two directions, as follows:

- The **first flow** goes from the bottom upward and is about 2.5 *cm* along the spine in men and approximately about 5 *cm* in women.
- The **second flow** goes from top to bottom and is almost close to the spine.



The streams must be balanced so that the central point is located in the middle of the body. People have long discovered the central energy streams. There are many books on this subject. The amount of human mental free energy depends on the width of the central energy channels. These energy streams, however, may be partially or completely blocked by various factors. Over time, central channels in most people have become "vestigial", which is related to the fact that as a person ages, he ceases to develop and achieve new goals. Other factors are the harmful emotional impact, living in a big city with bad traffic

\* Someone called and interpreted it as a space power, connecting it with the free passing of **neutrinos** streams and other elementary **material particles**. Man is not arranged to understand and explain science to accept or reject this or other hypotheses, and nobody needs that. The world would not be "disbursed" energy resource to an end in itself irrational actions. What concerns the structure of human nature to search for, discover, and learns e.g. only as the field of ENERGY AND INFORMATION BASIS OF HUMAN LIFE suppose enough opportunities for self-knowledge.

† **Mahair Swami** - Indian sage Vardhamana who established what are today considered to be the central tenets of Jainism - one of the oldest religions that originated in the Indian subcontinent. Jainism believes that every soul is divine and has the potential to achieve God-consciousness. Any soul which conquered his own inner enemies and achieved the state of supreme being is called Jina (Conquerer or Victor).

‡ Zarathushtra or Zoroaster (Latinized from Greek variants), about the sixth century BCE [\[more\]](#)



regulation, overwhelmed and filled with a large number of poor and unhappy people, each with his thoughts, ideas and energy giving rise to sharing in their fate, a poor contrast mixture of architectural styles from different eras, etc. The opposite is also true - if an internal organ is diseased, the picture changes. Acupressure and acupuncture can restore to normal the relevant body energy circulation and that has a proven therapeutic effect. There are too many examples. However, in most sufferings the effect of such a therapies is temporary. In any case, a long-term medical treatment is required - drugs, spa, etc. depending on the ailment and the medical prescription for its alleviation. The psychotensions or upsets require a different treatment, and if they are not treated, often some physiological diseases return after a seemingly successful therapy. Mental energy and mental abnormalities (mental discomfort, stress, shock) will be mentioned below. As to not deviate from the topic at hand, I will only mention that stress, for example, the most common problem in our daily lives can only be done away with by "waking up" and rejecting or minimizing the importance of the event which has caused it. This means harmonizing the parameters (frequency characteristics) of the energy stream. In simple terms, this often means simply relaxing, then calling on your spiritual world. Fortunately, the deficiency of vestigial, narrow or blocked energy channels can be easily removed. Energy channels can be trained by energy exercises (see Section "MEDITATION" below).



## CONCLUSIONS



We are trying to make **Criticism of the Positive Mind** using paradigms and models of knowledge of the physical world described by precise mathematical laws and the logic principal of causation, cause-consequence. Additionally, a "dualistic" model which supports the understanding that one of the two substances is material - mass/energy in the continuous transition from one form to another; and second, which is intangible and independent from the first one - information. The problem is more philosophical than physical-mathematical, so this approach will not work unless we take the next step. The essence of the method of philosophical knowledge is not in the proof, in the patient reasoning, in extrapolating the consequences from the reasons, but in intuition, in the strike of new ideas, in the sudden appearance of a thought about the profound and hidden nature of the World in which, according to the purposes of this studio, we must think positively and live a better tomorrow than today.



In addition, a real world example - if you are involved in trade as a seller, do not think about how to sell goods to the buyer. He has no intention of *buying* at all costs from you, for your pleasure. He does not want something to be *sold* to him. He wants to *buy*. Your desire to sell is a product of the will and when you think how to sell then the mind is leading. Success is in the opposite direction - to switch your perception and consider what the buyer is keen on buying. It has to come to you from within. It should be achieved by the soul. But since you are playing the game, and that is especially true for trade, make him make the wrong move. Let him work with his mind and he shall be an easy prey because he is always inclined to sublimate his capabilities. Figure out a way to increase his importance. Present him with a challenge, let him try and prove himself.\* If a man takes this challenge in the context of his own importance, he will follow your will, and if you bite on your own hook, you will be bidding his will. Do not try to come up with marketing masterpieces. Such that exist do not receive recognition in daily practice. Be very careful and recognize what is demanded and what the people are fed up with if you hope to sell on this market.




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\* For example, try something new - put price on the rating plate e.g. instead \$199.99 – 2\$00. Try.



## Chapter II

INFORMATION – “THE WORLD AS WILL AND PERCEPTION”<sup>9</sup>

The information is one of the most difficult concepts to define, especially for the presentation and explanation of the World. Mainly because of the variety of aspects of its understanding. One thing is certain, it covers everything: data presented verbally or through symbols, \* containing knowledge for predictable timeframe organized for a specific purpose, as well as influence of the behavior of the system and the results of its work, i.e. everything that represents the World in which we exist without its material substance – energy ↔ matter. It is close to our idea of God. Therefore, the world is energy and information, organically a priori accepted as connected and combined, forming a whole.

Again, the theme of the World, but now in more depth.

And our ethics<sup>10</sup> must begin from where starts every ethics of its primordial questions about the concept of "World" in terms of its use here and building their worldview:

What is the World? What is the human life in the World or what can and should it be? How the World is constituted or at least how it looks like? Most likely there is not correct answer in the context of what we are now involved. Obviously, we do not perceive it as space only, nature or like all that surrounds us only in its material sense.



"The World is all around us: the absolute nature is one of them. The reality is comprehensive: the absolute nature is one. Although we may feel isolated from the true uncreated reality of the World - whether we call it "God", "culmination of knowledge" or "enlighten spirit", through the mind we can communicate with this important part of ourselves."

In the frames of the conceptions of human mind, if we rise to the highest peak of the definitions, the World seems *none of anything*. "The World is object for the subject, contemplation for the contemplator, with one word presentation."<sup>†</sup> It is simply a *mirror of our PERCEPTION*<sup>‡</sup> for everything. **What we think in our perception about to the World that we receive.**

Past and future are one duality from which the presence is the World. The internal essence of the World, however, is unknowable to human mind and not be described by its conceptions. Generally, the conceptions in the music and art, whereby the mind operates, are useless. The composer tells the inner essence of the World in a language that the mind does not understand. The music does not need its supporting explanation of the world or action.



In **INFORMATION ASPECT** we could try to determine completely the World we know as following:

a) In **QUANTITY RELATION**: a set of images and pictures of places, events, people, drawings, maps, photos, etc. All they are in color, some accompanied by certain smells and

\* symbol here is arbitrary term; Interpretation is everything that is not verbal.

<sup>†</sup> Arthur Schopenhauer.

<sup>‡</sup> Picture: Robert Fludd's depiction of perception (1619).



fragrances, music and abstract sense of emotions, feelings, duty, etc. Ostensibly, all this is result of our life past life experience - observation, meditation, reflection, training and taking possession of the information product. But this is not the case. There are simple facts that contradict. Here are just some of them. There is hypothesis according to which the brain itself synthesizes the pictures of dreams and during sleep it apprehends such as they are in the reality. According to us\* the subconscious does not create any self-images, but directly plug in to the information environment of the World which contains all information about everything. Look at some article, then close your eyes and picture it. Whatever qualities of memory you have as being given or trained you do not see the same image of the pattern that has impressed in your consciousness - the colors are not saturated in the same way, some details are missing, the proportions are so vague and so on. You have kind of picture with very low quality, stored in group neurons. Well, as much as the perfect biological system the brain is, how many billion should be the number of these neurons or cells in order to save the whole World in only one head? The brain does not store information itself, but something unknown—addresses to it in the World information space. (Mental sick people recognize the false addresses of sectors in the information field and see images that do not refer to this reality.) Even more it is unlikely the brain to synthesize such sophisticated virtual reality as a dream. Let we don't mention that from time to time we see in our dream such images, which we have never seen and would never see in reality, because they do not exist. It is not the mind, however, that interact with the virtual information space, but the soul. The mind would create vector graphics – outset point, size and angle, scale, speed of the description. The colors... our head should have been like a big container – boiler filled with brain. Soul works with other format, so called integral perception or representation of the idea about the things, and the mind takes only a part of it, but it modulates this part on particular frequency of the thought. In other words, the mind operates like a technical operator. So nothing happens only by the reason when you want to send a message to the World in the frequency of thoughts without participation of the soul. It forms the *perception* and sends its pattern modulated by the effort of the *will* of the carrier frequency of thought, tuned in the frequency of the *perception* of that life-line, or "river of the life" in the information environment, whereto the image is predestinated and respectively addressed. That is why nothing happens without the mind; in particular, without merger of both.

This is the place quite a bit to theorize the problem of information to get to know more the mind. Just so we will understand how it functions to get to the immanent nature of the **positive mind** that is in harmony with the soul, and from which we so much need in today and tomorrow. And to me, like Douglas Hofstatter, I think that susceptibility to shift (mildly *forgetfulness*) of an event (or circumstance) depends on the set of nested rules in the context of that perceived occurrence of the event (or the fact). Here are useful the borrowed from the mathematics terms *constant*, *parameter* and *variable*. Often mathematicians, physicists and others perform calculations, saying "**c** is constant, **p** is parameter, and **v** is variable."

In fact, they mean that all three can be changed (including the "constant"), but in their variability there is some hierarchy in which each higher level is created in the context of the foregoing. **c** set global condition of baseline stratification level, **p** sets not as a global condition but one which can be varied somehow according to the rules and the meaning of **c** till it remains fixed, and finally **v** may be amended every way by the rules of **p**, while **c** and **p** remain constant. There is no point thinking about how fix **v**, while **c** and **p** are changing because **c** and **p** set the context in which **v** makes sense. Hofstatter† explained with a simple example from the life with flair business: ‡

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\* Vadim Zeland in „Transferring of Reality“.

† American scientist, mathematician and physicist, professor of cognitive sciences (mental processes such as attention, memory, risk, etc., but the most important - decision making).

‡ This is the modern approach to the preparation of financial model of business plan for [project finance](#).

- ♥ c getting married and you need own home; you know how much gets the favorite and you - this is a global condition of the base level;
- ♥ p<sub>1</sub> you search and find on the Internet desired home - size, neighborhood, district, price according to your desired status - not so global conditions, but appropriate in the context of the basic level;
- ♥ p<sub>2</sub> you compute the initial payment and terms of mortgage credit with periodic instalments and what you have left to live (cash-flows) and to raise a child and according to your choice of lower level you're OK;
- ♥ v you rethink what might happen (function "what-if") in case you are having twins or economic crisis shook your business and your income fall and not be able to pay the installments on the loan and the mortgage can "hang" you past it –you've fixed constant **c**—the family, the parameters **p<sub>i</sub>** of the upper levels, options -v whatsoever, risks, some changes in the fixed parameters can happen; you discuss the risks and how you'd act and decide (feedback return you back to baseline level, but as an **order, imperative determination**)— YES! YES! YES! We are gona bay just this home, we'll work, we will succeed, we'll be happy! (or: *what to look for a smaller house. . . in the slum, even when they increase our salaries will still think about . . .*). It's also descends making. THE CHOISE IS YOURS.



*Strangers in the night are all of us, but this over there—that are you.*

*I'm wakening up in the sleep and think:*

*At what hour of this dark night I've opened glasses?*

*Why to know? – ask myself.*

*Soon sunshine will strip off its black shadows in a sunny day...*

The dream is not a meditation. It is not your representation about anything too. It is just a free, out of *will* control flight of the soul in the information space of the World where everything you see is there. Events and scenarios can instantly shift following that flight. Unlike the dream, the real World is inert. There the planned events happen in days or months depending on the quantity of information whereby they are described and how far from this time or action they actually are. The dream processes not a series of positions over time, but what is now, between two moments. This is not attributed to anyone staying awake. Therefore, the images of relatives, most often in our dreams are unrealistic, the events - unrelated. If you only learn how to control your dreams, you will achieve great, unbelievable results, but that is another topic. I remind that and without this the things are more complicated. Just when you think about the phenomenon "dream in dream" and that this phenomenon may have a second level ... A unique artistic visualization is achieved in the 2010 American science fiction action film „**Inception**“ written, produced, and directed by **Christopher Nolan**. It is only a model that must alternatively either walk you to the world of meditations, or to complete their work, consisting in this you get a perfect harmonious personality, happy in the otherwise unfriendly World, leaving a deep trail in the other people's memory (poetically speaking, but actually an address in the information basis on the energy field). This is the first idea of immortality (of the soul), then comes the idea of its reincarnation. This, however, is more philosophical-theological matter than energy-information one and entering into it right here will harm the more firsthand physical understanding and logical explanation of the **World as will and perception** of finding your way to a better life in it.

Thus, we clarified that our specific thoughts and desires are formatted in a given file, where except the information that describes them there are also commands purposed to model the external energy passing through us on the bandwidth of the information field of the World that is in conformity with our thoughts where, to remember, there are sectors with the frequencies of all options of everything. During the dream nothing blocks this



movement and the thoughts transfer the dreamer to the relevant section, often unrealized one, download representations of great romance of unbelievable events – nightmare adventures or fairy glamour charming magic. In the sectors of implementation the thinks do not happen so fast because of simply physical reasons – the inertia of matter and undoubtedly proven physical laws. But in the reality the principle is also the same: **the thinks we have influence an immediate effect on the events in our life that are on the same frequency in the information field.**

For the uneducated, not our thoughts but our actions are the cause of everything that happens to us. Remember well this difference well **the important is not what you act but what you think.** This will help you too much to meditate (see Part 2).

b) In **FUNCTIONAL RELATION**: we accept the fact that the information is something intangible, virtual, which can be transferred (to be received and transmitted), stored and kept in **memory** as is coded to reduce its size and decoded that part of it that will be transmitted to be used . It can be processed - in content rearranged so that the general array can be converted into an information product with new content. Also received information products may be on a self-replicating material environment to generate new ones, to be structured and re-structured in general more sophisticated, targeted and even self-trained and to produce knowledge and algorithms for its application. All this is managed and carried out by the mind under command of the *will* of the man who owns it. Just thinking about it and let me chills batter. Thank God that it's not given to us, the people, by the Creator to go very far in this process. There is information about us, about the World we live in, to which we will never get our hands and we cannot understand it. For example the genome, it will never decipher and to be able to modify it. There are simpler examples—who has created us so much, infinitely perfect as a biological object and physiology?

Do you know what is here the most unpleasantly - the information in all its forms is the end product, commercial product, it could be received, transmitted, it is subject of trading. The disadvantage is that it is the only product, the ownership of which is exchanged (change its owner) irrevocably when his quoted when its essence is revealing. To buy it someone has to know what he is paying for, but as you say him, it's already too late. He is received the information in question and nothing can protect you from the fraud the buyer to say "Well it is not worth much... I'm not interested in it." or just to say "aaa-a, but that it be ... Well it do not care, just that I do not need it." There are gears of keeping and selling of intellectual products, but in the world every single moment it is proposed any information not just for money, but also against many and various types of considerations. You understand what the problem is. Solutions exist, but none of them solve it perfectly and completely, whatsoever the bearer is.

The business with information is a privilege of the men only. Plants and animals can only use it to live and exist. They do not think. Many people too...

Simply treated prior to one of the major issues for the functional relation of information to the World we should be fully aware of the following.

- The World is equivalence of categories.
- Energy / mass (matter) and the information are functionally linked in a synergetic whole, the World.
- The information, in the sense that we use, does not exist without matter – the memory and the bearer or the environment are material; whether it is a light ray (photons), laser beam that can pass in a vacuum, or sound, which is traveled into the air, cable or what we say wireless, it doesn't matter. This is a matter, and for transfer of the information in or through this matter is needed energy. The things about the **field** <sup>11</sup> and **gravitation** <sup>12</sup> are similar referring to their material/energy nature.



I don't mind the journalistic information, where if the forecasted is known of the purposed subject, it bears no information. Information, as one of the two categories in the World, should be understood as everything about everything. However, if we don't have it, has it got it? This pun constructs a rhetorical question and the answer is NO. For this World that surrounds us and I live in it, I have my own *perception*. It includes everything about it - physical and virtual - and this defines my world that is his pattern.

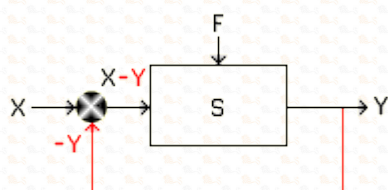
Remains only one last major issue in functional aspect of the information. Called **memory**. This is a very tangible concept for both the body and the technical systems. We can use the memory as store and processed in it the information, as well as to receive and transmit it as we consume energy - another substance/category in the World.

I have met somewhere, and that in the serious literature, one of the most exotic hypotheses about where the information is available and stored, which we define it as everything about everything that we can or cannot know about the World. In the water. It is really true that there is tap water, distilled, rain, holy water, river, lake, sea water, etc. It was mentioned there the oceans, the relationship of the amount of water to the land, 2:1, which is absolutely the same in the human body and it cannot be changed, and other interesting concepts. I understood that the water is not just H-O-H only but there is a dipole molecule and many other things. I'll ill refer the question to the Greenpeace. They could get interested in. The Eco-mafia has a large budget, larger than the annual budget of France ... Now, in order to run toward to our goal we should understand how the system *information-memory* proceeds and operates and how to manage the processes of our behavior in it. Information system and control - these issues are dealt by [cybernetics](#).<sup>13</sup>

For our goals we need two conceptions from the study of control: (i) the classic feedback; \* and (ii) the hierarchical structures. Thus the things in this case are getting simplifying, though entering into cybernetics shouldn't to be underrated.

The **FB – FEEDBACK**: Generally everything - a natural process, a political phenomenon, a situation of life when we discuss and *identify* it as an object (S) of monitoring, is liable to control, to self-control or by an external (to him) control under some of its parameters, usually to its most probable state of equilibrium (homeostasis) and by an optimal way for this state. Thus it becomes a [control system](#).<sup>†</sup> This is the World in which we live, for better or worse.

(i) He is also a perfect control system.<sup>14</sup> Any such monitored object is defined by at least incoming control signal (X) and respectively depending exclusively be wrapped up in its output (Y), exposed to external influences (external actions) of the domain around it. Any such disturbance (F) and/or the control X getting the system out from its equilibrium state for some definite time until it comes back to it or take a new steady state; by way of example at a new energy level. If in the



object S through an information invasion F or it is purposive supplied a *known* amounts of energy, which is a common event, then the output Y can be settled down and measured the *expected* controlled outcome. If the model of the object is homeostasis - the most common case - you just need to compare X to Y and to feed the difference with minus at the input of the object S. That is all. In particular, the **feedback** can pass through a regulator to modify the type of -Y to met with the optimization of the control, but that's another story. More importantly is what of control signal X is. Who is defined it and why? The answer is one of the most important definitions in this work. For us it would be a target function by which we perform our decision, measured by the function Y in the conditions of the surroundings, identifying through the function F. The signal X is a function of our

\* **Feedback** describes the situation when output from (or [information](#) about the result of) an event or phenomenon in the past will influence the same event/phenomenon in the present or future. When an event is part of a chain of [cause-and-effect](#) that forms a circuit or loop, then the event is said to "feedback" into itself.

† **Definition:** [Procedures](#) designed and established to check, [record](#), regulate, supervise, authenticate, and (if necessary) restrict, the [access](#) to an [asset](#), resource, or [system](#).

perception, the model, ideal to which we aspire. For its selection of how to do it, it worst's to read this text 10 times.

Here's a simple example to explain the above functions. Driving a car in cold weather. 20°C is the optimum temperature according to you. It falls to you 17°C and you run the heating. Temperature reaches 23°C and you off. Then this manual temperature control is repeated. Here the object S are you in the car and the car, you've at the input  $X = 20$ , at the output Y - the temperature fluctuations read by the thermometer on the car, caused by the external disturbance F of the cold. By switching the heating device you make **Y-X feedback** by manual control in the zone of insensitivity of 6°C. If you switch on the air condition in automatic mode and set it on 20°C, you are disconnected from the object S. Some actions like e.g. opening the window refer you to F. The model of control of the object S is the temperature in the car  $20^{\circ} \pm 3^{\circ}$ . If you set a higher temperature, the system will take a new steady state, a new energy level.

This is one of the simplest examples where regulation is done by one technical parameter only of the mode of life with direct measurement with a thermometer. It will help us understand, analyze and control events and the conduct of the participants in them, according to the principles of the **positive mind** developed in Appendix B, ASSESSMENT OF BEHAVIOR at the end of the material.

Suppose someone decides to select for a model the opportunity to preach and distribute justice in compliance with the God will... Something more that the Pope, vicar of God on the Earth, like Jesus Christmas. Somebodies have chosen to aspire to weapon whereby to control, to force the whole world to its knees prior to go to his GP-doctor and to be hospitalized for treatment beyond all hope. At the input X most often is appeared information about models of the human ego, of the personal assert completing the leg of conviction to the inferiority complex in mastery of the processes in the object S, and its output Y feeds signals of a fatal self-confident. Plenty of examples. But all of us desire to control our own World that we are created in yourself, to communicate with God in it and for our and other people good to be amongst the best pears of this World. That's why we spent this well-deserved space for the first of the mentioned two parts of cybernetics.

(ii) The **HIERARCHICAL STRUCTURES** function almost everywhere – in the society, in the state structures and corporate set-up, where the regulation of the group work. A stratification system construed of various levels of management and control, or level of competency and functions. At any level works system like the above-described in Para (i). However, between the levels specific information processes are run: bottom-up it flows information, streams of knowledge, primary technical data, addresses in the memory; from the top of the pyramid down information stream contains only codes of instructions, rules, orders for management of the system. The identification (mathematical model) of a hierarchical structure in order to create control models at different levels, as whole, is generally one of the complex tasks in cybernetics.

Anyway, we do not explain here the structure of the World, and we cannot, but we discuss a pragmatic method which allows us understand why and how we can conduct our destiny in the same World. Similarly we can drive a car without to know its make-up. We are a part of this World, we were born in it, we live in it as individuals and, as part of the community; we drive our cars, which few are aware of the make-up.

In other words, can the intelligence of robots exceeds that of man, and if YES when? Such a question was asked of many scientists and they give different answers and explanations. Such a question does not exist at all. Man continuously and without knowing how and of course receiving information from other cosmic mind, its energy field. The robot cannot. And thank God. With the development of technology, with which are created more sophisticated robots are increasingly developing and the people's abilities of to use the codes to their addresses in the information of the energy field.





In **ENERGETIC ASPECT** – we are tuned our mind in the frequency of our *perception*. Accept conditionally that the World is unfriendly to us and if you think for yourself something bad, we get it now. If we create for us a *perception* for something good, we will get it, but some later. If in our *perception* it was near to our present genesis, we get it sooner, and if it is quite different, it requires some more time. In this time we have to meet a range of conditions for which we mention here.

In this aspect, a typical issue of energetic is the hypnosis. There is pretty scientific literature about it.

We are not going to refer to the hypnoses as a phenomenon in this studio, because it could not enrich us on the way of our goal - the perfection of personality.

*"One day Anand,<sup>15</sup> who had been thinking deeply about things for a while, turned to Buddha and exclaimed: "Lord, I've been pondered over—spiritual friendship is at least half of the spiritual life!" The Buddha replied: "Say not so, Anand, say not so. Spiritual friendship is the whole of the spiritual life!"\**

Spiritual life in the man's spiritual world this is our life in **our World**. Actually, it is built from and in the brain through its mental activity in form of *perceptions* and is supported by the quantity of mental energy that it was able to capture from the free energy passing through it, and to "store" it. This amount is typical for each individual and can be changed over time - more dynamic, depending on the impact of momentary factors and for any length of time – from the improvement of the individual. Figuratively speaking, the "drawing-up" (reducing the potential) of this energy below certain level causes depressions, sicknesses, and below a certain critical level – to physical death, which does not produce hereinafter mentioned phenomena related to the phenomenon of death.

Here is the place to specify the concept of "storage" of energy. There is no method or device that can store an enormous of energy with some exceptions in the modern high-tech fields, which we are not talking about here. In small amount the energy can be stored for a while as the capacitors and batteries do in the technologies and the mode of life. It is possible to accumulate and save in your body physiological energy only with dimension **Thermochemical** calorie ( $\text{cal}_{\text{th}} \equiv 4.184 \text{ J}$ )<sup>16</sup>. For this purpose it is quite enough we eat and have rest regularly. We make this qualification that the conception to "store" above and in other parts of this studio is used conditional for simplicity of the statement. Phrases such as "full of energy" and the like are used in their civic sense in communications between the people in their metaphorical sense. Now here to accumulate a man free mental energy. It enters into our body from outer space and is consumed, diffused or is following up. If the channels are sufficiently wide there is energy for use, if narrow – there is not.

Upon occurrence of physical death of the brain, it, figuratively speaking, releases energy in the form of field with frequency of the last thinks, without address. The amount of this energy for an individual in such a moment can have a huge peak value, many times over the energy used in a single experience of any character event of the man life. Your world no longer exists. The system decomposes (harmonize) the energy in sub-harmonics<sup>†</sup> and overmodulates<sup>‡</sup> it into other energy carrier frequencies in the broadband spectrum to be returned (provisional) in the energy system to the outside world and to be utilized. This macro system is self-controlled supporting internal stability (homeostatic). To this end, it is also spent a part of the energy applying a significant amount of power for the frequency

\* Samyutta Nikaya, Verse 2

† **harmonic** of a wave is a component frequency of the signal that is an integer multiple of the fundamental frequency. For example, if the frequency is  $f$ , the harmonics have frequency  $2f$ ,  $3f$ ,  $4f$ , etc. The harmonics have the property that they are all periodic at the signal frequency, and due to the properties of Fourier series, the sum of the signal and its harmonics is also periodic at that frequency.

‡ **frequency modulation (FM)** conveys information over a carrier wave by varying its frequency (or phase modulation (PM) where the carrier phase modulation is the time integral of the FM modulating signal.



(or phase) transformation of the field (overmodulation) in a very short time interval. The impulse of the force is related to some familiar phenomena of everyday life of people. The virtual phenomenon of "light tunnel", mentioned by many authors, observed in the occurrence of clinical death is just one of those phenomena. The hypothesis of fixing the address in the space of the information environment of the outside world has a logical place. This is the space where it is stored / filed and compressed some behavior algorithms and the codes of the addresses of the relevant data units (clusters)<sup>\*</sup> respectively. The size of this information depends on the quality of personality and current state in which the death has "overtaken", but by definition the size is huge.<sup>†</sup> The system browses sacking frequency channels on frequencies with the largest carrying capacity in compliance with the specificity of information. Often, the occurrence of death is not instantaneous act but a process of time depending on the cause. In this frequency range the frequency channels transmit information by energy streams. There are cases where this is a two-way process. People got into clinical death and then as a miracle come back into life thanks to the efforts of the doctors tell that they saw in their mind long forgotten pictures of their life – from their childhood or the ordinary moments of communication with the parents. This energy and information retuning takes some time and the transfer begins about the 9<sup>th</sup> day after death and ends exactly on the 40<sup>th</sup> day of cessation of brain function that have been maintained in the meantime with oxygen from the blood<sup>‡</sup> (the recording of the occurrence of the death). As stated where came from there it's gone.

The physical body is a matter coming from the earth it returns there ("soil in the soil, dust in the dust") and the soul (mental energy) has come from outer space and the information, stored that is saved while it was here on earth is backed somewhere there. The matter – the body mass – and energy obviously disappears for us, but the information contained in the field of mental energy (soul) remains somewhere in the information field of the outside world and is there stored. Does the soul haunt or it settle in the heaven, I let it on the God vicars on the earth; they deal with these issues. It is important for us here, in this life, not to try to accumulate potential energy but to allow it to pass freely through us as two counter streams. If you manage to tie them together in two rings and then in a ball around yourself, even better for you and for all, because that means you have already learned to give to the other too, and that are all others of us.

Without this so called free or space energy,<sup>§</sup> used by us in any size and transformed into mental energy, with its depletion in specific critical level (more specifically with the reducing the opportunity to receive it), the brain (resp. the body) dies while there are evidences about energy, derived from food, that not ordinary but special trained people of Yoga system live, some of them even actively under total energy unbalance long after the energy exhaust, that has been received in the body and brain through the food. The body and the brain of such people are trained to reorganize and the energy that supports life, does not having left as balance in its transformation from one substance to another in the metabolism in the cells, and the cells live (receiving energy, dividing, reproducing etc.) different way, obviously coded by the Creator (if I can so express or if such one is available in general or if ever He has been, where said "ever" is undefined in the context of eternity). Therefore, we do not treat this phenomenon, not that it does not exist at all.

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<sup>\*</sup> Independent of each other computers in the network, each programmed to store and transmit information [\[more\]](#)

<sup>†</sup> There are in use common qualifications system because there is no exact quantitative definition.

<sup>‡</sup> In some religions (Christian, etc.) this period of time is associated with browsing of the soul after it has been submitted to God prior to it finally found a resting place which was defined during the lifetime. On the 40<sup>th</sup> day it, the soul, is broken away from the body, wherein it has been caged (according to the numerologies the figure 40 means closeness due to the figure 4, associated with the squire, symbol of the stability through restrictions of the freedom).


<sup>§</sup> Some more exiting authors, supporters of Yoga or Tibetan culture, called *high energy* and they try to explain the whole existence of the individual and humanity as a whole by the existence and its interpretation in the complex process of development of the civilization as they do not condone to no one of these processes about their potential energy independence. There are extremes in every science, but unscientific work in areas such as this, they are just getting platitude. We strive to draw the only rational to use it to improve further ourselves as a people in our short life here on earth.

*„Mass and energy are both but different manifestations of the same thing—a somewhat unfamiliar conception for the average mind“*

Albert Einstein

Let us go back to the ground. We are talking about the energy - mental (internal) and cosmic (outside). We live in a world in which we can be explained all phenomena by the convert of energy from one form into another, with its total cosmic balance. As it is known, in the vacuum processes the birth and annihilation of micro pieces – the energy is converted into matter and vice versa. And in the human body are proceeded operations with the energy similar to the transactions on financial markets. For example, we often take alcohol. Alcohol, as you know, is energy in pure form. Even outside of our body it is still stored energy, it can burn and releases heat. Accepting alcohol, you take an energy credit. You are the collateral, your body, your health (and your authority, as you'll see below). You cannot fail to pay off the loan. You can run away from the barman but from yourself where and in which other word you are gonna go except to that, the hostile one that surrounds us. The other one is somewhere there beyond, but no one is in a hurry to go there, and I do not know someone that has been returned therefrom. The loan proceeds are alcohol euphoria; the hangover on next day– its repay with the interest. Here is the same too, always having to return over the borrowed. The hostile World is a thought-out this financial service, which is not free.

The hard drink revokes influx of energy. When it comes too much to someone he even runs riot. A hangover occurs not so much at the expense of the physiological blow to the organs, as then "pumping" out of the body the extra energy but note as amount – in excess, but as a quality – a higher, already processed, overmodulated to the frequency of the drunkard thoughts. And they are usually aggressive, brutal, like those who are very energy capacitive and welcome to the hostile outside World. And as much the man is getting "due" that much the cruel payback is waiting him. But have you ever seen the drinker to refuse to alcohol? The World requires: either still drunk or torture will continue. As far as the human *will* is the people ability to operate his extra energy that is why he becomes so weak and purposeless. This is the main reason for the simple alcoholism – the low energetic. You want to drink more, you will get consumer loan, but inevitably more serious payback is coming. Once his energy capacity to pay back is running out, nothing more to be sweated from him and he will be great luck if he revives.

It's always good the theme to be illustrated by way of examples. When it's developed in compliance with "Aristotelian" definition of "horizontal interactions among equals who are different" or otherwise expressed when it's banal it's better to be illustrated by equals, but of higher social horizontal line. Here is one such interactivity; I live the conclusions for you. Click here: 

At the end of this specific energetic aspect to remember that the first credit loan is the most generous and holiday, as presentation. The first glass of wine in the life is acting delightfully; it is so cheerful around the festive table. Later the senses become less pleasant, and even later for someone - necessary. Each attractive, but harmful thing ends badly after all. Same even it is worst with the drugs. Here, if you take a loan, you must keep your mind particularly high level and to give in any time an account for your "liquidity". In all cases when you wish a lot – you accumulate energy potentials, in satisfaction of any desire – you give that energy. We will be back to the topic of the vice a little later to light it from another point.



**Mind and goal.** What are they? We often mention the **mind** here, and in life, often as one of the types – positive mind. The mind is a product of the action of thought with a definite **goal**. It is a product of the intellect. The thinking is processing information through using the logical forms and categories that are subject of studying in the discipline logic. With their assistance a man creates models of the *perception* of the ideal behavior, and if there is a *perception* of ideal, there is a soul in this process too, then it compares his representation, with the images of reality but the **mind** urges us to actions, whereby the



difference between both—model and image—to get minimized. If we ask the question *"Why, who need it?"* The answer is: *"In order to achieve a definite, pre-set goal"*. In this sense, **mind** is the *will* that makes us strive to the selected as a premium mobile\* (prime mover) of the consciousness. We've chosen model by analyzes the facts and events (co-beings), comparisons, associations and other activities of the intellect then all of life contemplation of the nature (the World in which we were born and live). We could say: based on the experience. By the **mind/will** we become practical, who achieve the pre-set **goals**. But this choice (of the *perception* of the ideal model) is supported and adopted by the soul. The only what is desired from the mind on the stage determination of the goal is to recognize whether it is in generally achievable. With that its function is over.

In this studio we understand and accept the *will* as an instinct of the individual, a human striving and thirst for life - for the preservation and continuation of the life, as shown in humans as essentially wanting being, but as well as its aspiration for satisfying the hunger and sex need as a manifestation of the whole organic world.

It is important to be understood some nuances that the inner essence of each thing that is not unconditionally and fully knowable is the *will* but that it is revealed to the *perception* as manifestation of the intellect of the person that is only capable of cognition and differs from that site of the man, which is wistful of desires only. The *will* runs in motion the associations of our *perceptions*, it makes its slave— the intelligence—to put in order thought after thought, to call from the information environment of the World in our memory similar cases, the link the reasons to consequences and thus to focus on the best way in any particular moment, in the next moment, and to open the sense of the life in the virtual space between the two instants. In this sense, it is in fact the substance of the World too—it is the very effective force of the energy of the nature, applied to us, *its* movements and *its* peace, energy of the existence of any existing. In this worldly sense this is the *will* of life, the *will* to power, etc.

Suicide does not win the *will*, neither the universal nor the individual—he wants the life, but reject the conditions under which **HIS** life is taking its normal course and in fact he does not terminate the working of the *will*, but only that form of it, which is assessable of him.



Enlightenment, which I am trying to help you reach slowly and forever or through meditations in the next chapter, is master of the *will* because in one way or another, however it is achieved it bears the knowledge about – its **goal**. It may subordinate the *will* forever and unconditionally. Just this way of life of the man, conquered the *will* in himself, its indomitable gusts to achieve any **goals**, motives, temptations, seductions is in fact the victory of enlightenment, the consciousness and the related to it mental tranquility and bliss, which opened the door of the successful man to the freedom of his individuality. And with this the practicing system is already completed. Formed and analyzed within it were the main features comprising the relation *will* / intellect—the deep and lasting foundation in the metaphysics of that system. To the extent that intelligence corresponds to the information, and information does not work until it is activated—read, shifted or sent or received wherefrom, saved or simply put into operations with some **goal**—this operation with the information of intelligence requires involvement of mental energy of the field with the designated for this **goal** parameters, sometimes with a high degree of its tonus (tension). Thus the above described ethical postulate finds a moral and energetic correlate in the system. Happy could be called only those practicing it which have available some energy in excess outside and over those they need to exercise the *will*. So – it turns out – happiness is commensurable to the same ratio *will*//intellect (or *will*/energy), which in its final degree is assessment of success of the exercises by the techniques of this system.

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\* First moved



The successful disciple, the practicing active meditations is our model, leader in the difficult struggle with the *will*. He detects how many times is below the level he would like to be. The reason for this difficulty is *ahamkara* – the *EGO* (self-importance). The *EGO* is the only claimant aspect of mind. It is what separates the individual from unity with others and with himself, because the ego affirms the right and self-charm of the “ME” – the source of wisdom in us, Infinite and Eternal, which the human mind cannot measure because it is not designed for it. These are gusts of misleading our desires with their inherent redundant energy potential, the fight with the Matrix of the World, and finally to encourage us to plunge into the real bliss of meditation, actively or just while going about our daily lives. The *EGO* is the biggest obstacle to peace because precisely it deals with the mind whether we are good or bad, whether we have more or less, and if we are stronger than others or not. When the *EGO* is subordinate, the energies can be constructively used for personal development and in service to others.

The *will* and intellect become an analogue of the two soils in the Faust’s bosom and of their strivings:

*Two souls live in my bosom—  
desire they to be severed!  
The first one here, on the breasts of earth  
with love, hot passion leech,  
and the other over the foggy abyss  
is flying and tracing the wise ancestors.*

*Faust, 1. Before the city gate  
(transl. the Author)*

I stop here with the metaphysical structure of the World through the minimum philosophical definitions of these basic concepts *will* and *perception*, without which there is no unilateral way for us to further understand the content of our system, and we are returning in the reality.



Let’s divide the people in two categories – young and older, and so in these two border categories fit all of us.

The **young man’s** *perception* about the World is one which allows him to create simpler models only. The information he processes is less; his mind uses smaller and simpler logical forms and categories, because he has neither studied them nor learned more from practice; he creates oversimplified, elementary or even crooked images of reality, often influenced by emotions, again for the reasons pertaining to his youth.

This sounds me very good, even great.

It is not that his *will* for perfecting himself is greater. It is more primitive, more rooted in reflex, more mobile. The young men are more unreasonable and simply the unconscious *will* to compare and minimize the difference between simple *perception* of the **goal** and its poor representation in images merge much more quickly. The World as ***will*** is the same as the ***perception*** about it. This expands the young man’s clean energy channels that are still not congested. Most of the external energy is transformed into mental, which his psyche consumes; new emotions rise, a big part of the energy disperses and it is still in surplus. “*Young people are full of energy*”, we say. They easily communicate with each other, make friends quickly, without problem become one of the party or fans of any club or of an eco-society—one of the group, in general. They are more easily submitted to manipulation and the group’s matrix sucks more energy from them and still they are not depleted. The big energy potential acts as a guard against any sickness.

The young man, unfortunately, is going to go deeper in the study with more difficulty and will be associated to the herein described behavior and techniques of improvement of the individual, whereby he could obtain energy from on high without recourse to meditation.

His undisciplined thought *will* hardly be getting concentrated over the *perception* that might a meditation achieve and its purpose. It will be much harder for him to empty his mind of all intrusive thoughts in order to meditate as they are so simple and aggressive. He does not know and cannot assess up to how much, when and for what all this would be vital.

It can be likened to a man looking through binoculars – in youth, he looks through the side which makes objects seem small and distant, and in old age he looks through the opposite side and objects seem huge and at hand. Only in old age a complete and correct understanding of life is available, when it has almost expired.



The **old man**, in turn, has greater life experience, has had many more wins and losses, is better educated or has learned more things. He processes a large amount of information. His brain creates more complex patterns, and the representation of an ideal goal is paler, fuzzy and interwoven in many complex forms. Even more complex in his mind is the image of behavior in the oh-so-well-known World, in which he has survived because he has gotten wise.

In this there is even something noble.

It is not that his *will* to improve is smaller; it is more sophisticated, more indrawn, more static. Old men are more sensible and it is simply that the realized *will* to compare and minimize the gap between the rich *perception* and the pale complicated representation in images becomes slower. That is why the mind and the soul merge slowly and on rare occasions; the World as *will* is not exactly the same as the one of the *perception* of it. This narrows the already stagnated energy channels of the adult man (provided, of course, he has not practiced systematically the **positive mind** or respectively meditated). A smaller part of the external energy is transformed into mental one, which his psyche consumes, old emotions are getting woken up, a very small part of the energy disperses, but still remains. Old people are not lively, we say. They hardly communicate with each other, find new friends from time to time, it is a problem to become one of a new party, a fan club - never or joining a community to protect nature ...— becoming one of the group—this is a hard work. They never give in to the manipulation of any matrix of any group and do not allow even 1W/h of power to go out of them, because it is scarce and much needed. Less energy—more sicknesses.

The old man, fortunately, will submerge in this study with much more ease and join the herein described positive behavior and techniques of improvement of the personality, through which he could receive energy from beyond without recourse to meditation. His *will* easily focuses his disciplined mind on the *perception* that will achieve a meditation and its purpose. Additionally, in order to meditate, it would be easier for him to empty his mind of all intrusive thoughts as they are so familiar, complex and difficult in moving in their entire splendor. He knows and can assess to what extent, when and what all this would be vital.



Both, the young and the old man, create their own *perceptions* about their World such as they see it their *perceptions*—that are their dreams lurked in their soils, but some of them include their mind with the desire and willingness to close to it. Only those who succeed to merge the mind and the soul together their dreams become a target and decisions for action and they only achieve it.

Here's how remarkable and transcendentalist, American philosopher **Henry David Thoreau**<sup>17</sup>, more poetically described this thought: "*If you built castles in the air, it does not mean that you have worked in vain; they are exactly where they should be - just build the foundations under them.*" So it is more readable.



Finally, this is the World, good or bad, but we know a priori that it is unfriendly, a World wherein we are still trying to live in harmony, better, by studying in a modern way its energy and information reality. In relation to what Schopenhauer understood from his teachers—the divine Plato and the great Kant: *"The forms of the phenomenon World (the visible, listened and presented things) do not match even they are too different from the true nature of the World"*<sup>18</sup> This is the first serious attempt of spiritual approximation of the New Testament Christianity with the Buda-Brahmanian god-seeking that excludes the suggestions of Moses,<sup>19</sup> Jesus and Mohammed.<sup>20</sup> Here is how later Thomas Mann achieved that in the biblical epic tetralogy "Joseph and His Brothers".

To one of the Izmailtyans, who had purchased him from his brother for twenty guilders, Joseph, regardless of his position as a slave, explains that the World has an infinite number of environments, one for each creature, and that each creature inhabits its own sphere.

*"You sit on a half of an arm of me, however, there is a round the world around you, whose center is not me but you. However, I am the center of my round. So both are true, as they say, every man for himself ... So where are you, there is the world - a close circle for life, knowledge and action, and the rest is a nebulous!"*

According to Joseph, his Self and the World are in harmony and in a certain sense they are a whole, so as the World does not exist only in itself, but it is also his world, his perception. The circumstances are mighty, powerful, but Joseph believes that their plasticity depends on the individual, on the prevalence of the separate will over their overall volitional power. And that is why he trusts himself more than he trusts the World; the dreams, the divine dreams may be a sign of God's intent, an indication of what is in the divine plans, but they cannot be fulfilled solely by one's own efforts – someone, or rather someone's will has to assist them.

Recently, people from the rational world of Western civilization increasingly come to the idea or need for evolution of consciousness with the force of their will to merge with the idea for a better and hostile world. A World where they will not be a faceless part of the Matrix's structure which directs them, but they alone will walk their way to their God that is within them.

Some years ago\* in Germany I read in a newspaper that, in the old spiritual Heidelberg, the city with the best conservative academic tradition, a teacher with the remarkable name Prince Schubert has managed to impose his will over the school administration to approve that he teaches a new subject called "Happiness". The students of the teacher of happiness, Prince Schubert, will learn from a young age just what I am trying right here and right now to help you to be.




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\* September, 2007



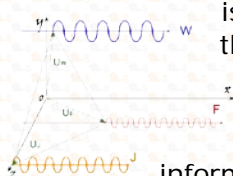


## THE MATRIX

The whole life of civilized society is a continuous process of consumption of "common" energy and release of particular one, with new parameters. This energy substitution is supervised by a hostile World which we perceive through its interaction with its energy field. And it is ubiquitous. It is everywhere. With the development of public relations, technologies, informatics, telecommunications a day will come when man would be in a situation of elementary attendance and participation in an information *Matrix*\* of unbound proportion. Accept the Matrix as a model of the World. We can understand it as a more different from the surrounding, stationary vibration environment with constant parameters over the time. In this coordinate system *Time* does not exist. Basically it is an information environment, perfectly built memory as info-store and carrier, and as algorithm processing that information or as in the informatics is called "source code"<sup>†</sup>. The question of the physical nature of the carrier of this information environment remains open regardless of the progress of astronomers and the physicists from CERN in the study of levitation—cosmic gravity and anti-gravity field and their spiral components supported by the complex called "dark matter" or water of the world ocean . . .

Whether the Creator has granted us the privilege to have this knowledge, I don't know. We have to think about the Matrix as an abstract product, and about its existence can be extrapolated through indirect indicators only. In fact the way it is and in the physics of elementary particles referring a large such group which have no mass, they are not physically measurable, but were discovered and their presence around us is treated only with mathematical expressions. Same thing is in the macro space, where about the existence and behavior of certain objects are understood only by the consequences of them and through the methods of mathematical equations.

The Matrix as itself, is relatively a new tooling of the World. When talking about it, it is correct to use wording like "new" or "old", because the interpretation of the Word as a physical environment naturally requires the participation of the coordinate *Time*. The physical processes there develop in the time, although their dimension is in the range of billions of years. As we have already determined, there is a space energy field with a infinitely frequency nano-spectrum of the oscillatory processes with periods tending to zero, which tends to render meaningless the concept of *Time* and the adoption of zero (0) as mean arithmetical number as the others. How wide it is and how many nano-frequency bands can be fit onto this spectrum none of us could know, because the concept of *infinity* is not and cannot be still accurately defined so that we could use it in the ordinary mathematical operations. The intensity of the field is fixed and different for the variety of frequencies. Accept this temporarily as a model, wherein working concepts are introduced and defined. Otherwise there is no way we to understand each other and to transmit information, respectively knowledge. We must speak in one and the same language. The Matrix was self-created in its own frequency spectrum of its vibration (harmonic) environment in the narrow bandwidth of human mental energy, in so called *Word* following its energy optimality principle. So the Matrix contains and codifies information about physical (energetic) processes in the World, a part of which is it, or to say it is some component of the information half of that IT & Energy World. The reason, the start of it



\* From the copyright beginning point of view of I have to say that the term "matrix" has been first used in my publications and seminars in the field of meta-logic in the eighties of last century, later in the context used in this work too. I started to meet it borrowed by many authors in the same sense, but after in 1999 it appeared as the name of the [emblematic movie](#) and it entered a broad in the theory and practice, to my great joy and pride.

† In [computer science](#), **source code** (commonly just **source** or **code**) is any collection of statements or declarations written in some [human-readable](#) computer [programming language](#). [\[more\]](#)

arisen is in response to the appearance of humans in this World in some, so far unknown way, as the only intelligences, everyone with his own mentality and mental energy – a product, but one that exists at the expense of external energy of the World. Thus the Matrix exists and develops continuously, functions optimally with a target function for minimizing the energy consumption. What about the function of the Matrix? The answer is of material effect for the good understanding of the subject of this Studio because many aspects of the human behavior are explained through it proceed in the light of the **Positive Mind**. Defined as information environment, it can be read through the information flows in indefinitely many ways.

The Matrix contains a great amount of information – everything relating only to the intelligences and their interaction with the environment, which are specific parts of the World. You can compare it to your *perception* about Internet network as a way of arising and development, but not in dimensions. If some part of the information in the Matrix represents action, then there is a single discrete value, period of time, as an attribute of this cluster\* of information. One of them is your present life. You exist now from the Matrix's point of view, but your past and the future cannot remain blank. They are filled up with already happened and countless combinations of probability of events. Your future can be read in countless different ways, which partly depends on your past, but in the most part - on who you are. There is determined how to act and what the people to ask.

It should be noted immediately that there are events and events. Some are irreversible (big waves); we call them *fate*. The fates cross there (some call them "*karma* axes"; † I have no opinion on this matter) and collect the frequencies in the space-time continuum of several participants in such an event. The expected predictable event could be exchanged or escaped only by changing on very high mental energy level of one of the participants. But that happens too rarely. Such high psycho-energy level is an area of fluctuations of the axis (X axis) of psychic energy (see the first stream W of the three shown at the top of the figure, where this axis is represented in particular as a straight line, and is described in [Chapter II](#) of Part 2). In general, it has high amplitude. This is the flow of the human "Self", whose average value is variable of a non-stationary<sup>21</sup> (portable)



oscillatory random process within the conditional range of the energy potential of existence of moral categories of *good* and *evil*. This range includes a significant number of representations of those two categories, and thoughts, connected and related with them, determining its mental status. The initial move between these two categories is determined a priori. What does in that case mean: "I felt an answer *from above*"? Or any other nonsense like: "*Providence punished me.*" It is insights, an instantly random

disposition of the psyche on the parameters - the frequency and information address – of the expected event of such a class.

Clairvoyants have the ability one (karmic) axis *W* to enter the space-time continuum of the Matrix to information addresses its intersection with other determining significant events and according to culture and their gift for verbal descriptions to expose them. Often they do not reach the end of penetration and received information integral vision make associative verbal descriptions. For example, as a case of the "absurd" prediction of the Bulgarian clairvoyant Vanga about the pernicious sinking of Kursk in Russia exactly fixed date by her. ‡ Submarine Kursk sank, not the city with the same mane, as all they had

\* A **computer cluster** consists of a set of loosely or tightly connected computers that work together so that, in many respects, they can be viewed as a single system. Unlike [grid computers](#), computer clusters have each node set to perform the same task, controlled and scheduled by software.

† From karma – reincarnation.

‡ One part of a series of Russian films about the case and Vanga:  
<https://www.youtube.com/watch?v=ddP3gRGbbd8>



learned, on the same date in tragic circumstances for the crew and environmental consequences. Who would have thought, a month before the incident, when several Russian dailies clairvoyant vision was published because of her great popularity and authority in Russia at that time?

On the contrary, the lowest psycho-energy level reflects the normal fluctuations of behavior of people in just definable stationary oscillatory process with a small amplitude and constant relatively low average. On such a small psycho-energy level is realized the everyday human behavior and it is the focus of our attention here.

In this information Matrix's environment has templates\* for all civilization categories from ethnic rules to the principles of various religions, executive program files (.exe) and others. These who know the architecture of the computer can by analogy create enough good working idea of functional links.

The Creator, no matter how people with different culture and religion perceive Him as a God, system or whatever otherwise – did not create a bad world. To the contrary, He created an absolutely perfect World. Later, as a continuation of this creature, He creates another absolutely perfect product – the man with mind as implements Him in His perfect creation with love and faith, with hope to co-create new worlds by giving every one of us a part of Him, subdued in our souls. Thus each of us co-creates his world with his *will* and with the divine *perception* of it. Furthermore the Creator has no alternative – the man as an individual must be limited in understanding the World.



Otherwise, with all his sophistication, he would have dared to change it in his favor, in favor and in compliance with the dogma of your own world even against the interests of the others. This would mean indirect absolutism of. However, God did not hesitate to create the option **group** of people to be able to achieve a partial and perhaps complete, who knows, knowledge of the divine World. This way we, the ordinary people, create professional groups (institutes), political (parties), we vote our representatives in parliaments, and they are collected themselves in "over"-groups such as World Eco-Forum in Copenhagen 2009 to solve problems of the world, that we are causing it all together with our "understanding" about it.

Together with the occurrence of man's physical death dies his soul too, though not exactly the same way and not immediately. Everything dies, let us not go astray. We've often heard "man's soul is immortal". This is an attempt at a metaphysical<sup>†</sup> explanation of another nature. The entire amount of psychic energy of man is separated from him, and that flowing through it so far. Is that amount of energy big or small, I wouldn't engage myself to determine. That would be like journalistic qualifiers. I have not measured it and I don't know how I could do that for such a physical quantity. But I suppose the following. A very small part of it is dissipated in the surrounding space, which is normal - I remind you it is the energy field, and it is adopted by others / his relatives, who definitely at that time are on the same wave, while the rest of the power is absorbed by the Matrix. With it, as we herein above explained the relationship energy-information, passes a piece of information, fragmented, restructuring and re-arranged in a form suitable for storage according to the memory architecture of the receiving port of the Matrix. For this virtual product we can really create metaphysical concepts only. The collection of such information, however, is not purposed for accumulation in a meaningless public record. This is not a person's file for use when he should be found or punished, reworded or put to judgment for something. The man has already gone. This collected information goes to the other people when born

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\* Temporary directory (folder with memory) to store information for a certain time until the intended use of the folder or deleted as unnecessary.

<sup>†</sup> without material form and substance; very much abstract and top theoretic



or later when their soul forms (or their personality, if it sounds better). Some people, who need it, explain by this phenomenon the reincarnation, which many insist we should be persuaded in. Such a *mechanism* or data transfer really exists and there is much indisputable evidence, supported by facts of the real life.

We, however, are interested in this Studio in the last life only and in particular of it **here and now**.



## DAS SPIEL (Ger) – THE GAME

- Why the name of this chapter is in German?
- Whichever way you look at it, this work is with a philosophical look away, and German is the language of philosophy; his is a German science.

Because howsoever, it was disagreeable and unwanted, this work has been getting so far philosophical look and, the German is the language of the philosophy; this is a German science;

In deference to this fact and to the people, which are given in our world everything that philosophy and almost everything that is valuable music, whit which in the depths of the soul they merge.



As we know, often in the fiction as a genre has a tendency over some time to become a reality. It is enough to form the man's Weltanschauung (view of life) this way that he simply has not *representation* about his freedom. The game is the outcome.

Play, don't resist to the World. It is stronger. It is required just one - to wake up from the "sleep" and to remember the rules of the game. You have right even to violate the rules, if you do not sleep awake. You must just be awakened. Otherwise you will always be a victim of the circumstances. If they are provocative and our hostile World does not offer us other circumstances, and you realize yourself without emotions (extra potentials), you'll not succumbing them. The external energy, modulated frequency of provocation, passes slightly in you, the wave amplitude increases your mentation and as a result makes you a stronger player. This is the game we are talking about. Let we do not be mixed with *Homo Ludens*.<sup>\*</sup> This, our game, is something practical. It is a "on line" game, now and without prejudice, without "iron will", steel nerves, steadfastness, durability, etc., pertaining defense or resistance. Otherwise that means you attach great importance to the game. For the maintenance of such protective field in a critical situation, you will spend a huge amount of power that goes directly into the World around you. Keep zero importance. Alternatively, if you though lose the set, the game is not finished yet. You are left subordinate under the Matrix of the World, but do not settle down, prepare yourself for the next set. Some bend. They find relief by creating illusions about himself and lies to others in the cigarette smoking, others - in the alcohol and drugs. If once again you give up your harmful habit and say: "The end, this is the last time" - those are not your words. Those are words product of instilled thoughts - clichés of energy-information environment of the Matrix. Wake up and get rid of its influence. The awareness of that can only help you get rid indifferently of the harmful habit. Some succeed, as Freud says, *to replace* the current set as *push it out* and replace it with another one, with which hope to gain. This did not only resolve the problem with the game overall, but placed the player in it as a desperate fool with all the implications of this. Not decisive in this case, but namely indifferently. The whole life is a play. I will give the following two examples of game for all of you. In their reality they are universal. They happen in completely different areas of the active human behavior and cognition – the sex and the religion.

1) The **Sex**. I could select any other sphere of playing behavior and my example would be felicitous for this purpose too. But I singled out the sex, because the issues associated with it, by definition excide to a varying degrees all people. Do not forget that it follows and basic instinct of every living thing - the continuation of its kind to its survival. The varying degrees of importance and its universality predetermined the conditions for setting up inferiority complexes. Both categories—importance and universality—immediately forward us to the parallel algorithm model of the World—its Matrix. This model quickly and easily be copied into the people minds through the already known way in the suggestion "you are not perfect; you have problems". It creeps to you the doubt that this is so and you actually start to believe it. You cannot imagine, if you are not a sex-pathology in practice, how many people are like you. Thinking it's something wrong with you but with the other people everything is OK, you deeply and painfully are mistaken. The media, as Matrix product of the earth, many contribute to it. Well, see, wherever the topic of sex is concern, there are shown people of which everything is fine. All good-looking. To wonder,

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\* The book of the Duchy Prof. Johan Huizinga "Man the Player" (1936) and his "Play Theory"

no one exception. As an author said, if from a full stadium of men we bring out all of that "something is wrong", we, a few normal people, will remain there... What nonsense is that...? Here even Freud will turn in his grave if he gets what size has achieved the "sex-mania" recently, or if you see some ads on the streets or TV. Judging by this information a simple question arises: what about such so inherent function, brought to perfection by the nature, so much problems arise. Not only in the personal plan, but wars are waged (as according to the same those, Freud, in which I personally tend to be little doubt but so the man writes).

Q. What urges the people to adjust their thoughts to the same frequency, respectively their behavior, including those who sincerely express their indignation of the template of the arrogance and blatant of the ornery ads with sexual intrusiveness?

A. The record of the thought copied from the Matrix: "Do it like me!"

With the incredibly rapid development of the hi-tech communications that rule becomes master of the Air, templates of thinking and from there – of behavior. It's palm off to you successfully ersatz, pinch-hitter, imitation, bogus success. Hence increasing the need for confirmation "all is well" to exit with honor from this game, where there is not winner. And can you imagine those of both sexes who have no partner with whom to play, for which frantic search of standard is the question? And back to the abundance of the Matrix's creations—TV, ads, and series. This way *must* be made sex; that *must* look like the partner. Poor people entered in this frequency. The rule "Do it like me!" is practiced as "Change yourself", "False to yourself". Mental discomfort, uncertainty, decay of otherwise liking couples, no happy families, penetration as a result of this of the indecisiveness in the growing up children etc. Because the sex doesn't happen thus as you've expected it when you are playing a game a priori without champion, does it? —supreme time of relaxation near to the sweetheart, at liberty and self-indulgence to the very last. And when I mentioned "the sweetheart" the matter is going to "Do I receive love enough?" Therefore, in short: *„discard immediately the decision to get, replace it with the decision to give more and you'll get what you've discarded."* Overcome the complex, feel yourself free. A man cannot feel free, if he has in himself potentials in excess in the form of the complex - for example inferiority complex.

Remove the look from the text and give a thought. This was one of the basic principles of behavior in the Positive Mind. Not only in sex, for everything.

And something else in addition to the first: *"Do afford to be yourself, and of the other people to be other."* That means you accept yourself with all disadvantages and takes down from the other the projections of your expectations. It's an adroit getting out from the Matrix by violation of its rules, calmly and without struggle.

The movie "[The Matrix Reloaded](#)" did not appear occasionally on the screens. His idea, presented by the art means of the fiction, merges with the reality.

2) The **Religion**. This is another, bigger game with more players. According to most religions God (**Supreme Being**) is the creator of the World. His divine nature pierces the whole creation and not alive, and his divine *will* has put everything under His control. Without comment, as they say. But in the World in which we live, there are higher beings - we are. The World became manifestation of the single Spirit, approval of the unity in the multitude. God is in every one of us. The idea of God as a dimension is infinity ( $\infty$ ). If there is a piece of Him in all of us, we all in collection make our God, or due to His ideal uniqueness as infinity we approach to His entirety, but never reach it because we, His children, are limited number of people ( $n$ ). On the other hand, theoretically, a piece of the infinity is also infinity ( $1/n \times \infty = \infty$  or the reciprocal  $1/\infty = 0$ ). This is a part of the algebra of the integers; the things are more complicated, but now we are not interested in. God has created the same World in each of us. And this is not some micro cosmos, but as information environment it is absolutely like that outside, around us. Once the idea of divine onset is appropriated the human beings, a folder is immediately created in the



Matrix with sub-folders or information nests for the various religions. For each of them there are religious institutions - institutions of the Matrix - mediators in contact with God; God that is in each of us. These institutions not only deprive from the people the knowledge of their capabilities, but even distort the meaning of the life like they replaced the *service* to God, the dedication to the idea of Him with *worship*. You can convince as you go behind in the original Ten Commandments.

The **First Commandment** in various interpretations consists of the following: *"I am the Lord God and not to have other gods before My face."* \* This principle implies God and affirms the belief in the existence of united God, governing all world-knowledge. The people immediately have "plaid around" with the referee controlling the game, violated that order, and according to their goals created many religions. Of course in the World has been restored the equilibrium – it has created the Matrix - and it has immediately appeared memories for them (sub-folders). The genuine religious officers really try to preach the God's word and deed. But they are adherents; they are *in* the game and *under* the authority of its sub-Matrix. So nothing depends on them and they are fit for nothing, especially in today's world of communications and high technologies.

I cannot succumb and recommend nobody to communicate with God through the church. President Obama had said in one of his book: "... I cannot confess that I don't make distinguish between faith in the God's church and the stupidity, and about such an obedience a word cannot be said ..." and I fully join to it. However, when it happens I am going into a church, for a wedding or on funeral, I am trying earnestly to pray God as a synonym for the World Mind achieved through the ether.

The **Second Commandment** seas:

*"You shall not make any idol and an image of what is in heaven above, and that is the earth beneath, and that is in waters under the earth, not worship them and serve them."*

† This is more grade refers to Matrix algorithms. Behind that there are logical rules, axioms of blind obedience.

Recognize and understand the divine nature. It is not easy, because the very God's bedrock is crooked - from creator the people-players have turned Him into governor-referee who requires blow down-submission... We can, understanding the bedrock of his World and its hostile to the human being through the Matrix, relegate all commandments to two. Answering to the question of His pupil: *"Master, what is the most important Commandment in the law"*, Jesus says: *"Love the Lord, your God, with all your heart, with all your soul and with all your forces"* - this is the first and most important Commandment. The second is similar: *"Love your neighbor as yourself"*. These two Commandments support the whole law and the prophets. The message is: *"Go out of the game, this game is not for you"*.

Love God in yourself and in other people, don't blow down and don't curse the Matrix but just go out of it— this is all what the orders, the rules of the game are calling on.

When you create your world, your intentions are realized and you enjoy your creation, He rejoices with you. This is exactly the true serving to Him. And the belief in God is above all faith in yourself, in the power of your capabilities as a creator. Do not pray, do not wish, but create, improvise the Freemasons game of creation.

The goal of the "live" game, as well as the only servicing of God, consists of the "co"-creation — creation together with Him. If you decide to create something, consider that it is intention of God. How can you doubt whether you will succeed, whether you will be champion?




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\* Fifth book Mosey's, Scondlawship, 5:6-7.

† There again, 5:8-9.



## Chapter III

## INTERPERSONAL COMMUNICATIONS



One of the most important aspects of energy and information processes in human life is related to interpersonal communication, but he is concerned here relatively short. Short because this is a subject mainly for psychological critical analysis or treated in special literature on group psychology.

## COMMUNICATIONS BETWEEN INDIVIDUALS

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Communicating with each other, they adjusted to one another in one way or another degree or direction - character, temperament, intellect, interests. When I talk to someone else in myself I am I and the other. If he feels the same, so we perceive some common ground, which should definitely include logic. If the setting to this unity has no effect and creates inconsistency, it does not reach mutual understanding and the verbal communication is expressed in a gust of air with replicas. Physical understanding is that without consciously or subconsciously to set the frequency of your internal field to that of the interlocutor there is no way to reach mutual understanding. You could remember something like the topic of conversation, for what it was, but it will soon get insipid.

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**Dialogue.** The gab is not dialogue. The dialogue implies intention for final agreement, which provides the necessary communicability.

If everyone keeps their opinion, which is different from the other, and defend it to the end no matter what the other thinks, a racket around in circles in vain to exhaustion. If everyone keeps theirs, which differs from the other, and defend it to the end no matter what the other thinks about, a ruction rotates in a circle in vain until exhaustion. The agreement is searching for a truth as its prerequisite and immanent, intrinsic, value the dialogue. The truth is in its absoluteness but not in fragmentarily of the truth. It is also necessary to recognize the other as a factor, as a medium for the truth in its meaning. This is an [introspection](#)\* - inner self through which explains the other way it is. Finally, to have a dialogue between two people it must for them, of reaching agreement on the issue or dispute, to have an *interest* (*inter* + [esse](#))—total life (from [inter](#)†- together, common and [esse](#)<sup>22</sup>- being, *lat*).

I understand that the syntax, the communicating with the reader, in this introduction to the most complicated section of this Studio about the **Positive Mind** becomes quite complex, but there is no other way you find out later when and how to use for yourself the acquired techniques.

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\* Observation or examination of one's own mental and emotional state, mental processes, etc.; the act of looking within oneself.

† **Inter** - a prefix occurring in loanwords from Latin, where it meant “between,” “among,” “in the midst of,” “mutually,” “reciprocally,” “**together**,” “during” (*intercept*; *interest*).



**ENERGY SYNCHRONIZATION** in this case it is a simple physical model of one of the directions of the **Positive Mind** – how to thing positively in various situations, from the everyday situations to extreme. The essence is that everyone has typical set of parameters or description of the individual. In criminology there are professionals who make psychological portraits (profilers) for the purpose of investigation ND preliminary court proceeding. I would notify outside of this practice that the successful communication with the people, even the compulsory one - on official duty – as in business, team working, etc. is not so complicated. It comes down to two components: conscious concentration on the interests of the other and complete release of consciousness from his own thoughts, especially those related to what you want to get from the other; they are modulated at another frequency. It is only need to carefully listen to what the other wants to say. This could be got it as practical advice, instruction and as guidance for training for professional self-perfection. Re-read these matters from time to time.

If the interlocutor / boss / enemy / is not so experienced, the game is lost for him, if the general part of the conversation, you sensed his intentions or desires, and you have transferred your attention on them. Some people have inborn talent for that, others achieve it through special training in professional schools, where most of them practice special meditations. And you've just set yourself on the frequency of his thoughts and the external field had been transfer and paste in your interior field and besides without any power consumption. It now remains only to turn in your mind the integral presentation of the final result to which you aspire, with its inherent sense, images and his consciousness directly copied it. Now you are to include in your mind the integrated view of the outcome you aim, with its inherent feeling, mood, images and his mind will copied directly into his mind. Approximately, this is a simplified model of this situation. Give him signal, ask him what he thinks about the project or for that you gathered you to discuss, and it will come out right away as his own idea or proposal.

At this point the discussion has to stop, and you usually bother with the tedious work of technical or bureaucratic layout (paper work) and to know that today you have earned wage. If you ponder, here there is not much psychology. Prevailed understanding of the work on the mental and external physical field, and how the information in a holistic, integral type is copied from your mind and pasted to his (such as the computer: copy - paste).

The first and simplest filter code of the frequency of the other people's psychological field is his *name*. Without doubt, from his birth the man accepts his name as applying, input to him. The applying in name is something like password to the frequency on which his friendly intentions and personal significance meaning.

The second – a break into the firewall of formality or lack of trust. The most effective weapon is the *expression of sincere sympathy*. Why do you love our home dog? Because it always truly enjoys us. The message is: "I don't want anything from you, I'm just glad to see you."

Ask a small favor from somebody. You have copied in his memory the parameters of something that produces the formal thought: "Today I met a man who is happy to see me and needs me" but the integrated unrealized information is recorded as follows: "I am not empty space (as someone think so), I'm still worth something in this world; even people such as ... (you) and they need me too." You have raised his own importance, download your importance – you have struck him the worst hit. He has created conditions for the accumulation of redundant potential and you are being unloaded from yours. Aou have added a nuance of the opportunity of ruling over you too (you need this man). That will impede him too much in the work with you in achieving his goals. The filling of own sense



of importance costs too much. But after the thirst for water, the stronger is the thirst for power. Leave the hostile for him World to complete the remaining work in this direction.

**ATTENTION!** You have a problem. The compassion, the attention must be honest. The other is very vulgar. And this means that you could not set on the desired frequency. "The filters" for it are shades of the spirituality, very fine psychological "gears" (I use this civil-engineering terminology for simplicity of explanation). To expect a result but to get the opposite one...

As the beginning, you better get endeavor to build up in yourself the appropriate personal virtues so as a result everything to be only true, but no servility. The result will be almost the same. However, it is required in this case you have quite rather free energy and to be ready to give it, in order to achieve it. Generally, when you work such a job, try to give energy to the other conscientiously. If he does the same, subconsciously with good will or particularly modeled, your work becomes real pleasure and the results - indisputable.

With claims of completeness of the problem, here is the place to mention some of the counter versions of our behavior in interpersonal communications in order to support the basic version, as hereinabove expressed. Once we will only mention some of them, so we will **marginalize** <sup>23</sup> them referring of the above treated model of **ENERGY SYNCHRONIZATION**. It remains on the topic. So the most significant obstacle to the goal not only in communication with others, but in a broader aspect is the **insecurity**, the lack of faith in our own abilities. They are of the same nature in terms of filtering the frequency of own mental field. The lack of faith in own possibilities is usually an attribute of the high evaluation of the complexity of the problem or the importance of another man with or through whom the problem should be resolved. This uncertainty usually leads to a visible stiffness and in more severe and rare cases to a state of stupor. As you already guess this is a state of absence of mental energy for specified period of time, which we will examine in details later. In this state man is in controlled position incite the information structures of the Matrix. There, on the principle of homeostasis and in compliance with the algorithms of the maintenance of energy balance in the World – a major feature of the Matrix in terms of dynamically evolving civilization – the energy is used to maintain a few extra potentials simultaneously, which in essence he, that man, was created himself. They have been raised from: (i) the increased importance of the problem, whereon the participant in resolving it is considered insufficient prepared; (ii) the painful desire arising from the feeling of momentary inferiority to resolve so important problems, *and finally*, (iii) the striving because the first one and as a result of the second one a man notwithstanding still does hold the situation under control. In such cases he behaves unacceptable for the other or others people, acts lamely, and the achievement of the target function to manage the situation is tangible going away in the time and act as positive feedback\* - just reinforces powerlessness.


*The uncertainty is a condition in which the filing it has set up mental on the Matrix's incoming frequencies.* In this case it is accessed directly through the anxiety of negative expectations as: "what happens if ...". The result is the anxiety, anxiety, and fear. The first spontaneous reaction, followed by the program of the Matrix in the same this frequency range, is wide opening of a channel of power supply for the return of the confidence.<sup>†</sup> This is the SELF-CONFIDENCE. For example, readiness a man to go in attack alone. If the specific object of attack has had not outlined – in attack against the World. More wrong move and bigger nonsense is hard to be pictured. The self-confidence thus caused and in generally, is uncertainty with a negative sign. You understand the parameters of the mental energy of man in this состояние, and not to mention that any further action from now on causes the affect other people's interests. The possibility acquired self-confidence in this case to be based on comparison with other players is more probable, but the feeling

\* When the signal at the output of one block (event, unit) is submitted back to its entrance as it is added to the signal that has generated it and thus it is received greater amplification theoretically infinite. In practice – life and technology – it is used so called negative feedback as it is input impact corrector.

† This is the abovementioned positive feedback.

is that the arisen extra potentials can be compensated quickly and easily by simply expressing dismissive or even contemptuous attitude towards people. When a gust of energy urge is to a particular person, we are hearing words like: «Put it this loser, he is...» and templates are attributed to him, generally accepted and widely accessible shortcomings, most often and in the first place such, specifically refereeing to who are pronouncing them. The flow not rear is booked to larger group, even whole nations or whole ethnic groups: «The Americans? Get rid of this trash...» or «Arabs? Get rid of these drones (or duds, or something near to the base model, wherefrom the phenomenon is coming)». Similar false self-confidence, inquired by the way of the predetermined winning comparison with the capabilities of other subjects on the one hand fills up the potential of self-confidence in the whole complex of inferiority, on the other hand – it conceals the state of uncertainty, irrespective of its etiology. I've seen a lot of valuable people in this state. Let us stop with the description of the apocalyptic picture. The questions are how once falls in it and, more important, how he can come out of it.

- ✓ Not as you impose to be brave and decisive, when you are not, at least being in this state.
- ✓ Not as you strive for to possess yourself, which is also impossible, at least at that time.
- ✓ Not as escape the reality by delay, substitution or expulsion, including those described by S. Freud's<sup>24</sup> mechanisms.
- ✓ Also as and the faith, self-confidence cannot be achieved by self-suggestion, even by common meditation too. Where there is faith, there will always be found room for doubt. Where there is confidence there will be found room for hesitation and indecision. It is like you expect to wrestle with the consequences of not occurring disease when you have time for prevention.

For example, to say before the event (meeting or session of a collective body): "I'm experience enough, skills, strong, young (if you are such), full with energy, resolve, etc. I will succeed, I will surely succeed." That means you are not quite sure in the possession of the above dignities. For some time, briefly, you may indeed be misleading, but soon, even without reason—collision or just meeting—you will again take your place in the Matrix.<sup>25</sup> 

The way out is to stop looking for way out and to downplay the aim, to refuse its particular importance for both you and the group that you represent if you are an organically linked part of the relevant one. When the thing is not so important, which must be defended, what is there to conquer? You don't need the confidence as support. Uncertainty as your self-confidence with a negative sign, respectively, is also eliminated.

However, we said above: " *The uncertainty is a condition in which the filing it has set up mental on the Matrix's incoming frequencies.*" So, as a man has entered into it, same way he has gone out. You're not in the Matrix. You are free to choose. Follow easy your way. Do your business. Take yours. Your self-assessment will increase. This is seen immediately and affirmative by the others. There is no need and therefore never justify before the others (unless you are playing a game, but then be very careful). Never bash the door of exit, when you condemn somewhere for something - just silence close it calmly and usually leaving behind those who have gathered there, used to "feed" energetically themselves with other people's guilty. Let us remind the antithesis. It is not necessary to prove yourself, and there is not to whom. If you have had to feel yourself important and relevant to someone, it arises striving to show it and the energy you invest in that immediately generates potential with a negative sign due to the basic law of energy balance in the Universe, and it modulates in the Matrix frequency range and this way we return back to the previous page. The outcome *does not seek a way out* is paradox that works without error.

The outcome still is: convert the energy of the experience in energy of action. Begin to act immediately in any way without straining and without getting immersed and take so seriously. Taking irrevocable decision action the energy of intention will be released. You, your mental energy will be overridden on this same external frequency. Your psyche is resistant,



your fascination is noticeable by others and of yourself - mainly judging by the results. Over time, this work will simply bring you joy. Begin to act immediately without exertion and not to take yourself so seriously. Doubts were dissipated. "Then faith becomes knowledge and fear of the unknown - in the joy of feeling of your own strength." The power of decision will be released. You, your mental energy will overmodulate on the same that external frequency. Your psyche is stable, the fascination is noticeable around and you own - mainly, judging by the results. The doubts were dispersed. "Then the faith becomes knowledge, and the fear of the unknown - in the joy of feeling your own power."\*

If we have exhausted the theme satisfactory **uncertainty** ↔ **self-confidence**, for completeness it is appropriate to mention a few words about the **CONFIDENCE** as itself too.

What is the **CONFIDENCE**? I will answer not philosophical comprehensive but in the aspect of human behavior and more precisely to the **Positive Mind** in the light of the interpersonal communications. The first thing to say now is that the confidence is a product of the harmony of the mind in the field of mental energy, when its three streams are balanced (later we will focus in particular this aspect). Because this definition is too abstract, I will use a descriptive approach.

The confidence as a characteristic of individual, personal trait. If it is based on comparing with the others for its own benefit, becomes a self-confidence and, as hereinabove discussed, it revokes field distortion caused by the accumulation of redundant capacity subject of the got publicity "feedback", i.e. penetration within the structure of the Matrix or otherwise said permanently problematic situations. And if confidence is exalted in state special excitement of something, it is not sustainable, does not last long, but mentioned negative effect is significantly more durable. Like faith, nobody could develop his or raise for himself confidence with the effort of the mind, in other words - the will, for example by auto-suggestion, because confidence is an energy product. As association of similarity, the confidence is balanced by the inconsistency and indecisiveness, both product of the code (algorithm) of the Matrix.

And so finally, we reached, consistently and imperceptibly the idea how to wit in the interpersonal communication is formed the antipode of the positively thinking man—the **NEGATIVE MAN**. He is not such one, with such a personal quality trait in birth, genetically. Otherwise, the birth is the first encounter with the World and is the first act, imprinted fear, loneliness, fierce resistance to the status of the change, of taking the first breath, of the full helplessness and the categorical dependence explicit something outside you.

This way the first application for the latest entry in the Matrix was made. This may be predisposing to negativism. But this recording in the memory of the man is not terrible. It only unlocks the encoding instinct for self-keeping of the individual. The negativism is formed much later.

If the child grows in an environment of violence, the tendency to break and/or enslavement of the *will* raises response, the growth of children with acquired violent later out-of-control striving to independence. This is considered a natural process because it is a consequence of the equilibrium in the field powers as reaction of the energetic of the Matrix. The children of the late twentieth and the beginning of the twentieth-first century put a fierce end of the three-generation family

grandfather ← father ← grandson

They denied the family traditions in violating the laws of the Matrix. They are more enlightened and more rebel than infantile homosexuals allegoric of the hippies of the 60<sup>th</sup>, getting replace the loneliness with empty, bookless, leak of the mind, less spiritual gatherings; one fatuity by another in the labyrinth of the Matrix. In a normal family environment the negativism is formed as a result of communications with the others, but it is not an internal attribute and it has nothing to do with the psychology of the group. Who or

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\* Vadim Zeland, Part III of „Transferring of the Reality“



what kind of man is the negativist in the surroundings of these he lives with and, therefore, communicates, but if as well be hanged as a sheep silently? It is easy to describe based on the above ratiocinations - he reckons nothing depends on him and purposeless lets him to the *perceptions* of worst expectations of whatsoever. But the thinking, creating *perceptions* is attuning the mental energy in their frequency and what is more logical unless the immediate implementation in the best scenarios existing in all varieties in the Matrix. From there comes the finding of the confirmation of its expectations. Thus every mere trifle can be transferred into a tragedy for the spirit. He takes part in conversation and seeks only the negative, dangerous, the doubt that someone will cheat or use him and so on. If he is getting listen in the news on the media, he begins to swear, accused, requires, in most cases unfounded and forced. If he has possibility, he puts traps in which he is the victim in order to be soothed and reassure.

I stop with the description because it's disgusting. He has made a choice and the World has performed it immediately. There is nothing more logical and easier for understanding from the point of view of the energetic aspect of *The World as Will and Perception* of Chapter II above. But this once more and by an indisputable way showed that everyone is able by his thoughts to influence the course of the events that happen to him. It is important to be emphasized—only those events which refer to for himself.

If you have similar symptoms, and in communicating with people you identify yourself with the above described situation, stop reading here in this Part 1 and go straight away to Part 2, MEDITATIONS. You need some energy gymnastics before to go on constructive the study of this material HERE AND NOW. For people with already formed such of quality of the personality I especially and purposive make a reference down in the text, *printed in cursive (Italic) and with different (these) font and color. If you use this electronic copy, click [here](#) to go to the text, see what it is, but start from the beginning of instruction (Item 1) there above from the link. To return to this place, click the sign «Attention» ⚠ there. If using a printout hard copy, just go to p.66.*





## COMMUNICATIONS IN GROUP


This part is of vital significance because whatever the shortcomings and perfections of the critical thinking person, of the genius, of the saint to be, his paths and the paths he points, are preferable before the unconscious, before the vehement and uncontrolled outside affects and based on them actions of the crowd.

Except as an individual, the man, psychological character with his own energetic, throughout his life takes part in the energy-information processes of the World and as a member or more generally as an element of the various forms, involved in organizations, societies, parties, ethnic and religious communities, tribes, workshops, fans, professional guilds, families and whatsoever other smaller units, or vice versa, called "groups".\* The group is an aggregate of existing inter-members relationships. In social-psychological aspect the association to a group is depending on the problems that it has being created to solve. The single member communicates (receive and transmit information) with the individuals in the group as giving by his or accepting from any of them their energy on the donor's frequency. Over time in the group is formed group homogeneity based on a common frequency of energy exchange on which the communication between the members is made and it happens almost spontaneously. They are set on the same wave and it is not difficult of them to find a common language.

I repeat what was mentioned above that only the man can use an external energy through described energy streams. The group cannot. The greater part of the acquired external energy "distracts" in the space or is downloaded (withdrawn) and consumed by others—people and/or entities (organizations, institutions, and other subjects) that have no scope to shape their own frequency and to generate energy or adopt energy on it. So the World recuperates on only one a part of its own energy, consumed by the people, for which we say that it "dissipates", and the other, it appears that it practically disappears. This is impossible. It contradicts the basic principle of energy balance of the nature, which in our case we call the World. You understand not how but why the Matrix has arisen.

The Matrix has a configured sub-Matrix for structures, which for simplicity we also call groups. The difference is very thin. There are structures which are not a homogeneous mass of associated members, but they are in formulated relationship between them as hierarchy, specialization, internal control, etc. These are some administrative structures such as the European Commission and Parliament, **OLAF** mission for control of the financial violations. Without them the development of the civilization (the European according to the example) would be impossible. There the laws of the Matrix act more strongly, but the result, in fact, is positive for the people. It was created on the occasion of the emergence of various subgroups when they started to consume energy and store a part of it for their own purposes. Then for the first time the energy *balance did not get*. Sub-Matrix, which manages a structure, in size is not less than the Matrix of the information environment of the World. I wouldn't say which one of two infinities is the lesser. Rather, one is image of the other in the focus of the transformation of the cosmic energy fields. They are quite enough to build up a broad network where the people—the commissioners, representatives and their ordinary voters—find themselves and occupy places in IT nests. Does this structure really seems not like a matrix? It gradually covers each member with a specific, legitimate stereotype of thinking and behavior. But it seems as though we live freely and act stated that it is under our *will*. A man actually plays the game according to his designated role under the rules of the Matrix, thrust by it, but as a result of his own *will*, become the *will* of the group following the designated path by him. And we call this democracy. It is difficult to define clearly concepts by the instrument of the psychology of the group or by the political science. But it is not possible to find a more accurate description, so let we

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\*  The animals are also united in groups, flocks of birds, herds, but by them the intra-group communications do not happen on mental energy level; they are more simple, primitive – odors, chemical reactions, sounds on frequency range that the human ear does not hear etc. But they use, transmit, and receive information exchange only, no energy.

show a little bit imagination and accept them as working definitions until to find such more accurate and scientifically well-founded.

Practically, the leader in unstructured group is one whose frequency of thoughts over the group problems is the leading for the setting of the range of bandwidth, including its width. He, as they say, has the highest energy charge (for example, the phenomenon Adolf Hitler). The larger that charge is, the authoritarian personality the leader is, the more bandwidth narrow is; the surer is that the process of the already made in psychiatry position of the induced collective addlebrained mind will formed by loony suggestion (from outside of the individual) and passion (internal incentive) relation of psychopathic temper in each individual. Maintaining this position in the group is the ultimate goal of the Matrix in respect of it.

Most often the "collective addlebrained mind" is seen, thus, in the religious movements of the more primitive type\*, but in the recent history of civilization, in some political parties led by obvious psychopaths and intense to vehement and destructive actions on certain moments over the Matrix of the World (the world order), more precisely in certain parts of it.† In these cases the group acquired the conduct of unbridled and at the same time easy managed crowd, but the amount of transforming external energy from the external World into mental one of an individual member of the crowd and generally from the crowd to the Matrix of the World is colossal, as well as the consequences of this energy transaction.

The purpose of the existence of the Matrix is clear: to manage the group so that it, the group, currently to suck as much energy (sometimes money too) from its members as possible, and when it is insufficient for the energy balance, to fill like erase the conscious identity in order to intense it in the organized crowd and to draw additionally from its energy streams. If you accept this, I will say again, very simple model, we achieve at least two objectives: *first* you understand this material easier and more quickly with fewer words, *and second* additionally expanding your culture of communication *in* the World and *with* the world. It's not a bit.

We can make a fair deduction – the Matrix of the group optimizes its management so that the crowd becomes more compact, more steady, in more misinformed (that means more manageable), more fanatical, if it is not democratized, i.e. grinded and diluted. Individual mental flows of energy are drawn from the mainstream and modulated in close to one another in a small frequency range. However, the frequencies of only some of the thoughts and feelings completely coincide. They are characterized by extreme simplicity and extreme exaggeration. In this aspect and at this point the individual of the group is getting close to primitive man. In addition, the group wants the same exaggeration in feelings of their charismatic heroes. From the viewpoint of the interests of members and the group itself too, that management of the Matrix is not for good. The art of talking to the crowd is of low range, but it requires specific skill.

Sometimes reading you difficult explain to yourself the success of certain plays. It knows what success has made play "Charlie's Aunt" (or "The Charlie's Godmother" - note of Author), produced by the funds of an old Shroff after numerous refusals of the first theaters' directors. It has been two hundred in performances in France and more than one thousand in England at the end of the IXX century.

The idea of the existence of collective addlebrained mind was turned out here obvious, fact, when questioned *post hoc* individual participants, for example in more recent times, defendants in the Nurnberg trial‡ for the military crimes in former Yugoslavia and recently,

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\* „La foule criminelle”, Tardes, Sighele – outstanding French crime inspectors of the XX century.

† Typical examples of former empires in Europe - Turkey and Russia - who still live with those imperial charisma, and other outside Europe Great Brittan that after the [Brexite, 2016](#), enraptured even the World Matrix with the stupidity of the psychology of group type "referendum".

‡ About the acts in the concentration camps.



in the summer of 2016, in Turkey after the military coup attempt. In the studies the individuals—participants proved normal, not cruel, even good people in everyday life and good loving fathers. Their individual mental field is symmetrical and well balanced.

We are back to the positive historical traces. The phenomenology of the spirit of the Bulgarian dualistic heresy of Bogomil (X century) are arising sects and heretical branches in the world. Late Anglo-Saxon versions of this type of beliefs and proto-Bulgarian Arian genetic extensions duly formed under all rules of the Matrix of the group have participated in the colonization of America in XVII century.\* So, now we enjoy its extreme civilized development from a semi-wild lawgiving legal country in a law giving and with highest hi-tech developed and unattainable education system, and so on.

The group, an element from which are you, has no a conscious intent. Therefore, the Matrix cannot have such encrypted one too. And it is not a product of consciousness but of the physical laws of nature. The group has got a goal laid down in the sense of its formation; its leaders intend and make a decision to achieve it, but all members when interact in the group are in a state of deep sleep to light. For what kind of conscious intention then it can be talked about the group?

Your group has not a collective mind; it has the Matrix – patter of the Matrix of the World. And does the group have a *group spirit*? It has—a powerful one, but perishable. That is why when a group falls apart, the amount of energy that is released is ignorable small. But its characteristic features, parts of its code<sup>†</sup>, still remain in the memory of the information field of the Matrix. Thus the next group of the same type is created easier. As the imitation is larger spread than the creativity. The psychology of the crowd<sup>‡</sup> actually teaches us just of mental unity, which causes its members (you) to think, feel and act completely different than each one separately. Its substance – the powerful mental energy field – is formed by the members' field in order to be transformed into external field of the World and restores the energy balance of the nature. This Matrix is created to do that. From this viewpoint it is destructive for you and is constructive for the World we live.

By definition, as we made above, we have always to provide the anti-thesis too or reverse perspective – in our case the benefit. I chose an emblematic example that one can think about. It is discussed in one of the most cited books here.

One of the most ancient cities - Karal – discovered recently in Peru, lost of the researchers' sights from five thousand years, astonished the archeologists by the fact that the excavations did not reveal neither any pottery nor weapons. To the disappearance of this civilization, the people used primitive instruments of labor from stone, bone and wood. Its citizens grown cotton, knit fishing nets and traded with coastal residents. Round Karal there were no protective facilities, then the military version of the disappearance falls. But the same could engage the people in the villages. What was the reason for the formation of this great city at that time? Since ancient times the people have lived in villages, they have been engaged in cattle-breeding, agriculture, primitive crafts, they have traded, their groups have led internecine wars among themselves. Probably it has been the Matrix the organizing and stabilizing factor, where it has been established its niche. To survive, even as individuals, it has been required to build stone cities, defenses. Later, some nations have learned to make stocks for harvest, which feeds them next year. This has led to a leap in evolution. Here the Matrix's merit is even more unmistakable. So the energy of its members in this case has not gone in vain. The group has set more than a mediocre goal. That is, although not fully unconscious decision - the ability of further development. The evolution of some of these societies has led to the formation of a complex civilization. But even there, the "sleeping" people can and create high-tech products, but to enlightenment have attained only those who have mentally detached from the society. A man may invent

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\* "Die Welt Revolutionäre. Von Bogomil über Hus zu Lenin. Josef Leo Seifeld, Wien 1931.

† Computer program written in a programming language as opposed to in a natural language (such as English).

‡ "Psychologie des foules", Gustav Le Bon, France, 1895.


the phone, but the world of telecommunications and Internet is product of the all civilized society, controlled by the same that Matrix.


Can you imagine an outstanding specialist, scientist, inventor, in a later period of his life he was invited to become a member of the Board of Directors of a large company that manufactures and trades in his unmistakable components. And there, in this group, the Matrix has developed iron rules, subject to the material interests of shareholders - their dividends. Who are you, great inventor, which you'll speak in your own name? Where left your personality that led you to this alluring, highly paid position? For what unity between the soul and the mind could be talk about? I leave you to continue on his mind. When can work creative the group *Board* of the group company (enterprise) - what a beautiful world...


Those who violate the rules of the Matrix become either leaders, or splitter. But you cannot live like a hermit in the forest. We all are members of various groups. The point is to become a master of your destiny than to remain in the structure.





## CONCLUSIONS


 In the interpersonal communication a man does not assess how interesting you are, but how you are suitable for the realization of his own decision; in the group – how you contribute to its solidity and increasing the hysteria of its members.

 The vanity makes us talkative, and the pride - implicit.

 When you are interested in the people, do it sincerely. Discard the decision of receiving and replace it with the decision to give. Thus you really credit yourself.

 When you have a celebration and a toast, pronounce it in present tense. It may sound a little weird; most would not notice, but it works. "Our health is excellent!" The Americans say: "Cheers! Your good health." Say: "We are...", but not "We will be...", "The luck is always with us.", instead: "I wish you luck to you!" etc. Similar naming of the decision in fixes the target now and if it is not far away from the reality, it will be done soon, and not defer it in the ever non-happened future. The good wish, expressed sincerely in good time (in a good celebrations the soul and the mind are close) turn the energy field of the Matrix in its section that is managing your group in a positive direction—of giving energy. Then the wishes happen.

 When you are smoking or have coffee, rather wasteful to drop his thoughts to wander declared its intention. It might have approximately the following structure of thought: "Everything is developing more than good, because by my decision I form my reality. And I know how to do it." Everything in the present tense. Even with just these words to do so, percept the picture, the music, the fragrance and whatsoever else is in the integrated representation of the goal, in the idea of it, achieved in the performance of the decision, which is performed exactly in this and in each next moment until this happens in reality.

 Instead wasteful to let out your thoughts to wander, declared its intention. It might have approximately the following structure of thought: "Everything is developing more than good, because by my decision I form my reality. And I know how to do it." Everything in the present tense. Even with just these words to do so, percept the picture, the music, the fragrance and whatsoever else has in the integrated *representation* of the goal, in the idea of it, achieved in the performance of the decision, which is performed exactly in this and in each next moment until it becomes a reality. By the seam way when you eat, do not think about anything else, but about the nutrition only. Tell in your mind something like this: "Come on, boy, eat! You are health and you have to maintain that." The main is to be honest with yourself and do so with the sense of self-admission which suggests confidence in generally, which means having confidence in yourself to others in the group from the type of: "If you do not feed yourself alone, no one will feed you."

Such statements, made this way, have a great effect however that sounds strange to you. Since the performance requires neither force nor money, nor special skills, try but with conviction. And if this is part of a more complex exercises in meditation and observance of all the principles described in this studio, these rituals will cause significant changes specifically in your overall health.



## **DAS SPIEL (Ger) – THE GAME**

- Why the name of this chapter is in German?
- Because, howsoever it was disagreeable and unwanted, this work has been getting so far philosophical look and, the German is the language of the philosophy; this is a German science. In deference to this fact and this people that have given to our world everything what is philosophy and almost everything that is valuable music, which in the depths of the soul are merging.

Despite my efforts to re-edit the text several times, to simplify the expressions or even to avoid some explanations in order to take off the ground the high, heavy language of the philosophies, to the language that we speak to each other every day, nothing is achieved, but some stupid jabber that nobody will believe in. It seems as though the matter does not permit, no way to explain it by simple words. After some time I did not understand what I had wanted to say; and I returned to the original text. I am so sorry and pray you accept this fact positively and the text of is good sides in harmony with what it says and as it itself suggests to us.

As we know, in fiction as a genre has a tendency over time to become a reality. It is enough to form the man's *Weltanschauung* (view of life) this way that he simply has not representation about his freedom. The game is the outcome. Play, don't resist to the World. It is stronger. It is required just one - you wake up from the "sleep" and remember the rules of the game. You have the right even to violate the rules, if you do not sleep awake. You are just to collect yourself. Otherwise you will always be a victim of the circumstances. If they are provocative, and the hostile World does not propose other circumstances, and you collect yours faculties without emotions (excessive potentials), you do not stick out yours chest, the external energy, modulated on the frequency of the provocation, it slightly enters into you, increases the wave amplitude of your process of thinking and finally makes you a stronger player. This is the game we are talking about. Let we do not be mixed with *Homo Ludens*.<sup>\*</sup> That, our game, is something practical. It is a "on line" game, now and without prejudice, without "iron will", a fit of steel nerves, steadfastness, durability, etc., pertaining defense or resistance. Otherwise that means you attach great importance to the game. For the maintenance of such protective field in a critical situation, you will spend a huge amount of power that goes directly into the World around you. Keep zero importance.

Alternatively, if you though lose the set, the game is not finished yet. You are left subordinate under the Matrix of the World, but do not settle down, prepare yourself for the next set.

Some bend. They find relief by creating illusions about himself and lies to others in the cigarettes, other - to the alcohol and drugs. If once again you give up your harmful habit and say: "End, this is the last time" - those are not your words. Those are words born from suggested thoughts - clichés of energy-information environment of the Matrix. Wake up and get rid of its influence. The awareness of that can only help you get rid indifferently of the harmful habit. Not decisively in the case, namely indifferently. Some succeed, as Freud says, *to replace* the current set as *push it out* and replace it with another one, which hope to gain. This did not only resolve the problem with the game overall, but placed the player in it as a desperate fool with all the implications of this.

The whole life is a play. I will give the following two examples of game for all of you. In their reality they are universal. They happen in completely different areas of active human behavior and cognition – the sex and the religion.

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\* The book of the Duchy Prof. Johan Huizinga "*Man the Player*" (1936) and his "Play Theory"



3) The **Sex**. I could select any other sphere of playing behavior and my example would be felicitous for this purpose too. But I singled out the sex, because the issues with him, by definition excide to a different degree all people. Do not forget that it is also the basic instinct of every living thing - the continuation of its kind to its survival. The varying degrees of importance and its universality predetermined the conditions for setting up inferiority complexes. Both categories—importance and universality—immediately forward us to the parallel algorithm model of the World—its Matrix. This model quickly and easily be copied into the people minds through the already known way in the suggestion "you are not perfect; you have problems". It creeps to you the doubt that this is so and you actually start to believe it. You cannot imagine, if you are not a sex-pathology in practice, how many people are like you. Thinking it's something wrong with you but with the other people everything is OK, you deeply and painfully err. The media, as Matrix product of the earth, many contribute to it. Well, see, wherever the topic of sex is concern, there are shown people of which everything is fine. All good-looking. To wonder, no one exception. As an author said, if from a full stadium of men we bring out all of that "something is wrong", we, a few normal people, will remain there... What nonsense is that...? Here even Freud will turn in his grave if he gets what size has achieved the "sex-mania" recently, or if you see some ads on the streets or TV. Judging by this information a simple question arises: what about such so inherent function, brought to perfection by the nature, so much problems arise. Not only in the personal plan, but wars are waged (as according to the same those, Freud, in which I personally tend to be little doubt but so the man writes).

- R. What urges the people to adjust to the same frequency their thoughts, respectively their behavior, including those who sincerely express their indignation of the template of the arrogance and blatant of the underbred ads with sexual obtrusiveness?
- B. The record of the thought copied from the Matrix: "Do it like me!"

With the incredibly rapid development of the hi-tech communications that rule becomes master of the Air, templates of thinking and from there – of behavior. It's palm off to you successfully ersatz, pinch-hitter, imitation, bogus success.

Since as this game is played by two, the intimate relationships are develop in this strength, wherefrom it is following an increase of the need of confirmation "everything is OK" in order to exit with honor from this game where there is no nominated winner. And can you imagine those from both sexes who have no partner with whom to play, for what a fever search of etalon is the question? And back to the abundance of the Matrix's creations—TV, ads, and movies. This way *must* be made sex; that *must* look like the partner. Poor people entered in this frequency. The rule "Do it like me!" is practiced as "change yourself", "false to yourself". Mental discomfort, uncertainty, decay of otherwise liking couples, no happy families, penetration as a result of this of the indecisiveness in the growing up children etc. Because the sex doesn't happen thus as you've expected it when you are playing a game a priori without champion, does it?—supreme time of relaxation near to the sweetheart, at liberty and self-indulgence to the very last. And when I mentioned "the sweetheart" the matter is going to "Do I receive love enough?" Therefore, in short: *„discard immediately the decision to get, replace it with the decision to give more and you'll get what you've discarded.“*

Remove the look from the text and give a thought. This was one of the basic principles of behavior in the Positive Mind. Not only in sex, for everything. Overcome the complex, fill yourself free and boundless. A man cannot feel free, if he has in himself potentials in excess in form of the complex - for example inferiority. And something else in addition to the first: *"Do afford to be yourself, and of the other people to be other."* That means you accept yourself with all disadvantages and takes down from the other the projections of your expectations. It's an adroit getting out form the Matrix by violation of its rules, calmly and without struggle.

The movie "The Matrix" did not appear occasionally on the screens. His idea, presented by the art means of the fiction, merges with the reality.

4) The **Religion**. This is another, bigger game with more players. According to most religions God (Supreme Being) is the creator of the World. His divine nature pierces the whole creation and not alive, and his divine *will* has put everything under His control. Without comment, as they say. But in the World in which we live, there are higher beings - we are. The World became manifestation of the single Spirit, approval of the unity in the multitude. God is in every one of us. The idea of God as a dimension is infinity ( $\infty$ ).

If there is a piece of Him in all of us, we all in collection make our God, or due to His ideal uniqueness as infinity we approach to His entirety, but never reach it because we, His children, are limited number of people ( $n$ ). On the other hand, theoretically, a piece of the infinity is also infinity ( $1/n \times \infty = \infty$  or the reciprocal  $1/\infty = 0$ ). This is a part of the algebra of the integers; the things are more complicated, but now we are not interested in. God has created the same World in each of us. And this is not some micro cosmos, but as information environment it is absolutely like that outside, around us. Once the idea of divine onset is appropriated the human beings, a folder is immediately created in the Matrix with sub-folders or information nests for the various religions. For each of them there are religious institutions - institutions of the Matrix - mediators in contact with God. God that is in each of us.

These institutions not only deprive from the people the knowledge of their capabilities, but even distort the meaning of the life like they replaced the *service* to God, the dedication to the idea of Him with *worship*. You can convince as you go behind in the original Ten Commandments.

**The First Commandment** in various interpretations consists of the following: *"I am the Lord God and there is no other gods before my face."*<sup>\*</sup> This principle implies God and affirms the belief in the existence of one God, governing all world knowledge. The people immediately violated that commandment and created many religions, but the equilibrium in the World has recovered – it has created the Matrix and in it immediately has occurred memories for them (sub-folders). The genuine religious officers really try to preach the God's word and deed. But they are fans and they are in and under the authority of the Matrix. Therefore they are adherents and they underlie the Matrix's power and within it. That is why nothing depends on it and they are fit for nothing, especially in today's world of communications and high technologies. I cannot succumb and recommend nobody to communicate with God through the church. President Obama had said in one of his book: "... I cannot confess that I don't make distinguish between faith in the church God and the stupidity, and about such an obedience a word cannot be said ..." and I fully join to it. However, when it happens I am going into a church, for a wedding or on funeral, I am trying earnestly to pray God, although I every time remained a little skeptical internally; insinuated doubts to my own prayers. I kept too many disputes with God of the churches where there nobody had won too many times I've found comfort, protection and support from that piece of Him in me.

**The Second Commandment** seas: "You shall not make any idol and an image of what is in heaven above, and that is the earth beneath, and that is in waters under the earth, not worship them and serve them."<sup>†</sup> This is more grade refers to Matrix algorithms. Behind that there are logical rules, axioms of blind obedience.

Become conscious of and understand the godhead bedrock. It is not easy, because the very God's bedrock is distorted - from creator the people-players have turned Him into governor-referee who requires blow down-submission... We can, understanding the bedrock of his World and its hostile to the human being through the Matrix, relegate all Commandments to two. Answering to the question of His pupil: *"Master, what is the most important Commandment in the law"*, Jesus says: *"Love the Lord, your God, with all your heart, with all your soul and with all your forces"* - this is the first and most important

<sup>\*</sup> Fifth book Mosey's, Scondlawship, 5:6-7.

<sup>†</sup> There again, 5:8-9.



Commandment. The second is similar: *"Love your neighbor as yourself "*. These two Commandments support the whole law and the prophets. The message is: *"Go out of the game, this game is not for you"*.

Love God in yourself and in other people, don't blow down and don't curse the Matrix but go out of it— this is all what the orders, the rules of the game are calling on.

When you create your world, your decisions are performed, and you enjoy your creation, God is happy with you. This is exactly the true serving to Him. The belief in God is above all faith in yourself, in the power of your capabilities as a creator. Do not pray, do not wish, but create, improvise the Freemasons game of creation.

The goal of the "live" game, as well as the only servicing of God, consists of the co-creation — creation together with Him. If you decide to create something, consider that it is decision of God. How can you doubt whether you will succeed, whether you will be champion?



## HOMO LUDENS<sup>27</sup>

Man the Player - this is different from the game as a look at our lives, described above. This is another topic. What is to be a player figuratively so that you remain master of your own destiny as you play within the structure of a matrix without being its slave and without to be maverick. It's possible. Go down in your thought from the gaming platform, exit from the terrain and look at the game "Matrix" as a spectator. Then you will see the players, getting zombie to its rules as well as to the real regulations of the big game. Don't adjust anything - you cannot. Let it all be what it is. Don't condemn them, don't despise and ridicule them. Just play. Act as if you're on the side and stay observer.

As a technique approach, if the game allows, switch your attention for some time on something else. Thus you will leave the carrier (modulated) frequency of the Matrix and your thoughts will be transferred to another band. You can then return to the game while you awake and see that unnoticeably you have got again a part of the Matrix and play under its rules. In this game you will outplay your opponent, but champion in the game with the Matrix you will never be. There is a way the game to continue till turn the won by the Matrix result from the game in your favor, which means that the final energy balance still remains such as programmed in the World.

You are playing a virtual game with real aftermaths on your life. So be careful!

As far to the rational principles of this game, they are applicable in much broader aspect than your personal horizon is. This is a very interested example of global aspect of the rules of the game before we return to the topic HOMO LUDENS below with analytical methodology.



**Freemasons** is a [fraternal organization](#)<sup>28</sup> of obscure origin which we have begun to get to know from the late 16th to early 17th century. Now it exists in various forms all over the world, with around 5 million members, including two million in the United States and around 480,000 in the UK<sup>29</sup>. All of the lodges in a nation are united under the authority of a Grand Lodge sovereign to its own jurisdiction according to the Masonic constitutions. In some ways this is not the same official jurisdiction of the local administration. Therefore, some proceedings of a devoted member, due to perform them in compliance with his civic affiliations following the supremacy of the law could occur in collision with felony under the devotion to the fraternity.

Some other [Masonic appending bodies](#)<sup>30</sup> in Freemasonry are higher standing by those of Master Mason, the Third Degree. These bodies have no authority over the Master\*. They are administered from Craft Grand Lodges and their members are Masons. How then to resolve the case?

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\*Interpretation of the original term «Craft» by the author.





The correct play in a group is sanctioned in the other one. Which is the dominant, and how far it extends? The response of the casus is very complicated, but generally it again lies in the rules of the game as itself, as that I set slightly above.

The Craft Masonic jurisdiction varies in their relationships in terms of relationships with similar connected organizations. Some of them, however, are not universally considered to be *associated bodies*, but have complementary functions, such as religious adherence, moral-ethic norms including legal authoring & judicial-executive functions and so

on. The «Knights of **Pythias**»<sup>\*</sup> is a fraternal organization and secret society founded in the capital Washington, DC on 19 February, 1864, by the **United States Congress**.<sup>†</sup> Go to see on [p.59](#).

In case studies including rules of law in existence of duality in the jurisdictions, devoted Masters Masons are circumnavigated from accusations through so called Chapter III "collective mind of the group" with the help of its fleeting group soul and these people join to pre-nominated, non-dedicated members of so called "affiliated bodies" in generally composition of pre-«court panels» and enforcement proceedings on the case, in an advisory capacity and vice versa. It's a stunning «binder» between individuals and institutions, a mixture of immiscible categories that can exist only in the information field of the Matrix. Gone beyond its rules, they become playing coaches or simply players from the same or other teams, left the field to watch the development of the game aside. The problem is at the moment when the energy balance will be achieved and as a result the *will*, as prime mover of their consciousness, will be dulled, and their minds will be again getting asleep and they will be back there, wherefrom are gone out, but already not the same, but in their respectively modified role of referees/judges. The *will* cannot drive the associations of our own *perceptions*. No enlightenment which, as we already said, is the master of the *will*, and soul browses in other *perceptions*, created in the information field of the Matrix, where there is everything about everyone. This has become a problem of awareness—the secret of so called *smart people*, of the continued vigilance, that we call "*here and now*" and other techniques of **Positive Mind** whereon it will be mentioned many times below.

Does it seems to you all this of the legal case too familiar in the context of the above described? You wake up of the semi-sleep of his semi-awakened state of confidence as *Homo sapiens*, judging some human fates in an enigmatic game and in this stupor of the acquired own significance you wake up as a self-confident player on the playground and under the rules of the Matrix. However, unlike the above description, there is no longer about your positive mining, solving the problems of your own destiny, but the fate and life of someone else. Perhaps in the social hierarchy on some stratification levels he might be

Knights of **Pythias** membership certificate, 1890.

in a higher standing—a senior politician, high-positioned army general in operation. As being in this situation, I have asked myself the same questions you are familiar with: «slave or dissenter?», «Do I still stay

in the Matrix or go out and remain alone - a leader or a maverick?» Who should I ask for, but not God – i.e. myself? Because He is in me...

That is why I picked out this example, because it shows the problem in its integrity and completeness. So I write these lines because *ludens* (*lat.*) means "player", but from the same root *ludus* means «elementary school».

When playing, the children learn the rules of the game of the World, not of the Matrix of the World. They are some different and still inaccessible for them. I only mention this for information because this issue goes beyond the subject of this studio which goals are more modest.

<sup>\*</sup> A Greek [Πυθιάς] who rescued his friend Damon, who stood bail for Pythias when he was condemned to die.

<sup>†</sup> The **United States Congress** is the **bicameral legislature** of the federal government of the United States of America, consisting of the **Senate** and the **House of Representatives**.



## CONCLUSIONS



HOMO LUDENS as a subject-matter is very large one. It concerns the theory of personality and human behavior from his birth to the death which is problem of the science psychology. It is perfectly developed by many authors to such an extent that it can accept the playing behavior of the man as its main characteristic. We are far from this theory, even reverse its side. We touched the upper complex form of game behavior because for us, the modern people, the simplest are not interesting. We know them. Therefore, I will make only one conclusion from an example for a very trivial game we often play alone with ourselves. A usual case of an unusually dangerous game.

Children play, adults play, each more or less plays. That's the idea of this section. At its end should be noted that sometimes the game becomes coarser. It can become *an unusually dangerous game*. Imagine that it is not about the game of positive mine, and this of only one actor - winning or victim. What if the player is commander of the Airbus-330, sophisticated former military pilot who, at least in flying conditions has built its long-running Matrix and even at high turbulence, with off computer and sensors for speed finds quick exit. However, before takeoff from the of Rio de Janeiro airport on June 1, 2009 with flight AF447 with 228 passengers and crew on board receives data from the tower about a powerful storm with large non circumvented height position, typical of the ocean during this season, and he looks boarding passengers who become participants but not in the game, and as its background with its own meaning, because he knows that a large group of them should arrive in Paris in time and responds to the head of the flight tower that he was most experienced pilot of Air France. Before they went to the plane he tells the ears how consecutive times how he comes out of turbulence by moving up sharply when the machine is in diluted air field and all applaud him? Do you remember the outcome of this game? Two years later was found in the ocean the last remnants.



The example of the global aspect of the rules of the game with the phenomenon of the Freemasons is detached from the context of the idea of expanding our *perception* for the implementation of the principles of Positive Mind. In this sense the example does not suggest universal conclusions, applicable for example to the civil law or constitutional law for the functions of the [Congressional committees](#) <sup>31</sup> of the United States Congress as well as on other similar institutions of the world. In both institutions the things are more complicated then they here seem to be, but if we spread out in their structure and operation, more of the readers may get bored due to lack of interest in such areas of jurisdiction. I've taken the liberty of specifying only that hence there the principles of the Positive Mind of are higher degree applicable and crucial to the successful functioning of these institutions.



Have you ever asked you why always in the office (in a larger structure) does not promote the best, most diligent, most sophisticated, proposing new ideas, but the most appropriate? The corporate ethics implies studier regulation and discipline, including to the thinking. The major criterion is not how *well* a person performs his job then how *correct* does he do it from the system's point of view. In such a system the Matrix takes easier and at with lower costs and approve employee not *good* but "correct".



## ANALYSIS

The last of the above conclusions, illustrated by examples from the life, gives background to serious analysis. For those who would not want to enter deeper into the theory, but are just intrigued and want to have a practical benefit, which is the idea of this studio, I recommend to leapfrog to the next page.

It is correctly is you ask yourself the following question: why from the many examples no doubt I have, I've chosen right this one? What it's more special than the others? The answer is: because it is of life, very real, and the parallel to the two cases is interesting in that from the this practice point of view that this is the same case, deformed energy field by self-styled players playing under unknown for them rules of the Matrix, which principle of the homeostasis has restored the balance of the World's energy system, unfortunately the cost of hundreds of victims, in the second case. Because someone decided to play the most forbidden and dangerous game - playing with him. Never try, because

there is no exit, no way to go out of it even for a second if you wish in one moment to cast a glance sidelong in order to become observer as above written, because if you draw back the game is over, nobody remains on the playing field.

This example with the kind of thinking reveals critical nuances. See how far can be reached and it was reach in the second case. And I know and I have analyzed plenty of incidents like this one, unfortunately *post factum* until I got to the development of serious software and its adaptation to a wide practical use, despite the expected opposition in some spheres like any new thing for some people. But there is nothing new, because the principles of the Positive Mind are known from more than three thousand years, and the mathematical method used for data processing I have claimed as a patent still in the 80<sup>th</sup> of the past century.



### CRITERIA FOR ASSESSMENT

*This is a short anticipatory information that you'll entered in the applied part at the end of this Studio. Its location was chosen here to prepare you to more easily understand how to define the parameters of the free mental energy (if I can call it so for the case), which determines the individual behavior. This is what you would later learn to assess and manage.*

*The criteria for assessment of personal traits in each situation are divided into two groups by their nature, signs, causing symptoms and how to remove some of the assessed symptoms. Surely you understand that it comes to interpersonal communication symptoms in individual communications who are adverse in nature and their consequences are negative. That means if all the criteria for evaluation of behavior are 0 (zero), their sum is 0 too. This individual in the test situation was a "grader" that behave perfectly and has undoubtedly achieved its objectives, ie put numerical ratings from 1 to 10 for each criterion, the greater the figure, the worse.*

*1st Group:*

*„c” – UNCERTAINTY*

*„s” – SELF-CONFIDENCE*

*„i” – INCREASED IMPORTANCE*

*„e” – INSINCERE EXPRESSION OF SYMPATHY TO THE OTHER*

*2<sup>nd</sup> Group:*

*„p” – MUTISM (PROUD)*

*„u” – UNMOTIVATED LOQUACITY (VANITY)*

*„m” – MOMENTARY INFERIORITY*

*„n” – NEGATIVISM*

*There is nothing strange in the criteria, as you see, but when you get to the implementation of assessments and how to remove unwanted symptoms, usually the things are tightened. Even more difficult is for homebodies the forecasting, training and fighting criterion "i" in a real situation, "live", as they say.*

*Once passed the psychological barrier and felt the first results, your life changes. Believe me, I've seen it with my own eyes.*

*More details - in the part Individual Behavior Evaluation of personal traits”.*

This example of a way of thinking reveals critical nuances. See how far could arrive. And I know and I have analyzed several such incidents, unfortunately *post factum* until I came to the development of serious software product and adapting it for wide practical application despite expected resistance in some areas, like every new thing for some people. And it is not at all new, because the principles of positive mind have been known for more than three thousand years, and the used mathematical method for data processing I'm patented and published in the 80 years of the past century.



Look at these two charts below.

[Link from p.78](#) ↗

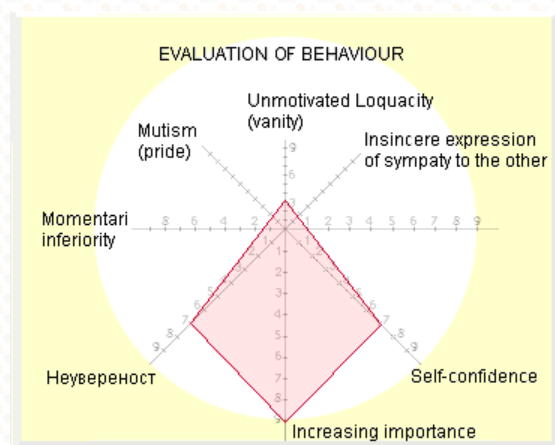
You see eight so called polar coordinates. Each axis from the center of the coordinate system is (i) selected by the assessor negative quality, and (ii) factor of importance of this factor as a criterion for the behavior of the individual, comparable to the other seven factors for each specific situation. They are considered as negative for the behavior and with varying degrees of pro-active **object-oriented analysis** such as impact on the integral evaluation of individual behavior, forming the final result in achievement of participation in a specific situation.

From our point of view they have negative attitudes and we enter our subjective numerical rating from 1 to 10 (as on examination) on each axes from the zero point of the polar system, with therefore have a different scale in the final mathematical model. We need to emphasize here we do not treat, do not evaluate the behavior, but assess the qualities of the individual as he is, his immanent in performances under certain conditions and environment. The aim is to provoke controlled behavior of individuals in specific circumstances and particular case depending on his personal traits. The aim is to provoke controlled behavior of individuals in specific circumstances and particular case depending on his personal characteristics—factor analysis and control of behavior. If our actions can be characterized by these criteria, then our thoughts are formed in such a band in which we already decode the distorted energy field from the Matrix's code.

As greater the area is delineated on the chart, more the distorting was. The World has restored its balance and from now on is a matter of time when the effect of this will come back to the initiator, because the material changes in the World are inert. For the most effective restore of the balance is chosen the most disgusting moment for us and the most energetic appropriate one for the nature, i.e. for the World.

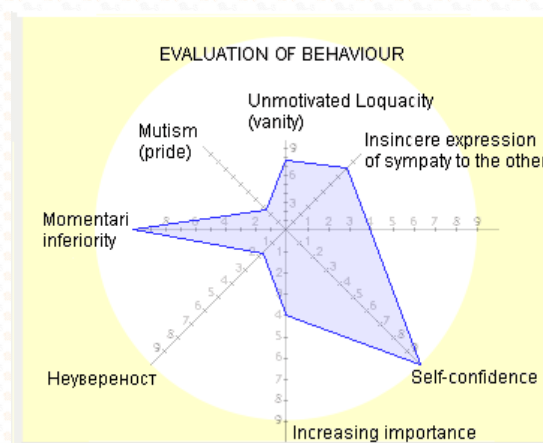
I cannot save for you, and should not, a little more difficult to apprehend information that you can just accept as news only. These 8 axes are plotted above in one plane only to be able to visualize the model.

Then, in a special section, we will get to superpose one another two similar graphics in polar coordinate system and there I will remind you again that this is only for simplicity of presentation. Actually the question refers to an 8-dimensional hyper-space of the state of your personality in one situation for one interval of time, which does not matter and that's why the time coordinate does not present. So this evaluation is a static one of this event, for this time interval. We are used to represent the three-dimensional real volume space, usually with only positive values (those about the objects around us) and most can add yet another, fourth, coordinate – the time.



In the hyperspace the things are more complicated, but one of those things you should know that while in the real 4-dimensional space-time in adding of factors - size (m) and time (sec) the effect of their influence is obtained from the summation (algebraic action addition), while in the hyper-space in similar circumstances the effect is **synergetic**, i.e.

$$2 + 2 = A, \text{ where } A > 2.$$



We'll be back again later for a bit of this.

These so-called criteria according to the intensity of their energetic impact on the World through the Matrix are shown on the chart a plane in subjectively chosen, respectively scale. If you're really a player, whereon both from the example had thought about themselves, but they were not, you would have created its own sub-Matrix of own, and thus well-known, rules of the game.

Then following the above criteria you would receive zero marks, it would have not an outlined area on the chart with the same behavior. This in our language means that you were playing the game according your rules by which to achieve any goal you have selected in your Matrix, it is a priori optimal behavior, or assessed in such or other axes and scale as you've specified. And for the Matrix for the World you have been a player who in this part of the game has been an observer, choosing his proper behavior toward the people and events of the World in which we all live.

That's why I could not afford to miss or main this section for the man-player in my desire for as much as possible terser exposure. The game is the highest form of deed of the Positive Mind. It is played with thought and *will*. Here the soul is energy bearer only and information conduit in terms of the game – a house and your fan. This is a game for masters of sport. Become such. Read and train.





## Chapter IV

**ENERGY OF THE INTENTION AND DECISION\*****External Energy – Energy of the Universe**

The external energy is a field form of existence of the matter in the Space. It is inherent attribute of this matter, respectively of the entire material World we live in—participates in a certain way in all the processes performed in living matter. Some researchers assume that part of the impact of this energy is the gravity. Like any action, it has a counteraction - anti gravity or so-called levitation. We stop here, because the analogous continuation could lead us to Einstein's theory of general relativity, through and to the existence of "bridges" for endless space-time reduction, and so called "wormhole" - theoretically YES, practically not yet proven. We'll go though it in another way below.

Most often the real material World is perceived by people as hostile, or simply we take it as our working hypothesis. Because it is known that there are different views on this subject, but only one opportunity for humans - to live in the only possible, real World. It has its own laws to which all living creatures have adapted, better or worse.

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back

We agreed above that the external energy stream transits through everything, including through the human body, inducing two central streams with frequency characteristics in a wide frequency range (which, to mark, so far no one has not yet been measure and is not necessary for more than heuristic evidencing purposes). Passing through the human body these streams are reformed by the thoughts and on the output each one comes out with the frequency characteristics corresponding to those thoughts (accent through the whole body, not just through the head). The modulating energy is able to be activated and maintain the physical realization of the thoughts which have formed it. This activation or pre-modulation, however, rarely happens. The only condition is the soul and mind to be united in their intents and firm determinations [below both called "INTENT(s)"], which are suspected as the constructive. In other words, this metaphor means that the thoughts passing under the man *will* modulate power at a frequency within the range of the bandwidth of his mental energy in this important, positive moment of movement in the way of realization of the INTENTS.

In fact, the external energy is those that does the work. World is INTENTS, not *DESIRES*. Desires - a lot. Everyone desires something, but few have steadfast and firm INTENT to achieve it. That is the difference. The desire as itself does not lead to any action. The INTENTION is not diligence but concentration. It is not the desire that is realized but the INTENTION. Such terminology has been selected by many authors, some quoted here, and it is not far from the point. The desire involves fear or anxiety and suspicion that something so desired, may not happen. The fear is the most intense emotion in energy terms, so when you have such a fear to lose or to win money, you in the most efficient way jump on the line or otherwise on the combination in the Matrix, where there is situation in which

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\* If you've already read the following Part 2 "MEDITATION" you would have greater benefit from this Chapter IV, and vice versa. Even the electronic version cannot fully compensate for this shortcoming. Just reading one clearly will not go - you will have somehow lost your time.



the money becomes actually less\*. And worse - to want something too much, which means it has become very important. The importance with which the man difficulty copes is the real killer of any INTENT.

Surely it is not easy to explain what the INTENT making actually is. Our definition<sup>†</sup> of *decision* is as a determination to have and to act. One addition: this definition suits and somewhat exceeds the notion of "*will*", which we used above. The INTENT is partly *will* deliberately targeted and unconditionally applied to achieve a single desirable goal. The *will* is category applicable to a determinate person and it is a part of his "I". In colloquial language we say: "He is strong-willed man (had a strong-willed)". We immediately imagine a fireball, which is difficult to bend to the obstacles in the life. But if he does not *intend* to achieve certain thing, which needs and for which is ready to act here and now, it remains only one strong-willed man usually act without hesitation, move forward but in habit. Very good, a good man, but he cannot achieve anything in this life and so to go away from it as a very strong-willed and as such to present himself to Him, such as we will remember him, strong-willed, but achieved nothing. He can whole life to sleep in light, to follow the rules of the Matrix by his inflexible *will*, to feed it with more energy than all other purposeless beings, but to be not happy and to leave not any trace behind. I know such people. The INTENTION is deliberately cultivated over the *will* as it guides the desire to constantly urging you to act in order to have.

Again, we will try in each case to saturate with content this so critical to the free meditation term INTENT. One of the ways is as we distinguish from associations of close and similarity. For example, the request as a religion category, an attribute of the psychology of the group—all pray to God (or to other higher power). For what? If you are going to pray the Creator for something to do any work by higher forces or to remove the reason for your groans, this means you want to change the physical regularities of the Universe. However, they are totally objective, substantial and as such they are fully neutral and a prioritize to the consequences of their action. If you will pray to God, pray to yourself. God is in everyone of us, where is a shorter path to him? He is metaphysical collective image of each part present in each of us, but His presence in us makes us god-elected and thus each part of Him is equal to the whole in the sense of His existence and our relationship with Him. And pray to yourself and expect to get from Him by yourself, so with faith in Him, i.e. in yourself, you have just formed your INTENT to get what you want. To express gratitude - yes. Because in quality it tends to the unconditional love. The sincere gratitude is emission of creative energy to those to whom it is directed—to me, excuse me, to God in myself.

In contrary, the energy potential in excess of our observation from us to outside of us to whom and to whomever he would be, is a holding (not use), concentration of foreign energy of the World on certain place wherefrom the World will quickly get it back in the fastest and most economical way (due to the homeostasis), the total energy will be balanced and such amount of energy will be returned back as quickly and cost-effective way. Any kind of middlemen, then as priests, pops and cardinals is so ridiculous that the only indulgence that we can condescend is human ignorance in the era of god-perceiving in the face of Christ, Mohamed, Krishna, etc., the great teachers of the nations in the world. And in connection thereof between me and me the thoughts about "give" and "I wound" automatically create such unnecessary potentials, wherefrom "we run away like a devil of incense". It makes sense only the INTENT to choose. On the other hand the choice is not a request but your determination to have and to act. The INTENT does not to create any redundant potential around you and inside you because of its potential energy goes to the

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\* The money is not the goal and never received they should not be fixed as an objective, even if they are not a means in most cases where they are really needed. The money is only an incidental attribute intention to implement. This topic is really very important, but here is not the right place to develop it detailed and complete.

† Vadim Zeland in „Transferring of the Reality“. Extremely narrative and repeating descriptions, however, for the present there are not known better about some cases touched herein.

action and becomes a kind of kinetic, which is used just to achieve the desired goal end in result insert it in the energy shell of the man. Or someone may be correct to say that due to other products of performed DECISIONS that energy is transformed into a mass product, which we have created and produced. This way the desire and the action are united in INTENT. That means, the desire is necessary because without it there is not striving. If to it is added determination to act, it will be got INTENT of achieving the aim. Here the Matrix is impotent and indifferently. This model of human behavior does not encompass in any extent the otherwise countless variations of the energy consumption scenarios.

This is not a simple pun. I was looking for appropriate terms of the spoken language and I've chosen these. Hereafter make a point of them the content, which I am trying to express but in your everyday use – according to their acquired universal acceptance. You understand that things are not simple to fit in one-word description but for this very case we should be reconcilable with this little compromise. This was for clarification of the terms and reduces misunderstandings in the interpretation of the text.

There are nuances that we consciously did not dismember. One is to make INTENT to do something, i.e. to give evidence of *will* to achieve something with his own forces; another is to be in such a psychological condition that to be able to run mentally through the energy channel the integrated image of your INTENT within the information field and at the exact address. You have chosen your target and brought the matter to that point the external energy to do your job, and you only to watch what is going on (i.e. to concentrate yourself to the process of your own movement to the purpose, without you make any effort therefore in order not to obstruct it to happen before your eyes). And the nuances is in that (i) whether you are enough advanced person, or (ii) you have a stellar moment or moments - you have a chance now, or (iii) you have managed to meditate this way that to revoke a state of spirit, where the mind and your mental energy (the soul) to be "unanimous" in relation to the representation of your DECISION. It is not important in the case whether and how your DECISION is good, useful, harmful, etc. It's as it is - what you've thought about yourself, that you'll get it. Therefore in principle, it's better to be optimistic. In this sense, find the adequacy between modulated between psychic energy and the understanding of absolute determination, combined with high energy potential.

The concentration of the process is of material effect to put the INTENT into effect. The purpose activates the energy of the INTENT, but only under condition that it is implemented, as we say, *within a reasonable short term* but it is not continuously in project. If the visualized goal is clear, not sprawl, and by its nature is near to the situation in which you are, the term for achievement is shorter and vice versa. The term, which is very important, is extended when in the way you put the INTENT into effect you are burden with the filling of inferiority: "I must be hard, to consecrate my value system"; the feelings of guilt and responsibility: „I must fulfill my obligations and debt before my relatives and society."

In these cases, you *first* narrow your energy channels; *second* distort the field by creating harmful potentials; *and third* cause deviation of large amount of energy, which figuratively speaking the World takes from you to eliminate the potential capacity in excess, often directing that, let it say, "negative" already pre-modulated mental energy of you to the surrounding people, most often to the next of kin and chums. Binding with the smallest obligations you hang load which you are going to walk further and this takes some of the energy of the INTENT. I remind that this is a prerequisite for other problems - often poor physical condition, low creativity and sometimes sicknesses.

Given that according to research by scientists in recent years, the energy of the universe radiates into space not in the field of linear dimensional coordinate system, which we know it, but in a nonlinear environment and spiral coordinates. It turns out that all of this external to us energy, barely ongoing through our narrowing energy channels, we have managed to absorb as psychological only a small part of it in a very narrow frequency band and only in some arcs of rotation nature. The remaining, greater, part goes to maintain fruitless games of the mind. The result is a dissipation of energy outside, which is our



individual spectrum. The misery energy balance we need to sustain our life tonus: the activity, alertness, vitality, optimism, sense of ability to achieve everything and immediately. In order to free resources either have to throw away part of the virtual intentions, which seem uncertain or immediately begin to implement them.

Obviously that the entire outer energy which hardly passes through your current narrow energy channels, is used as mental energy only a part of it, the majority goes to maintain many infertile mind games, as a result of which it is distracted outside. The miserable energy balance is necessary to maintain the tone of life: activity, cheerfulness, vitality, optimism, perceived ability to achieve every-thing at once. To free up resources, should we get rid of some potential intentions so as to start a real use of the resource immediately?

Releasing the operated resources your activity visibly increases. If you have energized other people and structures, or you have spent it for cares and concerns about promotion of your value, uncertainties and doubts with a sense of guilt whether you have preceded correctly, now it is free and available to form your reality.

Note: Mark off inspiration derived in sharp transition to a higher energy level from euphoria. It directs you into a long sectors of the World, many far from that on which you are, respectively, away from you achievement of the goal. Therefore, in the euphoria, if you cannot avoid, be brief.

When you visualize the goal, which you have to do constantly, every day, realizing that what you see, that will achieve. But in the life, in the material world, things get much more slowly than they are born in your head from the mind. There the processes are instant, nick of time processes or more precisely inter-momentary,\* while the material world is inert. And if the selected goal in your visual perception stands too far from the line of the life you follow in this your very state, the reasonably short time you move to your new life line, which is the target function of your INTENT is more lasting.

The energy of INTENT gives to the man not only a high life tone, which allows him to act effectively in the material world. Much more interesting is the other aspect - the higher the energy, the sooner the INTENT becomes reality.

The energy of INTENT is amendable to training.

One clarification: The INTENTS may be of a different nature. The general is you have to have a clear target—to the knowledge or creativity—whether you agree to be an eternal student and sometime teacher or inventor and creator. But if you can achieve both in your life time in such a sequence, you can reach peaks.

The energy of INTENTION gives the man not only high vitality that allows him to act effectively in the material world. Much more interesting is another - the higher the energy, the sooner INTENTION becomes reality.

If you perform the exercises of Part II, MEDIATIONS, as you strain all your forces, but your brains works and your mind impatient (or dreams) for something else, beyond that, on which you must focus, your power and time are in vain. Let loose the grip of diligence and just focus on the action.

A little further clarifications are needed.

There are three **Forms of DESIRE**:



**The First** – where the STRONG DESIRE ⇔ (goes into) a firm INTENT to receive and to act. This DESIRE is fulfilled. Besides the field potential of the strong desire diffuses, declines because the energy is redirected to the action.

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\* See in Part 2 "MEDITATIONS" Paragraph „Here and Now“ ⇒



*The **Second*** – inactive painful *DESIRE*, which creates conditions for accumulation of energy potential in its pure form. It is "panding" in the energy field at best as useless accumulated energy taken by the sufferer, like a storm cloud in the sky wherefrom each moment can getting thunderclap lightning to the ground.

*The **Third*** – the most insidious form, when the strong desire passes in depending on the subject of desire. The excessive importance automatically creates dependency, which creates a strong redundant energy potential producing which generates strong excess energy potential. It causes force with equally strong counteracting of the forces equilibrium in the nature. It includes modules such as "If I get this, it would be very nice", "If I don't achieve that, it is getting really bad", etc. Including relations of the depending on the obbject of desire, you involve yourself in something. I do not recommen that to you – arrester and downstream with such a force and thunderclap will conduct the power into the ground that any of your desires will evaporate, you will be left powerless and groggy and you actually have achieved nothing. The equilibrium is restored, and the equilibrium forces, as you gess, absolutely no diference somebody is hurt.

The first form works only when the potential of *DESIRE* is activated and pre-modulating in the parameters of the field of pure *INTENT*. The price is the refusing to achieve a big *DESIRE* that you slightly doubted it would happen. You have been afraid, shaking about it, so much things depend on it.

To get the life line, where the *DESIRE* turns into reality, is quite enough the energy of the pure *INTENT*.

The pure *INTENT* is unity of *DESIRE* and action in absence of importance.

This virtual concept practically means: when you have alternative choise, select the easier option from the proposed. In addition, stop, don't give *will* to the mind because it will start to evaluate the different meanings of the propositions. The mind works with limited logical functions, in most cases inapplicable in an indefinite environment with limited energy resources.

The more you endeavor, taking pains, over something, the less likely is to receive it. This is of material effect that is why I underline it by a further example.

*You are crazy about your new car, watch mot not to persist on it, shine it – you worship it. Potential..., balance forces..., there is araud a dunderhead who will hackle it or you will do damage on the road.*

The high energy level, whether achieved through active meditation or simply due to the improvement of individuals, leds to one state called inspiration, and very often in adulthood to a lightness of internal instinct. To the inspired man the *will* is entirely removed from or merged with the consciousness which creates *the perception*, the intellect becomes the energy coordinator of the *will* and all things are revailed in their full clarity and distinctness. This is the pure joy of virtual contemplation of our ideas about *The World as Will and Representation* about the purpose that achieve our *INTENT*. Therefore, due to the lack of predominance of reflection and tailored choice, because not domination of the mind, the technique and routine narrowed the field of mediation *representation*, among all sorrows, dramas and tragedies of the life in the surrounding hostile World, it remains a particularly happy and blissful state of filled with high positive energy person when txe intellect is detached from the *will* and begins to dominate it as pure subject, ac clearly mirror of the object of our *INTENT*, as a clear eye of the World. And in this particular freedom of the intellect the individual, full of energy, execure his *INTENT*, step by step. But with it the mind as itself ceases to be an individual too and becomes clean, weak-willed, painless, atemporal subject of knowledge, which apprehends no the single thing as such, but the idea, the eternal form as such that exactly and at the same time the soul perceives it.

Now, this is important. There is a biological organ—pineal gland in the center of the head (apart from the brain) or a whole system (like one in the techniques is the active analog

frequency filter)—formed and proceeding in the mind on a defined level, and in this case it is tuned to the frequency of the soul (on the mental energy). You activate it as you direct it to the outside World, you have modulated it in an info code in the information field to its virtual space filled up with countless options and life lines, in the image of healthy and successful person and then the successful execution of your **DECISION** is coming in the respective moment alone. This is on the top of the pyramid, for which we paid attention above.

#### Conclusion:

Ability to meditation or natural state of positive mind in harmony with the World in a high ENERGY ENVIRONMENT  $\Leftrightarrow$  ABILITY TO WORK with all efforts of the *will* and ability of the mind, determining the diversity INSPIRED MEDITATE  $\Leftrightarrow$  PRACTICIAN WORKING that as they say, is not less than the difference between the diamond and the brick.

A more practical interpretation of the *representation* about the **DECISION** to achieve the goal and the participation of the *will* in its achievement in the aspect of the **Positive Mind** may be helpful. As we say, the big, real men (the lions) live with and in their dreams. In different interpretations you can hear this in conversations, read it or watch as a theme in the movies. Yeah, but did not say exactly. They live with the integrated *reperception* of the goal and the **INTENTION** to achieve it. Some very eminent men, they so merged with it (God grant anybody), even when talking about their projects or act creating they create the impression that as though they lie or provide false situations. In fact, they do so subconsciously. They just see and express this thing in its the final result of the execution of **DECISION**. The difference between the **INTENT** and achieved goal is minimized to the extent that they actually live in it. Try to understand that, stimulate it rather than condemn it because there is a danger of the emergence of self-confidence, based on a comparison with the other person. This is very harmful to you, as described on [Page 31](#) above in Chapter III, INTERPERSONAL COMMUNICATION. Conversely, do the same with yourself. Dream, think and create a vision for yourself in this World. I have taken the liberty of adoption a metaphor of an author, who I have read long ago, and will interpret it that way. The World as a mirror reflects your attitude towards him in your thoughts. When in your mind you are dissatisfied of the World, the energetically you are trapped in the Matrix, and it exhausts you. When you are fighting for something (and we, the people, usually do that all day long), you are fighting against the principles of the World and you are not getting anything from the external energy, and then wonder that the World is hostile to you. When you end the battle, you are free to think and make your decisions and the World will help you – you draw from its energy, it modulates the frequency of your thoughts wherewith you take the decisions in your psychological field and you are happy to go ahead towards the execution of your **INTENTIONS**.

#### ***What you think – that happens. That's the scheme.***

The metaphor with the mirror that I used, however, has one uncertainty in the interpretation. The mirror reflects in image just and now the object against it. What the World as *reperception* abstractly «reflects as a mirror» (i) is not an object but thought; (ii) the reflection of the thought in the «Mirror of the World» does not appear immediately as in the mirror, but with some delay, because the thought is instant, and the changes in the World are inert and become slower. So it follows that if your *representation* about the goal of your **INTENT** is close to the present state of the things, the reflect (outcome) will be available rather than a goal that is very different from





your being. This is logical. It is therefore strongly recommendable: place transitional targets towards the "covenantal" purpose not to lose in your *perception* its picture.

For example, if the goal you have in your mind to achieve is very expensive, i.e. this requires a lot of money, place an transitional target – a small project as a vehicle, bridge (**bridge finance**)<sup>32</sup> to the ultimate goal. Thus you may come more quickly, the potential life lines, you can reach it through, become more and interim it will not need doing indifferent to your short financial liquidity...

I am not in a position to describe accurately the purpose of all our studying in this studio. I am afraid that there is not a more detailed description on the modest basis of metaphysics of *the World as Will and Representation* developed above, and if you do not understand the subject matter of the studio yet, do not continue in the next Part II - MEDITATION. Return to the beginning, read slowly and think. Or just leave off this reading. In some sense it is nonsense or, as mentioned in the Introduction, even dangerous to read any matter prior to thing basically about it alone.



**Life, age and death.** We will return briefly to this topic as linking its components to the energy of the **DECISION**. Take on trust the fact that the physiological factors are only a small part of the process of aging. We all know from the tender age that this process is inevitable. Here's a little psychology, without which we cannot explain the mentally or bio-energy phenomena that we are interested in.

Phenomenon birthday by way of example. "Theater" wishes for good health and long life. Enter the code of your memory for a very beautiful woman (handsome man) and he (she) "emerges" in your mind. Have you ever heard or can you imagine how someone wishes to make her (him) pretty? Or how the people wish to someone outstanding, proven scientific worker to become smarter and wiser? Sooner or later, a man by the time begins fill something to pain. The topics of worldly conversations increasingly turn round about the illness and the weather. You get round to go to doctor for consulting about something that you've share it hurts. You thing on this topic, you have created a code in the information field of the World, easily find it in your memory, pass more energy in this frequency range.\* If you ask your colleague: "Why weren't you working yesterday?" he finds his code of the sickness and will respond immediately: "I was sick". Note, no "I got healed" but "was sick." This is because the people are so used to playing the game "disease" that when you visit a sick man it's the natural is to ask him: "What are you down with?" but no "What are you treated from?". Someone will object: "It was getting universal acceptance to this question to be answered so mechanically." Well, but why it does not acquire universal acceptance the other answer? There are countless sicknesses of diseases in the information space. You are at one of them and play sick. The whole man's life (*Homo Ludens*) is a game. Try to tell a business that cannot be regarded as a game. Once a person does something - he plays.

Playing "sick" means to suffer passively, to talk about diseases to moan, to complain, to accept wishes for health, to love, to get, etc. – all of them are easy work. This is what the mind is waiting for.

Playing "treatment" means to act actively, to pursue a healthy life, to sports, to love not spare himself. In this game the mind is on the reserve bench. The major player are still you, however, this is the game of the soul.

Do you see—these are two completely different games. In the game "disease" you are in the role of passive victims, in a destructive frequency with the image of the suffering (in your mind) and your soul watches and suffer (in mental depression). Whatever you have asked the World that receive moreover using a piece of energy from it, because the soul

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\* It is not the frequency characteristics only – there are others. This is for simplicity of description only. The case is more complicated. Go on below.



and mind are united. And in the game of "treatment" you appear in the capacity of an author, of an active creator, of a "traffic dispatcher", you alone directs your fate, see yourself in this image and therefore you receive it.

As I mentioned about psychology, let's play some more with it. When you try to play the "treatment", ask the question: are you sincere enough. Because a person can be misleading, often happens. For example, your mind confesses to you that should lead a healthy life - to desist from harmful habits, making exercise, healthy nutrition etc. But in fact, the old habits are deep-seated – the established info channels work flawlessly; you try to follow the rules of healthy way of life because "so it must", but you are lazy, which practically means today-tomorrow, the delay for later and nothing. This is not fair play; nothing new is created in it, you do not change anything in yourself. It's called "I am sick and they treat me." In energy indicators and information environment it does not defer the game "disease". But you are trying to play "treatment" not convinced but under constraint. The DECISION is not pure and not sincere and it will not work.

Another wonderful illustration of unfair play is the known of us attempts of the beautiful sex to get weak. They torturing with diets (violence), I hate my weight and body (negative/defusing energy radiated in the frequency of living line with such a shape and weight).

The conclusion: if you want to be young and beautiful - change your way of life. That means the discomfort to cast the old habits and create new, however not by necessity but by persuasion; not with a great desire but with a firm DECISION in the time.

So gradually we come to the generalization that *the time is all together – it does not run, it is not discrete, it is an "ocean", i.e. it is a [Equivalence of categories](#), which represents the bases of a uniform reality.*\* We are a substrate, localized in the space, which has its own discrete time (for the earthly life this is the period "from birth to death"). The death is nothing else but switch to a different psycho-energy level. Actually it is a process of transition from one space-time (psycho-energy) state to another».† This dualistic understanding of time is not inconsistency. Various concepts are herein discussed, expressed due to lack of specific terminology, by the same word; however, the meaning to put in each one is different. Speaking of death, I will add something to it continuation of the definitions at the end of the Part of the Matrix in the time aspect, which we consider here. When a man dies he loses representation of the time – he remembers events, but not when happened. The time loses the dimension for the subject because the mind ceases to function. Without its control, the brain starts uncontrolled to trigger addresses from the Matrix and as a result it receives a series of pictures. There is still enough mental energy, which crosses the brain and the soul has provided bandwidth for this. This is the way in which it gradually will leave the body.



## Q&A

During the several times re-editing of this material for various purposes for which I have been asked for to submit it, each time I added and sub-traced questions that I was asked by the applicants and readers - «students», which had to train for the performance of specific tasks as of analysts or executors, «patients», who simply felt a need for such knowledge and techniques associated with it, in their life or in practice or simply by friends. Here I have selected only two of the many questions I find most generalizing and reasonable.

- 1) A friend of mine, admiral of the Navy, apparently experienced, knowledgeable and thinking man, whom I admire too much, amongst other expressed suggestions he asks:

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\* Of course, in nature everything flows and everything is amended over the time. The second law of the thermodynamics posture that as a whole the entropy can only increase or at best to remain at the same level. It may never reduce. Therefore, the axis of time, sometimes called the thermodynamic axis of the time, not only defines the existence of time, but the direction of increasing the entropy, ie. direction of the time.

† The *Italic* is «quote» from the book *Freedom of the Death* by Dr. Alexander Klyuev - doctor psychiatrist, earned master degree (MA) in medicine from the International Academy of Spiritual Unity of the Peoples of the World.

*«I accept the argument "total energy-information field" ... Does not deserve to think about how our impact for "purchase" something important for us affects just through the "field" of the rest of the world, dependent in the same way? ... Actually, what happens in the field, where our "wishes" in any way affect any other views? »*

Good question, covering a large part of the presentation in that work. To be answered it shortly and completely is only a matter of inspiration, i.e. I have to put my own mind and soul in *"the unity of the tender dance in their own terrain."* This means the inspiration.

*«M. l'amiral, merci pour la question. Non, a n'est pas la piene d'y penser».\** In the common energy-information field everybody is for himself. Here it is the shortest answer.

But ... it still is not the "dance of inspiration." To "play" it all the way using the opportunity to link the question of the Admiral with the material you have read and is still left to read. So the benefit to you, the reader, is increased. I thought this is the meaning in last resort - to be learned to live better in this World.

As noted above: *"the external energy (of the space) forms a field which transits through everything, including through the human body, inducing two central streams with frequency characteristics in a wide frequency range"...* Passing through the human body these flows are reforming thoughts by our thoughts, and at the output each comes with frequency characteristics, corresponding to those thoughts." Our thought, whatsoever it is, and most certainly impacts on the field of the World and the more inspired thought is by the soul, the more clear and powerful are the messages we forward.

In the context of the second part of the question, however, it should be know that we can formulate by our thoughts our World only, which has put us with some delay on this so called life line that as a mirror of our thoughts has formed our representation of our desire. This is quite different of the worlds of other people around us, unless one of them does not take part in our representation or it is a part of the gear of our DECISION to achieve the goal represented in our *perceptions*.

[\[see more\]](#)

If you are one fascinating persona, as they say "with his own ray" especially if you master the techniques of INTERPERSONAL COMMUNICATION, you pre-modulate part of crossing through you some of your energy streams in the frequency of your thoughts on large bandwidth so that it includes the other people's frequencies, e.g. your interlocutor. Thus you form in them your desires, specific in the sense of the conversation or your desire to achieve your selected goal, of course if you think about it at that moment. So you, in the sense of the asked query, affect the views of others. Yes, it generally is quite possible. In particular, (i) if someone else is participant in your representation of the purpose, his views made him compassionate and his behavior will be supportive because it is part of the scenario; (ii) if someone else has his own views in his own world that is part of the World we live in and realize ourselves, you visualize your final goal, act without hesitation to implement your derision, which corresponds to the above question *«impact of "... acquisition" of something important for us...»* and without tension leave the World to do is work.

It could be said simpler by a very familiar example of the business. If two intermediaries are successive links in the chain in a deal have formed their goals so that the other to be paid, the frequency band of the thought of each covers the other one, they create a group with strong positive field and the deal ends successfully for both. If the goal is formed in each so as to circumvent or disclose the other one, and each of them wants only he to be paid, the agreed remuneration (the more often case), usually nobody gets. In the own motivation for this each one makes the known errors, that he is more important, the other is sap and does not earn. We've already passed this material. The easiest, fastest and more effective recovery the energy balance of the World is that both have gone. What it happens in practice – there're thousands of ways, I'm not gonna bore by explanations.

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\* No, it doesn't worth to thing about. (Fr)

In the information sub-Matrix of the World we presumed that in its algorithm (if we can say so) there is an infinite number of combinations of which only one is for the present life of each of us. Some call it "fate", other authors - "life line". You exist now for the Matrix, but the past and the future you cannot remain empty. They are filled up with already happened and predictable events. Your future can be read in countless different ways where that partly depends on your past, but in the most part - on yourself. There it is specified how to act the individual element, the man. You and only you can change it and then only for ourselves, for good or for bad. The World does (repeats) what you think, figuratively speaking as a mirror of your thoughts, but with some delay. I have never seen such a case and the literature I have not met ones to think of something for someone else and the World to give him as an opportunity for conversion. For the "intersection of the fate" talk some very gifted people predicting future events and facts, but without being able to change them. We have mentioned at the beginning that only a few isolated historical figures had succeeded to immortalize and deified themselves as great teachers of the antiquity, among them Jesus Christ, have acquired skills which, according to writings, could alter the other people's fate.

So I answer: *when our "wishes" in any way affect the views of somebody else* competitively and if he similarly with the wisdom of Tibetan culture and a **Positive Mind**, achieve through verbal learning and/or meditation, follows his firm **DECISION**, born by the soul, to receive and to act, that his desire is performed. If our desires are the same, they are performed too. Maybe by a differently way, at different times, in another form - it depends on the desire, of the people who how close or how far he is at this time to its implementation. You know that sometimes such a person gets more than he has expected from the World.

The second chosen question is not less interesting than the first one.

2) People often ask:



*«How did you wrote all this – as a theoretic or practice?*

*Do you apply it in your life?*

*If YES, did you see you advantage and luck on this? Did it help you?*

*... etc. »*

I respond by way of example, as a parable. In 2003 in Los Angelis, California, I led a course in this subject and we analyzed specific situations, past and further. They, so called *students*, were not occasionally fallen people into the group. One Friday, when the work was over, as usually, after solving a particularly difficult case, the chief of the group unexpectedly invited me to lunch with other senior officials in a restaurant in Newport Beach, an hour and a half far. In the car, only two, he asks me to:

*«Please tell me sincerely, you as a man of science – a cybernetics engineer with 19 patents in the field of technology, city man, earned PhD degree in mats ... (etc.) do you really believe yourself as you train us and use in the analysis those non-orthodox methods, meditations, etc., which are so far from your attitude? You personally for yourself, do you use this technique, where then and when was the last time? »*

I asked him in response:

*"You, the Americans, are the most devoted in God people; and do you personally believe in God? Did you go to church on Sunday? Do you say the prayer before dinner on the table before the children? Do you teach them to worship God? "*

He is keeping mum and drives. In a while he asks me:

*"I think what the hell the bunch between both questions is."*

*"Well, I gonna tell you." I reply. "I as a scientist personally believe of pure evidence by theorems, calculations and logic. I believe more of trust-proven empirical evidences through active or passive experiments, when possible. I'm a believer. In Him, in particular, I will believe when I see Him more and more when I touch Him. But that He is in every one of us, in that I'm convinced. About who exactly He is, I refuse to think. About your question, as a professor I used to ask, not to reply. So, tell me, please, the technique we study, does it work? Your people*



*singly, are they already more confident? As a group, are they managed to synchronize their behavior with the system's rules so as it, the system, to work instead of them and for them, each of which is too overt personality as an individual? Were our analyses correct? Is there benefit? That is the question. Aristotle said: "No matter how you accomplish something important is it to achieve." Classic.*

He silently nods head affirmatively.

*"Then, I'm asking you, so what your question was that I somewhat straggled? What does it matter to you whether you believe me or not? Does it work? – Yes, it does. Do you receive what you wanted? – Yes. What is your f... problem then to you, man? Yes, you've a problem. Now you shall pay the lunch of all without account bill, of your pocket, not from the taxpayers' pockets, because you have to learn to give, not only to get. This is what the technique of **Positive Mind** teaches us, isn't it?"*

After a while I added:

*"What personally refers to me, YES, I believe in the technique of the **Positive Mind** and in the benefit from it, I use it for myself, otherwise I would not be here and to have lunch on the shore of the ocean in the most beautiful part of Los Angelis County, special mediations I hardly don't do from about eight years, after the crisis in Central Africa (where I had some involvement), and I didn't need it. I have formed integral thinking in myself long ago."*

In addition, I am familiar with the Krishna movement; I have there a high rank. I do not follow their nutritional dogma and some other traditions, because I accept them as a product of the sub-Matrix «Krishna», and I eat under the rules of rational intelligent West with a regular dietary supplement of vodka to my evening vegetable diet. Thus I avoid the permanent energy conflict with the Matrix. Also on energy considerations I am open to group organizations rarely and then I take part as an observer, as I exclude the case of a judge off by the Brotherhood «Knights of Pithias» from [p.42](#). However, I have a favorite Matrix of a group and it takes its—the great Matrix called «Internet».

Referring to my meditation, if to be precise, a person summoned to meditate quietly. Every time you think you are focused only on what you are doing, you actually are meditating, aren't you? When you have coffee and with pleasure lighted a cigarette and your thoughts are in your representation for next desired goal, it is par excellence a meditation. And when during the day, you many times ask yourself "What I'm doing *here and now*" or when you are watching the sea or listening to your favorite music with closed eyes and breathe ...

Breathe! This is the only depending on us in the control of the physiological systems of our body, breathe correctly – you'll read about that below, and do practice (inhaling through the nose, through the abdomen and then in the chest and exhale through the mouth).

**Did it help me?** (this technique, from the question hereinabove)

Yes, this technique helps, it helps me too – I don't sick, do not take medicines, I go in for sport, I have exceptional ability to work, truly enjoy of everything who accepts my soul, I don't hate, I am happy with my family, the children, especially with my grandchild.

In this spirit I answered fully and to the second question as final lecture in the movement of the leader of the group of students.

And another little tip – learn to discover the wonderful and perfect wherever it is in humans and nature, to admire him sincerely and feel yourself happy.



## CONCLUSIONS



The happiness is a state, which does not know suffering. No the pleasure but the lack of suffering is a purpose of human existence in general. Add to it your personal, specific aim such as you have created it in your *perception* of what you want to happen to you, visualize it, when exercising active meditation or in the everyday life every morning when you wake up in the new day, every time you experience real joy, inspiration, when it is "light of your soul". This is the meaning of this course in **Positive Mind**.



I have taken the liberty of one nuance. To think positively means as a sensible man to put in harness your *will* to achieve your personal goal for, the *perception* of which is come to you inside, chosen by the soul, but it often wander in your dreams and only your mind is able to direct it to the near reality so as you concentrate your thoughts on the means to achieve it and

without stress, not at any price, but mostly in moments of inspiration when it is slightly to the soul so that you feel the success, to be **CONSCIOUS** of the satisfaction, to foretaste the goal even to hear the music from the space. This is the integral thinking - a term of more matching to the pessimist, or the "dance of the unity of the soul and the mind" - a term of more matching to the optimist. Do you understand now that for the technique of the **positive mind** it doesn't matter whether you are by nature a pessimist or an optimist? Even the same person may as a young man be an optimist, but in adult – predominantly pessimist (a change due only to getting wise, because the mind is brought under the control of training of the *will*). This was that I wanted to show you by this nuance. Your congenital personal attitudes setting your character do not affect in any extent to the final result, in this case.

I'm a moderate, but a little bit more pessimist regarding the option I can change the World. No doubt, I accept the **THOUGHT** that the World is unfriendly to us, compulsive with our intellect the only rational beings, consumers of his energy. Therefore, I create practice for control of my reality in the World in my favor. I hang my attitude, not myself. The optimists are more frivolous or less credulous in the *perception*; in the "dance" with the mind the soul is leading. They **FEEL** more comfortable than worried when receiving and experiencing easier the losses. This means that they easier become reconciled with what they have and less consciously move towards the goal, therefore they have more need of learning this material. Because, you know, in last resort you receive the reality on the achievement of which your minds have been focused. In the "dance of unity" the mind is leading but the soul follows it with light steps in its heavenly embrace.



We often do a known error - to achieve everything (a lot of money, health or to conclude several projects in the same time). If these goals, as by way of example, the several projects, are not related to each other by at least one specific attribute for themselves, then the whole over-modulation of the mental energy blurs, diffusive to each of them plus the dispersion typical for these processes and nothing happens, but the confidence in the recommended methodology reduces. Choose a specific aim only, clear and tangible. It might be a complex one, but to be integrated. Then focus your INTENTION to the process of execution of its DECISION but not to the very aim. This is the key. It is not enough just to figure out it, as it has been mentioned in the above conclusion.



Resolve the problem, related to the aim. As you act promptly and decisively. Avoid considering it - the reasons for its occurrence, the guilty people of it. Thereby you only create energy fields exactly with the parameters and in favor of Matrix. And it is directed back to what lead you to achieve the aim. If, anyway, you do not manage this alone, that means you need a **proper meditation**. ▼ No other way.



Important! Advanced Exercise. Try to get the difference:

- (i) You have made a firm and steadfast **INTEND** to achieve the goal and you strive directly for it. This is something like: *"I insist that it must be that and shall do it."* And, of course, you will achieve it by the relevant efforts when you strive for;
- (ii) Do what the rules of the game require, but take the position of a side observer, like a playing coach of some sports. This is something like: *"The circumstances are such that..."* or *"It turns out so that..."* You have created a *scenario*. You do not change anything more in it, but you have the opportunity to choose and just use it.

Here's the difference I want to catch hold of it. It is huge of its nature and of end result. Explained by example: the flight in a dream does not happen as result of exertion *"I insist to fly and will fly"*, but: *"It happens that I fly sleeping"*. In both cases the fact that the aim will be achieved, it is out of question and are not discussed.

- (iii) You succeeded. With hard work, energy and time, with tension of the *will* and you achieved really the fixed aim;
- (iv) You did. Without work, your energy was modulate at the frequency of the aim and it done for you, but the result came a little bit unexpectedly, as it has been achieved something else with similar end result, which even you have not planned and expected.

Often the proper behavior for the case (i) above leads *by itself* to case (ii). This *"by itself"* otherwise said means that consciousness – the *will* (or the mind) – is merging; it finds unity with subconscious – the *perception* (or soul). And there, in the soul, is the place of God in each of us. If it is better of you, you could say *"With God's help happened whatsoever"*. This is the end product of the **Positive**

**Mind** when you have played the game well in your rules. As it does not happen by the **Positive Mind** only, look for Part II below – MEDITATION. There are not games, there are specific exercises. Don't you happened you are leaving to an important meeting (business trip or something like that), you talk, argue, prove the nature, but in the end instead of deciding that question another one is resolved with better effect and higher end result. If you have caught the difference and succeed to fight with yourself to become an observer besides a persistent player – well, if not – try **very light and surprisingly efficient**.

✿ When you achieve the result, nevertheless which of the paths of the above conclusion you've followed, thank to whom it has to and to the destiny. The sincere gratitude is switching to "positive" energy on the frequency band, this one of the success, broadcasting or transmission of positive, creative energy to the subject of the aim.

✿ The secret of the so-called **SMART** people is in the **awareness**. The clarity of the bream is determined by the degree of awareness: "I'm interested in...", "I want to know everything". The butthead makes psychological protection from unwanted information because of inhibiting. Reasons – too much. "I don't want to know anything", "I don't need anything", "Get rid of it those ...", "I know what I need".

✿ The awareness is not a control, but observation.

Read carefully and go over. No other way.







## Chapter V

### THE THREE FORCES

Following considerations are directed to the scientific-technological, applicable, field of physics, but they are so much unscientific of any academic points of view that even the very concept *hypothesis* seems inapplicable to them. Hence someone may find in this short presentation something interesting for himself and interpret it satisfactorily just in his professional competence, or simply to use it as improving your personality and the way of communicating with others. If here and further some of the terms and their physical interpretation is too much trouble, just cast a glance and go on.

There are energy centers in the human body that play specific roles (called "**chakras**"). In the majority of people they are in isolation and their role is sometimes limited to almost zero. This is the reason for many diseases. The understanding of this widely known and indisputable fact of scientists is sufficient reason to think about and try to understand more about the impact of the energy field and the ways of its management for the benefit of the high spirit and the healthy body.

According to the Tibetan medicine at the base of all our experiences are three inter-related and interdependent forces—each with different dynamic characteristics—generated from three different energy flows with different rates of frequency. These forces determine the mental and physical health of the human, form the attitude and qualities of the personality and are the basis of its cultural and psychological identity.

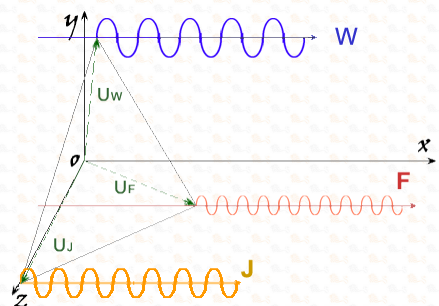
In a state of equilibrium they lead us to ever higher and more abstract levels of the thought and action.\*



Note that in later times in the history of human civilization we have signs of understanding the impact of the three forces—the symbol of strength of the King's power (classic image on the left)—the blazonry of the water lily with three leaves in the air, symbolizing the Universe (outer space) over the water and three-bough root in the water, associated the people life on the Earth, as well as the direction of movement of the three energy streams (on the right).



In the modern real interpretation the above mentioned forces represent the large energy frequency spectrum that transits through us, and we filter it and pass it in three individual-specific frequency bands. On the other hand each individual has its own energetic (his own specific energy characteristics), where the main characteristic parameters of a human have strictly individual parameters—frequencies, amplitudes, phase differences and interdependence between them. The whole our life constitutes resonances of both the frequencies of our mental energy field with its individual characteristics with the frequency characteristics of the **space multiverse free energy field**—the field of the outside world.



In theory each harmonic variable (oscillation) interacts in the harmonious system of multiple variables and this interaction can be optimized by certain parameters or to be managed most effectively through the familiar model of a three-phase system. In the practice this may be likened with the public power supply network. For example, the European households practice one phase of the symmetrical three-phase system "star" with a star center with zero potential, which is

\* Some of the reasoning in this part are strongly affected by Christopher Hansard, The Tibetan Art of Living.

or should be grounded. The voltage of the power system between each of the three phases and the "zero" is 220V, and between two which other phases is 380V. In the case of three-phase system, each phase has a constant frequency of 50Hz for Europe and 60Hz for the United States (where then the household phase voltage is 110V). Now try to imagine the three-phase system where the second and third phases have frequencies which are sub-harmonic\* of the first. The physical phenomena occurring in such a system become a thousand times more complex for identification, description, analysis and management of the known of us simple and practical three-phase system of the low-voltage electrical power. Similarly, researchers empiricists—the Tibetan healers—have discovered and described certain dependencies associated with physical and psychological (even emotional) health of the people and in most cases, primitive, but some of them quite effective, means of diagnosis and treatment. In some cases, however, their methods of treatment and overall impact on the body are based on becoming wrapped up in themselves in harmony with a specific rhythm of breathing and other forms of meditation (the cultivation of positive attitude).† In other words, this is a setting of human thought to certain frequencies so as to achieve the resonance of some of the higher harmonics of potentially weak human mental energy with practically infinite powerful cosmic energy. The result of this exercise may affect healthy on the human organism and that is enshrined at the heart of the famous Tibetan medicine.‡



**Astral Projection.** Add "for color" to the above just electro-technical setting an astral interpretation. Upon passage of the flow of energy from the space through each precious minerals this mineral filtered stream de-structured to spiral and accumulates in itself a part of this energy in the frequency range, defined by the crystal structure. It is this part of broad stream, which is not in resonance with its frequency characteristic, setting of the crystalline structure of stone and its chemical composition. The level of this small specific part is accumulated energy in the stone is maintained forever because it's not just kind of battery power energy but it forms tension in the crystal structure of the mineral. Some people, particularly some cells from the body of these people, without any participation of the mind and the will in this case, close to the mineral consume a piss of this energy which as we said, is captured by minerals, but not retained by the crystal structure when it is over. This energy enhances the physical condition, and when it reaches hereinabove called *chakras* (*specific points in the body*), it acts on the psyche. Thus in some cases all three streams are synchronized, and according to the personal traits, the soul and the mind are synchronized at a certain frequency. The man gets and can consume this foreign power. This is a very interesting phenomenon. Actually, the purpose is to be achieved balance of the three-phase system of psychic energy on definite, field of certain multiples, frequencies for each phase multiples, frequencies for each phase. In contrary, many everyday functions lead to changes in the parameters of the system and its sustainable misbalanced on various levels of its parameters in the body leads to various diseases. The process of treatment is associated with restoration of the balance up to the state specific to each individual. I tend to accept that the human health depends on similar balance. This is a most general and conditional description of the behavioral model, created only to serve for the analyzes and explanation of situations and actions of the subjects in them. The aim is creative and practical, to improve behavior in our favor.

Now imagine how the things would look like if the free energy existing in the field form is actually in a scrappy field. Think about that you are now, in your whole life and the whole eternity under the influence of scrappy field, formed by different physical quantities.

For example, you are in (i) the electromagnetic field of high voltage cables, (ii) you are listening to the radio in the ultra-short frequency, (iii) the sun shines and bathes you with

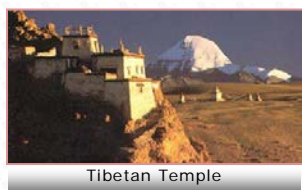
\* With higher frequency, but aliquot to basic bearing one.

† The Tibetan understanding about healthy man is one that can balance the everyday nice things and the troubles this way that the positive energy to come on the spur of the moment, without meditation.

‡ It is thereat recommendable to become familiar with the activities of Art of Living Foundation, USA location ([click here](#)).

solar energy in its wide frequency range, (iv) you are listening to the noise of the river or roar of traffic—waves in the sound spectrum, (v) the moon is drawing us and several other fields like comprise you and their noise, lighting and other most elusive flows (fluids like X-bosons of the dark energy) pass through you in this moment, and so throughout the whole your life.

Indeed, diversity is great and I am worry that despite the extremely rapid development of science during the past and this century we are still unable to specify all fields of the greater or lesser impact we are exposed to from the moment of our conceive in our mother's womb till now, and most specifically after the taking the first sip of air. All those oscillating, harmonic physical quantities all energy-dependent to each other in a multi-scrappy energy field form our personality to some extent, with greater force or almost negligible impact us at this time and in our past. Then can we buckle to a difficult task to form several virtual groups or energy flows, each of which passing through us is formed (or did not reach the necessary) specific state corresponding to the type and the amount of mental energy, which is generated in us (with or without meditation) in their passing and we succeeded to consume aiming to learn how to live better and more healthy and to draw maximum benefit from the World? This is a matter of interpretation and meditation.



We turn back to the Tibetan cultural tradition (no other in this area) for the healing practice.\*

If you are interested in this aspect of the topic (it should be), now is the right time to refer to Part 2 of the thematic review:

MEDITATION. You will find there the natural pragmatic continuation of the model of three-phase system of the external energy field and its influence on the nature of man.

This technique is described in another chapter in order to escape deviation of our attention by redundant pragmatism from the philosophy of energy and information aspect of our being. The aim, however, is only one and it is clear—the improvement of the individual to achieve our execution of our **DECISIONS** now, in this life, and to derive greater benefit from a frosty World in which we live, but which offer us its abundance; and we do not know how or are unable to take full advantage of it.

The attempt of a purely physical treatment of the complex Tibetan medical practice should not in any case be regarded as its profane. In fact, similar to the methods of cybernetics, it is creating a simple but sufficiently accurate model of a complex subject to be applied of management of said subject according to the desire (the algorithm) of the designer who has identified the subject and defined the objectives of the control. Considering think so, this way, on this principle is built the whole surrounding world of the modern civilization - all to which the study has touched and the technology.

The Three-forces Theory is known by the Tibetan Byon legends. It has entered into Tibet and the Himalayan region, has reached the Indian sub-continent where by its apparent credibility is affected the Vedas system, and from there on Hinduism.

It is quite possible Hippocrates to be created his theory of the four fluids (the three Tibetan plus the blood) on the Tibetan model at the beginning of the V century a.d. which later has become the basis of rational Western medicine.




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\* Dur Bön, Ngagpas (sNgags-pa) – Tibetan spirit and religion discipline; from the sky clan Nam Ham ➡ [\[more\]](#)





This is the end of Part 1. As mentioned in the Introduction, the material is short but we recommended to be read twice—the second time more constructive. This is due to its fragmentary, as in whole – utility. If you thing so too, prior to get familiar with the phenomena second part, Part 2 – MEDITATIONS, there are some

## DEFINITIONS

for purposes of use the most important concepts



The World we live is dual one. It contends of **external World** and **internal World**, which is similar to external one.

- **THE EXTERNAL WORLD** is the Cosmos (multiverse). It includes all material which we are and is in our surrounding, including here on Earth. Everything is subject to the laws of the physic – of the elementary particles, quantum mechanics, the law of Maxwell for the field, of Fourier for the harmonious lines, of Faraday, Newton, Einstein, do not recite them that they are too much. For us this world is objective one or as one says, as the God has created it. We study it, but never get up. For us the World is abstract. He looks like *nothing*. As his product, the only one donated by mind, we are not given this property. But except mind, we have psyche. The things with its etiology are not quite clear.
- **THE INTERNAL WORLD** is the spiritual world of the man; this is **your world**. Created by our psyche. It is built by and in the brain and is maintained by the mental energy of the external world that it was able to capture from the free energy transiting through it, and to preserve it figuratively speaking. With its virtual nature, it is similar to the external one, but is only similar, not exact copy. A copy, to which additions were made. Something, e.g. Spirit, was working on the model of that copy and made it so that when we are getting born we start with additives “and so by the end of the world” (this world, the internal one). Thus, it becomes too individual and each for itself which is unique with its characteristics. Once created father-like to the external one, it is perceived as hostile. From the energy point of view, the external World is really optimized for minimum consumptions and in any possible case reduces or does not render energy to the suchlike itself. With the death of an individual the internal world disappears as such one and remains only encoded information in one place in the external World, which for the purpose of description is called Matrix.



Since the World has physical substance, its inherent attribute is the **energy**. It is in a form field, gives evidence of the energy streams and is characterized by the frequency characteristics as all harmonic processes.

- The **EXTERNAL ENERGY** is the **free space energy** - an attribute of the EXTERNAL World. Its mathematical description is like a scalar quantity, but in a multidimensional space. In order to save it in our representations we could visualize it for ourselves in three-dimensional space such as a helically rotating field (which is now scientifically proven) and has an endless power. But we can utilize a very small part of this energy, which is distributed in the surrounding energy field in infinitely wide frequency range. The out-of-earth physics\* proves by its empirical methods the existence of “**dark matter**” – mass / energy, overrunning in the space in the form of field. Its stationary wave (field) character emerges clearly in the picture left. This photo shows the density of

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\* Extraterrestrial Physics



dark mass in the galaxy in the dark circles. The red areas on the right photo and in this in the [application](#) are powerful sources of energy, the so called the space microwave background creating, etc. cosmic microwave background. In the modern critical analysis of the energy-information base of the human behavior the thesis of the dark matter as its substance is entering more and more.

Furthermore its expansion destructively destroys the space herewith we associate here the World. This once again confirms our determination that the World is unfriendly to us.\* This is not merely abstract or more precisely philosophical judgment, but a scientifically proven physical reality.

According to the [Pythagoreans](#)<sup>33</sup> classical school, which teaches us to believe in metempsychosis ([metempsychosis](#))<sup>34</sup> that only the soul as a prisoner in the body can be purified by learning the harmony of the space (the World), where celestial bodies give out quiet music as a binding space, beginning which people do not hear. This ancient world-perception is transmitted to the Renaissance later in order to find its place in the modern doctrine of the unity of the material world—mass and energy in perpetual movement and reciprocal transformation.

*"Sun's sung old song  
In a race against fraternal balls,  
And by thunder on the road supernal  
Fulfilled his destiny."*

*Faust, Goethe*

- **THE INTERNAL ENERGY** is PSYCHIC energy and physiological one.

**The psychic energy** supports the human life. It is induced by the external one during its transit through the human body in very specific frequencies of thoughts at the time of its passage. It cannot be accumulated and stored in the literal sense, but it coordinates and the encoded information on the status of the individual, manages the passage of the external energy streams and a man says "I am full of energy". Therefore, we find it easier to tell when we're well rested at the appropriate place, "I am charged with energy."

In certain cases, **excessive potentials** are accumulated. Usually they appear with a negative value with respect to the equilibrium state. More precisely is to be said that in certain moments of time once does not accept so much external energy, as usually, which we interpret as verbal negative charge, but the idea is the same. This state is harmful to human energy, because said potentials are something like surpluses. The ex-external field, which "serves" the external World immediately minimize all energy outlays, and to the unnecessary potential opposes situations where the psychic energy may compensate and liquidate them.

- The **physiological energy** is created primarily in the metabolism in cells of the body from the converting the energy of the accepted food. It serves the actual implementation of the action, but also for the formation of the parameters of vector field in which the brain accepts and emits energy.



**The intent** is resolution to belong and to act. It is also **exterior** and **interior intent**.

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\* For example on pages 11, 16 etc. above

- The **EXTERIOR INTENT** is the idea of Divine power, which realizes our goals alone. The faith urges one to the desperation to belong, to achieve your goals with the God's will. There are relevant issues with the magic and paranormal phenomena. Because we will not treat the God's matters but real phenomena, this concept is not used in the text. We might perceive it as a product of human civilization only for a simpler explanation of the otherwise complicated and apparently not fully elucidated model of the World we interpret.
- The **INTERIOR INTENT** or simply the **INTENTION** is concentration, resolution to act, to concentrate your attention on the process of movement towards the aim. However, this is not enough for it to be determined. This is one of the most abstract of all abstract concepts hereinabove mentioned in this text. The **INTENTION** by execution of **DECISION**, but not the desire.





## $C_2H_5OH$ PHOTOGALLERY



Energy aspect of taking historical decision of World significant.





## PART 2

### MEDITATIONS

#### Chapter 1

#### MEDITATION FOR ACHIEVEMENT OF PERFECT PERSONALITY

*"The stillly of the bream" is the  
key to the other state of the mind.*

*Sri Aurobindo\**  
[with cuts]

#### Introduction

We live in dynamic times. The world today is much different from the world yesterday. Such dynamics of the life is not known of the civilization in its short history. Is the Internet and Google contributed to or they are a result? It's like people today are really quite different than 20 years ago or those who lived before the war. Today an ordinary man, intellectual or producers of reality is busy and worried, each in his own, each with their problems. The communications make revolutions, they become cheaper and accessible to everyone. Only one way to feel the surge of energy and freedom, or the first uncertain expected outcome, whatever it is - end. So just this guy most and right now needs meditations. Therefore I had a big problem with myself to undercut and construct this material so that without part MEDITATION he to get closer to the idea and to see the result

of the **positive mind**, and then if he is touched to the easiest and achievable meditation exercises, the objective to be achieved. I'd be very proud to know that after many consecutive edited versions I was able to struggle first with myself to find the compromise to optimize conflicting factors such as volume of the material, content, theoretical basis for understanding the nature, the temptation to reach for to accurate scientific fields in service of an exoteric phenomenon, the pragmatism, the achievement today and anonymity of both the author and the reader to himself, even as far as possible, reaching a maximal depersonalization. But let be satisfied with what we have. Therefore I selected in this part only the most necessary and the easiest to learn and at the same time effectively enough.

**Just read.**



The Tibetan medicine<sup>†</sup> sees disease as obstacles, preventing the flow of the sterling vital energy. The damage the mental problems cause to our health state is equivalent to a physical disability. To take treatments of this injury and to create better health we are *to cultivate a positive attitude*,<sup>‡</sup> which increases of the physical and psychic energy, wherefrom we can draw, or as more accurate to say in other words, "*to make spiritual transformation and to be waived the divine nature and the divine life in the mental, vital and physical nature of human and life of the humanity*". This increase is achieved deliberately by expanding the energy channel and consciously drop energy flow. Human been in general has this attitude, but it is rudimentary or stunted condition, whatever. This *cultivation* is called **meditation**.

\* Sri Aurobindo – one of the big teachers of the XX century; and his citation in italic below is his. → [\[more\]](#)

† Dur **Bön**, Ngagpas (sNgags-pa) – Tibetan spirit and religion discipline; from the sky clan Nam Ham → [\[more\]](#)

‡ Christopher Hansard, The Tibetan Art of Living



*"To tread the path of the Conscious evolution (of the personality-A.N.), it is necessary we stop the mental machinery, to do it through active meditation."*

Meditation is a big topic and as such here is not the place to develop it. If the selected information on the topic provoked greater interest in targeted practicing (God forbid), look on the Internet specialized literature, practice active and you will not go wrong.

What practical means *meditation*? We are sitting with close eyes and figure out a drift floating through the boundless ocean or as we dissolve in the blue sky - this is the true meditation. And the beginning of the real, full **active meditation** is an active attempt to stop mental machine literally every second, every moment. Only with a silent mind we are able to get in contact with the universal (external) energy which is able to transform our mind in more perfect one. You start with an attempt to prevent any thought. It does not work, the mind resists, miscellaneous thoughts immediately try to fill the gap. Try to inserting in their place representations of specific exercises as described below. However, some other thoughts manage to break through the barrier, but the consciousness gradually be trained not to take them. Yet, some other thoughts pass, they do penetrate the hedge, but the mind bit by bit is going into training for not to take them. Particularly important is the constancy of time and particularly on place. This sets the mind to slow down its activities without losing much time. If no object, for a start get 10 min. earlier for this purpose (anyway over time you will begin to enough sleep and wake up earlier). Sit facing east or northeast, before the first coffee. Then no other vibrations and associations. And don't be impatient.

This way was born the active meditation.

Over the time it will be engendered sustainable feeling that your consciousness is not centered in the head, but it is over and is spilling in the surrounding area with a sense of ease and of deep spiritual peace. This is the commencement of so called integral yoga. It is required courage to go on; it is not for everyone. Besides there are so many simple and fun techniques to achieve an unusual perfection for ordinary people, among whom I am willing to be assigned to. However, to be successful in achieving a state of meditation and positive expectations resulting from it you have to be familiar with the culture which has created the ability of a purposeful meditation, to have a positive connection with that culture. This is one of the objectives of this work.

Along with regular meditations we describe below, an indisputable fact will become your daily life—the **continuous** vigilance, which we call "RIGHT HERE AND RIGHT NOW". It was the selected and preferable topic of the circle on the eastern culture of almost all Hollywood filmmakers; you can hear in many American films, when should be and shouldn't, some of the characters to say so, "right here and right now". It sounds a little bit funny, but it is also something, a step, timidly peek out the window into the world of meditations.

We understand that one may generally could have been targeted to "load himself" with the power as needed through meditation, but it's not so easy and that is what we dedicated this Part 2. It is much easier to be obtained and consumed other people's energy, already absorbed. It is easily digested because it has already transformed to a specific and known frequency. It is enough for someone to get setting on this frequency. This happens by intercourse (slaver, courtship, holding the hand, generally sneaking into your soul (your psyche). There are other methods such as psychological manipulation, provocation, etc.

Let we do not forget during the whole time that again according to the Tibetan *perception* a healthy person is one who can balance the pleasant with unpleasant experiences of everyday life in such a way that the positive energy, actually the energy, to come spontaneously, without special meditations. But in order to achieve such a state, you have to be made ready, if you have not - to get exercising by meditations. Necessary basis for successful meditation is proper breathing, proper exercise, proper relaxation, proper diet, and positive mind.





**MEDITATION 1** *Preliminary Training Meditation, which directly link you to the cyclic energies of the body and mind.*

Very simple and does not require long time.

*Proper breathing is very important; it has control over the living environment.*

**"Psychic Breathing"** – in a complete release of the muscles – mentally the surrounding space falls on the whole body and enter inside it (inhalation), and then with the same intensity comes out (exhaling). These are tricks; do not run away with them, just try. After a while your sensitivity will be getting heightened and you will start to feel them. That does not mean that you have not felt them, they are gone. Wherefrom the sense would arise?..

**Full Yogic breathing** - this is a lung breathing - inhalation first by the abdomen, then by chest, then by the top of your lungs and exhaling in the opposite sequence. Practice in the morning and evening for 3 - 5 minutes. Stand upright. Inhale and imagine that the energy stream is coming out of the earth, enter in the pelvis, move upward along the spine of approximately 2.5 cm from it in the men and approximately about 5 cm in the women, goes out of your head and goes somewhere in the sky.

Now exhale and imagine that from the sky descends a stream of energy, enters into your head, move along almost close your spine and crashing into the ground.

Then, once you get used to the first part, breathe and imagine that the two streams are moving against each another - each on its own channel. At first, do it by inhalation and exhalation. Further, try to opt out of connecting the streams with the breathing.

By the power of your imagination (the intention), you can accelerate the streams, giving them power. Imagine that the ascending stream goes out and spout out of your head up like a fountain, and the downstream goes out and lapping at your feet like a faucet or even a waterfall. The streams of their intensity should be balanced so that the central point to be in the middle of the body.

And now the masterly exercise is coming. Mentally combine the spurts - brimming up and splashing down so as to be formed a closed loop of two streams. Then begin to expand the loop in volume in the energy sphere field in dynamic around your body skin. Expand the sphere as thinking you are blowing your body surface as a water-skin or bag to keep the aforementioned distances. The sphere is fixed. It forms the outer shell of your body.

Never strain. This work is doing without force. With ambitions - even less. This is called warm-up energy gym. The benefit of it is enormous - both for your current condition and as preparation for further meditation.

It is quite enough you feel at least the existence of the outer shell.

Capture the feeling of the existence of the outer shell. The fixed part of their attention on it and begin to imagine the purpose of your intention in form of executed decision.

The sphere is something like an antenna for transmission of mental energy, said more simply, but indeed information about the thought is transmitted through the energy channel. This is the fastest and most affordable way precisely through this meditation, to achieve **the most important result of your activities you in this field.**



*Here is the right place to insert an addition to the technique of practicing this meditation. It could be practiced by everyone, of course, but is specifically designed for people who have gone through Part 1 of this studio more difficult because of incomplete reading—mistrust, negativity, doubt that the positive end result may be true for them too, etc.*

*Only after you have passed on the material of the Preparatory training meditation (Item 1 above) to this point and you have done whatsoever was required, regardless of the feeling of success or not, do upright the following:*



*Relax your muscles throughout the whole body except those that support your posture.*



*Imagine exactly how the energy moves visual like some streams - ascending and descending back along your spine.*



*Imagine that from the very center of your body are going in a direction perpendicular to it 2 horizontal arrows 2 with a length of 20 - 30 cm in opposite directions - one forward, another back.*



*Just when you have a good image for them, do not rush, now both mentally turn the arrows – the front one up, and the back one down, so that they may stand in a vertical direction along the spine. Seemed to turn an electric switch or something like that on 90°.*

*You will immediately feel how tangible revive the energy streams. Forget about fountains, spheres, antennas, etc., Make a long time only this. Imagine the streams, it is not important whether you feel them or not. It is recommended (but not obligatory) to do this exercise when you are going to go somewhere, but not after you returned back from somewhere. Try many times, as more often as better during the day especially if you are worried, shaken or something irritates you and you dislike it, deny or forebode its negative effects on yourself.*

*Then imagine the streams and turn the “key”. Even if you think you do it at stubbornness to the others who you hate or who interferes you daily and hourly.*

If in the everyday life you get into any trouble, in difficulty, do focus immediately. Say: "...fuck it (sorry), I do not care, you'll be fine, even better" – honestly, without self-mislead (I know it's not easy at that time, but that is why the whole this preparation is, isn't it). Then quietly go to this *preparatory meditation*. If you get to the feel of both streams or to this end to feel the sphere and to see the field in your mind the option whereto you saw "it becomes better" - you are saved. The decision will come just shortly afterwards, but just in time. It may not happen quite the same thing you pictured, but something even better (as it usually happens). If it does not happen and you are sure you run everything as above mentioned, discard this material in the trash and forget about it forever; and think about me whatsoever passes in that moment through your head.



If you concentrate your attention to the downgrade stream, the energy center will move down.



In contrary, if you concentrate to the ascending stream, the energy will “accumulate” (the vector of the force will be fixed and will act) in the top of the body. The virtual physical center of the weight of the system body/energy is moving aside.

This property is used in the sport. If required stability of the feet – e.g. as in the ski sport – it should be practiced to enhance downstream. If you need to jump, enhance ascending stream. The masters of the eastern battle arts such know well the properties of the impact of the energy streams on the body. Some of them even may not be moved from their place, so much they are trained on the downstream. If they are focused on the ascending stream, they can easily perform unimaginable jumps; what you've seen on the monies with themes of eastern battle arts is not a pure fiction, sort of suggestion.

In sports or doing physical work and must tense your muscles (to lift something heavy), at the beginning the breath is hold, focusing on the effort. When the movement begins, the focus is on the muscles. In a reciprocating motion in which the muscles are loosened, the focus is transferred to the central streams – you imagine how energy streams in loosening move simultaneously in both directions.

When you exercise in sport or doing physical work and need to tense your muscles (to lift something heavy) at the beginning the breath is held, focusing on the effort. When the movement begins, the focus is on the muscles. When the movement is reciprocating your muscles are loosened, the attention shifts to the central flow - imaging at loosening energy flows moving simultaneously in both directions.

If immediately after loosening you up stretched the hands for a second or two (or slack in the horizontal bar) you will feel the energy streams – they seem to be released and start slowly to move. At the time of loosening don't pass any thought cross your mind to meditate, to accelerate streams, or tie them into circulation; let them free and give them opportunity to move naturally, because at the time they go slack the stream literally burst forth upwards. This way is stimulated their strengthening. Alternating tension with relaxation stimulate them more, if you focus the attention properly. Such practice is anchored in part by the exercises of the Shoaling Monastery's monks and the result could be seen on the Internet (often in YouTube) on presentations about their public performances. One variety, no less useful and effective, is the "moon sonata". At any time in the days of new moon and full moon when the lunar energy only is collected in the neck (where it is joined the head and neck) – do it preferentially in the evening or early morning, if possible. Focus your mind on the base of the skull and feel how the energies of the moon gustily proceed with the heart, blood circulation and your breathing.

These are harmless and simple meditations that link you to the cyclical energy of your body and mind. This training will help you learn all other meditations. For specific benefits, once again, I don't want to mention. I will mention only one fact that the higher energy values becomes your energy system the better feel others around you and they better treat you because they feel subconsciously the energy and even from time to time they consume it. This is a gift to others. Similar sources and in significant quantities are so called the magnetic or charismatic personalities. For them, saying: "They have extraordinary charisma." When you have an important meeting (business, love) give up the importance and switch your central streams.



## Here and Now



Memories are the joints supporting the integrity of our live. They are moments sealed the addresses of incidents and accumulated knowledge. Life is a series of such moments, fuse into a hazy sequence called reality. Our brain cannot perceive reality directly, because everything should be caught by our *perceptions* and interpreted. That is why we live in the past, always a few seconds ago. We cannot live through the time directly; prior to reconsider, it is already gone.

Moreover, the mentioned moments downloaded great quantity of information about entire worlds of experience immensely important or complex organized pools of knowledge with logical connections between them. At the moment they happen the thought process would require considerable consumption of energy for a short time. We would feel ourselves tense and overloaded, exhausted and lost connection with the world around us.

We should live not in the present moment, but in the intervals between the moments - the space in which flows a steady stream of the consciousness. Joining the intervals between the moments in your life, you begin to experience what is truly but not what it has been.

How to go into the space  
between the moments?



## MEDITATION 2

Dwell comfortably sitting, lying or in your favorite position for meditation.

In practice, in the everyday life, you are somewhere – amongst a crowd of people, at a business meeting, on the road behind your car wheel that is full of people and everyone's talking about something – you should get off or leave the stage of act in house hall.

Ask yourself the question: "What the hell I'm doing here? Do I give account to me? Do I need it?"

You get: "At the time being I don't sleep and clearly realize what I'm doing, why and because just this I do it."

Once you are aware of this, everything is fine. However, if you do not have that answer, so in all, even next to nothing conflict or other situation you are marionette.

This is a simple but very useful meditation. Make it to 20 - 30 times a day until you feel you do not need it anymore. Then ask these questions only in 1 - 2 times daily. But you never stop.



### MEDITATION 3



Look around and wake up from the dream of openly.

Close your eyes and look at yourself, your gaze reaches far. You will experience inside horizon. Once you reach it, look beyond. When you no longer see anything, relax. This look inside sometimes creates the feeling of traveling in your own inner world.

Still in a state of rest listen to that inside world. You will slowly begin to hear the thunder of your everyday mind: maybe it'll sound like a train, perhaps as a storm or simultaneous speech of a large crowd of people; listen again and beyond that noise will perceive a slow and beautiful sound, as soloist, who sings a beautiful song, or a chorus, like a distant wind. This is your inside wisdom.

Do not feel obligated to do something at this time with this wisdom. Just let it enters naturally in you, in your life. Join with it.

You'll find that it is enough just to know it is there - remembering how did it occurred to you, feeling its nature – to take you naturally to the space between the moments and that experience should become second nature to your daily life.

You can do this meditation once a day for as long or short as you want. Don't force it the debt or turn it into obligation; you will feel how a natural cycle is formed that will lead you.

The manner in which the brain works, your views about the world and your attitude towards the life can be refreshed and updated.

### Negative Thoughts

One of the first steps to gain command of the mental energy is the understanding of the negative thinking power and development of the skills for their expulsion. You will be born again...

You can catch the negative thoughts in the mother's womb and to influence the behavior throughout the life. They can shorten your life. The ordinary, small things don't enjoy you. You go sour. People avoid you when they can. You are not pleasant companion or partner.

28-day cycle exercises  
for remove of barriers

### MEDITATION 4



Make the exercise twice a day – morning and night, always at the same time. Sit comfortably on a chair. Take at least 25 minutes or more. The best time to start is on Thursday morning. Thursday is a day of prosperity. The exercise is too much, even suspiciously simple. They and others too, are not complicated. The difficulty here and in principle is in the patience and belief that this helps. Tangible changes will occur at the end of the period. Try.

Begin each exercise with focusing on the problem you have. Do not look for it; just let it emerge into your consciousness.

Imagine that it burns or is getting break into pieces by a hammer. Then imagine the burned / broken problem, and so alternate these pictures half an hour. When you finish, sit in silence for some time.

In this destroying of the problem the negative thoughts are revealed, hidden behind it, generating a powerful stream of (positive) psychic energy. This is what you need to get rid of negative thoughts and then to solve the problem that caused them. The more you repeat the exercise, the stronger will be its impact. If you decide to start the next cycle, you must make a one-week break.

If the specific problem for which you are prepared to do this cycle of meditation *does not emerge in your mind*, but *it is necessary* to look for it, if so to say it – the problem – does not emerge in the form and shape that can be *burned or be broken into pieces with a hammer*, then you have no problem for this meditation. Problem has when there are negative thoughts, but he is not here and now. He is in another place at another time. You have caused by your thoughts the creation of a negative energy potential (more exactly you have restricted the energy stream, blocked out your channels). Read carefully. There is decision.

## Physical Health

The breathing pattern directly affects the health of your body. This is the only model that most people know. When we are getting sick, our breathing is always changing.

It is changing and in healthy people - when you're scared or very emotionally upset, breathing are increased and vice versa when you're sad - it slows down.

### MEDITATION 5



Whether you are currently feeling healthy or sick, you can practice this meditation  
Start with normal breathing.

- If you are a good, focus on the rhythm of your heart and synchronize your breath on it.
- If you are sick, inhale slowly and deeply, hold your breath as you can. Think about the sickness and its symptoms. Find keywords that describe your condition, say them mentally as you breathe slowly and gently. Repeat this 5 times a day and then re-connect the pulse with breathing.

Your reaction to the disease depends on all of your experiences and reactions to diseases in the past.

## Richness and Abundance

Your luck is waiting hidden in the power of your own subconscious and the world of money and abundance respond to this respiratory cycle. You can reach and save it only if your heart still filled with love and generosity.

### MEDITATION 6



Sit quietly with closed eyes, inhale and exhale.


Clap your hands hard, as much as you can, in order to purify the atmosphere around you.

Concentrate on slowly breathing for a few seconds, then by the eye of the mind see how the inhaled attracted wealth from somewhere and abundance deep within you. While you breathe out, point them out to the world as raw energy. It will automatically be returned to you, as a boomerang.

For end of the meditation quietly but confidently say out loud:

*“Thanks to the world, thanks for all things,  
thanks for good luck that I evoking in me.”\**

Clap your hands slowly and strongly 3 times and if you wish (recommended), make a bow to:

1—north ↑  
3—east ◀  → 4—west,  
2—south ↓, and then to the bottom under U your legs.

\* Dr. Alexandek Kulev, M.A. – medicine psychiatrist, International Academy of Spirit Unity of the People of the World.

## Life, Death, Reincarnation

### ALL TOGETHER



This cycle contains within itself the very pulses of the vital energy. It is most active when being born, again - when we have first sexual experiences, and shortly before death.

Closed the eyes and slowly inhale and exhale. While doing this, look in every breath in and out flow of light, which bear you to deeply rooted in anything where you can feel the energy foundation of the universe.

While breathing, live to be involved in this scintillating light flow. Merge with the light. You're in it and it is in you.

Practice this meditation once a week, if possible – approaching one hour. You'll fill mutual link between all initial dimensions.

The above exercises in meditation from № 4 till the end seem at first reading simple and according to my understanding suspiciously naive. In order to be obtained so much desired results you are to have been learned, though not entirely, opening meditations (from №1 to № 3). They are standard, having the same philosophy and structure. This type of exercises can refer to many things such as: jealousy, dealing with difficult people, birth, death, etc. The principle is the same: state of mind - relaxed, the body position (recommended but not required) - seated comfortably in an upright, to avoid a state of mind – phlegmatic and slow-acting and lost in thought (drowsiness), respiration, coupled with “mental breathing”, work of thought on the problem and purpose, and for final wishes of goodwill and strong hands to crack - three times slowly - to fix the result. To start with, your brain will be very busy and even the meditation will further engage it, but indeed you just become more aware

of how busy your brain actually is.

The temptation to follow your thoughts would be great, because this is its routine adjustment of its frequency of the thoughts, but you must resist this and to focus immediately your attention on breathing. You should repeat this as many times as necessary until the incoming of new thoughts goes slow and fade away. You'll see the occurrence of this moment in the sense of internal peace and relaxation. „When the sea is rough, sediment is churned up and the water becomes murky, but when the wind dies down the mud gradually settles and the water becomes clear.” \*

If you see you deal with them, don't hesitate to refer any other purpose and to meditate with the thought similarly. After such a training is not excluded to achieve even faster results by applying the same technique with your thoughts from your culture or ethnicity than if I continue to suggest the Tibetan.




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\* [Sri Chinmoy](#)





## Chapter 2

APPLICATION OF THE THREE-PHASE ENERGY SYSTEM  
MODEL IN MEDITATION\*

*„The breath is the only what  
you own“  
say Tibetan sages.*

According to Tibetan medicine at the root of all our experiences are three interrelated and interdependent forces - each with different dynamic characteristics - occurring as fluid (energy streams with varying frequency). These forces determine the mental and physical health of the human, form the appearance and qualities of personality and are the basis of its cultural and psychological identity. In a state of equilibrium they lead us to ever higher and abstract levels of the thought and action.

Conversely, many everyday tasks lead to changes in the parameters of the system, but its continued unbalanced on different levels of its parameters in the body leads to various seeks.

**Three energy forces,**<sup>†</sup> each of which affects different energy stream. The parameters of these three streams are interlinked and interdependent and both have an impact on individuals, such as: character, health status (instantaneous and innate), mood, inspiration, energy, spirit, charm, charisma, potency, faith, concentration, test of joy from the simple things in life, etc. The way to try to improve these properties and qualities of our personality and more sophisticated to extract greater benefit from the World is simple and limited to the following: (i) assume that all streams of free energy field, transiting through us, are grouped by type of impact over our mental energy in those described below three separate streams located in our familiar three-phase configuration, respectively, three instruments of self-discovery and the method for practicing with them; (ii) choose your model, assess (identify) your current status on the basis of this modest knowledge you get from here and make a difference between them zero (or at least close to it) in a way that you choose your own or form the basis of your own understanding of the energy field, harmonic streams, etc., however you have or not theoretical background in this research area:

- **First stream** in the energy field that can according to the character and its impact closer associate with wind (W) and for simplicity of the description let we call it so. We accept that this stream creates in you something like a full tank with **mental energy**.
- **Second stream** in the energy field (J) that creates **deep concentration**.
- **Third stream** energy field, identifying with the association of similarity with *phlegm* (F), wearing our **long-term concentration** and insight on lifestyle.

Three external screams - three mental energy of the mental field. A simple model of three-phase system. Developing it in daily practice you can totally change your live for better, to become proactive and clearly rational person. Well, it worth to disestablishes our time, on me - to write it, and you - to read it. Below is a meditation exercise that will help you

\* It is recommended to get familiar with the material ENERGY AND INFORMATION BASES OF THE HUMAN LIFE; in the electronic issue both materials are interactively linked to other resources.

† The streams' names below are taken and modified so as to form a virtual view of each of them so as to help us practically easy to remember them with their properties and characteristics and influences on the personality, not to unfairly distort them following their creators' idea of the verbal meaning, as well as for the authors of literary sources wherefrom they are taken.

rediscover your three forces of mental energy of the mental field and to manipulate them. Remember that a priori everyone has certain valuable qualities of personality, a combination of which is characterized him, but the extent of their cultivation and their use in life makes it different.

[\[Back to the Matrix on p.21\]](#) 

Despite the benefits of building a more perfect harmonious personality, wherein undoubtedly can contribute the three streams less than or greater degree of their utilization - free or concentrated - each of the three combined forces as a single energy stream has **NEGATIVE ASPECTS**. They occur whenever the big desire to achieve rapid positive results were re-exposed, and as is well known every wish is related to a suspicion of his achievement. Suspicions are often offset by naked, with nothing backed ambition. Then it is expected to experience the **NEGATIVE ASPECTS** of the impact of one or the three streams simultaneously with some of the described below characteristics, which could cause trouble too and in the long run in case after the technique of using is mastered it is applied unreasonable out of the context of improving the individual. It is a little bit complicated description of the phenomenon, but sees alone and evaluate.

## Mental Energy

Free cosmic energy field (W) creates and accumulates in is mental energy. This is the energy of the molecular world and the basis of light. It helps you to be active in everyday life, stirs in you the ability to detect and avoid repeating past mistakes and compassion. You can develop a lasting ability to feel joy which is quality bearing immanent mental satisfaction and developing power or powers under any circumstances, which before the understanding of this simple model and the exercises you did not succeeded. Later, when these exercises fortified in you the integral consciousness and you can see the real reasons for what is happening the necessity of conclusions will be drop out from you.

**NEGATIVE ASPECTS.** It is expected symptoms of excessive vanity and selfishness; raising the importance of personality in a friendly or professional circles, condemnation of others, causing in others unnecessary emotions that immediately decries the level of consciousness; in some cases mentally abnormal declinations to paranoia, fear of flying – aerophobia,\* claustrophobic,† even possible deeds of addictions.

## Deep Concentration

Ability of deep concentration is a direct result of the impact of the second energy stream (J). You have to learn to recognize this kind of mental energy in you and to use it. It will allow you to grasp the essence of everything and understand it with only a general, integrated assessment. This means the ability of fast understanding of all or discovery of the truth in of everything. Not talking about intuition, but understanding the nature and simultaneous representation of the things in the mind and with his psyche (the soul, as most of already imposed authors called it). You will be able to structure and to use the "memorize" of a large of information. You'll become more disciplined and calculating. The deep concentration creates respect to the money with the conscious understanding of their role as a vehicle for execution of our decisions related to our own representation of a good life and more – their acquisition, accumulation, and use.

**NEGATIVE ASPECTS.** Again kind of egocentricity in terms of contempt for others towards achieving your own goals, ruthlessly using human and other resources, need to exercise power and violence.



Now remember **the case of President Obama** of [p.26](#). Go back there and compare it with the negatives described here (if you're on-line, use the icons in the e-copy on the left). Now do you already realize the

\* Chilling fear of height (eg, located on the edge of the roof of a tall building) – an energy potential in excess to impart a great importance of the height as danger; the energy field equilibrium is disturbed and a force has been generated aimed at eliminating the excess capacity; it's required a lot of pressure to keep the balance, and the free energy doesn't reach of you. If the fear's potential is very large, a panic occurs.

† Fear of close space.

*contribution of this methodology to the understanding and evaluation the behavior of individuals? This should teach you the Criticism of the Positive Mind.*

In more primitive people J-stream can lead to anger about small things (the anger and also for significant things have never been acceptable). You must always remember that **the anger and bile are the main brake on your development.**

### Permanent Concentration

When the mind becomes more associated with the physical problems of the body and with the virtual flight of the soul, your concentration increases; I will use the metaphor of the rising sun, which seamlessly brings you feeling of light and heat in the beginning day. If a clear understanding and arrangement of things in your head could be called a discipline of mind and emotions, this is what the exercises of this meditation give you. It will develop patience, confidence in what you are doing and finally filling of joy of achieving of the things in the life. This will immediately be reflected in tangible benefits, love to everything and sense of well-being.

**NEGATIVE ASPECTS.** Excessive concern about the details in the work and life, degeneration and parochialism, unnecessarily rude behavior, jealousy, feelings of alienation up to enjoyment of the suffering of others, inability to adopt new ideas even by supporters, pessimism regarding the achievement of personal happiness .



## 1. MEDITATION

Don't be in a hurry and don't to force you to exercise, the mind and body will establish their own rhythm. If you have made the previous exercise, your body will respond with speed under the influence of the past sensations.

The **mental** (immanent) and **spiritual** (outer) energy cause reactions at different speeds. The World is inert and the changes in your body that is in it, followed a much slower the signals, which supplies the mind during the exercises. Practicing meditation will help you bring these two types of energy to the actions and reactions at the same time. You will find this moment. Don't force anything, just be patient and act with confidence in the outcome as no doubt that when we go to the booth for the morning newspapers early morning with decision to buy a newspaper today, it will surely happen when you get to it.

You'll draw the hugest benefit from the exercise in which you succeed to step back when you feel the expected change and you can just wait it to happen. After a while, not immediately of course, you will begin to find out signs of brightening of the memory and more efficient mental activity.

It is good to give these positive changes not only and expressly to the exercises, but to the particular circumstances around you, because it will be. Just your attitude towards such circumstances will have changed.

The effect is multidimensional; the result is in the integral thinking and your *perception* of the World, your *watchful* position will have the assessment of things **here and now**, at any moment just passed. There is the aim this meditation, and the specific results are different for each individual. Some say that the feel and even now understand how their minds work better.

I personally am not reached a similar understanding, but in any attempt to concentrate in my daily work, in all business meetings my mind reacts instantaneously and this allows me to leave the game as a participant and to looked it aside like a spectator or observer, something like a playing coach.

It's also expected you become capable to perceive the events that lead to stress to come easy to you and even to turn them sometimes with humor, the unpleasant events in the pleasant, but after a while even to think about "well that was so; see how well the things were arranged ...".

Moreover you've been "charged" with a new "positive" energy, you will have been able to get closer to the harmony, the balance of its three components. This condition, except mental balance, carries to you physical health too due to your energetic spirit and cheerful mood. Remember, it is very important **when carrying out any usual action to be found in the very process**, without we have a "walk" neither with the mind nor in the past or the future, nor away somewhere. When you eat, think only about the food, when walking – go, when you read - just read and think about what you read, when driving, only think about the road conditions and driving, and when you are listening to music, immerse your-self completely in it. It's totally unacceptable to be performed two operations simultaneously, such as eating and reading. **If your mind is not "walking" but it presents maximum long time at the present moment, it practically the constant contact with the external energy is sure.** This way the positive energy will not be exhausted fast by others and for you it'll remain the pleasant feeling of changed behavior of those around you. In fact this is the most active form of meditation.



Sit or lie comfortably, with eyes closed. Focus on your heart. Listen to his heartbeat. Feel the rhythm with his whole body. Expelled all intrusive thoughts. Try not to think. You will feel yourself in a real peaceful relaxation.\*

Merge with heartbeats. Figure out how they become milky-white light – pulsing or continuous. It pours and enters in you.

After some time, this light when reaching it will become brighter and you will begin to feel that you hear sounds of a flute or something. Then the problem thoughts will be almost extinct in principle from your head.

Once you reach this state, everything will be merged into one huge, clean and sparkling light, quiet and filled with infinite perfection and beauty.

You are integrity with these lights.

You are a bright light.

Each time, after every exercise, you will begin to feel compassion. Without address; only as a feeling. Point it at everybody. †

I have met all sorts of poetic descriptions of the states of their authors after meditation. I have taken the liberty of noting only that you'll feel the connection with a higher organization of the world, with a more sophisticated system; well – for the believers – with the divine. The important thing is that this connection we discover the essence of the life, and our mind, body and spirit are brighten for long and rejuvenate. Timid child in us is calling.

One thing more, **to accept everything as it is**, as it has given from supreme god. This is a necessary condition for successful work. In effect, if we begin to comment, to experience with joy, with anger, then in our minds will never have peace. No reaction—neither positive, nor negative—**complete humility in the higher sense**. **Daoism** in this plan have succeeded most. Is there a reaction that the most important meditation failed? We have work with it, yet.

Another aspect of the above for successful work is the following: **absolute, without any effort to achieve something**. I know it sounds paradoxical, even idiotic, but it is in the deep essence of what we are trying to achieve. What does it mean? Gradually decline to try to be diligent, to be good, moral, polite, honest, and any other template attributes of "moral surgery", which performs the work of the brain. All this leads to immanent, unconscious resistance. These are the desires or wishes, same things. It is simpler. Fix them (if it'll be for your own comfort) still at the door of your mind and they will "dissolve" in their futility and impracticality. But this means that we have learned **to be vigilant**. Over the time, the vigilance of our "immanent observer" will become a normal condition and the true master of the situation, not the mind. There is also a further stage of development, but we are not going to discuss it. I will just mention that the role of the observer gradually fades and becomes unnecessary because a new mental being was created in its perfection, but that's another topic, known as integral yoga.



### Chapter 3

#### SOME ADVISES HOW TO ACQUIRE THE MEDITATION ‡

Many people think about the meditation as something very difficult to achieve, others—know nothing about it. You can hear most categorical definitions, often negative, as usually we deny something that we do not know about and thus we are afraid from it or to escape to show that we understand nothing of this matter. Actually, we often exercise meditation without even knowing. When we have a nap or fix our thoughts on one thing, this is a form of meditation. Have you ever seen the flight of a bird or started in the movement of clouds in the sky, or do you discover how you look in the flow of the river? At this point the rest of the world around you seems there is not—you are in a natural state of meditation.

\* *"The ability to think is a wonderful gift, but the ability not to think is an even greater gift."* Sri Aurobindo, one of the great teachers of the twentieth century.

† I personally don't reach for a long time even described initial state. In addition to objective reasons, due to the unique geophysical location of my country, I found another, subjective reason. After I've read in various books many times the well known wisdom, to get, give, suddenly felt that this has become my creed, because I have nothing to give and to whom nothing to offer. Something changed in me. I began to live with this feeling that I have and am willing to deal what I have or will have on other people - I work with and meet them. In the following exercises in meditation that feeling doesn't leave me, and the light, when the mind and soul merge, now began to appear, and then disappear till I've been flooded with its entire splendor.

‡ By Sogyal Rinpoche.

The real key to the practice of the elicited meditation is to be able to take control of your thoughts and the feeling about the world around you through the acquired techniques.

There is, however, one problem in the attitude of many people to the meditation and it is better to give to it the required attention, rather than to close eyes before it. This, again, is the problem of importance, the increased importance. We interpreted this question many times in Part I from energetic, ethical and whatever point of view not in order to treat it as very important, but because it is of high significance for achieving the objectives of this critical analysis as the final result.

It is objective but not unexplainable that few people are interested in this matter. But actually, the biggest intelligence services or at least those with the biggest budget, may professional political analysts, film producers in Hollywood are very well aware of the details in this matter and it is ingrained in their daily activities. In ordinary life this paradox is explained by the fact of increased importance that people attach to any problems that could implement this practice. And how it wouldn't be so, as in the text above they explain that they would become more rich and successful in the work and personal life, etc., and that without the efforts which are expected to be associated with such a success. Well then it sounds ridiculous or sight to everyone. So who would not like, and who thinks about the price just to achieve to whatever interim result? And about the final they even don't think about. How to make them believe? The key is again very simple, although it has become trite to repeat it. Like the mighty warrior Shveyk from the genius novel by Karel Čapek, I will give you an example.

As we know, the most people's life for is in so called everyday life – a string of repetitive practice. If our everyday life is poisoned, I am not sure whether the big events in your life would have that sense that's worth living and fighting for them, to expect them, to be happy and inspired when we achieve them.

It is good to understand that when you start practicing a meditation you enter into an entirely new world with different measurements of the reality. While in life you need daily to fight to achieve something, by meditation is just the opposite, you stop these operations. It is therefore the first part of this studio to introduce you to another world, a mirror of reality. That is why it is the first part of this studio, in order to introduce you to the other, mirror-image world of the reality.

Without any knowledge about you can stand all day long and chase your thoughts, to stare at one point and nothing will be happened. You say you like someone, you should sleep in his bed with his head north, you should know why. Modern man wants to know, arranged to have an explanation for anything that he proposes.

When someone says you that you should sleep in his bed with his head north, you should know why, isn't it? Modern man wants to know, he is established to have an explanation for anything that he is proposed.

Often between partners, of family or work, occur disagreements on minor problems. If you look at any one of them it is hardly worth to analyze them. You've tell out for something very small, which in itself as life values like health, professional success, children, morality seems untenable. And though it can poison your life to an extent to render the true values. It surely dulls the feeling of success in the real values and multiplies the tragedy of failure. To remember, it's easier to believe the worst. The world is so arranged.

You all together have entered into a fixed rate of your mental energy. In the group (e.g. two in the family) its amplitude increases. This is no longer your own frequency. You are logged in the Matrix's frequency. Your energy is wasted in the space, literally it is sucking by the Matrix. This is her role, so it is uncreated. No wonder that the crisis deepens. Instead of decision it appears a desire for revenge, compensation, proof of your rightness, for which the arguments not only that are not missing but they spring. Only one step, one small step away is required.

It makes the man-player. The playing knows that once he goes out of the playing field and becomes only for a moment as an spectator or as it is from time to time in the sport playing coach, it has been seamed immediately the absurd of the situation. It is not required any wisdom, experience or education. One step sideways only and the Matrix's grasp disintegrates.

Resolve your small, everyday problems by the practice from this book. The large ones will be resolved from themselves in your favor especially if you are resigned in advance of their loss as alternative solutions. This is the meaning of the **Positive Mind** and meditation, which comes to support it, when without them your forces do not reach. Don't wait to face the world problems or to the case of your life to think



positively or to come round to the meditations. Make them daily round. No money, no special time, no physical force, nothing of those are required. Just faith.

Since it is forthcoming to you the repeatedly recommended re-reading of this material, here is the place to make some generalizations, analysis and recommendations on the basic techniques of meditation in order to be you easier for your and the exercises more effective. Usually, when once reads books about meditation or when the meditation are practicing in group with a teacher, the emphasis in gene-rally is placed on the techniques.

This is because the rational Western civilization has taught us and every day presents the world of technologies. Actually, the most important feature of meditation is the way of existence, the state of the soul.



The first step is to hole up alone again and nothing to do with anything except to sit quietly and relaxed, to breathe a certain way. If you want to do something, watch your breath. But when you breathe in, you should know that right now you take a breath. When you breathe out, recognize, identify exhalation. 25% of your attention is engaged in this and 75% of it relaxes. As you get used to it, try to imagine an object, eg. flower or a blue sky and focus on it. Figure out that you are sky, holding the whole Universe. Then something more abstract, such as e.g. light falling on your forehead or entering into your heart.

**Comment.** The whole work of meditation is to have benefit from something you've forgotten. In Tibetan "meditation" means "benefit" or "advantage". To benefit of what? - For your genuine nature, for God who is in you.

It is good as beginning to do the exercises when you feel yourself inspired. The early morning can give you such an inspiration. Then the mind is fresh and the will is relaxed (traditionally the recommended time is just before dawn). Further, you can meditate at any time or when you have a piece of free time between the different works during the day and you can contact with your soul. This is most substantial.

When your consciousness is awakened through meditation as "breathing," "here and now" and other, the mind is calm and your representations are slightly more coherent. Then whatever you do, you are now, at this moment, right there. As says the famous master Zen: "When I eat, I eat; sleep when I sleep." Whatever you do, you are fully present in this action. Even washing dishes, if you do uniquely concentrated, is also energizing, liberating, purifying. You are more reassured as if you're more "you". You take the kind of "Universal You".

For homebodies the meditation is everyday ritual, others use it in special moments as a mean of relaxation, mental house cleaning". Some people meditate.

Some meditate paving the way to the nature or God. This is a freedom of individuals, when you want to have a look into yourself immanently and to learn who you are. No matter how you use it you will find that this is a healthy practice, which is worth one to use.

A well-known and practiced experience is called "**creative visualization**". This is the idea to create a visual representation of what envisage such success for which you decide to achieve in reality. For example, a trader pictures that sells prosperously and successfully in his business. The concept is simple if you can create a proper and realistic representation for yourself of how the things would look like as a result of your decisions to achieve success, respectively the picture at a better life, you can change the reality and to make it like you imagine it. The **Positive Mind** is a similar idea. The technique of creative visualization, however, goes beyond the **Positive Mind**. It works with the premise that all together in your firm decision creates your own reality and has the power to change many aspects of this reality.

What concerns the practicing of meditation, one of the conditions applies to the location and the conditions in it. At least in the beginning is necessarily the place to make you feel lonely and it is being as safe as possible, because during meditation your mind is out of the surrounding world. If you are at home with others of the family, get lonely if there is where to or ask not disturb you and reduce all noise to a minimum. Should not be exhausted or upset, because as you are relaxed and recumbent you can quickly drift into sleep. Not that this is bad - on the contrary, you'll get very quickly a refreshing break, but you'll only be touched to true meditation. If you are lying down, use low, but comfortable cushion so that your body would not tense or tired. If you're seated, your feet should completely touch the floor; your back is facing possible without to be numb on the chair and put your hands in your lap with palms up. You can stay awhile in this position before to begin to be easier to "enter" in the characteristic state of meditation.



Remember it's that you are nothing to think from the everyday life, your *will* be asleep, blocked. Then figure out that your entire body is wrapped in something and that something is white light, bright and warm. Train this because as soon as this feeling is a fact, your task considerably eases. Try to change the size of this fantastic "case" while you bring it to the exact in your body. Speak on mind in the beginning, and then, if it does not disconcentrate you - aloud (like the crazy people): "I am protected from all idiotic influences around by a pure white light and all that is good and very real." This is what the hardest part was to me. In the world where actually I live to suggest things like that made me think that I'm quite a madman. But just do it, refer to it seriously and it will be happened.

Next are you to learn focusing and to **control your breathing**. It is still a question of usual breathing – take a deep breath through your nose, count in your mind up to 4 and slowly exhale it through your mouth. Repeat. Set your own rhythm. It is not necessarily to connect this simple breathing exercise with the light pantomime. Better connect it with some rhythm, eg. with the representation of sea waves. And if you're on the beach and hear the waves - this is the top.

Now it is up to the light and warmth of your shell to return to the meditation. While you breathe so, figure out that light and heat are coming in you from the sun. It is not difficult. Starting from the top of the thumbs of the feet through the body and shoulders to the fingers.

And the most pleasant part – the time of **the play with the representations**. Is enjoyable because you just started to feel lost in a new, unregulated world and behold, you again at the helm. Since you are not experienced enough to get sleep your mind completely, you *will* to manage your own world in a reasonable manner fights the internal control of the consciousness and it misses at least one of the thinks that all the time rushes on the entrance. You, however, are still set at a certain frequency of **positive mind** and what is sneaking through the hedge of white sun shell is an invitation for love, for something joyous, calm respect or mercy and compassion. Accept, stop the resistance of the super-visor and pass this thought.\* Once a thought has made a breakthrough in defense, the next is ready to invade with its brutal content. Then, now you are on move. Illustrated it by recording on a board (something like a poster), situated between you and the entrance of this thought to you. Just project it there. By words, by integrated picture, even by the feeling that may accompany it, paint the poster – as better for you, no matter the printing technology. Then figure out that you quickly clean the board, wash the posters or just break it, as if on paper. Turn back your concentration to the good thought and try to keep it there for at least 5 minutes. For that it will give you a hand the attempt to *percept* it ever more real. Do this to each other cheeky thought dared and managed to pass through the security and know that you have mastered one of the fundamental and first in importance of meditation techniques.

After a pleasant feeling of a winner, a man succeeded in a new venture, defining it as one of a new, more sophisticated than other individuals in the real world, it is time to return to this world.

Be you again, feeling the warm light of the sun. With the sensation of bathed in soft light, start to switch your thought to the wave of the physical sensation of the body. Think of the breath, then about the room with the things around you. Do it slowly and calmly. As you feel that you are fully back into this world, open your eyes, you are the manager of his world, but not angry and impassioned winner, a confident, assured ruler. This, if so intensely, is the ultimate feeling. Meanwhile, all described feelings will only hint at the beginning, then clearer revealed, etc. Then practice the breathing and other elements. Improve the initial condition - do not start the preparatory exercises if you're hungry or worried about something or tired. When you're ready, start over. And with no ambitions and *will* to succeed.

Additional facilities are: the flame of a candle (if you meditate in the evening after 6 h); or a crystal ball or trophy of the sun (especially suitable for early morning); music (eg Mozart, if you like him, jazz, or silent rhythmic melody); or something as a special souvenir or something you've made whatever it is, but have great significance symbolizes for you.

During meditation your consciousness is normal. There are some differences, which in everyday language of communications is difficult to explain. The colors, smells and sounds seem amplified. Those who can reach very deep state of trance (transfer of consciousness in the meditation world) often feel that they left his body in astral projection or have other similar physics experiences. This is explained by the fact that in an aroused by you way your mind has merged your soul are into a single temporary state in the world of your *perceptions*, completely devoid of the

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\* In more advanced this thought will be replaced with your *perception* of health, with achieved love, wealth and whatever else you have asked the World. In the last stage will be something very concretes - your idea of what to unhesitatingly wish to achieve.

possibility of implication of the *will*. In the very beginning you certainly will not reach to such a deep level of meditation, and when and gradually get experience, These will be the supreme moments in which we will get access to the all external stream and it will be transformed into your mental energy, giving rise to wisdom and knowledge that will make you feel more comfortable than others in the new environment at present reached in your *perception* reality.\*

I miss deliberately details of all the results of exercises on improving the personality and the physical health. Let anyone who more or less be interested in the practices described in ancient Tibetan arts and yoga, has created his own system and understanding and has exercised, to feel alone the changes in themselves.

At any time in the evolution of consciousness are found countless opportunities for personal development, some of them even based on entirely new methods in harmony with the modern world in which we live. All of which are more effective if you have good health and strong power – the ability to absorb and use the external space free energy. Note, we are talking about personal development, but nowhere mentioned about **perfection**. Ambition to achieve perfection in everything and everywhere leads to complications of the energy level as the estimates inevitably distort, therefore, it creates capacity in excess. You strive for perfection, but it gets the opposite. In last resort, this aspiration can become habit and to degenerate into obsession. The life becomes a constant struggle, the requirements to yourself and to others constantly grow and so seamlessly the life passes filled with conflicts and fatuity.

Finally, summarize! Get used after the first reading to keep notes (if has to in secret from others). If necessary, transcribe some exercises word by word. Connect them to your own design or system. I found from experience and I am convinced that you will not make progress. Treat them with care and diligence to make them. It goes without saying that re-reading and rewriting text and epitomize become without the intervention of brain, ie they have a purely meditative character. Now does it get clear to you why so many holy hermits and monks in the monasteries were dealing all lifetime, along with regular worship, with a rewriting of the holy books - that is efficient, intuitively found form of mediation?

At the beginning they are your memory. Latter, when you'll not need them, don't forsake them. Same as you do not forsake your childhood on the garbage of your life. I know that you remember just the good things form it.



Coat of Tibetan Buddhist Center

\* Reference: Dr. Barbara Brown, "New Mind, New Body", New York, Bantam Books, 1975.

- Undergraduate degree *magna cum laude* majoring in Cybernetic engineer from [Sofia Technical University](#)
- Undergraduate degree majoring in finance from High Management Economics University, Sofia
- Earned PhD's degree in mats from High Management Economics University, Sofia, focused on non-stationary random processes in the accelerating information systems
- Specialization course of commercial law, New York (in degree of Quasi Financial Law, majoring in "Intangible Assets and Amortization - Trade and Appraisal in Western Business Law")



- Honorary Professor of [Albert Schweitzer International University](#), Geneva, under the aegis of UN
- Fellow member of the President Board of [New York Academy of Sciences](#)
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- [EAST ELECTRIC COMPANY](#) LLC, Washington, DC, Pres.
- [INTERNATIONAL INVESTMENT COUNCIL](#), London, Pres., and [INTERNATIONAL INVESTMENT COUNCIL](#) Inc, LA, CA (a subsidiary of IIC, London), President
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- INVEST ENGINEERING Ltd., CEO
- INSTITUTE OF TECHNICAL CIBERNATION AND ROBOTICS, Bulgarian Academy of Sciences, Sofia, Research associate

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## ■ Education



## ■ Honors and Awards

## ■ Work Experience

- 2008 to Present
- 2006 to Present
- 2005 to Present
- 2003 to 2006
- 1996 to Present
- 1990 to 2006
- 1984 to 1988



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# SITUATION ASSESSMENT OF INDIVIDUAL BEHAVIOR

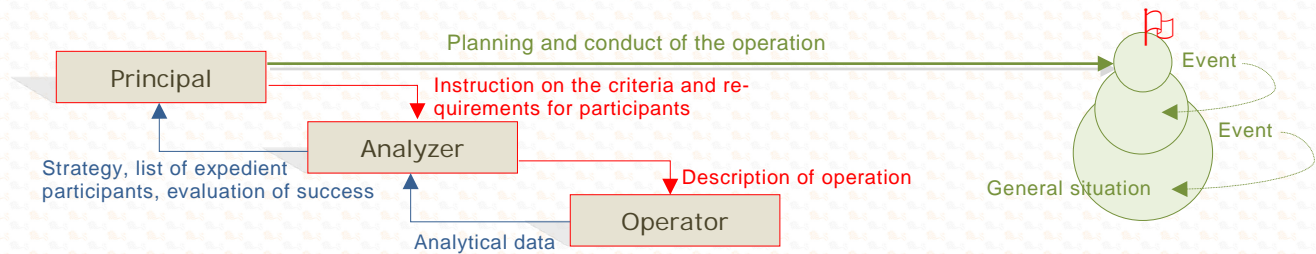
## MATHEMATICAL MODEL OF EVALUATION OF INDIVIDUAL'S BEHAVIOR IN POSITIVE MIND

For those who have come here and even more for those few who have read **concentrated**, have epitomize for themselves and reread the material, I am not concern about the benefits of application of the philosophy and technique of **Positive Mind** in their lives. The big topic is how to help more people by practicing the system by professional statesmen, military-strategic business analysts and manager to control their conduct in making decisions in their routine work or to assess situations in which they or coordinated by them professionals have to act more effectively for the benefit of the society. Surely this is the great theme and [more](#) I have dedicated on it much time, I have put into it everything I have achieved in my scientific career and life. Developing a system of objective practices and its implementation is a long process, complicated and expensive. It is of material effect that the start is set and the first results confirm the theory and show prospects for its development. Below you will meet briefly with the principles of methodology, and a series of publications and monographs will facilitate the devoted to this interesting profession to develop and implement it in their practice.

First to make it clear that the charts in the tab **HOMO LUDENS / CONCLUSIONS** of Chapter III, Part 1 on [p.44](#) above are examples only to illustrate the material. These types of integrated end-indexes are practiced for the assessment of the conduct of the individual in single events. When it is analyzed a complex of events in a common situation more calculations are required and taking in account more considerations. In the computer program they are described by script (program code). They can be interpreted by comparing with the others of the group, can be summed, etc. according to the task of the analysis. Below are shown procedure details for general information. This program has algorithms for self-tuition, which means that after solving each task for setup with actually known end, the criteria, assessments and other parameters are compared with the outcome and are amended. Thus the initial subjective factors are getting objective at the end each iteration.







## THE TRIANGLE

You can guess that the way of handling the assessment criteria to display their form of graphical presentation, etc. can be any and all of the familiar in mathematics. But they are not randomly selected from diversity. The triangle is the leading home with my choice. On the graphic appear an even number of triangles formed by the axes and lines connecting the estimates. The surface of the closed broken line is the contour of its quantitative assessment of the behavior of the examined individual in applied set of criteria. The calculation of the surface is simply aggregating those built up triangles, but each of them considers the formula of a triangle area. The base and height are determined by well-known from the school trigonometric functions knowing that corners are, under the construction, at  $45^\circ$  each (in this case). I did as start a simple mathematical model on an Excel-based program file (macros, visual basic for applications). You just set down the determined your evaluation marks of each criteria and the area of the figure shows the graph (if you apply the respective axes in the figure). It matches your evaluation of the behavior of someone in a situation in the first group of criteria, in the second or both in aggregate. If participants are more you are doing the same and you can get their total evaluation. It follows a whole series of features in software code that provides statistical characteristics of the team of individual specialists (I don't use intentionally the term "group" because it is specifically defined above in the material, Part 1, Chapter III "Communications in Group", p.33) - average for each of both sets of criteria, standard deviation, etc. Just as a joke, if you entered a table in what estimate how much to reduce the salaries (or fees) to them, so you can see it on the screen. However, this is no reason to choose this method and this form.

The more complex task to solve the problem is the prediction of the outcome of the upcoming event on the basis of data for evaluations of earlier events from the experience of each participant. As often in life comes not to an individual event and the respective behavior but for a series of complex situations, each of which can be divided into sub-events, and meanwhile the criteria of a series of events take correlation functions and analysis for achievement of sufficient accuracy of estimated results within a statistical error is required more serious computer program. Do not deepen more into problems, because if I add that there are many uncovered phenomena by the model and typical reactions studied objects—the people-participants, the received for research functions as not stationary random processes for certain periods of time, the purpose of this material will jump out very far beyond the guidelines outlined. Just one more reason for the need to create a specialized software product is that it requires the accumulation of datasets, perform comparative analysis with them, etc. and in last resort special architecture of the product with structural organization of the data entry and utilization of the results that to be easy to use (friendly) for the operators. This project, albeit slowly, goes forward.

It should be build the relationship Assigner > Analyst> Operator> and <back.

The block-scheme shown above seems naively simple, but some of the blocks and especially the functional links between them incorporate four hierarchical information stratification levels. We are not going to show them to avoid decline from the topic. The elements contained in each level are predicative—they form properties and meanings in those of the upper level. This actually predestines the contend, the meaning and importance of information on the latest, top-level. The error in an inferior level can be replicated the stratus upward, but it may be nullified too, depending on the analyst. Therefore, he must be very well trained.

This characteristic of the model, as everyone, has disadvantages and advantages, but this is the only model that works for such activities. That means, in construing its algorithm and in work with it we should be very sensitive to the possible reasons activating its short-comings. While this hierarchical structure is clearly a pyramid, the model is constructed on the concept of four-wall pyramid. Its bases it is square and the walls – isosceles triangles. These are the perfect geometric shapes.


The rectangle (in particular the square) is the ideal form for the base. The ordinary tables have four legs, neither five, nor more. Table with three legs, if you've seen one, you know, it is unstable. If one leg of the ordinary table is shorter, it will shake, but if you put something under it the table is getting super. This is a metaphor, to figure out what I meant to be sensitive to the disadvantage of the model, to remove it and then to be used its perfection only. Surely this and many other considerations have had the architects of the Egyptian pyramids - the mystery of the world.

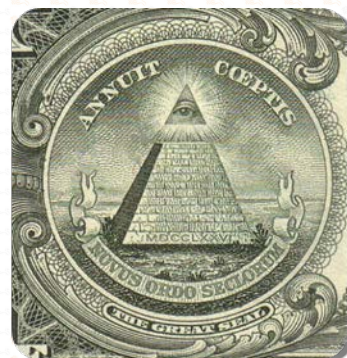
The triangle (the isosceles, in particular) is the simplest geometric form. Such triangles are in the capacity of the surrounding walls of the pyramid of our information model. This is just obligatory. These walls are, figuratively speaking, the model information shield (firewall - protection of your computer from external on-action).


For your convenience in visualization as you read here I put a pyramid, but to participate creatively I did not draw it out but used its perhaps most known rendition. Well, if this was ever the idea to show the stability of the U.S. Monetary System in 2007 - 2009 we had reason to doubt, but that's another story.

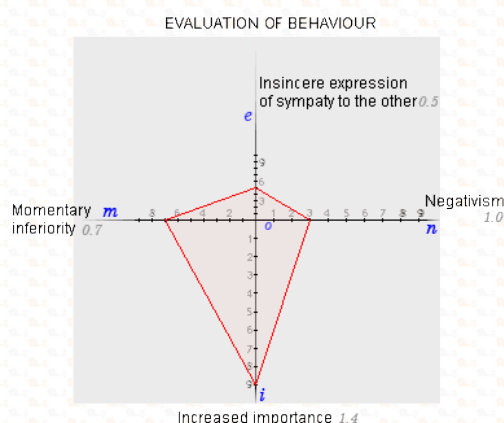
When we *analyzed* (to put it mildly) above the mistakes of the participants in some events from the **Positive Mind** point of view, we mentioned that Man the Player (*homo ludens*) in any situation whereupon passing through the short meditation "here and now" and understand that the situation, which is a "door" that will lead him to the desired goal, it must play his game. We also said, I remind, that when he is getting start to play, he automatically creates an own Matrix—the Matrix of his game, of the being in this moment. What is it this a "small" sub-Matrix? There are not small and large Matrixes in the World. They have all the information about everything and, therefore, they are extremely large. And in order to escape talking nonsense or tall, for which our brain is not designed conceptually to understand, we now will make *here and now* one if not real, then at least obvious, understandable model of such a sub-Matrix, which is the basis of computer model system, it works and should only improve the system on which this model is something like a heart.

Preview the Matrix as this pyramid to the right. Figure out how the its base there is one event and we have evaluated the behavior of the participant in it only under the first four criteria of the first group, 4 axes, and then we have rotated the pyramid around its axis of 45° and we have done the same for other 4 axes - the criteria of the second group. We have two pictures like the yellow graphs on page 41.

 **ATTENTION!** If we had assessed contingently the behavior of the participants by one and the other four criteria as maximum bad – 10<sup>th</sup> on all axial criteria, we should have just have same two pyramids. Though we said that the World is unfriendly toward us? So its surrogates, Matrixes that are created on the principle of the Matrix of the World in specific circumstances and are in their ideal isomorphic shape where they contain the worst results. Its walls are perfect, they do not omit any information intervention coming outside (say from us). Then in our world reigns energy equilibrium (homeostasis); our energy is sweated by the Matrix. But it never is. There is not ideal world, good or bad, no. Even, if you remember, the scale on each separate axis varies depending on the relative share of the criteria to the common end. So we have a little bit not completely built or a little bit destroyed, "bite" into pyramid on the side even terraced with one or more small intercommunication platforms, and if the explorer has acted properly – it will have not any pyramid at all. Zero Matrix. We have acted properly, the result is achieved. So we learned to work finally. And the "all-seeing eye" will then see nothing, will stay thus on the back site of said Great Seal of the largest state.



 **EVALUATION OF BEHAVIOR.** Assume that in an analysis we have got a compute indication of total **3,517** happened and upcoming events from some situation evolving over the time, which we monitor, analyze and is being subject of examination in order to predict the final outcome. These are the resultant aroused sub-events (or occurrences), wrong and correct actions of our experts taking part in the operation (so-called conditionally), as well as estimates of anticipated events. I chose a completely arbitrary number. All they are on "datum elevation", on the "ground floor" of the pyramid as illustrated model of the Matrix formed by the occasion of so called event. So the computer has processed our bases information from the base of the pyramid according to the algorithm of the



program, and we all of the block diagram shown above expect an optimal solution about the Client's interest – a proposal, and even we have forecast the outcome, the standard deviation, the risk and everything else as ordinary. On the first layer above the base level we have a stratification level in one order of magnitude or about 10 times less, for example 351, such results – summarized evaluations of the events from the basic level, including the conduct of our participant or participants in secondary criteria, which occur after certain events and as a result of them. On one upper level they are 35, following decade rate of summary and reduction of the results, but at the top remain of the order of 3. These 3 results are a virtual fact - finished product. Three orders, instructions or decisions must be "descend" down through the stratification layers of the hierarchy of management by the Principal – Client or Employer for us, boss - for the participants, depending on which side you are watching it.\* As it says in English for the British or Americans "oversea (s)" - depends on which cost you are.

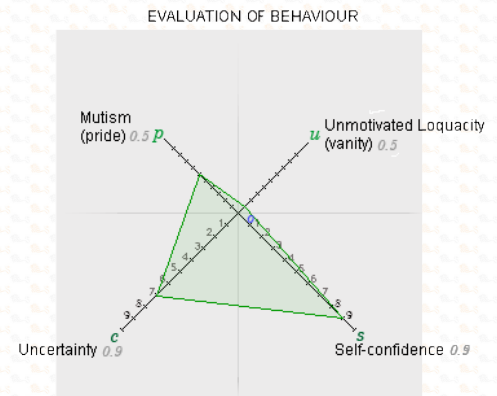
So what happened, that we reached that result? An event is forthcoming, the one from the line in which a man walks to the pre-selected goal. We peer into this expected event as a part of the road that will be taken, worry about its approach. We said, represent, visualize the goal, but indifferently, that means by the mind, and concentrate on the path to it, also to the means it is achieved by all your soul. Accept the possible negative result as "any evil is for

\* In the hierarchical information-control structures bottom-up is transmitted heuristic information, and top-down - managing in form of administrative orders, rules, instructions, etc.

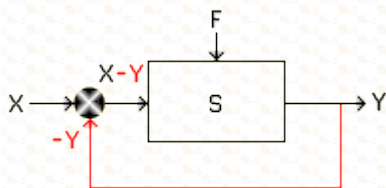


good", thereby you reduce the importance of the expected situation for you, but not your confidence in achieving it, no matter which way exactly. Now let us make the "magic" square, divide it into four parts by the "philosophical" cross of two perpendicular axes, we call the axis of what it is (which evaluation criterion from the 1st group will represent each axis in compliance with the case), inflict the scales, put the estimates (in this case our expectations to the participant we analyze, that means we have to know him well), we connect the points and the base of our pyramid is ready. It inscribes in the square on the basis of an ideal pyramid - the model or otherwise sub-Matrix which the Matrix of the World is created because from the energy of the thought, hesitancy and the principal's concern it is always created such an information domicile when something important is going to happen. In this exemplary case the participant's assessment of his conduct is 59.65 units, such as the area of the outlined figure in the base of the pyramid is. If the principal was experienced in sense of this practice of the **Positive Mind**, this *wouldn't happen*. He would go to be moving in the flow, to take care about his business, not to miss the so called door, when it got opened in his path to the goal, to pass through it on the line of action and to go on to the selected goal. No Matrix, no evil. The things remain as they should to be. (This was a terrible nonsense that you've just read - if everyone was so and our principal too, then what about he'll need us?). That *wouldn't happen* too if the analyzer, in the series of events, should have used the system analyzes of the cybernetics' principles hereinabove shown at p.11 above in the sections (i) - control object and feedback, and (ii) - hierarchical structures.

The first analysis refers to the process, developing in a plane (in this case it is the base of the pyramid) and the second - the information processes between two neighbor strata\* in the hierarchy of command. At a level above are also performed control processes of the first kind. The regulator is also carried to the next higher level, thus leading to the top of the pyramid of relations. There the input specification to the system as a whole (the regulations of separate levels and the relations between horizontal hierarchical levels) is 3 units. It is derived from the optimality criterion - minimization of errors by the human factor, but note it is not 0. There are no perfect people. We do not imagine that our participants are godlike; they aren't God's equal for sure.



One explanation for not to leave an impression of getting laymen simplification of the material—in the personality characteristics of individuals from different ethnic and cultural groups there are no large deviations, but the amount of erosion of moral and ethical values in these groups caused by the behavior of individuals in substance is different. A typical example, if an attitude of self-confidence (we said above – reversed uncertainty) caused by the pseudo-values rapidly accumulated money, jump in his career, expensive car (more for men) causes symptomatic manifestations of arrogance, disregard of established values, aggressiveness intrusive unpardonable, especially if it is garnished, as often happens, with sexual dysfunction (in men), which is unrecognizable externally, is less offensive in a materially wealthy society such as American and creates a slight negative, even more than back—luau, if we could have been so..., let us work more; let us achieve this too", the same than in the middle of the poorer people. There the expression of this parameter in the behavior of individuals may be fatal in the circumstances of the situation of making important decisions. But, emphasize, this only applies to individuals with a confused value system—simpler, no reading, lazy but cunning and brutal. Differentiate the similar of the above criticized behavior of the Commander of the [International Security Assistance Force](#) (ISAF) and Commander of U.S. Forces Afghanistan (USFOR-A), if we remember the legend and idol for all soldiers, commanders and civilians, Republican [gen. McChrystal](#),<sup>†</sup> the absolute model soldier-officer who himself by just such a degrading attitude towards part of the administration of President Obama ended his brilliant career in his 55 in his prime in mid-2010. Too bad for her career, but he remained favorite, he was brilliant and this is the difference with the above summary of the common example behavior. In all cases, the individual receives the same score of 1 to 10 along the axis of the attribute, and the results analyzed the outcome of the event differ dramatically. So by saying "...inflict the scales, put the estimates..." we need to know that the scale on the axes are different for exceptions as exemplified by the general, but for different cultural communities are also one to America, are for rational Europe, and third and fourth—for the poor brothers of its border with the enigmatic world of the poor or the rich East.



This example is complicated. They refer to both mentioned principles plus one, respectively the algorithms for self-training and self-perfection, ie it is in certain degree more perfect. A careful reading, however, may run out and cover the whole matter for the benefit of our specific purpose.

For your convenience we carry over here the block-chart page 13 of the bases material about the **positive mind**, FEEDBACK from Chapter II.

At the input we enter not the ideal case but the model presented by evaluation  $X=59.65$  units. This is forecast about the numerical evaluation of the preliminary analysis. If we achieve it at the


\* **strata** - one of number of portions or divisions likened to layers or levels (from Fr. stratégie, from Gk. strategia "office or command of a general," from strategos "general")

† McChrystal in Afghanistan has slept 4 hours a night, run 10 km each morning, в Афганистан спал по 4 часа на ночь, тичал всяка сутрин по 10 км, he has fed once a day. During the rest of the day directed military operations and organized elite special force troops to combat the Taliban.

end of the operation,  $Y=59.65$ , that means no surprises, no failure. The current values of the output  $Y$  is fed with minus and the difference will correct the behavior of participants to achievement equality  $X=Y$ . At this basic level – that's all. Unlike the basic example, there is no direct measurement of the physical indicators (temperature, as there), and again assessment under the determined methodology. This does not alter at all the principle of operation of the system.

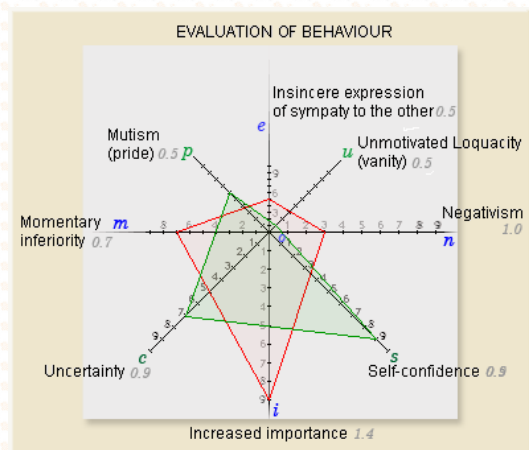
We make carefully the same procedure with other two perpendicular axes, forming a cross, but  $45^\circ$  rotated for better visualization. In other words, we are just set the data in the computer and they are treated accordingly by the software. In both exemplary cases I use random data.

The first graph presents one of the individual-participant in predictable kind - you know him, know his weaknesses and will works to mitigate them during the event or the series of expected such, while the second graph is the second iteration. On it there are shown estimates of behavior caused by the action of the above factors in real time when it is expected to be rotated different events and depending on them will form the behavior of our participant in greater or less degree connected with peculiarities of his character, shown on the first graph, but after the analyzes and the analyzer's measures to remove or at least to minimize them in the further events. Therefore, these evaluations have no place on the basis of the model pyramid, but they refer to the next layer, along with many other factors. The assessment is 37.74, which has to be added to the assessment of other factors of this layer. On the last iteration when the control process has reached the top of the pyramid, the system was regulated the processes of different levels, it was self-improved as it has "rummaged" in the object  $S$  and was changed its characteristics. These are the behaviors of the participants through operational training. The errors are minimized and at the outputs  $Y_1, Y_2, \dots Y_n$ , where "n" is the number of the only participants that have improved their behavior by the received adjustments in the resulting events from the same monitored case.

This way would the assessment chart look like that refers to the behavior of the participant in the general situation, provided his behavior meets entirely with our expectations. The total of the assessments on these two sets of criteria is 97.39, and the zone of overlap provides the imagination of the effect of redundancy. If you use soft copy online, you can see a small simple table on which the evaluation of behavior is there calculated. Click the Excel-icon  and then push the button Example to see it in English. >>> >> >

If someone wants to go away, he can analyze and value the behavior of several participants in an event by filling the set of their rates of eight behavioral indicators in the market cells below the question mark "?" in the training table(s) to be opened by pushing the button(s) "Practice" in the green platform following the procedure. This is the first step towards professional practice and if you know well the event and have sufficiently detailed monitoring of the behavior of *all* participants, the final result will not differ materially from the results achieved through specialized software. Only the time used will be more.

Suppose that the event we are preparing and participate is a dialog between the two people. It may be political one, business about merger of two corporations or a discussion of more participants such as, by way of example, meeting of the IOC to determine the location of after the next Olympic games or some staff like that. If it is dialogue (as explained on [p.25](#) of the bases material above) *"the dialogue presupposes decision of final agreement, which provides the necessary communicability"*. There certainly are born from those new alternatives, often unexpectedly better. They have a different basis but decision must be taken immediately. All these are options, most of them to the negotiator (or delegation, if such the case might be) react differently. This races new estimates, consequences,



induced from earlier reasons. This is the second level of the pyramid - an info-clutter. However, if you are participant, this *is* your pyramid, the pattern of your Matrix and you play here your only for you exclusive game. The other is in a difficult position if the situation was unforeseen or for other reasons he was not ready for this event. It happens very often just that in the life. Either both are not enough practice in (most often), or just one of them. You emanate energy, which (i) covers the bandwidth of whereon the other one thinks; and (ii) formed the next above stratum of your Matrix (floor of your pyramid).

This is the stratification level of the game. So, if you are going to play, the game will be under yours rules. Let the other plays under his rules, if he is a player too. This question is not who will jump higher or would hit the other first. This is not a sports game but political or business one. The goal is clear and it is common one - there will be peace, or mergers of corporations, or it will not go without Olympics, etc. The point is to be approached to the mutuality of seeking result, but either

you pass through your way to it, or you can get your benefits from it. Go out and look from aside how does it look like and you in it. At this level you will also be assessed because of the analyses of the next important case in which you'll take part.

Now, try to turn down the second, your pyramid, to see it as a water-miracle reflection of the first matrix that was created automatically for the case by the Matrix of the World. Take it like a game of *perception* to see the situation through the accepted virtual model serving the putting into practice the Positive Mind. Look more closely at the picture of part of the dollars shown above. Both bases are contiguous. If you're doing well and the estimations are objectively relevant, to the outside World in which we live, the picture will look just like this - your bottom pyramid



will hardly be visible, no energy to feed it, the information in it is arranged, you are in the same band. For the World that is completely "uninteresting", invisible, insignificant and just gone. Because there is no problem for it. Everything is arranged according to the rules, and your mind and soul are in harmony, you get energy from outside. This is good for maintaining the energy balance of the World, because the Matrix could draw it from you at every moment, if you make mistake somewhere, and who earth-born doesn't make mistakes?

Your Matrix is alive and functioning. It is impersonal and passive for the World because for It occurred de-individualization of your personality. This is a kind of perfection, temporary and for a specific situation. Here is the place to go even further. The perfection of personality has expected the civilizations from antiquity. Egyptian pharaohs were to achieve this qualification from their people, and it in turn, as simpler, has deified them after their death, just as shown their de individualization by putting their sculpture memorials (monuments), which are im-personal, before or over the Sarcophagi. We don't see on that personalized face with the features of the Pharaoh, but something quite different, standard, and typicalized to their culture as a mask of man, dog, lion or something else, but not the very personality of the deceased. It was often a perfectionalization alive or a wish for his life after death, where everyone is *a posteriori* perfect in the perfect another world beyond. It was important the idea is not to achieve alive of perfection in general, and for dilution of the individuality into the perfection of the individual.\*

You have reached the idea of a relative perfection in a particular situation as you have played on 2nd level (top down) of your pyramid - the reflection of your world on the World in which we live. You have temporarily abandoned by your characteristics. You have succeeded because you are tutored by analysts and your computer results show zero errors in individual cases and in the whole situation. So on top of your pyramid are the potentials of the situation, more accurate the information about their immense value. It is required, according to the information there, the decisions made to be descend to the lower levels of the pyramid to its base. The energy potential is to remain in you to perform very accurate and in time the achieved decisions during the event. Otherwise, this potential will kill you. If the event was political one, you have achieved, for example, a peace agreement on favorable terms and then you violate it and attack the other side (as in Pearl Harbor), what can happen to you. Well, for example, to get the first two atomic bombs. Or another example to win the right to hosted the Olympic Games and are found to be unable to preparing the facilities. I cannot imagine it.

So take it easy before the event and prepare yourself for it. Don't make other mistakes as under the criteria about the self-confidence loud statements or under some other criteria. There is not sub-Matrix of the Matrix of the World, no stress, no pyramid with an eye on the top as the above shown. On this occasion and the evaluation of your behavior, if it is objective and accurate, it will be zero. Then you are already no longer yourself. Your de-individualization will protect you from mistakes, even temporarily, until you are a participant only. Your human feature and character are retained. However, if you have too trained nevertheless whether by the analysts, through meditation or both your **Positive Mind** is your being, you've achieved **relative perfection** not only to the official missions in your work, but in life in general. Then there is no pyramids on top, no reflections on bottom. This is the meaning and usefulness, which is worth to consider. If the case is individual, there are benefits not only for you. If *when you win, win the whole nation*<sup>†</sup> – several million times better. This, however, be understood only by someone, who has read carefully the above written.



**CONCLUSION.** The idea of deindividualization of a person or as I said above for dilution of the individuality in the perfection of the individual—it is encoded in this the whole meaning of a **Positive Mind**. Everything else is just knowledge and technique of its use.

Note, that you have mastered this technique, based on the knowledge acquired here through the addition or meditation, you will know (most times) which comes when it is rang at your door, this does not make you Mohamed, Christ, Zarathustra, or even Priest **Bogumil**<sup>‡</sup>. You are not expected to become prophets in the sense, neither something like clairvoyant. In some specific energetic areas in the world like Cambodia, Bulgaria, the downstream of the river Congo, etc. are born more often clairvoyants, usually marked by the nature and fortune, but with unique qualities and abilities, and in Tibet, India and some regions of China the traditional oriental culture creates masters of the spirit, controlling their *will* by their ability to accept and redirect outside energy of the space and from there to practice with unique results the ancient Böhm-medicine and some others like that. I am also ad-mired the clairvoyant-grandmothers of these lands, but they are no any prophet. Neither the Tibetan monks can become masters nor chosen of God, nor Chinese Natural Healers – medical doctors, as they could have been so skill.

Rather you will do less or no mistakes yet in in the different situations in interpersonal communications, you and those around will live better spiritually and materially. Of course, some which may go far away in the utilizing that

\* In ancient Greece, as prime-model of the later developing Renaissance in Western Europe, in their world has always ruled the mind over the soul, the *will* over the *perception*, so by Gatsi Zefs, semi-gods and other idols are depicted in statues or paintings with their individual faces and even with the clothes and the symbols of their personality - Pallas Athene, etc.

† Recalls the slogan of the revolutionary struggle of the Bulgarian national hero Vassil Levsky: "If I lose – lose myself only, if he I win, winning all people."

‡ Leader of the socio-religious movement of the late 14th century, called **Bogomilism** doctrine and applicable doctrine of **Zoroastranizma** (**Zoroaster**), who has first introduced the concept "church" as a synod (congregation) of people with the same religion, the founder of the idea of movement Templar and the Masons later.



culture, will be skillful in the group communication and can become successful, loved and respected leaders in the context of painfully familiar to us their colleagues - laymen and successful but not happy swindlers, lugging nausea from the TV screens, but for more advanced with the material viewers wishy entertainment taste of warm, vapid beer.

**Positive Mind** is rather a manifestation of training will than of a direction the flight of the soul. It, the soul, does not need theories and applications. It is a product of God in us, of the nature, information and energy is supplied from outside to create and improve our *perception* of a world in which we want to live and create. The *will* as such - one substance to another world - is not expected to form in the mind definable limits under the rules of a game, which restrict freedom of the expression of human behavior in the name of some higher purpose. Meaning is not limited to personalization useful in the uniform act, but only to improve on its own base as it is more like an outside observer of our behavior, to whom we want to be well liked. For more clearly on this occasion to quote J. Krishnamurti:

*„Is repetitive action virtuous action? If behavior and conduct are merely repetitive processes then all human relationships actually cease. If I behave mechanically every day, repeating a certain code of conduct which I have learnt, which I find profitable, or which is pleasant, repeating that over and over again, my relationship with you ceases completely - I have become a machine.“*

As you can see, the things are too complicated and for best explanations in such cases it is recommended to resort to the great teachers. Here's what one of them, Buddha, said:



Padmasambhava. Wall painting by Paro bridge (Buthan)

*"The basic doctrine, such as those of [Ramana Maharshi](#),<sup>35</sup> [Padmasambhava](#),<sup>36</sup> [Huang Po](#)<sup>37</sup> and [Shen Hui](#),<sup>\*</sup> <sup>38</sup> just learn that it is enough through analysis to understand that there is no real existence that could be operational impact to the will, when an obvious act of appearance of the will in accordance with the inevitable can only be a unusefull gesticulation and, in disagreement, flutter of birds in the cage against the bars of the cage. When he knows that, then he finally has peace and joy. Life without will is joyous, happy life. "Everything else is slavery»; «Life without desires».*

Achievement of relative individual's perfection in the lifetime by understanding the philosophy of **Positive Mind** in order to become your own immanent essence is a personal achievement of each of us towards our common development. It is universal, independent name of education, age, occupation, religion, social status or ethnicity. Moreover, it contributes to improving the effectiveness of micro-community in which you live and realize yourself, but if you are or become a public figure, its effect is greatly enhanced. This means furthermore, that our world, in which we communicate, becomes better to live, what is the purpose of any public structure, but actually not any material investment in it has been made. I hope such pragmatism, which is an inherent attribute of the **Positive Mind**, to raise the significance of this critical analysis, to make it more readable by other publications with similar themes, for the benefit of the readers.



\* Indian, Tibetan and Japanese magicians and Guru (sage)

## Dark Matter

The discovery, using NASA's Chandra X-ray Observatory and other telescopes, gives direct evidence for the existence of dark matter.

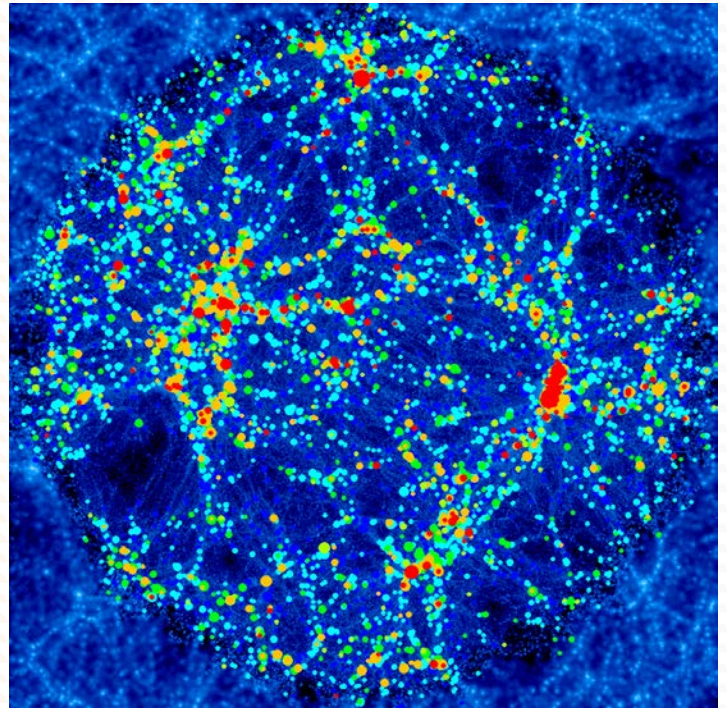
"This is the most energetic cosmic event, besides the Big Bang, which we know about," said researched team member Maxim Markevitch of the Harvard-Smithsonian Center for Astrophysics in Cambridge, Mass.

In galaxy clusters, the normal matter, like the atoms that make up the stars, planets, and everything on Earth, is primarily in the form of hot gas and stars. The mass of the hot gas between the galaxies is far greater than the mass of the stars in all of the galaxies. This normal matter is bound in the cluster by the gravity of an even greater mass of dark matter. Without dark matter, which is invisible and can only be detected through its gravity, the fast-moving galaxies and the hot gas would quickly fly apart.

The work of the existence of dark matter was supported by the [National Aeronautics and Space Administration of the United States](#).

The galaxy distribution today is shown as colored circles on top of the dark matter.

[\[back to text\]](#)





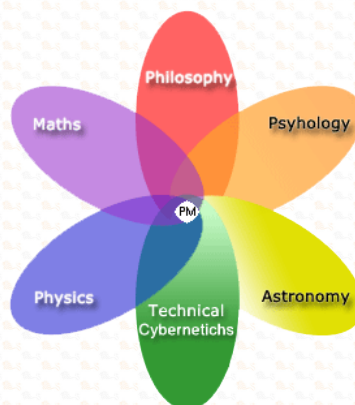
## SUMMARY

This summary is intended for those who show particular interest to the read materials, desire to improve themselves through them and intend to re-read and epitomize them for a deeper understanding and assimilation.

At first careful reading you get a **general** idea of everything. For better concentration at the next study will be necessary integrated picture really of what I called everything because what you read is a inter-branch of knowledge or trans-branch matter, including the following branches of study in terms of volume and their significance.

1. **Philosophy** - provides a strong basis for understanding the content of the material;
2. **Psychology** – treats the qualities of the character as an individual and a group of people;
3. **Physics** - formulates and uses two fundamental substances of the nature: matter (mass)/ energy and information;
4. **Mathematics** - the idea of quantitative descriptions of the treated indicators by computational methods;
5. **Cybernetics** <sup>10</sup> - provides the *perception* of the systematic approach and control of the object.
6. **Astronomy** - provides a representation of the universe, a part of which we are and the World, we call ours and unfriendly;

In this studio the above-mentioned six discipline fields are overlapped in the synthesis of a common and indivisible whole. The goal connects them. How much they overlap and what knowledge brings to us this? Look at the chart below.





- They overlap in a very small common part – the white field PM (from **Positive Mind**) of the above chart.
- The enumerated scientific fields have the following meaning in the line of their hereinabove arrangement.

(1) The Philosophy: To understand and perceive *the World as will and perception*. Thus, teachers of ancient and some rational thinkers in the rational world (Schopenhauer) understand the involvement of rational being in the World, created by God, where both the World and God are in us.

(2) The Psychology: *The mind and the soul* are two sides of a whole human being, which is typified by specific characteristics of these two sides of him. The harmony between *both* makes the individual happy, capable of inspired creations, physically healthy, long-lived, not necessarily a group leader, but due to all his achievements it makes him welcome participant in communication with others, but only if he is disciple of the idea of **positive mind**, whether he is being particularly educated in this or he has or he has acquired this perfection at birth. This is the case where the individual is consumer of free energy.

(3) The Physics: First and in connection of the psychology – the disharmonious or the harmony between the *mind and soul*, opposite and more common phenomenon – when the individual is not an energy consumer in the sense of Chapter IV above, he becomes a victim of optimization criterion “homeostasis” of the unfriendly World on a low-energy level resulting in a fast and easy merge of the *mind and soul* for every destructive resulting action of the individual managed by the perfect algorithm for the purpose of the Matrix. It is following defeats, failure after failure of decisions with great significance and passionate unattainable desires, depression, ailing, uncertainty that causes complexes, and from them often violent, ambitiousness and self-seeking. The most typically, however, is the acknowledgment of the homogeneous substance mass/energy and the transformation of the two forms in each other according to the measuring to critical values. Respectively, for the substance **energy**, which we consume, as we exclude the physiology one from the cell metabolism in the body in utilization of the food, it has cosmic origin and that is why we call it *external*. We acquire the understanding that it is analogical of the electrostatic potential energy known from the practice, but it was born from the complex influence of cosmic forces, mainly gravitation like said dark energy and it is transmitted, run to and passed through our body through the respective field. Here definitely is applied the principle of the quantum\* mechanics and the quantum value is the **Planck constant**. It is harmonic in nature and the dynamic processes in it are described by trigonometric functions only in the time. This very potential cosmic energy is that works or doesn't work when we can or cannot accept it in the calls of our body. As we use popular terminology and free-for-all encyclopedia resources for the references in this part of the study of physics, nothing else is subject of our attention here and now and any mysteries, supernatural and unexplainable phenomena are subject of scenarios for blockbusters for browsing spirits - stay far away from them!

(4) The Mathematics: First in connection with physics - an energy stream is a trigonometric row in the classical harmonic analysis and it is described by **Fourier transform**<sup>39</sup> that transforms one **complex-valued function** of a **real variable** into another, which are given a proof by numerous theorems. This mathematical apparatus was used here in creating the model of three-phase system, for which is given a common idea in Chapter V, The Three Forces. By means of elementary mathematics are calculated areas of closed curves on the model of personal assessment of the behavior of individuals in situational analysis of specific events in real circumstances (Appendix B, Assessment of Behavior, p. 76).

(5) The Cybernetics: As an interdisciplinary Wissenschaftslehre of systematic approach in control of the objects - the regulatory feedbacks, the transitional processes, hierarchical

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\* Quantum is the minimum unit of any physical entity involved in an interaction. An example of an entity that is quantized is the energy transfer of **elementary particles** of matter (called **fermions**) and of **photons** and other **bosons**.

structures and the other used vehicles put the things on their right places, wherewhich the mind is programmed to discover them.

(6) The Astronomy: To understand the existence of energy streams into space, the nature of dark matter and energy, to connect them into a single picture of the system, e.g. to the gravitational field; for the component time, at least as a starting point (ie Big Bang etc.). This is the study that opens our eyes to the existence of the real world in which we create our virtual World where the *will* as a product of the mind and the *perception* as a product of the psychic, creation of the soul, in close harmony and unity gives us the chance to turn it from unfriendly in neutralized, indifferent, even approving our positively motivated wise conduct.



Touching to the above scientific disciplines, albeit superficial and fragmented, we create basis for more profound treatment and understanding of the work without which it would seem as an end in itself and partly abstract. Even the mediocre attempts for suggestion for the use of scientific knowledge on which are build the allegations in the critical analysis of the **positive mind** in the process of acutance with the material, they seek increased concentration of thought. They are addressed to you, who re-reading the material, sub-consciously through the above color mini-graphics of the overlapping of scientific disciplines, marking the end of each part.



Now, in a second, more thorough examination of the material we start from the following base. From the understanding of **THE WORLD AS A WILL AND PERCEPTION** we know that the young man is more unwise than the adults and his *perceptions*, in obvious reasons, are poorer in view of what his mind and soul are in a condition of harmony. Therefore, he is more energetic, and received external surplus energy is wasted if it is harnessed to the achievement of long targets, which is relatively rare. The grown-up are concentrated faster with the help of the *will*, which is cultivated in the time of his life and they achieve their goals established in their present richer *perceptions*, because due to their characteristics, both categories of the World in them are almost the same. This makes them more effective and reliable in the management of the large systems – political, scientific academies, boards of large corporations; for the Pope of Roman Catholic Church cannot be nominated a younger than 70-year-old man. Their energy is often in scarce and they rarely give it the World.



We accepted that the humanity has a memory that contains the information about everything that relates to it – history and current events. We called it conditional and metaphorically **"MATRIX"** because of the association of similarity. It is a mirror image of the universal human mind and it has appeared together with him and was consistently developed like it. Its structure and functioning resemble Internet. When we think, create and restore images, we send addresses to Matrix's information addresses and download from the relevant places of its memory throughout the whole needful information, copy it on our own memory (copy-paste) to use, then we delete it, like in the computers. Due to the lack of the parameter "time" in the information environment under certain conditions our mind can browse through numerous events non-definable over the time. The Creator of the World is allowed its autogenous and self-development in order to exhaust and return the energy consumed by the human mind in order to maintain the energy homeostasis. The Matrix is one of the main tools of the consciousness in the **criticism of positive mind**.



**COMMUNICATION** between the people is the environment in which a person is realized. There stand out his qualities or their apparent absence, ie it is the product of the information category of the World and as such it constitutes one half of it. Lack of communication forms in the mind the *perception* of a group (party, church, fans to the stadium, rally).



Part 2 explains what it means in practice **MEDITATION**. If one wields the material of the basic Part 1 and applies it in the everyday life, the meditation comes as an extra, a bonus to the main asset. These, however, are very rare cases. Many problems could be resolved by the meditations. The meditations of this part, in addition to the practice of the **positive mind**, solve the problems of men of the rational Western world.



The advises **HOW TO ACQUIRE THE MEDITATION** of Part 3 are very substantial acquisition because-se there are made general conclusions and interpretations of basic concepts valuable for those who have taken an interest in practice of behavior evaluation.



Finally, in Appendix B, in purely pragmatic aspect you understand how to use the lessons learned, or rather how to take advantage of the new law knowledge for **ASSESSMENT OF BEHAVIOR** of the people in different situations, which may have a significant effect on the expected results after adequate training, in whatever sphere of life you apply them. I personally, developing a methodology, have never supposed the exclusive efficiency from the application later of its computer model in the complicated political and situational analysis.

My last suggestion is: read, summarize and practice; don't hesitate; this is not a lost time.

THE END





## REFERENCES

### FOR READERS WHO DON'T USE THE ELECTRONIC ISSUE ONLINE

(This option provides considerably poorer and fragmentary references than the full encyclopedia resource online accessible)

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- <sup>1</sup> **Gaius Plinius Secundus** (23 CE – August 25, 79), better known as **Pliny the Elder**, was an author, naturalist, and natural philosopher as well as naval and army commander of the early Roman Empire and personal friend of the emperor Vespasian. Spending most of his spare time studying, writing or investigating natural and geographic phenomena in the field, he wrote an encyclopedic work, *Naturalis Historia*, which became a model for all such works written subsequently.
- <sup>2</sup> **Sri Chinmoy** is an Indian-born poet (Bangladesh), writer, musician, artist and spiritual teacher who lived in New York, USA, from 1964 until his passing in 2007. At the age of 12 he moved with the rest of his family, to the great Sri Aurobindo ashram in Pondicherry, south India. Here Sri Chinmoy practised many spiritual disciplines, which led to a profound state of Self-Realisation. As well as spending many hours in meditation the philosophy of the Sri Aurobindo ashram encouraged an active outer life known as integral yoga.
- <sup>3</sup> **Arthur Schopenhauer** (22 February 1788 – 21 September 1860) was a German philosopher known for his atheistic pessimism and philosophical clarity. Schopenhauer's most influential work, *The World as Will and Representation*, Schopenhauer's metaphysical analysis of will, his views on human motivation and desire, and his aphoristic writing style influenced many well-known thinkers including Friedrich Nietzsche, Richard Wagner, Ludwig Wittgenstein, Erwin Schrödinger, Albert Einstein, Sigmund Freud, Otto Rank, Carl Gustav Jung, and Jorge Luis Borges.
- <sup>4</sup> A number of things of the same kind, growing or held together; a bunch.
- <sup>5</sup> Computer program written in a programming language as opposed to in a natural language (such as English).
- <sup>6</sup> God, or a similar deity characterized by power over all things, including over all other deities.
- <sup>7</sup> **Sry Krishna** – a **deity** worshipped across many traditions in Hinduism in a variety of perspectives. While many Vaishnava groups recognize him as an avatar of Vishnu, other traditions within Krishnaism consider Krishna to be *svayam bhagavan*, or the Supreme Being.
- <sup>8</sup> **Siddhārtha Gautama** was a spiritual teacher in the north eastern region of the Indian subcontinent who founded Buddhism.<sup>[1]</sup> In most Buddhist traditions, he is regarded as the Supreme *Buddha* (Sammāsambuddha) of our age, "Buddha" meaning "awakened one" or "the enlightened one."
- <sup>9</sup> In philosophy, and psychology/cognitive sciences, **perception** is the process of attaining awareness or understanding of sensory information. Two types of consciousness are considerable regarding perception: phenomenal (any occurrence that is observable and physical) and psychological. The difference everybody can demonstrate to him- or herself is by the simple opening and closing of his or her eyes: phenomenal consciousness is thought, on average, to be predominately absent without sight. Through the full or rich sensations present in sight, nothing by comparison is present while the eyes are closed. Using this precept, it is understood that, in the vast majority of cases, logical solutions are reached through simple human sensation.
- <sup>10</sup> **Ethics** (also known as **moral philosophy**) is a branch of philosophy which seeks to address questions about morality; that is, about concepts such as good and bad, right and wrong, justice, and virtue.
- <sup>11</sup> **Field** is a physical quantity associated to each point of space-time. A field can be classified as a scalar field, a vector field, or a tensor field, according to whether the value of the field at each point is a scalar, a vector, or, more generally, a tensor, respectively. A field can be either a *classical field* or a *quantum field*, depending on whether it is characterized by numbers or quantum operators respectively.
- <sup>12</sup> **Gravitation** is a natural phenomenon by which objects with mass attract one another. Modern physics describes gravitation using the general theory of relativity, in which gravitation is a consequence of the curvature of space-time which governs the motion of inertial objects.
- <sup>13</sup> **Cybernetics** is the interdisciplinary study of the structure of regulatory systems. Cybernetics is closely related to control theory and systems theory. Both in its origins and in its evolution in the second-half of the 20th century, cybernetics is equally applicable to physical and social (that is, language-based) systems.
- Cybernetics is preeminent when the system under scrutiny is involved in a closed signal loop, where action by the system in an environment causes some change in the environment and that change is manifest to the system via information, or feedback that causes the system to adapt to new conditions: the system changes its behavior.
- Contemporary cybernetics began as an interdisciplinary study connecting the fields of control systems, electrical network theory, mechanical engineering, logic modeling, evolutionary biology, neuroscience, anthropology, and psychology. Other fields of study which have influenced or been influenced by cybernetics include game theory, system theory (a mathematical counterpart to cybernetics), sociology, psychology (especially neuropsychology, behavioral psychology, cognitive psychology), philosophy, and architecture. [Wikipedia]
- <sup>14</sup> **Definition:** Procedures designed and established to check, record, regulate, supervise, authenticate, and (if necessary) restrict, the access to an asset, resource, or system.
- A **control system** is a device or set of devices to manage, command, direct or regulate the behavior of other devices or systems. There are two common classes of control systems, with many variations and combinations: logic or sequential controls, and feedback or linear controls.

<sup>15</sup> **Anand** or **Ananda** or Gayguy is a Sanskrit word that means bliss, happiness, or joy. It is a widely used first and last name in the Indian subcontinent. Ananda was one of the principal disciples of the Buddha, Siddhartha Gautama.

<sup>16</sup> In thermodynamics and physical chemistry, **thermochemistry** is the study of the energy evolved or absorbed in chemical reactions and any physical transformations, such as melting and boiling. Thermochemistry, generally, is concerned with the energy exchange accompanying transformations, such as mixing, phase transitions, chemical reactions, and including calculations of such quantities as the heat capacity, heat of combustion, heat of formation, enthalpy, and free energy.

<sup>17</sup> **Henry David Thoreau**, July 12, 1817 – May 6, 1862) was an American author, poet, [abolitionist](#), [naturalist](#), [tax resister](#), development critic, [surveyor](#), historian, philosopher, and leading [transcendentalist](#). He is best known for his book *Walden*, a reflection upon simple living in natural surroundings, and his essay, *Civil Disobedience*, an argument for individual resistance to civil government in moral opposition to an unjust state.

<sup>18</sup> From „The Word as Will and Perception“.

<sup>19</sup> **Moshe Rabbenu** in Hebrew ("Moses our Teacher/Rabbi"), he is the most important prophet in Judaism, and also considered an important prophet by Christianity, Islam, the Bahá'í Faith, Rastafari, and many other faiths.

<sup>20</sup> Again according to Schopenhauer in "De tribus impostoribus" (About the Three Frauds).

<sup>21</sup> Suppose a dynamic row has constant hesitation about average. Non-stationary functions should be changed one- or repeatedly to reach stationarity; most predictive models are considered inappropriate for analyzing the impact of random factors. [[more](#)]

<sup>22</sup> *Latin*. life, **being**: existence.

<sup>23</sup> To relegate or confine to a lower or outer limit or edge, as of social standing.

<sup>24</sup> **Sigmund Freud** (May 6, 1856 – September 23, 1939), was an Austrian neurologist who founded the psychoanalytic school of psychology. Freud is best known for his theories of the unconscious mind and the defense mechanism of repression and for creating the clinical practice of psychoanalysis for treating psychopathology through dialogue between a patient and a psychoanalyst. Freud is also renowned for his redefinition of sexual desire as the primary motivational energy of human life, as well as his therapeutic techniques, including the use of free association, his theory of transference in the therapeutic relationship, and the interpretation of dreams as sources of insight into unconscious desires. He was also an early neurological researcher into cerebral palsy.

<sup>25</sup> Just the same is the case with the motivation of emphatic and un-concealed intrusive dishonesty in the unique system of corrupt "Chicago machine", where Barack Obama has acted during his political career as Senator of Illinois, then from there to the U.S. Senate and as president. Stunning with his frenetic careerism are the cases of his inexplicable support to some of the special projects such as his vote for the funding of 400 million dollars of the project "Bridge to Nowhere", leading to the village Gravina in Alaska (50 people), wherewith abounds his Senate career. Only President Obama owns the rare quality of semi-divine charisma, creating around him "Obamamania". \* The reverend Jesse Jackson, a former candidate for president, notes that Obama leads "theological presidential campaign" that "at one moment he waves his hands and out-grow wings"\*\*. In appearance in the University of Chicago the crowds sing "Obamalleluia"\*\*\*.

\* 109<sup>th</sup> sitting of the Congress, 1<sup>st</sup> session, vote 262, October 20, 2005. Nevertheless and in the interest of truth, Obama is recognized as a good politician, even by its critics (e.g. David Fredoco, well known journalist of *National Review*, the best-known conservative magazine.

\*\* Jessica van Sak, "President Report of Monday Morning", *Boston Herald*, Feb. 18, 2008.

\*\*\* John McCormick, "Even he laughs, Obama receives applause", *The Stamp*, Feb. 20, 2008 [[more](#)].

<sup>26</sup> "Psychologie des foules", Gustav Le Bon, France, 1895.

<sup>27</sup> *Homo Ludens*, or "Man the Player", is a book written in 1938 by Dutch historian, cultural theorist and professor [Johan Huizinga](#). It discusses the importance of the play element of culture and society [[more](#)].

<sup>28</sup> **A fraternity** (*Latin frater*: "brother") is a brotherhood, though the term usually connotes a distinct or formal organization.

<sup>29</sup> Hodapp, Christopher. *Freemasons for Dummies*. Indianapolis: Wiley, 2005. p. 52.

<sup>30</sup> The fraternity of Freemasonry, also known as "Free and Accepted Masons," is organized by private groups of members variously known in English as lodges, chapters, councils, commentaries, consistories, etc., which can be collectively referred to as "**Masonic bodies**". The basic Masonic body is the Masonic Lodge, which alone can make a Mason, and confers the first three degrees in Masonry, being that of Entered Apprentice, Fellowcraft, and Master Mason.

<sup>31</sup> **Congressional committee** is a legislative sub-organization in the United States Congress that handles a specific duty (rather than the general duties of Congress). Committee membership enables members to develop specialized knowledge of the matters under their jurisdiction. As "little legislatures," committees monitor on-going governmental operations, identify issues suitable for legislative review, gather and evaluate information, and recommend courses of action to their parent body.

<sup>32</sup> Access to finance issues and updates for business from ACCA [www.accaglobal.com](http://www.accaglobal.com)

<sup>33</sup> Pythagoreanism is a term used for the esoteric and metaphysical beliefs held by Pythagoras and his followers, the **Pythagoreans**, who were considerably influenced by mathematics.

<sup>34</sup> **Metempsychosis** is a philosophical term referring to transmigration of the soul, especially its reincarnation after death. It is a doctrine popular among a number of Eastern religions such as Hinduism, Buddhism, Jainism and Druzism wherein an individual incarnates from one body to another, either human, animal, or plant. Generally the term is only used within the context of Greek Philosophy, but has also been used by modern philosophers such as Schopenhauer and Kurt Gödel; otherwise, the term "transmigration" is more appropriate.

<sup>35</sup> **Sri Ramana Maharshi** (December 30, 1879 – April 14, 1950) was an Indian sage. He was born to a Tamil-speaking Brahmin family in Tamil Nadu. After having attained liberation at the age of 16, he left home for a mountain considered sacred by Hindus, and lived in Tamil Nadu, South India for the rest of his life. Although born a Brahmin, after having attained moksha he declared himself a state of unattachment to anything in life and beyond all caste restrictions. Sri Ramana maintained that the purest form of his teachings was the powerful silence which radiated from his presence and quieted the minds of those attuned to it. He gave verbal teachings only for the benefit of those who could not understand his silence. His verbal teachings were said to flow from his direct experience of Consciousness (Atman) as the only existing reality. When asked for advice, he recommended self-enquiry as the fastest path to moksha.

<sup>36</sup> **Padmasambhava, The Lotus Born** (the lotus is an ancient polyvalent symbol in Asian culture; hindus revere it with the gods Vishnu, Brahma, etc.; often used as an example of divine beauty and purity, Vishnu is often described as the 'Lotus-Eyed One'), was born into a royal Brahmin family, and was an Indian sage Guru and is said to have transmitted Tantric Buddhism to Bhutan and Tibet in the 8th century. In those lands he is better known as **Guru Rinpoche** ("Precious Master") or **Lopon Rinpoche**, where regard him as the second Buddha. He said: "My father is the intrinsic awareness, Samantabhadra. My mother is the ultimate sphere of reality, Samantrabhadri. I belong to the caste of non-duality of the sphere of awareness. My name is the Glorious Lotus Born. I am from the unborn sphere of all phenomena. I consume concepts of duality as my diet. I act in the way of the Buddhas of the three times."

<sup>37</sup> **Mount Huangbo** is a **mountain** in China's Fujian province, noted for its Buddhist temples. **Huangbo Xiyun** is a Chinese Chan Buddhist master.

<sup>38</sup> **Yuquan Shenxiu** was one of the most influential Chan Buddhist masters of his day, a patriarch of the 'East Mountain Teachings' -- the East Mountain Teaching was given the modern diminutive appellation "Northern School" by Shenhui (670-762). Shenxiu was linked with the Tang Dynasty, and alleged author of the *Guan Xin Lun* (Treatise on the Contemplation of the Mind, written between 675-700).

**Shenxiu** was educated in the Chinese classics and Taoism and became a Buddhist at the age of thirteen when he went to the government granaries at Kaifeng during a famine to plead the release of grain to the starving population.

<sup>39</sup> In **mathematics**, the **Fourier transform** (often abbreviated **FT**) is an operation that transforms one complex-valued function of a real variable into another. In such applications as signal processing, the domain of the original function is typically time and the new function is frequency represented. It describes which frequencies are present in the original function. This is in a similar spirit to the way that a chord of music can be described by notes that are being played. In effect, the Fourier transform decomposes a function into oscillatory functions. The term Fourier transforms refers both to the frequency domain representation of a function and to the process or formula that "transforms" one function into the other.

The Fourier transform and its generalizations are the subject of Fourier analysis. In this specific case, both the time and frequency domains are unbounded linear continua. It is possible to define the Fourier transform of a function of several variables, which is important for instance in the physical study of wave motion and optics.