



POSITIV MIND

SUMMARY

In Bulgarian



На български език



This is a **SUMMARY** of Study material intended to be applied for investors in the real economy, including managers, financial advisors and designers

The Summary and the whole **Study** consist of two separate parts - different in content for achieving the final goal:

Part 1: ENERGY AND INFORMATION

Part 2: MEDITATIONS ↓

Part 1

ENERGY AND INFORMATION

This Study is intended for those who start working in the system of the International Investment Council, but is also recommended for all clients of financial projects, investors and lenders. The principles of **positive mind**¹ in the energy-information system for personal development are set out so that participation in the investment process can be maximally successful. There are exhibited the basic principles of the cybernetics - hierarchical levels (pyramidal structure) and feedbacks. As usually, the thought / information based on (**0**) should prepare the evaluation, analysis and processing for their application to rules level **1** for their application for optimal management of level **2**. Learn how by **positive mind** it's changed the lives - yours and others.

The energetic and informational bases for **positive mind** in the human body are treated, the factors that can block them - the age, harmful emotional, civil influences living in a big city with poor regulation, or a reconfigured street traffic, lack of hygiene. The topic of stress, for example, which most often bothers us in our daily lives, is that you can only get rid of it by "waking" up and dismissing or reducing the importance of the event that gave rise to it. This should harmonize the parameters (must be the characteristics) of the energy giant flow.

Information is one of the most difficult to define concepts. It covers everything: data, verbally presented or through symbols containing knowledge of a predictable time frame, organized for a specific purpose, as well as the influence of the behaviour of the system and its performance, i.e. everything that represents the Universe ("World") in which we exist without its material substance as energy ↔ matter. It is close to our ancient idea of God.

When we personify a concept such as the World, it is much easier and more effective to communicate, expect and receive information, energy and wisdom by imagining it as a brilliant human being, a leader, and calling ourselves God.

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. And like 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. Different ethnic groups have called him Christ, Allah, Buddha, etc. and that God is in all of us.

¹ Look more about in [Wikipedia](#)

Nowadays, science has well enough established that the cosmic field has infinite power and frequency from 0 to ∞ and passes through each of us.

Therefore, anyone who prays to God actually activates the epiphyseal gland in their brain to transmit / receive energy flow with a certain frequency characteristic. So, the question arises of what the World we live in is all around us. Within the concepts of the human mind, if we rise to the highest peak of the definitions, "The world is an object for the subject, contemplation for the contemplative, in a word, an idea." He is just a mirror of our *PERFORMANCE*² of everything. Or, scientifically - a quasi-mega-isomorphic structure³ of a *formal system*⁴ 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 Holy is what we get in life.**

Our thoughts and desires model the energy passing through us and direct their movement in the frequency range corresponding to our thoughts to the information field of the World, where, recall, there are frequency sectors of all variants of everything. From there, information is not read so quickly for purely physical reason - the inertia of matter and the undeniably proven physical laws. But in reality, the principle is the same: **our thoughts directly influence the events in our lives, which are at the same frequency in the information field.**

For those who do not know, not the thinks but our actions are the cause of everything that happens to us. Remember this difference well, **the main thing is not what you do, but what you think.** This will greatly assist you in meditation (Part 2 of the full text).

Over time, most people's energy channels "atrophy", which is due to the fact that with age, these people cease to develop and achieve new goals. This effect can be eliminated and this topic is developed in the "MEDITATIONS" section of the full text.

In terms of the applicability of this material, it is the treatment of concepts related to 'what is information', where and how it is stored is important in life, but is particularly relevant in business communications.

- Energy / mass (matter) and information are functionally linked in one syncretic unit, the World.
- Information without matter does not exist - memory and the medium or medium are material; whether it is a light beam (photons), a laser beam that can pass in a vacuum, or sound that propagates through the air, cable, or what we call *wireless*, it doesn't matter. This is matter, and energy is required to transmit information through or through that matter. One more question in the functional relationship to information. It's called **memory**. We can use memory by storing and processing information in it, as well as receiving and transmitting it by consuming energy - the other category of the World.
- Where is stored the information that, we define as everything for everything that we may or may not know about the World is stored. In the water. We are talking about the oceans, the ratio of the amount of water to the land of 2: 1, which is exactly the same in the human body and cannot change, and other interesting concepts.

² The picture: [Robert Fludd's](#) depiction of perception (1619).

³ When a topic can be completely recovered from a copy or description that preserves all information conditionally, such transformation is defined in this material as *isomorphism*.

⁴ *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**. [\[more\]](#)

- Information system and management - cybernetics deals with these issues.

For our analysis, we need only two concepts in management science:



- (i) Classic feedback f and
- (ii) hierarchical structures where a specific information process takes place between levels: bottom-up \uparrow information flow of knowledge, primary technical data, addresses in memory; top-down \downarrow of the pyramid - information flow containing only instructions codes, rules, system management orders.

In **ENERGY ASPECT** - we had adjusted and our thoughts don't about the frequency of our *notions*. The spiritual life in the spiritual world of man is our life in our world. In fact, it builds up from and into the brain the mind in form of *imagination* and is sustained by the amount of psychic energy that it has been able to capture from the free energy that flows through it and "store" it. Figuratively speaking, draining this energy below a certain level leads to depression, illness, and below a certain critical level - to physical death, which does not produce the phenomena related to the death phenomenon below.

One has no place to accumulate free psychic energy. It enters our body from the space and is consumed, distracted or drained. If the channels are wide enough, there is energy to use, if they are narrow - there is no.

If we create an idea of something good, we will get it, but later. If in our minds it is close to our present being, we get it sooner, and if it is too different, it takes more time. This topic is elaborated in detail in the full text of the Study. By way of example of everyday life, concentrated alcohol causes a rush of energy. This is credit. In a small amount, it works admirably - repayable because it introduces a soothing effect that gives rise to new energy; in large ones - pumping below the specific critical level, i.e. „user credit“, difficult to pay off without energy or non-recoverable. Because human willpower is the ability of man to operate his free energy, that's why he becomes so weak and free-willed.

*"Mass and energy are two, but different, manifestations of the same thing
- a somewhat unknown concept of the average mind."*

Albert Einstein

And more, the succeeded with hard work, reason (including practicing active energy intake meditations) in the difficult struggle with will can bring the will level times below the level it would like it to be. Since human will is the ability of man to operate his free energy, he can remain practically weak and powerless. The reason for this difficulty is the Ahamkara - the **EGO** (self-doubt, self-centeredness, importance). The reason for this difficulty is the Ahamkara - **EGO** (self-doubt, self-centeredness, importance). The **EGO** is only the claiming aspect of the mind. It is what separates the individual from the oneness with others and with himself, because the **EGO** affirms the right and self-love of the **ME** - the source of wisdom in us, the Infinite and the Eternal, which the human mind cannot measure because it is not created for it.

The **EGO** is the biggest obstacle to peace. When the **EGO** is subordinate, the energies can be used constructively for personal development and at the service of others. These are the minimal philosophical definitions of these basic concepts of will and conception, without which we cannot unambiguously understand the content of the system. This is how the remarkable American philosopher and transcendentalist Henry Dayvid Toro described more poetically the difference in the perception of the World as a *will* and an *idea*:

"If you built castles in the air, that doesn't mean you worked in vain; they are exactly where they need to be - just build the foundations beneath them."

This is more understandable.





THE MATRIX

The whole life of a civilized society is a continuous process of consuming "common" energy and giving it specific, new parameters. With the development of social relations, technology, informatics, telecommunications will come a day in which a person will find himself in a situation of elementary presence and participation in an infinitely-sized information *Matrix*⁵.

Accept the Matrix as a model of the World. In essence, it is an information environment, perfectly constructed memory as an information medium and as an algorithm for processing it, or as it is referred to in computer science as a *source code*⁶. The question of the material nature of the medium of this information medium remains open, regardless of the progress of astronomers and Cern physicists in the Study of levitation - the cosmic gravitational and anti-gravity fields and the helical components supported by the complex, called "dark matter" or the ocean water. . .

There is a cosmic energy field with an infinitely wide frequency range in the nano-spectrum of vibrational processes with periods tending to zero, which tends to make sense of the notion of time and to accept zero (0) as an arithmetic number like the others. The Matrix carries and organizes information about physical (energy) processes in the World, part of which is interpreted by it. What are the functions of the Matrix? The answer is: by treating it with levitation, the cosmic gravitational and anti-gravity fields and their spiral components explain many aspects of human behavior in light of **positive thinking**.

1) **The Game**. It is enough to shape a person's worldview so that he simply has no idea of his freedom and then the outcome is the game. Our game is something practical. Maintain zero importance.

2) **Love**. "Am I getting enough love?" So, in short: *give up the fun of the intention to receive, replace it with the intention of giving more, and you will receive what you have turned out to be.* " Overcoming the complex, feel yourself free. One cannot feel free if he has more potential in excess in the form of a complex - for example, for inferiority.

3) **Religion**. This is another, bigger game with more participants. According to most religions, God is the creator of the World. His divine nature pervades everything alive and inanimate, and his divine will puts everything under His control. But in our World in which we live, there are also higher beings - we. The world became the manifestation of the one Spirit, the affirmation of unity in the multitude. God is in each of us. The faith is the force that forms the links between us and God - between the human soul and the wellspring of forces. Through the prayers the higher energies of the divine world are removed and a new attitude towards others is developed in man - of tenderness, of love.

The idea of God as a dimension is infinity (∞). If it has a particle of Him in each one of us, then we all collectively make our God, or in view of His ideal nature as infinity, approaching His whole, but never reach Him because we, His children, are a finite number of people (**n**). God (the mind of the World) has created the same such World in all of us. As soon as the idea of the divine beginning possessed people, a folder with sub-folders or information nests for different religions was immediately created in the Matrix. God is in each of us. The question is "*Master, what is the*

⁵ From a copyright point of view, it should be noted that the term 'matrix' was first used in many publications and seminars in the field of meta-logic in the nineties of the last century and later in the context of this material. It begins to meet and use by many authors in the same sense, but after 1999 it appeared as the name of an [emblematic movie](#) and became widely known in theory and practice.

⁶ [\[more\]](#)

most important commandment in the law?". Jesus says: "Love the Lord your God with all your heart, with all your soul and with all forces" - this is the first and most important commandment. The second is like: "Love your neighbor as yourself". The faith in God is first and foremost a belief in oneself, in the power of your ability as a creator. Do pray, but do not ask, just create.



INTERLOCAL COMMUNICATIONS

This is one of the most important aspects of energy and information processes in human life. When communicating, people adjust to one another in character, temperament, intellect, interests. When I talk to someone, I am in myself and the other. If he tries to do the same, then we perceive some common ground that incorporates logic. If adjusting to this unity has no effect but creates contradiction, mutual understanding is not reached and verbal communication is expressed by moving the air with cues.

DIALOGUE. The dialogue implies an intention for a definitive agreement that provides the necessary communication. If each man holds his own, which is different from the other, and holds it to the very end no matter what the other thinks, one circle is closed to vain exhaustion.

ENERGY SYNCHRONIZATION. This is a simplified physical model of one of the tenets of the **POSITIVE MIND**—how to think positively in different situations, from every day to the extreme. The successful communication with people, even forced - ex officio - such as in business, teamwork, etc., rests on two components: ① conscious concentration on the interests of the other, and ② complete release of consciousness from one's own thoughts, especially those which are related to what you want to get from the other; they are modulated at a different frequency. Give him a signal, ask him what he thinks about the project or about you have gathered to discuss it and it immediately will come out as his idea or suggestion. Naming is a kind of password to the frequencies at which his friendship and his personal meaning work. **Raise your own meaning, download your importance - this is the hardest blow to him. He created the conditions for accumulating excess potential and you landed on yours. He created the conditions for accumulating excess potential and you landed on yours.** The most significant obstacle on the way to the goal, not only in communicating with others, but also in a broader aspect, is uncertainty, a lack of faith in our own capabilities.

One creates the energy used to sustain several excess potentials at one time. They were born from: (i) the increased importance of the problem which the participant in solving it is considered to be insufficiently prepared; (ii) the agonizing desire generated by the feeling of momentary inferiority to solve such an important problem; *and finally* (iii) the pursuit of the former, and consequently of the second, nevertheless, one should keep oneself and the situation under control. In such cases, he or she is unacceptable to the other or others, acting unfavorably. And self-confidence, so generated and in generally, is a reverse sign. **The solution is: transform the energy of experience and the intent into action.**

WHAT IS CONFIDENCE? - Personality characteristics. If it is based on comparison with the others in its favor, it becomes self-assured and causes the field to be distorted from accumulating excess potential, subject to the acquired citizenship *feedback*.⁷ The antipode of the positive thinking person is the **NEGATIVIST**. He has in mind that nothing depends on him, and unwittingly devotes himself to the *presents* of the worst charms for anything. If you have

⁷ This is regulation through (negative) feedback.

similar symptoms, including when communicating with people, you recognize the condition described above, go to Part 2, MEDITATION.



COMMUNICATIONS IN GROUP

Man, apart from being an individual, a psychological subject with his energy, throughout his life he participates in the energy-information processes of the World and as a member of various formations. The individual member communicates (receives and transmits information) with the individuals in the group by giving or receiving from each of them energy at the donor frequency. Over time in the group is formed in the homogeneity, based on a common frequency of energy exchange, at which the communication of the members takes place, and it becomes almost spontaneously. They are tuned to the same wave and and it is not difficult for them to find a common language. The history of civilization gives us positive examples of the stabilizing factors of the Matrix, how the evolution of some societies has led to the formation of complex civilization, and also how complex high-tech products are created. One person can invent the phone, but the world of telecommunications and the Internet is the product of an entire civilized society controlled by the same Matrix.

CONCLUSIONS

When you are interested in people, do it sincerely. Get out of the intention to receive and replace it with the intention to give. So, you are actually crediting yourself.

When you are celebrating and raising a toast, pronounce it in present tense. Say: "We **are** ...", not "We **will be** ...", "**Luck is always with us.**" Instead of: "I wish you better luck!" etc. The good wish, expressed sincerely and in good times (at a good celebration, the soul and the mind are close), turns the energy field of the Matrix into its sector, which drives your group in a positive direction - to give energy. Then the wishes happen.

When you smoke or drink coffee, instead of wasting your thoughts wandering, declare your intention. It may have roughly the following construction of thought: "Everything is going well, because I am intentionally shaping my reality. And I know how to do it." Everything in the present tense.

Such declarations made in this way have enormous power, however strange it may sound to you - try it, but with conviction. And if this is part of a larger set of meditation exercises and observance of all the principles here, these rituals will cause significant changes specifically in your overall health.

EVALUATION CRITERIA

The criteria for assessing personality characteristics in each situation are divided into two groups by their nature, signs and causal signs, and how to eliminate some of the assessed symptoms. They are part of the risk assessment software **8R-PROGRAM** [↗](#).



INTENTION AND DECISION ENERGY

EXTERNAL ENERGY – ENERGY OF THE UNIVERSE

External energy is a field form of the existence of matter in the Cosmos, respectively of the whole material world in which we live. Some researchers believe that the gravity is part of the impact of this energy. Like any action, it has counteraction - antigravity or levitation.

External energy flow is transmitted through everything, including through the human body, by inducing two central streams with large characteristics over a wide range. Passing through the human body, the frequency response of this flow is reformed by thoughts in certain ranges and at the outlet there are changes / additions corresponding to those thoughts (throughout the body, not only through the head). Modulated energy flow can activate and sustain the material realization of the thoughts that shaped it. The only condition is that the soul and mind to be united in their intentions and decisions (hereinafter referred to as "INTENTIONS"), which are supposed to be constructive. In other words, this metaphor means that thoughts flowing at the *will* of the man, modulate energy with a frequency in the range of the band of his psychic energy in this positive moment on the way of realization of the intentions.

In fact, it is the external energy that does the job. INTENTIONS, but not *DESIRES*. The INTENTION is focus. It is not the *DESIRE* that is realized, but the INTENTION. Worse still, the importance that makes it difficult to cope with is the true killer of any INTENTION.

For practical application of this theory the Study presents:

- the idea of the mathematical model and criteria for personality assessment and an example of its application with graphical interpretation;
- interpretation of the influence of the frequency characteristics of the external energy flow of the World passing through the human body and the corresponding results;
- the role of "mediators" - priests, pseudo-scientists, etc. and the energy balance that maintains the tone of our lives;
- the effect of the pineal gland (in the middle of the head, separately from the brain) or one whole system (similar to the technique is the active analog frequency filter).

The high energy level, whether achieved through active meditation or simply by the cultivation of personality, leads one to a state of inspiration, and very often in adulthood, to the ease of inner instinct.

WHAT YOU THINK - THIS HAPPENS. This is a scheme.

The power of thought is everywhere, in everything. Invisible but real, it creates the reality we know and experiencing. All material is mental energy in action. In this way, you're thinking becomes a communication with the divine within you and a direct, powerful tool for influencing the material world.

The Study has questions and answers, examples of practical, life, benefits and exercises.



ТРИТЕ СИЛИ



There are energy centers in the human body (also called "chakras"). For the majority of people, they are in isolation and their role is sometimes reduced to almost zero. That's the reason of many diseases. The awareness of this widely known and indisputable fact by scientists is a sufficient basis for thinking and trying to understand more about the impact of the energy field and the ways of its management in favor of a spirited and healthy body. These are three energy flows with different frequency - three interconnected and interdependent forces - each with different dynamic characteristics.⁸ They determine the mental and physical health of the person, shape the personality and the quality of the personality and are the basis of its cultural and psychological identity (the full text of the Study follows a theoretical justification). This energy improves the physical state, and when it reaches the so-called. above the chakras (*specific points in the body*), it



⁸ See the heraldry of a water lily with three leaves in the air, symbolizing the Universe (Cosmos) above water and a three-torn root in water, associating the life of man on Earth, and the direction of movement of the three energy flows (right).

acts on the psyche. This energy improves the physical state, and when it reaches the so-called. above the chakras (specific points in the body), it acts on the psyche. If this topic of interest is of interest to you (and it should be), now is the time to refer to Part 2 of the thematic review: MEDITATION. There you will find the natural pragmatic continuation of the model of the three-phase system of the external energy field and its influence on the nature of man.



DEFINITIONS

for the meaning of the more important concepts used

The world, we live in, is dual. It consists of an **external** and **inner** world, which is similar (quasi isomorphic) to the external

○ **External world** is the Cosmos. It includes everything material, including here, on Earth. It is subject to the laws of all sections of particle physics, quantum mechanics, Maxwell's law for the field, Fourier for the harmonic series, Faraday, Newton, Einstein and others.

○ **Internal world** is the spiritual world of man; this is **your world**. It builds up from and into the brain and is sustained by the amount of psychic energy that it has been able to capture and conserve from the free energy of the external World passing through it, and to *keeping it*. With the death of the individual, the inner world disappears as such, leaving only coded information in one place in the external World, which for the purposes of the description is here called the Matrix. Insofar as the World also has a material substance, its inherent attribute is the energy.

○ **EXTERNAL ENERGY** is the free cosmic energy - an attribute of the outer world. Its mathematical description is like vector quantity in a multidimensional space. In our imagination we can visualize it for ourselves in the three-dimensional space as a spiral rotating field (already scientifically proven) and of infinite power and dimensions. Extraterrestrial physics proves by its empirical methods the existence of "**dark matter**" - mass / energy spreading in field form in outer space.

○ **INTERNAL ENERGY** is mental and physiological.

- **Psychic energy** sustains the life. It is induced by the external as it passes through the human body at specific frequencies of the thoughts as it passes.
- **Physiological energy** is generated mainly by metabolism in the cells of the body by converting the energy of the consumed food. It serves for the actual execution of the action, but also for the formation of the parameters of the vector field in which the brain receives and radiates energy.

○ **INTENTION** is a determination to have and to act. It is also an external and internal intention.

- **External intention** is the idea of the Divine power that achieves our goals alone. Faith drives one to be determined, to attain one's goals in God's will. We can only see it as a product of human civilization
- **Inner intention** or a simple intention is a concentration in the determination to act, to focus your attention on the process of moving towards the goal.





Part 2

MEDITATIONS

Introduction



Communications. We live in a dynamic time. This dynamic of life is unknown to the civilization in its brief history. Did the Internet and Google contribute to this or are they a result of it? People today are really completely different from those who lived 20 years ago or from those of pre-war times. Communications are revolutionizing, becoming cheaper and more affordable for everyone. If you once feel the tide of energy and freedom, or the first

expected result, whatever it is, it means that you are the one most in need of **MEDITATION**. So, it you can come closer to the idea and result of the so-called **positive mind**. But the result of meditation is unique. You can start with the easiest and achievable meditation exercises. Therefore, only the most necessary and easiest to learn meditation are selected in this part and at the same time sufficiently effective.



MEDITATION AND PRAYER

Meditation is a state in which one comes to a great inner peace, to a harmonization of everything, and to a deep penetration into oneself. In this way, he makes contact with the energy field of the World and thus receives in himself what he has to do or what sets him into a worrying, negative, sense of danger. But, for an unprepared person, it can be a mistake to provoke his subconscious to inspire something that he wants very much, just like with some businessmen who somehow adjust the expected results of a desired investment. Prayer, if you do it, must be very pure, sincere, and whole-hearted.

Tibetan medicine views diseases as obstacles, stopping the flow of valuable vital energy. The damage that mental problems causes to our health is tantamount to physical harm. In order to cure this trauma and create good health, we need to cultivate the more positive attitude. It increases the amount of physical and mental energy from which we can draw, in other words, "to perform a spiritual transformation and to take down the divine nature and the divine life in the mental, vital and physical nature and the life of the humanity". This is deliberately achieved by widening the frequency spectrum of the energy channel and deliberately letting the energy flow through it. One generally has this attitude, but it is in its infancy or stunted state. This necessary cultivation is called meditation.

Before you create an opinion on the topic or to make any decision on it, even for a common culture:

- (1) Practice the most careful and wood-wise and proper **BREATHING**. It is the basis of health and support not only all the muscles involved in breathing and enlargement of the chest, but also increases the amount of red blood cells, accelerates digestion, enhances metabolism and the whole life process. Therefore, though in a short description, we specifically include it in this Summary of the Study.

"With reasonable and proper breathing, one can change their destiny - nervousness and impatience can be eliminated with special breathing exercises that bring more magnetism to the body. The mind must be concentrated on a divine, bright thought, because in restoring our inner harmony, we come into connection with the absolute

harmonious environment that exists in the World." Everyone carries God within. Because specific conditions and restrictions, such as duration, etc., that must be observed, we recommend here only one of them, applicable when walking, but always with a straight back and always before eating.



Always stand up, step cheerfully,
head - head raised, looking forward.

When the head is upright, we make,
contact with the positive solar energy.

With the shoulders lowered, head bent, looking at the ground, we associate with the negative, bad forces.

You inhale through the nose, after filling the spine, hold the air, exhale through the mouth, hold again, and the exhalation always lasts longer than the inhalation.

You inhale through the nose, after filling the spine, hold the air, exhale through the mouth, hold again, and the exhalation always lasts longer than the inhalation.

- For example, when walking: 3 steps you inhale - 2 you hold - 5 steps you exhale, 2 again you hold. This is as start, as you progress, the ratio, expressed in steps, becomes: 5-2-7-2 or even: 7-2-9-2.

- If you are seated, turn on the speed, but the steps are delayed for seconds, and see - the time for uttering the thought or spiritual formula that is chosen.

But if done more than 3 times a day for 15 - 20 minutes, more energy is accumulated, which with the high voltage, which with the high voltage it exercises, destroys the nervous system. As Europeans (Westerners), we have to be careful - what we do with breathing and meditation - overdoing them leads to neurasthenia, a serious illness. The body cannot withstand too much spiritual energy.

(2) Read the extended text in the Study. But, be very careful when you start such a practice, especially when with the chosen meditation you bring energy out of yourself into the information-energy environment. Therefore, you first become familiar with the application of the conceptual structure of systematic analysis, which is responsible - a hierarchical system with a base level of "0" - positive thinking, and, above all, a means of managing it - meditation. Choose from the six meditations presented in the extended material there on the topic, practice and you will (or may not) feel the need for new, specific meditations.



Our recommendation is:

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

DON'T INCREASE THE IMPORTANCE, although this information is very important.

PRINT THESE PAGES and keep them handy.

Read them every time you feel the need for them to catch up on individual parts of their content and as a whole.



APPLICATION OF THE THREE - PHASE MODEL ENERGY SYSTEM IN MEDITATION⁹

Its purpose is:

Acquaintance and explaining the principles and scientific explanation
of the cultural phenomena of this widely used phenomenon

At the heart of all our experiences are three interconnected and interdependent forces - each with different dynamic characteristics - manifesting as energy flows with different frequencies. These forces determine the mental and physical health of the person, shape the personality's personality and are at the heart of its cultural and psychological identity. In a state of equilibrium, they lead us to ever higher and abstract levels of thought and action and vice versa.

They are: **psychic energy, deep focus and lasting concentration** (details - in the Study).

PRACTICAL ADVICE ON ADMINISTRATION OF MEDITATION

What does *meditation* mean in practice?

We sit with our eyes closed and mentally imagine the picture of sailing on the serene ocean or dissolving in the blue sky - this is the true **meditation**. And the beginning of true, full, **active meditation** is the attempt to actively stop the hunting 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. It starts with trying to avoid a single thought.

In Part III of the Study
General recommendations for facilitating practitioners



ⁱ **Definition:** Procedures designed and established to verify, record, regulate, control, certify and (if necessary) restrict access to an asset, resource or system.

⁹ It is advisable to familiarize yourself with the material ENERGY AND INFORMATION BASICS OF HUMAN LIFE; in the electronic version of this edition, both materials are interactively linked to other sources.