

Program 1 — Foundations of the Teachings of Grigori Grabovoi

Session 5 – Basics of Concentration Methods

April 4, 2026

Welcome to the fifth meeting of Training Program 1 - Foundations of the Teachings of Grigori Grabovoi on the ETERNAL platform.

My name is Lidija Gruber, born Peternel. I am teacher consultant of GRIGORI GRABOVOI DOO Education Center and it is a pleasure and honour to share with you the Teachings of Grigori Grabovoi.

The program on the Teachings of Grigori Grabovoi at ETERNAL platform is envisioned to inform, inspire and educate about this life changing knowledge. ETERNAL is built on the understanding that each person carries the ability to transform their life and the world through conscious action. Our vision is to support individuals in awakening this potential and contributing to a global process of harmonious, eternal development.

The lecture (seminar) has an educational character and relies legally on Article 26 of the Universal Declaration of Human Rights, adopted by the UN General Assembly, according to which every person has the right to education and that education should be directed to the full development of human personality.

This activity is not related to medical activity, but is aimed at achieving the norm on the basis of self-development and does not in any way restrict the right to address to doctors in health institutions licensed by government.

ETERNEL platform offers 3 free Training Programs.

Foundations of the Teachings of Grigori Grabovoi

Applied methods for daily life

Control specialist, methods of forecasting, clairvoyance and large scale control.

We are now in 1st Training program - Foundations of the Teachings.

In the previous sessions of our program, we explored:

- ∞ Introduction to the Teachings of Grigori Grabovoi
- ∞ Reality as an Informational System
- ∞ The Role of Consciousness
- ∞ Fundamental Principles of Control

Now we turn to another fundamental concept:

5. Basics of Concentration Methods

- ∞ Principles of concentration
- ∞ Working with attention and focus
- ∞ Simple geometric points for concentration
- ∞ Safety and correctness of practice

Just take a moment to arrive.

This moment is already part of control and concentration. Please enter with love, calmness, and awareness that your presence supports the creation of collective harmony and eternal life for all. Because, the way we enter a moment determines how reality responds. So, please: Bring your attention into your body. Feel your breath. And allow your awareness to become calm and present. Always notice, when you become quiet, reality becomes more responsive.

Before we begin, let's remember what we have already discovered together.

In the first session we understood the foundation of the Teachings and that we are not only observers. We are participants in the development of reality.

Then we saw that reality is informational. That events are not fixed, they contain different possibilities.

And in the third session we discovered that consciousness is the structure that interacts with reality. And we understood something very important. That consciousness is like an optical system. And last time we spoke about control as conscious alignment of the optical system.

And now we will explore the question which naturally appears: "How does this happen in practice?"

And this brings us to CONCENTRATION.

Last time I briefly mentioned: "Concentration is a real accumulation of consciousness and light." I repeat this definition very often. And it becomes very clear when we remember that our consciousness is an optical system.

In any optical system, system which process the light, scattered light results with unclear image and focused light produces precise image.

The same happens with consciousness. When attention is scattered, perception is unclear. When we concentrate, Consciousness gathers, Light accumulates, and reality becomes structured.

I would like now to deepen our understanding of concentration.

Life has a spiritual base. In the Teachings, it is said that life has a spiritual base.
CONCENTRATION BY MAN OF HIS OWN CONSCIOUSNESS MIGHT RESULT IN A RADICAL CHANGE OF THE WORLD STRUCTURE (3.2).

At the same time, we have seen that reality is informational.

How can we connect these two ideas?

When we say, life has a spiritual base, we are speaking about the origin, the source, the level of creation.

And when we speak about reality as informational, we are speaking about how this creation becomes structured and perceivable.

They are two levels of one process.

And now we understand something very important. We could say that the spiritual level is like the intention of creation, information is how this intention becomes organized and the physical world is how it appears. This means that what we see as physical reality is not the origin of reality. The origin of reality is spiritual and consciousness is the bridge between the spiritual, informational and the physical. Moreover the concentration of consciousness works exactly at the bridge.

When we concentrate, we work with information but through consciousness which is connected to the spiritual level.

That is why it is said: "Concentration of consciousness can lead to a radical change in the structure of the world. Because when consciousness becomes concentrated it influences the informational structure from the level of the spiritual base.

If we remember the optical system, the spiritual level is the source of light, Information is the structuring of that light and perception is how we see it. The spiritual base gives rise to information and through concentration, consciousness can reorganize that information.

We don't need to separate them too much...In experience...they are part of one unified reality...

So when we concentrate we are not only focusing. We are participating in the connection between the spiritual and the structure of the world.

When we concentrate, light gathers, consciousness becomes more precise, and reality begins to organize.

And here we come to something very important. The word *concentration* actually has two meanings.

The first meaning is the one we already know, to focus attention. For example, on a part of the body or on a point. And through this we can influence, restore, harmonize...

But there is a second meaning, which is even more important. Concentration is the real accumulation of consciousness, the compactness of consciousness.

This means, Consciousness is not just something abstract. It is a structure. And when we develop when we evolve. This structure becomes more and more concentrated, more compact.

We can understand this with a very simple example. In the past computers occupied entire rooms. And today they fit in your hand. What happened? The same structure became more concentrated. More information in less space. The same happens with consciousness. When consciousness develops, it becomes more concentrated. More compact. More powerful.

This means more information, more awareness, more light in a smaller more precise space.

Grabovoi often says that in concentration we are working with geometric points. Why geometric points? You may ask why do we use something so simple like a point? A geometric point is neutral. It does not carry emotions, it does not carry memories, So it does not distract us. It allows consciousness to remain clear. Because of this our attention can stabilize easily

A point is understood by everyone. It does not depend on language or personal experience. It is a universal element of perception.

And most importantly, it is very easy for consciousness to hold. The mind does not need to process anything complex, so attention can gather naturally...

And now, something very important. A point may look empty. But in reality, a point is not empty. It contains the possibility of everything. Why? Because a point has no limitation. It is not fixed in form, not fixed in content. So consciousness can place any structure into it. Any goal, any event, any realization.

If we remember the optical system, the point is where light gathers. When light is scattered... nothing is clear. But when it gathers into a point, everything becomes precise.

So now we will not think about this. We will experience it.

Imagine a small point of light in front of you. Very simple, very clear. Place your attention there. No effort. Just allow attention to remain. If it moves, slowly bring it back. Now, this point becomes slightly luminous. Like a small golden light. Stable... calm...

And now, slowly introduce your goal. As if it is already there. This point already contains the harmonious realization of your goal. Stay with this...Attention...light...goal...All together. You do not create from effort. You recognize what is already possible.

This is why we use a point. It allows consciousness to gather. And when consciousness gathers. Light accumulates. And reality begins to organize.

And now we can connect this with what we learned before. If consciousness is an optical system, then concentration means that light is no longer scattered, but gathered, focused and accumulated. And when light becomes concentrated. Reality becomes more structured.

And this leads to something very profound. When consciousness becomes sufficiently concentrated, it no longer adapts to the world. The world begins to respond to consciousness.

In simple words, at the beginning, we feel that reality determines our life. But as consciousness develops we begin to participate and finally we begin to guide the development of events.

At higher levels thought and action become one. Inner and outer are no longer separate. And reality becomes a direct expression of consciousness.

And this may sound very big. But the beginning is very simple. Every time you concentrate, every time you gather your attention. You are already accumulating consciousness. Accumulating light.

So, when we practice concentration, we are not just focusing we are gradually developing a more concentrated, more luminous, more effective consciousness.

And step by step, this changes how we perceive and how we act. And how reality responds.

And this is how a simple act of attention becomes a path of transformation.

Now we begin the practical steps of concentration.

“During the concentration, keep remembering the exact aim you would like to achieve. The aim might be the realization of a desirable event, for example, recovery from a disease, development of a mechanism of cognition of the World, and so on. The main thing here is to conduct always regulation of information for the universal salvation and harmonious development. Such regulation can be a struggle against destruction at informational level because you fulfill the work of rescuers. Practically, at the level of your perception, a concentration can be carried out in the following way:

- In your mind, you should determine the aim of the concentration, which looks like some geometric shape, a sphere, for example. This is the sphere of the aim of concentration*
- Spiritually you should tune yourself to build the necessary for you events so as the Creator does it.*
- During concentrations at various objects, at concrete figures, or at cognition of reality, control the location of the sphere. By conation move the sphere to the area of your perception, which gives more light at the moment of concentrations.”*

The first step is to create the goal. The goal is clear, calm, and harmonious. It is not forced, it is not tense, it is simply present. How to define the goal of control, we explained and practiced in our previous session. The main thing here is to conduct always regulation of information for the universal salvation and harmonious development. Ensure harmonious development and Eternal Life for all.

The second step is to spiritually set ourselves. This does not mean something complicated.

It simply means bringing ourselves into a calm, clear, and harmonious inner state. It is the moment when you feel ‘everything is okay... I am present... I am ready.’

You may already know this state. For example, when you feel peaceful, when you look at nature, when everything becomes quiet inside. That is already a spiritual state.

And this is important, because the quality of your inner state influences how the goal is realized. If there is tension the concentration becomes unstable. If there is calm, the concentration becomes clear. If we remember, that our consciousness is an optical system, then the spiritual state is like adjusting the lens.

To spiritually set yourself means to align with the Creator’s principle. Which is always: harmony, life, development and light.

But how to bring us into the spiritual state which will enable us to build the necessary events so as the Creator does it?

For most people, spiritual alignment is more difficult than creating the goal. Creating the goal is something the mind can do. We can think about what we want, we can define it, we can formulate it. Even if it's not perfect, we can still create a direction.

But to spiritually align means to change our inner state. It requires calming thoughts, releasing tension, letting go, entering clarity and trust. And this is not done by thinking...but by being.

It is easy to say what we want, but it is more subtle to become calm, clear, and aligned inside. That's why sometimes we define a goal but nothing changes. Because the inner state is not yet aligned.

If we remember the optical system, the goal is like choosing what we want to see. But the spiritual state is adjusting the lens. And if the lens is not clear even a good goal will not appear precisely. When the inner state becomes clear even a simple goal becomes powerful. In practice, learning to enter a calm, clear, harmonious state is often the deeper work.

There are practices which can help us to enter and maintain spiritual state such as meditation or prayer. Many times, I was asked is the concentration kind of meditation or prayer. No, it is not. Here we can begin to see a connection between concentration, meditation, and prayer. Each of them has its own role. But they can support each other.

Concentration is the most precise of the three. It means directing attention toward a specific point, object, goal, image, number, or area of perception, and keeping consciousness gathered there. In the way you are teaching it, concentration is not only mental focus, but a real accumulation of consciousness and light. It is active, structured, and goal-oriented.

Meditation is usually broader. It often means entering a state of observation, stillness, presence, contemplation, or expanded awareness. It may or may not have a concrete goal. In meditation, one may observe thoughts, breathe, rest in awareness, or enter silence. It is often less directed than concentration.

Prayer is relational and spiritual. It is an inner movement toward God, the Creator, the Divine, or a higher spiritual reality. Prayer may include asking, offering, listening, gratitude, devotion, surrender, or communion. It is not necessarily based on focus on a point or method, although it can include concentration.

A simple way to say it is this:

Meditation and prayer help us enter the right inner state. And concentration, uses that state to work with a goal. Meditation helps us become quiet. Prayer helps us become aligned with the source of creation. And concentration helps us act from that state.

So when we say 'spiritually set yourself' we can understand that sometimes this happens naturally. And sometimes meditation or prayer can help us enter this state more easily.

If your mind is busy, a short moment of meditation can bring calm. If you feel disconnected, a simple prayer can bring alignment. And then Concentration becomes clear, natural and effective.

In connection with optical system meditation and prayer help to stabilize the lens and concentration focuses the light.

We can say, meditation and prayer prepare consciousness and concentration directs it.

But it is also important to understand, Concentration itself can lead to a calm state and even to a prayerful feeling. So they are different...but they can naturally meet...and begin to work as one harmonious process.

So, after setting the goal, we simply allow ourselves to become calm, present, and aligned with harmony.

And then we move to the third step.

We work with the goal. We can perceive the goal as a sphere of light, clear, complete, and harmonious. We place it in our perception and simply observe it. We notice where it feels clearer, where it feels brighter, and we allow it to be there. We are not forcing anything. We are allowing alignment. See it. Feel it. Know it. Conscious observation anchors the goal into reality.

And now we bring everything together. Attention...light...and the goal. Everything begins to align naturally.

Bring your attention to your hand. Just feel. Now move your attention to your breath. Now to the space around you. Notice. Where attention goes, clarity appears. Attention gathers, light begins to gather. Now we introduce a simple point. Imagine a small point of light in front of you. Place your attention there. And now introduce a goal as already harmoniously realized. Attention remains. Light gathers. The point becomes clearer. You are not forcing. You are allowing concentration. Now we give the goal a form. See your goal as a sphere of light. Clear, complete, harmonious. Place it in your perception. Now observe. Where does it feel brighter? Let it slowly move there. Consciousness gathers, light organizes, reality aligns.

And now something very important. All concentration is done in harmony. For yourself. For others. For the whole world. If something feels tense, just simplify. Correct concentration feels calm, clear, effortless and natural. Return to the point. Attention. Light. Goal. Everything aligns naturally.

Thank you.

When we practice the concentration, there were several question marks popping out above your heads. Am I doing it right? Is it safe to do it?

When we speak about concentration it is very important to understand one thing. It is not only about technique, technology; it is also about safety and correctness.

Safety, what does it mean? Safety means that everything we do is in harmony. Every concentration is done: for yourself, for others, and for the whole world. There is no harm... no pressure...no conflict. If something feels tense or uncomfortable, we simply soften and return to calm.

Correctness, what does it mean? Correctness is not about doing it perfectly. It is about being in the right inner state. Usual signs of correct practice are calm, clarity, natural feeling.

When concentration is correct it feels simple almost obvious.

That is why the spiritual state is so important. Because it ensures correctness. When you are calm and aligned your concentration becomes correct naturally.

If we remember the optical system, safety is when the system is stable. Correctness is when the lens is clear. Then light focuses naturally, without distortion.

If you are unsure just check inside ‘Am I: calm? relaxed? clear?’ If yes...you are in the correct state.

You don’t need to control everything. You don’t need to ‘do it right’. You simply need to stay in harmony and allow the process.

When there is harmony and when the inner state is clear concentration becomes naturally correct.

“Your concentration should give an instantaneous result when an instantaneous rescue is required. The factor of time may be not so significant if the aim is to provide harmonious development. The decisive factor in this case is provision of your just harmonious development with consideration of all circumstances. You will get exactly this by means of your concentrations.”

“Everyone should choose independently the system of his development. You should bear in mind the following.

It is not possible to make a choice of the system of your own development just by means of logic. You are sure to set your goals, you aim to achieve them, and, however, your soul already has the tasks, which had been put in earlier. Therefore, when you carry out concentrations, the tasks, which had been put in before, can be realized at first. These are the tasks, which were the tasks of the soul, which were not only the tasks of your development but of the development of the entire society as well. When you fulfill these tasks you feel that these are exactly the things you should have done first of all, you feel this at a very profound internal level, at the level of development of the soul, at the level of the Creator.

That is why when we speak about concentrations we, first of all, speak about the universal harmony. At the same time, you should understand that harmony always implies an element of salvation as a necessary element if the situation requires such interference. However, the main task of harmony is provision of such development of events, which eliminates occurrence of any threats at all. It is clear that harmonious development should become eternal.”

Today, we worked with something very essential.

Concentration, the accumulation of consciousness and light. It connects the spiritual source, the informational structure, and the reality we experience.

And step by step, this changes how we perceive, how we act, and how reality responds.

Before we finish today, I would like to say a few words about the Methods of Concentration

What we have learned today is a way of developing consciousness.

The Methods of Concentration are structured in a very precise way. Each day trains a different aspect of perception, attention, stability, ability to structure light, ability to connect inner and outer reality, to explore different areas of consciousness.

And step by step Consciousness becomes more organized, more focused, more powerful.

At the beginning we practice concentration. But over time, Concentration begins to practice us.

And this is the most important moment. When concentration is no longer effort but a state then Control begins.

Control is the ability to hold attention, maintain clarity, structure light, stay aligned. When these become stable Your consciousness begins to organize reality naturally.

And you become a control specialist, someone who is so aligned that reality responds.

This is why we worked today on attention, geometric points, optical system, inner state

Because these are the foundations of real control.

So if you continue day by day simply practice You will notice “that what once felt like practice becomes your natural way of being.

And it might result with completely new reality described by Grigori Grabovoi. I will read the quote but please try to feel it, see it, know it. This is our new world:

Quote:

“The life has a spiritual base.

CONCENTRATION BY MAN OF HIS OWN CONSCIOUSNESS MIGHT RESULT IN A RADICAL CHANGE OF THE WORLD STRUCTURE (3.2)....

As a person works on self-perfection, as he develops, as he evolves spiritually the greater and greater concentration of his consciousness is achieved. That is the second meaning of the word "concentration" used in the formulation of this principle.

This second meaning of the word "concentration" is of particular importance. The concentration of consciousness means here, in actuality, an increase of the information compactness, an increase of the mass data in a volume unit. Such consciousness concentration may have far-reaching consequences. When in the process of a person's evolution his consciousness concentration in a certain volume reaches a certain value, this volume begins to submit to the person, begins to submit to his consciousness. In a situation like this the World structure changes and now it is not the World that will determine a person's structure but the

person himself will set the tone.

As soon as the concentration of consciousness becomes greater than the substance concentration, ... man will become inaccessible, he will be then indestructible. Man's thoughts, words, actions will become a primary element, and machines, buildings, planets, all these and other material objects will be a secondary element. And it will be then the next level of existence. And it is exactly to this purpose that I communicate knowledge, the new knowledge, so that people, having mastered this new system of knowledge should be able to start controlling worlds.

It will be a completely different level of existence. There will be no place for decay, completely different processes will be taking place there. These processes will be the ones of recommencement of Worlds, that is, the processes, when the eternal gives birth to the eternal, when the status of Eternity is translated into the status of next Eternity.

In this case we have an overconcentration of consciousness, which immensely increases the rate of information exchange, so that as a result completely different structures appear, the structures of the highest consciousness, the structures of the highest life. At this level, for example, a thought is now an action and an action is a thought. For this level, for this World structure, for these Worlds an object and an action, physical and spiritual, are the same.

This is the radical change in the World structure that this principle talks about. And a person can achieve it through the concentration of his own consciousness.”

The concentration of consciousness surpasses the concentration of substance, man becomes indestructible.

So, it's clear why it is so important to develop consciousness, and develop the concentration of consciousness. To finally, live full, productive, creative lives, loving, joyful lives, in this beautiful world, described by Grigori Grabovoi which we are now entering.

And, just to close today's meeting.

With the references that this Session is based on the works of Grigori Grabovoi here listed.

2001d_EN Methods of concentration.

2001b_EN Methods of concentration on the grouped days of the month.

06102004_EN The Teaching of Grigori Grabovoi about God. Control by Light.

27042005_EN The Teaching of Grigori Grabovoi about God. Control by Consciousness

1999s_EN Research And Analysis of Fundamental Definitions of Optical Systems

In Prevention of Catastrophes And Forecast Oriented Control of Microprocesses

18042002_EN Structuring Consciousness. Methods for implementing the control

through the structure of one's own consciousness. Identification of the

perception of the controlling optical level.

I would like to sincerely thank you all for your attention and participation.

Wish you all to have a beautiful, harmonious day. Harmonious Life.

And, see you tomorrow in Daily Concentration and the next Saturday, when we will practice and study more the concentration on numerical sequences. Thank you so much.

Thank you.