

## ETERNEL Program 1: Foundations of the Teachings of Grigori Grabovoi

### Session 6: Introduction to Numerical Sequences

April 11, 2026

Hello everyone. Welcome to the 6th meeting of Training Programme 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 and beautiful experience to share with you the teachings of Grigori Grabovoi.

If you have come across ETERNAL platform it is not by coincidence. This is a place where you can discover and explore the teachings of Grigori Grabovoi in a simple and practical way. And it is the idea that each of us can influence our life through conscious action. And this platform is here to support you in awakening that ability and moving forward in more harmonious and natural way.

And although this programme is simple, it still has educational character and should be understood as such. And we all have the right to education which is directed to full development of human personality. And this activity is aimed at achieving the norm on the basis of self-development and should not be considered as healing.

As you know already, ETERNAL platform offers three training programmes and we are now on the first training programme Foundations of the Teachings. And we already discovered together many topics important for understanding of the teachings of Grigori Grabovoi, but also understanding of our potential, what we can do and how we can create a better world and lives.

- Session 1 - We understood that we are not only observers, that we are participants in development of reality.
- Session 2 - We have seen that reality is informational, that events are not fixed and they contain different possibilities.
- Session 3 - We discovered that consciousness is the structure that interacts with reality. And consciousness is like optical system through which creation is happening as well as
- Session 4 - Control is happening through consciousness. And we learned that control is conscious alignment of the optical system.
- Session 5 - We explored concentration of consciousness and light as the key for direct creation by means of focused awareness.

And today, we will explore numbers, numerical sequences in the teachings of Grigori Grabovoi.

Today, we will try to cover the topics: the role of numbers in the teachings, how numerical concentration works, and some practical applications.

So, what are numbers? Numbers are something we all know; we use them every day. And at the most basic level, numbers help us describe quantity and order. But if we look a little bit

deeper, we begin to see that numbers are patterns, patterns that reflect structure, relationship, and harmony in the world around us.

And in today's session, we will take one more step and we will explore numbers, not only as symbols, but as structures of information, something we can consciously perceive and interact with. Not just something we use, but something we can also experience.

Many traditions say that numbers are language of universe. And today, we explore what that could mean in practice. When numbers are arranged in the numerical sequence, they bring different meaning and value.

It is interesting to know that numerical sequences have attracted great attention among people exploring the Teachings of Grigori Grabovoi. For many, it is first entry point to the Teachings. So you find somewhere in social media, some bombastic title, "this number is miracle making." And of course, they become very simple point of entry. And everything is okay.

But at the start, at the beginning, it is necessary to demystify use of numbers. Very often, we can hear "Grabovoi's codes are making miracles." But Grigori Grabovoi does not use the word "code." He always uses the term "numbers" and "numerical sequence".

If "code" is used, it would limit and even distort the nature of what numbers are in his system. Code implies something fixed and mechanical. In everyday understanding, code is predefined, even technical and rigid. And it means if code is decoded, it gives the result, like in the computer code or password. You can say, "if I input this, I automatically get that."

In Grabovoi's Teachings, numbers are not mechanical triggers. They are living informational structures. And numerical sequences keep the structure open and alive. And they allow flexibility and interaction and conscious participation. So the numerical sequence is not fixed, not closed, and not automatic. It is not the instruction or command.

In the system of numbers and numerical sequences of Grigori Grabovoi, the numbers do not act alone. What matters is interaction of consciousness with numerical sequences. And that interaction between numerical sequences and consciousness gives the result.

And this is an important point. When "code" suggests that results happen without you, but with Grabovoi's numerical sequences, the system is based on conscious participation.

So we can say that numerical sequences in the teachings of Grigori Grabovoi are not codes that act instead of us. They are structures we interact with through awareness. And we are not using numbers to command the reality, but consciously connect with it.

According to Grigori Grabovoi, numbers are not just symbols. They are also vibrational informational structures. Behind the number, there is a vibrating structure that represents the norm. A numerical sequence is a structured form of information aligned with the norm.

Following a simple analogy, think of a musical instrument and a tuning fork. When the instrument is out of tune, there is a distortion. And when it is tuned, it is in harmony. So numerical sequences act exactly like a tuning fork for reality. They help harmonize events, restore alignment, and truly direct and guide development.

Numerical sequences touch something even deeper, the question of how consciousness interacts with reality. In our last session, we said that reality has three levels: physical, informational, and spiritual.

Spiritual level is the origin, the source, the level of creation.

Informational level is how this creation becomes structured and perceivable.

Physical level is what we see as physical reality, which is not the origin of reality.

The origin of reality is spiritual. And consciousness is the bridge between the spiritual, informational, and physical. And concentration of consciousness works exactly at the bridge.

When we concentrate, we work with the information, but through consciousness, which is connected to the spiritual level. Numbers are not just symbols, they are structured information of reality. It is a structure of information through which reality can be influenced.

So numerical sequences are between spiritual and physical, touching both. Our consciousness interacts with numbers at this informational level. And it is a structure of information through which reality can be influenced. This is the zone where we influence the reality.

When we start to feel this, and we feel connection with numerical sequences, our relationship with numbers changes completely. Numbers are no longer abstract. They become tools of conscious interaction with reality.

Numerical sequences are ordered structures of information. There are thousands of numerical sequences created by Grigori Grabovoi. And each sequence carries a specific informational pattern which corresponds to a certain result and can be accessed through consciousness.

So, the numerical sequence already contains the information of desired outcome. By this we are not trying to force reality, we are learning to align with what already exists. And the task is not to create the result, but to access it through the correct concentration.

The role of consciousness in concentration on numerical sequences becomes very simple: to perceive clearly, to hold direction, and allow realization.

If you study the books of Grigori Grabovoi that are based on numerical sequences and various concentration methods with numerical sequences you may gain certain insight in the functions of numerical sequences. There are three core functions of numerical sequences.

1. to structure - Numbers and numerical sequences organize information and therefore bring events to the norm.
2. to give direction - Numerical sequences give a strict direction and they guide light, the light of thought and all other light impulses. In terms of concentration and control, numerical sequences truly guide the light of our thoughts or our focus intention.
3. connection - Numerical sequences connect our consciousness, body, world (outer reality), universe, and spiritual reality.

If we think of applications, how this vast number of numerical sequences can be used, typically they are used in personal, relational and universal applications.

Personal Application

Numerical sequences are used to harmonize and normalize emotions, bring clarity, establish well-being, and achieve certain personal goals.

#### Relational Application

We speak about communication, achievement of harmony in a relationship and environment in general.

#### Universal Application

When we concentrate on numerical sequences controlling time, past, future, and present events, when we normalize some events in nature, in cosmos.

Most of the applications that we are doing every day are related to personal and relational applications. But what we do in daily practice, in the methods of concentration, we are really doing the concentration with the numerical sequences which are touching universal issues, macro-salvation tasks, and therefore space events. Not only the events on the planet Earth and in the world, but also in the cosmos. It is really vast area of application of numerical sequences in concentration.

#### How to practice with Numerical Sequences?

Steps for practice:

1. Establish a calm state, calm, stable, and harmonious state to be able to concentrate.
2. Create and hold a clear goal - focus on a clear goal.
3. Apply the numerical sequences - repeat the numbers digit by digit. We need to see them or hear or just feel them as light.

There are so many different methods of concentration with numerical sequences. It is not a point to explain all these different approaches in this simple session which is "Introduction to Numerical Sequences". The task today is just to open basic understanding what numerical sequences are, how they work and how we concentrate with them and how it is even possible to use numerical sequences for normalisation, harmonization and realisation of our goals.

The essence of numerical sequences is that the starting point is our thought. Like in methods of concentration, there is a thought and there is a light. So thought creates. Just by setting the goal in our thought, we already created certain structure. And we add numbers which harmonize and reinforce the established structure of our thought and controlling goal. And if our goal and thought and consciousness are stable and clear and reinforced with numerical sequences, the reality responds. And it looks like effortless.

In the Teachings of Grigori Grabovoi, numbers are light and information and control. That's why it is so easy to work with them. They are light, they are information and control at the same time. And applying a sequence already creates a global level of control without any special preparation for it. And through numbers, our consciousness learns to organize reality harmoniously.

At one point, when our consciousness is trained so much, we don't even need numerical sequences. But in this stage of our development, numerical sequences are helping to structure and help our consciousness to learn how to organize reality harmoniously.

In various books of Grigori Grabovoi, we can find many numerical sequences. Each numerical sequence has a different meaning and purpose. What these specific numerical sequences are about - they represent normative states. Each sequence corresponds to a specific harmonious state of reality. This is what Grabovoi calls the norm. Each number corresponds to a specific harmonious state of reality. There is the state of reality which is considered as the standard, as a norm as it should be, as it is meant to be when it is created by the Creator.

This could be health of an organ, or resolution of some situation, or psychological balance, or prevention of a negative event. In simple terms, each number sequence is a ready-made pattern of harmony.

But these numerical sequences are not random. They are derived through the methodology of perception and control based on information structures and connections between consciousness and reality. They are presented as precise informational structures and they function as addresses in reality, like a coordinate. Each numerical sequence points to a specific result and connects consciousness to that outcome. So instead of saying "I want harmony," we use a numerical sequence given by Grigori Grabovoi.

In this case to harmonise any present event we use numerical sequence....

Let's make quick concentration just to see how we are related to the numerical sequences and numbers, how each of us react to this possibility to harmonise the reality through the concentration with numerical sequences.

Numerical sequence: 7 1 0 4 2

Our goal is to achieve harmony, whether it is internal harmony and peace or harmony of any event in our lives. Focus on the number 7 1 0 4 2. If you are experienced, you already get in contact with the structure of harmony.

I must make a digression here. My weakest point in the teachings of Grigori Grabovoi up to recently were numerical sequences. It was not easy for me to get that vibrational essence of the numbers. And it was strange for me because I am an accountant. So my job and my career is all about numbers.

But when it comes to the numbers in the Grigori Grabovoi Teachings, my consciousness was shut. And I did not let numerical sequences or vibrations of numbers to get in contact with my structures. And I could not remember any numerical sequences. Yes, I would focus on them and I used them and I also achieved the results, which was fantastic. But I did not understand and I could not feel. I truly did not let it pass into my structures and make a connection between my structures and numbers.

And for me, it is always a great invitation when there is a challenge that I cannot do it or I don't understand. Then I recall always the remote areas of consciousness and I said to myself, "OK, there is some deep essence and meaning of numbers which I don't understand right now. But this knowledge is there and it's just waiting for me to unpack and use it." And finally, it happened and I enjoy the numbers now so much that I want to study more and more. There are lot of books of Grigori Grabovoi related to numerical sequences and I hope we will have a chance to study them together.

Coming back to numerical sequences and the topic of today, we just tried to experience the numbers and numerical sequence, how to simply get in contact. So, this is just the first exercise to connect directly to the structure of harmony.

This numerical sequence, as stated ,71042, already contains the result. This numerical sequence was created by Grigori Grabovoi just for that purpose. This predefined numerical sequence already contains the result. When you apply this number, in a split of a second or in a while, you should feel more harmonious. Or if you worked on harmony of an event, you should notice that event has changed to the better.

Important: We are not creating the result from nothing; the numerical sequence already contains the information of the result. Therefore, our role is to focus, to connect, and to allow realization. Numerical sequences work through concentration: we focus on the number, our consciousness connects to its structure, and the structure organizes reality. That is why repetition is used, digit by digit, with awareness.

Numerical sequences can be applied to many areas. In the teachings of Grigori Grabovoi, numerical sequences are given for global processes, for situations and events, for psychological states, for restoration of organism, regeneration, rejuvenation. Numerical sequences can be very specific and universally applicable.

What does "universally applicable" mean? Grigori Grabovoi says: if you find one numerical sequence, no matter which, and it works for you, it will work for any application. So, if you use 7 1 0 4 2 for harmony and it works for you and creates your harmonious state in a second, you can use that numerical sequence for other goals, for achievement of other goals.

Not only can you use existing numerical sequences, you can also create your own. How to create numerical sequences is an entirely new topic. In short, we can create completely new numerical sequences that will work for us in the same way as the sequences given by Grigori Grabovoi, simply by assigning meaning to certain numbers or numerical sequences and concentrating on them. But it is a very important and sensitive topic with a specific protocol.

There is a book of Grigori Grabovoi which is recommended for all to read and study. It is very important for understanding of numerical sequences:

"The System of Salvation and Harmonious Development. Method of Control through Concentration of Numbers or Creation of Numerical Sequences"

This book teaches how to use numbers as a precise tool of consciousness to structure information and consciously influence reality, from personal situations to global processes. To go into the details of this work would require at least 4–6 hours of concentrated study. But today I would like just to show you several methods how we can control past events, exactly from this book, past events, future events and some specific situation. So, at this point I would like to invite you to do the concentration on numerical sequence

Method 1: Control of Past Events

Numerical sequence: 7 8 1 9 0 1 9 4 2 5

This is the numerical sequence and the method of control of past events.

1. Read the number and while you are reading it, place the numerical sequence in front of you, as if it exists in space about 20–30 centimetres away. Visualize the numerical sequence in front of you.
2. Understand that behind this sequence are all past events. Behind the sequence are past events.
3. Select one event that you would like to harmonize and assign to that event a number, any number from 1 to 9, including 0.
4. Bring your attention to the numerical sequence and bring the number that you assigned to the past event close to the nearest digit in the sequence.
5. Let them touch as if a connection is formed. What is happening here is that this numerical sequence represents the norm, and you connect your past event to it. You equalize your past event with the numerical sequence of norm and harmony.
6. Take a moment to feel the process and to see it. Feel, see, and know.

You might sense that if you look back into that past event, something has changed. If you cannot perceive it right now, maybe when you come back and try the same method again, you will notice the difference. It's important to be attentive and to follow up from time to time to see the results of your concentration.

#### Method 2: Harmonization of Current Time Event (Short Sequence)

Numerical sequence: 7 1 0 4 2

1. Bring your attention to the present moment.
2. See the numerical sequence in front of you, 20–30 centimetres in front of you.
3. Think of the event which is happening at the current time.
4. Understand that the event you think of is existing together with you in the same moment. There is no distance in time.
5. As you observe the sequence, as you pay attention to it, feel that the situation moves together with you, your perception, your event, and the numerical sequence.

Look back into your current time event and pay attention what is happening with it.

#### Method 3: Current Time Event - Stability Method (Long Sequence)

Numerical sequence: 7 1 8 8 8 4 2 1 9 0 11

1. See the sequence in front of you.
2. Introduce 0 above the numerical sequence.
3. Introduce number 9 below the numerical sequence.
4. By introducing these two numbers (0 and 9), we make this sequence stable, like it is fixed in space. Nothing moves and nothing can disappear.
5. Hold attention to the current event. Everything is together, the perception, numerical sequence, and our current situation.

With this numerical sequence you should perceive even more stability, so that the current situation cannot escape from harmony and norm which is provided with this numerical sequence.

#### Method 4: Concentration for Plants

Numerical sequence: 8 1 1 1 2 0 2 1 8

Bring to your mind a plant that you want to support and normalize. Focus on the plant and the numerical sequence simultaneously, as if the sequence and the plant are connected.

#### Method 5: Concentration for Animals

Numerical sequence: 5 5 5 1 4 2 1 9 8 1 1 0

Hold both in your awareness, concentrate and focus on the animal and the numerical sequence, with number 0 at the end, a little bit outside of the rest of the numerical sequence. Let your concentration and awareness cooperate, keep the focus on both the numerical sequence and the animal.

#### Exercise 7: Control of Future Events

Numerical sequence: 1 4 8 7 2 1 0 9 1

1. Think of or bring to your attention the future event, something that you wish to achieve, to realize.
2. At the same time, see this numerical sequence in front of you.
3. Perceive yourself as a starting point.
4. Make a connection with the sequence, which now connects you to the realization of this event. Keep in your mind the bright point of the future event you want to realize. Here is the numerical sequence, and your position is the starting point. Perceive how you are connected through this numerical sequence with your controlling goal in the future.

So, these are some practical methods of how we can use numerical sequences. This is just for introduction into numerical sequences. But in this book, as I said, there is a complete set of procedures how to create your own numerical sequences. I prepared them all, but it would be too much for one hour. In any case, I would like to conclude this session with some personal notes or personal recommendations for you when you concentrate on numerical sequences. Try to make a journal of your practice with numerical sequences. For example:

Write a number that you work on, for example, the numerical sequence for life aim to achieve freedom, independence, integrity, and ability to love (598 041 81939178). Write down the number on the top of a blank page and ask: what messages, insights, or feelings come to you? Write them down. The numbers will start to speak to you through your thoughts and feelings, emotions.

Whatever answer you receive, there is no wrong answer. Just let the flow of vibration, the flow of light touch you. Light from the numbers of the numerical sequence. Once you write down

what came to you, read what you wrote and find out what feels especially meaningful. You may finish the journal with gratitude. And for sure you will carry the insight with you, because what you write down, the number reflects, and you simply understand what is necessary to do.

When you practice with numbers in general, practice gratitude. Try to write down what you are grateful for, no matter how big or small. Feel the gratitude in your heart. Because gratitude is such a good feeling and it expands through your body and mind. And the more gratitude you express, the more good you will see in your life.

I spent some time to experience numerical sequences as I told you. I wanted to feel each number what they mean to me, what they create within me, how I interact with numbers. And that was a process. And at one point it seemed to be overwhelming, so I started to write down. "OK, this numerical sequence does that." Because we tend to jump from one situation, one concentration, then another, then thousands of numbers. And we make a long list of numbers and we focus, but we do not feel it.

And for me, to feel each number matters and of course understanding. And then when you feel and you understand, obviously you become in love with numerical sequences. And the results are guaranteed.

So, with gratitude and love, we conclude today's session. I hope you enjoyed. I don't know where the time went, but I hope there will be much more opportunity to do more about numbers. But for the introduction, I hope it was clear and enough.

Thank you so much for your beautiful presence and participation. Wish you all to have a love affair with numerical sequences. Practice and enjoy and gain beautiful, important results. And we continue our everyday practice tomorrow.

Thank you so much. Thank you.