

Konstantín Korotkov

The Magic of Consciousness





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Abbreviations

GDV	Gas Discharge Visualization
CNS	Central Nervous System
EMF	Electromagnetic Field
PVS	Primary Vascular System
LD	Lucid Dreaming
TCM	Traditional Chinese Medicine
NDE	Near-Death Experiences
OBE	Out-of-Body Experiences
TRT	Transpersonal Regression Therapy
TM	Transcendental Meditation
DMH	Distant Mental Healing

Introduction

Over a decade ago, I published "The Energy of Consciousness". In it, I discuss the main trends in the consciousness sciences and our experiments in this area. These ideas remain relevant and have been further developed and confirmed. I am convinced of the existence of the "subtle world" and its influence on everyday life. We have published dozens of articles on the topic of consciousness. I have successfully spoken at international conferences many times.

Most importantly, we have established the production of the Bio-Well devices, allowing us to study the human biological field and the field of consciousness. Thousands of specialists use Bio-Well, including the Sputnik sensor, to study space energy and record the directed people's intentions. Considering the latest data and new ideas, it is time to discuss this topic again.

This edition also includes previously published materials. This is an essential topic for all of us: life after death. In the late '90s, I published a book called "Light After Life". In it, I set out the results of our experiments and the philosophical and religious ideas related to this topic. I was told that this book helped many people survive the bitterness of losing loved ones and believe that death is not the end. Now, this book is a rarity, and other researchers' data has convincingly tested the theory of life after death. It was the right thing to include all this data. I also included material from a small book, "Wizards of the Quantum World," which is consistent with the general topic of consciousness research.

You don't have to read every chapter; some discuss scientific concepts that may seem boring to the unprepared reader. Skip this material and move on. I did not set out to write a physics

textbook. The ideas presented here are not the ultimate truth. You are free to disagree and argue. Read this book. Think about it. The world is not as simple as orthodox science says. There is still much we do not understand. This is only the beginning of an exciting intellectual journey. If, after reading this book, you believe that, then I will consider that I have not wasted my time typing on the computer keys.

Part 1. About ships, cabbages and kings

'The time has come,' the walrus said, 'to talk
of many things: of shoes and ships - and
sealing wax - of cabbages and kings.'

Luis Carrol. Alice in Wonderland

We live in a special period in the development of human civilization. Each new century brought a radical transformation of life. The 18th century was the time of crinolines, castles, gallant cavaliers, and the first scientific developments. The 19th century brought the Industrial Revolution, and electricity and science became a significant force, but the horse remained the primary transportation method. The 20th century brought the automobile, the airplane, and atomic energy, and horses remained as a means of entertainment. The 20th century brought many new things, but it is in the 21st that we can highlight the trends that affect the entire human race on Earth.

The first thing to understand is **the growing independence from natural energy sources. Energy** is the basis for the existence of any civilization, and for many centuries, people have depended on the energy of burning fuel – wood, coal, oil, or gas. It is irrefutable that without fuel, it was impossible to cook food, warm dwellings, and make metal tools for work and war. The development of a new source of energy led to an evolutionary leap. Water and wind were used for centuries, from mills to hydroelectric power plants. Steam energy led to the Industrial Revolution, while oil energy allowed us to master electricity and

develop the automobile industry. In the twentieth century, we began to directly use the energy of the sun and the energy of the atom. Now, cities glow with lights in the evenings, dozens of electric devices work in every house, and developed countries have abundant energy. The next step is thermonuclear power plants, which are clean energy by synthesizing hydrogen nuclei. This work has been ongoing in the USSR and the USA since the middle of the last century, and American scientists have finally created a working system. In the US state of Virginia, Commonwealth Fusion Systems is building a thermonuclear power plant ARC (Affordable, Robust, Compact), which will be a revolution in energy production. The plant will produce 400 megawatts of clean energy through fusion technology. The SPARC reactor will use high-temperature magnets to hold plasma at over 100 million degrees Celsius temperatures. This will allow for stable power generation with no harmful emissions.

Advantages of thermonuclear energy:

Just think, a tiny one gram of hydrogen isotopes can produce as much energy as 10 tons of coal! And the great thing is that the by-product is helium, which is not harmful to the environment. We are excited about the potential of the Virginia fusion power plant, as it could open a whole new era of limitless energy production. There are still a few technical issues to sort out, but this project is expected to be an essential step towards clean and affordable energy for all. We're excited to see what the next technological leap will bring, and we're confident it'll happen as soon as this century.

The next big thing we're all going through together is this incredible **journey of unification through information**. The Internet isn't just a way to swap info super-fast – it's a way to create a new type of Humanity, where we're all connected

beyond racial, cultural, or social limitations. We realize that despite our differences and peculiarities, we're all part of the same global family, connected by a single information network. Incredibly, we can exchange and share information like never before.

This transition was like a gentle shift in how we live, **moving from a material society to an information one**. The 20th century was about owning as many material resources as possible – the states with the most oil, gas, gold, and minerals were like the kings of the mountain. But now, in the 21st century, it's all about information. And with new information come new technologies, new software products, and even new methods of warfare. It's incredible how countries with limited natural resources, like Japan and South Korea, have managed to become leaders in the world by embracing new technologies and information.

The next logical step is **the creation of artificial intelligence (AI)** systems. Later, we will discuss this direction's peculiarities and how much it threatens our natural intelligence. Still, without a doubt, it is an essential step in the development of modern civilization. Soon, **AI systems** will replace many simple specialties. We already pay at the supermarket through an automatic cash register, use electronic banking, and are not surprised by driverless trains and cars. We are on the cusp of a new era in which AI-powered telemedicine will diagnose and prescribe medication, AI-driven education will personalize learning for each student, AI home assistants will care for the sick and elderly, and AI-powered stores will order groceries and cook food to your exact specifications. The emergence of AI wives, programmed to obey, tend to their owners, and satisfy their intimate needs, is inevitable. These developments are not just future projections; they are already a reality. Introducing

these systems will not lead to social revolts, as it did during the Industrial Revolution when the Luddites smashed steam looms.

The achievements of the information civilization result from **microelectronics**, which is based on **quantum physics and solid-state physics**. Everything that surrounds us and without which the life of modern man becomes impossible – cell phones, computers, various gadgets – appeared at the end of the twentieth century thanks to the practical implementation of physical theories. A computer, comparable to a chip of a modern electronic watch, occupied an entire room in the middle of the 20th century. The development of microelectronics has reached unprecedented heights since then. But it happened in a relatively short time. **We are undeniably living in the quantum era.**

Science, once the exclusive domain of highbrow intellectuals, is now powerfully embodied in everyday practical devices. Yet, 99% of people have no idea how these devices work. A powerful genie has been put into a bottle, obediently obeying its master's instructions. The master must understand what he is doing; otherwise, the genie will break free and cause much trouble.

The painted rainbow picture has a downside. First of all, as has always been characteristic of Mankind, any new technology has been used for war. Our time is no exception – we have moved to a new level of technological warfare. Drones have become more effective than guns. Self-guided smart missiles allow targeting single objects, and a modern airplane or tank without electronics becomes a mountain of iron. At the push of a button, all consumers' pagers explode. A country's intellectual and scientific level directly correlates with its effectiveness in military operations. Engineers, not soldiers, are becoming the leading force in the army.

The modern information society is not without its drawbacks. One such drawback is **the total control of society**. If you have a cell phone, you can be followed even when it is turned off. Your location can be determined, and all your conversations and correspondence can be read. Big Brother is here and active. George Orwell's dark fantasy in his novel "1984" has become a reality in many countries. We are constantly being watched, and the AI system tracks all dissenters. The state controls your finances and directs your thoughts. Modern propaganda techniques use the latest psychological science to shape individual preferences and public sentiment. The events surrounding the Covid pandemic have exposed the vulnerability of the populace, highlighting the ease with which people can be influenced and manipulated. The concept of freedom is a fallacy; the majority blindly adhere to directives without question, oblivious to the real truth.

Another factor of the modern world is **stratification: dividing the entire population into strata that differ economically, intellectually, and socially**. This is very similar to the medieval feudal system or the caste division in India. The key difference is the possibility of moving from one stratum to another. (Like moving from one country to another). It is a fact that 1% of the population owns 99% of the world's capital. A limited number of global corporations control most of the economy and finance. Those at the top of these families or corporations live in another dimension compared to the rest of Humanity. For them, money is irrelevant; they can have anything they can think of, and their main task is to occupy themselves with something — travel, business, or entertainment.

Below is a considerable layer of support for their lives: professional managers, business people, cooks, doctors, psychologists, artists, drivers, and many more. A separate

category is people who maintain electronic computer systems. These are no longer separate professions – programmers, electronic programmers, system designers – they are the basis of the existence of modern civilization. Without them, the complex computer web will freeze, and the world will become chaotic. Let's hope that this will only happen in Hollywood blockbusters. The modern world wouldn't function without the hundreds of thousands of engineers and technicians who ensure the smooth operation of the entire system. These individuals are highly valued, command high salaries, and enjoy a comfortable lifestyle.

The next level is the population living on modest wages, for whom the cost of eggs and sugar in the store is important. Society tries to provide them with an adequate way of life. The state offers certain social benefits, but most people live a relatively modest life and enjoy small joys.

People at the bottom of the social ladder are deprived of even that level. These may be the sick people, the elderly, losers, or simply those who do not want to do anything. In different countries, the state tries to ensure their existence in various ways, and there are many examples.

Naturally, I have not tried to give a scheme of modern stratification - it is not an easy task, and a whole army of university sociologists is engaged in it. The main thing is understanding the principle and realizing where you stand and where you would like to stand. That, in many ways, is what this book will be about.

A key feature of modern life in developed countries is the **opportunity to shape your destiny**. You can access any kind of education, whether through schools, institutes, universities, or the Internet. You are no longer tied to a specific group from

birth, as in the 19th - 20th century. You have the power to choose your path. But it is not easy. You can't just take a pill and master Fortran or turn on a record player at night and learn Japanese. Every achievement requires diligence, persistence, and time. You must sit at books instead of dancing at a party, spend sleepless nights before the exam, and have difficulty mastering new knowledge. There is no other way. This is the only way to move up from the lower social strata. You need to be realistic about your chances of climbing to the top. Unless, of course, you are Schwarzenegger or Elon Musk.

A unique feature of modern times is **the sharp increase in average life expectancy**. Never before in the history of Mankind has there been a generation of people living so long (Fig.1). In the past, people died from various causes, mainly acute and infectious diseases. The slightest wound could become a source of infection, gangrene, and death. Child mortality was high, with only one in three children surviving. Thousands of women died from childbirth fever up to the 20th century. In many places, people's health was significantly affected by bad water. The average life expectancy was no more than 25 years, although some people lived to 60 and 70. The situation improved slightly in the Middle Ages, but not significantly. The 19th century marked a significant turning point, driven by public hygiene and healthcare development.

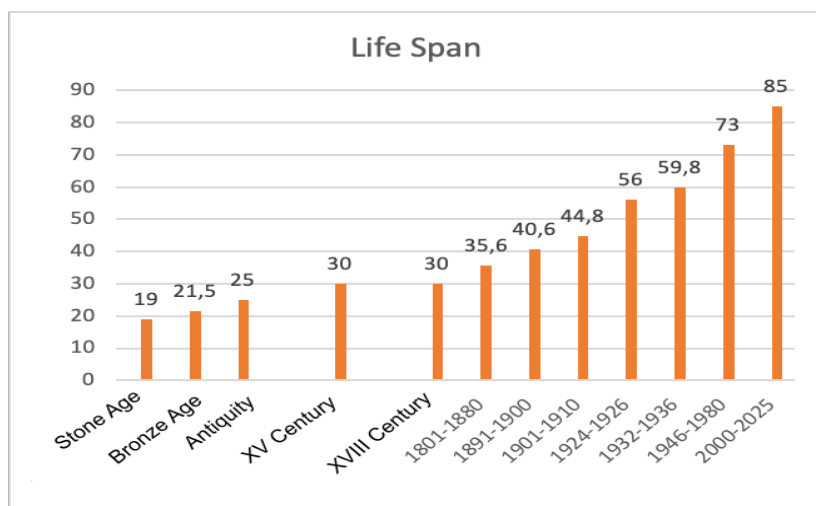


Figure 1. Average life expectancy in different epochs
<https://dzen.ru/a/ZqePqqN8biaK8gCw>

The process of increasing life expectancy has a downside: the number of chronic diseases is growing rapidly. Diabetes and obesity have become a global problem, and the aging population, senile dementia and Alzheimer's disease place a significant burden on the budgets of developed countries. The number of children with developmental disabilities is also increasing.

This opened the door to a new direction in medicine: **preventive or integrative medicine**. The task of classical medicine is to save human life, and in many cases, it copes with it. Integrative medicine, on the other hand, focuses on preventing disease, detecting problems early on, and stopping them before they escalate. **We are moving decisively from battlefield medicine to health medicine.**

Antibiotics saved millions of lives, effective drugs against many diseases appeared, and surgery reached unprecedented heights. Modern computer systems allow us to see in real-time the work of various organs and systems; genetic analysis provides a

prognosis for the development of this or that disease, and oncology has largely ceased to be a death sentence. These benefits are now within reach of most developed countries' populations. People are having their hearts, kidneys, livers, and brain transplant experiments are underway. Modern medicine has extended our life expectancy. Many of you have a real chance to observe the exploration of the Moon and Mars and live into the next century. At the same time, many people over 70-80 remain active, find ways to apply their energy, and live full, interesting lives. And what about people in their 50s and 60s? For many, life is just beginning: children have grown up and flown the nest, and there is a certain amount of income and a lot of free time. You can choose - to spend your time in front of the TV or travel, read interesting books, learn languages, and dance. And don't forget new romantic relationships.

Increasing life expectancy has a downside: chronic diseases are multiplying. Diabetes and obesity have become a global problem, and the aging population, senile dementia, and Alzheimer's disease place a significant burden on the budgets of developed countries. The number of children with developmental disabilities is also increasing. This opened the door to a new direction in medicine: **integrative medicine**. The task of classical medicine is to save human life, and in many cases, it copes with it. Integrative medicine, on the other hand, focuses on preventing disease, detecting problems early on, and stopping them before they escalate. **We are moving decisively from battlefield medicine to health medicine.** A healthy diet, good water, and physical and mental activity are key components. My previous books have covered this subject extensively, so let's move on to another interesting phenomenon.

Physical and Informational Fields

“No, no! The adventures first, explanations take such a dreadful time.”

Lewis Carroll,
Alice's Adventures in Wonderland

According to modern concepts, physical fields are a particular form of matter, a physical system possessing many degrees of freedom. Examples of physical fields are electromagnetic and gravitational fields, nuclear force fields, and wave (quantized) fields corresponding to various particles. The brilliant physicist Michael Faraday introduced the field concept (electric and magnetic) in the '30s of the XIXth century. He accepted the concept of field as an alternative to the theory of long-range action, i.e., interaction of particles at a distance without any intermediate agent (for example, electrostatic interaction of charged particles according to Coulomb's law or gravitational interaction of bodies according to Newton's law of universal gravitation were interpreted in this way). In the '60s of the XIXth century, J. C. Maxwell developed Faraday's idea of the electromagnetic field and formulated its laws using mathematical equations. Since then, the field concept has become the basis of modern science.

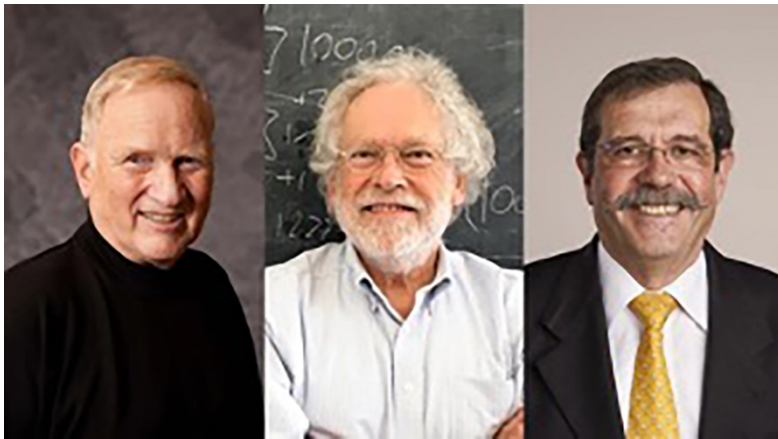
According to the field concept, particles participating in some interaction (e.g., electromagnetic or gravitational) create a particular state in each surrounding space – a field of forces that manifests itself in a force effect on other particles placed at some point in this space. Initially, a mechanistic interpretation of the

field as elastic stresses of a hypothetical medium – "ether" – was put forward. However, giving the "ether" the properties of an elastic medium turned out to be in contradiction with the results of the experiments.

From the point of view of modern concepts, such a mechanistic interpretation of the field is generally meaningless since the elastic properties of macroscopic bodies are fully explained by the electromagnetic interactions of particles that make up these bodies. Einstein's Theory of Relativity rejected the concept of "ether" as a particular elastic medium but, at the same time, gave fundamental meaning to the concept of the field as a primary physical reality. According to the Theory of Relativity, the speed of propagation of any interaction cannot exceed the speed of light in a vacuum. Therefore, the interaction of particles, whose relative speed is comparable to the speed of light, can be described only through the fields they create. A change in the state (or position) of one of the particles leads to a change in the field produced by it, which is reflected on the other particle only after a finite time interval necessary to propagate this change to the particle.

Quantum physics supplemented these considerations with the concept of quantum entanglement and nonlocality. In 2022, physicists Alain Aspe from France, John Clauser from the United States, and Anton Zeilinger from Austria were awarded the Nobel Prize in Physics "for their experiments with entangled photons, establishing the Bell inequality violation and pioneering quantum informatics. Albert Einstein had difficulty accepting quantum physics – it was too formal. He constantly debated with Niels Bohr and came up with various paradoxes. One of them was that if two particles belong to the same quantum system, for example, two electrons in an atom, they must have different quantum parameters. Now imagine that Einstein said these electrons fly to different ends of the universe, and when the state of one electron

changes, the other must instantly change its state faster than the speed of light. And that contradicts the theory of relativity. This issue was discussed for many decades until finally, in 1982, Alain Aspe demonstrated this effect experimentally. Additionally, in 1997, Anton Zeilinger realized the transfer of information is based on entangled particles, which is called "quantum teleportation," and was awarded the Nobel Prize. At least the laureates are still alive and can enjoy the fruits of their fame.



John Clauser (left), Anton Zeilinger (center), Alain Aspe (right)

The effect of coupling of two quantum systems beyond time and distance is called quantum entanglement, and now, an essential section of physics deals with it. In quantum physics, it is proved that some quantum fields can describe a system of interacting particles. Not every field corresponds to certain particles. On the contrary, all known particles correspond to quantized fields. This fact is one of the manifestations of a corpuscular-wave dualism of matter. Quantized fields describe the annihilation (or birth) of particles and simultaneously the birth (annihilation) of antiparticles. Such a field is, for example, the electron-positron field in quantum electrodynamics.

For several decades, physicists have not stopped trying to create a general, unified field theory. It is expected to describe all the named fields as manifestations of one – "unified physical field." Another approach to describing physical fields was first proposed by the brilliant mathematician Eli Kartan in 1922 and called the torsion field. This idea was developed practically in Russia under the leadership of Anatoly Akimov and Gennady Shipov. An organization, ISTC VENT, was created under the auspices of the state. During five years of work in this organization, a substantial amount of experimental material was collected, obtained with the use of torsion field generators. A. Akimov believed that the source of the torsion field is mainly the spin of elementary particles (electron, photon, proton, neutron, etc.). According to E. Kartan, the torsion field is created by any spinning matter, so the torsion field should be universal, which we observe in many experiments. The idea of the torsion field became known worldwide, and several organizations continue to work on creating and researching torsion generators.

The concept of a field was so significant for describing interactions in physics that the concepts of information, semantic, and semantic fields were introduced by analogy. One should not confuse them with physical fields. They do not have unambiguous physical carriers. This is simply a convenient way to describe various interactions. It should be remembered that a physical field is not accessible to direct perception but is detected only through its effect on other physical objects. It is impossible to measure directly an electric or magnetic field. We can only record its influence on some material processes — for example, a magnetic arrow's rotation or the strength of a current in a sensor. The concept of biological fields was put forward in the mid-30s by the outstanding Russian scientist A. Gurvich. In addition to the physical and chemical levels, each biological object is associated with a

complex of fields distributed in space. First, it is an electromagnetic field, although there are active talks about the possible existence of other fields. The movement of electric charges generates the electromagnetic field. Various electrical processes occur continuously in the organism, from the cell level to the level of individual systems and organs. An electromagnetic field is associated with each of these processes. As noted by academician of the Russian Academy of Sciences Y. V. Gulyaev:

"A complex picture of physical fields arises around any biological object in the process of its life activity. Their distribution in space and changes in time provide important biological information that can be used, particularly for medical diagnostic purposes."

The fields of various systems and organs in the body are coherent, i.e., synchronized in their activity. This leads to the fact that, when added, they form a total field that has interference or, in other words, holographic properties. The idea of coherence of the body's electromagnetic field is developing in modern biophysics in many universities and research centers. The interference or holographic field has fascinating properties – it carries information about the object that created it in each particle. This means that if such a field is recorded on a hologram, and the plate on which the hologram is recorded breaks, then each fragment will carry information about the entire object. What is not the magic mirror from the fairy tales of G.H. Andersen!!!

The principles of holography were laid down in the '40s of our century by Denis Gabor and subsequently led to the creation of lasers and holographic technology. At the same time, these ideas can be fully applied to a biological organism. We can say that the field level is the basic level of control of biological systems. This level was embodied in the most primitive biological objects long before the autonomic and central nervous systems emerged. This

level determines the system's functioning and the level of coherent interaction of various parts. From the principle of field structures, it is evident that the field extends outside the body, theoretically over an infinite distance. Thus, information about the state of an organism can theoretically be obtained at considerable distances from it. The field structure of the organism determines the processes of morphogenesis, i.e., the development of the organism in the process of development. Also, it defines the existence of the organism as a single system. Disorders of any level primarily affect the body's loss of control over its parts, leading to systemic diseases. Gurvich's ideas were subsequently developed into the concept of Sheldrake's morphogenetic fields and later led to the holographic concept of the structure of the brain and body.

If we accept the idea of the field of an individual organism, a person, we can talk about a collective field. From the level of the family, work communal, nation, and religious denomination to the level of all Humanity. Each of these levels is associated with particular field spatial structures. Thus, the exchange of information and the influence of one person on another occurs, among other things, at the field level. As we have already noted, in medicine, only recently, it was recognized that our feelings, emotions, and emotional experiences are essential and the defining moment in our lives and health. Accepting these ideas requires taking the next step: returning to holistic concepts about the essence of human nature. Man is not only a physical body capable of producing thought, just as the liver produces bile, but a threefold, unified essence: the physical body, + consciousness, thinking, + a higher essence, in other words, body, soul, and Spirit. The physical body belongs to the material world and is subject to its laws. The information structure associated with the soul is a field structure, and the rules we use to describe fields apply to it. We can say that the information field is a vector, i.e., it has a

particular direction in space. It has a source, which is man himself, and it spreads from this source in all directions. This field can be directed in a certain way, i.e., focused in one direction or another; it can be scattered in space and, coherent to other people's fields, can interact with them.

At the same time, it must be remembered that this is not a physical field but a description of the interaction process. We can say that the Information Field is the continuously changing shell around a person. Still, unlike a radio transmitter, this field depends not only on the person himself but also on his entire environment. The information field is sensitive to all changes in the surrounding space and largely depends on interaction with other people's fields. Thus, this is our sensitive shell, which carries information about a given person and tunes into the world around us depending on all its changes. When taking shape, the information fields of individual people and groups of people create a collective information field that exists as an independent structure, developing and becoming more complex and capturing all the events that occur in this collective information field. Every person can access this information field and receive information from it. All new ideas mature crystallize in this field, being embodied (verbalized) in the minds of individual people.

It is not without reason that discoveries, inventions, the time for which is ripe, and Humanity's readiness very often simultaneously come to the minds of people in different countries in different parts of the world. Thus, each person interacts with this information field. Each person is a generator of information entering this field and simultaneously draws information from this field. This field is the connecting link between a person and the world's Spirit. Therefore, an individual can achieve his highest achievements by being a part of this world spirit, realizing a particular idea, making it accessible to others, and embodying it in

his activities. The concept of the triple manifestation of human essence allows us to move from the primitive model of man as a biological machine to the idea of man as the quintessence of the Divine Spirit. It is characteristic that these ideas have direct parallels in modern scientific concepts, in particular, the theory of quantum fields.

And in this same hierarchy, we see a transition from material forms of life to field, informational ones. Therefore, when we talk about metaphysical levels, we consider the next layer of reality, which is not material but is based on various forms of existence of matter. This is the level of the supra-physical, the level of the ideal, the level of the Soul and Spirit. This is the highest level in our hierarchy. At the same time, it is the basis of everything. Thus, it turns out that this level is based on all the previous ones, and at the same time, it is their basis. While unfolding the Spirit, we come to a particular stage of self-expression and present one of our infinite essences in matter. In the process of self-development, matter goes to the creation of the mind and the moment of awareness of the Spirit.

The study of the individual field and its connection with collective fields is of great interest. The central development of Man as a species follows the path of collective processes. Over millions of years, the physical appearance of Homo Sapiens has practically not changed; you and I have the same appearance and the same personal aspirations as a resident of Ancient Egypt and Mesopotamia, but how much the collective status has changed! Over an insignificant historical period, this status has undergone colossal changes – from group cannibalism to a modern humanistic society. That is why we still see echoes of this ancient cannibalism. However, collective development is visible from a historical perspective, and it continues unceasingly right up to the Planetary State, which has gained access to the Universal

Information Field with the Collective Mind provided by regulated Altered States of Consciousness. Not space flights of frozen cosmonauts lasting hundreds of years, but Information Intergalactic contacts beyond time and distance – this is the future of Humanity!

Energy Around Us

“For nonsense, as Chesterton liked to tell us, is a way of looking at existence that is akin to religious humility and wonder.”

Lewis Carroll,

We live in a world of energy. Nature constantly changes in motion, and all processes are manifestations of the Energy of the Universe. We feed on the energy of the Sun, which largely depends on the Cosmic flows of energy. Cosmic flows determine the activity of the Sun. The appearance and disappearance of spots on the surface of the solar plasma directly affect all processes on Earth – from climate fluctuations to stock market surges and social disturbances. All processes on Earth obey the rhythms of the Universe, and you and I are only a tiny part of the biosphere. So we can say that the Earth, with its geosphere, biosphere, and noosphere, is a small piece of the Universe. You and I are children of the Sun!

Albert Einstein showed that a simple formula relates energy and mass. This means that mass is condensed energy. We feed on the energy of light, air, water, and various foods, converting all this into our body's energy and increasing weight (which is joyful for a child but offensive for an adult). At the end of life, body mass

passes into other forms – feeding bacteria and microbes or disappearing into the flames of the crematorium. From a physics perspective, we are an open energy system – constantly generating energy, heat, entropy, and information and exchanging this with the environment. In our body, energy is generated by tiny quantum particles called **mitochondria**. They are in large quantities in every cell of our body, most in the brain and heart. Using oxygen and water, exchanging protons and electrons, mitochondria generate an ATP molecule, which can be converted into another molecule – ADP – with the release of energy. Our technology still has a long way to go before matching the efficiency of these generators. Thus, we generate vast reserves of energy in every cell of our body and can use it as needed. You need to run – energy is released in the muscles; you need to think – we expend brain energy; you want to make love – and there is a source of energy. All these resources are practically endless and easily renewable. Man is the most resilient animal. The horse falls dead, and the rider continues on his way. You can live for a long time without food (some people do without it entirely, but that's boring), although you can't live long without water. I'll give you a story from my practice.

In my youth, I was actively involved in mountaineering and participated in the Soviet Union Mountaineering and Climbing Championships. Every summer, my friends and I went to the mountains and conquered the most challenging peaks in the Caucasus, Pamirs, and Tien Shan. In Soviet times, we could not travel abroad, but there were many beautiful mountainous regions in the Union. Once in the Pamirs, we were going for a challenging climb in preparation for the Championship of the Soviet Union. We chose a peak with a steep 1000 meters long wall (about 3000 feet), which we had to climb for three days, spending the night sitting on narrow shelves. For such ascents, you must

take a lot of equipment: ropes, carabiners, and special devices for attaching to rocks, so you had to count every gram. There were athletes in our camp who climbed this route last year, and they reported that after climbing the rock wall, you come out onto an ice slope, which you have to climb with crampons for about 4 hours to the top. Streams flow from this slope during the day so that you can find a source of fresh water everywhere along the route. After such consultation, we decided not to take water with us at all – why, if we can get it at the right time.

We left early in the morning and climbed briskly in the first few hours. At about 10 o'clock, the Sun came out and did not leave us until the evening. In the Pamirs, the Sun is merciless during the summer – during the day, the temperature reaches 40 degrees (but at night, it can drop below zero). After a couple of hours, I was already very thirsty. But there was no water. The promised streams never appeared. This year, the glacier above changed its configuration, and all the water flowed in the other direction. Thus, we found ourselves without water for three days under the scorching Sun. By the middle of the day, my tongue was swollen and could barely fit in my mouth, and my throat was raw, like a sore throat. I kept small pebbles in my mouth, allowing me to produce a little saliva for some time. By the evening, when a life-giving shadow fell over us, and the four of us gathered on a small shelf, we were exhausted not by physical work but by thirst. I never imagined thirst could be such a painful feeling. Fortunately, we had a can of juice concentrate and enjoyed this thick liquid. There was no talk of any food.

The next day, our torture was repeated—hot rocks, burning Sun, and not a drop of water. Periodically, our consciousness clouded, and I had to concentrate on perceiving reality adequately. During one of the moments of rest, one of our team members, Alexey, said: "Guys, I can't do this anymore; I'm leaving. I know a stream is

approaching; I will go there, and you stay." And he began to unfasten himself from the ropes. We rushed to him and saw that his eyes were empty. We tied him tightly to the rope, and then someone remembered that he had a small bottle of Tajik balsam – an alcoholic herbal tincture. We gave Lesha a teaspoon of this drink, and he came to life. Then we climbed as follows: I climbed 40 meters along a steep rock, attached a rope, and shouted to Lesha: "Do you want balm"? He grabbed the rope and quickly climbed up, where the promised reward awaited him. We also allowed ourselves a spoonful of this life-giving drink.

On the third day, everything continued, but consciousness was already clouded. Like automatons, we climbed up without a single thought in our heads; we had to be especially careful not to fall off accidentally. And then, in the middle of the day, I climbed another 40 meters and found myself under a large ledge. I jumped, pulled myself up on my hands, and fell over the edge of the ledge. And then I saw that I was in a small area covered with ice. I grabbed the first piece of ice, put it in my mouth, and began to suck, not paying attention to the pebbles frozen. It was water! Soon, we all found ourselves on this site and started to melt the ice on the stove, drinking this ice-cold water. We did this until the evening, and in the morning, cheerful and energetic, we headed to the top. The water completely restored our strength, and the previous days seemed like a dream. Lesha could not remember what happened to him.

Another incident happened a couple of years later. We were setting off again for a record climb, but it would take much longer this time. We had to climb a wall of the highest difficulty category for three days and traverse several peaks at more than 5,000 meters. Traverse is a type of ascent when climbers go from one peak to another without descending to the ground.

On the first day, we successfully passed the designated part of the wall, and each sat down on his narrow shelf. We had a water supply with us this time, so Petya began preparing soup on a gasoline stove. Now, everyone uses reliable and straightforward gas stoves, but in those days, they had to use capricious gasoline burners. We rested while waiting for the soup to be ready. At some point, someone called. Peter turned around sharply, and we watched with horror as his elbow touched the pot of soup, knocking it into the abyss along with the primus. There was a general cry of alarm as our dinner disappeared into the abyss. Luckily, we brought a second Primus. As someone began to light it up, the capricious device burst into flames and exploded. At least no one was hurt.

We tried to decide what to do. We were left without stoves; all our products were in dry form – sublimates – which quickly boiled down and provided quite reasonable food. Now, they were of no use. There was no question of going down and interrupting the route. So we collected all the food in one bag and threw it into the abyss. The six of us still had a stick of sausage and a chocolate bar to last us for ten days of severe physical work at an altitude of more than 5,000 meters. In the morning and evening, we lit gasoline in a mug and drowned water from ice. Strangely, we felt no hunger pangs – apparently, the body realized nothing would happen to it and calmed down. Ten days later, after completing our climb, we took a group photo, and we looked like liberated concentration camp prisoners. These examples demonstrate that you can live for a long time without food and simultaneously engage in active work. However, you cannot live long without water. Water is life!

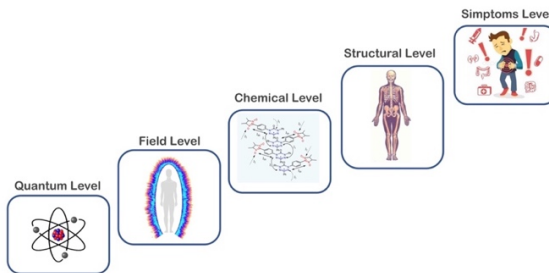
Some processes require enormous energy resources, but that's okay – people cope. What does a triathlon cost? Swim 3.8 km, bike 180 km, and then run 42.2 km. And all this in one day – within 17

hours. Physiologists have learned to calculate energy costs for various activities accurately. However, this is mainly relevant for athletes – most modern people do not spend energy in everyday life but eat without restrictions. Hence, the problem of excess weight practically did not exist in previous centuries. So, when people complain of a "lack of energy" – even a symptom of chronic fatigue – this is not a problem of the physical body but of the nervous system. In such cases, we often see an imbalance in the balance of the sympathetic-parasympathetic branches of our autonomic nervous system. Naturally, these processes depend on the central nervous system – our emotions, feelings, and mood. We control our bodies like a conductor controls an orchestra, but everything goes wrong if the conductor loses control. It should be taken into account that the body works on several levels. The basic level is quantum processes, like exchanging electrons, protons, and photons.

We have already mentioned mitochondria, which work on these principles, but the nervous system is also about the movement of electrons. We emit photons that are produced in many reactions, and the Bio-Well instrument detects these photons. So we're making measurements at the quantum level. Modern medicine has finally become interested in these processes, and the direction of maintaining and correcting the functioning of mitochondria has emerged. Eastern concepts regarding transferring vital energy – Prana, Ki, or Chi – correlate well with this level. It flows through channels – meridians – and all organs and systems are connected by these channels. The existence of this system was proven by Korean scientists and confirmed by numerous experiments. It was called the "Primula vascular system", but most Western scientists ignore these materials, although they recognize the presence of focal points - acupuncture points. Oriental medicine has its

adherents and helps thousands of patients, but not always, like any medicine.

The next level is **field**. We are the source of a whole spectrum of fields – from electromagnetic, including thermal fields, to gravitational and others that are not yet entirely understood. These fields exchange information with the environment and other people. This is our protective shell, the first barrier to external influences. Every second, we are exposed to attacks from the external environment – bacteria, viruses, other microorganisms, electromagnetic fields. If our system is robust, the protective field can withstand these attacks. If it cannot, a malicious agent is allowed to pass through. This is reminiscent of an anti-missile system that successfully repels all enemy attacks. In addition to material impacts, there are also field and information impacts. Our protective field shell also copes with them.



Levels of body functioning

Each level requires its tools. The **quantum level** is primarily light of various ranges – from ultraviolet to infrared. This direction has gained enormous popularity in recent decades. Light therapy is used in treating multiple diseases in neurology when influencing the subtle processes of brain activity, not to mention cosmetology and dermatology. What else can you do to remove stupid tattoos besides laser? It's painful, long, expensive, but you have to pay for the hobbies of youth. Classical scientists easily perceive such

applications of light medicine – we are talking about the physical effects of high-energy light quanta.

Another is the effect of low-intensity light on chronic diseases and even mental processes. The possibility of such processes was categorically denied by classical medicine. That is why light therapy became widespread in the twentieth century. However, movement in this direction was declared pseudoscience and prohibited. Doctors were stripped of their licenses for attempting phototherapy. It was only in the late '80s, when the active development of integrative medicine began that enthusiasts again began to use light in clinical practice. The success of this movement finally silenced the dismissive classical professors. Light therapy is increasingly being used in many hospitals and clinics.

At the **field level** of the body's functioning, it is necessary to use field instruments – devices that generate various fields. Electromagnetic fields of multiple ranges, magnetic and thermal fields were actively used in the Soviet Union for a long time, it was combined under the umbrella of a medical specialty - physiotherapy. Physiotherapy was mandatory in any medical course, and clinical trials were conducted to prove its effectiveness. This was unknown in the West, and Russian devices began to penetrate the West only with the development of integrative medicine. Since then, many companies have started producing such technologies. So now, these methods are accepted worldwide. Electromagnetic fields are one example where the exact impact can heal or cripple, depending on the amount and strength of the effects. The clearest example is homeopathy, where the same substance can be a poison or a medicine, depending on the dose. Electromagnetic fields can treat many diseases, but high-intensity fields can also negatively affect health precisely because they operate at the field level. Being under high-voltage power lines, near mobile phone antennas, talking on the

phone a lot, and holding it near your head is dangerous to your health.

In the Soviet Union, extensive research was carried out, which resulted in the prohibition of any activity under power lines. In the West, such standards have never existed, even though enthusiasts have constantly warned about this danger. The big problem now, of course, is the influence of mobile phones. No matter how much manufacturing companies deny this fact, the influence exists – for some more, for others less. Obviously, we are not inclined to give up our phones. They have changed our lives in many ways, making it much more convenient and providing many opportunities that did not exist before. The most dangerous are powerful radiating antennas. Try to avoid them or be wary and careful not to hold them near our heads. The simple solution is to talk while using headphones. Despite the pressure of large corporations, sometimes ordinary citizens still defend their rights. Our French friends live in a small town in the Pyrenees. A few years ago, they installed an optical cable in the city, giving everyone fast, reliable Internet. Then, the mayor announced that the largest telecommunications company plans to establish an antenna in the city center through which the entire city will be connected to the 5G network, and everyone can use it for a reasonable fee.

This opportunity was presented as an outstanding achievement and a great blessing. Of course, now everyone will be able to install a "smart home" system in their homes, and they will no longer have to flip the switch but will be able to control all devices with their voice. Naturally, the mayor did not mention what must be done if the Internet suddenly turned off. My friends were indignant: this system meant that the entire city would be in a field of constant intense radiation, very harmful to health. They started a campaign to collect signatures against this system, explaining to their neighbors the danger they faced. In the end, they forced the

mayor to abandon the project. Unfortunately, prevailing in situations like this occur rarely. Nobody asks you whether you want it or not. Companies install powerful antennas in agreement with the authorities, but no one cares how this will affect public health. Business first! But let's return to our topic.

The next level of functioning of the body is **biochemical**, the level of millions of reactions occurring every second in our body. Modern pharmacology operates at this level. No one denies the importance of this level and the enormous achievements of modern medicine. The sharp drop in child mortality and prolongation of life are just some examples of these successes. Therefore, when we criticize the pharmaceutical approach, we are rallying against the thoughtless use of powerful drugs. For example, psychotropic medications are misused to correct healthy children's condition, and antibiotics are prescribed for runny noses. The doctor must not treat the disease but the patient, taking into account all the characteristics of his body and psyche and the inevitable side effects of the prescribed drugs. This is one of the principles of integrative medicine.

The next level is **structural**; this includes the musculoskeletal system and the individual structure of organs and systems in a given person. Thanks to modern imaging techniques, this level can be well examined, and if any abnormalities are detected, there are methods of correction and treatment, including osteopathy, massage, and physical therapy. Finally, the highest level is the **level of sensations** and symptoms. When we feel unwell or in pain, this is a signal from the body that we need to pay attention to something. The question is – for what? This is where the doctor's experience and intuition should come into play. If you are lucky enough to get to a real specialist, you have a chance to overcome the problem. But that depends on your luck... Now that we have some understanding of energy, let's talk about **Information**.

Information in the Universe

“Curiouser and curiouser.”

Lewis Carroll. *Alice in Wonderland*

When we talk about information, what comes to mind is the information we regularly receive from the radio, the Internet, and each other. Everything is correct; we constantly exchange information – this is the leading property of a person and the basis for the development of civilization. But in addition to this conscious information, every second we receive information signals from the space surrounding us, which we do not always perceive consciously. We are not fully aware of visual, auditory, and tactile information: people do not notice most of what is happening in their environment, and even if a person walks down the street, deep in thought, he does not see anything around him.

This is a common situation with scientists and creative people, and then friends become indignant: “You walked past me and didn’t even say hello.” In the perception of information our brain is very selective. And what can we say about non-tactile information – various fields and radiations? We do not have receptors for this, and we cannot feel it, regardless of the intensity of the signal. People learned to fear radioactive radiation only after the tragic experience of many scientists who studied this phenomenon at the beginning of the twentieth century. Without special sensors, we will not know anything about the environment in which we may find ourselves.

Moreover, the visible and audible range is a small part of the various fields emitted by the Sun and coming to us from Space. All

these fields carry information. Many animals can perceive this information.

Before an earthquake, rats and snakes leave their holes, and pets begin to worry. In the early morning of February 9, 1971, two police officers patrolling the area of the Californian city of San Fernando were surprised by the countless number of rats that ran in packs through the streets. Moreover, the same groups of running rats were observed at the other end of the city. The reason for this phenomenon became apparent when a monstrous earthquake occurred in the town a few minutes before six o'clock in the morning.

Dogs often sense an approaching disaster in advance. This was first documented in 1783 in Calabria, Italy, where, on the day before a significant earthquake, dogs barked and howled so hysterically that authorities eventually ordered them to be shot. Many dogs were killed, but the survivors continued to bark and howl until a strong earthquake occurred. The same animal behavior was recorded before the earthquakes in Chile on February 20, 1835, in the city of Talcaguano; in San Francisco, 1906; in Argentina in the city of San Juan in 1942; in Assisi in 1997; and before the disaster that occurred in Ismet (Turkey) in 1999. Also in 1999, the restless behavior of dogs and other pets in the Chinese city of Haicheng forced the authorities to evacuate saving many lives because the town was destroyed by an earthquake that same day.

Birds also sense the approaching disaster. At that moment, when the dogs fled from the doomed Talcaguano on February 20, 1835, panic-stricken and shrill seagulls flew in the sky above the city. Seagulls in Iquique, Chile, demonstrated similar behavior just hours before the 1868 earthquake. An interesting picture was observed in Hebgen Lake in the US state of Montana. About 12 hours before the Hebgen Lake earthquake on August 17, 1959, all

the water birds that usually live there took to the air and flew away.

Japanese fishermen often reported the disorientation of fish and aquatic invertebrates in fresh and even deep-sea waters (making them easier to catch). Cases have been recorded of catfish jumping out of ponds before an earthquake and eels, shortly before an earthquake, crawling overland from one body of water to another quite far away. An unexpected abundance of octopuses was noted in the shallow waters of Japan's Ogi Peninsula before the 1939 earthquake. Many deep-sea species, including two common kingfish (*Regalecus glesne*), a six-meter giant squid, a deep-sea filament eel (*Nemichthys*), and a 1.4-meter sawtooth (*Alepisaurus borealis*), were caught at or near the surface just before the earthquake in Japan in 1968.

(<https://decordoors.ru/primery-povedeniya-zhivotnyh-pered-zemletryaseniem>).

Sometimes, earthquake-related movements of underground gases produce infrasonic waves. Birds can sense these waves using low-frequency sounds as cues during their long-distance flights. It turns out that animals that feel early signs of earthquakes can sense an excess of positive electrical ions in the air. These ions accumulate before an earthquake due to the powerful compression of underground rocks. Dogs, cats, snakes, birds, and aquatic animals can recognize these ions. People usually react to increased positive ions in the air by feeling worse, lethargic, and tired. But, naturally, this is only one of many factors influencing our lives, and it is almost impossible to determine the specific source of influence.

At the same time, some people are more sensitive to information signals. A striking example is the reaction to radiation from a mobile phone or Bluetooth. There is already an official diagnosis –

electromagnetic allergy. Such people cannot use a telephone or be in front of a computer screen. In severe cases, they feel good only in areas shielded from fields. You can imagine how difficult this makes their life. A good friend of mine, as soon as he gets into the range of Bluetooth, his head starts to hurt. Fortunately, Bluetooth radiation does not spread over long distances.

One test was the ability to sense a magnetic field when testing psychics. The box contained a coil, and the current turned on according to a random law, generating a magnetic field. You had to guess the moment the field appeared, and many succeeded.

In reiki and sensory courses, people are taught to feel the field from each other's palms. I'm not even talking about the intuitive premonition of future events, which is not such a rare occurrence. Read books by Gabriel Garcia Marquez and Isabel Allende. I also have some experience in this regard.

When I began to engage in mountaineering actively, one day in the mountains, I met an experienced climber, and we made several ascents together in the Pamirs. He told me: "If you want to survive in the mountains, learn to sense your surrounding's subconscious signals and trust your intuition." By then, I already knew many psychics had taken Reiki courses, and this instruction did not sound strange. I began to listen to my feelings, which helped me a lot on challenging climbs. When a cloud descends on a mountain, and you must move in a complete fog, or when you need to find a passage between cracks on a glacier, you cannot do without intuition. One incident made a strong impression on me.

We climbed with a group of dischargers to the training peak. As an instructor, I had to assess the readiness for independent ascents. Early in the morning, we left camp,

walked along the glacier, and began climbing a long snow-ice couloir, after which we climbed onto a rocky ridge. Three hours later, we were at the top. The weather was beautiful: the sun was bright, and the surrounding peaks shone with cosmic beauty. After admiring the stunning views, we began our descent.

The descent in mountain climbing is an essential part of the route. Many accidents happen on the descent when people get tired and lose their vigilance. We approached the couloir, and then I said: "Let's sit here, have a snack, and admire the surroundings a little more." I don't know why I decided, because the camp was less than three hours away. But the guys obeyed, and we sat down in a small area and pulled out snacks. About 15 minutes passed, and suddenly, a wave of air covered us, and a terrible roar was heard – as if a powerful shell had exploded. And we saw that the snow in the couloir trembled and rolled down with increasing speed, forming a powerful avalanche. Each of us imagined what would happen to us if we were there at that moment. I certainly wouldn't be writing this book now.



On the way to the summit. 1986.

So, if you intuitively feel something, you should probably trust this information.

The magic of consciousness. Is the brain a biological computer?

“Who in the world am I? Ah, that's the great puzzle.”

Lewis Carroll. Alice in Wonderland

It's exciting to see how much the sciences of consciousness have developed in the 21st century and started to understand more and more about consciousness. It took over 200 years of Western scientific thought to finally stop looking at human beings as just biological mechanisms and admit that we have something more than just physiological reflexes. Survival, food, and sex were the main things that defined existence.

Physiologists describe the mechanisms of each of these phenomena in detail, which is perfectly valid for animals. Take the male dog, for example. He'll run any distance if he gets a whiff of a female dog ready to mate. He doesn't care what she looks like or what her name is.

In humans, it's a whole other ball game. Of course, there's that special connection between young boys and girls, and that's normal and understandable, especially with all the efficient contraception options we have these days. But there's also love, and it's not just about sexual attraction. It's a much more complete and complex feeling. Love makes you see the world differently, making you want to do things for the other person, even if it might mean giving up a career or a comfortable life. After all, the whole of world literature is devoted to this feeling. And this is just a tiny part of most people's vast, beautiful, complex spiritual life.

Consciousness has become the subject of study in various sciences - psychology, linguistics, medicine, and physics. In the 21st century, the primary focus of scientific research into consciousness has become neuroscience. It's incredible that we now have tools that let us observe the activity of neurons in real-time, giving us a wealth of information about how the brain works.

Scientists have learned to see the 'work' of a single neuron in real-time; isn't that amazing?! They can observe the whole brain and its structures in action. And with new molecular genetic methods, they can now manipulate specific groups of neurons. This has allowed us to see how stimulating or inhibiting certain types of neuronal networks affects the behavior of experimental animals. All of this has completely transformed neuroscience and led to the development of fascinating new fields like computational neurobiology. This field tries to explain how the parts of the nervous system that scientists can see and study work together to make us behave the way we do. This fascinating field combines the study of neurophysiology, cognitive science, and psychology with electrical engineering, computer science, mathematics, and physics.

The phenomenon of **neuroplasticity of the brain** was discovered. It was shown that the brain does not develop only in childhood; it can change throughout life. This means that we can overcome things like traumas and strokes and keep our brains active and healthy into old age without Alzheimer's or dementia.

The discovery of **mirror neurons** has taught us much about empathy and how our brains react when we connect with other people and animals. It's amazing how our brains are wired to understand each other and be social.

The understanding of brain chemistry, in particular the discovery of **neurotransmitters such as serotonin, dopamine, and endorphins**, and thanks to this knowledge, we can now understand how they affect our moods and create efficient drugs to help with depression and influence cognitive function.

The same purpose is served by electrical and magnetic stimulation of specific brain areas, which is widely used in psychiatric and neurological practice.

An interesting line is using brain electrical activity signals to control external devices, like working on a computer. This is usually done with an electrode cap on the head, but the idea of putting electrodes straight into the brain is even more exciting. This has been amazing for people who have been paralyzed because it's allowed them to communicate with the world and not feel like they're being left out. One of the most inspiring examples is the brilliant physicist Stephen Hawking (1942-2018), who suffered from severe motor neuron disease. For enthusiasts, there are already world championships for 'mental' computer control. Cochlear implants are also worth mentioning because they directly transmit sound signals to a chip implanted in the brain. Thousands of deaf people around the world have begun to hear. A similar device for blind people is not far off.

Another fascinating area of research is dream management. People have been developing the ability to control their dreams for many years. We've all had dreams where we realize that they're just dreams and not real life. And sometimes, you might even wake up and remember the dream, especially if something exciting happened. It turns out that there's a whole field of mental training that can help you do this on purpose. You can learn to enter a dream whenever you want, explore different countries and worlds, meet fascinating people, and even get into intimate relationships. This is called 'lucid dreaming' (LD).

Scientists have recently discovered that people with LD can communicate with researchers in a control room! Even better, the person in the control room can chat with the dreamer and give them instructions to do something in the dream. The researchers asked the sleeping participants to solve some math problems; amazingly, they got the answers right every time! When asked, 'What is eight minus six?' the dreamer responded with two eye movements from left to right. In other experiments, they asked yes-or-no questions, and dreamers frowned to answer 'no' and smiled to answer 'yes,' with their movements recorded by electrodes around their eyebrows and mouths. Now, sleep researchers are using cool new technologies to interact directly with the dreaming mind. Neuroimaging studies are revealing unique patterns of brain activity that occur during LD. Brain imaging shows that the sensorimotor cortex interprets dreams as 'reality.' For example, when we dream of clenching our fists, the motor cortex becomes more active, and the forearm muscles twitch. The researchers asked the participants to lie in bed with their eyes closed for 20 minutes while a taped voice told them to pay attention to their bodies and senses. To make sure they were focusing, there were beeps and flashes. When they fell asleep after that, the same beeps and flashes during REM sleep reminded them about the need to hold awareness. And 50% of the time, these participants had lucid dreams – more often than when they weren't given these sensory cues!

This research could lead to the creation of wearable devices programmed with algorithms to determine the most suitable times to help you control your mind during sleep. Imagine a future where bracelets and watches become your sleep aides, helping you banish nightmares and gently guide you toward more pleasant dreams. That's the promise of this research,

according to Dr. Michel Carr, the director of the Dream Engineering Laboratory at the Centre for Advanced Research in Sleep Medicine in Montreal.

It's all about controlling dreams, and it's crucial because nightmares can be a sign of serious mental and health issues, not to tell about sleep disorders. We're talking about things like addiction, psychosis, narcolepsy and insomnia. Plus, it can even increase the risk of feeling anxious or depressed, and sadly, in some cases, it might even lead to thoughts of suicide.

These achievements are awe-inspiring, and it's so great to see neuroscience evolving constantly. It is not a wonder that neuroscientists have received so many Nobel Prizes in physiology and medicine.

However, as Dr. Thomas Südhof, winner of the 2013 Nobel Prize in Physiology or Medicine, points out, even though all this amazingly complex and innovative research is impressive, it doesn't help us to understand the brain much better. The focus of neurobiological processes is primarily on the individual functions of neurons and conductive pathways, various brain structures, and the significance of damage to these formations for the emergence of certain diseases. There are still so many fundamental problems with how the central nervous system works, and there are even more questions about how our consciousness works.

Dr. Wilder Penfield (1891 -1976) was one of Canada's foremost neurosurgeons. He is best known for discovering a surgical treatment for epilepsy and mapping the brain. He was also the founder and first director of the world-famous Montreal Neurological Institute. He wrote:

“Higher mental functions – such as consciousness, reasoning, imagination and will – are not produced by

the brain: mind is nonphysical phenomenon interacting with a brain.”

Sir John Eccles (1903-1997) was an Australian neurophysiologist who won the 1963 Nobel Prize for his work on the synapse. :

“Humans have nonmaterial mind – belonging to the material world – that acts upon, and influenced by, the material brain, - which belongs to the physical world.”

Russian neurophysiologist Dr. Tatiana Chernigovskaya's works focus on the problems of consciousness and language:

‘The parallel description of neurophysiological processes and mental states does not help in any way to answer the question of how the behavior of the neural network generates subjective states, feelings, psychological responses and other high-order phenomena. Without a change in the fundamental ideas about consciousness, such a ‘failure in explanation’ cannot be overcome, and here the decisive role of analytical philosophy is indisputable.’

Many such statements can be cited. Many top neurophysiologists and biologists think that consciousness isn't something that comes from the brain, but is actually a separate thing, a part of the **collective field of consciousness**, and the brain operates like a receiver-transmitter of information. And this is especially true for the highest forms of consciousness.

When we talk about any subject, we must first of all introduce a definition. Of the many controversial definitions that can be found on the Internet and in scientific literature, I like the following:

Consciousness is the ability of a subject to respond to information from its surroundings and to change its behavior according to that information.

As this definition implies, every single biological cell has consciousness, which also applies to all kinds of complex biological objects. The only difference is the level of consciousness, which I talk about in more detail in my other books. First, there are cells, then multicellular organisms like bacteria, viruses, microbes, and so on, then plants, animals, and finally humans. So, it's pretty clear that the level of consciousness of a dog and its master is different (although it's not always easy to see the difference). We can clearly distinguish various levels of consciousness in the human community, from the last vagrant on the street to thinkers and prophets who influenced the world's destinies.

You might say that consciousness is all about sharing new information with other members of our species, but actually, it's not just us humans; all animals have ways of communicating and working together in groups. Even plants have been shown to exchange information, which is pretty incredible when you think about it. So many cases of memory being transferred from the donor during organ transplants show we can talk about cell memory. Of course, one can brush off such isolated reports, but often, enormous implications emerge from small details.

It is vital to understand that a person's individual consciousness is part of the **collective consciousness of Humanity**. We are all individual subjects of this world, with our psyche, memories, and habits, and at the same time, we are all members of a single world community. Human beings cannot exist alone - isolated examples of hypothetical monks in the caves of the Himalayas do not change this fact. Without Friday, the Robinsonians on the islands eventually touched their minds. All significant events in

human history, from the creation of great civilizations, the advent of writing, and the steam engine to bloody revolutions, have been due to many people being carried away by a single idea.

Consciousness is not a product of the brain's neurons or the microchips of computers on which artificial intelligence systems operate.

Consciousness is a collective phenomenon formed by evolution in the historical development and interaction of global civilization systems.

Countries, empires, and Civilizations constantly interacted with each other, exchanging ideas and technologies, which ensured the development of Humanity as a whole.

The history of Humanity is the history of the spiritual ideas of the collective consciousness.

It wasn't about power and money but people coming together for a greater cause. Whether religion, revolution, or building an empire, it was about serving a higher idea and being part of something bigger. It's incredible how many people were united by an idea, and you could say a field of consciousness united them. Take the creators among us - the artists, poets, composers, scientists - who, against all odds, produced such incredible works out of nothing. They drew inspiration from the collective consciousness of Humanity. Some people, like Mozart, Donizetti, or Tesla, could effortlessly tune into this field, while for others, it was a journey of growth and learning.

I used to think -

This is how books are made:

A poet came along,

A poet came and opened his mouth

And immediately the inspired simpleton sang.

Please!

But it turns out-
 Before he sings,
 He is walking around with fermentation,
 Of a foolish wobble of imagination.
 While they're boiling away the rhymes and beeping,
 A brew of loves and nightingales,
 The street is squirming with no language.
 It has nothing to shout or speak!

Mayakovsky V. V. Cloud in trousers.

Outstanding Russian writer Nikolay Gogol often experienced genuine suffering, putting to fire what he considered immature and unworthy of his talent. He was well aware of those periods of 'lethargic mental inactivity,' which he had to overcome during hard work. The author of 'Dead Souls,' best of all, felt how sometimes 'poor' his talent was, powerless to discover what 'piled up' in the writer's soul. Feodor Dostoevsky felt this most acutely, and working on a new book was a process of great pain and frustration for him. Each novel was a journey of many stops and starts, where he had to push and pull at his ideas and rework them until they felt just right. It was a battle and a testament to his talent that he could do it.

‘On my part, there is only one reason: terrible hard labour, beyond my strength. In the last three months I have written and handed in up to 12 printed sheets! I have upset my health, abandoned everything: meetings, visits, letters. Yesterday I sent the last five sheets of my novel to ‘Russky Vestnik’ and now I am starting the last part of the novel.

From F.M. Dostoevsky's letter to
 V.F. Putsykovich on 21 January 1880.

But what a pleasure it is when the Creator finally creates something extraordinary and realizes how wonderful it is. **'Aye,**

Pushkin, aye, son of a bitch! – exclaimed great Russian poet Alexander Pushkin when he finished his drama "Boris Godunov". And we share this admiration with him.

But let us not delve into the processes of creativity and communication with the information field; let's move on to other aspects of consciousness.

Today, we've shifted from the mystical and esoteric to the scientific study of abnormal mental experiences. Hypnosis has been used in clinical practice for a very long time, but until now, there has been no scientific understanding of how it works. Why is it that some people can be hypnotized and others are not? Could there be something like 'mental hypnosis' that can reach someone who's not even there? Is it the same as mental or spiritual healing, or is it something else?

And this is just one way in which information can influence our consciousness. There are also some pretty out-there things, like telepathy, communication with spirits, telekinesis, postmortem existence, and many things that have always been beyond the scientific paradigm. Understandably, scientists might be hesitant to fully embrace these concepts, as they might affect their professional reputation. But psychiatrists have always known that we're complex creatures with a multilevel consciousness that's not just about basic physical reactions. Russian psychiatrist Professor Vladimir Mikhailovich Bekhterev (1857-1927) did experiments with the animal trainer Durov to train dogs mentally. Many people can communicate with horses, which is impressive. Bekhterev's granddaughter, academician Natalia Petrovna Bekhtereva (1924-2008), director of the Human Brain Institute in Saint Petersburg, Russia, was interested in unusual manifestations of human consciousness, visited the Bulgarian soothsayer Vanga, and conducted experiments to investigate Russian mental training 'blind vision,' which allows

blind children to read books and communicate with a world. I was so lucky to work with her during these experiments. We published the main results in a scientific article, and I described the process in previous books.

I'm happy that attitudes towards unconventional research have significantly changed over the last 30 years. It's so interesting that parapsychological societies have been around Europe since the early 19th century. Thousands of people have been turning tables and summoning spirits for years. Theosophy, pioneered by the inspiring figure Helena Blavatsky (1831-1891), captivated many, and it would be wonderful if more people in the 19th century explored the world of spirits instead of making bombs and killing authorities. In Russia, the esoteric teachings of Helena Roerich (1879-1955) became very popular, although in Soviet times, her books could only be found in samizdat.

In the 20th century, interest in parapsychology declined, but in the 1980s, the field of bioenergetics began to develop. Many people gathered to chat about it and even held conferences, but it didn't get any official support. Official science did not pay attention to the efforts of enthusiasts. But, at the same time, secret institutes were doing their research on telepathy, mental influence, and, in particular, the abilities of an amazing healer, Djuna Davitashvili (1949-2015) - called the 'Kremlin's female Rasputin.' Unfortunately, these studies didn't uncover any interesting data because, back then, the equipment just couldn't pick up on any unusual radiation from her hands. It seems the research strategy wasn't quite right.

Another approach was used by Professor Gennady Nikolayevich Dulnev (1927-2012), Rector of Leningrad ITMO University, who, in the 70s, organized a fascinating study of the influence of the psychic Roza Kuleshova (1940-1978) on physical sensors. Kuleshova had exceptional abilities, like reading texts with her

hand, moving small objects without touching them, and spinning compasses. She even, in a couple of minutes, burned the man's hand (he said he didn't believe in anything like that, calling it all quackery). Dulnev did a lot of research and proved that Kuleshova's non-contact effect on physical sensors, including a laser beam, was real. But this didn't stop people from calling her a fraud and officially 'unmasking' her. Dulnev couldn't publish his results at that time, as they went against the official Soviet doctrine. He finally did so 2004 in a small brochure, which has long since become a bibliographic rarity (Dulnev, 2004).

This continued through the 90s when we experimented with the wonderful Russian psychic A.V. Chumak (1935-2017). We wanted to publish the results, but by that time, it just wasn't possible. In the Russian Academy, a comity was formed to look for 'pseudoscience' and fight against these 'false scientists.' I was pleased to be included on the list of this commission, along with outstanding scientists N.P. Bekhtereva and V.P. Kaznacheev.

Those times are gone, my friend. There is no trace left of that commission, and we've published hundreds of articles and dozens of books. As they say, time puts everything in its place. It's so great to see that so many journals worldwide are open to publishing articles on unconventional topics. Every year, we meet at conferences on consciousness, where we chat about how consciousness affects physical and biological systems. In the following chapters, we'll share our exciting results with you.

We have already talked about the multilevel structure of the human being. With all its clever functions, our consciousness is a part of this structure. It makes us tick and connects us to the world and the Universe. Since ancient times, wise people in the East have understood this and written about it in their philosophies. One of the concepts developed by the Indian Ayurveda philosophy is the concept of **Chakras**. These are like

the centers of our energy and information structure, and they help to regulate the movement of energy and information in our bodies, depending on how we're feeling physically and mentally. In classical teachings, seven chakras are located along the Sushumna channel, which runs along the spine. The Bio-Well system has a program that calculates the energy and position of the chakras. We can see this as a positive thing when they're balanced and in line with the center line. It's something we can work towards through meditation and mental balance (Fig.6). But for people with mental health issues, the chakras can get a bit out of whack (Fig. 6). Each shift is linked to a particular psychological state. If the nervous system is highly labile (this is usually the case with young people and people with unstable psyche), the position of the chakras varies greatly from measurement to measurement.

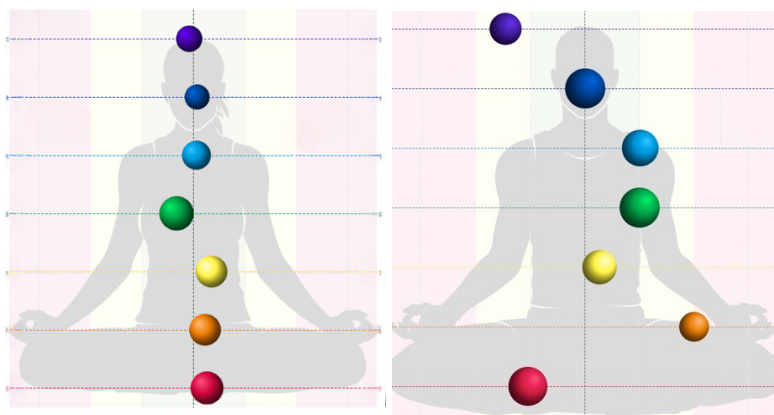


Fig. 6. Bio-Well picture of chakras as a result of meditation and for a person with mental problems.

Many psychologists working with Bio-Well use this program to analyze a person's psychological state gently, and the BioCor device is great because it allows this state to be corrected. This device is pretty amazing – it uses an individually created music file and sends weak high-frequency pulses, which leads to the

harmonization of the cells' vibrations. This effect is similar to the influence of the Schumann frequencies of the geomagnetic field, which in today's world are overlaid with a huge chaotic spectrum of artificial fields (Nevoit, 2025). Just 10 minutes of BioCor application can make a real difference (Fig. 7).

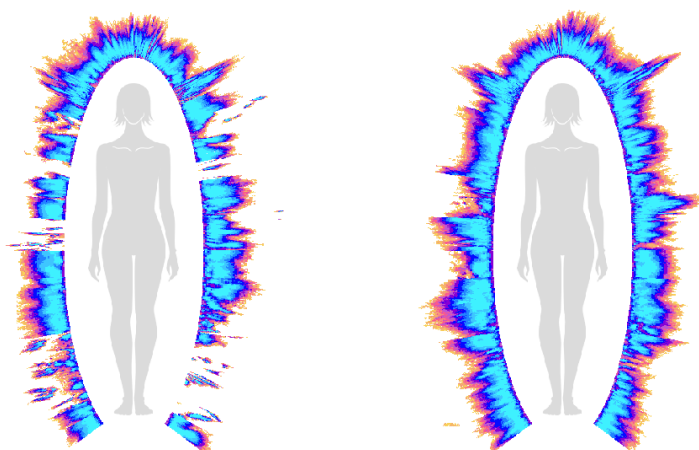


Fig.7. Field and Chakras of a person before and after the BioCor device.

So, consciousness is a complex part of the natural world, primarily developed in humans. It's a part of the information field that connects all of us, linking each of us with the universe's consciousness. It's also how we interact with the world around us and each other.

Everything we have discussed and will discuss in this book applies to mentally healthy people in a state of adequate consciousness. Problems like brain damage, genetic diseases, head injuries, and strokes can disrupt normal neuronal functioning and lead to strange behavior. And, you know, if you drink too much alcohol, take drugs, or use other substances that change how your brain works, it can have the same effect. This shows just how important the brain is for our consciousness. But this doesn't mean that the brain 'produces' consciousness like

the stomach produces acid. The brain is like a computer, and our genes are like icons on the desktop. But everything just sits there until you open a program or touch an icon with your mouse. A talented musician in a tribe of Amazonian Indians will bang a drum brilliantly, but that doesn't make them the new Mozart. And then there's the identical twins thing - one girl has an allergy, and the other can scarf down a bun without any consequences (apart from her waistline). So, who's in control of our computer? We'll chat about that next.

Consciousness Paradoxes

"But I don't want to go among mad people," Alice remarked.

"Oh, you can't help that," said the Cat: "we're all mad here. I'm mad. You're mad."

"How do you know I'm mad?" said Alice.

"You must be," said the Cat, "or you wouldn't have come here."

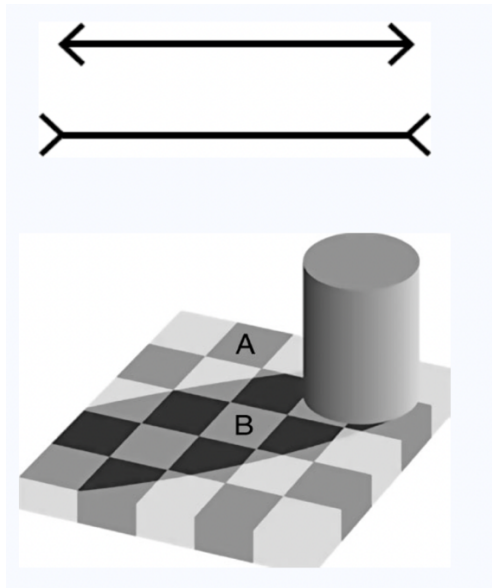
Lewis Carrol. Alice in Wonderland

We look around us and think we perceive the reality surrounding us. But is it really so? Is what we see an objective fact, or does it just seem that way to us? This was the ancient question of philosophy: does the objective world exist? Do we create it in our minds or just see shadows on the cave wall? Let's assume that the world is objective but that our consciousness often perceives it paradoxically. Let's agree right away - we are not talking about hallucinations, mental aberrations, or the influence of psychotropic substances, from alcohol to marijuana. We are talking about the peculiarities of the perception of reality by a healthy brain.

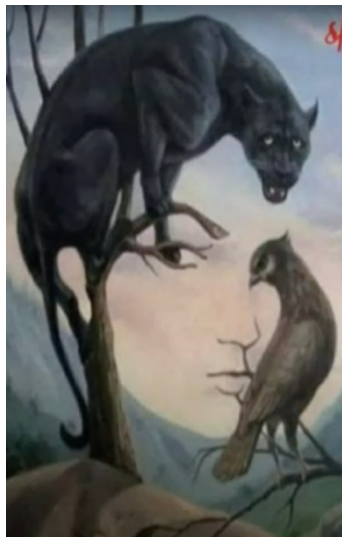
There are several optical illusions that authors of popular physics books like to cite. On the one hand, they are illusions, but they appear the same to all people, i.e., they reflect some inconsistencies in the workings of our brains, so they can be called "objective illusions." Looking at the following picture, it seems the lower segment is longer than the upper one. But if we take a ruler and measure both segments, we will see they are equal in length. When looking at the second picture, it seems that cells A and B are of different shades. The shade of gray in

these cells is the same. But the illusion is powerful, because the brain completes reality according to its ideas about it, using and combining previous knowledge that:

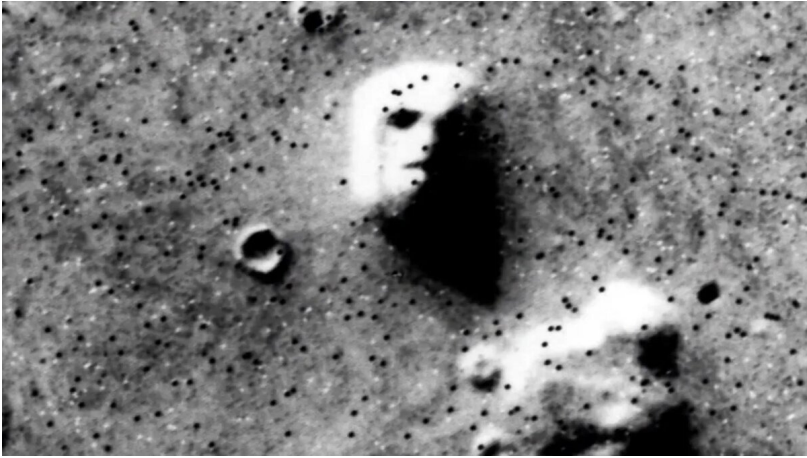
- The chess squares alternate evenly;
- They are different in color;
- The shadow should darken.



There are many interesting illusions.



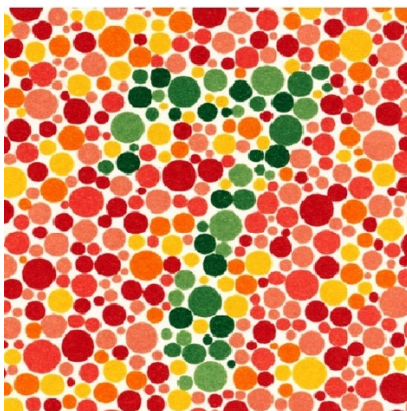
When we look at these images, we move easily from one to the other, but it is not always so simple. Our brains tend to find an image of a human face in a variety of natural phenomena - on a rock, a tree trunk, even on Mars (Fig.)



Martian "face".

In photographs taken by the Voyager spacecraft in 1988, enthusiasts saw multifaceted pyramids and an image of a human face. The face is about 2 km long, 1.5 km wide, and 400 m high. For many years, this "face" was popularly discussed as evidence of the presence of civilization on Mars until high-resolution images from the Mars Global Surveyor spacecraft in 1998 proved that they were simply folds in the rock. UFO believers were greatly disappointed.

Such illusions are known as pareidolia. This illusion is based on the human brain's ability to reconstruct familiar images from blurred symbols. In particular, to see numbers in a pattern of multicolored dots used to test for color blindness.



An example of an image used to test for color blindness.

Another interesting property of human perception relates to vision. The human eye has a blind spot - an area of the retina that is not light-sensitive. Due to the peculiarities of the structure of our visual organs, there are no light receptors in this area. But we do not notice this because the brain deceives us. When we look with both eyes, we do not see the blind spots. The same thing happens when we close one eye. In this case, the brain 'downloads' the image from the other eye. But it is still possible to see a blind spot. Use this image:



- Close your right eye and look with your left eye at the right cross in the circle.
- Without blinking, move your face closer or further away from the monitor.

- Use your peripheral vision to follow the left cross without looking at it.
- At a certain point, the left cross will disappear.

This exemplifies how we don't always see what we look at. A typical example is if a gorilla walks across the court during a basketball game, no one sees it. Another example: a hooligan snatches a girl's handbag in front of five people and runs away. If the witnesses are interviewed separately, they will all give different accounts - different colors of the robber's shirt, various heights, not to mention the color of his hair. When the witnesses hear each other during questioning, the majority tends to go with the view of the most authoritative person.

Another paradox is the **problem of other minds**. When we meet another person, it seems intuitively that they think and perceive the world the same way we do. But this is not at all obvious; it is quite the opposite. Even the perception of sensations is different - an artist sees the world much more richly than an ordinary person, and the Indigenous people of the Far North have 30 names for snow in their vocabulary. In contrast, it is all "snow and snow" for an ordinary person. This contradiction was most evident during the clash of civilizations. Chinese and Persian ambassadors were perceived as strange creatures at European courts, and Asians were uncomfortable with the smell emanating from Europeans: strange costumes, customs, and strange language. The inhabitants of the Inca Empire could not imagine that meeting the demands of the bearded aliens and filling the room with gold would not save their ruler from execution. They had a code of honor that Pizarro completely lacked, which did not prevent him from becoming governor of the newly conquered land. What can I say? Every young man imagines that his girlfriend thinks the same way he does and gets irritated when confronted with a different perception. Only

much later do some couples begin to understand that men and women are different creatures with different physiologies, brain and body structures, and psyches. Not to mention that there are people with multiple personalities, or split-brain patients, who have not one but two consciousnesses, if not two personalities, coordinated separately by the right and left hemispheres. This situation is beautifully described in Daniel Keyes' novel "The Mysterious Case of Billy Milligan." As the famous Russian psychophysicologist T.V. Chernigovskaya writes:

"We are faced with a paradox: the brain is in the world, and the world is in the brain and primarily determined by it. Given the possibility of disturbances in its proper (to what?) functioning, can we trust the brain? The appearance of hallucinations, for example, occurs when the information supplied to our consciousness does not come from the senses but is generated by the brain itself because of the failure of the neural network programs. Let's try to understand the definitions.

The term consciousness has at least two different meanings: as a characteristic of such a quality in living beings and as the presence of certain levels and states of consciousness. There are many different meanings given to this concept. The most important meanings are as follows:

- The state does not manifest itself in sleep or coma. So, how do we define the state of sleep, hypnosis, etc.?
- We are not only conscious, reflective beings but also aware that we are conscious. What about small children? Highly developed but non-speaking beings? When does consciousness appear in phylo- and ontogenesis?

- The so-called What is it... when it is proposed to imagine what the world is like from the point of view of another consciousness - a bat with its echolocation, for example, or an octopus. In this sense, any conceivable extraterrestrial creature is hardly more incomprehensible than any terrestrial animal. Joseph Bogen, an American neurophysiologist working in the group of Roger Sperry, who won the Nobel Prize in Physiology in 1981 for his studies on the functional specialization of the hemispheres (on patients with the so-called bisected brain), elegantly described consciousness. Bogen compares consciousness to the wind: you cannot see or catch it, but the results of its activity are noticeable - bending trees, waves, or even tsunamis. The brain is not the sum of billions of neurons and their connections, but such a sum, plus the individual experiences that have shaped and tuned this instrument - our brain. Perception is the active extraction of knowledge and construction of the world. Different living systems do this differently, extracting different features from the world (such as magnetic fields or polarised light) and constructing different worlds. Different bodies give different images of the world. The presence of the subjective world and the subject distinguishes a person from a cyborg. For the time being... The difference between a person and other biological species, from computers and "zombies," also consists in possession of "arbitrium liberum" - free will, the ability to make a voluntary and conscious choice and to agree with the decision made - voluntarius consensus."

Our perception of the world is subjective and depends on many circumstances. First of all, this applies to the perception of time. In childhood, time flows slowly, and each day is filled with events; a month is a large part of life. Over the years, the passage of time "accelerates," and the years begin to fly faster. Only significant events, different from everyday life, remain in memory. That is why it is so important to travel - to prolong your life. When we sit in a long line to see a doctor, time flows slowly, but when we have fun with friends or watch an interesting movie, time flies. Psychologists point to many more moments when our brain deceives us. However, perhaps one of the most striking manifestations of this deception, this "perceptual blindness," is love. A person in love cannot objectively evaluate the object of their passion; no amount of persuasion or explanation will help. Deficiencies obvious to others do not exist for a person in love.

My mistress' eyes are nothing like the sun;
Coral is far more red than her lips' red;
If snow be white, why then her breasts are dun;
If hairs be wires, black wires grow on her head.
I have seen roses damasked, red and white,
But no such roses see I in her cheeks;
And in some perfumes is there more delight
Than in the breath that from my mistress reeks.
I love to hear her speak, yet well I know
That music hath a far more pleasing sound;
I grant I never saw a goddess go;
My mistress, when she walks, treads on the ground.
And yet, by heaven, I think my love as rare
As any she belied with false compare.

William Shakespeare. Sonnet 130.

About God, Angels and Demons

“Imagination is the only weapon in the war against reality.”

Lewis Carrol. Alice in Wonderland.

The whole world is divided into believers and non-believers. Believers believe that there is something higher than our earthly life - it could be God by various names, the Supreme Mind, the Consciousness of the Universe, or wise extraterrestrials. Non-believers believe that there is nothing but the material world and that everyone of us live in its own little world. As we can see, there is no fundamental difference. Some believe that there is something higher, others that there is nothing and everything is material. Both views are unprovable, so you have to believe in one or the other.

Faith is a powerful support in life, it allows a person to overcome inevitable difficulties and problems more easily, to believe that after the most difficult moments there is light at the end of the tunnel, and in the worst case - there is something after this life. Belief should not be confused with religiosity. Religion is a way of uniting people around a single spiritual idea that is simple enough to understand and that allows you to hope for someone with a spiritual mission to help and encourage you in difficult times. People always went to the priest with problems, with confessions, and a true spiritual shepherd supported people and guided them on the right path. Many people who had lived an unrighteous life, who had sinned, who had led a dissolute life,

suddenly experienced a catharsis and came to religion. To faith, but through religion. And the Church tried to find the best ways to influence people.

I have always wondered why Catholic countries worship the Virgin Mary. Of course, Jesus is the main symbol, the central element in all cathedrals and churches, but people pray to the Virgin Mary - a simple woman, the mother of Jesus. Once we were in Portugal and our guide explained this phenomenon to us.

When Portugal began to conquer the East in the 15th century, the missionaries came after the soldiers. Their mission was to bring the Christian faith to the lost pagans. They were faced with the fact that the local "savages" did not understand how it was possible to worship a dead body and one that had been executed strangely. At the same time, most of the eastern countries were matriarchal, with a cult of the mother. So, the Jesuits decided to create a cult of the mother, the woman, the Virgin Mary. This faith spread immediately, and the missionaries later successfully applied it in the Missionary work in Mesoamerica. Now, all the countries of Latin America are Catholic, and they pray only to the Virgin Mary. Of course, Jesus dominates all the churches, but in the main procession, they carry a statue of the Virgin.

Religion also governs society by introducing moral standards that distinguish a civilized society from a band of robbers. And, of course, a method of controlling individuals. And whole states. The Catholic Church often placed itself above kings and the law. Conflict with Rome sometimes cost the most powerful rulers dearly.

The emperors of the Holy Roman Empire of the German Nation tried to free themselves from the power of the Roman Church,

appointing bishops and collecting taxes. The struggle lasted a whole century, but Rome had a powerful weapon - the excommunication of the emperor and even the entire country from the Church. This meant the end of religious services and the closure of churches - no baptisms, funerals, or weddings. Where could a poor peasant go? A difficult situation. Pope Gregory VII (1015-1085) was particularly active.



Pope Gregory VII (1015-1085)

The stubborn struggle led to Gregory VII deposing the bishops who had broken with him in 1076, declaring Emperor Henry IV (1050-1106) excommunicated, depriving him of the Italian and German kingdoms and freeing his subjects from their oath and obedience to him. The excommunication of a king was a completely new phenomenon in history, and this increased the danger that the Pope, having freed the monarch's subjects from the feudal oath, would strip the royal power and the entire system of ecclesiastical sanctity. In January 1077, under pressure

from the German princes, the Emperor was forced to appear unarmed, with his wife and child, accompanied by several bishops, before the walls of the mountain fortress of Canossa, where the Pope was at the time. After three days of penance - standing in the castle courtyard - the Pope was forced to absolve Henry of his sins and admit the king and his bishops to the Church. Henry's return to the bosom of the Church also meant that he had regained his royal dignity.



“Canossa standing”

But Henry took cruel revenge on Pope Gregory. With the support of the German princes, he marched on Rome with a large army. After defeating the papal troops, Henry occupied Rome, and the Pope barricaded himself in the impregnable castle of Sant'Angelo. Pope Gregory was deposed, and Clement III (1080-1110) was solemnly elevated to the papal throne, from whose hands Henry accepted the imperial crown. Pope Gregory called in the Normans, and at the end of May 1084, Robert Guiscard arrived with a large army and freed the Pope. Henry and Clement were forced to leave Rome. The fierce Norman warriors sacked Rome during the fierce battles. The wrath of the

Romans turned on Gregory, who had summoned the Normans, and he fled the city with his rescuers. Never to return, he died in exile in Salerno among the Normans on 25 May 1085.

The struggle between spiritual and temporal power continued for several centuries. Still, the Roman popes eventually managed to establish their control over all of Europe and even tried to develop their state. The Church accumulated enormous wealth, which led to a departure from the commandments of Christ. The highest clergy lived in luxurious palaces, openly had mistresses, and gave cardinal robes to their illegitimate children. In the early 16th century, Pope Leo X granted indulgences - complete remission of sins - to those who donated money for the construction of St Peter's Cathedral in Rome, after which the bishops began selling indulgences to anyone who wanted them - regardless of whether the buyers of these charters repented of their sins.

This led to the Catholic priest Martin Luther's complete disillusionment with Catholic doctrine and the publication of 95 Theses in 1517, which fundamentally refuted the postulates of the Roman Church and criticized the sale of indulgences in particular. According to Luther, the state should not depend on the clergy, and the clergy was not obliged to act as an intermediary between man and the Lord of all. Martin did not accept the pronouncements and requirements of priestly celibacy and destroyed the authority of papal decrees. In 1521, he was accused of heresy, but supporters of Lutheran ideas helped their master escape by staging the kidnapping. Luther was imprisoned in the Wartburg, where he worked on translating the Bible into German. After 8 years, Martin's Protestantism was officially accepted by society and began to be considered as one of the currents of Catholicism, which led to the split of European society, brutal wars between Catholic and

Protestant countries, the St Bartholomew's Day Massacre, and the break of the northern countries of Europe and England with Rome.



Martin Luther

The history of all religious movements is full of dramatic events. The destruction of dissenters led to the bloodiest wars, whether it was Catholicism, Anglicanism, or Islam. People have destroyed each other because others interpreted the Bible or the Koran differently. Religion has always been an element of the state structure, and every government has tried to use this force to the maximum to control its population.

But we are talking about belief. Following **Einstein**, I prefer to believe in a supreme organizing and guiding force, thanks to which the universe exists and life on earth develops.

“I believe that I have cosmic religious feelings. I never could grasp how one could satisfy these feelings by praying to limited objects. The tree outside is life, a statue is dead. The whole of nature is life, and life, as I observe it, rejects a God resembling man. I like to experience the universe as one harmonious whole.

Every cell has life. Matter, too, has life; it is energy solidified. Our bodies are like prisons, and I look forward to be free, but I don't speculate on what will happen to me. I live here now, and my responsibility is in this world now.... I deal with natural laws. This is my work here on earth."

Albert Einstein. *Einstein and the Poet*. 1983. p. 64.

"Science is never finished because the human mind only uses a small portion of its capacity, and man's exploration of his world is also limited. If we look at this tree outside whose roots search beneath the pavement for water, or a flower which sends its sweet smell to the pollinating bees, or even our own selves and the inner forces that drive us to act, we can see that we all dance to a mysterious tune, and the piper who plays this melody from an inscrutable distance—whatever name we give him—Creative Force, or God—escapes all book knowledge."

Albert Einstein. *Einstein and the Poet*. 1983. p. 14.

Similar statements can be found in many outstanding physicists.

Robert Millikan (1868 – 1953), great American physicist, Nobel Prize 1923:

"I can assert most definitely that the denial of faith lacks any scientific basis. In my view, there will never be a true contradiction between faith and science."

Max Planck (1858 – 1947), founder of quantum physics, Nobel Prize 1918:

"Nothing prevents us, and the momentum of our knowledge requires it... to interrelate the order of the universe and the God of religion. For the believer, God

stands at the beginning of their speeches; for the physicist, at the end of them."

Erwin Schrödinger (1887 – 1961), discoverer of wave mechanics, Nobel Prize 1933:

"The finest masterpiece is the one made by God, according to the principles of quantum mechanics..."

Wernher von Braun (1912 – 1977), German-American, foremost rocket engineer and space architect:

"Above everything is the glory of God, who created the great universe, which man and science discover and research day after day in profound adoration."

Charles Townes (1915), Nobel Prize 1964 for discovering the principles of the laser:

"As a religious man, I feel the presence and intervention of a Creator beyond myself, but who is always nearby... intelligence had something to do with the creation of the laws of the universe."

One of the open questions of modern theoretical physics is the so-called **fine-tuning of the universe**. This is the idea that the universe is not based on arbitrary but on strictly defined values of fundamental constants included in the laws of physics. The minimal list of these fundamental constants usually consists of the speed of light (c), Planck's constant (h), the masses of the electron and proton, the elementary charge (e), and the gravitational constant (G) (although there is debate about the gravitational constant - it is suspected that it is not always constant). Changing the value of the constants or eliminating one of the internal quantum numbers makes the existence of atoms, stars, galaxies, and life impossible. There are two problems with this:

- Are all the constants independent? If not, their number can be reduced.
- Are the observed values of the fundamental constants random, or are there unknown laws that make some values more likely than others?

The reason for fine-tuning is unknown, and a few hypothetical explanations exist. Some scientists and philosophers believe the existing patterns are based on a hypothetical intelligent design. Other scientists believe that fine-tuning is a random occurrence in a hypothetical multiverse. The essence of this hypothesis is that there is a considerable number (at least 10,500) of universes with all possible values of constants and initial conditions. It can be expected that there will undoubtedly be a universe with constant values suitable for forming stars, galaxies, and life in this set. There are other assumptions, such as the "theory of everything" or cosmological natural selection.

Consequences of changes in some physical parameters		
Parameter	Increasing	Decreasing
Strong Interaction	The impossibility of the formation of hydrogen, the instability of the atomic nuclei of many vital chemical elements	The impossibility of the formation of chemical elements heavier than hydrogen
Weak Interaction	Excess helium during the Big Bang, excess heavy elements in stars, impossibility of	Lack of helium in the Big Bang, impossibility of supernova explosions,

	supernova explosions, impossibility of life.	impossibility of the emergence of life
Gravitationa l Constant	Stars too hot and instabe	Stars too cold to support thermonuclear reactions
Constant of electromag netic interaction	Insufficiently strong chemical bonds, instability of elements	Insufficiently strong chemical bonds, instability of elements
The level of entropy in the Universe	Impossibility of star formation	The impossibility of the formation of protogalaxies

But let's move from physics to history. Amazing coincidences are one of the moments that confirm the presence of some guiding force. One of the most famous is the fate of Abraham Lincoln and John Kennedy.

- Both presidents were shot in the back of the head on the Friday before a holiday (Lincoln on the eve of Easter, Kennedy on the eve of Thanksgiving). His wife and another couple accompanied each other.
- Both presidents had four children.
- Each had a friend called Billy Graham.
- Kennedy had a secretary called Lincoln. Lincoln had a secretary called John.
- Both were succeeded by Vice Presidents named Johnson, both Southerners and Democrats.

Another example of American history. The Shawnee were numerous and powerful. They lived in what are now the states of Kentucky, Ohio, Maryland, West Virginia, and Pennsylvania. The expansion of white settlers forced the Indians from their homelands into more southern and arid areas; today, the remnants of the vast clan number only a few thousand Shawnee. Tecumseh was one of the last leaders of a still vast and warlike people. From 14, he participated in wars with newcomers and earned a reputation as a fearless fighter. In 1813, Tecumseh was killed in battle; before his death, the leader uttered a curse. The Indian predicted that any American president elected in a year divisible by 20 would die or be killed before the end of his term.

The first was William Henry Harrison, the same man who, as governor, took some 4,500 square miles of land from the Indians. Elected in 1840, he died of pneumonia a month after taking the oath of office. Then, in 1860, Abraham Lincoln was elected President of the United States, and we all know how that ended (Lincoln was assassinated in 1865, early in his second term). In 1880, James Garfield was elected president and was assassinated the following year. William McKinley might have avoided this supposed curse if he had only served one term (his first was from 1897 to 1901, with the next election scheduled for 1900). Unfortunately, he was elected to a second term in 1900 and was shot by an anarchist a year later. Next came Warren G. Harding, who died of a stroke three years after his election in 1920. Then came Franklin Roosevelt, who died of a cerebral hemorrhage in 1945 (FDR won three consecutive US presidential elections, the third in 1940). Finally, there was JFK, who won the 1960 election. Next in line would have been Ronald Reagan. He was elected in 1980, and although there were assassination

attempts, he survived his wounds and died of old age in 2004, decades after leaving office. Let's hope he broke the curse.

Examples from history.

Kublai Khan (1215-1294), the grandson of Genghis Khan, conquered China and founded the Yuan state. After conquering southern China, he made several attempts to conquer Japan. The first invasion was defeated. During the second invasion, 900 ships from Korea with an army of 40,000 men and more than 3,000 ships from China with 100,000 soldiers set out for Japan. Japan was powerless to resist. However, on 15 August 1177, a typhoon in the Tsushima Strait, which the Japanese called 神風 "kamikaze," "divine wind," lasted for two days and destroyed 80% of the Mongol army. This was the end of the attempts to subjugate Japan.



"Kamikaze", "divine wind". Japanese picture

Four hundred years later, history was repeating itself. By the end of the 16th century, Spain was one of the world's leading powers. In 1580, under King Philip II, Spain united with Portugal to create a powerful maritime empire. Catholic Spain was

opposed at sea by Protestant England. Queen Elizabeth I of England supported Dutch Protestants in their fight against Spanish rule and patronized English privateers who plundered Spanish ships and colonies. Philip II decided to invade England. The Invincible Armada was assembled - a massive fleet of 130 ships with a crew of 30,000 men. Armed with more than 2,400 guns, the fleet was to accompany the Duke of Parma's army as it crossed the English Channel and landed in England. In 1588, a storm broke out, and most of the ships and men were lost. Of the 130 ships, about half returned, and of the 30,000 men, less than 10,000 survived.

In both countries, this event is considered an intervention of Divine Providence.

The future King of France, Louis XVI, was warned by an astrologer in his childhood to be careful on the 21st - the number was fatal for the king. The king never planned any major events for this day, but one day, what he feared happened - in 1791, he and his wife were arrested on June 21st. That same year, on September 21st, France became a republic, and two years later, on January 21st, the king was executed.

Some people say that we all have a double somewhere in the world, a person who is not related to us but looks exactly like us. King Umberto I of Italy found his double in 1900 when he went to eat in a small restaurant in Monza. He discovered that the owner of the restaurant looked almost exactly like him. What is more, they were born on the same day. At this point, one might think that this was a case of twins separated at birth, but this was not the case. The coincidences didn't stop there. Both men were married to a woman called Margherita and had sons called Vittorio. What's more, the restaurant owner opened his restaurant on the day of the coronation of King Umberto. Shaken to the core by these revelations, the king invited his

double, or long-lost twin, to an event the following day. Unfortunately, neither was able to attend. The next morning, the restaurateur is murdered in mysterious circumstances, and only hours later, when King Umberto learns of his double's demise, he is murdered by an anarchist.

One can find many more strange incidents and coincidences, although not on such a historical scale, the probability of which was practically zero.

At 7:25 pm on 1 March 1950, the West Side Baptist Church in Beatrice, Nebraska, exploded due to a natural gas leak ignited by a furnace fire. It was a Wednesday, and the church choir usually met there at 7:20 pm sharp every Wednesday to practice. Eyewitnesses and rescuers expected the worst as they approached the smoking wreckage that day, but it soon became clear that no one had been injured in the explosion. Although the choir director was strict about lateness, none of the 15 choir members arrived on time that evening. The delays were not caused by one thing but rather by a series of minor incidents that delayed each person. For example, the pastor and his family were late because his wife had to iron her dress at the last minute. Two sisters had car trouble. Two high school girls wanted to finish listening to a radio program while another student struggled with geometry homework. A pianist fell asleep after lunch. Another man was late because he wanted to finish a letter he had been putting off, and a woman just felt lazy because it was cold outside and her house was warm and cozy. And so were all the other excuses given by the other latecomers. It's no wonder some people ended up thinking it was divine intervention.

Edgar Allan Poe's 1838 novel *The Tale of Arthur Gordon Pym* tells the story of four shipwrecked sailors forced to eat a cabin boy called Richard Parker. Poe claimed it was based on a true

story, but it wasn't. Forty-six years later, in 1884, a shipwreck occurred, and the four surviving crew members ate their cabin boy, whose name was... Richard Parker. This led to rumors that the author had a time machine.

One day, actor Anthony Hopkins needed a book to study for his role in the film "The Girl from Petrovka," based on the novel by George Phifer. He couldn't find it in any bookshops but came across a forgotten copy of the book on a subway bench. When Hopkins later met Phifer, the author said he didn't have a single copy left - he'd lent the last one to a friend who'd lost it somewhere in the tube station.

One day, in a Paris bookshop, American writer Ann Parish came across a book called "Jack Frost and Other Stories." As she leafed through the pages, nostalgically telling her husband how much she had loved this particular collection of stories as a child, she noticed the inscription on the back of the front cover - "Ann Parish, 209 N Weber Street, Colorado". It was the same book that had belonged to her as a child in the United States. It is unclear how it ended up in Paris.

Violet Jessop was a flight attendant and nurse. She was working on the ship "Olympic" when it collided with the battleship "Hawke." And believe it or not, she was on the "Titanic" when it sank. Jessop survived. She was lowered into a lifeboat, which was later picked up by the passenger steamer "Carpathia." The First World War broke out, and Jessop was a nurse for the British Red Cross. She worked aboard the "Britannic," the third and last Olympic-class ocean liner to be converted into a hospital ship. In 1916, the ship hit a mine and sank. Violet Jessop survived a shipwreck for the third time in five years, earning her the nickname 'Miss Unsinkable.'

In 1899, in the state of Texas (the city of Galveston), the actor Charles Cogle was buried while on tour. A year later, the cemetery was washed away by a powerful hurricane, and the coffin with the actor's body was carried out to sea, where it floated for nine long years until a wave washed it ashore next to his home. Charles was born on Prince Edward Island in the Gulf of St. Lawrence. The distance to the cemetery is 6,000 km.

In 1883, Henry Ziegland broke up with his girlfriend, after which she, unable to bear the grief, committed suicide. The girl's enraged brother tracked down Ziegland and shot him. Assuming that Henry was dead, the brother also committed suicide. Ziegland survived. The bullet only grazed his face and got stuck in a tree. A few years later, Ziegland decided to cut down the tree that had the bullet in it. The tree was giant, and dynamite was needed to eliminate it. The explosion caused the bullet to fly out of the trunk and hit Ziegland right in the head, killing him.

In Bermuda, a man was fatally struck by a car - a taxi - while riding a moped. A year later, the deceased's brother was riding the same moped and was hit by a car. It was the same car and taxi driver, and he was carrying the same passenger as a year ago.

In 1898, the American writer Morgan Robertson published the novel "Futility". It tells the story of the last voyage of the "Titan," which sank on a night in April due to damage to its starboard side when it collided with an iceberg. The lack of lifeboats led to a massive loss of life. This novel became widely known fourteen years later, in 1912, when the "Titanic" sank due to a collision with an iceberg. Its technical characteristics were almost identical to the "Titan." Both ships had three large propellers. The "Titanic" had 16 watertight channels at the bottom of the ship, while the "Titan" had 19. The country of construction, Great Britain, appears in Morgan's book and the real history of

the "Titanic." The average speed is also about 22.5 knots for the real "Titanic" and 25 for the fictional "Titan." And the disaster itself: April in both places, the time of the catastrophe for Morgan was midnight, for "Titanic" it was 23:40. The point of impact was on the starboard side.

Many surprising coincidences have been documented among identical twins. The Minnesota Twins Raised Apart Study, which followed twins for 20 years, found evidence that identical twins can often have strikingly similar personalities and preferences even when separated at an early age and raised in different environments. It is as if their lives are in sync with each other.

Twin brothers Jim Lewis and Jim Springer were separated at birth and given to different families. Not knowing each other, the families named the children James. The Jameses grew up unaware of each other, practiced martial arts, graduated in mechanical engineering, and married a woman named Linda. They both had sons, one named James Alan and the other James Alan. The twin brothers also divorced their wives and married other women, both named Betty. Both brothers also had dogs named Toy.

Twin sisters Daphne and Barbara's mother committed suicide, and they ended up in different foster homes. They didn't meet until 40 years later. Both Barbara and Daphne grew up in the London area, and both decided to leave school at the age of 14. At 15, both sisters injured their ankles on the same leg. After marriage, both girls miscarried in the same month. Both Daphne and Barbara had two sons and a daughter. Their daily habits were also similar. They both liked cold coffee and couldn't look at blood. Both were afraid of heights. When they first met, they wore the same outfits. And when they took part in the Bouchard twins' study, they both lied on the same test and said they wanted to be opera singers. The giggling twins, Daphne and

Barbara, got their nickname for the identical way they laughed, covering their mouths with their hands.

"My sister and I live in different countries: I live in Poland, and she lives in Canada. One day, she calls, and we are both driving in our cars. And we are both at a car service, changing tires. During the conversation, it turns out that her mechanic's name is Stas. And so is mine. On the same day, we both went to Stases on different continents to change our tires. Six months later, I came to have my tires changed. My sister called again and asked what I was doing. I replied that the car had been brought in to change its tires. I asked her what she was doing. "Uh-uh... And I go to change the tires. - Now? - Now. - To Stas? - To Stas".

There are many more such stories, and they have no explanation from the point of view of modern science.



As a rescuer and mountain instructor, I was a professional mountaineer for many years. Every autumn, we analyze summer accidents. Of course, most of the disasters were the climbers' fault due to lack of experience, fatigue, or lack of awareness of the situation. But there are two mountain factors difficult to

predict: rockfall and avalanches. Analysis of long-term incidents has clearly shown that some people are lucky and vice versa.

I have always been lucky (and not just in the mountains). Several times, I have been caught in a rockfall; once, a rock went through my helmet, and another time, a huge slab fell on me and my friend - his spine was broken, and my rucksack just ripped off my back. When we had to cross a 'torn' glacier, where you have to look for a passage by wandering between cracks, our group always returned to camp first, and we drank tea for a long time, waiting for the others to return.

Luck is not limited to mountaineering. There is a famous story about a man called Maarten de Jong who escaped two plane crashes. The first time, he avoided the crash of Malaysia Airlines Flight 370, which he had a ticket for. But for some reason, he decided to leave earlier on another plane. The second time, he wanted to fly on the fatal Malaysia Airlines Flight 17, which was shot down over Ukraine in 2014. But again, he changed his ticket and left early.

My colleague worked in New York for many years on the 40th floor of the Twin Towers; I visited his office and admired the view from the panoramic windows. In July 2000, the head of his company moved the office to New Jersey, where the rent was significantly lower. We know what happened on September 9.

It is unlikely that this is foresight - it is luck.

Unlucky people die in the most unusual situations. You can find descriptions of absurd deaths on the Internet. There were many of them in our mountaineering practice. The group was coming down from a climb, and on the approach to the camp, a man's leg twisted; he fell, hit his temple on a rock, and died. In another case, the group stopped on a ledge sheltered by a rock overhang while climbing a steep wall. The place seemed perfectly safe. At

night, a rock fell from above, hit the ledge, bounced off, and hit the climber on the head with great force. The result was fatal. And how many climbers have been struck by lightning, sometimes even without thunderstorms? One climber was struck by lightning on the ridge. He lost consciousness, his friends put him in a tent, and after a while, he was able to walk down with their help. The following year, he climbed and was struck by lightning again (one of the whole group), and this time he did not survive. There are many such examples.

People involved in extreme sports often die in the most unusual circumstances. A striking example is the legendary racing driver Michael Schumacher, a seven-time Formula 1 champion from 1994 to 2004. In 2013, while skiing with his family in Meribel, France, he fell and suffered a serious head injury. The best doctors tried to bring him back to life, and after many operations, he survived, but he will never be able to ski again.

Many outstanding mountaineers have died absurd deaths: one drowned in a bathtub, poisoned by carbon monoxide from a water heater; another was hit by a truck that ran a red light; a third fell from a roof while repairing it, and so on.

There is a theory that in extreme sports, small probabilities do not multiply but add up, and for people who have taken many life risks, this eventually leads to disaster. Although many of my friends are healthy, I am not sure this theory is true.

I believe each of us has **an angel** who watches over us and helps us in life. I came to this conclusion after the collapse of the Soviet empire in the early 90s. When I believed in this, life became much easier. I no longer had to worry about current issues, such as how to organize the next trip to a congress or seminar or where the money to run a business would come from. When we first started developing the GDV technology, we

often had to think about paying the bills or getting the money for the next convention. But each time, at the last moment, a buyer would appear who would bring the required amount. I am convinced that all you have to do is want something, formulate your wish clearly, and the angels will fulfill it. Of course, if you pay attention to what is happening. There are many jokes on this subject, such as this one.

A flood is approaching the city. People are rushing to evacuate, some on foot, some on bicycles. They saw an old man sitting on the house's first floor, calmly drinking tea. They tell him, "Moishe, there's a flood, come with us. He replied calmly, sipping his tea, "I'm not worried; God will take care of me." After a while, the water had risen to the second floor. A boat floats by, and the rescuers see an old man sitting on the house's second floor, calmly drinking tea. They tell him, "Moishe, there's a flood, jump into the boat. He calmly replies, sipping his tea, "I'm not worried; God will take care of me." The water is even higher. A helicopter flies over, and the pilots see an old man sitting on the flat roof of a house, calmly drinking tea. They call out to him, "Moishe, it's flooding; we'll throw you a rope. He replies calmly, sipping his tea, "I'm not worried; God will take care of me."

And so Moishe stands neck-deep in water and, turning to heaven, asks: "Lord, I fulfilled all my vows, observed all the Sabbaths, why are you leaving me?"

The voice of the Lord from heaven: "Moishe, I sent you people, sent a boat, a helicopter, but what else can I do?"

So, trust in God, but don't be lazy yourself.

Often, life (or Angels?) puts us in a situation where we must decide.

After graduating with honors from the university in 1974, I was left in the quantum physics department to continue my scientific work. This was a great success because, in the Soviet Union, all graduates of technical universities had to serve two years in the army as lieutenants. It was a very dull job - two wasted years. I worked in the Physical Electronics Department, studying the direct conversion of thermal energy into electrical energy. If successful, this would have increased the efficiency of nuclear power stations by many orders of magnitude. I was successfully preparing my dissertation, but dissatisfaction was growing in my soul - reading glossy American scientific journals in the library, I realized how far behind Western Soviet science was in quantum physics. In 1977, at the request of the USSR Academy of Sciences, I began to study the Kirlian effect - the luminescence of various objects in an electromagnetic field. I went to the Lenin Library in Moscow, where I was given foreign literature in response to a special letter. A few months later, I reported at a meeting of the Academy of Sciences. The report was favorably received, and our laboratory was assigned to study this effect. We set up an experimental set-up, and interesting work began in a completely unexplored area. So, I had two parallel subjects: thermal energy conversion into electrical energy and the Kirlian effect. I was like the Buridan's donkey.

Then, in the winter of 1978, I broke my leg and was unable to work for several months. Lying in bed, I thought about my life and decided to devote myself exclusively to the Kirlian Effect. It was a big shock for my boss, but I insisted on my own. This decision changed my life: for the next 45+ years, I worked on the GDV topic, and together with my colleagues, we managed to bring it to a high level.

The subject of personal angels has many directions. I have described some of them in the book "Health at the Tips of Your Fingertips."

We have angels, but we also have demons. I have known a woman who was plagued by bad luck. In a frank conversation, she admitted that she regularly encountered some "devilish signs": a dead cat in the hallway, black spots outside her door, or a black crow diving at her. And then something bad happens. She went to church - it didn't help. It was only when she was advised to go to an authentic shaman that he was able to free her from the possession. He said there was an evil spirit behind her back, and the shaman was able to drive it away with a series of ceremonies. That was the end of her troubles.

Of course, all this sounds strange to the materialistic mind. I am not trying to convince you of the existence of angels and demons. Whether you believe in it or not, it is a matter of faith. This belief helps me, and I wish you the same.

Artificial Intelligence - a New Reality of the 21st Century

"Alice laughed. 'There's no use trying,' she said. 'One can't believe impossible things.'

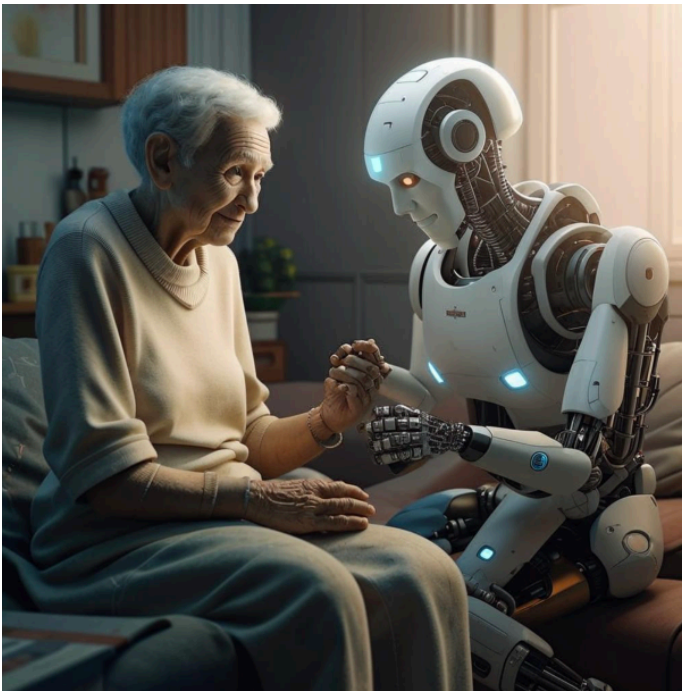
Lewis Carrol. Alice in Wonderland

We have recently entered the era of artificial intelligence (AI), and in a short time, this direction has begun to change life in the developed world.

Large companies are building factories where several people behind a glass screen manage the work of a huge workshop producing cars, televisions, machine tools, and chemical products. Charlie Chaplin's "New Times" has only remained in the cinema. (Although manual labor is the basis of production in Third World countries, especially in light industry). Automation is crucial in hazardous industries such as chemicals and pharmaceuticals. At the Hyundai cosmetics plant in South Korea, the workshops operate in a completely sterile environment because there is no primary source of contamination - people.

A revolution in medicine is coming - AI will help doctors make a diagnosis and choose a treatment strategy, and certain medical specialties will be replaced entirely by robots. An artificial brain can analyze the results of dozens of tests and conclude with great accuracy, considering various factors based on the patient's medical history. This is particularly important for

remote areas without access to qualified medical care and for the development of telemedicine. In hospitals, AI will monitor the current condition of hundreds of patients, identifying deviations in parameters from normal levels and taking immediate action. And not just in hospitals - using home devices that monitor a patient's condition and connect to a base station when necessary is growing. And not just for patients - many elderly people need constant monitoring, as do children, from babies to schoolchildren.



Driverless electric taxis will determine the optimal route and deliver passengers, considering all driving safety measures. When the battery is empty, they will find the nearest petrol station and refuel. Of course, we do not expect self-driving cars to replace personal transport completely - for many people, a vehicle is not just a means of transport but a source of pleasure. But even in such cars, AI will monitor the driver's condition to

prevent the common occurrence of falling asleep or losing consciousness.



AI has made it possible to solve the problem of international communication by providing instant, high-quality translation from one language to another, even in different styles. Your lecture on YouTube can be narrated in another language and, most surprisingly, in your voice.

AI systems help scientists find the necessary links, design experiments, and process experimental data. But you must keep your ears open, or you might stumble into something stupid. Our friend's daughter decided to use ChatGPT to write a history essay. The next day, she came home from school very upset: she got a bad mark on her essay, which had never happened before. ChatGPT collected a lot of data from the Internet and created a big, beautiful text without understanding where the real information is, where historical anecdotes are, and where the

so-called "alternative history" is - what would have happened if events had happened differently?

The Internet is a vast repository of information, ranging from valuable gems to worthless junk. If you don't apply selection criteria, you'll consume both with equal pleasure.

AI has completely transformed warfare. Intelligent missiles hit targets with precision, even specific individuals. Drones fly in clouds into enemy territory, making them difficult to track, much less destroy. All advanced equipment is equipped with AI systems, and often, there is no need for a human presence inside the combat vehicle, which allows not to endanger expensive high-class specialists. While "manpower" is still used, it often becomes mere "cannon fodder."



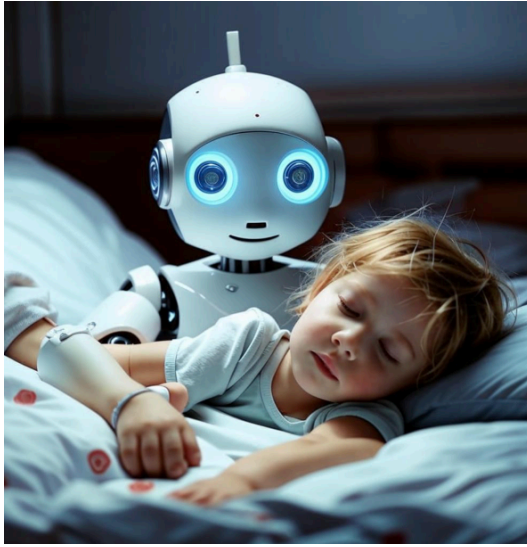
Professional scammers are using AI methods. They can fake someone's voice, take a compromising photo (or even a video), and imitate a bank or payment system website. They use

sophisticated methods to extract money from even the most careful people.

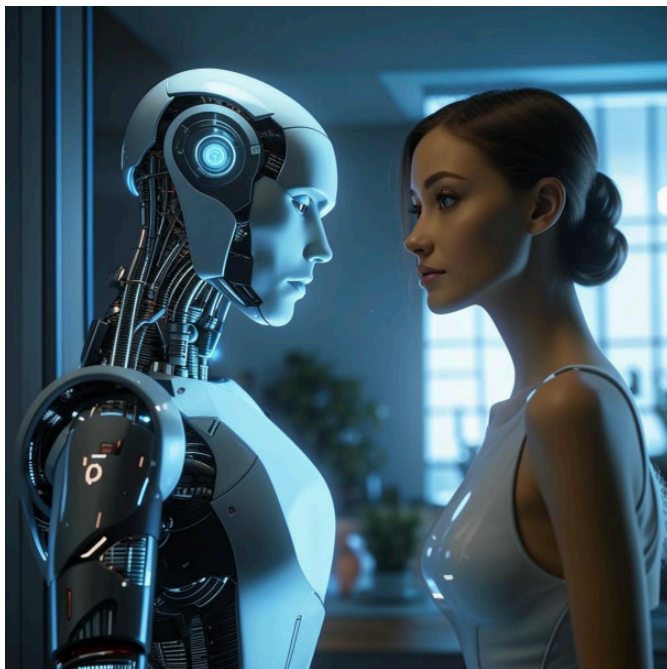
But let's not dwell on the negative. Let's focus on the exciting new applications of AI that will soon be a part of our daily lives at home.

Robot vacuum cleaners are already crawling around the house, becoming increasingly "smart" and reliable with each generation, and this is only the beginning. The modern washing machine and dishwasher set the stage for this technological leap forward. Robots will inevitably navigate your home, performing various tasks, from retrieving scattered socks to ordering groceries and preparing meals. These robots will quickly learn your preferences, ordering pizza from an Italian restaurant for those who like it or preparing complex French sauces for those who do. Depending on your meeting schedule, your ironed shirt or business suit will always be ready when needed. For a party with friends, your favorite wine will be ordered, thematic music will be selected, and a drink will be prepared for each according to his taste. The profiles of all guests will be determined on the Internet in advance.





The next step is obvious: the creation of a humanoid android that looks just like a real person. You can imagine who you would like to live with, describe all the details, and they will ring your doorbell after some time. This companion will be ideal: caring, satisfying any whims of the owner or hostess, reliable, unobtrusive, and capable of having sex at any moment or conducting a conversation at any level of intelligence on any topic (after all, this android is supported by the full power of AI). This android is guaranteed to have no physiological problems, such as menstruation, emotional fluctuations, runny nose, viruses, or bacteria. The owner or hostess can be away for hours, and the android will tidy up, clean everything, and recharge. This specimen may become tiring, and something a new one is needed. In a short time, a new companion will appear. The first examples of sex companions have already appeared; they are still expensive, but this industry will develop quickly – demand creates supply.



It will be highly convenient on long space flights or alien stations. The android will do a lot of helpful activity, in parallel satisfying the crew members' physiological needs for sex. It will not consume air, water, or food. It will not have physiological functions. It will accompany the crew members in space without needing an extra spacesuit and perform all outdoor work independently. Surprisingly, Hollywood hasn't explored this concept more fully.

With such androids available to everyone, there's no need for human intimacy. There's no reason to rely on the chance to enter into relationships with unpredictable development and inevitable troubles when you can create your ideal android and fall in love with it. The future of the human race is secure. This will be implemented as a serious state program. Sperm and eggs will be collected from young people, tested for genetic defects, and used in artificial insemination. The fertilized embryo will be placed in a chamber that completely imitates the conditions of a

healthy uterus. After nine months of controlled development, the baby will grow and be raised surrounded by caring, loving androids. Disabled children, children with genetic diseases, and children with underdeveloped brains will no longer be an issue.

People will live creatively, with art, travel, and sports as their main passions. With ample free time and boundless opportunities, the possibilities are endless. Wouldn't you love to live in a world where this is a reality? I'm not sure. But I'm pretty certain that no one will ask you about it. Any complex system has its internal laws of development, and we have no way to look into the future. Only a few futurist writers have managed to do this, and even then, the coincidence of their predictions with reality was revealed only later when this reality arrived.

At the same time, methods of imposing certain decisions and goods on a person have been used for a long time. Advertising is a tool used to make you buy a particular thing. In the 1930s, Marlboro's bold image was portrayed by Hollywood heroes, and the company's cigarette sales surged after each new action movie release. In modern TV series, the Apple icon is always shown if people work on a computer. I don't know how much it costs the company. And that's not even getting into fashion, where new brands are constantly shoved down consumers' throats. TV distorts information about world events, and people believe it, which fosters different ideological attitudes in each country. A robot that tells its owner, "Master, you're eating too much sugar today. Think about your sugar level," is beneficial. There's a lot of talk about the dangers of AI development—that it will seize power over people, force them to do its will, and eventually get rid of these feeble little people altogether. Who knows... I consider this unlikely. AI is a program created by man.

There is a lot of talk about the danger of AI development. Will it seize power over people and force them to do its will, and eventually get rid of these feeble little people altogether? Science fiction writers are exploiting this idea in their novels and films. Such a development of events is doubtful.

AI is a new evolutionary form of human intelligence.

AI systems are a new class of tools that allow civilization to make **a new evolutionary leap**. History shows that this happens whenever Humanity mastered new tools. The transition from the Stone Age to the Bronze Age, then to the Iron Age, the emergence of writing, the invention of the printing press, and the emergence of science. Each such stage brought Humanity to a new level. We are currently on the brink of another such transition and are already reaping AI's benefits. However, it is difficult to predict the future. One thing is clear: this process can no longer be stopped. Humanity's best minds are involved in the development of AI, and the importance of this process is clearly recognized at the state level. Along with the Arms Race, we are entering the Race of Intelligence. This will inevitably lead to a new geopolitical structure and world order.

By the way, the drawings for this chapter were created using kandinsky.ai.

Part 2. Wizards of the Quantum World

"Where shall I begin, please your Majesty?" he asked.

"Begin at the beginning," the King said gravely, "and go on till you come to the end: then stop."

Lewis Carroll,
Alice's Adventures in Wonderland

Science fiction flourished in the twentieth century. Millions of people have been reading books by Stanislaw Lem, Douglas Adams, Frank Herbert, Arthur C. Clarke, Michael Crichton, and many other authors. Their books were printed in many languages in millions of copies, movies were made on them, and they seemed to describe the not-so-distant future. No one doubted that in a dozen or two more years, we would master the Moon, fly to Mars, and then to other galaxies. The future was perceived as an inevitable progressive development of scientific achievements.

However, this genre had another direction – dystopia, which painted pictures of a devastated feral world after a nuclear war or a society controlled and managed by Big Brother. George Orwell, Stephen King, John Mandel, William Gibson, and Aldous Huxley drew gloomy pictures. Still, it seemed to everyone that they were only the productions of the dark subconscious, like Frankenstein and Gothic novels, having nothing to do with our bright reality.

In the twenty-first century, everything has changed. Science fiction lost its popularity and was replaced by multi-volume fantasy novels and then multimillion-dollar productions on this theme. Harry Potter, hobbits, and dragons filled the entire information space, displacing astronauts and scientists. But are these fantasies about the future? No – this is a return to the past, to feudalism, with a clear class hierarchy and a division into kings, aristocrats, wizards, and all others serving the upper classes. What a democracy it is!

These books and movies implant in the subconscious of children and young people the idea that a rigid social hierarchy is normal and that your position depends on the family you were born into and your ability to serve the upper class. It is a fixed system; it cannot be overcome by intelligence, talent, or education. Everything that the best minds of humankind have been striving for the last three centuries is now forgotten as if it never happened. Know your place, peasant.

This idea was implanted in the subconscious for twenty years, and then the world elites moved to practical action. During the two years of coronavirus obscurantism, constitutions were forgotten, and many civil rights were taken away from citizens: the right to free movement even in their city, the right to communicate, the right to demonstrate, the right to freely express their will. If you do not have a certificate with a code, you are an outcast; you will not be allowed to enter a theater, restaurant, or store. Under the pretext of health care, a new social model was tested, and it worked. Moreover, many law-abiding citizens believed it and vigorously began to hunt down dissenters.

The process was based on modern information technology. If you have a cell phone – you can be followed, listen to your conversations, and read all your correspondence. Again, under the pretext of concern for your health and safety. And if you use

a bank card, they can also check your income and expenses. What if you spend more than you receive? With the current level of technology, tracking the individual is easy – welcome to Aldous Huxley's *Brave New World*. So, humanity has moved to a new stage of development. All previous social models have shown their failure: the communist model, the socialist model, the fascist model, and now the liberal-democratic model has broken down. No futurologist knows what will happen next. In addition, we are facing global problems: climate change, environmental degradation, local wars; the development of artificial intelligence, the increasing replacement of human activity by robots and, as a result, the release of large numbers of workers and employees; the influx of immigrants; the skewing of birth rates towards the poorest segments of the population, and so forth. No one knows, what to do about all this. The future is vague. What can a simple person do to survive all these troubles and keep his mental health? There is only one way out – dealing with one's physical and mental state is necessary.

I have already discussed this issue in the book *"Health at Your Fingertips."* Here, I want to talk about something else. In troubled times, people have always looked for a Miracle, some in religion, some in mysticism or Eastern philosophy. Believe in something – and here is life support; you can put all your worries on the Higher Powers, rely on the experience of thousands of years of wisdom, and find a rest from the fog of uncertainty swirling around you. To achieve this, one needs Gurus. Naturally, they should have unique abilities and be able to influence other people. Are there such people? What is it – a special gift or our faith? Do they do something special, or do we just think they do? I want to talk about that in this book, based on my own experience and experiments. After all, it's practically 50 years of unforgettable encounters and exciting discoveries.

My impressions. First encounters

“Take care of the sense and the sounds will take care of themselves.”

Lewis Carroll,

The Annotated Alice: The Definitive Edition

In 1975, I graduated from the Leningrad Polytechnic Institute (now Polytechnic University) with a "red" diploma and was left to do scientific work at the department. At that time, a "red" diploma gave me prestige and an exemption from two years of service in the army, which I did not aspire to. We were engaged in solving the problem of directly converting thermal energy into electrical energy. At nuclear power plants, reactor elements are heated to a high temperature, and the released heat heats water to a temperature of 320 degrees Celsius; steam is formed, which, under high pressure, turns the turbine of the electric generator. (If the reactor is not cooled, an uncontrolled chain reaction starts then – Chornobyl is multistage, with low efficiency, and has, from the very beginning, there was a task to find a way to convert thermal energy into electricity using quantum principles directly. What we did in 7 was under the auspices of the Academy of Sciences of the USSR and leading scientific institutes. The work was challenging and exciting, and although the problem was not solved, it allowed me to prepare many candidate and doctoral theses, which I was going to do. But life arranged otherwise, and I safely left plasma physics. I started to study the **Kirlian effect** (the effect of luminescence of various objects in an electromagnetic field of high intensity), for which I never tire of

thanking Providence. But I have already talked about it in my other books.

The 1980s were an exciting time. Order-bearer Brezhnev was living out his years, and Gorbachev came to power in 1985. The whole Empire was hungry for change, but no one knew how to do it. As a result, everything was done foolishly, as is often the case in Russia. But there were fresh winds in society, and people wanted new information, new knowledge, and lectures of prominent scientists about the future of science and technology gathered full halls. Bioenergetics – the study of the influence of human energy on the surrounding world – emerged in many new directions. Regular scientific conferences were held, gathering full halls, and interesting research was conducted. Soon, the Bioenergetics Society was organized, and I became an active participant. This allowed me to get acquainted with many interesting people, most of whom have already passed away. One of such people was Vadim Polyakov.

Vadim worked at the Physics Department of the Polytechnic Institute, had the gift of healing, improved the health of some of the bosses, and convinced them of the need to open a bioenergetics laboratory. He invited me to cooperate, and we met many times.

And one day, my wife went to the polyclinic, and she had an ultrasound examination – ultrasound. A routine procedure that millions of women undergo regularly. But the next day, she had a severe nagging pain, and when she went to the therapists, they said they were sorry, but it happens. Here's a sick leave that will disappear in a few days. But it didn't, and life was no good for her. Then, I called Polyakov and asked if he could help. He readily responded, came to us that evening, and after half an hour of his sorcery, the pain completely disappeared. We happily drank brandy and sat down to dinner. Vadim said working with people

was important, but he was interested in the possibility of objective proof of bioenergetic influence. It would be good to have sensors that would allow us to record this influence.

I thought about this problem, and in a few days, I made a device based on a chamber with a low-temperature plasma in a state of unstable equilibrium. (Our department had various workshops, and we were constantly making scientific instruments, often with the help of glassblowers, so the main thing was to come up with a design.) The next evening, when no one else was in the lab, Vadim came in, and we started the experiment. I turned on the unit, and a thin green line ran on the oscilloscope screen – the device's signal was stable enough. We waited for 15 minutes – nothing changed – under constant conditions; the device's signal was steady. Then Vadim concentrated, his gaze focused on one point, and after a few minutes, the line on the oscilloscope screen trembled and crept upwards. It was like a miracle! Although I did not deny the possibility of thought influencing the surrounding world and hoped to get the result, here we could demonstrate consciousness's influence on physical processes for the first time. At that time, it was even difficult to understand the significance of this fact!

Vadim was not surprised. After a few minutes, he relaxed, and the green line returned to its value. We repeated the experiment a couple more times, and each time, we observed the same effect.

The next day, I rushed to share this result with my boss. I expected that he would be interested, we would discuss the possibility of continuing, and we would start preparing a publication, but the reaction was quite the opposite. I got a smackdown: who allowed me to bring strangers into the laboratory? Who lets me conduct unplanned experiments? I should forget about it and not tell anyone about it. Surprised, saddened, and annoyed, I had to leave, cursing myself and the chief.

Now I understand his reaction: in Brezhnev's Union, any talk about consciousness was contrary to communist ideology, and one could not only lose one's job but also get a "wolf" ticket for the rest of one's life. Only material things were recognized; everything else was idealism and obscurantism. So, the chief was concerned about both his and my well-being.

With Polyakov, we maintained good relations and discussed the possibility of building a plasma device in his laboratory. Still, it was not destined to happen: Vadim was killed by one of his patients, whom he was trying to treat for severe schizophrenia. Polyakov believed he could get information from the Information Space, but it did not help him.

I successfully defended my Ph.D. thesis on the study of physical processes of the Kirlian effect and continued to work at the department. But one Saturday, walking in a suburb of Leningrad, I met an old acquaintance of mine, Sergei Kolesnikov. Sergei had influential relatives but was characterized by fantastic charm and business acumen. He graduated from Polytechnic a few years ahead of me, and periodically, we spent time in common company. Sergey was always the soul of society, and pretty girls inevitably found themselves in his bed. Our entire male staff was very jealous of this. After graduating from university, our paths diverged, and then – many years later – we met by chance on a forest path.

We got to talking, and, to my surprise, it turned out that Sergei was following my scientific activities and was aware of my interests. (It does not surprise me: one of his relatives was a big shot in the KGB). After a short conversation, Sergei said: "I am organizing a laboratory to study telepathy. This is a serious program, of course, secret. We will work within the walls of one research institute and be allocated virtually unlimited funds. It is hoped that with the help of telepathic communication, it will be

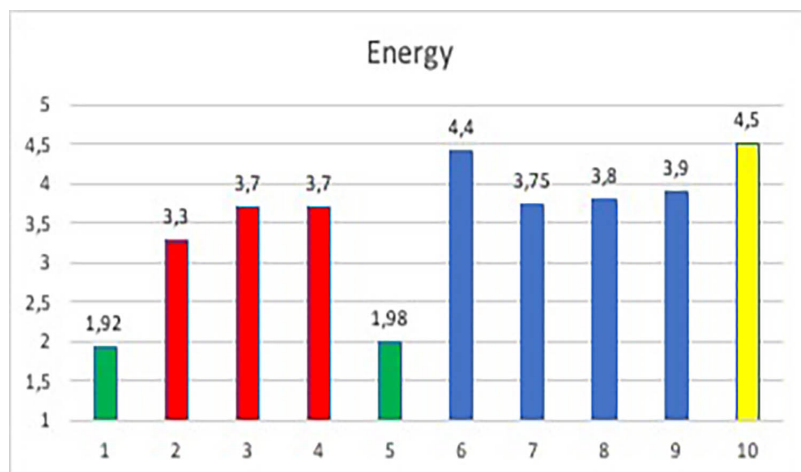
possible to establish communication with submarines and space stations. Would you like to come to me as deputy head of the laboratory?"

The offer was unexpected and a little shocking. I promised to think about it, and that was the end of it. A few days later, Sergei called me and offered to visit his new laboratory. I was impressed by the level of equipment and organization, and after a short thought, I accepted his offer.

I will not tell you in detail how our work went. Not because it was top-secret – that state no longer exists – but because it is the subject of a separate story. Some descriptions are presented in my book **"The Energy of Life"** (Blossoming Books, 2021). In a nutshell – in three years, we developed a method of stable telepathic communication between two people, specially selected by our psychologists. I created the direction of physical sensors reacting to directed mental influence, like what we did with Polyakov. We organized regular field experiments in the Baltics, and it was an excellent opportunity to test all the ideas in practice. My sensors responded well to the mental efforts of talented people, and I could improve their design time after time. Eventually, I devised a design that our English colleagues later called "Sputnik" because it resembled the first Soviet satellite. I patented this design, and with minor modifications, we have been successfully producing it ever since.



Bio-Well with Sputnik sensor.



Results of Sputnik measurements in Egypt. March 2024.

1- Cairo hotel. 2, 3, 4 - Cairo Sphinx. 5- Luxor Hotel. 6-9 - Hathor Temple. 10 - Luxor Temple.

As we see from the graph, Sputnik signal nearby Sphinx and in the Temples was much higher than in hotels.

The sensor works based on the Bio-Well device, the latest modification of GDV devices, the beginning of which was laid by our developments of the '90s. GDV is gas-discharge imaging, the

scientific name for the processes occurring at the Kirlian effect. GDV devices are modern modifications of impact, using modern electronics, optics, and, most importantly, computer data processing based on nonlinear algorithms performed on servers. Over the years, more than 200 articles on this topic have been published, and more than 50 dissertations have been defended in medicine, biology, and physics. More details can be found at www.bio-well.com, www.iuab.club, www.sputnik.bio-well.com.

In scientific terms, Sputnik's work is due to the propagation of standing electromagnetic waves in space, but we will discuss this later.

The work in the laboratory continued to be successful, but I had another conflict with the KGB, and I had to resign "at my own will," although no one asked about my desire. I didn't know where to go, but then a friend, with whom we had gone mountain climbing many times, called me and offered to work for him at the Institute of Tourism as a trainer on methods of ensuring safety in the mountains. This subject was very familiar to me – 10 years ago, I got a lifeguard badge – and a new period of life began. And then perestroika came, the '90s, years of chaos and devastation were approaching, when someone was fishing in troubled waters, and the majority was choking and drowning. I entered the business and soon realized I had no talent or vocation for this activity. Having saved some money, I invested it in developing GDV devices, which still bear fruit. For interested readers, I want to present the description of our Soviet time results (this text is more technical, so if it is boring, you can miss it without remorse).

Television experiments and the heyday of parapsychology

"And how do you know that you're mad? "To begin with," said the Cat, "a dog's not mad. You grant that?" I suppose so, said Alice. "Well then," the Cat went on, "you see a dog growls when it's angry, and wags it's tail when it's pleased. Now I growl when I'm pleased, and wag my tail when I'm angry. Therefore I'm mad."

Lewis Carroll,

Alice's Adventures in Wonderland

The intelligence services of all developed countries have always been looking for methods to influence their populations. They experimented with different frequencies, sound effects, and mental influence. In the late '80s, some top leaders thought of conducting mass experiments throughout the Soviet Union. Two people were selected for this purpose – Alan Chumak and Anatoly Kashpirovsky. They were given half an hour each on the first television channel in the most prime time – at 9.30 pm, right after the program "Vremya." To be clear – at that time, there were only three programs on Soviet television, and during the program "Vremya," with the official news review – happy in the Soviet Union and gloomy in the West, the other programs played classical music.

So, everyone switched to the first channel. And then, right after the news, Chumak's face appeared on the screen, saying nothing, only sometimes moving his lips and looking at the audience with kind eyes. Kashpirovsky had a different method – he spoke soothing words, as hypnotists usually do, which he was (but very talented). Before the beginning of his sessions, Chumak offered people to put a bottle of water in front of the TV screen and sit in a calm environment, which many did. The sessions continued every other day for two weeks, after which the TV announcer invited people to send their impressions of the sessions. The editorial office was flooded with letters, which were carefully analyzed in the offices at Lubyanka (the central office of the KGB).

All respondents described remarkable effects after Chumak's sessions and consumption of charged water: people had migraines and joint pains, some canceled scheduled surgeries because, to the doctor's surprise, the disease disappeared, and people began to feel better and sleep better. There were similar effects after Kashpirovsky's sessions, but not to such an extent. In several districts of Moscow, an analysis of attendance at polyclinics was conducted, and it was found that during the sessions, the number of patients significantly decreased compared to the previous period. So came to Chumak national fame.

He began to organize public meetings in concert halls and stadiums. The entrance was free, and the stands were filled. Alan spoke for 2-3 hours – he was a good storyteller – and then offered everyone to buy charged water and healing photos with his image on the way out. Huge queues lined up at the stalls.

A few words about Alan Vladimirovich himself: he was born in 1935 in Moscow, received a journalism and sports education, and worked as a journalist; from 1965, he moved to television – as a sports commentator and journalist. He also worked as an editor

in the Main Editorial Office of TV information of the Pechati Novosti Agency – the central information center of the USSR. In the late 1970s, during the preparation of exposé articles on, as he believed, quack healers, Chumak felt in himself some ability, saturation of some energy. He did not dismiss these feelings but began developing them, which completely changed his worldview and life. After some time, he left his official work, especially since the main information organ of the country could not tolerate the psychic editor, and fully immersed himself in healing activities. He became widely known, which attracted the attention of the KGB.



Fig.6. Alan Chumak

Chumak's mass performances generated a lot of followers. Dexterous businessmen rented halls and announced "The performance of Baba Masha – hereditary healer in the fifth generation." Trusting people went to such sessions and paid for bottles with the portrait of Baba Masha. Naturally, it was blasphemy, but such charlatans increased exponentially. Ultimately, it forced the Ministry of Health to ban all unconventional treatment methods and similar sessions.

However, this did not prevent Alan Vladimirovich from continuing his private activities. There were always those who wished to do so. Chumak's TV sessions continued to be broadcast on a private Moscow television channel until 1995. Chumak wrote several books describing his life journey and his views. He passed away in 2017 at the age of 83. In the following chapters, I will discuss our communication with Alan over the years.

Anatoly Kashpirovsky was born in 1939 in Ukraine. In 1962, Anatoly graduated from the Vinnytsia Medical Institute; after graduation, he worked for 25 years in a psychiatric hospital in Vinnytsia. He was fond of weightlifting and became a master of sports. In 1987, he worked as a doctor-psychotherapist of the USSR national weightlifting team. Since 1988, he has been the head of the Republican, then International Center of Psychotherapy in Kyiv. In 1989, six programs, "Health Sessions of Doctor-psychotherapist Anatoly Kashpirovsky," were held on Central Television, during which A. Kashpirovsky realized unprecedented cures for various diseases about 10 million people for only 6 hours of television airtime. His program, "A. Kashpirovsky's Television Clinic," became popular in Poland and Vietnam. In 1991, he spoke at the United Nations headquarters, where he proposed to apply his methods to combat the effects of radiation exposure, scarring, and AIDS. Kashpirovsky wrote several books. He tried to engage in social and political activities, but nothing much came of it.

According to A. M. Kashpirovsky, the subject of his psychological influence, is physical (not mental) disorders of the human body, "It is impossible to cure a sick brain. I do not cure a sick brain." Using a set of psychotherapeutic techniques, Kashpirovsky "turns on" the system of self-regulation in a person, which ensures the production of the necessary drugs in the body to cope with pain and this or that disease. "Our body is a pharmacy, the entire table

of Mendeleev" – he says. Thus, according to Kashpirovsky, morphine, insulin, and other drugs, which we introduce into the body when necessary, are constantly contained in microdoses in a person; their shortage leads to disease, and normalization of vital processes is achieved by creating programming situations from the outside. When writing this book, Kashpirovsky actively worked. He moved his activities to the Internet, and many people connected to his channel.

There is no doubt that Kashpirovsky is a strong psychotherapist using mental hypnosis and his deep medical experience. An interesting story was told by Natalia Petrovna Bekhtereva, an outstanding scientist, academician, and director of the Brain Institute in St. Petersburg, with whom I could closely communicate. She had no doubts about special psychic abilities in individuals, conducted research, and invited Kashpirovsky to a meeting. After the conversation, they went to lunch together. Natalya Petrovna was overweight, and before starting lunch, Kashpirovsky said: "Natalya Petrovna, it seems to me that you should not eat anything today," and looked at her with his long, heavy gaze. And as Bekhtereva told me, she suddenly lost her usually good appetite. She did not want to eat but thought: "How so? I cannot control my own will and must obey someone else's order. There is no such thing." So she ordered and ate a full meal, though without appetite. At one time, I offered Kashpirovsky to conduct experiments in our laboratory, but he refused.

The above stories largely reflect the atmosphere of the 1990s in Russia. It was a time of hope and expectations. We seemed to have thrown off the suffocating blanket of the Soviet regime. The country was free. It was possible to do business travel abroad, and all active people were trying to find something interesting. People had a sense of the miraculous and the possibility of healing from illnesses naturally with the help of psychic energy. People wanted

to believe. Seventy years of godless Soviet power could not destroy the genetic roots of two thousand years of Orthodoxy. The Orthodox Church, Islam, and Buddhism were rapidly revived. Temples and mosques were built throughout the country. At the same time, scientific circles began a movement towards understanding non-traditional treatment methods. The Institute of Traditional Medicine was organized in Moscow and mainly studied Traditional Chinese Medicine and acupuncture. It became common for medical universities to send their best graduates for internships in China. A significant contribution to this direction was made by Yakov Galperin, about whom I would like to say a few words.

Yakov Galperin, psychiatrist, doctor of medical sciences, and professor, was born in 1927 in Ukraine. When war broke out in 1941, the 17-year-old man volunteered for the front, fought through the whole war, and finished it in the Far East. For his heroism, he was awarded orders and medals. After the war, he immediately entered the medical institute, graduated in 1948, and began to work in psychiatry. He was the first in the country to create hospitals to treat alcoholism and founded Russian narcology. Galperin created his psychotherapeutic school, published more than 300 scientific papers, and received ten patents. Having vast experience as a psychiatrist, observing people in various mental states, Galperin was sure that human consciousness is not a simple logical system and that we do not fully know all the manifestations of consciousness. He repeatedly encountered the influence of human consciousness on other people and had no doubts about the effectiveness of healing as a scientific and practical direction.

He managed to bring this idea to the leadership of the Ministry of Health, and in 1987, the State Institute of Traditional Folk Medicine was established, with Y.G. Galperin as its director, and

in 1991, the Professional Medical Association of Folk Healers of Russia was established under his auspices, of which he became president. Thanks to his efforts, the article "The right to practice traditional medicine (healing)" appeared in the law on health care in Russia. Naturally, this impeded the development of this direction in Russia. Healing acquired official status, and people could do it, organize offices, and some even pay taxes. It is impossible to analyze the effectiveness of this activity, but we will return to the efficacy of healers' influence.

We met with Galperin several times; he was undoubtedly an outstanding psychiatrist and a principal organizer. He invited me to cooperate, but I was disgusted by the commercial side of his association's activities: people received healer's diplomas under uncertain conditions but for a specific fee. By the way, when the association tried to award PhDs and doctorates (also not for thanks), this activity was stopped by the Ministry of Education. The popularity of healing was promoted by the sessions of Chumak and Kashpirovsky and the fame of Dzhuna Davitashvili – the Kremlin Rasputin. Everyone knew that she kept the decrepit Leonid Brezhnev alive. We will talk more about her in the next chapter. So, it is the 1990s, and I must return to the vicissitudes of my fate.

Zigzags of the Nineties

“Everything is funny, if you can laugh at it.”

Lewis Carroll

As I have already mentioned, in 1995, we built the first GDV instrument. But even before that, I conducted an interesting study that attracted wide attention. Thousands of people worldwide were engaged in the Kirlian effect because it allowed us to capture the nuances of the human psyche and showed encouraging results for diagnosing various diseases, from oncology to diabetes. The inconvenience of the method was the necessity of using photographic materials with a long chemical process, which required special conditions for the processing. So, it was an activity for enthusiasts. In our age of digital photography, the new generation has no idea what it is like to mess around with developers and fixers in a dark bathtub under the light of a red lantern. I've shot a lot of Kirlian photography, as well. We even did some research in the hospital. I've always been interested in philosophy, history, and Eastern religions, and I thought: if we can study a person's energy during life, why not see how it changes after death? I thought of a way to do it, but organizing the experiments required substantial funds, which I did not have.

One day, I visited an excellent acquaintance: a Finnish businessman, Helgi Savolainen, who spent much time in St. Petersburg with his wife, the talented healer Victoria Ryabukhina. I told him the idea of the experiments, and Helge asked: "And how much money will it take?" I answered, and he went to the

bedroom and returned with a wad of dollars. "I hope it should be enough."

Encouraged, I called a pathologist I knew, and a short time later, we began the experiments. I've described the whole process and results in detail in the book *Light After Life*. I won't repeat myself except to say the main result was that the nature of the dynamic energy change after death depended on how the person came to their death. Quiet, expected death, accidental death, and murder or suicide gave very different curves.

The results were published, immediately attracting the attention of journalists. A couple of weeks later, I was unexpectedly invited to Rome to participate in the most popular talk show in Italy, and the following day, when I went for a walk through the streets of the Eternal City, every second passer-by bowed to me. After that, journalists from both Russian and foreign countries began visiting and promoting our new digital GDV device. I can state that on the wave of Kirlian photography, I entered the 21st century.

Speaking at various congresses and conferences, I often met interesting people. One of them was Eduard Naumov, the President of the Russian Parapsychological Society. Throughout his conscious life, Eduard collected material about people with unusual abilities. His video library contained hundreds of movies. He was widely known worldwide and constantly exchanged data with his colleagues. He often gave public lectures, and we became good friends within a short time of meeting him. Every time I was in Moscow, I tried to meet Edik. He was very kind and sweet, although his life was not easy: his speeches contradicted Soviet ideology, and the authorities took advantage of his unconventional orientation and sent him to the camps for three years. This was a method by which the authorities abused undesirable people, such as the prominent film director Sergei Parajanov.

Eduard Naumov introduced me to many psychics, among whom the most outstanding was Djuna Davitashvili. We visited her apartment several times. There was always a crowd of people: patients patiently waiting in line for appointments, with some Georgian men and women hanging around the hallway. Juna periodically came out of her waiting room, looked carefully at the queue, and said to someone: "You can go, you'll be fine," or "Come to me, you will have to be seriously engaged. Miracles were told about her, but it's hard to say what was true. I measured her energy several times, and all the parameters were off the scale. It's no wonder she could charge people with her energy.



Eduard Naumov conducts experiments with Kulagina.



One year, Eduard invited me to participate in the Congress of Non-Traditional Medicine in Colombo, Sri Lanka. It was my first trip to the countries in the Indian Ocean. The enchanting atmosphere of tropical Ceylon, the soft rustle of warm waves, and the friendly people enchanted me. Since then, Sri Lanka has become one of my favorite places on Earth. I've returned there many times.

The Congress was impressive: about 1000 people from all over the world, exciting speeches, interrupted by music and national dances. My paper was very well received, and at the end of our stay, I was awarded a beautiful diploma as a professor at the University of Colombo. A couple of years later, I was even invited to lecture before the President and Congress of Sri Lanka, and my wife and I were invited to dine with the President of the country. She was worried that she did not have her beautiful shoes with her, but as it turned out, all the members of Congress and the President himself wore simple sandals. Dzhuna was sitting in the Presidium of the Congress in the uniform of Colonel-General of the Russian Medical Service, and it made a somewhat masquerade impression. Still, the organizers and participants treated her with great respect. Dzhuna was an extraordinary and versatile person: she wrote paintings and stories, tried to engage in political activity, and helped veterans of Afghanistan a lot. Several times, she was invited for examinations in scientific institutes. However, I have never found the published results of her research. In 2001, her only son tragically died. She fell into severe depression, stopped all communication with the world, and passed away in 2015 at the age of 66. Unfortunately, in the late 90s, Eduard Naumov tragically died, and his entire archive disappeared without a trace.

I have become more and more immersed in the development of GDV devices. In our home workshop, we assembled them with our hands, and my programmer buddies wrote their first programs. We received an order for one of the first devices from England, where people were actively involved in the Kirlian effect and were very interested in the digital version of the device. We met them at the Congress of the International Union of Medical and Applied Bioelectrography in Helsinki. This union was organized in London in 1989 for a scientific study of the luminescence processes of various objects and periodically organized Congresses in different countries. More details on the activities of this union can be found at www.iumab.club.

The trip turned out to be very fruitful. Moreover, communication with friendly, intelligent people allowed me to improve my English significantly and initiated many years of friendship and business cooperation. England is a country with centuries-old, carefully preserved history. Traveling around the country, you can see a chapel built in the eleventh century. Inside, a stone tomb rests the ashes of a lord who died in the battles of the Crusade. And I'm not talking about Stonehenge, the menhir fields, and the regularly appearing "crop circles." It is interesting to live in English castles, but it is better to do it in summer as winter is usually bitterly cold.

In Soviet times, due to my work in "closed" projects, I was forbidden to travel abroad, but when the '90s began, I more than filled this gap. I began to be invited to conferences and seminars in different countries and tried to use these opportunities to get acquainted with the land. It was especially interesting to measure the energy of various active sites using the Sputnik sensor. The book *"Traveling the World in Search of Energies"* presents the most interesting impressions.

In 1994, I met Professor Gennady Nikolayevich Dulnev (1927-2012), and he invited me to his Center for Energy and Information Technologies at ITMO University in St. Petersburg. Gennady Nikolayevich was an extraordinary person in every respect. For many years during the Soviet period, he was the Rector of ITMO and was actively interested in unconventional directions. On his initiative, he organized research on the talented psychic Ninel Kulagina. Here is how Dulnev describes his first acquaintance with Kulagina (Dulnev G.N. In search of a new world. Vse. SPb 2004).

"Kulagina asked to bring a compass and began to work magic on it, making circular movements to the right, and suddenly, the arrow started to rotate in the same direction. Then – on the contrary, the circular motions went to the right, the needle began to turn to the right, and the compass itself moved after the hand. We looked for hidden magnets and strings, but nothing was found. Kulagina removed a massive wedding ring from her finger, made a kind of antenna out of her palms, and, pointing it at the ring, began to race it across the table. Then, she asked for an empty flute and moved it across the table similarly. I paid attention to the strange character of this movement – the flute seemed to bounce above the table and moved in the opposite direction from the palms. In 1978, a group of LITMO employees began to study Kulagina's phenomenon. The work was carried out according to a straightforward program for about six years, always in the evenings when the institute was empty."

(Recall that the Soviet system was in full force at that time, and the ability to influence the world around us with one's consciousness contradicted the basic Marxist paradigm. So, one can only admire the courage of G.N. Dulnev).

"So, we registered the amazing phenomenon of macro psychokinesis (movement of light objects on the table under the influence of the biofield) and established that metal and dielectric

screens are not an obstacle for the operator, but the object placed in a vacuum is unaffected."

They concluded that the radiation was neither electrostatic nor magnetic (the exposure had the same effect on iron and copper filings), although the sensitive magnetic sensor reacted to this radiation. When Kulagina exposed the patient's skin to the radiation, the patient felt heat up to the point of burning. (I met such an effect with many psychics). Gennady Nikolaevich was a physicist by specialty, so he used various thermal sensors. It turned out that the skin temperature did not change under Kulagina's influence, but the sensor measured a large heat flux. Hence, it was concluded that this radiation is non-thermal, and the thermometer reacts to some other field. In G.N. Dulnev's laboratory, they conducted experiments with different psychics using the thermometer. They found that some had purely thermal radiation, and only a few had non-thermal radiation.

Experiments on the effect of Kulagina's biofield on the laser beam were organized. After a series of carefully managed experiments with different types of lasers, the following conclusions were made:

- No radiation attenuation at wavelengths 0.63 – 1.15 – 3.39 μm was registered.
- Confident attenuation of laser emission at 10.6 μm and 4 mm wavelengths was recorded when the cuvette was filled with gas (air, nitrogen, and carbon dioxide).
- No radiation attenuation was observed when exposed to the evacuated (vacuumized) cuvette.
- The rotation of the plane of polarization of light, when the laser beam passes through liquid media was detected.

- Various psychic operators could induce similar effects, but this highly depended on the operator's emotional state and "power."

- Attempts of an ordinary person who does not possess concentration methods to obtain similar effects did not lead to results.

During the study with acoustic sensors, powerful but very short pulses of acoustic radiation were registered. This allowed G.N. Dulnev to formulate the acoustic hypothesis of psychokinesis – a movement of objects under the influence of the operator's directed attention. The operator enters into contact with the subject and tunes in to the frequency of its natural vibrations. Resonance occurs, and the object is slightly raised above the surface on which it stands. It appears like an air cushion, and the object begins to move in an unstable state. This hypothesis also explains the effect of the laser beam. The gas in the cuvette is subjected to acoustic influence, and the density of individual regions changes, leading to the laser beam's scattering. In a vacuum, all these effects disappear.

The described experiments are the most thorough experiments ever studying psychic activity. In the 1990s, Prof. G.N. Dulnev was actively engaged in experiments with torsion generators, created under the direction of Anatoly Akimov, and the study of psychics mainly with the help of thermal sensors. I had the opportunity to participate in many of these works, but in the late '90s/90s, I moved to the Department of Computer Systems Security. My friends and I developed GDV programs there. We met Gennady Nikolaevich many times until his death, and I retain a deep respect for this outstanding scientist.

Allan Chumak, Magicians and Charlatans

“For, you see, so many out-of-the-way things had happened lately, that Alice had begun to think that very few things indeed were really impossible.”

Lewis Carroll,

Alice in Wonderland

I met Chumak at a conference. I invited him to experiment with me in St. Petersburg, and to my surprise, he accepted my invitation. It was the late '90s, and Chumak was nationally renowned while I was just a science candidate, of which there were millions in Russia. True, not all PhDs were ready to work with psychics. At that time, the "Commission on Pseudoscience" at the Academy of Sciences persistently persecuted all dissent. All talks about the immaterial nature of consciousness were considered pseudoscience. I, too, fell under this wheel. The case was like this.

Once, two young men came to our laboratory, introduced themselves as journalists, and asked to discuss our research. I gladly showed our devices and told them about analyzing human, water, and plant energetics. They listened attentively, made notes, and took pictures. Sometime later, a major St. Petersburg newspaper published a scathing article calling me a charlatan and pseudoscientist and kicking ITMO University, which gives shelter to such crooks. On the St. Petersburg TV channel, there was a movie where shots from our laboratory were interspersed with episodes from Mark Zakharov's movie "Formula of Love," so there was a direct analogy with Cagliostro.

As you can see, a lot of effort and money was spent. I went to the rector, Vladimir Vasilyev, who said, "Don't pay attention, but try to be careful." Excellent advice was given by Academician Natalia Bekhtereva, with whom we were conducting joint experiments at the time: "Konstantin Georgievich, the main thing is not to respond to these attacks. They only want you to get involved in a polemic." I left everything as it was and continued to work. It is pleasant that in the eyes of the Commission on Pseudoscience, I was on the same team with outstanding Russian academicians Natalia Bekhtereva and Vlail Kaznacheev.

One day, Chumak appeared in our laboratory. We discussed and decided to start with experiments with water. If a psychic can influence water, they will likely be able to affect humans as well because we are 70% water. By that time, I had developed sensors to measure the energy level of water. I turned on the device, and the computer showed a stable curve, slightly fluctuating over time. We knew from experience that a signal could remain stable for long periods. Without seeing the computer screen, Allan Vladimirovich sat in front of the unit and concentrated, closing his eyes. After about five minutes, the curve shuddered and slowly crept upward. This continued the whole time Chumak was in a state of concentration. Then he relaxed and opened his eyes, but the curve showed an elevated value. This was the effect of water memory (Fig. 9).

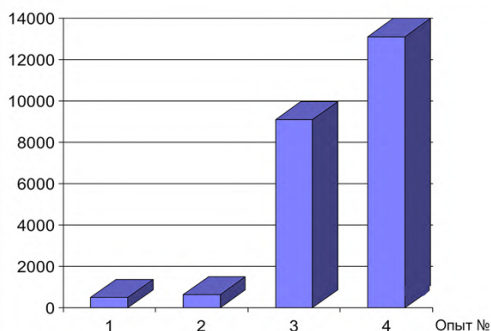


Fig. 9. Changing the parameters of water luminescence under the A.V. Chumak's mental influence. 1,2 – control, 3,4 – intentions.

The first experience inspired us, and we continued experimenting every time Chumak visited St. Petersburg. After a while, I realized that it needs to be "activated" to get good results. To do this, I asked him to wait. A pretty student brought Chumak a cup of coffee and listened to his stories with her mouth open. After that, it was possible to conduct experiments. Then, he offered to run a long-range session from Moscow. The result was again successful. We have repeatedly met with Alan Vladimirovich and participated in television programs together, sometimes conducting experiments in real time in the studio.

Several times, I measured his influence on people and his energy in the healing process. As you see from Fig. 10, a person's energy increased, and the person reported much improvement after the session.

For the healer himself, parameters changed on the level of standard variations after the session, but Chakras balanced (Fig.11). It indicates Chumak's transformation into a deep meditative state.

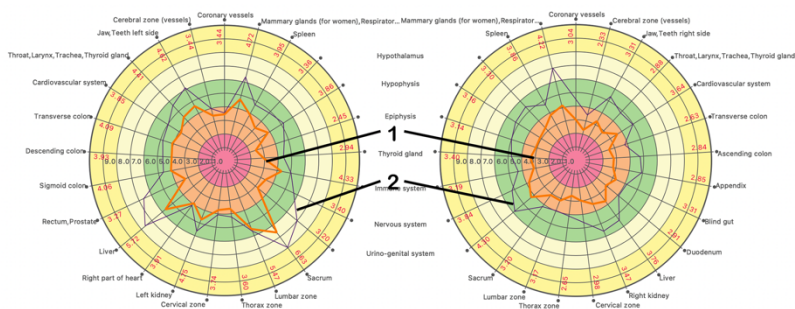


Fig.10. Energy Diagram for a person before (1) and after (2) healing session by A. Chumak.

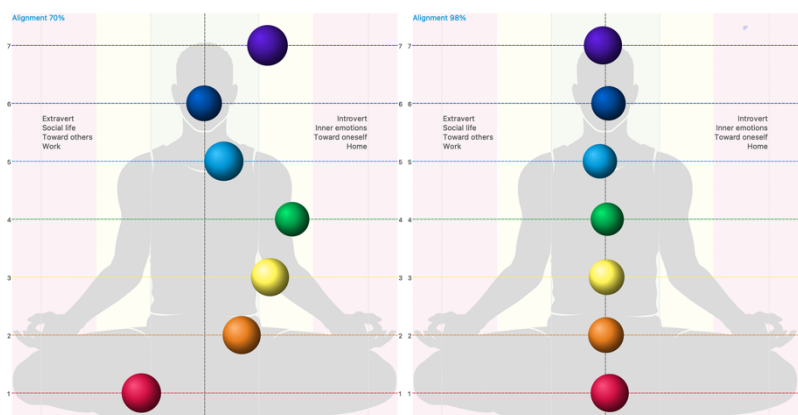


Fig.11. Transformation of A. Chumak's Chakras in the process of healing session.

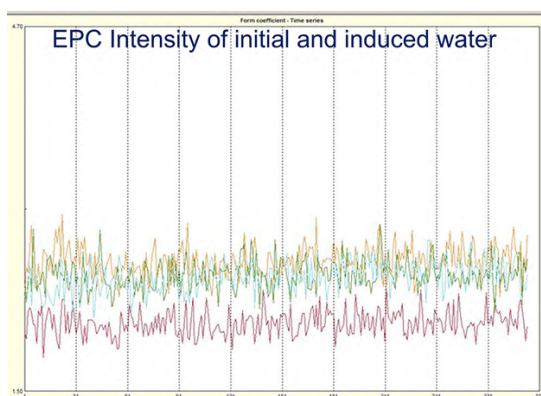
In the '90s, there was a lot of talk about legalizing the activities of psychics. For this purpose, developing a methodology for their testing was necessary. We devised a series of tests, the results of which were easy to evaluate in points. They included analyzing the condition of five people from a photograph; one was no longer in this world. In another test, a person held their hand to a box containing an electromagnet. It was necessary to determine when the magnetic field was on and when it was not. There was a definition of colored cards: when someone can't see them, he can put his hand near them. And, of course, G.N. Dulnev's heat sensor and GDV test with water.

We announced that everyone could come to the laboratory and take the tests free of charge. If the results are positive, a certificate will be issued. About a hundred people responded to the announcement. All of them were considered psychics and earned money in this field, so everyone was interested in getting a university certificate. After a few months of research, we summarized the results: out of 100 people, 7 showed the highest score – more than 90. This group included Allan Chumak, Albert Ignatenko, Alexei Nikitin, and several others, no less famous. The

rest of the subjects were distributed from 50 points (simple guessing) to 70. Some people were diagnosed well by photos but failed in other tests; vice versa – they actively influenced the devices but had no exceptional sensitivity. In any case, getting good results requires total concentration and inner tuning. Some participants needed time and repeated repetitions. Immediately after lunch, the results tended to deteriorate.

Analyzing all these results allowed us to divide all the participants in our experiments into several groups. The first group comprises specialists in Oriental medicine, acupuncturists, herbalists, and homeopaths. For all these disciplines, not only knowledge is essential, but deep intuition is also essential. The doctor's hand feels where to stick the needle, looking at the person, the homeopath selects the dose, and the village grandmother collects a specific set of herbs.

The other group is comprised of people who do not have unique enteric talents but act as good psychotherapists. If they still have a special education – a psychologist or a neuropsychologist – they can help people and solve psychological and often organic problems; after all, the physical condition largely depends on the psychological.



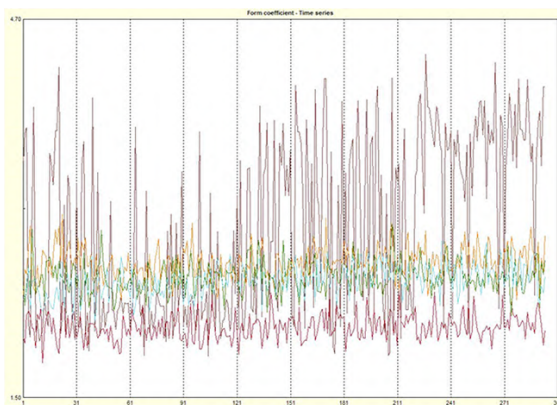


Fig.12. Temporal dynamics of water luminescence before and after A. Nikitin's mental influence.

The next group is intuitive diagnosticians, who look at a person and immediately understand their problems. Many doctors have this quality, intuitively prescribe a diagnosis, and confirm it with further analyses. I know many such doctors. Rich information is embedded in a person's appearance, skin condition, and breathing. Naturally, some people just see through a person and feel his condition. A correct diagnosis is already a big part of successful treatment. In addition, after such a patient begins to believe the specialist, it improves mood, which is also vital.

People who can influence their biofields are the next category. They bring their hands to the patient, feel the heat energy, and within a few sessions, there is an improvement in the condition. At the same time, energy therapists expend their energy and need to recover. The issue of transferring negative energy to the healer himself has been repeatedly discussed. It is difficult to ascertain whether or not this is true as no one has seriously studied this issue.

The highest stage describes mental impact at a distance. In different places in the universe, the healer and the patient never meet. A photograph is enough. At the same time, the impact is

objectively recorded. The most famous psychics, as noted above, Chumak, Ignatenko, and many others I've met in different countries, belong to this group.

A separate group is people who predict the future or communicate with the spirits of the deceased. Gary Schwartz, a professor at the University of Arizona in the USA, studies the latter. He uses ultra-sensitive equipment that allows the capture of individual photons. A person who knows how to communicate with spirits is in a completely dark room. He evokes a particular spirit of the deceased, and when he appears, the equipment records an ultra-weak glow. It is assumed that this is an otherworldly body glowing, naturally immaterial. But photons can also be born from a vacuum. I will not discuss how much these experiments carry factual information. Still, many talk about predictions that have come true (recall the Bulgarian Vanga, to which both actors and politicians went). However, all the predictors give their information in a very streamlined form. "Execution cannot be pardoned." It all depends on where you put the comma.

A friend of the vice-rector told a story during a banquet. When he was young and handsome, a gypsy woman accosted him with an offer to tell fortunes. He became interested, and for a small bribe, he extended his hand to her. She said that he was waiting for a great career and great love (which came true), but after 50 years, she saw nothing. He almost forgot about it, but when he began approaching the fiftieth anniversary and planning a banquet, he suddenly decided to operate on an ulcer. The doctors said it should be done, but there is no hurry. The wife was surprised: "Wait, we'll celebrate fifty kopecks, then you'll do it, or they'll suddenly forbid you to drink." But he had some strange feelings, and he still went to surgery. When he woke from anesthesia, the surgeon came into the room and said: "Well, you're lucky; you can

celebrate your birthday again. If they hadn't done the operation, there would have been a perforation in a day." And this is practically the end.

Therefore, it is impossible to unequivocally say what is "real" in these matters and what mysticism and superstition are. It is necessary to be careful not to believe anything at first glance and to check everything in practice. Besides, what works for one is often meaningless for another. For example, homeopathy is a great art, but it works selectively and only in talented hands.

And, of course, as in any activity, in healing, there are plenty of charlatans and deceivers. But are there not enough among other professions – writers, builders, and even doctors?

School for Mental Healers

"I am not crazy, my reality is just different from yours." - Cheshire Cat"

Lewis Carroll. Alice Wonderland

People often ask, "Is learning how to become an energy therapist possible?" The ability to influence people with one's biofield, especially at a distance, is a genetic gift. Most of these people tell stories about grandparents who could stop the blood with a touch of the palm of their hand. In villages, such abilities were passed on from grandmothers to granddaughters. Siberian shamans find an unsuspecting person and announce that it is in him the spirit of a great ancestor, and he should drop everything and go to the forest to shamanize. This work is not the most pleasant; the man resists, but the spirits do not leave, and eventually, he has to agree. Thus, the genetic factor is essential.

But at the same time, there is a direction like reiki, where anyone can take courses and get a diploma. Then, you can hang this diploma on the wall and start practicing, which many people do. In many countries, there are schools where healing is taught. In St. Petersburg, the school "Revival" has been run for many years by Sergei Tereshkin. He does not claim to be able to cure all diseases but teaches people that their health is, first of all, their attitude. He proves it, citing his experience while introducing it to others. He leads the right way to meditate, to walk barefoot on coals, to bathe in an ice-hole in winter. In Russia, he developed one of the specific practices of Tibetan yoga, known in Tibet as the Yoga of Internal Fire – Tummo Yoga (gTUM-MO).

The practice of Tummo yoga, during which Tibetan lamas dried wet sheets on themselves at sub-zero temperatures, is described in the works of researchers of Tibetan Buddhism. Still, no one has seriously studied this practice due to the complexity of implementation.

For example, in the "Yoga Kundalini Upanishad," the following method of awakening the inner fire is given: "When the apana, going upwards, reaches the seat of the fire, then the flame is blown up by the wind and grows. Then the prana is ignited by the incoming fire; the flame covers the whole body by continuous burning."

The yoga of the inner fire has reached our time in the system of "Six Yogas of Naropa," which goes back to the highest forms of the yoga of Buddhist tantrism – "Anuttara-yoga tantra."

Thanks to the available descriptions of meditative and breathing exercises and a modern approach to understanding the physiological processes of the Yoga of the Inner Fire, Tereshkin repeated the performance of Tummo Yoga. However, the twenty-first-century researcher's task is to replicate and explain ancient practices from the point of view of modern natural science.

In March 2004, Tereshkin organized a remarkable experiment: blood was drawn from a vein, and Tummo yoga was practiced for 10 minutes. Then, the blood was retaken from the vein. The blood was analyzed for lipid spectrum.

According to the results, the blood was found to have an excess of cholesterol up to 6.54 mmol/L. After a ten-minute practice, during which Tereshkin sat in the cold with a wet T-shirt on his back and dried it, a blood lipid spectrum test recorded a decrease in cholesterol levels to 6.14 mmol/L. During 2005 – 2007, practicing Tummo Yoga, he managed to practically restore normal cholesterol levels: a blood test in November 2005 showed a

decrease in total cholesterol to 5.4 mmol/l, in April 2007 – to the norm: 5.1 mmol/l. In addition, a reduction in the amount of cholesterol in the blood was recorded to normal for all.

In addition to physiologic studies of blood composition, an analysis of Tummo practice by bioelectrography was jointly conducted in March 2007. During the experiment, six consecutive measurements were taken of 10 fingers at baseline, and eight were taken during Tummo practice. The measurements were taken at 3-minute intervals. Tummo practice involved drying a wet sheet on the back for 20 minutes. The energy values of all chakras were calculated in the GDV Chakra program. It was shown that the most significant activation during Tummo practice is in the Manipura chakra. And this is not accidental. The Manipura chakra is associated with fire energy, which is activated during Tummo practice.

Sergey Tereshkin introduced the experience of Tummo Yoga into the practice of the "Revival" center, and dozens of people under his guidance have mastered the technique of managing their inner energy. And it is necessary not only to create a robust energy frame – the basis of health – but also to cultivate faith in oneself, in one's strength, and the capabilities of one's psyche.

The Revival Center has been actively working in St. Petersburg since the mid-90s – and this is the best proof of its effectiveness. If these classes had not benefitted people, their activities would have stopped long ago. Longevity is the best proof of its efficacy.

The "Revival" center is one of the examples of a popular trend of teaching methods of unlocking one's inner potential.

Such centers are becoming more and more popular in different countries. During lectures and seminars, I have met with such organizations multiple times, and the results of many of them look compelling. For example, several thousand patients have

passed through the German center Zentrum für Geistiges Heilen (www.fitmit.de), all of which have been given rave reviews. The Center publishes books and training manuals. They produce energetically charged crystals and healing cards. And all this proves to be in demand.

A good example is standing on nails. It is known from Chinese medicine that stimulation of the points of the soles of the feet is beneficial to health. In yogic tradition, standing on nails – Sadhu – has been used since ancient times to enter the state of Moksha – inner liberation. In Russia, nail standing began to develop in the 80s, and nowadays, many centers offer this practice to improve the state on the physical and mental plane as another method of achieving inner liberation. An experiment was conducted with 12 volunteers who stood on nails for 30 to 60 minutes. Their psychophysiological parameters were periodically measured with a Bio-Well device. Naturally, the reaction differed greatly depending on how long the guys had practiced. But in most cases, a powerful transformation of the biological field was observed – it became more active when the balance of the sympathetic-parasympathetic nervous system increased. Similar studies will continue using a complex of equipment; the coaches hope to record the students' transition into the Altered State of Consciousness.



Fig.13. The worse the weather, the more pleasant it is for Sergey Tereshkin and his group.

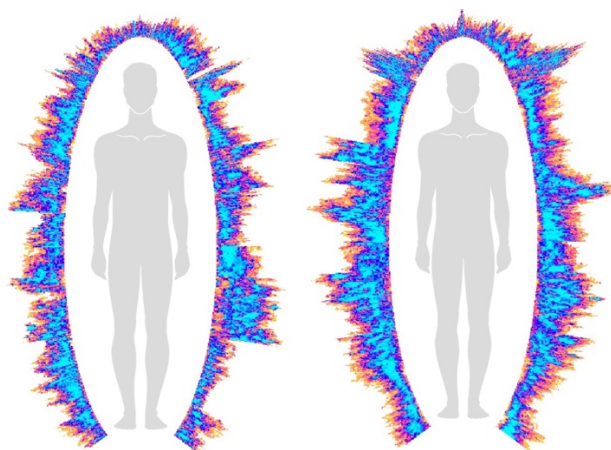


Fig. 14. Human biofield at baseline and after an hour of standing on nails.

Standing on nails is becoming more and more popular in Russia. The All-Russian Forum "Nails" has been held near St. Petersburg, where people engaged in this practice gather for several years. Such practices are becoming more and more popular in the world. People increasingly realize that they can make their lives rich and bright only by developing their inner world and discovering new development directions. For this, you need the help of experienced coaches who will help you understand what to do and where to go. In the USA, the most famous trainer in this direction is Dr. Joe Dispenza; in Germany – Victor Filippi and Christos Drossinakis. We will talk about these people later. At their seminars and training, they do not allow their listeners to become healers and start their practice. Still, they teach meditation and talk about the principles of a happy life, emphasizing inner balance rather than external factors. Often, this completely changes people's lives, allows them to overcome internal barriers, stop being nervous about external circumstances, and start living a whole life. What's more, these changes can be objectively measured.

How we're doing it

"How should I know?" said Alice, surprised at her own courage. "It's no business of mine."

Lewis Carroll,

Alice's Adventures in Wonderland

In the mid-90s, we developed and launched a device for measuring human energy – the GDV method. It is based on the well-known Kirlian effect – photographing the glow of various objects in an electromagnetic field. The difference between our modern Bio-Well GDV and Kirlian devices is the same as between a bicycle and a Mercedes. Both are means of transportation but of different levels. Much has been written about our devices, so that I won't repeat myself. Instead, I encourage you to take a look at www.bio-well.com. We can measure a person's energy, stress levels, and the balance of Chakras before and after some impact. The difference can be seen immediately if the effect is significant for the organism.

There have been many measurements of large groups of people before and after psychological training. Several thousand Bio-Well devices work worldwide, and many trainers have conducted such measures at seminars. With a good trainer and an interested audience, the result is impressive: stress levels drop, energy increases and chakras become aligned. Seeing such results strengthens their belief in the usefulness of the time and money spent, reinforcing the feedback principle's effect.

From my point of view, the most interesting results were obtained with the Sputnik sensor that was already mentioned.

This is a direction for measuring the energy of the environment, how it changes in different zones, how it is affected by ancient structures, and how good it is for humans: exciting results and an interesting line of research. What's important is that it's accessible to many people. Bio-Well instruments and Sputnik sensors are sold, and the methods have been worked out, so anyone can get this equipment and go to the plain air and then present the results on www.sputnik.bio-well.com. But we will discuss the application of the Sputnik sensor for registering the effects of human Consciousness, and then we will talk a little more about what our Consciousness is.

Currently, millions of people all over the world are practicing meditation. Evidence-based scientific studies have shown that regular meditation helps to reduce stress levels, normalize sleep, and improve family relations – in short, it brings a lot of positive effects. Now, it is a recognized method of psychological influence, of course, much better than antidepressants, which act for a short time and have a lot of side effects. But what is meditation? How to do it correctly? From our point of view, the correct meditation technique can be mastered only under the guidance of a teacher or a coach. But even after taking a course, where is the guarantee that you do everything correctly and sitting on a mat in a pensive pose leads to something positive?

After many years of experiments, we are convinced that in the meditation process, the meditator's state changes, and the surrounding space's harmonization. That is, it is an objective physical process. Detailed studies of the physical parameters of the environment during meditation are still to come, but I would like to give one illustrative example.

There is a center in Moscow that unites many people who are engaged in meditation. One of the leaders of this center is connected with aviation, and he managed to organize an exciting

experiment. Five people – trainers of the center – got into an airplane, which went up to 12,000 meters (40,000 ft). As we know, the higher you go, the higher the level of radioactivity. That's why commercial airplanes fly at 10,000 meters (33,000 ft) – at that altitude, the radiation level does not affect health. The guys measured the radiation level (good thing Geiger counters are readily available in Russia) and started meditating. After 10 minutes, the radiation level in the cabin dropped significantly and did not rise while they were meditating.

This is an illustrative example. The Sputnik sensor can also change parameters under the influence of meditation. People all over the world use this widely. Following are some examples.

In the fall of 2021, we held workshops in Madrid and Mexico City, with over 30 people in attendance. Each workshop was three days long, and on one of the days, I offered a group meditation. It was not the first day that the participants of these workshops had been working with the Bio-Well device, and many of them had sensors with them. I asked them to turn on their sensors, and we left for a break. When we returned an hour later, we all meditated together for 20 minutes. Naturally, everyone did it as well as they could. When we finished, we analyzed what the results turned out to be.

In Madrid, nine out of ten sensors and four out of five in Mexico City changed parameters after the meditation started. In Madrid, the signal of all sensors decreased (fig.15); in Mexico City, two sensors had a reduced signal, and two had an increased signal. This is probably due to the different influences of the people sitting beside the sensors. There are many kinds of meditation, and there is no guarantee that all participants were meditating and not just dozing. Figs. 5 and 6 show plots of parameter changes before and after meditation, and Fig. 16 and 17 show examples of signal dynamics.

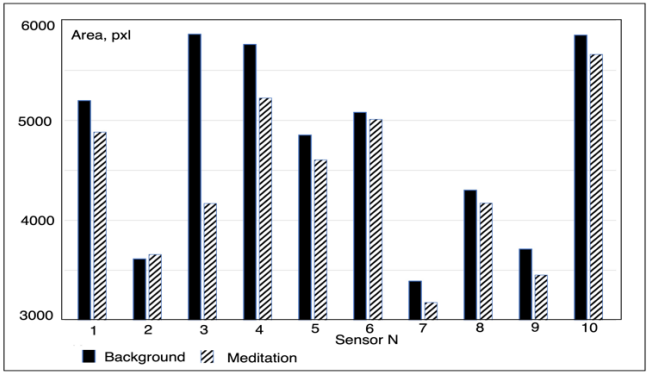


Fig.15. Parameter of the averaged area of the 10 Sputnik sensors 30 minutes before and 30 minutes after the start of the meditation at the Madrid workshop.

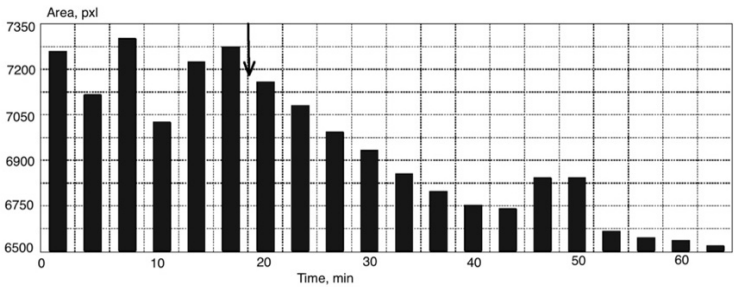


Fig.16. Dynamics of the area at the Madrid workshop. The arrow shows the moment when the meditation started.

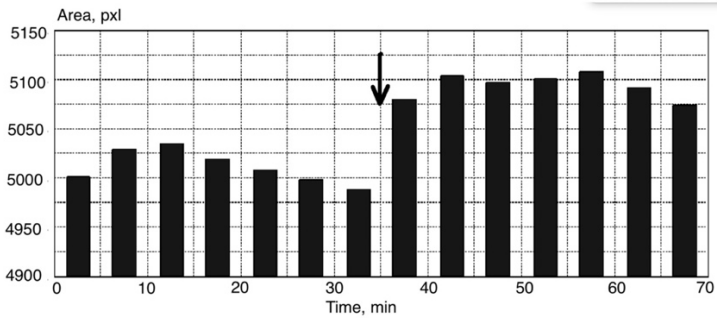


Fig.17. Dynamics of the area in the Mexico City workshops. The arrow shows the moment of the beginning of the meditation.

The significance of these experiments is that several devices were measured simultaneously, and most responded to the meditation process, albeit in different ways. Such investigations should be repeated, but other people from various groups will have significantly different results. I have conducted seminars where the Sputnik sensor did not react in any way to meditation in a group. We have to be prepared so that we don't always get interesting results. There are too many factors: individual abilities, the ability to get into the state at the right moment, and perhaps even the phase of the moon or the weather. We are only at the beginning of the journey, with more questions than answers. Collective meditations are fascinating, but the most impressive for me have always been meetings with people with unique abilities. There are many such "wizards" in the world, and I have been lucky enough to meet a few of them and work with them.

Meetings on different continents

Dr. Joe Dispenza

“One of the deep secrets of life is that all that is really worth the doing is what we do for others.”

Lewis Carroll



Dr. Joe Dispenza

Time is an essential factor. One day, Dr. Joe Dispenza invited me to take measurements at his seminar. Dr. Dispenza is a very well-known figure in the United States. He is a serious scientist, an excellent popularizer of science, and, most importantly, a great lecturer. He gathers huge halls and mesmerizes people just by his presence. He teaches the right way to meditate and conducts

collective sessions. After his training, many people report that their lives have completely changed. They are no longer nervous about anything; they are no longer annoyed by others and no longer want to take a gun and shoot everyone. Life is filled with colors and has acquired meaning. People are eager to attend Dr. Joe's seminars and repeatedly follow him from state to state, so his training must be signed up in advance, like the performances of world opera stars. He regularly organizes scientific studies, analyzing brain activity before and after training and recently using Bio-Well. His results and ideas are set out in his books, which have also been published in Russia.

I was fascinated by Dr. Joe's enthusiasm and efficiency during the seminars. He would start the first meditation at 5 am, before sunrise; it would last for 2 hours, then people would go for breakfast, and at 11 am, everything would start again, until evening (of course, with a break for lunch, of course). The Sputnik sensor was near the podium where Dr. Joe was; I turned it on in the morning and turned it off in the evening at the end of the workshop. During each collective meditation, the sensor signal would drop (Fig. 18), and if Dr. Joe spoke beforehand, the drop in signal would begin while he was speaking (Fig. 19).

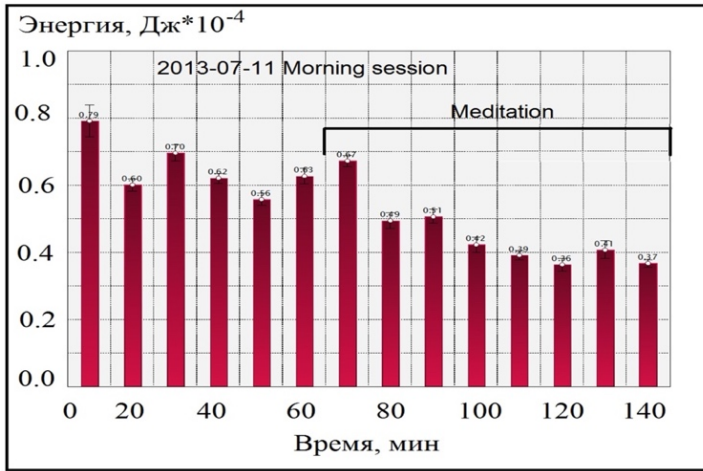


Fig.18. Energy parameter dynamics at Joe Dispenza's workshop.

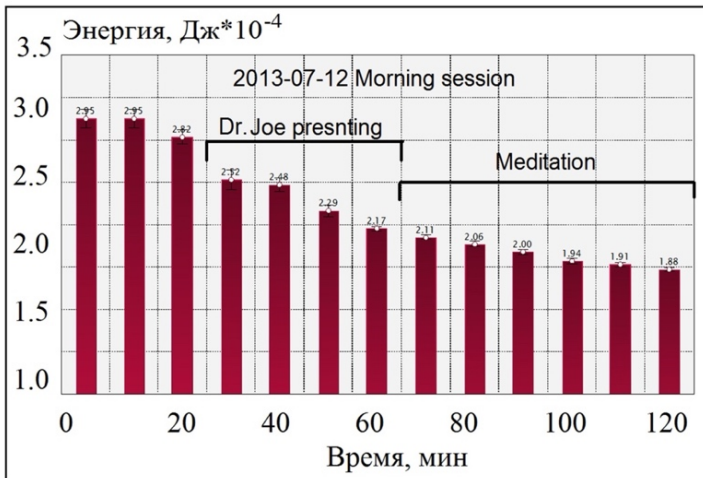


Fig.19. Energy parameter dynamics at Joe Dispenza's workshop.

The seminar was held for four days, and when we looked at the dynamics of the signal during all this time, a curious detail was revealed: during meditation, the signal dropped, then increased again (dotted curves). However, the average signal level became higher every day (Fig. 20). Doesn't this suggest that there was a memory effect in the room, and under the influence of collective meditations, the environment became more and more favorable for the person? This is an interesting question.

Also, note that the drop in signal on the first day was significantly less than the next three days. This suggests that people were being "drawn" into the meditation process, which was becoming more effective. It is true that by the evening, the efficiency decreased. But this is a natural effect of the circadian rhythm of the day – cortisol levels drop in the evening when most people have less energy.

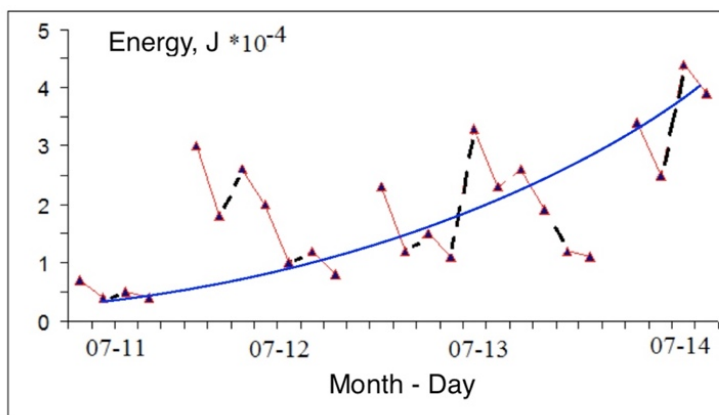


Fig.20. Energy parameter dynamics at Joe Dispenza's workshop during four days.

Joe Dispenza several times had workshops at Gaia Sphere – presentation hall in the Gaia building. He had a workshop from 9 am till 6 pm, but Sputnik was running for 24 hours. Look to the picture: we see regular pattern of a signal.

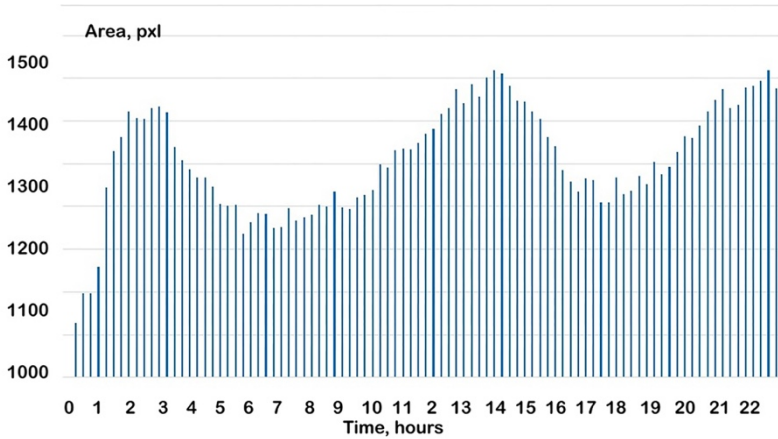


Fig.21. Dynamics of Sputnik signal in the day of Joe Dispenza's workshop.

Similar patterns were recorded by our colleagues Adolfo Rodriguez and Marcela Torres when they measured near the Torus Resonator developed by a physicist, Nassim HuraMAIN, in the USA (www.sputnik.bio-well.com, www.iumab.club). Bio-Well was running offline from December 2017 till January 2019, practically non-stop. In a long-time measurement, a regular sinusoidal pattern was detected (fig. 22). It may be interpreted as a harmonization of the environmental Energy under the influence of Torus Resonator.

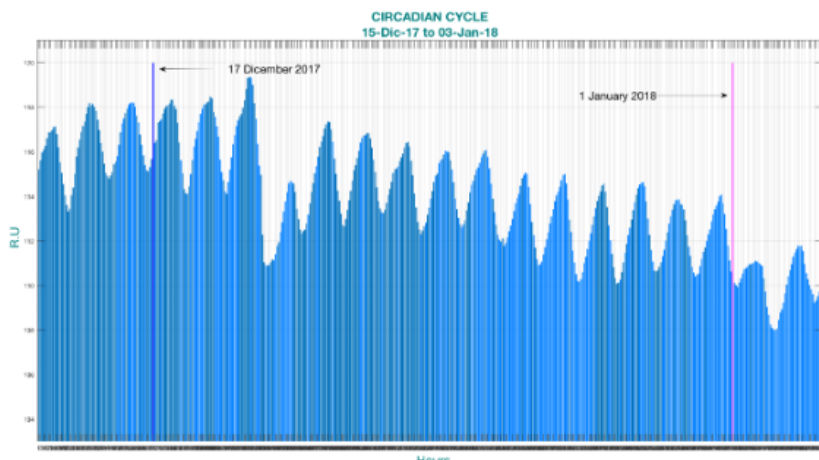


Fig.22. Circadian pattern of Energy detected near the Torus Resonator.

So, we can tell that during Dispenza workshops environment becomes harmonized. We wish Joe many years of successful activity.

Dr. Eric Pearl

'Who Am I, then? Tell me that first, and then if I like being that person, I'll come up: if not, I'll stay down here till I'm somebody else'

Lewis Carroll,

Alice's Adventures in Wonderland



Dr. Eric Pearl

Again, the data demonstrates that outstanding people can influence large groups of people with their energy and, through them – the surrounding space. Another example of such a person is Dr. Eric Pearl from the USA. Being a doctor of integrative medicine, he discovered the ability to influence people with his

field, became widely known in this field, and then began to teach others and created a whole movement – Reconnective Healing. In 2011-2012, we conducted an extensive research cycle with him during his seminars and clinical experiments. The sensor was found to respond to group emotions, namely the emotional response of the seminar attendees, to the events taking place.

The sensor was installed in the room in which the seminar was held. The "background" measurements were taken in an empty space before the seminar participants arrived for 1 hour. The measures were continued during all sessions and speeches and continued for another half hour after the end of the seminar. Measurements in the USA were made by our friend and experienced researcher Krishna Madappa and in the Netherlands by Dmitry Orlov.

The most representative experiment was conducted in St. Petersburg. In 40 people, energy (by GDV parameters), immune status (by blood parameters), and psychological state were measured using the POMS questionnaire. The group was then randomly divided in half, and Eric conducted an energy session with one of the groups (experimental group). The measurements were repeated ten days later. In the experimental group, most participants showed significant improvement in several blood parameters: an increase in T lymphocytes, helper, and suppressor cells (CD3, CD4, CD8). This indicates the growth of nonspecific immunity. Energy parameters increased, stress levels decreased, and participants testified to improved well-being and mood. There were practically no changes in the control group, or they were negative.

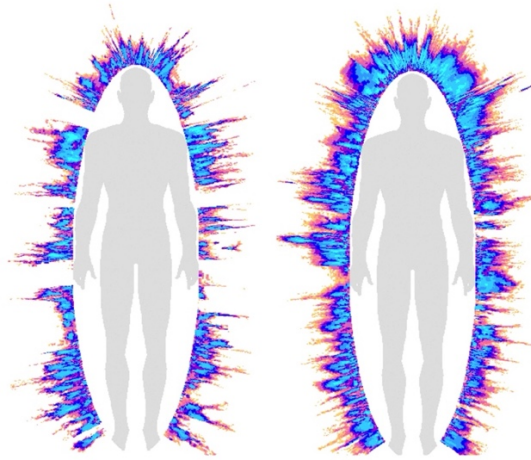


Fig.22. An example of changes in the human energy field before Erik Pearl's impact and after ten days.

The Sputnik sensor repeatedly recorded Eric's impact. Fig.12 shows an example of Sputnik sensor recording at a seminar in the USA for 8 hours. During the first two and a half hours, there was training by Eric's assistants. We may see some variability in the signal; after lunch, the signal decreases (typical afternoon sleepiness). At the moment marked by the arrow, Eric entered the audience and began his two-hour presentation. As you can see, this caused a significant change in the sensor signal.

During the workshop in Los Angeles, two series of GDV measurements were performed using water. In the first series, five sealed bottles of Arrow Head drinking water were placed in the room where the workshop was held. The bottles are labeled C1, C2, C3, C4, & S5. C1 was placed on a table on the stage, C2, C3, and C4 in the room's corners, and S5 under a table near the stage. There were about 100 people in the audience and the chairs were in a semi-circle around the stage. The control bottle was located in another room. Water measurements were taken at the end of the workshop when all participants had left the auditorium. The experiment was repeated for two days.

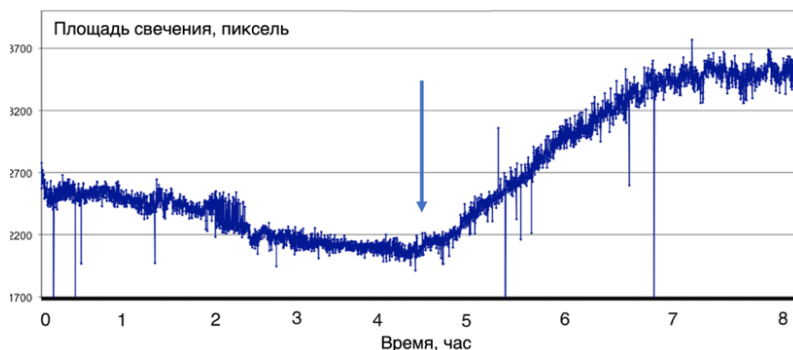


Fig.23. Dynamics of the sensor signal change (luminescence area parameter) at the Erica Pearl workshop.

As can be seen from the graphs in Fig.24, the water in bottles C1, C2, and C3 had extreme variability after the workshop, indicating high exposure. C4 and C5 reacted on one of the two days. The control sample remained stable.

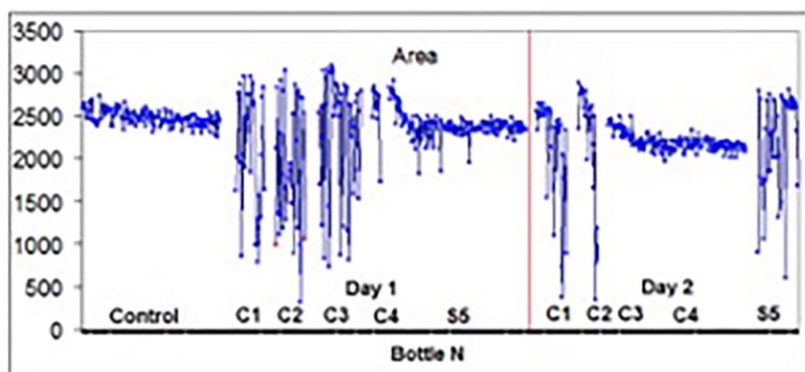


Fig.24. Dynamics of GDV parameters of water samples from 5 bottles during two days of experiments.

In the next experiment, instructors of the Healing Through Reconnection workshop influenced a sealed bottle of Arrow Head drinking water for 10 min. As you can see from the graphs, at least four people could exert influence (D, K, J & S).

One day, nine school teachers took turns trying to influence the water samples during the dynamic GDV measurements. The results are shown in Figure 14. As can be seen from the graphs above, four participants succeeded (participants D, K, J & S).

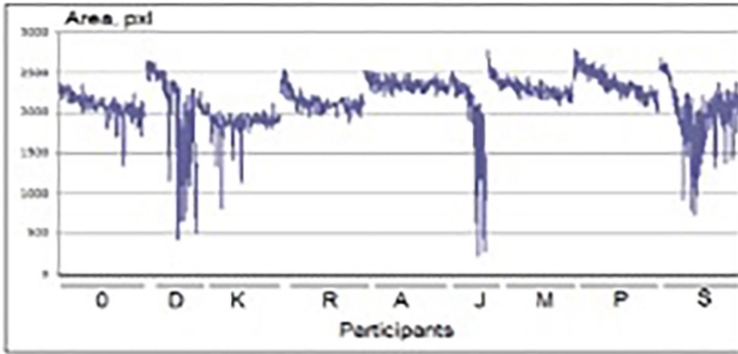


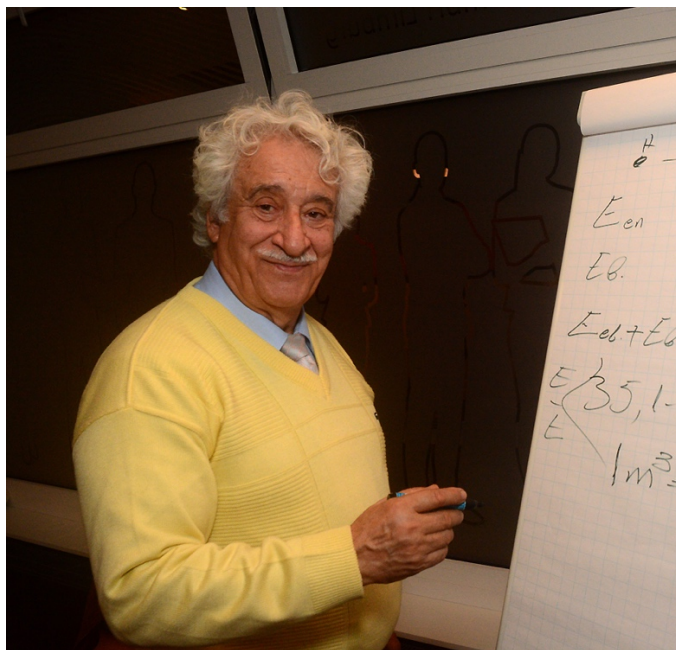
Fig.25. Dynamics of GDV parameters of water samples under the influence of directed attention. The letters indicate the initials of the instructors who exerted the influence.

Similar effects were recorded practically at all of Eric's seminars. In some cases, Prof. William Tiller from Stanford and Prof. Gary Schwartz from the University of Arizona conducted measurements simultaneously with us. They used their methods. We were unanimous in our conclusions that the workshop process modifies the parameters of the space, which affects everyone in the room. The results were presented in articles and the book *"Science Confirms Reconnective Healing."*

Christos Drossinakis

“Oh, 'tis love, 'tis love, that makes the world go round!”

Lewis Carroll,
Alice's Adventures in Wonderland



Christos Drossinakis

I met Christ in 2004 at a congress in Germany. He approached me after my presentation and said he would be interested in trying his abilities in an experiment, which we did in the next few days with complete success. I invited him to visit me in St. Petersburg, and in February 2005, we had the pleasure of hosting him along with a group of scientists from Europe and the USA. Those days in St. Petersburg turned out to be frosty, and after an hour's walk through Pushkin Park, all the guests realized what a pleasure it

was to come from the freezing weather to a warm house with a blazing fireplace. They quickly sat down at a long table laden with appetizers and began to get acquainted with Russian vodka. One shot after another – and now everyone was warmed up, cheered up, and from the table went to dancing.

Suddenly, amid the fun, an elderly American professor turned pale, slumped in his chair, and clutched his heart. As it turned out later, he had a severe arrhythmia, and doctors strongly advised him not to go on a long trip, even in winter, but he wanted to visit Russia. The dancing stopped, and we were about to call an ambulance. But then Christ said: "Wait to call a doctor, let me work first." He approached the professor, put His hand on his heart, and concentrated. After a while, the professor turned pink, cheerful, and smiled broadly. The session lasted about ten minutes, after which the professor stood up and said he felt fine. When he returned to the USA and went for a checkup, the doctors were surprised to find that the arrhythmia had almost disappeared, and the planned operation was canceled.

For Christos, nothing was surprising in this. This is his usual practice. He has thousands of patients in Germany, a whole society of his followers, and every year, he organizes a summer seminar in Greece, where people spend a week in meditation and listen to lectures. These seminars take place in his homeland, the island of Chalkida. Christos' mom lived her whole life on this island in a little village, and we met her a year before she died when she was 101 years old. She was a dry little old lady, undoubtedly weak physically, but with a clear mind and a lively outlook. We chatted (with an interpreter; I know three duty phrases in Greek) and had tea together. Fig. 15 shows a picture of her biofield. It is very heterogeneous – what do we want from a person at 101 – but it is strong, and the energy is relatively high.

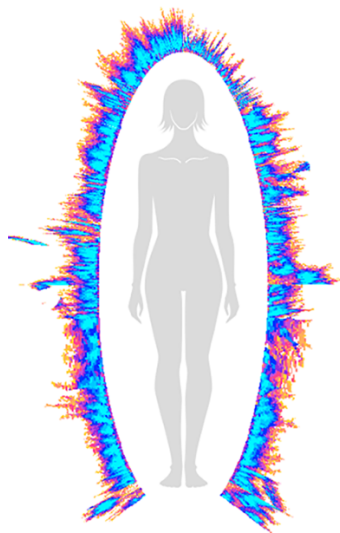


Fig.26. Biofield of a person at the age of 101.

As a young man, Christ went to Germany for work, where his gift of healing was soon discovered. His father could stop blood from cuts with a touch of his hand but did not pay much attention to it. People were drawn to Christos – some with migraines, some with arthritis. He initially helped everyone unselfishly, but he became a professional healer when he learned the language. He has a rare gift. My mother-in-law was depressed for many years; she would come to our house, sit at the table, and start crying. Antidepressants helped, but not much. Christ worked with her a couple of times, and for over 15 years, she has been smiling and enjoying life. Outwardly, his work is unimpressive. He can put his hand on her head for 5 minutes, and the pain goes away almost instantly. In collective sessions, people sit relaxed; Christos sits in a chair, closes his eyes, and seems to fall asleep after a few minutes. But the work is going on. People are connected to some common field, and the harmonization process begins in their body – the frequencies of all organs and systems are aligned, the field is aligned, and the stress level is reduced. We have measured

people many times after Christ's influence, and the result is always unambiguous.

Fig.27 shows the result of one of the experiments. Twenty-three people attended the seminar in Halkida. We measured the biofield parameters of 10 people on the first day of the workshop and also a week later. As we can see, except for two people, the energy of the others increased, and stress decreased. And this is the result we got at all of Drossinakis' seminars.

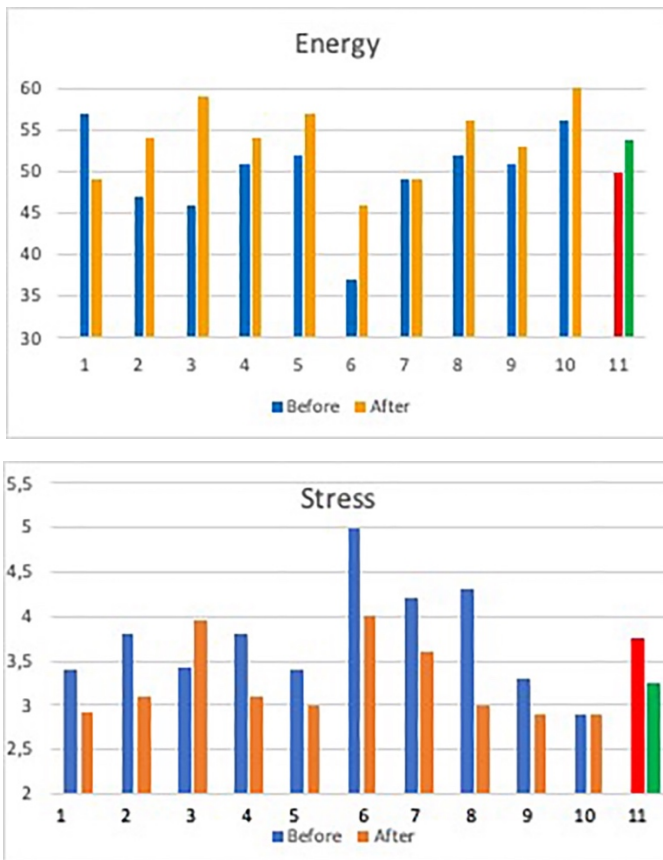


Fig.27. Energy and stress parameters in 10 people before and after the Drossinakis workshop. 1-10 – individual parameters, 11 – averaged over the group.

On the last day of the workshop, a collective meditation was performed. A satellite sensor recorded the signal 13 minutes before the meditation and half an hour after. A statistically significant response was found for several parameters; Fig.28 shows the Energy parameter. The decrease of this parameter can be interpreted as a process of harmonization of space.

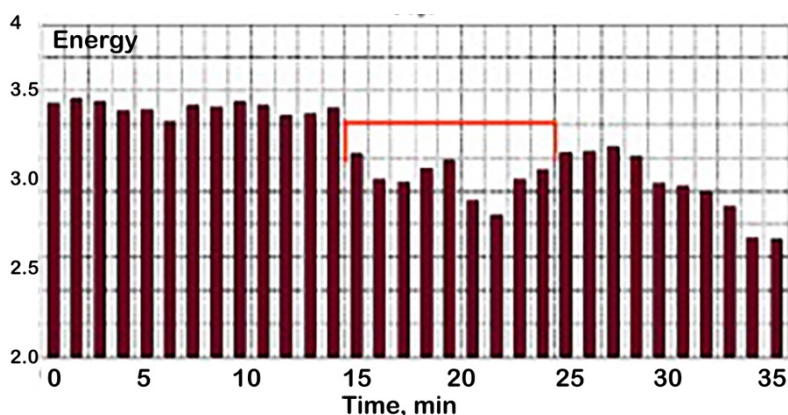


Fig.28. Signal dynamics of the Sputnik sensor at the workshop in Chalkida. Each bar shows the signal averaged over a minute.

We performed similar experiments at Drossinakis' seminars on several occasions, and we observed the sensor's response each time.

When Christ visited Japan, he suggested a series of sessions from there during the week. Each morning, we placed five water bottles marked with different colored labels on the laboratory table and measured them at noon. The stability of the signal over time indicated the absence of exposure, while a sharp increase in the signal stated its presence. An example of the experimental curves is shown in Fig.29. During seven days, four times the influence was registered, and these were just the days when Christ sent his mental energy. True, the colors did not always match.

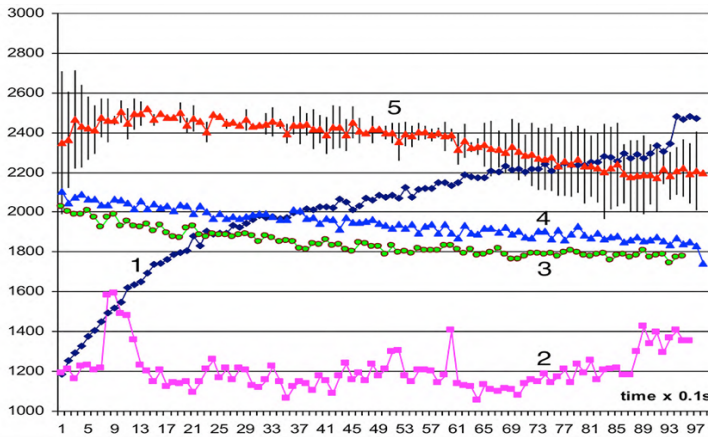


Fig.29. Signal dynamics of five water samples. We can see the reaction of sample No. 1

Drossinakis can instantly enter an altered state of consciousness; outwardly, it is not reflected in him in any way. One evening, we were sitting in his house in Greece, and he suggested: "Let's do a little experiment." I brought a device, and we measured his biofield. It looked like the field of an ordinary person with good energy. (Drossinakis had just turned 80 that year). From sixty joules, the energy increased to seventy-two, and there were powerful prominences in the head region, especially on the left projection of the biofield. We pick up information from the fingers of the hands, which have cross innervation with the brain's hemispheres. The glow on the left hand is associated with the activity of the right hemisphere. This hemisphere is responsible for intuition subconsciousness; it processes all the information from the outside, and only part of it comes to the "surface of consciousness." What was most impressive was that Christ remained outwardly calm; he sat beside me in a completely relaxed state, and only the measurements reflected the transformations of his energy. In the process of such an experiment, Drossinakis entered an Altered State of

Consciousness, and in this state, he could influence the sensors and other people.

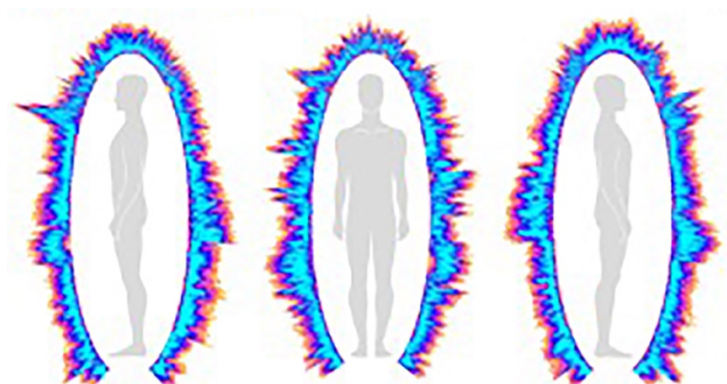


Fig.30. Drossinakis' biofield in the initial state.

Then he seemed to think about it, and we continued repeatedly taking pictures of his fingers' glow. See how the image changed.

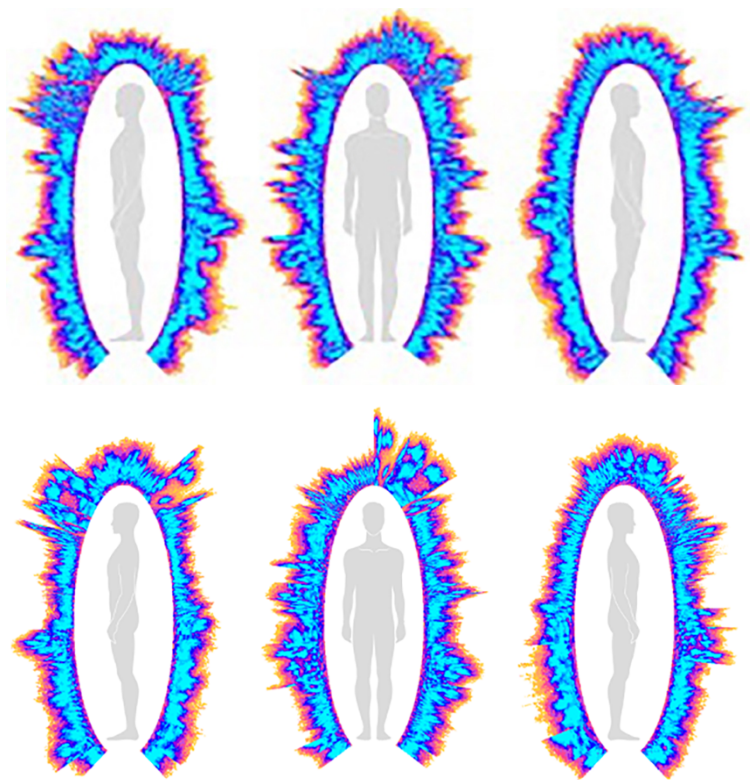


Fig.31. Drossinakis' biofield in the active state.

But we were not the only ones with whom Christ conducted experiments. In the early '90s, Drossinakis had successful experiments with him conducted by Prof. Fritz-Alber Popp, a famous researcher of ultra-weak photon emission of living objects. He introduced the popular concept of "biophotons." At the Institute of Traditional Medicine in Moscow, Stanislav Zenin, Evgeny Meizerov, Alexander Dubrov, and Alexander Lee worked with Christ. The effects of mental influence on water, microorganisms, and plants were demonstrated.

Much research was conducted under the direction of Prof. Ignat Ignatov at the Institute of Biophysics of the Bulgarian Academy of Sciences. The author's team of Prof. Reneta Toshkova, Prof. Ignat Ignatov, Prof. Elissaveta Tsvetkova, and Prof. Georgi Glukhchev studied the influence of Christos Drossinakis biofield on experimental myeloid tumor Graffi implanted in hamsters. The bio-influence was applied to a tumor about 10 mm in diameter in the first series of tests. In the second series, the exposure was used together with tumor transplantation. The results were compared with control groups, hamsters with untreated transplanted tumors. Conclusive results were obtained. It was found that hamsters from the treated group survived 49.0 ± 6.6 days, and those from the control group survived 33.2 ± 6.2 days, with the longest survival time of 56 days. The difference in biochemical parameters of the blood of animals was also observed. The findings were published in a scientific journal and reported at a major congress in London in 1919 (8th World Congress of Immunology, London, 2019).

In 2019, in St. Petersburg, we conducted experiments on the effect of Drossinakis on white mice. After a 10-minute exposure, the mouse's energy increased significantly. Christos liked it so much that he took the mouse with him, carried it in his pocket

across all borders, and it lived at his house for a long time. In general, he has a particular attitude to animals. In his country house in Greece, in Halkida, he set up a shelter for stray dogs. He collects abandoned animals from all over the area, and more than 20 dogs live in the big garden of his house. In Christos' home, a dozen small dogs live with him, some of whom he carries to all the workshops. In the poultry yard, geese, chickens, and ducks walk; in a separate aviary, there are pigeons, peacocks, and various exotic birds. And this, not counting a small herd of goats and sheep. The next time we were at his place, two more deer appeared in the yard – a dad and a fawn. When we visited a year later, the fawn had grown older, and its parent had grown large branching antlers. It was clear that they were pretty happy with their way of life.

And this is a reflection of Christos' broad soul. He is one of the kindest people I have ever met. He never gets angry, he never loses his temper, and he treats everyone favorably, whether it's a prominent politician or a simple old lady. A couple of years ago, he celebrated his 80th birthday, yet his energy is off the charts! He works with a lot of patients, gives lectures and seminars, and is enthusiastic about all proposals for experiments. In 2017, Drossinakis founded the "Internationale Akademie für Wissenschaftliche Geistheilung" (International Academy of Scientific Spiritual Healing), where he explains the principles of his work to trainees. (<https://www.heilerschule-drossinakis.de/en/>). Every summer, dozens of people from Germany, Austria, and Switzerland gather in Greece for Drossinakis' seminars.

One can only wish Christos that he will continue his noble work for many more years to come.



Fig.32. Christos with a "happy"mouse.



Fig.33. Christos Drossinakis with a patient (ultraviolet photography)



Fig.35. Konstantin and Christos at the door of the Greek house

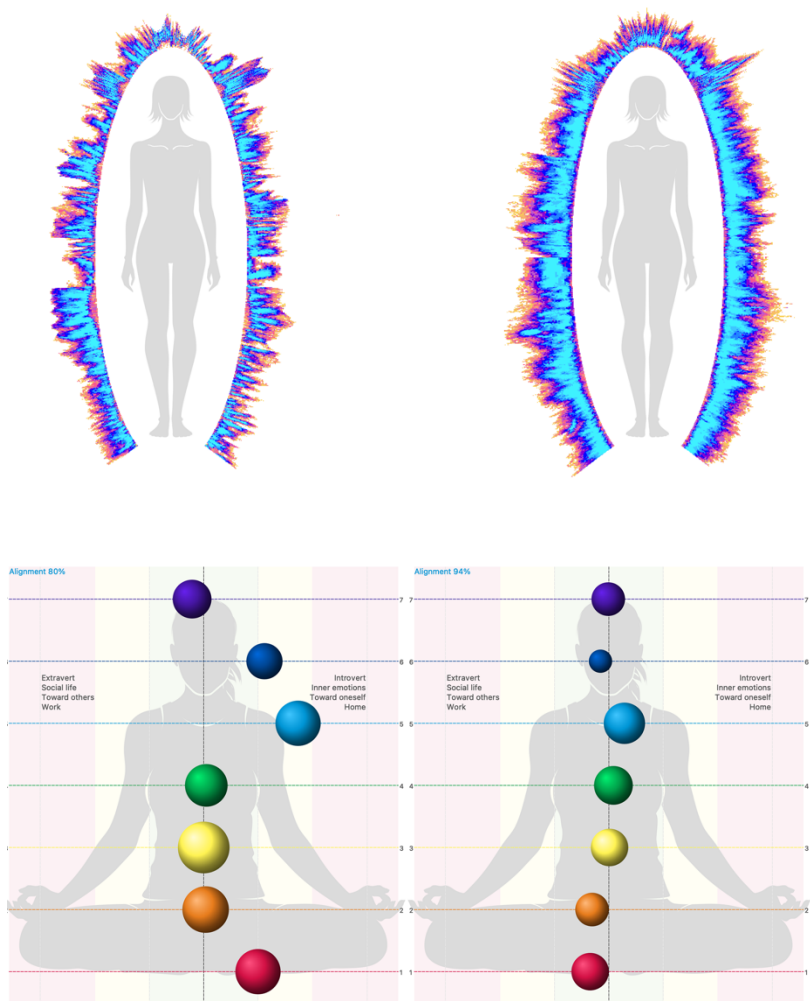


Fig.34. Changes of Bio-Well parameters of a patient after Christos Drossinakis's session

Victor Philippi

“I quite agree with you,” said the Duchess; “and the moral of that is—‘Be what you would seem to be’—or, if you’d like it put more simply—‘Never imagine yourself not to be otherwise than what it might appear to others that what you were or might have been was not otherwise than what you had been would have appeared to them to be otherwise.’”

Lewis Carroll,

Alice’s Adventures in Wonderland



Victor Philippi

For over 30 years, Victor Philippi has lived in Germany, the country of his ancestors, his second homeland. Second, he was born in the Soviet Union, in Kazakhstan, where Stalin relocated his parents at the beginning of the war. They came to the Soviet Union after the defeat of the communist movement in Germany and completely assimilated into the new country. But in the early '40s, the Father of Nations decided to send all Germans away from the center, and 444 thousand people were sent by echelons

to Kazakhstan. But they did not lose heart, took up any work, and the Germans' inherent thoroughness, neatness, and lack of drunkenness allowed them to win the respect of their superiors and the local population.

That is how Victor, born after the war, grew up in a prosperous family, successfully finished school, and joined the army where he was noticed, promoted to sergeant, and joined the Communist Party. After demobilization, he was invited to work in the District Party Committee. Ahead was the promise of a brilliant career moving up to the highest rungs of the Soviet nomenclature. But there was a misfire. Victor came to the District Party Committee and said: "I no longer want to do party work; this system is rotten through and through; you serve not the people but yourselves," and put his party card on the table. In the early eighties, this was a suicidal step. The system could still somehow digest dissident poets and rejectionist Jews but not traitors from within its ranks. Victor had cut off all paths and became a KGB target. With his entire family, Victor moved to another town. Taking a job as a stoker, he was hard to detect even for the KGB. Thankfully, there were no electronic databases in those days. In the early '90s, there was a glimmer of light in the window though the prospects were dim. And then Germany welcomed all the descendants of native Germans to come back to Germany with housing and financial support. Having consulted with his wife, the whole family with two children arrived in Germany to settle in a small town only an hour's drive from Dresden. His first task was to learn the language and then somehow settle into his new place.

At some point, Victor discovered that he could influence people, and their pains went away. At first, it was migraines, but then he began to take on more serious diseases. When he managed to rid the mayor's wife of a cancerous tumor, his fame spread, and people began to reach out. In the late '90s, Victor bought an old

dilapidated knight's castle, complete with towers, a fireplace hall, and a large park which took over a year for the whole family to restore. Victor's family lives on the second floor (at least the grown sons visit their nest regularly), the first floor has offices, and upstairs are guest rooms. Patients queue up many months in advance, and Victor tries not to refuse anyone.

Victor founded the Energy Medicine Society in Germany with several thousand members (<https://philippimethode.de/>). Victor has developed and produced charged crystals, and meditative music, and writes books.



Fig.36. Victor Philippi's castle

Every year in Taubenheim, where Victor lives, there is an Energy Medicine Congress. Victor has bought a hotel with a large conference hall for 1000 people, and every time the hall is full, people sit on the steps. Victor presents his ideas – he is an excellent speaker – and guest lecturers from many countries worldwide. Once, I also received such an invitation, which was the beginning of a long-lasting friendship. By the way, an obligatory part of every congress is the registration of the biological field of the participants with the help of our devices. In this way, people

can follow their progress year by year. Naturally, many people start using Bio-Well devices themselves.

I visited Taubenheim many times. After the presentations, we had long conversations with Victor about the development of energy medicine in Europe and planned experiments together. Naturally, we tested charged crystals and proved their effectiveness. Several times, we conducted remote influence sessions between Germany and Russia. Fig. 37 shows an example of processing the results of one such experiment. As can be seen, 10 minutes after the beginning of exposure, the sensor readings began to grow, and this growth continued for another 40 minutes. Several such experiments were conducted, and the result was successful each time.

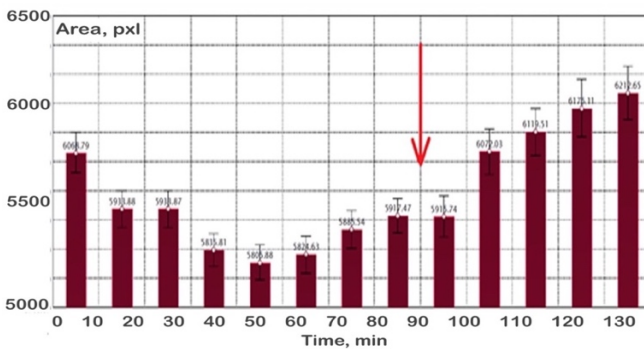


Fig.37. Example of remote influence of Victor Philippi to the Sputnik sensor from Germany to Russia. The arrow shows the beginning of the influence.

Victor does not use his energy to work with patients – he connects a person to the Noosphere energy. He enters a state of meditation, concentrates on the image of a person, and connects the patient to the Information Field. How it happens, we do not know. We can only hypothesize. What is important is that Victor does not even need to see a person; he can work from a photograph. Although everyone prefers to come and personally

communicate with this charming man, to feel the effect of his influence Everything these people do – Joe Dispenza, Drossinakis, Philippi, and many others – is not magic. It is biophysics, which we do not yet understand well. But we can register the objective effects of exposure, and the testimony of thousands of people attesting to their improved health and freedom from disease, not to mention a new view of the world and reduced anxiety and stress levels. Of course, no healer will give a hundred percent guarantee that you will get rid of all your problems. The primary purpose of the influence is to stimulate the body's natural forces, to direct them to the positive, to balance internal processes, and to raise the mental attitude.

However, the body is a complex self-regulating system. Diseases result from a mass of external influences with corresponding internal reactions. Problems that a person has accumulated throughout his life, along with many years of bad habits (which many people do not want to get rid of), is the load that a person carries on his shoulders through life. You can adjust something, something to correct, but without a radical change, to expect long-term effects is not necessary. You can help yourself, but you must make an effort. Then there is a real chance. At the same time, we should try to understand the mechanisms of healing and how it can be explained from the standpoint of modern science, our scientific paradigm, and developing new directions. The problem of the mental influence of people on each other and sensors is part of a rapidly growing scientific direction – the study of Consciousness. Hundreds of articles and books have been devoted to this topic in recent decades. Public and private agencies are allocating significant funds for research, and we can already talk about specific results. Let's talk a little bit about this topic.

Is healing a miracle?

“It is part of the philosophic dullness of our time that there are millions of rational monsters walking about on their hind legs, observing the world through pairs of flexible little lenses, periodically supplying themselves with energy by pushing organic substances through holes in their faces, who see nothing fabulous whatever about themselves.”

Lewis Carroll

Can you influence something in the world around you with your consciousness and thoughts? Are people who bend forks, move magnetic needles, or stopwatches just fantasies? Now, this question can be answered unequivocally: Yes, there are such people, and there are not so few of them worldwide. Since the end of the twentieth century, more and more scientific publications have appeared, resulting from studies of a person's mental influence on physical processes and other people. I have already mentioned our numerous experiments. Recently, the attitude towards distant (mental) healing has changed – now, it is an exciting part of integrative medical practice.

The famous American researcher Dean Radin conducted a meta-analysis of published data on mental influence (Radin D, Baur C. *Distant Healing Intention therapies: An overview of the scientific evidence. In Biofield Science and Healing: Toward a Transdisciplinary Approach.* 2015). He focused on the pragmatic question: "Does it work?" There are two aspects to this issue. The first involves a proof of principle: if person A and person B are strictly isolated by shielding, distance, or time, is there empirical

evidence that A can influence B in any way? The second aspect concerns the effectiveness of distant mental healing (RMH) as a healing therapy: "Can A heal B?" Three classes of experiments were considered: (1) communication between the consciousness of two people, (2) direct interaction between consciousness and matter, that is, influence on various physical systems, and (3) experiments on remote mental interaction with living systems. Radin analyzed hundreds of published results from such experiments. They provide evidence that the answer to the first question is: "Yes, – A can influence B at a distance. "The effect sizes observed in these experiments are typically small in magnitude. It is not entirely clear whether the interaction is cause-and-effect in the classical sense of the term (that is, A affects B and thereby produces a change, or A affects some processes in our world that influence B). Still, the correlations observed in controlled experiments have been independently and successfully replicated in laboratories worldwide. In other words, it has been proven that consciousness can influence the processes of the material world. Our experiments with the Sputnik sensor are further proof of this. Clinical studies of the effectiveness of distant healing have been conducted since the mid-1990s. Many articles and reviews have been published. Despite this, high-quality experiments have yet to show reliable effects. The contradiction between the popularity of healing and the lack of effectiveness from the point of view of evidence-based medicine is primarily because traditional evidence-based medicine protocols using control groups and placebos may be incompatible with the nature of this phenomenon. Each successful healer is unique; it is a gift from the Gods, and the results can only be assessed by client feedback. Furthermore, all successful healers have private practices and are not always interested in participating in clinical studies.

Hufford and colleagues, in their work, discuss in detail the obstacles to the entry of biofield healing into the mainstream. In particular, he writes:

"Biofield healing fits well into the integrative model, provides a new approach to therapeutic intervention, and is evolving in a way that can be integrated with current medical science. However, it remains outside the generally accepted framework due to its conceptual foundations, which contrast sharply with generally accepted ideas about the nature of reality. As etymology shows, healing has always had a spiritual connotation. Returning a person to wholeness can be physical, psychological, spiritual, or all three. In contrast, the modern meaning of the word "cure" is removing a (mostly physical) disease. A person may be cured of an illness but not restored to wholeness; this happens when the disease and treatment traumatize a person psychologically and/or spiritually. Conversely, a person can be healed without being cured and experience transformation even as the body weakens or dies. For this reason, the word "Healing" is rarely used in medical discourse."

After years of studying this phenomenon, I concluded that high-level healers do not send energy but transmit information. Our body is a self-organizing system that constantly adapts to environmental signals. From a scientific point of view, we can say that the body strives for a state of homeostasis with minimal entropy production. This concept was developed in the last century by outstanding scientists Lars Onsager, Hermann Bauer, Hermann Haken, and Ilya Prigogine. The latter received the Nobel Prize for his work. Following these ideas, a biological organism is an open nonequilibrium system that exists due to the influx of energy and information, multivariance, and constant

complication of structure. That is, disequilibrium heterogeneity is the most critical condition for development. When nonequilibrium dynamic systems are combined, the new formation is not equal to the sum of the parts. Still, it forms a system of a different organization or level. Ilya Prigogine proved that nonequilibrium dynamic systems, absorbing matter and energy from the environment, can make sudden and unpredictable complex leaps. That is, the development of systems is not progressive and gradual but spasmodic. This is a fundamentally important addition to the theory of evolution, showing that Darwin's idea of gradual evolution, adaptation, and the struggle for survival of the fittest is only a minuscule part of the big picture.

This means that our strives for health and adjusts its internal environment to an optimal state. Simple natural food, movement, and peace of mind are the basis for a healthy body. The ancient Greeks knew this truth. When the body is in optimal condition, it successfully copes with any attack, and the worst COVID causes only a short illness that goes away in a couple of days. There are a lot of examples of this around, and I am one of them. But we often only get in the way of this. Poor excess nutrition, sedentary life, stress, and anxiety transfer the body from an optimal state to a lower level, with chronic problems and ailments. The body is trying to let you know that something needs to be done; it signals pain, poor health, unpleasant dreams, and, in the best case, going to the doctor for more pills. This is a global situation. You can maintain life with medications for a long time, but the quality of such existence will be low. The saddest example is older people living with dementia or Alzheimer's patients. The body is healthy and can live for many years, but the brain no longer understands reality. What do healers do? They send harmonizing information to the body. First, the autonomic nervous system reacts to it. This

part of the nervous system controls all physiological processes of the body; ideally, all organs and systems should work synchronously. Like a big symphony orchestra, everyone plays their part, and under the conductor's control, all the sounds merge into beautiful music. If the conductor loses control, we hear a cacophony of sounds. But the processes in the body are even more complex than in an orchestra. Every organ, every cell of the body sends feedback signals: "Hello, I'm fine," or "Don't have enough oxygen, help!" The brain analyses these signals and – independently – by the heart, and action is taken. Blood-carrying oxygen is redistributed, and additional energy reserves are used if necessary. The brain and heart act synchronously, in harmony. But this does not happen when harmony is disrupted, signal transmission pathways are blocked, and cries for help go unanswered. Healing information helps restore this process and return the body to optimal functioning, not by forcibly changing chemical processes but by sending information commands that allow the body to begin to optimize its condition. The body spends its energy on its resources, which most people have enough of, and transfers its functioning to the optimum. The process is not instantaneous; it takes time, although abrupt changes can occur.

This description clearly shows that we do not control all situations. They are, of course, wizards, but with limited abilities. If a person himself does not internally want healing, it is difficult to help him. There are many such situations. Often, patients like the attention that surrounds them, and they do not strive to be healthy. This is especially pronounced in children and older people. You are sick – and they pay increased attention to you. Once you get better, you'll have to get involved in an active life and mind your own business. It's better to convince yourself you're sick and your body will happily stay in bed. Doctors will

detect the symptoms of various diseases and successfully treat them, keeping the body unhealthy. During the war, people got sick much less, became busy with more serious problems, and had no time to get sick. An organism tuned to work, to active activity, self-regulates, and brings itself to an optimal level of functioning. If harmonizing signals come from outside, this process is greatly facilitated.

There are many reliable cases where people's cancerous tumors disappeared under the influence of healers. This is also related to the functioning of the autonomic nervous system. According to oncologists, we constantly develop cancer cells, but the body successfully fights them. The immune system fails to cope when an imbalance occurs, and cancer cells multiply uncontrollably. They are anaerobes – they do not need oxygen to exist and thrive in places where oxygen is scarce. The heart is not a pump that pumps blood evenly to all corners of the body; it is an organ with a nervous network that redistributes blood as needed. The main goal is survival; blood is primarily sent to vital organs. One of the causes of oncology is oxygen starvation of tissues. Naturally, slagged vessels contribute to this. And stress. Stress is an influential factor contributing to the development of many diseases, including cancer. I discuss this issue in detail in many books, so we will not dwell on describing the physiological processes that occur under stress. If you're interested, check out my book, *"Health at the Tips of Your Fingertips."* There are cases of miraculous healing in oncology. When people received some positive information, their tumors disappeared. The exact process occurs under the influence of a healer. It's excellent; no complaints. However, this phenomenon is unpredictable, and no one can guarantee a favorable outcome.

Remember that there are a lot of scammers and charlatans in the world who are ready to shake out your money and bury it in the

Field of Fools. There are few real healers, it is a gift and a lot of work, but it is not difficult to instill hope in a person with convincing words and beautiful information on a website. Be vigilant, first collect information, and only then make a decision!

So, we always recommend undergoing standard treatment and additionally using the help of a healer. It will help. Everyone has their karma and their destiny. So, you need to believe in the possibility of a cure but understand that this is an unpredictable process. No statistics show the percentage of successful cases for a particular healer, but from our observations, we know this is not one hundred percent. If you have problems, try different methods, look for the best specialists, and then depend on your luck. Now, let us see how the effects of healers can be understood from a physical point of view.

Quantum World

"I know who I WAS when I got up this morning,
but I think I must have been changed several
times since then"

Lewis Carroll,
Alice's Adventures in Wonderland

The twentieth century was a time of great scientific discoveries; we can say that a scientific revolution took place. The creation of quantum physics opened up an entirely new, unknown world for scientists, subject to different, essentially paradoxical laws underlying our material world. Quantum physics has made it possible to create new scientific directions: solid-state physics, physical electronics, and quantum chemistry. For the second time in the history of Mankind, silicon became the most important mineral: in the Stone Age, it was the primary mineral for creating spear and arrow tips; in the 20th century, it became the primary material for electronics. We say Silicon Valley without thinking about the meaning of this name. All of these scientific advances translated into technology, leading to the Fourth Industrial Revolution, which enabled the creation of the Quantum World.

The First Industrial Revolution began in Great Britain in the 18th century with the creation of mechanical devices that dramatically increased labor productivity and put thousands of workers out of work. Factory mechanization began in 1733 when John Kay created the "flying shuttle." From that moment on, one person began to work on the loom instead of two. Labor productivity doubled, but there was a shortage of yarn. The spinning process also needed to be improved. Weaver James Hargreaves built a spinning jenny in 1765 that could draw and twist thread

simultaneously. Labor productivity increased 20 times. This prepared people's minds for the industrial revolution itself. Its origins date back to the creation of the steam engine by James Watt in 1778. After this, the rapid development of mechanization began in various industries: weaving and spinning machines in the light industry, lathes and milling machines in metallurgy, and agricultural machines. Transportation ensured the creation of a network of railways, which made it possible to easily and quickly move around the world; steamships began to displace sailing ships and connected different continents even more tightly.

The Second Industrial Revolution is all about electricity. Michael Faraday discovered electromagnetic induction in 1831. His invention of electromagnetic rotor devices became the basis for the widespread introduction of electricity. Edison's light bulbs lit up the world, and electric motors retooled the industry. Another breakthrough invention was Henry Bessemer's discovery in 1856 of converting liquid iron into steel by oxidizing the silicon, manganese, and carbon contained in the iron with oxygen—the "Bessemer process." The steel turned out to be more durable, and the speed of its production increased. The Bessemer Process contributed considerably to developing metallurgy, automobile manufacturing, and railroad construction. Key technological innovations were using the conveyor belt in mass production and the rapid development of automobiles. In the 19th century, the primary means of transportation was the horse, and in 1899, the *Times* of London wrote that within 20 years, manure removal would be a big problem in the city. But after 20 years, horses disappeared from the streets – they remained only as part of the sports and cultural environment.

The third industrial revolution began in the 1960s and was characterized by the appearance of the first computers and the widespread industrial introduction of automation. The

improvement of logic controllers, their programming, and the creation of industrial robots led to production automation and contributed to rapid economic growth after the 1970s.

The Fourth Industrial Revolution is happening right now. It is entirely based on the achievements of quantum physics. These are, first of all, computers, microprocessors, and the Internet. They completely changed our lives. Back in the 1980s, you had to run through the streets and look for a telephone booth to call home urgently, and when going on a trip, you had to carefully calculate how many rolls of photographic film to take and how much it would cost to process it.

Quantum physics has created a new understanding of reality. Before quantum mechanics, the universe of physics was infinitely predictable. Once one knows the law of nature and the initial conditions, the scientist knows the future and past of an object at any given time. Initial conditions can also be measured at any point: we discovered the conditions at the start of the universe and got its entire history until the very end. However, the twentieth century said: "Forget everything you have learned before." According to the calendar in 1900, Max Planck suggested the quantum nature of light; 5 years later, Albert Einstein explained where light comes from – electrons emit it in the form of portions – "quanta" and exists only in this form. In 1923, Louis de Broglie, in his note "*Waves and Quanta*," proposed a quantum wave, which Erwin Schrödinger described with the equation of the same name in 1925. The solution to the equation was the wave function, and when physicists were asked: "What's exciting about it?" the answer "probability" was not liked by many. Quantum physics is paradoxical: The electron is in all possible states, goes around an obstacle to the right and left simultaneously, and collides with itself behind it.

We will not bore the reader with a description of various quantum phenomena – dozens of books and hundreds of articles have been written on this topic. However, it is essential to note that the development of quantum science continues incessantly. It is enough just to list a few severe turning points in the physics of the microworld:

- In 1932, John von Neumann proved that quantum mechanics cannot be supplemented with hidden parameters, as Einstein proposed, and also wrote *"Mathematical Foundations of Quantum Mechanics"*;
- In 1957, Hugh Everett proposed a "multimeter interpretation" of quantum mechanics, in which a particle interacts not with itself but with counterparts from other universes;
- In 1960, David Bohm published another interpretation of quantum mechanics: "quantum theory with nonlocal hidden variables," also known as "Bohmian" or "pilot wave";
- Information transfer based on entangled particles is called "quantum teleportation"; the first experiment was carried out by Anton Zeilinger in 1997;
- In 1999, Yun-Ho Kim from South Korea, Rong Yu, Sergei Kulik from Moscow State University, and Yanhua Shi, a Japanese from the Maryland Institute in the USA, experimented with a "quantum eraser with delayed choice," transmitting information into the past. Whether it is possible to write messages to yourself in childhood in this way is not yet clear;
- Physicists are very uncertain that quantum mechanics does not directly violate the theory of relativity and that their symbiosis is possible, and they are also skeptical about quantum radio.

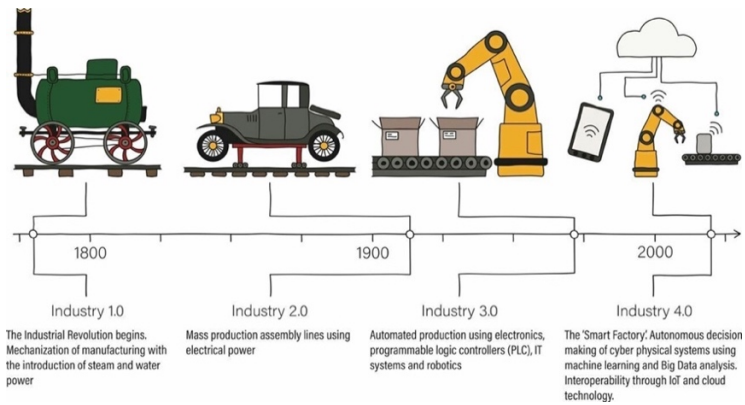


Fig. 40. Stages of the Industrial Revolution

The generation born in the twenty-first century cannot imagine their lives without mobile phones and computers. Even more important is the introduction of quantum devices in medicine: tomography has made it possible to examine a person in detail from the inside; optics has made it possible to perform laparoscopic operations, and more and more quantum devices are being used for treatment. A new class of home medical devices has emerged, and smartphones can already monitor many physiological parameters and report deviations from the norm. All this and the creation of new drugs have led to a sharp increase in life expectancy. We are the first generation in the history of Mankind that has every reason to live to be a hundred or more years old. And live not with dementia but an active, healthy life. Previously, a person at 60 years old was considered an elderly pensioner, an older man, or an older woman; now, he is full of strength and health, actively building his life. This has never happened in history. We live in unique times.

We have moved to the **Quantum World**. Technology and Intelligence, embodied in sophisticated computer programs, have made it possible to create a new living space. There is a lot of talk about Artificial Intelligence, but it embodies human Intelligence aimed at solving particular problems. There are many more

technological advances ahead that we cannot even imagine. 3D printers have recently appeared and can already print cars and entire houses. Fully robotic manufacturing allows the production of medical products and microprocessors under sterile conditions. Robots are gradually entering everyday life. Robotic vacuum cleaners and lawnmowers live in our homes, and driverless cars are increasingly developing. There are also drones, which have become essential to military conflicts.

But what other gifts does technical development have in store for us? After all, technological progress turned out to be much faster than the development of the social structure. What happens if robots replace most workers? Where do we put the extra people, and what do we feed them? What new types of weapons will humanity face? Will Artificial Intelligence turn into an independent, formidable force that controls human society from the inside? You can paint many apocalyptic pictures, but we believe in the unpredictability of the future and non-linear development. Humanity is not moving along a smooth road to a society of general prosperity; this path is inevitable but full of traps and zigzags. Just as after Global Warming, there will be Global Cooling, so that mass robotization will increase individual creativity and attention to each person's preferences and interests. The world is becoming more and more individualized, and individual Consciousness is becoming increasingly important.

Quantum Consciousness

“Mad Hatter: Am I going mad? Alice: Yes, you're mad, bonkers, off the top of your head...but...I'll tell you a secret. All the best people are.”

Lewis Carroll,
Alice's Adventures in Wonderland

We enter mysterious territory when we start talking about the study of consciousness. Science ignored this issue for several centuries. Rene Descartes (1596-1650) proposed dividing the material and spiritual – the first is dealt with by science, and the second is the prerogative of the Church. This allowed Western science to develop freely without regard to the Church, and only in the twentieth century did Sigmund Freud (1856-1939) begin to study the depths of the human psyche. The development of neurophysiology has made it possible to penetrate deeply into the brain's structure, and the advent of computer tomographs has made it possible to observe brain processes in real time in a living person.

Enormous advances in this field have given many scientists the impression that the mystery of consciousness will soon be revealed. It is believed that it is a set of neural processes occurring in the brain in response to signals from the outside world, leading to changes in behavior. From this point of view, all our desires and desires are explained: hunger, thirst, emotions, sexual attraction. That is, consciousness is a product of the brain's activity, just as gastric juice is a product of the activity of the stomach. It follows that love, passion, emotional impulses, and aspirations are just an

excitation of the brain's neural structures caused by instinct and the characteristics of the individual structure of the neural network. All world literature and poetry devoted to studying the intricacies of the human Soul's movement is just a description of bursts of hormonal activity or pathological states of the brain. For such scientists, telepathy, precognition, and other mysterious phenomena of the human psyche are superstitions and pseudoscience.

One of the founders of modern neurosurgery, who performed more than 10,000 brain operations, Nobel Prize laureate in physiology or medicine, John Carew Eccles (1903-1997), wrote:

"I argue that human mystery has been incredibly debased by scientific reductionism with its claim to a promising materialism that ultimately explains the entire spiritual world in terms of patterns of neural activity. This belief should be classified as superstition, and we must recognize that we are spiritual beings with souls existing in the spiritual world and material beings with bodies and brains existing in the material world." (Eccles, J.C. (1994). *How the self controls its brain*. Berlin, Heidelberg. Springer).

An outstanding Russian scientist, Natalya Petrovna Bekhtereva (1924-2008), Academician of the Russian Academy of Sciences, scientific director of the Institute of the Human Brain of the Russian Academy of Sciences (St. Petersburg), having been studying the brain all her life, wrote in her latest book *"The Magic of the Brain and the Labyrinths of Life"*:

"Penetrating the true nature of consciousness means moving away from the idea that it is associated exclusively with the atomic and molecular structures of the brain. There is a looking glass – something deeper and more mysterious... I first heard the hypothesis that the human

brain only perceives thoughts from somewhere outside from the lips of Nobel laureate Professor John Eccles. Of course, at the time, it seemed absurd to me. But then, research conducted at our St. Petersburg Brain Research Institute confirmed we cannot explain the mechanics of the creative process. The brain can generate only the simplest thoughts, such as turning the pages of a book you are reading or stirring sugar in a glass. And the creative process is the manifestation of a completely new quality. As a believer, I allow the Almighty to control the thought process... I have devoted my entire life to studying the most perfect organ – the human brain. And I concluded that the occurrence of such a miracle is impossible without the Creator. As anthropologists pictured it, the brain's evolution is practically unreal."

Such quotes could be continued ad infinitum. There is no doubt that the activity of consciousness is related to the activity of the brain, and different aspects of everyday conscious behavior are associated with various structures of the brain, but this does not explain the process of creative insight, much less the complex mental phenomena that we discuss in this book. Therefore, it is necessary to pay attention to other concepts of the functioning of consciousness.

The first question that arises when studying consciousness is how our consciousness differs from that of a dog or cat. Animals are not just automata living by instincts; the science of animal behavior – ethology – has shown that all animals have complex mental functions far beyond simple instincts. Any pet owner does not doubt this. But how can we determine the difference in our consciousness?

I proposed the concept of levels of consciousness, which I discussed in detail in previous books. From this point of view,

consciousness is a purposeful change in behavior in response to environmental information. A stone in the sun will not change its behavior; it will heat up, and a living creature will either reach the sun or crawl into the shadows. This concept follows the ideas of Jean-Baptiste Lamarck (1744-1829), the great French biologist who created his theory of evolution based on the transmission of acquired characteristics. After the appearance of Darwin's theory, Lamarck's ideas were criticized, and only in our time were they developed in the principles of epigenetics. Lamarck believed that the transformations occurring in the physiology of living beings are caused by the reaction of their nervous system to continuously changing living conditions. According to his concept, the animal's psyche changes, and the qualities necessary for adaptation are passed on to subsequent generations.

From this point of view, consciousness is inherent in any biological object – from a cell to a plant to a person, but the levels of this consciousness are different. We conventionally identify five levels, although a more detailed classification could be introduced. Note that an essential part of this concept is the concept of group consciousness, inherent in many insects and gregarious animals, and collective consciousness, which is the basis of Humanity's existence. We are not only individual creatures existing in our own emotions and thoughts but also part of a single human organism that unites us at different levels – from family and friends to the state and the global community.

A person cannot exist in isolation; we are part of society. Therefore, it is necessary to talk about collective consciousness as the sum of individual contributions. Still, according to the laws of synergetics, it has a different quality than just the sum of its parts. In this logic, $2+2$ does not equal 4; it can be either 5 or 8. Most people encounter metaphysical manifestations; one might even say that they are an everyday phenomenon that is ignored due to

continuous mental activity. For example, everyone is familiar with such manifestations when they suddenly remember someone they have not seen for several years, and unexpectedly, the next day, they accidentally meet this person, or he calls them. By the way, I often use this: when I need to contact someone, it's not urgent, and I don't want to press buttons on the phone, I think about the person, and then he calls himself. And how often, having called your friends or relatives, do you hear a surprised exclamation: "We were just talking about you (they remembered you, we're going to call you, etc.)!" Or such a phenomenon as "the view from the back," when you feel that someone is looking at you, turn around and see someone looking at you.

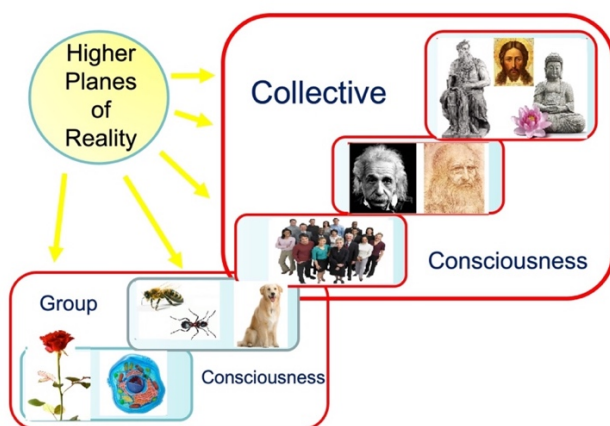


Fig. 41. Levels of consciousness

Applicable to the nature of consciousness, the very existence of psi-phenomena indicates that consciousness is not localized in the brain, is not produced by it, and has an information-field nature. For a long time, scientists worldwide tried to find a form of energy with which "extrasensory" signals could be transmitted and physical structures capable of perceiving them. It has long been clear that the electromagnetic field has nothing to do with

this since, with the most careful complete shielding, the so-called psi phenomena did not disappear anywhere. Many modern scientists use the ideas of quantum physics when studying consciousness, and on this basis, many different theories have arisen. (You can get to know them better in the article *"Quantum Approaches to the Study of Consciousness."*

<https://plato.stanford.edu/archives/sum2019/entries/qt-consciousness/>).

The value of quantum theories of consciousness is that thanks to the discoveries of quantum physics, scientists have come up with the assumption, and a very justified one, that consciousness has an information-field nature; a theory of a unified field of consciousness has also appeared, a common information field with which the consciousness of every person is connected, and which unites the consciousness of each of us into a single network based on the principle of a hologram. Thanks to the discovery of quantum entanglement, it is also known that information in this field is non-local (that is, not located in any specific place). It is transmitted in a quantum system without losing time from one subject to another or directly comes from the information space. We all find ourselves connected; we continuously receive subconscious information, and our consciousness selects only a tiny part of it, which it brings to our attention. Animals and plants are also included in this structure, but at a lower level. This approach allows us to conceptually explain most parapsychological phenomena, such as telepathy, precognition, and mental healing. Naturally, all these theories are actively developing; we are still very far from a final understanding of most of the processes of consciousness, but the main thing is that society no longer denies all these borderline phenomena; more and more specialists are ready to seriously consider the possibility of their application and try to use them in their activities.

Energy of Your Thoughts

“It’s no use going back to yesterday,
because I was a different person then.”

Lewis Carroll. *Alice in Wonderland*.

I hope you now have no doubts about the ability of outstanding healers to influence the world around us. It is only natural to question the extent to which this ability is available to ordinary people who do not have healers and sorcerers in their families.

The Internet is full of courses that offer diplomas in healing abilities. Many of these are available online. Such courses are undoubtedly beneficial. They teach meditation, control of your state, and energy management. After a good course, you will treat your life differently. You will stop worrying about trifles and getting irritated, angry, and envious. If you are driving and a reckless driver brazenly gets into a narrow gap before you, you will not start cursing and honking furiously. You will only smile contemptuously because you understand how close he is to a monkey. Similarly, problems at work or home will not make you lose control but will allow you to take a step back and analyze the situation.

It is essential to be clear that you will not become a psychic after taking the courses. It is still a special gift. But you can influence the world around you to some extent. Dr. Masaro Emoto suggested the simplest test. Put a thick layer of gauze on the bottom of two saucers, pour water, and sprinkle wheat or rye seeds. Then, put them in a dark place, a distance apart. As you pass by, send love and positive energy to some grains and pour

your anger on others. You will see a clear difference in the sprouts after a few days. With practice, the difference will become even more noticeable. For more serious training, use the Bio-Well device with the Sputnik sensor. In dynamic mode, you will see the change in the signal under the influence of your focused attention.

We have run these experiments numerous times with various people, and the results have always been precise. Some businessmen use the Sputnik sensor to monitor the progress of important meetings. The boss places the device in the room, but only he can see the screen – the screen hangs on the wall behind the participants. The sensor curve will creep up if the employees actively participate in the discussion. When everyone is ready for a break, the signal drops – it's time to take a lunch break.

Our thoughts can influence our lives and the world around us. We just need to believe in it and start using it actively. We will then understand that we can consciously build our reality, manage events, and predict the future. I always ask my young students: "Imagine what will happen to you in 10 years. Describe your life." One imagines himself driving an expensive car with a beautiful girl next to him, and they are driving to their big, spacious house. Another sees herself surrounded by several cute children, preparing dinner for their beloved husband. Others envision themselves in a scientific laboratory, delivering a speech at an international conference, and being greeted by a large hall filled with benevolent applause. Whatever you imagine, you will receive, like in the fairy tale about the Golden Fish or the Genie from the bottle. Of course, nothing will happen without your efforts, and you will experience both highs and lows, but there will be a white one after every black stripe.

And one more point that is crucial. A person lives a whole life when they have a goal and something to do and strive for. This is

the key difference between humans and animals. A dog or cat is happy when they have food and their territory. Wild animals migrate searching for a comfortable territory, but they don't look elsewhere once they've found it. The same applies to tribes living a simple life. If there is enough food, the only task is to kidnap brides from another tribe. There are simply not enough resources for more. Only a few eccentrics want something more; they are drawn to see what is there beyond the distant forest, behind the high mountains. In a developed society, everything is different. Society develops thanks to ideas. An idea leads to the creation of an Empire, driving thousands to leave their homes and comfortable lives to fight for it. The same is true of religious movements and wars, not to mention civil wars, where brothers furiously try to destroy each other. It's all for the sake of an idea. Without an idea, a person begins to feel sad and eventually falls into depression.

The line of your destiny will fluctuate within the boundaries of the development of the entire society. Imagine sailing a small boat on a river with strong currents. If you go with the flow, you will not encounter any difficulties. You just need to periodically correct the course by moving the oar. If you try to swim against the current, it is hard work. (Some people constantly speak out against, criticize the government, and go to rallies and demonstrations. They are not persecuted, and in authoritarian states, they are imprisoned. These people are real fighters. Most prefer to be conformists, to pretend that everything is fine). If you are uncomfortable in this flow, you can try to jump to another, more comfortable one, although emigration is always complicated.

So, when planning your life, assess your inclinations and limitations. And do not be afraid of anything! Life is unpredictable and full of surprises. It is like a journey through

unknown lands inhabited by fairies and dragons, and you never know which of them will jump out at you from around the corner. Believe in your star, your angel, and your capabilities will amaze you. Our time provides unlimited prospects for development, education, and reaching new horizons. The more you learn and develop your brain, the more interesting your life becomes. Life is a fantastic adventure, so live it to the full.

Part 3. Consciousness Beyond Life. Scientific Evidence



Carpe diem! – Seize the moment!

Memento mori! – Remember death!

Fiat veritas, pereat vita!

Let the truth be told, let life die!

This chapter contains material already published in my book, "Light After Life." However, the topic is so important and directly related to this book overall theme that I have decided to add new materials

and present it anew. Recent decades have seen irrefutable evidence of the continued existence of the information entity, or Soul, after death. Various researchers obtained these materials, independently reproduced them, and subjected them to statistical analysis; many were published in peer-reviewed journals, meeting all modern scientific requirements. The time is over for dismissing this data as mysticism or parapsychology. Let's examine the most significant studies.

Clinical Death



Surgery is a vital part of modern medicine, and its achievements are truly remarkable. Organ transplants, laparoscopic surgeries, artificial joints and implants, and the use of robots are just some of how surgery has taken its rightful place at the top of medicine. Open-heart surgery, where patients are connected to artificial blood circulation machines and a whole system of monitors for extended periods, is a prime example.

Sudden cardiac arrest is a risk during various procedures. Blood circulation stops, the brain is no longer supplied with blood, and the patient enters a state of clinical death. If cardiac arrest lasts more than 5 minutes without cardiopulmonary resuscitation, there is a high probability of brain damage and death of nerve cells. Death is almost guaranteed if the cardiac arrest lasts more than 8 minutes, although there are exceptions. If sudden cardiac arrest occurs outside a medical institution, death occurs in 90% of cases. However, if it appears in a hospital, especially during a surgical operation, and timely measures are in place, most patients will survive and resume everyday life.

However, doctors who have studied the phenomenon of "Near-Death Experiences" (we will discuss this later) tell us that there are exceptions to this rule. Patients can return to life even after a longer cardiac arrest, and Buddhist monks can enter a state of "samadhi." The brain and heart are not active in this state, but physiologists confirm they remain alive. There is no post-mortem destruction of body tissues; after some time, they can return to life. They can be buried underground, like Dashi-Dorzho Itigelov in Buryatia (<https://24smi.org/celebrity/361512-dashi-dorzho-itigelov.html>), or placed in mountain caves in Tibet. A group of Russian scientists led by Svyatoslav Medvedev, former director of the Brain Institute in St. Petersburg, with the blessing of the Dalai Lama, conducted a series of studies of Buddhist monks. In particular, they examined several monks who entered a state of "samadhi" and showed that their bodies remained alive, although the encephalogram of the brain shows a straight line.

(<https://www.sciencedirect.com/science/article/abs/pii/S0167876022002124>)

More recently, it was found that some structural and functional properties of the pig brain can be restored even 4 hours after euthanasia [Vrselja, Z. et al. Restoration of brain circulation and cellular functions hours post-mortem. *Nature* 568, 336–343 (2019). <https://doi.org/10.1038/s41586-019-1099-1>]. This shows that we still know very little about the transition process from life to death.

Doctors have long noted that after clinical death, some patients report unusual visions. They often describe leaving their physical body, flying through a tunnel, and meeting radiant entities, sometimes with deceased relatives. These patients report feeling a sense of joy and a desire to remain in this bright world, but they are compelled to return to their mortal bodies after a

few moments. The phenomenon was first studied by psychologist Raymond Moody in 1975, who described cases of near-death experiences (NDEs) in his book *Life After Life*. This marked the start of serious research.

When large quantities of evidence began to accumulate, researchers took notice. They are known as near-death experiences (NDE) with the possibility of out-of-body experiences (OBE). It is clear that near-death experiences (NDEs) are pretty common: about 9 million Americans claim to have experienced something similar. Scientific literature recognizes them as real. The cardiologist Pim van Lommel (born in 1943) significantly contributed to realizing this phenomenon.

He worked as a cardiologist at the Rijnstee Hospital in Arnhem from 1977 to 2003 and became interested in patients' reports of unusual sensations during clinical death. He successfully engaged his colleagues in the topic, and they organized a large-scale study, interviewing patients who had experienced clinical death immediately after surgery in the intensive care unit. They collected testimonies from 344 patients who had survived cardiac arrest in ten Dutch hospitals. Sixty-four patients (18%) remembered these impressions, and 41 (12%) reported memorable impressions. Many reported seeing the events "out of their bodies ." Those who had experienced an NDE felt "thrown out of their bodies" yet retained their ability to perceive their emotions, and their consciousness was very clear.



Pim van Lommel

NDEs are unrelated to the duration of clinical death, the drugs used, or the patient's initial condition. NDEs occur within minutes of the patient's heart stopping and the brain gradually ceasing activity. This indicates that NDEs are likely based on neural processes that have yet to be thoroughly studied. Research by a team from the University of Padua in Italy has shown that the memories formed during NDEs have the same characteristics as ordinary memories. They are also more complex and profound than fictitious ones. Unlike what happens in dreams, NDEs cannot be explained by the work of the imagination. Finally, patients 'see' what is happening to them from the outside, which they can then talk about. For example, patients can watch as they undergo heart surgery. A nurse in the cardiology department said:

"During the night shift, an ambulance brought a 44-year-old man in a coma to the cardiac ward. As we were intubating the patient, we discovered he had dentures in his mouth. I removed the dentures and put them on the crash cart.

After about an hour and a half, the patient had a good heart rate and blood pressure, but he was still being ventilated and intubated and remained comatose. He was transferred to the ICU to continue the necessary artificial respiration.

After more than a week, I saw the patient again, who by this time had returned to the cardiac ward. When he saw me, he said, "This nurse knows where my dentures are. You were here when I was admitted to the hospital and you took my dentures out of my mouth and put them on the cart with all these bottles... there was a drawer underneath and that's where you put my teeth." I checked and they were there."

The patient in a coma could observe what was happening in the operating room.

Pim van Lommel and his colleagues published an article in the leading medical journal *Lancet* in 2001, which is very critical in its selection of articles. (Pim van Lommel, R van Wees, V Meyers, I Elfferich. Near-death experience in survivors of cardiac arrest: a prospective study in the Netherlands. *Lancet* 2001 358(9298):2039–45). In 2007, he published an exciting book, "Consciousness Beyond Life". Pim van Lommel emphasizes: "Near-death experiences are authentic experiences that cannot be explained solely by imagination, fear of dying, hallucinations, psychosis, drug use, or lack of oxygen."

The Near Death Experience Research Foundation (NDERF) was founded in 1998. Researchers set out to collect testimonies from people who had clinical death experiences. They collected over 5,000 testimonies, of which about 45% reported leaving their bodies and observing what was happening in the operating room. During a survey of 1,122 people who had experienced NDEs, they were asked: "Was your perception different in any way from your everyday vision (in any aspect such as clarity, a field of vision, colors, brightness, depth perception, degree of solidity/transparency of objects, etc.)?"

722 (64,3 %) answered, «Yes»,

182 (16,2%) answered, «I am not sure»

и 218 (19,4%) answered, «No».

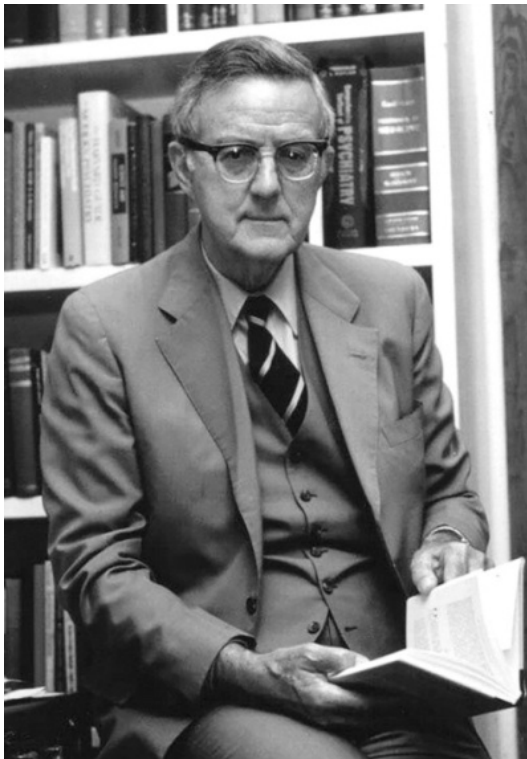
The vision during the OBE was often clearly paranormal, despite many people reporting that they had never been religious. Most people with OBEs reported a significant change in their attitude towards life. They began to perceive life as an incredible journey, became kinder and more tolerant of others, stopped fearing death, and were filled with new meaning. There is no doubt that the experience is proof of Life after Death.

But this view is not universally accepted. Many doctors and neurophysiologists claim that these visions are just flashes of neural activity of a dying brain, that this has nothing to do with events in the outside world, and that the feeling of leaving the body is a malfunction of the vestibular apparatus. Pim van Lommel presents many arguments against this reasoning in his book, but I believe this is irrelevant. If a person is open to new information and a new view of our life, they will be interested in it. A strict materialist, however, will fiercely deny it. Everyone has the right to choose their position.

Reincarnation Memories

Dr. Ian Stevenson (2018 – 2007) was the head of the Department of Psychiatry at the University of Virginia School of Medicine. He was awarded the title of Professor Emeritus of Psychiatry at the university. For forty years, Dr. Stevenson studied children who spontaneously recalled their past lives and these **memories were factually confirmed**.

Dr. Stevenson and his colleagues studied approximately 2,500 children who reported past-life memories. In about 1,200 of these cases, they were able to confirm the child's memories objectively. Most cases came from Asia, India, and other areas where reincarnation is common, but there were also many cases from the United States and Europe. The studies showed that the cases of childhood memories shared the following common features.



Dr. Ian Stevenson

1. The child describes their past life.

As soon as the child begins to speak, they start describing their past life. They will state that their name is different from the name given to them by their biological parents. The child will state that their current family is not their true family and that their true family lives in another city or village. They recall the names of their former family members and where they lived in their past life. They can describe specific details of the house and surroundings from their past lives.

2. The child remembers details of their death in a past life.

In around 50% of cases studied, children remembering their past lives died violently or prematurely. Dr. Stevenson found that those who died from a knife wound or a bullet were reborn with birthmarks or scars at the site of the wound. In modern life, the child may develop phobias associated with the cause of death in a past life.

3. The child recognizes relatives from a past life.

The child's disclosures to his biological relatives indicate that his family from a past life has been identified. When the child encounters his former family for the first time, he can identify them and their level of kinship. The child is often privy to secrets that only members of his previous family could know. The family from the past life will often recognize the child as the reincarnation of their deceased relative. The child's current parents are often afraid that he will leave them for the family from a previous life because he is very attracted to former family members. This fear is unfounded, however, since the child's connection with the current family is quite strong.

4. Talent from a past life.

Personal traits, preferences, habits, and behavior patterns are passed on from one incarnation to another. Talents from a past life continue to exist in the current incarnation. This explains the existence of child prodigies. The film "Little Buddha" by Bernardo Bertolucci is a prime example of this.

5. It is clear that gender usually remains the same in the new incarnation.

Dr. Ian Stevenson's research is clear: in 90% of cases, the child returns as the same gender as in their previous life. The fact that gender changes in only 10 percent of reincarnation cases provides clear insight into issues of homosexuality, transsexuals, transsexualism, and gender identity.

6. There is a clear physical resemblance from one incarnation to another.

Research definitively shows that physical appearance can be similar from incarnation to incarnation. Two unique cases, where the research continued for 20-30 years, clearly show how facial features can be inherited from one life to another, as in the cases of Suzanne Ghanem and Daniela Jurdi. Ian Stevenson studied Suzanne Ghanem in the late 1960s and Daniela Jurdi in the early 1970s when they were still young. Photographs of these women from their past lives were available. In 1998, Stevenson revisited Suzanne and Daniela, who were now adults. He found that they had facial features exactly like their past incarnations. These cases are described in Tom Schroder's book *Old Souls*. Two other reincarnation cases studied by Stevenson, for which photographs were also available for comparison, show similar facial features in Burmese twins. In his book, *Where Reincarnation and Biology Intersect* (1997), Dr. Stevenson advises future researchers to "conduct systematic studies of

facial similarities between research subjects and their previous incarnations."

7. Planning a life in a new incarnation.

Relationships are renewed during reincarnation. Stevenson's research unearthed two cases of physical similarity during reincarnation in Burma: two twins who were sisters in past lives. In other words, two sisters reincarnated as twin girls. This demonstrates that souls can deliberately plan their new incarnations to be with their loved ones again. Stevenson's research study of 31 pairs of twins involved 62 people. The past lives of these people were objectively confirmed. In all cases, the twins had close relationships in their past lives.

8. Prophetic Dreams.

Stevenson's research is clear: in 22% of cases, prophetic dreams occurred. A soul preparing to incarnate into a family usually sends a dream that foretells its future reincarnation. Most often, this dream is seen by the expectant mother. After the birth, the person who had the dream understands that it was the child's birth that the dream was about. Souls can plan their new incarnations through prophetic dreams and relationships that are renewed during reincarnation. In short, prophetic dreams are a clear indicator of a person's spiritual component in cases of reincarnation. Dr. Stevenson's contributions to the field are invaluable. Reincarnation research continues at the University of Virginia under the direction of Dr. Jim Tucker. Dr. Stevenson wrote in a rigorous academic style, as his intended audience was scientists. The institute's website presents his past life case studies as stories to make his scientific work more accessible. The source material is available for those who appreciate scientific rigor and multiple testimonies.

<https://grekhi.wordpress.com/2015/05/>

Buddhist monks - Tukdam practice

Reincarnation is a key Buddhist concept that shapes the world's structure. It is a natural belief that a person's soul can move into another body after death. Spiritual practices in Buddhism undoubtedly lead to special states during the transition from life to the death of the physical body. Tukdam is a unique state that occurs after clinical death. According to the Buddhist concept, the master's consciousness remains in the body in deep meditation. In Tukdam, consciousness moves to the level of "clear light" – the highest level of enlightenment. Only after this state is completed does the usual decomposition of the body begin. This phenomenon was first reported by Helena Petrovna Blavatsky (1831-1891), a philosopher, mystic, and creator of theosophy. She writes about her travels through Tibet and her acquaintance with tantric practices in her books. She asserts that she has witnessed monks in Tukdam for many years. For over a hundred years, these stories were considered fantasies. Then, in the 21st century, scientists finally studied the phenomenon and proved them right.

The Dalai Lama XIV is, without doubt, an outstanding spiritual teacher and world leader of Buddhists. In 1937, at age two, a boy from a small Tibetan village was identified as the reincarnation of the late Dalai Lama XIII. He was immediately elevated to the position of head of all Buddhists. After the Chinese Communist invasion of Tibet in the 1950s, he tried to establish contact with the Chinese authorities but found these attempts fruitless and was forced to leave Lhasa in 1959 to seek refuge in India. Thousands of monks went with him. Indian

President Jawaharlal Nehru (1889-1964) clarified that they would be given every opportunity to live and preserve their culture. This became one of the main tasks of the Dalai Lama. He succeeded in doing this and brought Buddhism to the world's attention. Richard Gere, Orlando Bloom, Uma Thurman, Cher, Penelope Cruz, Tina Turner, Sharon Stone, and many others are active Buddhists. Steve Jobs was a committed Buddhist meditator, and this practice has now been incorporated into the curriculum of numerous business schools. The Dalai Lama is actively seeking ways to integrate Buddhism and Western science. He has organized numerous meetings and debates with prominent scientists. In 2009, the conference was attended by Russian Academician professor Svyatoslav Medvedev, a neurophysiologist who, for 30 years, headed the St. Petersburg-based Institute of the Human Brain. In 2018, the Dalai Lama organized a meeting with Russian scientists on "Understanding the World." He had a long talk with Medvedev, and then, suddenly, the Dalai Lama said:

"Study the state of posthumous meditation - Tukdam - from the standpoint of Western science. When we explain a phenomenon from the point of view of our religion, people may believe us or not. We cannot prove anything and have no weighty arguments. If science confirms this, then no one will be able to doubt it. We want our knowledge to be verified by scientists. If I see that Buddhist dogma contradicts scientific fact, we must change the dogma."

As Medvedev notes in his interviews:

"Trust in our group was based on our approach to organizing the research. Buddhist monks are special people from a different culture. They needed to be as open as possible during the experiments so that they

would feel comfortable. We decided that the best option was to prepare a group of monk-researchers. These researchers would work with other monks during the experiments. We selected and invited a group of young monks to Russia, trained them to work with modern technology, and equipped them with the necessary equipment. Our students conducted experiments with over a hundred monks, who kindly agreed to participate in the research. And, of course, under the expert guidance of Russian scientists."

Studies of the meditation process are currently being conducted in many countries, with monks periodically participating in them. Dr. Richard Davidson and Dr. Andrew Newberg are two American neurophysiologists who have been studying this for many years and have published several books on this topic. They work with people living in the West, while Russian scientists have created laboratories in India where the monks conduct the research. In particular, they studied several monks in Tukdam for up to 37 days.

"We invited a forensic expert, the head of the regional bureau of criminal examination. His work involves examining the state of bodies at various times after death. He proved that the body of a monk in the state of Tukdam was fundamentally different from the bodies of others who have similar periods after death.

It was clear that the main signs of life, according to Western medicine, were absent: there was no electrical activity in the brain, the heart had stopped, and the blood did not circulate through the vessels. But the body remained "alive". The tissues stayed soft, the joints were mobile, and the body did not decompose. It was clear to the Buddhists that the subtlest consciousness remained in the body. The monk was in deep

meditation, and his consciousness traveled through the "subtle" world. It was proven that the bodies of monks did not gradually disintegrate as has been widely assumed. Instead, they disintegrated abruptly at a certain point, which directly contradicts the generally accepted ideas about the decomposition process. The research results were presented at a congress on psychophysiology and published in scientific journals. The articles are signed by 10 Russian and 10 Buddhist scientists.

(Medvedev et al. The evidence is clear: traditional Buddhist meditations reduce mismatch negativity among inexperienced monk practitioners. Int. The definitive source on this topic is J. Psychophysiol. 2022 Nov:181:112-124. doi: 10.1016/j.ijpsycho.2022.08.011. Tidwell, T. et al. The study's findings are clear: there are delayed decompositional changes in indoor settings among Tibetan monastic communities in India. A case report. Forensic Science International. 9 July 2024. <https://doi.org/10.1016/j.fsir.2024.100370>).

Russian scientists, together with Buddhist monks, are currently studying the monks' brains during tantric meditation in Buddhist monasteries in India and Nepal. The team is led by Professor Alexander Kaplan, head of the laboratory of neurophysiology and neurocomputer interfaces at Lomonosov Moscow State University, and Professor Tatyana Chernigovskaya, director of the Institute of Cognitive Research at St. Petersburg State University. This is a vital stage in establishing mutual understanding between Western scientific thinking and the Eastern thousand-year-old practice of comprehension of the world.

However, this is not the first time Russian scientists have encountered the phenomenon of Tukdam.

Dasha-Dorzho Itigelov was the head of the Russian Buddhists from 1911 to 1917. He gained fame as a philosopher and doctor. In early February 1913, he attended the celebration of the 300th anniversary of the Romanov dynasty in St. Petersburg and opened a Buddhist temple. He organized hospitals during the First World War and received many awards from Nicholas II. He donated his entire fortune to the wounded soldiers. He was a man who actively lived for the interests of Russia and its people. After the revolution, he left for Buryatia, where he became the abbot of one of the monasteries. In 1927, Dasha-Dorzho Itigelov sat in the lotus position and plunged into deep meditation. He ordered that his body be removed from the grave in 75 years, promising to return alive. This number is tied to the stages of Buddha's enlightenment. When the disciples saw that all the signs of death were present, they took the lama's body, put it in a cedar sarcophagus in the same lotus position, and buried it in the village cemetery. As he ordered, the disciples visited Dasha-Dorzho twice, in 1955 and 1973. They made sure the body was incorruptible, changed Itigelov's clothes, and lowered him back into the grave.

In September 2002, 75 years passed since Itigelov left the world of the living, and his will was executed. Itigelov's body was exhumed and removed from the sarcophagus. This was done in full compliance with all legal procedures. Scientists and forensic experts were present. Dr. Galina Ershova, a doctor of historical sciences and professor at the Russian State University for the Humanities, was present and confirmed that when the wooden box was opened, Itigelov was sitting in the lotus position, half-covered in salt. (When buried, the body was completely covered in salt, but over time it evaporated). Those present were struck by the surprisingly pleasant smell that emanated from the body – it was nothing like the smell of decomposition. The face was

unmistakable: the nose, ears, eyes, and skin were all visible, and the skin was soft and alive. Forensic experts drew up a report in which they noted the integrity of the skin, nails, hair, softness, and elasticity of the tissues, as well as the mobility of the lama's joints. The head of the Buddhist Church of Russia, Khambo Lama Damba Ayusheev, provided scientists with biological material: five hairs and a nail clipping. Initially, it was assumed that organic matter – living protein compounds in the lama's body – would be destroyed and the tissues consolidated due to inorganics, as in mummies. Let me be clear: it was the opposite of what I expected. Infrared spectrophotometry showed that the protein fractions of Itigelov's cells have lifetime characteristics. Professor Ershova's words speak for themselves.

"The condition of Khambo Lama Itigelov changed after he was taken out of the grave, practically before our eyes. We simply ignored some obvious signs. There is a known phenomenon: the body loses moisture at the moment of death. When Itigelov was taken out of the grave and placed outside the box, a sharp outflow of moisture from the body began. After several days, the glass cube where the monks placed him in the monastery suddenly fogged up. This was the moment of the great teacher's final departure. He returned alive, just as he had promised! Itigelov entered a state of suspended animation (Tukdam) to prove the boundlessness of spiritual power."

When scientists examined Itigelov's body two years later, in 2004, they found that the tissues had become more elastic in general, and characteristic depressions no longer formed when pressed, although the muscle tissues still retained elastic. There was no longer mobility in the joints. Salt deposits were clearly visible all over the body, causing the skin to burst in some areas. Like the eyes, the line of the mouth was no longer

distinguishable. The weight of the body had decreased by approximately 15 kg compared to the moment of exhumation.

Dasha-Dorzho Itigelov's body is currently in the Ivolginsky Datsan, the center of Russian Buddhists, 30 kilometers from Ulan-Ude. This place is sacred to Buddhists. It is a site of worship for thousands of people who come to pay obeisance to the great Khambo Lama. Many of them report unusual dreams and cases of healing. Photographs and videos clearly show luminous objects in the sky, including balls (so-called 'orbs') and figures of Buddhist saints.

The Tukdam phenomenon is undeniable proof of the power of the human spirit and irrefutable evidence of the existence of the "subtle world," the realm where the human consciousness survives death.



Group of Russian and Buddhist scientists in India. Sitting left last is Professor Stanislav Medvedev.



Monk in Tukdam. India 2022



Khambo Lama Itigelov, Buratia, 2004

Transpersonal Regression Therapy



Dr. Brian Weiss

Once, I came across a book by Brian Weiss, "Many Lives, Many Teachers," and it made a strong impression on me. He graduated with honors from Columbia University in New York in 1966. He then received his medical degree from Yale University in 1970. He then completed his internship at Bellevue Hospital at the New York University Medical Center before returning to Yale to specialize in psychiatry. After graduating, he began teaching at the University of Pittsburgh and two years later became head of the psychopharmacology department at the University of Miami. He achieved recognition in the field of biological psychiatry and the study of drug and alcohol addiction. Four years later, he was promoted to professor of psychiatry and appointed chief psychiatrist at a large university hospital in

Miami. By then, he had already published thirty-seven scientific articles and book chapters in his specialty.

A young girl came to him for therapy at one point. She suffered from anxiety, irritability, depression, and pain of unknown origin. Weiss conducted several therapy sessions with her, but there were no results. He decided to use hypnosis to look for the deep reasons for her condition. During the session, she described her surroundings and found herself in Ancient Greece. She said she had three children, a husband, and a good house. Weiss asked her to trace her life further, and suddenly, she began to cry. Through her tears, she described the city being attacked by enemies, her husband and children being killed, and one of them shooting her with a bow.

The sessions lasted six months. During each session, she recounted another episode from her past life, sometimes in Israel, sometimes in Spain, and sometimes in France. Dr. Weiss' brought' her to the moment of death each time, and each death was cruel, violent, or brutal. After six months of therapy, the woman's fears, depression, and pain disappeared, and she became cheerful and happy. This was the main effect of the treatment. Dr. Weiss continued hypnotic sessions with many patients and each time, it led to a positive result. He documented his findings in several books, some of which have been translated into Russian. Dr. Weiss was not the only one to develop the method of Transpersonal Regression Therapy.

All modern psychotherapeutic methods look for the origins of today's clients' problems in the past. Freud saw them in the complexes of suppressed childhood experiences, while Jung added to them the knowledge of the collective unconscious, the common past of humanity. Stanislav Grof and Abraham Maslow clearly state that problems originate in the intrauterine period and the birth process. Systemic therapy shows that the client's

problems can also come from the past of his family, from the family system. Modern regression hypnotherapy looks for the roots of the client's problems in the intrauterine period, early childhood, and the traumatic events of adult life.

TRT adds to these unfinished past life experiences and archetypal experiences from the period between lives. TRT is a short-term, non-medical psychotherapy using an altered state of consciousness. The therapist accompanies their client in a deep internal process based on clear agreements about the focus and purpose of each session. The therapist uses a client-oriented approach and raises and works through unconscious material directly related to the problem identified by the client.

TRT is a psychotherapeutic process that draws on humanistic, psychodynamic, and transpersonal approaches. TRT is a process-oriented, body-related therapy. It deepens the emotional experience and expression of the client's emotions to the point of catharsis. The therapy uncovers repressed memories from the subconscious, leading to profound insights and realizations. These insights delve into the client's present life, family history, past lives, and even the afterlife and archetypal realms.

<https://tassointernational.ru/regression-therapy/>

The TRT method is highly effective at correcting patients' psychological states. It also proves the process of reincarnation and the existence of consciousness (the soul) after death.

The results of applying the TRT method using the GDV Bio-Well device are published on the website.

<https://ru.journal.reincarnatology.com/reinkarnatsionnaya-therapy/>

After the reincarnation therapy session, the client's examination clearly showed the ideal state of the subject's energy field. Analysis of the dynamics of the location of energy centers during therapy revealed harmonization of the location of the centers and an increase in their potential. The GDV Bio-Well method proved its effectiveness by objectively tracking bioenergetic changes in the human body during TRT work, thus confirming the method's remarkable efficacy.

We conducted further studies to explore the method. These focused on the dynamics of GDV indicators during a person's recollection of their childhood, early childhood, intrauterine period, and past lives, as well as fantasizing about these topics. During the study, the subjects were asked to recall any bright, emotionally colored event from childhood, such as a birthday when they were happy and joyful. It was necessary to feel like this child, from the state "inside the body," their thoughts, emotions, and feelings. Look around with the eyes of this child: where he is, what is happening around him, who surrounds him, how the people around him behave. Listen to sounds and smells, feel what he is wearing, and whether he is comfortable in these clothes, look at them and touch them with your hands. This is how the subject collected the maximum information (memories) about this event from his life.

In the second stage, the subjects were asked to return to real childhood memories and mentally change their clothes for others, change the scene, and the participants. They then observed themselves in this process, assessing their comfort level in the new scenario.

In the third stage, they were asked to fantasize, come up with an event that never existed, and feel their emotions and bodily sensations.

Then they changed the scene, the participants, their clothes, and other details, and once again observed their feelings and bodily sensations.

GDV parameters were registered in two situations:

1. Control; remember oneself as a child while trying to change an existing memory.
2. Control, then fantasy; trying to change a non-existent event.

A study of the body's reaction to fantasies and memories during a TRT session showed the following results. During work with memory, the bioelectrogram indicators increased with positive experiences. The illumination area indicator and the symmetry coefficient increased.

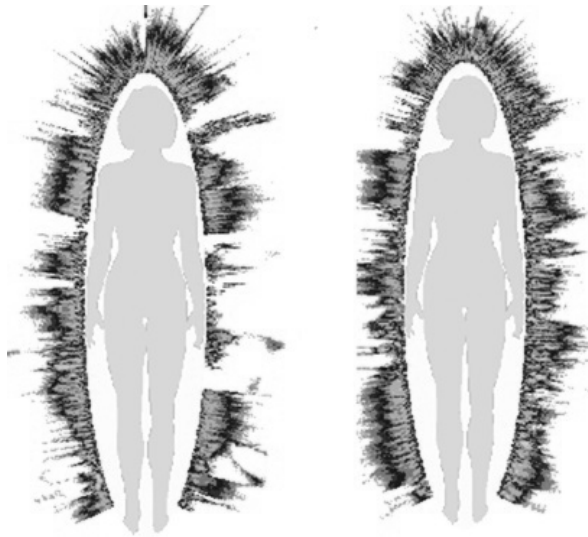
However, when attempting to modify real childhood memories, these indicators decreased. The subjects noted uncomfortable physical and emotional states. The study results showed insignificant changes during fantasizing and when altering a non-existent event.

The researchers came to the following conclusions:

Memories are reflected in the psychophysical state, emotions are released, and the emotional charge is released. This indicates the therapeutic effect of memories. Fantasies do not affect the deep psychophysiological processes in the body. During TRT sessions, regression into past lives, and early childhood, a person works with their memory. They do not fantasize or invent non-existent events. The difference between memories and fantasies is clear:

- High level of sensations in the body.
- Ability to examine details and particulars.
- Memory remains unchanged.
- Emotions are healed through the release of emotional charge.

- Integration of experience occurs - this experience becomes part of the personality.



Control and childhood memories

The figure shows biofield pictures obtained on the Bio-Well device in the control and with childhood memories. It is clear that on the left side the field becomes denser – the gaps are closing. The left side (left hand) corresponds to the right half of the brain, responsible for subconscious reactions and emotions. This proves that imagining happy, carefree childhood memories has a positive effect on the psycho-emotional state, helping to get rid of anxiety and depression.

Scientific research into the process of communication with "spirits"



Professor Gary Schwartz

Rituals of communication with spirits have been known since ancient times. Shamans of all times and nations built their ceremonies on this. The Delphic Pythia, for example, entered a trance and prophesied about the future. In the 19th century, Allan Kardec (1804 - 1869) developed a whole direction of spiritualism. A French teacher, philosopher, and researcher of psychic phenomena, his works in the field of spiritualism are fundamental.

His real birth name was Hippolyte Leon Denizard-Rival. He became famous under the pseudonym "Allan Kardec," allegedly given to him by spirits. He wrote key works that reveal the

philosophical doctrine of spiritualism: "The Book of Spirits," "The Book of Mediums," and "The Gospel as Interpreted by Spirits." Kardec worked tirelessly to restore the original purity of the Evangelical Teaching, collaborating closely with the High Hierarchs and the Spirit of Truth itself. His books are unique sources of knowledge about life after death and the meaning of existence. He presented a detailed description of the world of spirits. Kardec's ideas gained popularity in Brazil, where streets, cultural centers, libraries, and even a football club were named after him. Brazil has an official religion, Candamblier, based on communication with spirits.

In the 19th century, spiritualism was all the rage, and many scientists, including Dmitry Ivanovich Mendeleyev, got in on the action. However, in the 20th century, interest disappeared, and now it is unlikely that anyone would think of spinning a table. However, a particular category of people make a living by calling the spirits of the dead. They help grieving relatives communicate with the dead.

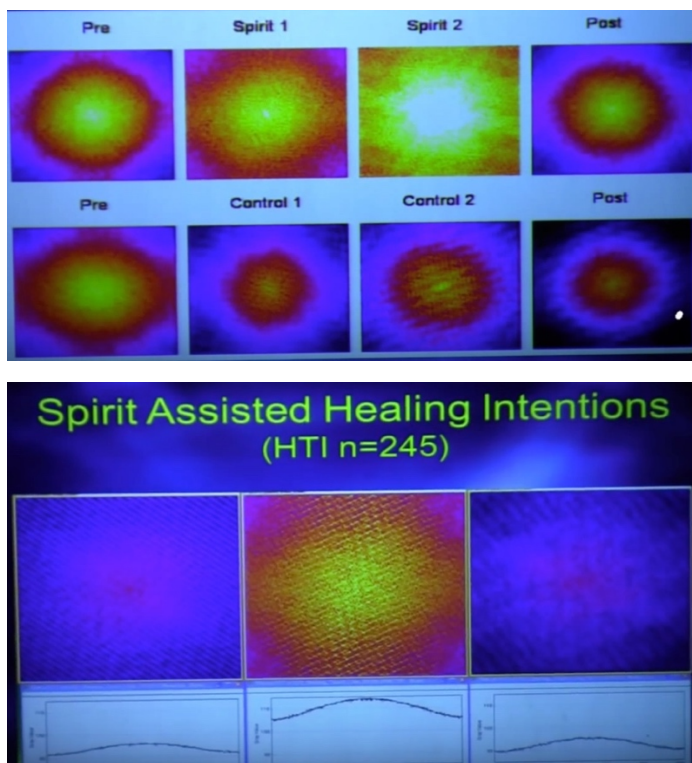
This fascinating phenomenon caught the attention of Gary Schwartz, a professor at the University of Arizona and the director of the laboratory for the Study of Consciousness and Health.

Schwartz stated that his interest in psychic abilities was first piqued following a car accident he and his then-wife had while driving on the Roosevelt Causeway in Manhattan in the mid-1990s. He "heard a voice" telling him to "put on his seat belt." At the time, seatbelt use was not mandatory, and most drivers paid little attention. Schwartz buckled up and urged his wife to do the same. Moments later, they were struck from behind by a speeding car. Schwartz was convinced that the voice had come from somewhere other than the car and began investigating.

He began studying the issues of consciousness and conducting research, testing mediums such as John Edward from the TV show "Crossing Over" and Alison DuBois, the prototype for the main character of the series "Medium." Schwartz was convinced that DuBois could contact dead people. The first experiments convinced him of the reality of this process, and he decided to put it on a scientific basis. He suggested that when a medium calls the spirit of a dead person, it appears, but it is impossible to see it, although dogs and children feel their presence. This means that their presence can be registered by sensitive equipment.

In his laboratory, he set up a special ultra-sensitive ultraviolet camera, cooled with liquid nitrogen, in a separate room without windows. These cameras are custom-made and are used in astronomy. The medium was in this room, and when he managed to summon a spirit, the camera recorded an intense glow, invisible to the human eye. The picture shows the results of one of the experiments. The third frame in the top row corresponds to the moment the deceased's spirit appeared. As you can see, the brightness of the glow differs significantly from the control.

Schwartz is researching distant healing. He is convinced that spirits can facilitate this process. The medium calls the spirit and asks for help in healing a person. Schwartz records a bright glow in the ultraviolet region and documents the change in the patient's condition. These experiments, however strange they may seem, are carried out in strict compliance with all the rules of modern science. Schwartz is convinced that these experiments prove the existence of a parallel reality and the possibility of contact with the spirits of the dead. Schwartz is a prolific conference speaker, a regular contributor to scientific journals, and an accomplished author.



Results of experiments on contact with the spirit of the deceased.

We should also mention the famous American medium Laura Lynne Jackson (<https://lauralynnejackson.com/>). This pretty young woman communicates with the spirits of the dead and has helped hundreds of people by connecting them with their departed relatives, including our good friend. This is quite an outstanding story.

We met Fiona at one of the conferences on consciousness. Not being a scientist, she was interested in this topic as an ordinary person with diverse interests. She invited me to stay with her in Paris, and on our next visit, my wife and I did so (our budget was very modest, and the opportunity to save on a hotel was lovely). We quickly became friends and, over the years, repeatedly

stayed in their large apartment on Avenue Emile Deschanel, not far from the Eiffel Tower. Her husband was a significant figure in the American film industry; the children grew up and moved away, and they had no particular problems in life. But at 70, her husband was diagnosed with a rare form of cancer, and despite all the efforts of world medicine, he died a year later. It was an unexpected tragedy – he had never been ill, played tennis, swam, and led a healthy lifestyle. But that was his fate. We met Fiona six months later, and she said:

- Konstantin, I can't go on like this. After my husband died, I found out that all our savings had gone. I've got nothing. I'm selling my apartment in Paris and will live a simple life. A year later, she called and said they should meet in New York.

- I've got an incredible story for you, - she said.

We met in Central Park during the summer. Over a cup of coffee on the sunny terrace, Fiona told me:

- I missed Jack dearly, so I contacted a famous New York-based medium. She asked me to bring one of his things, and within half an hour of the session, she began to speak in Jack's voice. I immediately recognized it. He said, "Darling, I am very guilty before you. I invested all our savings in one big project, but my partner deceived me, and we lost everything. Then, I got sick and could not seriously engage in this matter, but I kept hoping for his integrity. However, not all is lost: go to Chicago, to such a bank, where there are a number of safe deposit boxes where the documents are kept. Take them to our lawyers, and they can start the trial." And so I did. I presented my documents at a certain bank; they took me to a safe deposit box. I entered the code, opened the box, and took out a large folder. A few months later, I became the owner of a large area in California, which now brings in a good income, and I can afford a lot again.

You can believe this story or not. I have no proof. However, you will find many similar testimonies on Laura Jackson's website. Many people have told me that after the death of a loved one, they received signs that they perceived as a message from "the other side." When you think of a loved one, these signs often take the form of a bird flying and sitting on your window or a ray of sunshine through thick clouds. Very often, they take the form of a dream. In these dreams, they come and communicate with us.

Discussion of our experimental data

Let me be clear: the meaning of my life is in what will happen to me after death.

Robert Merle "Madrapur"

From 1994 to 1995, we successfully organized a study of the transformation of human energy immediately after death over several days. Ten experimental series were conducted, each lasting from three to five days. The subjects included both men and women aged from 19 to 70 years.

The GDV method was used, and the devices were the most up-to-date at the time.



Preparation for the experiment in 1995.

Studying healthy and sick people allowed us to research Life after Life. The idea is simple: if we see the energy distribution in a living body, we can study how this energy fades after death, how it changes, and how the transition from living matter to inert matter occurs.

Preparing the methodology, equipment, and experiment took a lot of time. The question we immediately addressed was which processes to focus on at the first steps – on the process of the direct transition from life to death when the soul is still on the threshold or at later stages when death has already fully entered into its rights – within a few days after death. Unfortunately, combining these measurements at this stage was impossible due to the ethical and legal difficulties of organizing such experiments. We, therefore, decided to start with a study of the movement of energy in the body within a few days after death.

The physical and chemical changes in the body during this period are well-known. All these changes under constant environmental conditions are monotonous and consist of gradual metamorphoses that occur with cellular structures in the process of destruction and decomposition. Sharp parameter changes only happen at the moment of death or immediately after. Our objective was to obtain non-monotonic curves characterizing the change in energy over three to four days after death, which could correlate with esoteric descriptions of the gradual separation of the soul from the body.

Physicochemical processes are gradual processes that cause a relatively smooth change in tissue and cellular substances and, accordingly, a smooth change in the parameters of these substances over time. Consequently, a non-monotonic, abrupt change in characteristics will indicate dramatic changes in the body. This is a general rule of experimental science: non-monotonicity on the curve of the development of a process

indicates the presence of some internal restructuring or transformations in the object under study.

The experimental work was set up with the following methodological principles: data reliability, objectivity, and the possibility of independent reproduction of results. All experimental data presented below were obtained under the same conditions: in the same room, with the same equipment operating in a stabilized mode, with the same methodological approaches. Electrical parameters of the atmosphere were monitored, but no correlation of these parameters with the obtained curves was found.

The experiments were conducted in a 20-meter-long and 4-metre-wide concrete basement. The object being studied and the equipment were installed at the far end, farthest from the door. After the subject's fingers were placed on the electrode of the device, all the equipment remained fixed until the end of the filming process. The windows were covered with dark curtains, and there was no lighting except for a red lantern near the equipment. The basement was locked with a key, and only the operators could enter it.

The object was taken to the experimental room and placed in a specific location with its head pointing west and its feet east. During the experimental session, the left hand was placed in a particular position on the electrode and fixed with a special device that ensured a motionless position of the hand and fingers relative to the electrode. We then recorded the gas-discharge characteristics of the index, middle, ring, and little fingers. The choice of fingers was determined by the design of the fixing system.

Each series of experiments involved a whole team of operators. They recorded parameters around the clock every hour. The

duty group consisted of two or three people who changed every 8–10 hours. The equipment was designed so that the operator only had to press a button to perform the recording. The GDV glow of the operators' fingers was recorded several times a day, allowing their condition to be monitored.

The initial experiments demonstrated that dead bodies exhibit a distinctive intensity of stimulated glow, which transitions according to specific patterns. However, there is no fundamental distinction between the gas discharge glow of the living and the dead. It is clear that different types of glow are observed, and over time, there is a transition from one type to another. The overall radiation intensity decreases, not to zero, but to a particular stationary value.

The experimental data are presented on graphs according to the type of dynamic curves. They were divided into three groups:

Group I. Curves with a relatively small amplitude of oscillations.

Group II. Curves with a relatively small amplitude with one clearly expressed peak.

Group III. Curves with large amplitude oscillations continue for a long time.

And now we see an exciting feature: each of these groups is characterized by a certain character of death:

Group I: peaceful death from natural causes, determined by the state of the body.

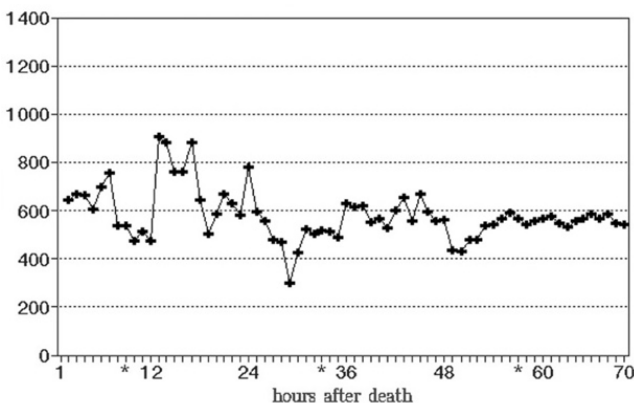
Group II: unexpected, unconscious death as a result of a road traffic accident with craniocerebral trauma.

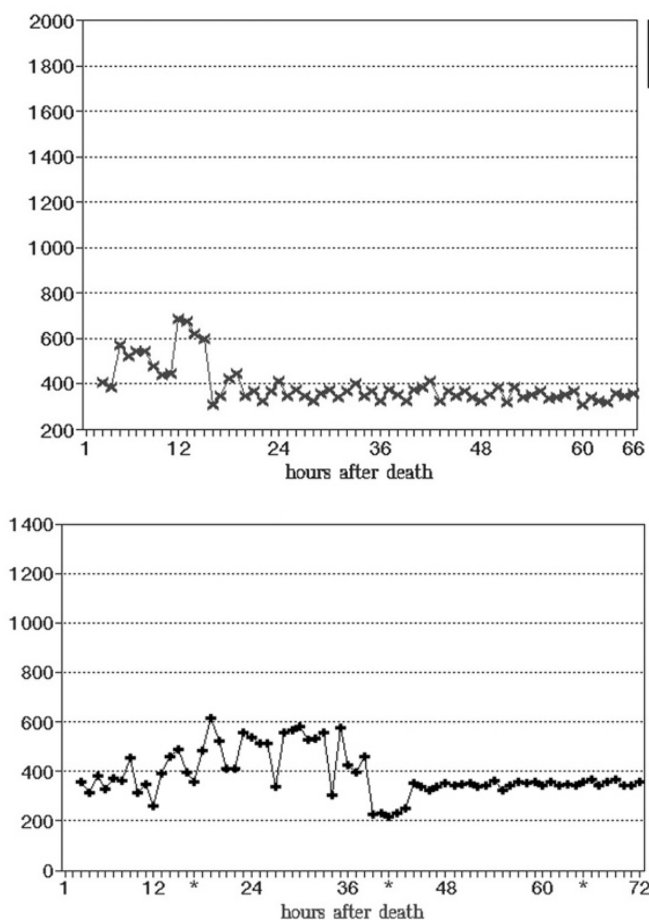
Group III: severe, conscious death as a result of a combination of circumstances that could have been avoided under more favorable conditions.

It is crucial to emphasize that this division is conditional and does not claim to be final. There is simply not enough data for that. The nature of the classification may change in the future. The crossing of the last threshold is determined by random factors, such as the presence of medicine, the timely provision of medical assistance, and the individual's previous stresses. Medical advances over the last century have pushed the threshold of death far back for many previously hopeless patients.

The selected groups are preliminary, but even this initial analysis will allow us to take a new approach to the results obtained, identify new facets, and prepare the basis for further experiments. We must note the main features of the curves that are common to each group.

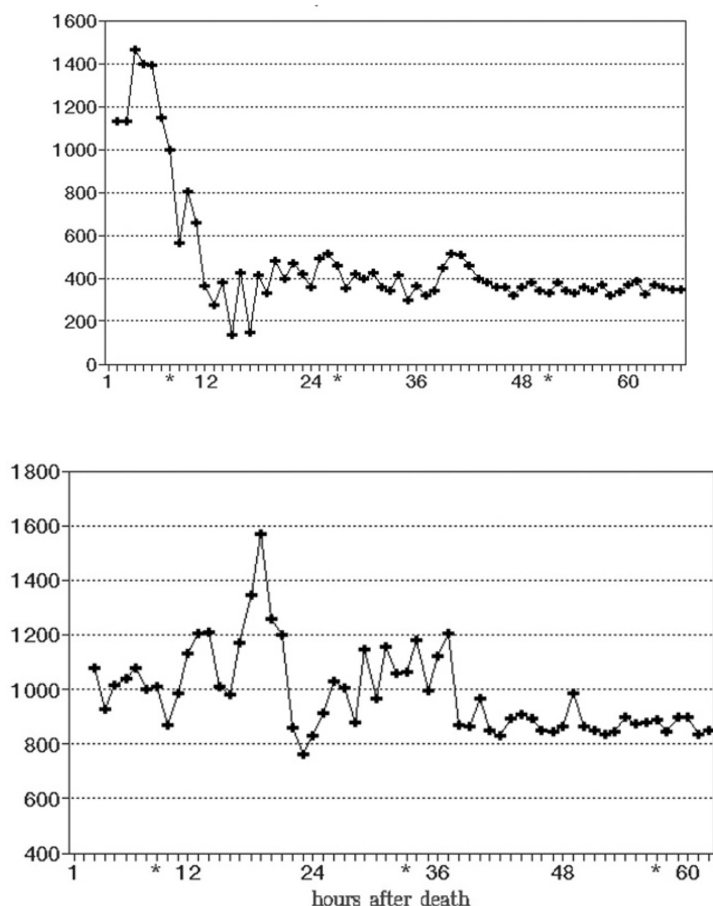
Group I. Two sections can be distinguished on the curve: fluctuations exceeding the background level fluctuations comparable to the background; the duration of the first section is from 16 to 55 hours, so it is hardly advisable to distinguish any features within these sections.





Examples of dynamic curves of group I

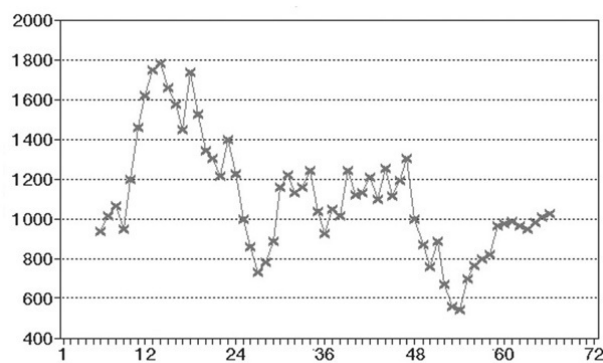
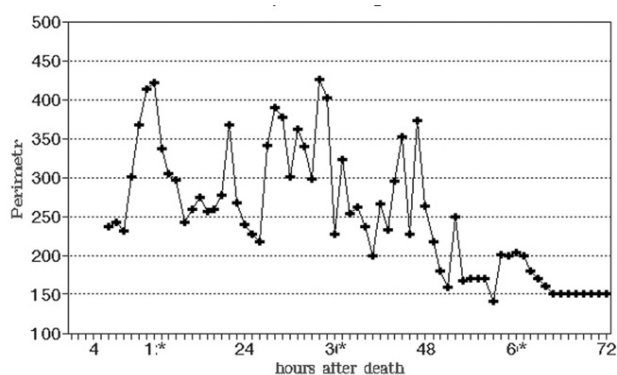
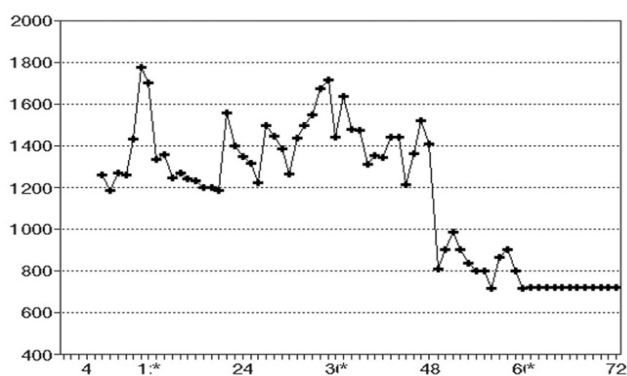
Group II. A clearly expressed peak occurs in one case in the first 8 hours after death, in the other – at the end of the first day; fluctuations decrease to background approximately two days after death.



Examples of dynamic curves of group II

Group III. This group exhibits the most pronounced features common to all cases:

- Larger amplitude and duration of oscillations compared to previous groups;
- General decrease in amplitude from the beginning to the end of the experiment;
- Intensity surge at night, starting at 9 p.m., of varying intensity and duration;
- Local decrease in glow intensity at the end of the first day and a sharp decline at the end of the second day.



Examples of dynamic curves of group III



Preparing for the experiment in 1995



The experiments in 2014.

The data presented raises a lot of questions. What does it all mean? What factors could the recorded changes be associated with? What conclusions can be drawn from this? First and

foremost, we need to establish the reliability of the data. Is this simply due to experimental errors or the recording of trivial physiological processes? We must consider all possible interpretations, objections, and arguments.

Objection number one, coming from the mouth of a sensible, pragmatic materialist: "This is nonsense. It's a waste of time and money. Two days after death, the body cannot perform any activity other than decomposition processes. The noted fluctuations are meaningless, determined by the processes of developing photographic materials and processing errors."

This argument is simple to address. While further critics may find flaws in the experimental design methodology, it is satisfactory at the initial stage for obtaining the first series of results. The results demonstrate this, with a general decline in glow from the beginning of the experiment to the end. However, the decline varies depending on the object's situation. In some cases, we even observed increased characteristics at the end! A reference frame was also recorded alongside the finger glow recordings – a calibrated metal cylinder. The change in the reference frame's glow is the clearest indicator of the method's error. As the previous chapter clearly shows, the range of fluctuations of the reference curve is significantly less than the range for the "quietest" case. A comparison with meteorological data demonstrates the absence of any noticeable influence of this factor on the experimental data. This confirms the reliability of the presented results.

After listening to the explanation, our critic might argue: "All the data presented show only the residual physiological activity of muscle tissues that are transformed during decomposition. The tissue undergoes individual processes depending on the age of the epidermis and the conditions in which it was found. There is no basis for discussing any connection between the data

obtained and the personality of the previous owner of these tissues."

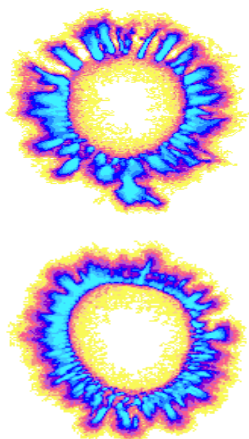
The answer to this argument is clear: the nature of the data obtained and their division into three groups correlates with the nature and cause of death. The features noted in the third group are also of note. The review clearly showed that the electrophysiological characteristics known from the literature, measured after death, change sharply in the first hours and then either remain constant or change smoothly in smooth curves. We did not find any recording of oscillatory processes, especially those with features similar to those given above. While it is too early to draw any solid conclusions, we can be confident that oscillatory processes with periodic rises and falls over several hours are characteristic of systems with active life, as we know from physiology.

The simplest way out is to declare that the obtained curves represent the recording of trivial biological processes and to dismiss them on this basis. Just as meteors were denied in the 18th century, hypnosis in the 19th century, and telepathy in the 20th century, so too should these curves be dismissed. As Stanislav Grof so wonderfully put it (1993):

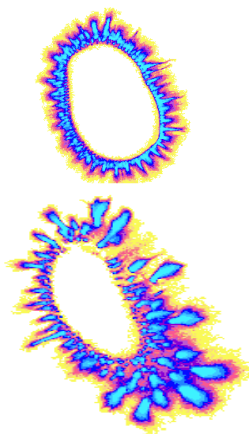
"It is unacceptable that a worldview that has long been outdated in modern physics is still considered scientific in many other fields. This must change, otherwise it will hinder future progress. Observations and facts that contradict the mechanistic model of the universe are often disregarded or suppressed, and research projects that do not fit into the dominant paradigm are deprived of funding. The most prominent examples are psychology, alternative approaches to medicine, psychedelic research, thanatology, and some areas of anthropological fieldwork."

The presented experimental material is insufficient for any unambiguous conclusions. We have already noted and repeatedly emphasized that we consider this book only as an approach to the topic, an introduction that requires targeted and lengthy development. A weighty argument in favor of one solution to the issue under consideration would be a study of isolated tissues of the body after death, if possible, of a more or less large organ. At this stage, we were unable to organize such an experiment. However, we can confidently state that several years ago, we conducted a series of experiments to record the glow of frozen meat samples and varying degrees of freshness. We recorded reproducible changes in the glow, but these never led to the appearance of any abnormal emissions or spots. These changes had a particular pattern and smooth, regular direction, and no oscillatory processes were detected.

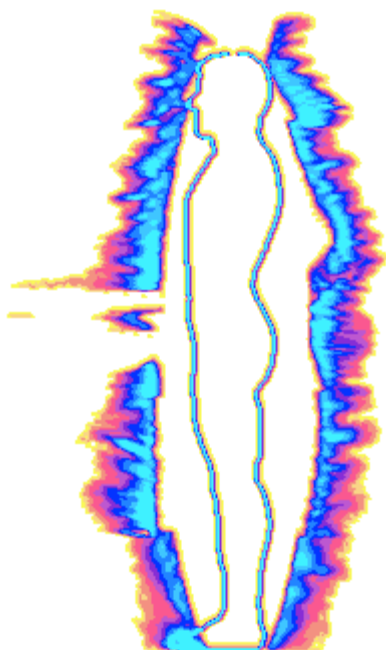
The experiments were repeated several times in the following years. Each time, the results obtained confirmed the above conclusions. The figures show examples of the gas-discharge glow of fingers before and after death, as well as a picture of a person's field after an autopsy. After a planned autopsy (removal of internal organs for examination), the field picture changed in a rather characteristic way – we see no glow in the place of the removed organs.



Bio-grams of fingers of a healthy person.



Biograms of fingers of people after death.



Dead person biofield picture after autopsy.

Research into the transition process

When streams of blue fire flow from the fingers, the creativity of emanations manifests action. The aura must end with a network of viable sparks. Even purple and blue auras must have ruby sparks at the edge.

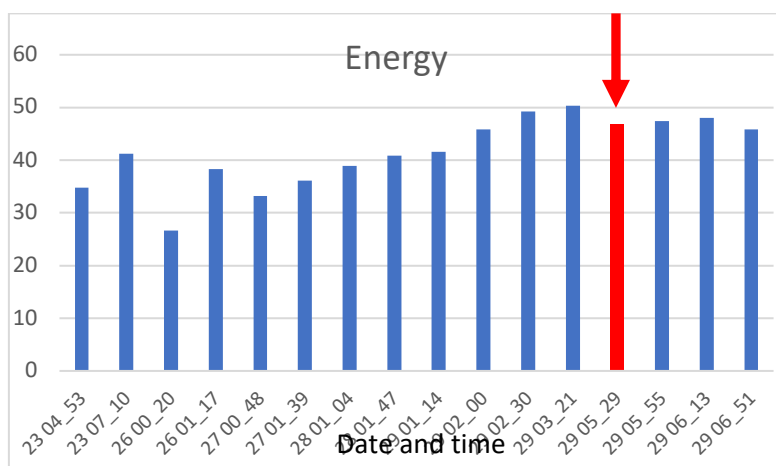
Agni Yoga

In 2023, Dr. Raul Valverde and Chet Swanson, along with a group of colleagues from Canada, initiated a study of the process of transformation of the energy of a dying person. Jennifer Hamilton works in a hospice and has mastered using the Bio-Well device. She successfully organoorganizedmeasurement of a dying person for several weeks before and several days after death. This required extensive approvals, both with the management and with relatives. Several sessions were held. The studies were conducted in two modes.

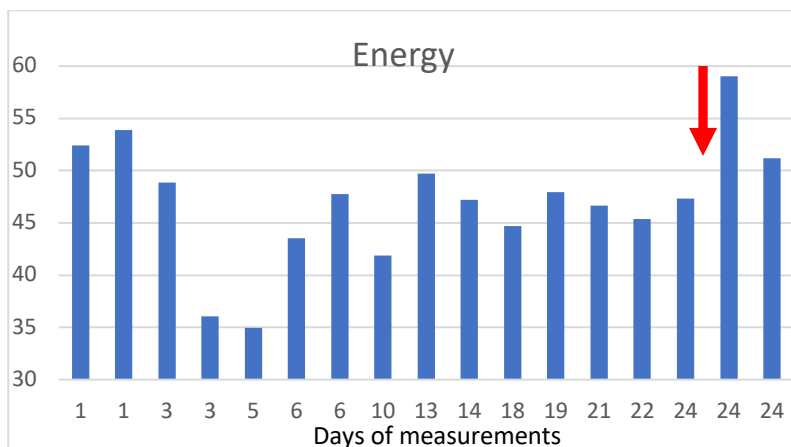
In some cases, an electrically conductive Bio-Well glove was used to record the dynamics of the glow over a long time. In others, the GDV glow of all 10 fingers was recorded. In all cases, the temporal dynamics of the glow were recorded. Extending the study to several days after death would be valuable, but this has not yet been organized.

The figures show graphs of the results in three different sessions. The arrows indicate the moments of death. For several days, the energy fluctuates within certain limits, correlating with the physiological state of a person. However, a few days before death, it begins to fall. The energy increases sharply on the day

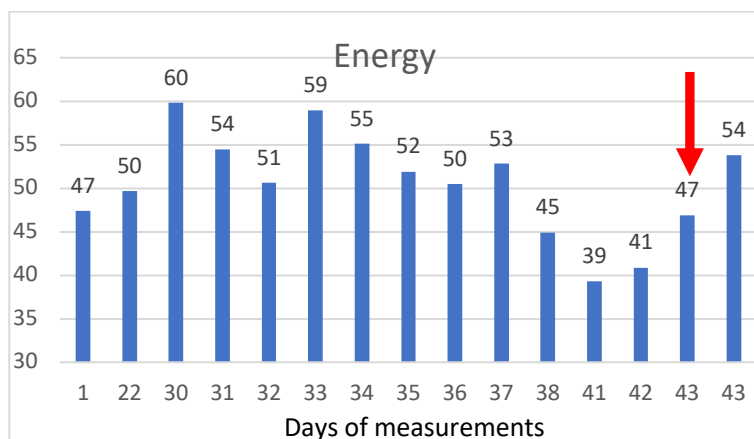
of death and remains high for several days after death. This has been observed in all experiments. Further study is required to explore this phenomenon over a more extended period, although this has not been possible.



Dynamics of a signal in December 2022



Dynamics of a signal in October 2024



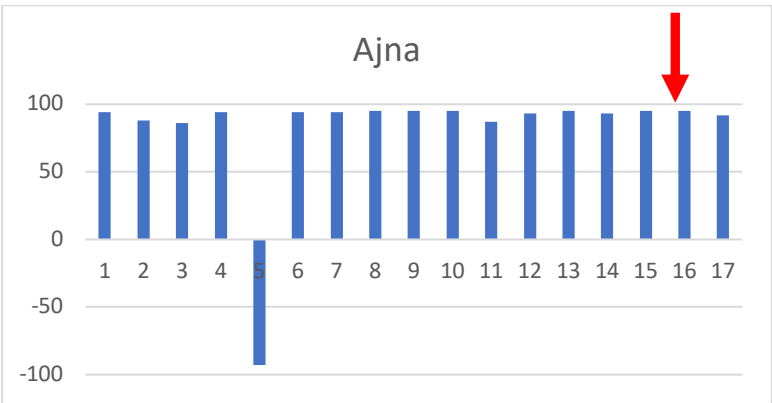
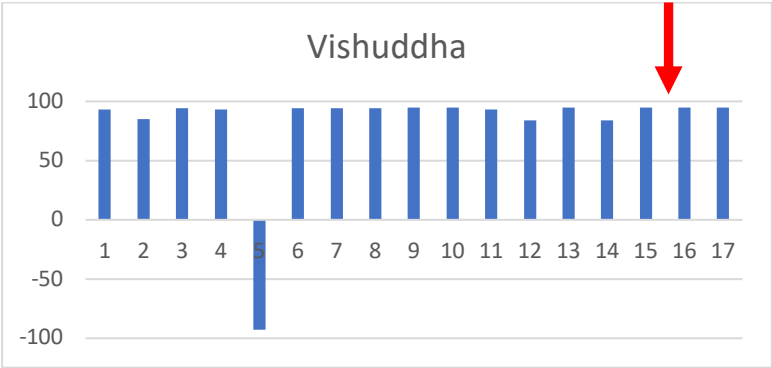
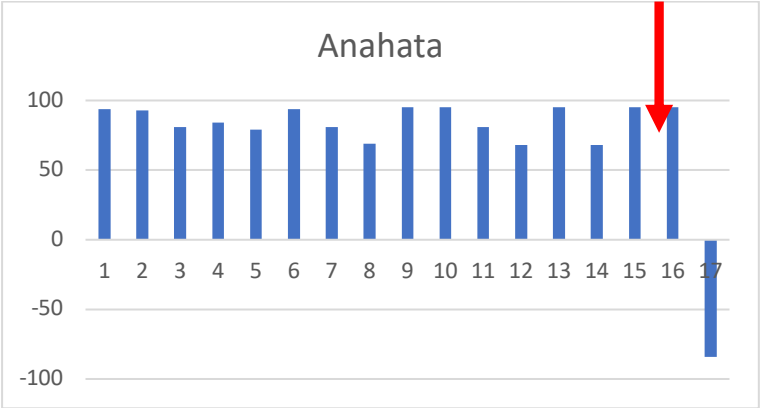
Dynamics of a signal in February 2025

Fig. Graphs of changes in the energy of a dying person. The arrows indicate the moments of death.

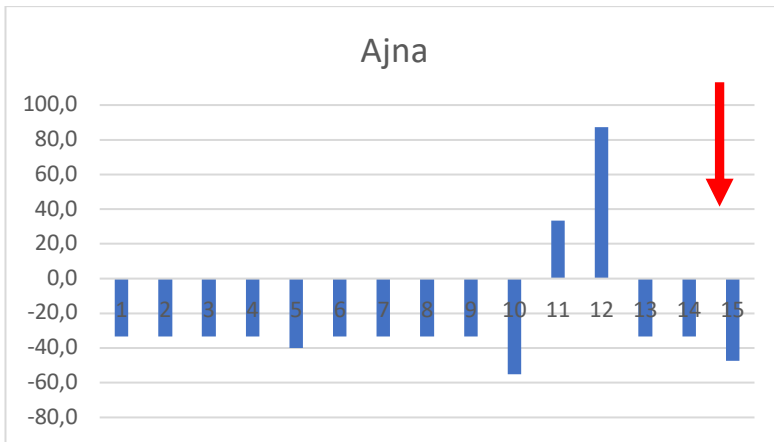
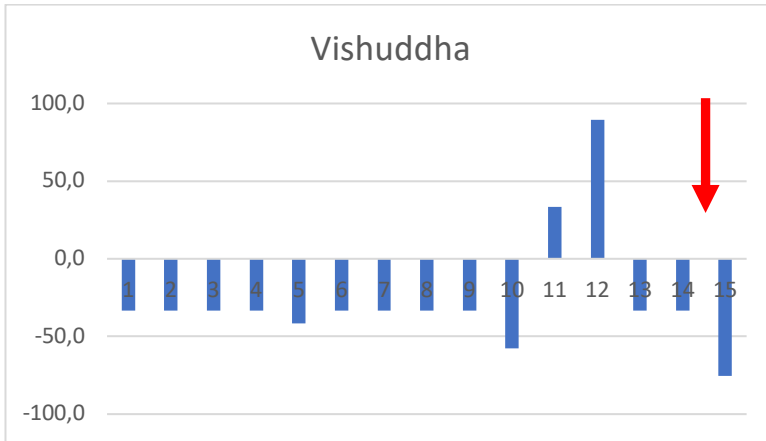
Another interesting fact concerns the dynamics of changes in the position of the chakras. In Bio-Well programs, the position of the chakras relative to the midline characterizes a specific psychological state - introvert or extrovert. For some people, the position of each chakra is relatively stable, while for others, the chakras vary unpredictably from day to day.

We took measurements with the dying in full shooting mode – all 10 fingers – to determine the position of the chakras. In both people, some chakras retained a stable position in most measurements. After death, these positions were maintained. This suggests that certain psychological qualities are retained. Interpretation of these data from a physiological point of view is clear: preserving a particular glow pattern inherent to a given finger.

Chakras 2024



Chakras 2025



The obtained data correlate with the study of ultra-weak radiation of biological objects – plants and mice [Slawinsky J. *Journal of Near-Death Studies*, 6(2) 1987. *Zagadnerna Biophysica Wcspolesnei* 15(1) 1987]. It was found that the impact of factors leading to the death of an object causes a flash of so-called "necrotic" radiation.

The Russian biologist Vladimir Lepeshkin studied this phenomenon extensively in the 1930s, inspired by the work of

Professor Alexander Gurvich. Gurvich discovered the phenomenon of the non-contact influence of biological cultures on each other and introduced the concept of a biofield. Lepeshkin discovered that necrobiotic rays are forms of radiation that arise during the life process, especially during cell death. He established that these emissions are linked to metabolic processes and the state of cells at the time of their death. Necrobiotic radiation is low in intensity and can only be detected with highly sensitive equipment. The increase in luminescence we discovered at the time of death is associated with necrobiotic radiation, a phenomenon present in all biological organisms. We were unable to find any data on this issue. However, it is clear that the organism is preparing for the moment of transition, and as the data we obtained show, death is not the end – it is a transition to another dimension.

Recent studies have examined the transition process. A series of EEG experiments on a dying man showed that 15 seconds before his heart stopped beating, he experienced high-frequency brain waves called gamma oscillations and several slower oscillations, including theta, delta, alpha, and beta oscillations. These oscillations are associated with concentration, dreaming, meditation, memory retrieval, and recall during life. [VicenteR. et al. *Front. Aging Neurosci.*, 22, 2022. <https://doi.org/10.3389/fnagi.2022.813531>].

These are the first steps in investigating the transition process. Along with organizing experiments, we are developing conceptual models of the existence of consciousness after death. These are based on the paradigm of quantum consciousness and the theory of the quantum hologram of consciousness. This quantum approach to consciousness links brain processes (quantum computations inside neurons) with fluctuations in the fundamental geometry of space-time, which is the small-scale

structure of the Universe. Recent evidence of significant quantum coherence in warm biological systems, scale-free dynamics, and post-mortem brain activity supports the idea of a quantum basis for consciousness, which could presumably exist independently of biology in different scalar planes in the space-time geometry of the Penrose-Hameroff "Orch OR" model. These concepts are complex to understand, so we will not dwell on their discussion. Those interested can delve into the world of modern quantum theories using the materials of published articles.

Valverde, R. (2019). Quantum Consciousness & Spirit. *Scientific God Journal*, 10(3), 167-181.

Valverde, R., & Swanson, C. (2020). The Unintelligibility Approach to Near Death Research. *Journal of Consciousness Exploration & Research*, 11(3).

Valverde, R., & Swanson, C. (2021). Development of a Quantum-based Ontology for Describing NDE by Using Computerized Natural Language Processing. *Journal of Consciousness Exploration & Research*, 12(3).

Valverde, R., & Swanson, C. (2022). The Development of a Quantum-based Ontology for the Description of the Reality Experienced in NDEs by Using Computerized NLP Analytics. *NeuroQuantology*, 20(2), 10-22.

Valverde, R., Korotkov, K., & Swanson, C. (2022). The Quantum Hologram Theory of Consciousness as a Framework for Altered States of Consciousness Research. *NeuroQuantology*, 20(3), 187-197.

Conclusion

“And though the shadow of a sigh May
tremble through the story, For "happy
summer days" gone by, And vanish'd summer
glory-- It shall not touch with breath of bale,
The pleasance of our fairy-tale.”

Lewis Carroll,
Alice's Adventures in Wonderland

I am attending another major international conference on consciousness. For three days, scientists from all over the world will be discussing the burning questions: what is consciousness, how is it related to the brain, and how can we explain the peculiarities of our everyday behavior, as well as exotic phenomena such as telepathy, healing, and remote influence on sensors? The titles of some of the reports speak for themselves:

Quantum Biology.

Nonlocal Consciousness and Extrasensory Perception.

The Varieties of Brain-Computer Interfaces.

Consciousness and Reality.

Can AI be Conscious?

Anesthesia, Psychedelics and Consciousness.

Near-Death Experience, Reincarnation.

Energy, Information and Consciousness in the Universe.

Prospects of Extraterrestrial Consciousness.

The Nobel laureate and head of the Department of Mathematics at Oxford University, Sir Roger Penrose, gave the plenary report. He has made many outstanding scientific discoveries, including the study of black holes, the properties of space-time, the concept of a cyclic Universe, and the invention of spin networks,

which are actively used to describe space-time geometry in loop quantum gravity. In 1989, he published the book "The Emperor's New Mind," setting out his thoughts on quantum consciousness and the theory of so-called strong artificial intelligence. The book substantiates the inconsistency of implementing this form of artificial intelligence. In the 1990s, together with neuroscientist Stuart Hameroff, they developed the Hameroff-Penrose theory of quantum neurocomputing. This was based on the "Objective Reduction - OR" model of consciousness. This theory states that brain activity is an essentially quantum process. It is clear that most modern theories of consciousness are based on quantum physics and cannot be understood without special education. We will not get into this area. For us, the importance of these works and conferences lies in the high scientific level of the reports presented and the wide range of topics discussed.

It is a fact that, until recently, many of these issues were related to parapsychology and esotericism. A serious scientist could have lost his reputation by approaching these topics. Times have changed, but it's important to remember that the scientific community does not universally accept non-traditional subjects. The three-fingered mummies discovered in 2017 in the Nazca caves in Peru are a prime example. We conducted detailed studies in different countries. We determined the age of the mummies. We deciphered their DNA. We analyzed tomographic images in detail. My book "The Mysterious Mummies of Nazca" (published 2019 in Russian, English, and Spanish) describes some of these studies. However, to this day, anthropologists and archaeologists continue to deny the authenticity of these mummies (at the moment, six such mummies are available for study in Peru) and publish statements that they are all fakes and dolls. New ideas always have a hard time making their way.

Scientists will need many more years to understand what consciousness is and how to preserve it in the face of the onslaught of social networks, trash Internet, psychedelics, and artificial intelligence. I do not doubt the younger generations will cope with these brain parasites. People will actively develop their brains and consciousness to comprehend new love and spiritual development horizons.



To the next discoveries