

## ETERNEL Program 1 - Foundations of the Teachings of Grigori

### Session 8 - Restoration of Information and Matter

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Welcome everyone to ETERNAL Program 1 - Foundations of the Teachings of Grigori Grabovoi. Today we already start with Session 8 related to the Restoration of Information and Matter. Today, we will speak a little bit about:

- ∞ The Principle of Restorability
- ∞ Why Destruction Is Pointless
- ∞ Practical Understanding of Restoration

This topic of Restorability of information and matter is one of the most important ideas in the Teachings of Grigori Grabovoi.

Nothing is truly lost. What appears as damage, destruction, illness, separation, aging, or even disappearance is not the final reality. From the perspective of the Teachings, every object, every event, every person, every element of matter exists first as information. And information can be restored. This is why restoration is possible.

This principle changes the way we look at life. Instead of seeing irreversible damage, we begin to see the possibility of reconstruction. Instead of fear, we begin to develop responsibility. Instead of thinking that destruction is stronger than life, we begin to understand that life itself contains the principle of eternal restorability.

That would be the summary of all about restorability of information and the matter to start with, but we will go slowly, step by step.

To understand restoration, we first need to return to the idea that reality is informational.

To understand better you are kindly invited to revisit the Session 2 when we spoke about the Reality as informational system. Every element of matter exists first as information and light. In the Teachings of Grigori Grabovoi, the concept of information is understood very broadly. Information is not limited to digital data or written messages. Instead, information is seen as the fundamental structure of reality itself. Information is *not* the absolute starting point. First comes creation “Information” is what appears when something is already expressed, already formed enough to be perceived. Information is how reality shows up to perception.

Everything we see physically exists because there is informational content behind it. A body has informational structure. An event has informational structure. A relationship has informational structure. Health. Matter has informational structure. Matter is a condensed form of information. If information changes, matter can change. If information is restored, matter can also be restored. This is why in the Teachings restoration is never only physical. Before something changes physically, it changes informationally.

We can perceive reality as layers:

1. Spiritual
2. Informational
3. Physical manifestation

When we work only on the physical level, we often see limits. But when we begin to work on the informational level, we enter the deeper cause of reality. This is why restoration becomes possible.

The principle of restorability means that every object contains the possibility of returning to its original harmonious norm. Nothing exists without its informational blueprint. Even if something appears damaged, weakened, fragmented, or lost, the informational norm still exists. This informational norm can be compared to the original design, the original vibration, the original pattern, the original state of harmony.

Information is invisible blueprint behind all existence.

In the Teachings, the norm is never completely destroyed. It may become hidden. It may become weakened in perception. It may become covered by fear, illness, conflict, trauma, or incorrect information. But the norm itself still exists.

This is why restoration is always possible. For example, health can be restored because the informational norm of health exists. Relationships can be restored because the informational norm of harmony exists. Life circumstances can be restored because the informational norm of constructive development exists. Matter can be restored because the informational structure remains present.

This changes our understanding completely.

We stop asking: "What has been destroyed?"

And begin asking: "What is the original norm that can now be restored?"

In the Teachings, destruction is seen as something temporary and ultimately meaningless. Why? Because destruction does not create a final result. It only creates a temporary distortion. The principle of eternal development is stronger than destruction. The principle of life is stronger than decay. The principle of restoration is stronger than loss.

This does not mean that difficult situations do not exist. They do exist. People experience pain, illness, crisis, conflict, disappointment, and loss. But the deeper understanding is that destruction cannot be the final truth of reality.

Because if reality is informational and eternal, then every destructive process contains within it the possibility of reversal. This is why fear loses its power. Because fear is often based on the belief that something is final.

But when we understand restorability, we begin to understand that nothing is final. No situation is closed. Situation is always open for possibilities, for options. Every event has a solution. Every person can be healed. No future is fixed.

Destruction becomes pointless because it cannot overcome the original norm. The norm remains.

The task is to reconnect with it.

Everything we speak of restorability of information apply to the matter. Very important point is the restorability of the matter of human organism. This attracts a major interest. When people join the teachings of Grigori Grabovoi, they look for a quick solution for restoration of human organism. In these sessions of ETERNAL platform we try to explain and reach the understanding of background what is known about the Teachings publicly. I personally started to study specifically scientific works of Grigori Grabovoi exactly for the reason to get the answer. How is it possible to restore? How is it possible to rejuvenate? Tegenerate? How is it possible to live eternally. And all the answers can be found in the scientific work of Grigori Grabovoi, and then you can see why Grigori Grabovoi says that all this is logical.

So, if you are interested, you are more than welcome to study more the scientific works of Grigori Grabovo:

"Applied Structures of the Creating Field of Information"

“Irrational Methods of Prevention of Global Catastrophic Processes Posing a Threat to the Entire World”

“Research And Analysis of Fundamental Definitions of Optical Systems in Prevention of Catastrophes and in Forecast Oriented Control of Microprocesses”

Sounds complicated. And, it's also not the easiest material to start with. I'm not a physicist, but for me, those works of Grigori Grabovoi opened the entire universe of understanding and knowledge how everything, what Grigori Grabovoi is talking about, is actually not a miracle, but a normal capability of human being. But, of course, if we would be taught, and if we would learn about our structures, what we can do, what we are, how everything is created, the life and the world would be completely different.

So let me just explain. Or tell you several words about the book Irrational Methods.

The book was originally presented as a course of lectures connected with emergency monitoring, forecasting, and prevention of catastrophes. In this book the topic of restoration is closely connected with the idea that every object, system, event, or form of matter has an informational structure behind it. The book presents the view that matter is not primary. Matter is considered a visible expression of information. Therefore, if the informational structure of an object is preserved or restored, the material form can also be restored.

Some of the main ideas related to restoration of information and matter are that every object exists first as information. Physical destruction does not mean complete disappearance because the informational structure remains. The task of consciousness is to access and restore the original informational norm. Catastrophes are understood as distortions of information rather than irreversible endings. Prevention and restoration happen through consciousness aligning with the correct informational structure. Optical perception plays an important role because perception is presented as a mechanism through which consciousness can recognize and reconstruct the norm. The book often describes how one can perceive an object not only in its

damaged state, but also in its original complete form simultaneously. Restoration begins when consciousness stops fixing attention on destruction and instead fixes attention on the complete informational model of the object or event.

A very important practical principle in the book is that one should not concentrate on the damaged form itself, but on the intact informational state that already exists beyond the visible damage.

So, when we do the concentration, and when we create controlling goal sphere and when we want to harmonize and normalize some event in our life we do not focus on a problem, but we focus on that original informational state.

For example, if there is a damaged organ, one concentrates on the informational norm of the healthy organ. If there is a damaged technical system, one concentrates on the complete functioning informational structure of the system. If there is a dangerous event, one concentrates on the norm of safe development. If there is loss or destruction, one concentrates on the existence of the object in its complete and restored informational form. This is why the book presents destruction as temporary and secondary. The informational level is seen as primary and eternal, while physical reality is seen as flexible and capable of restoration.

The book also connects restoration with optical systems and the “point of perception.” The idea is that by changing the point from which consciousness observes reality, one can begin to perceive not only the damaged version of reality, but also its restored version. From that perspective, restoration becomes possible because consciousness begins to align with the norm rather than with destruction.

And when we speak about the science, Grigori Grabovoi is not alone when he states that human organism can be restored.

Modern biology offer scientific principles that support restorability, regeneration, and even aspects of rejuvenation. Restorability is proven as a real biological principle.

#### Epigenetics - Cells Can Recover Lost Function

A major scientific shift is the realization that aging is not only accumulation of damage, but partly loss of informational regulation (interestingly resonant with informational concepts).

Epigenetic Reprogramming (Yamanaka Factors). Yamanaka showed mature cells can be reset toward a youthful state.

Partial reprogramming (without turning cells into stem cells) has shown in animal studies: reversal of some epigenetic aging markers, improved tissue repair, regeneration in optic nerve injury, improved muscle and organ function, rejuvenation of aged cells in vitro.

Some studies suggest biological age can be reversed, not only slowed. Aged cells may retain a recoverable youthful program. That is a scientific expression of *restorability*.

#### Regeneration Biology - The Body Is Already Restoring Itself

Human matter is constantly renewing. Skin renews in weeks. Gut lining in days. Bone remodels continuously. Liver can regenerate remarkably. Blood stem cells replenish constantly. This means the organism is not static matter but dynamic restoration in process.

Some animals take this further. Some animals can regrow their limbs or can regenerate whole bodies.

This proves biology contains deep regenerative logic.

### Stem Cell Science

Stem cells provide direct evidence of restorability.

Adult stem cells can repair tissue, replace damaged cells, restore blood systems, regenerate skin and support organ repair.

This is restoration through latent biological templates.

### Cellular Rejuvenation Research

Recent research suggests aged cells may carry recoverable information rather than irreversible deterioration.

Examples are - DNA damage repair pathways can be enhanced. Senescent cells can sometimes be cleared or reprogrammed. Mitochondrial function can improve. Epigenetic clocks can sometimes be pushed younger. This is sometimes called information theory of aging or epigenetic information loss theory. Very close conceptually to “restoration of information.”

### Neuroplasticity - Even the Brain Reorganizes Itself

Once thought impossible. Now it is established.

Neuroplasticity shows that damaged pathways can reorganize. Stroke recovery can rebuild function. Memory circuits can adapt. The nervous system is partly restorable. Even identity-related structures are dynamic.

We can summarize scientific principles supporting “Restorability”

1. Regeneration
2. Stem cell renewal
3. Epigenetic reversibility
4. Cellular rejuvenation
5. Neuroplastic restoration
6. Self-organizing biological repair

Together they support that:

Life is not only degradation; life contains restorative intelligence.

We can see that science strongly supports reversibility of some aging processes, regeneration of tissues, restoration of function, recoverability of biological information. And that is already deep evidence for *restorability* as it is given by Grigori Grabovoi.

The idea of restoration should not remain abstract. It can be (should be, must be) applied to everyday life. When we speak about restoration, we are not speaking only about extraordinary situations. We are speaking about everyday life. Restoration can begin in the body through returning attention to health, balance, vitality, and the informational norm of the organism.

It can be present in our thoughts and emotions where clarity may replace confusion, peace may replace tension, and inner harmony can be restored.

It can be present in relationships through understanding, forgiveness, renewed connection, and constructive development.

It can be present in learning because knowledge can deepen, capacities can unfold, and what seems forgotten can be reawakened.

It can be present in our environment where nature itself shows us continuous regeneration, renewal, and self-restoring processes.

And it can be present in society and community where trust can be rebuilt, cooperation renewed, and harmonious forms of collective life strengthened.

It seems like we are starting the concentration, thank you for initiating that.

So let, let us, think of, restoration as a movement back to the norm.

What can be distorted can be normalized.  
What can be weakened can be strengthened.  
What can be fragmented can be restored.

Restoration is not only correction of damage. It is movement back toward the norm.

And in this sense, restoration is not occasional, it is woven into life itself.

So, when you look on this slide, you see that it reminds us that restoration is possible at any time, any place, for everyone.

Life itself is based on the principle of restoration.

So let's, as you initiate it, let's do the concentration together on a restoration in everyday life.

Let's bring attention inward for a moment. Become aware of a sphere of light in front of you. A sphere contains the norm of harmonious life, harmonious development, harmonious, eternal life for you and for all. And within this sphere, Life is already whole. Restoration is already present.

And now become aware of, different areas of your life.

First, let's start with your organism. See your organism in light. Maybe you have some symptoms? Pain or limitations? But for the moment, do not focus on those limitations. But... Ask yourself, what would be the norm? What would be informational norm of this organ, or my body? Try to reach original informational harmonious structure.

The norm of restoration is present.

The norm of restoration is present.

How does it sound to you?

Does it resonate with you?

If you cannot overcome the thoughts of pain or any other symptoms related to your physical body, remember how you are created. With light. By light. The light from the source of light. And that light is passing through your structures: Soul... Spirit... Consciousness and Physical Body. And let the light flow through the structures in the most harmonious way. Let the light from the source restore the informational norm of your organs, of your entire physical body. You may feel certain pulsation. Within your body. Within your structures. Because the alignment is taking place. Let the light from the source touch all your cells. And wake up the ability to regenerate and heal.

And now, move with the light through your thoughts and emotions. Become aware of your inner state. And see clarity. Where there may have been uncertainty. If you felt tension, now feel calm. Let the inherent restoration principle, allow inner harmony to restore itself. Feel peace. Just let Inner harmony to restore itself.

Now move your awareness from your body, from your psychological state towards a relationship. Think of relationship with another person. And surround this relationship with light. See, understanding and balance. and constructive, harmonious development. And harmony is restored in a relationship.

Now, move the light towards your daily life. Your work, your decisions, practical matters. Future events. Maybe you are thinking of changing your place of living or work. And you are not sure how it will affect future events. Now see them arranged in order. See how life itself is reorganizing for you, your work, your decision, your future events. Ensuring harmonious development and creative, constructive development, It's already happening.

And now expand awareness to community. To the world. Where you go, there is light. And there is restoration. Restoration is universal principle. Always working.

Now see all these areas joined. All these areas are joined in one, luminous sphere of harmony, health, relationships. feelings, emotions, life events, the world... Everything is in one's sphere. And this sphere is the norm.

And you know that restoration is possible at any time, at any place, with you, and through you. Just need to be aware. And use your light for the restoration of information and restoration of the matter.

Thank you for the concentration. Try to fix the result. Stabilize achieved result. But, continue the restoration. The restoration process is ongoing.

Let's think of restoration, the principle of restoration as mechanism or the fact that life is stronger than destruction. The norm is stronger than distortion. Harmony is stronger than fear.

When we begin to understand reality as informational, we stop feeling powerless.

We understand that consciousness can reconnect with the original norm. And from this connection, restoration becomes possible.

This is why destruction is pointless. Because the original truth of reality is not destruction. The original truth of reality is eternal harmonious development.

We may think for a moment, or think later, what does restoration mean to you? Which area of your life would you like to see through the principle of restorability? Can you begin to look beyond the visible problem and reconnect with the original norm? Can you restore the information and the matter?

Ask yourself these questions from time to time. Just to remind yourself or to get used to the fact that all the mechanism, all the tools, all necessary structures for restoration of information and matter we already possess.

With this, we complete today's session. Here you can see some of the works of Grigori Grabovoi that served as references and inspiration for today's theme.

I just need to remind you that there are so many works for the restoration of the matter, for the restoration of information. There are many practical technologies and methods related to the recovery of man's matter and the restoration of human organism. These sessions are not focused on them for the time being, because the Program 1 is all about theoretical foundation of the Teaching, so I keep it very much to the theoretical background, with intention that we all reach the state of full understanding what stands behind every concept in the Teachings of Grigori Grabovoi, especially those concepts which are not so well accepted in common everyday life, such as restoration of human organism and recovery of man's matter. But we still build that understanding necessary for following Program 2, which we will start maybe next month, or maybe in June. Then we will turn into more practical application of the technologies and methods, including the methods of restoration, regeneration, rejuvenation, and so on.

If you would like to learn more about the theoretical background, these are the works that I was using as the reference and inspiration for today.

Thank you for being here at ETERNEL and for sharing this space of study and reflection. ETERNEL is an open place for discovering these teachings in a practical and accessible way a space to explore how conscious awareness can participate in harmonious development and how this understanding may be lived in everyday life.

This programme is offered in an educational spirit, supporting self-development and a deeper understanding of the norm through conscious practice. It is not presented as healing activity, but as study and application within the right to education directed toward the full development of the human personality.

In our next session, we will continue with Forecasting and Anticipation (Introductory Level). A fascinating theme where we begin exploring anticipation, forecast control, and conscious orientation toward future events.

Thank you for your presence today, and for contributing through awareness, intention, and action to a more harmonious world.

Thank you so much. Until next time, I wish you a beautiful, harmonious, loving, creative life. And see you soon. Thank you so much.