

ETERNEL - Program 2 – Developing the Competence of Conscious Creation in Everyday Life

Session 3 - Numerical Sequences and the Competence of Independent Control

A revised transcript of the recording from the ETERNEL Platform website.

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Hello everyone. Hello, and welcome to our third session of ETERNEL Program Two. Thank you for joining this session with your love, light, and joy, and with awareness that your presence supports the creation of collective harmony and eternal life for all — and therefore this knowledge of the teachings of Grigori Grabovoi can be explored calmly and in a structured way.

Program Information (1:12)

Today we will speak about numerical sequences in everyday situations, but from a slightly different perspective. Just before we start, let's recall where we are now on our journey. After accomplishing Program One, *Foundations of the Teachings*, we proceed with Program Two, *Developing the Competence of Conscious Creation, and Applied methods for everyday life* — practical methods and technologies for harmonizing well-being, health, relationships, finances, and personal situations, with greater inner stability, clarity, responsibility, and independence.

During the first two sessions of Program Two, we established something I would say very important. In the first session, we worked with the Basic Area of Consciousness — the first session was like an initiation, an event in which we structured our consciousness to be able to control reality in the way described by Grigori Grabovoi, and as it is according to the norm of Creator. We explored, in the first session, our internal structure from which control can take place, and we worked with consciousness, Spirit, Soul, physical body, personality, external reality, and the light of God, Creator, as parts of one coordinated structure. And right now, as I speak about these coordinated structures, you can feel, on your personal level, that as soon as you think of consciousness, Spirit, Soul, physical body, light of God, Creator, light of eternal life, your personality, external reality — everything is aligned, and enables us to control, to concentrate, to consciously create, so that we can move from this structured consciousness into everyday life.

And we asked, in the second session, how can I maintain direction of control in everyday life, while I'm thinking, or while emotions are moving, while external events are developing, or other people are making their own decisions, but it matters to me, it touches me as well — and we tried to find and maintain the stability, and that is the most important. Stability means maintaining the direction of control within any movement, within any circumstances.

And today we have the opportunity to re-establish, or even more confirm, the stability of our control, with the concentration on numbers, or numerical sequences. In Program One, a few months ago, we already explored numerical sequences, and we learned that numbers, in the teachings, should not be treated as mechanical codes. We explored, already in Program One, numerical sequences as informational structures, and we worked with numbers for past events, present events, and future goals. We practiced placing a sequence in perception, connecting an event with a number, and observing the result. And we learned that consciousness actively participates in working with numbers. We also identified three fundamental functions of numerical sequences, and they help us to structure, to give direction, and to connect.

So today we are not going to repeat the introduction to numerical sequences. Until now, our question was, which sequence should I use — and, of course, there is nothing wrong with this question. There are many numerical sequences given by Grigori Grabovoi for very specific purposes. But within this program, the second program, we go deeper, and we are asking not only, which sequence should I use, but we are asking, what competence are numerical concentrations actually developing in us? How do I consciously organize control through numerical information? Therefore, before asking which number, we ask, first, what am I controlling, what is my goal, what is the object of my control, what information am I perceiving, where is this information in my consciousness, and then, how will numerical information participate in this control? And this, as you can see, is a very different relationship with numbers — numerical sequences cannot replace our conscious action. We are exploring, and exercising, to use numerical sequences to become part of our conscious action.

References (10:20)

Because when we look across several seminars of Grigori Grabovoi devoted specifically to numerical sequences, to numbers, we can see an important progression. Here is the list of six works of Grigori Grabovoi which I selected for this session, because they show us the way to become independent in everyday control. I will just quickly tell you the essence of each of these books, just to inspire you, or as an invitation for you to study them deeply, because each of the books can be studied for several months, if not longer, and they really deserve deeper study and practice. But for the purposes of Program Two, and this specific topic on numerical sequences and developing the competences, I found the flow of development of competences.

The first book, dated March 28, 2002 — *Control through the allocation of the principle of organization of the number, sound and color form through the word and form of information*. Here, Grabovoi first establishes a foundation. Before working with the particular task Grigori Grabovoi introduces the broader area of macro regulation, and this is the same principle which we meet in daily concentration — we always establish a macro goal, macro salvation goal. And here also, when we control and concentrate with numbers, we put the private task within this broader area of macro regulation, so that our private task is not somewhere

isolated, but it is part of the whole, and it exists within a larger, informational context — and this wider context must be taken into account during the concentration and control.

And in this book, Grigori Grabovoi speaks about the number as a selected, stable form of control — a numerical sequence, or even just one number, is a platform. And, for example, the number one can be perceived not only as a written digit, but it can be perceived as a geometrical form, in which one area can correspond to macro regulation, and another to the realization of the particular task. Of course, light, intensity, and color can also participate in this structure — we will practice this later on. Another important principle introduced in this book is precontrol — where, when we carry out an action in the present, the next step is already understood within it, and in this way we begin to establish a stable relationship between the present and the future, through the number. And I also notice something that is very important for this session — that control is not intended to remain as a separate exercise. Grabovoi speaks about reaching the state in which control can continue while we sleep, while we are engaged in ordinary activities. So we learn to work from our ordinary state of consciousness.

The next book, from April 23rd, 2002 — *The system of salvation and harmonious development of Grigori Grabovoi. The control technique by concentrating on numbers or creating digital series*. Here Grabovoi speaks about concentration on numbers, and the creation of numerical rows — we worked with this book in Program One. What is important for us in this session is the movement from a concrete, practical example, toward a universal method that can be transferred to other situations. Our objective is always to learn the method, and reproduce it correctly — but now our objective is to understand why, and how, the method works as a structure of control. In this seminar, Grigori Grabovoi shows also that meaning can be placed into a number, and that numerical series can be organized differently, depending on the task. This means that numerical control should not be understood as fixed, and closed, and rigid — the point is not simply to reproduce numbers, and reproduce series, or technology, or the method again, but to understand its organizing principle, so that you can transfer, and apply, this principle yourself. That is the goal.

In the book dated October 16, 2002 — *Methodology of the formation of perception that implements control through the allocation of number, letters and temporal aspects of the information environment*. Here Grigori Grabovoi is opening the importance of development of perception behind numerical control. Up to now, we have been speaking about the numbers — but now we start to develop the infrastructure through which we perceive the number, and its relationships. Grigori Grabovoi works with numbers, letters, and temporal aspects, as forms that can be distinguished within the informational environment — even time can be perceived as having form. The number itself can also become, let's say, multi-dimensional, to get a volume, so that it is not perceived as a flat, written symbol. For example, if you imagine the number one, Grigori Grabovoi describes it as a silvery white, hemispherical structure, extending on both sides of the number, connecting the source of control with the goal. So you can see that when we observe, and perceive the number, we just do not look at the number as a flat symbol written on a piece of paper, or on the screen, or in front of you —

you can perceive the form, various forms of the numbers, and movement of the number. So we are learning not only to look at the number, but to perceive the form of the number, the object, the information behind, or within, the number, in space and time.

And once again, this is also very applicable for ordinary life. Grigori Grabovoi, especially in this book, speaks about the state in which we should be when we control with numerical sequences, and he warns against trance-like states — no trance, no dreaming, we should be fully awake and aware of what is happening when we focus on numerical sequences, or even on one number. He gives the example of control with numbers which can be carried out, for example, during driving a car, or speaking publicly — which means, like now, I'm speaking with you, and I'm also simultaneously controlling with numbers, and carrying out the control. So we need to gain such a competence, to be able to use numerical sequences, and control with them, in every step of our everyday life.

Then comes the following book, dated May 20th, 2005 — *The Teachings of Grigori Grabovoi about God: Control with a number*. This book is so important, and gives us a direction of development, through a very well-established path, with coordinates and reference points. Grigori Grabovoi says that a number can remain fixed and stable, while we work with the informational environment connected with it. This means that a number becomes a kind of coordinate, and a reference point, through which we can enter any information and work with an event. This is very important, or interesting, when we deal with events which are not yet clear. Grabovoi explains that a determined number can provide an entry point into an event which is not determined yet — so the use of numbers, in this case, means that we can begin with something stable — so, numbers are stable and definite — and through the numerical sequence, we work with information and its future development, until it becomes clear. And here our competence changes as well, because the question is not anymore simply, can I concentrate and hold the number — the question is, can I use the stability of the number to orient myself within information that is changing, developing, or when the information is initially unclear.

So you see that the more we speak, the more of a wonderland opens before us. And then we move to another book, dated August 6, 2005 — *The Teachings of Grigori Grabovoi About God: Control through address digital rows*. In this book, we can encounter the principle of "addressness" of the number — there is a concrete object, and the numerical sequence which is related specifically to that object, and we need to understand that the object can be controlled, or normalized, or harmonized, through the numerical sequence, through the adaptation of our perception of the number, perception of our concentration and control. For example, the organization of concentration can differ, depending on whether the object is static or moving — so we do not concentrate the same way if we concentrate on a static object, or when we concentrate on a moving object, because the informational coordinates change — in the case of a moving object, the informational coordinate extends through space and time.

In this book also, Grigori Grabovoi speaks about a very practical way of entering longer numerical rows — the concentration can be around the middle, so that you focus around the

seventh or eighth position of the numbers, and try to unpack the row. And there is also a deeper principle, that the relationship between the number and the object exists at the level of consciousness — so the number, therefore, can function as an access point for control of the object.

And then we have the book dated August 12th, 2005 — *The Teachings of Grigori Grabovoi About God: Implementing eternal life through control of numbers*. For the purposes of this session, this seminar brings us very close to the competence we want to develop. Grigori Grabovoi begins to speak about practitioners working independently, developing personal control, perceiving events, and forecasting their development. So we can find here a very important principle — that we control the number, the number does not control us. And this changes our relationship with numerical sequences completely — at the beginning, it is very easy to think, "this number will do something to my reality" — but with development of competence, our understanding changes, so we can state, "I consciously use numerical sequence and numerical information as part of my control, and I become an active participant." The number exists in reality, but we consciously establish, and organize, our relationship with it.

In this book, Grigori Grabovoi also connects the correct perception of time with knowing the next action — he describes moving an element of consciousness through the number, observing what lies beyond it. And once again, the number becomes not an end in itself, but an interface, through which we perceive, and work with, the structure of the event.

So when we look into these six sources, seminars, books of Grigori Grabovoi, we can see that they describe more than different technologies, or methods of concentration on numbers — they truly reveal the development of competence. We begin with the number as a stable form. Then we learn the principles behind numerical methods. We develop our perception of form, of relationships, and time. We learn to use the number as a stable coordinate within changing information. We adapt numerical control to a concrete object. And finally, we arrive at independent, personal control.

Therefore, today, our goal is not simply to know more numerical sequences, or to perform more technologies or methods — our goal today is to develop the competence to work consciously with numerical information, precisely, and independently, as part of everyday life.

Eight competencies that create a certain structure of control with numerical sequences (35:02)

So that was just an introduction — knowing the base, the foundation of this session, and the books that are at the base of today's practice, which we will do in the continuation of today's session. So, when we look into these six seminars, we can work together on eight competencies that create a certain structure of control with numerical sequences.

First, the competence is to establish the direction. We know already there is a macro goal, and a private goal, and we always start the control in a way that, before numbers, we need to know what we are doing.

Next competence is to establish the number as a stable form — so the number becomes a point of stability. We move from something we mechanically repeat — so, if we just read a number, everything is okay, everything is good, when you focus and read numbers — but now you start to use numbers as a point of stability.

Then we have the next competence — it is development of perception, to be able to perceive the number as a form, its position, its light, the space, the relationship of the number, the informational structure associated with the number.

Then the next competence is to enter the event through the number, where we use a numerical sequence as a coordinate, or interface, into the event structure.

And the next competence is adaptation of control to the object, because different situations require different organization, and a different approach — the object, event, or moving processes, and future development — everything needs our attention, and we need to adapt accordingly.

Then the next, sixth, competence is to perceive the future, and time in general — the control with numbers and numerical sequences becomes connected with a sort of trajectory of events, so you have all the events in front of you, not only the one which represents the current problem, but you see the whole trajectory of development.

Then the next, seventh, competence is to integrate Soul, Spirit, consciousness in numerical control — mostly we do the control with numerical sequences on a mental, or logical, level, but we practice, and we develop, so that we are able to integrate all our structures when we do the concentration and control with numerical sequences.

And the eighth competence, and the last one which we will cover today, is independent control — this means that we are learning to increasingly be able to control in every life situation while living, so we do not need a separate concentration state, we just live, do whatever we need to do, or love to do, and at the same time control, independently of any other influence, independently of the circumstances — we continue our stable control.

In general, a target competence of this entire session, is the ability to consciously select and use numerical information as a stable, precise structure, which is adaptable, and through which we can perceive, and organize, and direct events towards the established harmonious goal — this is something that we work toward. So our main development today is not reading the numbers, but developing these competencies.

1. Competence - Direction Before Number (42:07)

So let's start now with the practical part — take a good, stable, but harmonious and relaxing state, and we start with the first competence — when we establish direction before number.

Before we choose any number, there is something more fundamental, which is direction. In the book which I just mentioned, the first one among the list, Grigori Grabovoi says that there is the general area of control, or macro control, and there is the private task, the concrete situation with which we are working, and the numerical sequence can participate in

connecting these levels. And this is very important, because sometimes we become so focused upon the immediate problem that the problem becomes our whole field of consciousness. Remember, last session, when we spoke about that — the concrete task exists always within a much greater reality. We said, in the last session, session two, we created two spheres — one small sphere contained the temporary disturbance, and the large sphere contained favorable development, and we said, do not enlarge the disturbance, enlarge the harmonious context. Now we can apply the same principle today.

Suppose you have a difficult conversation tomorrow, and your private task may be harmonious communication, and a favorable result. And this goal, this favorable result, does not exist separately from everything else, it exists within the broader goal, which is harmonious development for everyone involved, in accordance with Creator's norm. And when we establish our goal first, in this way, our control has another scale. Therefore, before we even introduce numbers, we always establish, first, the macro goal and private goal — and the private goal exists within the larger, harmonious direction. And this can be our first competence — that we do not begin the control with numerical sequences by searching for a number, but we begin by establishing the direction of control. As I said, for example, my private goal — "I want tomorrow's conversation to develop harmoniously" — and the broader goal is "harmonious development for everyone involved." This is already the beginning of control.

And then we introduce the number, to connect my private goal with the macro goal, and we let the number participate in the realization of our goal. Here on the slide, I intentionally did not put any specific numerical sequence — please select one numerical sequence at your choice, or your desire, and do a real control and concentration right now, on your personal, private goal, within the macro goal — harmonious development for everyone involved, in accordance with Creator's norm.

Visualize these two spheres, and then introduce a numerical sequence of your choice, corresponding to the task you are controlling. Keep your private goal inside the wider direction — eternal life, harmonious development, Creator's norm for all. And introducing the numerical sequence at this level, just know that the numerical sequence connects your private goal with the macro goal — and now you know where you are directing the control. And you just let the numerical sequence, your consciousness, and your goal — private goal and macro goal — align, communicate.

2. Competence - Number as a Stable Form (51:05)

When we introduce the number, we are introducing a stable form in our concentration, and this is the next competence. For example, the number "one" — just focus on number "one", look at it, but now recognize its shape — you might use your own perception, your own vision, how you perceive the number one. Perceive its shape, position, the light, the stability — it is a stable form, or a platform of control. And when you focus your attention on a stable form, you notice that everything else, around this stable point or stable form, moves — events move, thoughts move, circumstances can change, but the numerical structure

remains stable. And from that stable structure, consciousness can work with the changing information.

So let's apply this to your specific goal of control. Your goal exists within the larger, harmonious development, and now you can place this broader, macro goal in the upper area of number one, and place your concrete goal in its lower area. And simply perceive the entire number "one" as a stable form — even though your goal is dynamic, and can develop, the events will develop, the point of control remains stable.

***3. Competence - Perceiving Rather Than Merely Thinking (55:36)**

And remain in the concentration — just move to the next level, and next competence, and this is about the perception, development of perception. When we say, "see the number" this does not necessarily mean getting a perfect visual image — perception includes the light, the position, the movement, the distance, the feeling of information, clear awareness, or immediate knowing. So we are developing the ability to recognize information, rather than developing an exact visual experience — each of us can have a different experience, depending on our perception, and there is no right or wrong. When you focus on a number, you may ask, where is that number, how does it appear, what is around it, where is the goal in relation to it — and, moreover, what changes when my attention changes? So here we do not force our perception, we just develop.

4. Competence - Entering The Event Through the Number (59:30)

And once we perceive the numbers from various points of view, we go behind the numerical sequence — and we move, and enter the next competence, where we enter the event through the number. In Program One, a few months ago, we already practiced putting the past events behind the numerical sequence — but today we understand why this principle is important. The number becomes a coordinate from which event information can be perceived. Now you can ask, what information is connected with the number? Go back to your situation, to your controlling goal — and here you can make a choice, and you can focus on a numerical sequence that you already worked with, or you focus and concentrate on the number related to the event — the actual number connected with the situation, perhaps a date, a time, or amount, or a room number, or any other numerical coordinate — and just place it in front of you.

So you see, you don't even have to have a numerical sequence from the book — you can concentrate on the number related to the event. For example, for today's webinar, today's date is the 22nd of the 8th month of the year 2026, at the 18th hour — 22.08.2026 18:00. You can focus on the numbers, and perceive the numbers as a stable form, and move your perception behind the number. Move your perception behind the number, and enter the informational space. Just be open to perceive what is behind the number — do not invent a picture, just observe what is there, what information is there. Perhaps nothing visually clear appears — that is fine, that's okay, just recognize that the event is connected with an informational structure. And here, just find one point behind the number that seems connected with your goal, with the event, and place your goal there — harmonious development.

So now you simultaneously control, and perceive, your goal, the event, the informational structure behind the number — and you can notice that the dynamic of control has changed, the control became active.

5. Competence - Adapt the Control to the Object (1:06:19)

And during the control, we move to the fifth competence, which is adaptation of the control to the object. The organization of concentration can change, because the informational structure is different — and here it is important not to adapt reality to the technology that you use, but you adapt your control to the reality you are working with. Therefore you ask — is my object static, or is it moving? Is this, that I control and work on, an event, or a process, or future development? Is it a relationship involving several people? Is it something happening over time? Just recognize these differences. So we no longer mechanically repeat the same thing every time, but we observe what is happening during the concentration, and we adapt.

If we have a static object, we work with a stable structure — information is steady, but this can also change, even during the concentration — you observe what is happening, and if the object starts to move, if we have a process going on, then we deal with a dynamic structure — you can see that information changes frequently, continuously, so you have shorter cycles of concentration, the shortest cycle of concentration of one type — you try to adapt your concentration and control to the reality you are working with.

6. Competence - Numerical Control and the Future (1:11:35)

And from this point we move forward, and we use the numerical sequence for the control of future development, and that is our next competence. Keep the focus on your controlling goal, keep the focus on the numerical sequence, or one number — the number is still a stable point. And here we have a simply different approach to the control of the present situation, where we do not organize the future from the present problem, but we organize the present from the favorable future. So, focus on your numerical sequence, or number, keep it stable, and behind the number that you focus on, see your event, how it is extended into the future — just see the development of your event. You do not even need to be precise about any details, just see the development, the movement into the future — and this event develops favorably, according to the norm. See clearly the favorable line of development — so the number is stable, and the event develops favorably, according to the norm.

And here it is true control, because you give a direction of development — and this future development, and the event in the future, influences your present situation as well, through the number, which is always stable while we focus on the number.

Just keep in mind that you control the number, the number does not control you. Therefore, the numerical sequence is not some magical command — the numerical sequence does not act instead of us. We perceive, we establish the goal, we structure, we observe, we act — numerical sequences support our consciousness. So if you find yourself thinking that maybe you don't have the right number, first return to yourself — check, where is my goal, where is my stable point, what am I perceiving, what am I controlling — and then use the number.

7. Competence - Integrate Soul, Spirit and Consciousness (1:18:18)

And so far, everything is very mindful, or rational and logical. In concentration with numerical sequences we often start through logic and consciousness — we remember the number, we establish the position, we formulate the goal, follow the method — and, of course, this is very structured, and very important — but that is not all. The control with numerical sequences is much more. As our perception develops — the different structures of our being begin to participate together. And, among all our structures, consciousness structures the control — it organizes the number, the goal, the object, and the relationships. But Spirit is the one which gives direction to control, and it maintains movement toward a harmonious result, even when the event itself is changing. And the Soul perceives a complete development more directly, without the need to construct every intermediate step intellectually — so the Soul perceives everything at once.

So gradually, the process of control changes — at first, we perform several actions in sequence, but later we perceive one unified action. The number is there, the goal is there, the event is there, favorable future is there. I'm here, present, as the person carrying out the control.

So, pay attention to the numerical sequence in front of you, keep it stable, and first work through consciousness — recognize the digits, the order, the position, recognize your goal, recognize the macro goal. So you consciously, with your consciousness, establish the structure and the direction of control, from the number towards the harmonious result. And now the Spirit takes over, to carry this direction — and here you do not need to define this path intellectually, just recognize that the direction is clear, towards a harmonious, favorable future. And now perceive the whole event, without specific details — just let your Soul perceive the complete harmonious development, the beginning, the development, the result, everything as one structure. So, at this point, you perceive simultaneously the number, the consciousness, the goal, direction of the Spirit, the whole perception of the Soul — the harmonious result already exists.

Now those steps are not separate — they become one action. We are not first looking at the number, and then controlling — now our perception of the number is already part of the control, and there is no effort — everything becomes one, unified perception, an entire control exists in one moment — the goal, the number, direction, the result, in one action.

8. Competence - Independent Control (1:25:52)

And we move to the competence of independent control. Again, just become aware of your physical body, of the room around you — become aware of the stable area of your consciousness, where the actions of Spirit, Consciousness, Soul, and physical body, the light of God, Creator, are united. Define your goal — the one that you're working on today, or a new one — and just define it: this is my object of control, this is my goal, this is your concrete goal — make it simple, positive, and clear, and place this goal within the wider direction of eternal life, harmonious development, and the norm of Creator, for all.

And now introduce a numerical sequence — a numerical sequence you already know, or a numerical coordinate of the event, date, or time, or amount — a numerical coordinate which is connected with the situation. See it in front of you- See the numbers as a form, the position of the numbers, the movement, the light, the feeling of the number, knowing that the number is a stable point of control. Perceive the light of the number — you focus on the light of the number, which is a stable structure of your control.

Now move your perception behind the number — look behind the number for the information of the event, information of its development — where is your goal, where is your event, just observe. And behind the number, find one point where the number and the event seem connected, and intentionally introduce the information of harmony, favorable development, norm — and just let the event develop towards the future. The number remains stable, and the event moves — and observe a favorable line of development, without any specific details — just recognize the harmonious result, respecting the freedom of all, ensuring harmonious development for all.

And notice if any adaptation of the control is necessary — if the object of control is moving, or is static — or you just have a sense that the flow of control and concentration is harmonious — let your perception correspond to the requirements of the object. Maybe more light is required for the concentration — just make the necessary correction in your control, for adaptation, for more alignment.

And now perceive simultaneously yourself, the goal, the future, as one structure — and just allow the Spirit to give direction, and the Soul to perceive the whole harmonious development at once, and just reduce the effort — you were holding the whole structure all the time, just reduce the effort, with confidence that the structure remains stable, due to the numerical sequences, due to the alignment of your Consciousness, Spirit, Soul, and physical body, in line with the light of God, Creator.

And look at the room, but keep the direction of your control — move your hand, keep the direction of your control — move your body, and keep the direction of your control. And here you are aware of ordinary reality, and simultaneously controlling, independently and freely.

And now, what? What is your next practical action? Maybe to make a call, write a message, go to a meeting, have a good rest, just observe, make a decision, hug somebody, be gentle with yourself — just recognize the next harmonious action. And here it is, how we consciously act in everyday life, with the support of numerical sequences.

We can apply this in everyday life — for example, imagine tomorrow morning you wake up, you have ordinary things to do, and perhaps you look at your calendar, and there is some significant date for you, and some lunch at 12:00 — and there is already numerical information for you, and you can immediately start to use it for the control of the events of that day, even without a specific numerical sequence. But first, remember to set the goal — the favorable development, harmonious development — What is the broader goal? Harmonious development for everyone involved. Use numerical sequences from the books of Grabovoi, which are given to us with love and care, giving us divine support and direction

— and you carry out the control when you make breakfast, when you drive, when you work, when you speak, when you live.

So, as we said in our last session, that ordinary life and control coexist — the same applies to numbers. So control with numerical sequences does not require withdrawal from life, and the numbers are already everywhere in life.

I forgot to mention — there is a question about the repetition, the rhythm of use of the numbers. In Program One, we practiced repeating numerical sequences digit by digit, with awareness, and we discussed repetition as part of concentration. But today we already have a clue that the point is not how many times do I repeat the number — but the question is, is the control becoming stable? We always speak about stability in control. So, if we can recall the numerical structure easily, and maintain the goal, and perceive the relationships between the number and the event, and we return to the controlling state without rebuilding everything from the beginning — that is the stability, and that is the competence — because the point is not in mechanical repetition. We can use repetition to help establish this numerical information in consciousness — but our attention, and intention, is important, because at some point, one clear perception is stronger than fifty distracted repetitions where you have repetition, but you are not present in it.

And imagine — there are cases, and we have the evidence of people who achieved a great result just with one single concentration on one numerical sequence, once. And that is the point, when you come into the concentration with all your being, with all your structures, with full understanding and knowledge, with love, with care, with joy, for creation, for harmonization and normalization of all our life events — not only for ourselves, but for all. That is our goal, that is our reason for development.

And here we are today — we did not learn more numerical sequences, but we developed something fundamental, I would say — how to approach the control with numerical sequences. And, most importantly, to be able to do the control independently, not to depend on all these various methods, or various strict formats, of how something should be done. Yes, those are all methods and technologies which are necessary, and it's good to know them — but at one point, we need to become authentic. We need to use the numbers from our inner side — not something external — but numbers, numerical sequences, coming through your Soul — and that is when you are absolutely free, and independent, and effective in control.

Thank you so much. With this, we came to the end of today's session — thank you so much for very powerful control, and for your attention, and for your participation, through participation in regulation of information — because obviously there is a lot of real control happening — while I was speaking, there was a lot of process going on, so thank you for this beautiful challenge, to harmonize this. Thank you for the support, maintaining the good internet connection.

Well, looking forward to our next meeting, probably next Saturday, when we will move to the health harmonization methods — we will speak about the informational approach to health,

daily normalization practices, and supporting biological and emotional balance through consciousness. It is also going to be a little bit different, because we are not only working with methods, but again we are working on development of competences which are related to harmonization of health and normalization.

Looking forward to that next step of our development. Wish you all to have a beautiful, harmonious week, beautiful, harmonious control, achievement of good results. Have a beautiful, creative, loving, joyful, productive, creative life, and see you next Saturday. Thank you so much. Thank you.