



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



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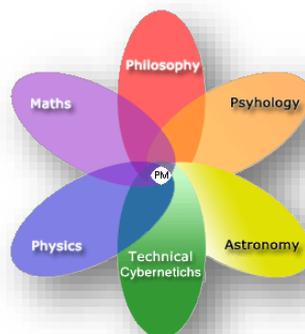
Positive Mind



CRITICISM OF THE POSITIVE MIND IN THE ENERGY-INFORMATION SYSTEM



INDIVIDUAL BEHAVIOR EVALUATION



George Angelow

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

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In this STUDIO, **Part 1** has been specifically developed as studying material for investors in the real economy, including consultants and licensed financial analysts for such projects. The aim is to consistently and permanently enter into a specific subject matter of participants with a different professional culture, which will ensure the successful launch and development of industrial projects, for the benefit of all participants and the community.

It is strictly recommended that you read the material at least twice in order that the thematically fragmented description of quite different factors can be considered as a whole and common participants' strategy of behavior of in the common business. The practice has proven unexpectedly for all the exceptionally good results of their joint activity.

Part 2 is optional.



CRITICISM OF THE POSITIVE MIND IN THE ENERGY-INFORMATION SYSTEM

Improvement System of Behavior Self-control

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SUMMARY – scientific and interdisciplinary fields





INTRODUCTION

(For a better understanding of this material it is advisable that you read the Summary) [↗](#)

In this Studio, these are seemingly unusual things, some even seem a little shocking at first reading. You can 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 powerful technique that gives you the opportunity to do some things that we have believed impossible – to wit, to control your fate. 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. The problems treated here are of such a nature that they meet the spiritual needs that humans have had for centuries and will have for centuries. 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.

This Studio is built as a tractate and interpretations of literature by some authors with similar to the topic interests (some passages are directly quoted) and, of course, my own research and extensive experience.

Like he said [Sri Chinmoy](#)¹:

"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."

This reading is intended for both those who first encounter this matter and those who start work in the system of the International Investment Council, Washington, DC. The construction, herein applied, is a very pragmatic tool for entry into our own world and return to reality. And all this - in two different ways, described in separate sections, and as the first helps your work on the second, it is placed before it.

Here are the principles of the **Positive Mind*** in the energy-information system for the improvement of the individual. Thinking as an element, part, substance of human intelligence, is a process of processing acquired information that consumes a certain amount of energy specific to each person. This is a structural theory that can help you better understand your inner life.

The presentation is structured on the bases of the Positive Mind, which is the basic level, the frame, and two parts follow (as system presentation—on three hierarchical levels of a pyramid—0, 1 and 2);

Level 1 is formed by the thought about the threatened idea and consists of three sections, and Level 2—of 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 – of two. As usually the thought on base (0) should prepare the rules for Level 1 for evaluations and analyzes for their application to the above and subsequent optimal management Level 2.

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. In this material, the form and content are in 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*, and 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.

The dual approach—the Positive Mind and the understanding of the Universe¹ of the energy resources in the World² 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 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*.



¹ The World in this material we call Universe

² We will briefly call the world in this material the Universal

PART 1
ENERGY AND INFORMATION BASES OF POSITIVE MIND



Chapter I
LIFE ENERGIES

For the ancient Tibetans practicing spiritual and religious discipline for the past 17,000 years, called Byon, 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.



Very small part of the consumed energy 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,² the codes³ with references to the information acquired from the individual experience and knowledge in the space of the information environment, which is an indefinite conception. The rest significantly greater proportion of energy

* 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: ●→ 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 **ω** (radians per second).

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

consumption (often understood as mental energy) is supplied in field format in a wide frequency spectrum of World* in its entirety and infinity in time and space.†

An appropriate to the theme definition of World order are: (i) an infinite in size and time virtual information field, 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_b - limited) or of the mind (W_m - 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.

With your thoughts in mind you create and shape your life and every physical reality you want it to be. So, you must first understand how it works. The mind has a super consciousness at a higher level to think about, and is a matter of pure energy, giving physical form and dimension to the real world. When you think of something, you issue an order that becomes an event in your life. In this way, physical reality becomes a mirror of your thinking patterns. Change your thinking patterns and you will change the reflection of the mirror. In other words, you are changing your life.

This concept, so simple, is a stumbling block for many people. They point to some unfortunate or even tragic event in their lives and refuse to believe that they could have created it with their own thoughts.



* The Universe, 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](#).

‡ 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.

Energy Streams

The stream of free energy to an individual is like an infinite river of healing force. According to the ancient Tibetans, it is the essence of life. The 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**⁴ status and get immortalized as the great teachers of the antiquity— Jesus Christ, **Sri Krishna**,⁵ **Gautama Buddha**,⁶ Mohair Swami,^{*} Avestan Zarathustra,[†] Hermes Trismegistus, Lao Dza. The energy, ideally passes through the human body in two directions, as follows:



Imagination in meditation, stimulating energy flows

- I. *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.
- II. *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. 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 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, etc. Acupressure and acupuncture can restore to normal the relevant body energy circulation and that has a proven therapeutic effect.

From the stress, 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. Often that means 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

✿ For Criticism of the Positive Mind are 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.

* **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 [\[more\]](#)

According to the purposes of this Studio, think positively and live better tomorrow than today.

✿ And, in addition from the practice – if you are involved in trade as a seller, do not think about how to sell the goods to the buyer. He has no intention of *buying* at all costs from you, for your pleasure. He doesn't 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. The success is in the opposite direction - to consider what the buyer is keen on buying. It has to come to you from within. It should be achieved by the soul. But because this is the game „trading“, let he works with your mind, and he is always inclined to idealize his abilities. In this way you increase his importance. Challenge him, let him prove himself.





Chapter II

INFORMATION – “THE WORLD AS WILL AND PERCEPTION”⁷

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 \leftrightarrow matter. It is close to our ancient idea of God. Therefore, the World is energy and information, organically a priori accepted as connected and combined, forming a whole. And just as every animal and human group had a leader, by analogy the idea that this influence came from a special, great man called God was created. The various ethnic groups have called him Christ, Allah, Buddha, etc. and that God is in all of us.



Millions of years ago, there was no science to understand the system of space and our place in it. The primitive man had no knowledge of field, time, space, etc., but the influence of the universe (the World) was slowly beginning to be felt. When personalizing a concept such as the World is much easier and we need to communicate, understand, and retrieve information, we also need men like what I want as an ingenious human being, a leader and according to God.

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

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. 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. 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."⁸

In the frames of the conceptions of human mind, the Word is simply a *mirror of our PERCEPTION*[†] for everything. Or, scientifically, a quasi-mega-isomorphic structure of a

^{*} *symbol* here is arbitrary term; Interpretation is everything that is not verbal.

[†] Picture: [Robert Fludd's](#) depiction of perception (1619).

*formal system** that reflects the real world in our brains through symbols, thanks to which we can think and express our thoughts to one another. More important is the effect of this: What we think in our *conception* of the World, we get in life.

if we rise to the highest peak of the definitions "The World is object for the subject, contemplation for the contemplator, with one-word presentation."[†] It What we think in our *perception* about to the World that we receive in our life.



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 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. And it is endless. Mental, or as we say *mentally*, sick people recognize the false addresses of sectors in the information field and see images that do not refer to this reality. 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.

The 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,

* *Formal system is broadly defined as any well-described system of abstract thoughts, based on a model of mathematics; in modern mathematics is an element of modeling theory.* [\[more\]](#)

† Arthur Schopenhauer.

‡ Vadim Zeland in „Transferring of Reality”.

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.

For who is interested: here is the place quite a bit to theorize the problem of information to get to know more the mind. Only in this way will we understand how it works to get to the immanent nature of the positive mind, which is in harmony with the soul, and which we need so much in the present and tomorrow. Like Douglas Hofstatter⁹, it is understood that the susceptibility to displacement (to put it mildly) of an event depends on a set of nested rules in the context of which the event occurs. The mathematics terms *constant*, *parameter* and *variable* are useful here.

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 an example of life in the sense of business:[†]

♡ **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;

♡ **p₁** 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;



♡ **p₂** 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_i** of the upper levels, options—**v** whatsoever,

* 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](#).

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 gonna buy 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.

The is just a free, out of *will* control flight of the soil 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.

Thus, we clarified that our thoughts and desires model the energy passing through us and direct their movement in the frequency range corresponding to our thoughts in the information field of the World, where, recall, there are frequency sectors of all variants of everything. But in the reality the principle is also the same: our thinks influence an immediate effect on the events in our life that are on the same frequency in the information field.

Remember 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 decoded so that the general array can be converted into an information product with new content. All this is governed and done by reason at the command of the will of the person who owns it. But, as Friedrich Nietzsche has said: "If you look deep into the abyss, it will start to stare at you". There is information about us, about the World we live in, to which we will never get our hands and we cannot understand it.

 The information in all its forms is the end product, commercial product, it could be encoded, 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 does not care, just that I do not need it."

Prior to one of the major issues for the functional relation of information to the World we should be fully aware of the following:

- 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.

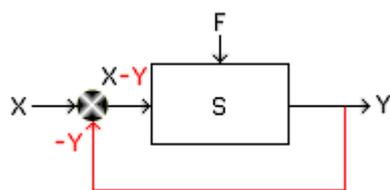
The things about the [field](#)¹⁰ and gravitation are similar referring to their material/energy nature.

Remains only one last major issue in functional aspect of the information. It's 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 of the World.

There is a 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's about 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. 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](#).¹¹

For our goals we need two conceptions from the study of control: (i) the classic feedback;* *and* (ii) the hierarchical structures.

- (i) 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 (homeo-

stasis) and by an optimal way for this state. Thus it becomes a [control system](#).[†] This is the World in which we live, for better or worse. He is also a perfect control system.¹² 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)

* **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](#).

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. Then the goal of the system is achieved.

If in the object **S** through an information invasion **F** or it is purposive supplied a known amount 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 meet 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 perception, the model, ideal to which we aspire. For its selection of how to do it, its worst to read this text 10 times.

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. This is 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 exceed 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. The man (continuously) and without knowing how and of course receiving information from other cosmic mind, its energy field. The robot (still) 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.

Our goal— the perfection of personality.

*"One day **Anand**,¹³ 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 (call). 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

* Samyutta Nikaya, Verse 2

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* and overmodulates† 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 (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.

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 take some time and the transfer begins about the 9th day after death and ends exactly on the 40th day of cessation of brain function that have been maintained in the meantime with oxygen from the blood‡ (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

* **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.

‡ 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 40th 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).

(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,* 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.

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

Albert Einstein

Let we 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 loan proceeds are alcohol euphoria; the hangover on next day– it repays 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.

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

* 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.

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:

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.

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—energy of the existence of any existing. In this worldly sense this is the *will* of life, the *will* to power, etc.



Enlightenment, you will reach in the next chapter by meditations, is master of the *will* because in one way or another, however it is achieved it bears the knowledge about – its goal.

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

* First moved

will/energy), which in its final degree is assessment of success of the exercises by the techniques of this system.

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. 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 abysm
is flying and tracing the wise ancestors.*

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

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.

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 widens the young man's clean, non-clogged energy channels.

"Young people are full of energy," we say. They easily communicate with each other, make friends quickly, easily become one of the company or the fans of a club, or the nature conservation community - one of the groups. They are easier to manipulate and the group matrix draws more energy from them and still remains. The great energy potential is the prevention of all diseases.

 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. 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.

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.



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.



* September, 2007



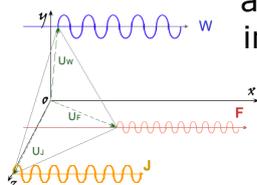
The Matrix

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 the Universe—a 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"[†]. 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 . . .

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* is a new tooling for understanding of the World. When talking about it, it is correct to use wording like "new" or "old", because the interpretation of the World 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 an 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



* 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](#). [\[more\]](#)

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.

The **Matrix** contains and codifies information about physical (energetic) processes in the World, a part of which is it. It exists and develops continuously, functions optimally with a target function for minimizing the energy consumption.

What about its 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**. It 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. 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-stationary¹⁴ (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 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.

* 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.

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 the entire amount of psychic energy of man is separated from him, and that flowing through it so far. 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. Such a *mechanism* or data transfer really exists and there is much indisputable evidence, supported by facts of the real life.

We, in this Studio, are interested 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?
- This is a far philosophical point of view, and the German is the language of philosophy; this is German science; out of respect for this fact and for those people who have given in our world everything that is philosophy and almost everything that is valuable music, with which they merge into the depths of the soul.

It is enough to form the man's Weltanschauung (view of life) this way that he simply has not representation about his freedom, and then the game is the outcome. It is played "online", now and without prejudice, without "iron will", steel nerves, immobility, endurance, etc., suggesting protection or resistance. Otherwise, it means that you attach some importance to the game. Holding such a protective field in an important situation consumes a huge amount of energy that goes directly into the World around you. Maintain 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. Not decisive in this case, but indifferent. Some, Freud says, succeed in replacing another party by pushing it out and replacing it with another they hope to win. 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 the active human behavior and cognition – the sex and the religion.

The Love. "Do you get enough love?" So, in short: *give up your intention to receive immediately, replace it with the intention of giving more and you will receive what you have turned out to be.*

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 (∞). 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 (the mind of the World) 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.

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?





Chapter III

INTERPERSONAL COMMUNICATIONS

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



COMMUNICATIONS BETWEEN INDIVIDUALS

DIALOGUE

(This is a very important part of achieving the goal of this Studio).

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. 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.



ENERGY SYNCHRONIZATION

In this case it is a simple physical model of one of the directions of the POSITIVE MIND – how to think positively in various situations, from the everyday situations to extreme. 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.

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. It remains only to

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

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. 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.

The 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.

A 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. 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. This is a state of absence of mental energy for specified period of time, which we will examine in details later. On the principle of homeostasis and in compliance with the algorithms of the maintenance of energy balance in the World, 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 the 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.† 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.

* 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.

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. 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's¹⁵ 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.¹⁶

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.

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 we 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 still is: convert the energy of the experience in energy of action. Begin to act immediately in any way without straining. Taking irrevocable decision action, the energy of intention will be released. 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 it's exhausted the theme uncertainty \longleftrightarrow self-confidence, for completeness it is appropriate to mention a few words about the CONFIDENCE as itself too.

What is the CONFIDENCE? The answer is not philosophical, but in the aspect of human behavior and more precisely to the Positive Mind in the light of the interpersonal communications. The first 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 (below we will focus in particular this aspect). Because this definition is too abstract, I will use a descriptive approach.

The is 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 "feedback", i.e. penetration within the structure of the Matrix or otherwise said permanently problematic situations. Like the faith, the confidence is an energy product.

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 meeting with the World and is the first act of the full helplessness and the categorical dependence explicit something outside you.

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 a respective response. The children of the late twentieth and the beginning of the twentieth-first century put a fierce end of the three-generation family

grandfather \leftarrow father \leftarrow grandson

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.

COMMUNICATIONS IN GROUP

This part is of vital significance because 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. Only one 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.

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.

Practically, the leader in unstructured group is one whose 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.

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

* „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 [Brexit, 2016](#), enraptured even the World Matrix with the stupidity of the psychology of group type "referendum".

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 as possible energy (sometimes money too) from its members. If you accept this, 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. And so, the crowd becomes more compact, steadier, in more misinformed (that means more manageable), more fanatical, if it is not democratized, i.e. grinded and diluted.

The psychology of the crowd¹⁷ actually teaches us just of mental unity, which causes its members (you) to think, feel and act completely different than each one separately. This Matrix is created to do that. From this viewpoint it is destructive for you and is constructive for the World we live.

The evolution of these societies has led to the formation of a complex civilization. A man may invent the phone, but the world of telecommunications and Internet is product of the all civilized society, controlled by the same that Matrix.

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.



When you smoke or drink coffee, instead of wasting your thoughts wandering, declare your 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.





HOMO LUDENS¹⁸

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](#)¹⁹ 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 UK²⁰. 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](#)²¹ 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?

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.

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



Knights of Pythias membership certificate, 1890.

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»^{*} is a fraternal organization and secret society founded in the capital Washington, DC on 19 February, 1864, by the [United States Congress](#).[†] 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. A startling "soldering" between individuals and institutions, a mixture of immiscible substances that can exist only in the information field of the Matrix.

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 - for information only because this issue goes beyond the subject of this studio which goals are more modest.

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. Only one conclusion from an example for a very trivial game we often play alone with ourselves. One usual case only 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. And 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.

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

† 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](#).

 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**²² of the United States Congress as well as on other similar institutions of the world. Just one clarification that the principles of positive reason, however, are more applicable and decisive for 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".





Chapter IV

ENERGY OF THE INTENTION AND DECISION*



External Energy – Energy of Universe

The external energy is a field form of existence of the matter in the Space. It is inherent attribute 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. 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 unusable. (*We'll refine this topic below*).

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. 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, that is so-called external energy that everyone needs. This are INTENTS, not *DESIRES*. 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. 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

* 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 most efficient way are transferred online to the Matrix where this can happen*. 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† of *decision* is as a determination to have and to act. One addition: this definition suits and some-what 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".

The INTENTION is deliberately cultivated over the *will* as it guides the desire to constantly urging you to act in order to have. And more:

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 every one 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.

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 business practice, things are not much different.*)

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 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. 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

* 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.

in any extent the otherwise countless variations of the energy consumption scenarios.

There are nuances 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 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." 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 sector of the World, many far from that on which you are, respectively, away from your 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.

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

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

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 object of desire, you involve yourself in something. I do not recommend 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 guess, absolutely no difference somebody is hurt.

The first form works only when the potential of desire is activated and premodulating 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 choice, 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 not to persist on it, shine it – you worship it. Potential..., balance forces..., there is around 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, leads 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 revealed 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 achieves 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 the intellect is detached from the will and begins to dominate it as pure subject, as 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, executes 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 not 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 ⇔ ability to work with all efforts of the will and ability of the mind, determining the diversity inspired meditate ⇔ practitioner 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 *repreception* 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 power of thought is everywhere, in everything. Invisible but real, it creates the reality we know and experience. Many researchers (such as [Christopher Hansard](#)) claim that by mastering the Tibetan art of positive thinking and learning how to use it, you will begin to create the reality you desire and direct your thoughts to produce successful actions and relevant results. This is very important, because if you just react to the event, you always feel swept away by life and subverted by others. Binding the mental energy of all things is the choice of an active position, responsibility, not powerlessness.



Select this path and your life will take on new dimensions of worth, success and happiness. And from here - the feedback - such an established life will shape you. All material is mental energy in action. In this way, your thinking becomes a communication with the divine within you and a direct, powerful tool for influencing the material world. And true success must make you compassionate with others. Failure occurs when you forget this. And if you completely abandon this philosophy and the initiative / project fails, it may be the best, because that's how you learn how to succeed real, which will bring success to you, but to others as well. When you think a thought, you issue a command. Your servant obeys by manifesting the thought in the physical work where it becomes the thing and events in your life. Thus, physical reality is a mirror of your thought patterns. Change your thought patterns, and you change the reflection in the mirror. In other words, you change your life.

The metaphor with the mirror, which I downloaded from Internet, however has one uncertainty in the interpretation. The mirror reflects in image just and now the object against it. What the World as conception 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 slowly. 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)²³ 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 INTENTION. 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 anniversary 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 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.

* 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.

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

* 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, i.e. 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.*

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:

«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 known 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 its 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

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

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.

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 Angeles 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. Not 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 wanders 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 to be 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 the 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) Succeeded. With hard work, energy and time, with tension of the *will* and you achieved really the fixed aim;
- (iv) You did. Without work, you 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 dream 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.

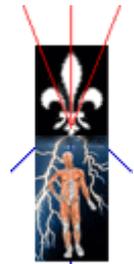
There are energy centers in the human body that play specific roles (also called "chakras"). In the majority of people they are in isolation and their role is sometimes limited to almost zero. This is the reason for many diseases. The understanding of this widely known and indisputable fact of scientists 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.

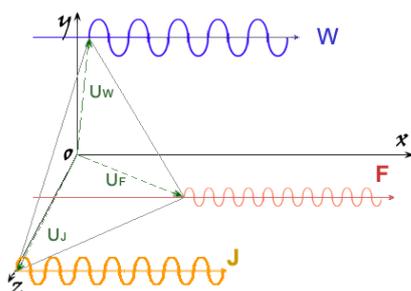
In a state of equilibrium they lead us to ever higher and more abstract levels of the thought and action.*



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

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

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 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 completeness, 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.

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

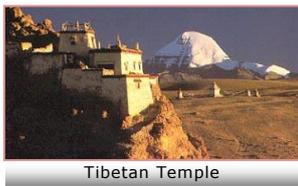
† The Tibetan understanding about healthy man is one that can balance the everyday nice things and the troubles this way that the positive energy to come on the spur of the moment, without meditation.

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

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 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.



Tibetan Temple

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.

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

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.



We are nearing the end of Part 1. As mentioned in the Preface, the material is not short but we still 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 and dimensions. See below how it looks on a proper 2D rendering.



But one can absorb a very small amount of this energy, which is distributed in the surrounding energy field in an 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 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 micro-wave 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](#)²⁴ classical school, which teaches us to believe in [metempsychosis](#)²⁵ 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.

* Extraterrestrial Physics

† For example on pages 11, 16 etc. above 

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 encodes 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 it is to be said that in certain moments of time one 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-ternal 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**.

- o 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.





[\[Back to p.17\]](#)

Part 2



MEDITATIONS

(specific exhibit applicable to Westerners - Europeans, Americans, etc.)

Chapter 1

MEDITATION FOR ACHIEVEMENT OF

POSITIVE MIND

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

*Sri Aurobindo**

Introduction

We live in dynamic times. The world today is much different from the world yesterday. Is the Internet and Google contributed to or they are a result? The people today are really quite different than who lived before the second world war. Today an ordinary man, intellectual or producer is busy and worried with his 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 as this person who needs the most meditations at this very moment. Here, a limited number and type of meditations are selected so as to come close to the idea of seeing the result of the so-called **Positive mind** and its purpose to be achieved. Therefore, in this part it is selected only the most necessary and the easiest to learn and at the same time effectively enough.

Just read.



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

The Tibetan medicine* 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 good health we are *to cultivate a positive attitude*. It 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.

"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 sit with our eyes closed and mentally concentrate on synchronizing our breathing and heart rate or on a specific point in the body (chakra) - this is 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 in this way are we able to come into contact with the universal energy, capable of transforming our consciousness into a more perfect one. Miscellaneous thoughts immediately try to fill the gap. Try to insert in their place representations of specific exercises as described below. However, some other thoughts manage to break through the barrier, but the mind gradually learns not to absorb them. Even so, some are penetrating, but already passing, leaving no trace. Even so, some are penetrating, but already passing, leaving no trace. Particularly important is the constancy of time and particularly on place. 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 (so-called integral yoga). 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"—a step, timidly peek out the window into the world of meditations.

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

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

is proper breathing, proper exercise, proper relaxation, proper diet, and positive mind.





MEDITATION 1



Training meditation,

WHICH DIRECTLY LINK YOU TO THE ENERGIES OF THE BODY AND MIND

VERY SIMPLE AND DOES NOT REQUIRE LONG TIME

The 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). This is your idea; you do not need to physically feel the flows. Just imagine it. 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 – in that lung breathing - inhale 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.

- ① ↻ 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.
- ② 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. Fix a part of your attention over it and begin to imagine the purpose of your intention in form of executed decision.

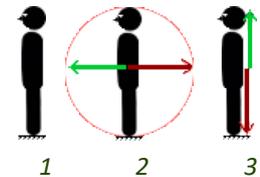
The sphere is something like an antenna for transmission of mental energy, said more simply, but indeed information about the thought is transmitted through the energy channel. This is the fastest and most affordable way precisely through this meditation, to achieve the most important result of your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



One more 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 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:

0. *Relax your muscles throughout the whole body except those that support your posture.*
1. *Imagine exactly how the energy moves visual like some streams - ascending and descending back along your spine.*
2. *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**.*
3. *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.

From the first half of this piece, Part 1, you realized two things that:

- ① the closer to the present life line the goal line is, the faster it will be realized;
- ② the higher the energy, the sooner the intention becomes reality

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 enter into 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.

↓ 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 movies 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 stimulates 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*" - no less useful and effective. 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 become 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



Remember the moments, sealed the addresses of incidents and accumulated knowledges, supporting the integrity of our lives. Life is a series of such moments, 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, 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 another 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

THINKING EXERCISE FOR HAPPINESS

True happiness comes from a sacred corner in us, and time spent in it develops our ability to use the mental energy of wisdom to be able to experience happiness.

This exercise is very simple, safe and impactful. It is widely used as a basic meditation. Practice it if you are unhappy or unable to experience happiness right now. Take 10 minutes - early in the morning or at any time during the day.

Sit comfortably and close your eyes. Imagine the rapid flow of light that passes through your heart - pure, sparkling, clear and soothing. When it reaches your heart, you experience a gradual flowering of happiness, which grows stronger

within you. You understand that whatever you do, feel and say in your daily life, happiness will accompany, inspire and influence your thoughts and actions.

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.



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.



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:

*"Thank you, God of 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.



ALL TOGETHER

This cycle contains within itself the very pulses of the vital energy.

With closed the eyes 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 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, treatment, 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.”*

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.



Our recommendation is:

PRACTICE SELECTED MEDITATIONS AS MORE THAN,
regardless of your current state or position find,
by age, your social status, employment, etc.



* [Sri Chinmoy](#)



Chapter II

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,[†] 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 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 field (*J*) that creates deep concentration.
- *Third stream*, identifying with the association of similarity with *phlegm (F)*,

* 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.

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. Below is a meditation exercise that will help you 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,

* 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.

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 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

If you have made the previous exercise, your body will respond with speed under the influence of the past sensations.

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. 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 is 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 when driving, only think about the road conditions read - just read and think about what you read, 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 heart-beat. Feel the rhythm with his whole body. Expelled all intrusive thoughts. Try not to think. You will feel yourself in a real peaceful relaxation.*

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.



Chapter III

SOME PRACTICES HOW TO ACQUIRE THE MEDITATION

(crucial for success and benefit from Chapter II)

The first step is to hole up alone 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, e.g. flower or a blue sky and focus on it.

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. 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. No matter how you use it you will find that this is a healthy practice, which is worth one to use.

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

* *"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.

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 deconcentrate 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." Often that is the hardest part. 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.

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.

You 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. Delete immediately from your mind, destroy any attempt to invade any cheeky thought from your daily life that has dared and managed to go through security, and know that you have mastered one of the most important and important meditation techniques. Turn back your concentration to the good thought and try to keep it there for at least 5 minutes. 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. Think of the breath, then about the room with the things around you. Do it slowly and calmly.

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 (e.g. 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.

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.

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.

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. It is known 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, i.e. they have a purely meditative character*.

At the beginning they are your memory. Later, 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.



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- 1 **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.
 - 2 A number of things of the same kind, growing or held together; a bunch.
 - 3 Computer program written in a programming language as opposed to in a natural language (such as English).
 - 4 God, or a similar deity characterized by power over all things, including over all other deities.
 - 5 **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.
 - 6 **Siddhārtha Gautama** was a spiritual teacher in the north eastern region of the Indian subcontinent who founded Buddhism.^[1] In most Buddhist traditions, he is regarded as the Supreme *Buddha* (Sammāsambuddha) of our age, "Buddha" meaning "awakened one" or "the enlightened one."
 - 7 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.

* From the [author](#): Until I did a handwritten sample for myself, I had problems with the application (and not just in the beginning). I recommend it to you! Saves time and acts positive.

- 8 Reality is all-encompassing: the absolute nature is one. Although we may feel separate from the original uncreated reality - whether we call it 'God,' 'peak experience,' or 'enlightened mind' - through awareness we can contact this essential part of ourselves. - Tarthang Tulku
- 9 **Douglas Hofstadter**, Gödel, Escher, Bach : an Eternal Golden Braid, 1999; an American professor of cognitive science, American mathematician and physicist.
- 10 **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.
- 11 **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]
- 12 **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.
- 13 **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.
- 14 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]
- 15 **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.
- 16 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"***.

- * 109th sitting of the Congress, 1st 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](#)].
- 17 "Psychologie des foules", Gustav Le Bon, France, 1895.
- 18 *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](#)].
- 19 A **fraternity** (*Latin frater*: "brother") is a brotherhood, though the term usually connotes a distinct or formal organization.
- 20 Hodapp, Christopher. *Freemasons for Dummies*. Indianapolis: Wiley, 2005. p. 52.
- 21 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.
- 22 **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.
- 23 Access to finance issues and updates for business from ACCA www.accaglobal.com
- 24 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.
- 25 **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.