

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

Session 4 - Health Harmonization Methods. Developing the Competence of Conscious Normalization

A revised transcript of the recording from the [ETERNEL Platform](https://www.eternel-org.eu/) website.

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Created with consciousness, clarity, and commitment to Eternal Life for all.

Hello, dear friends. Welcome to our Program Two, Session Four, of ETERNEL Platform, Developing the Competence of Conscious Creation in Everyday Life, based on the teachings of Grigori Grabovoi. Thank you for joining this session with your love and light, and 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 (1:01)

As you know, ETERNEL Platform offers three open, free programs. Program One is developed around the foundations of the teachings of Grigori Grabovoi, and we already completed Program One, but there are ten sessions which are recorded, and which are available on the ETERNEL website. It is recommended to visit those recordings, to establish a stable foundation for further development. Mostly, as you can see, because we are moving, and we go forward to the next level, and we do not repeat what we said previously, unless necessary. And, obviously, we are moving fast, and we are now going together through *Program Two, Applied Methods for Daily Life — Developing the Competence of Conscious Creation*, with practical methods and technologies for harmonizing well-being, health, relationships, finances, and personal situations, with greater inner stability, with clarity and responsibility, and looking for freedom and independence in control.

Program Two Information (2:52)

During the previous sessions, we have gradually been developing our ability to control consciously. In Session One of Program Two, we worked with the structuring of consciousness. And in Session Two, we developed the ability to maintain the direction of control while life continues around us. In Session Three, we explored numerical sequences — control with numbers and numerical sequences. And in that session, we did not repeat numerical sequences as they are presented in many books of Grigori Grabovoi, because you are already acquainted with those books, and they are available, and we practiced often with them — but what we did last time was that we were focused on development of perception related to numerical sequences. We were focused on precision, and also focused on adaptation, when we work with numerical sequences, to achieve independent control with numerical sequences.

And today we move to the fourth session, and with this we also take another step in our development — we bring these developing competencies into an area that concerns everyone of us, and that is health. Our topic today is *Health Harmonization Methods — an informational approach to health, normalization practices, and supporting biological and emotional balance through consciousness*.

But again, I would like to make something very clear from the beginning. The field of health restoration within the teachings of Grigori Grabovoi is enormous. There are many seminars on restoration, regeneration, self-recovery, future information, adaptive restoration, health resources, and specific systems of the organism for rejuvenation, and many other specialized technologies. This material could easily become an entire specialized training — and perhaps in the future we will develop such trainings — but this is not the purpose of today's session. We are not trying to learn as many health technologies, or methods, as possible — we are still dealing with the fundamental aspects of control related to health, and we try to answer the question, "How do we organize consciousness for normalization of health?" Because if we understand the principle, methods begin to become understandable, and easy to practice, in everyday life.

References (7:29)

ETERNEL Program is based on the original works, books, and seminars of Grigori Petrovich Grabovoi, and here I share with you the list of references that this session is based upon — there are eleven books — there are six on this slide, and five more on the next page. I highly recommend these books for further, detailed study, if you are interested in the topic of health normalization. But now I will just briefly go through the books that are the base of today's session, with some points which make these books very important for control related to health normalization.

Starting with the book from the year 2001 — *Restoration of Various Systems of the Organism through Specific Technologies, Taking into Account the Mutual Connections of Information of a Specific Area with the Information of the Entire World* — and in this book we also have answers to questions. This book is important because it deals with the informational aspect of normalization of health, where local information — when we control for health, we deal with local information — which needs to be understood within the whole informational system, not just taken as a segment for our control. And therefore, manifestation, and informational levels, are distinguished, and within this book, it is described how the norm can be approached, even from future development.

In the book from the year 2002 — *Restorative Technologies, Principles of Self-Regeneration through the Goal, Prevention of Possible Global Catastrophe, and Ensuring Harmonious Development*. Restoration, within this book, is organized through the goal, which is private health, and which works inside of a broader, harmonious direction — therefore, perception can also use different modalities. And the importance of this book is that it emphasizes that direction of control, direction of concentration, comes before restoration — so there are similarities with what we studied last time, in previous sessions.

Then the book from March 9, 2005 — *The Teachings of Grigori Grabovoi About God: The System of Adaptive Restoration*. Here, adaptation is described as maintaining norm under changing conditions, and we need to come to the point of neutral information, which is then used for transformation. And the importance of this book is, in fact, that Grigori Grabovoi teaches us how to remain in norm, even when external reality, or internal reality, changes.

The next book is dated June 14, 2005 — *The Teachings of Grigori Grabovoi About God: Health of Eternal Life*. And it is interesting how, in this book, health is treated as a resource that can be strengthened, and can be reserved, even before disturbance appears, even before deviation from the norm appears — and normalization of health can accompany ordinary daily activities. The importance of this book is where we learn about health reserves, rather than only recovery.

The next book is dated July 14th, 2005 — *The Teachings of Grigori Grabovoi About God: Self-Recovery in Action*. In this book, Grigori Grabovoi describes how we can continue normal activities, while observing action, or an external contour, and its relation to the norm — so we are in action, we observe, we define what the norm is, we normalize, and we continue. We will talk about it later.

The next book is dated July 15, 2005 — *The Teachings of Grigori Grabovoi About God: Recovery as an Element of Eternity*. In this book, Grigori Grabovoi speaks about normalization of health, which becomes part of perception — and in this book it is interesting to follow how we actually receive the norm from the future, so the future norm flows towards present time.

And then we have the next book, dated October 12, 2005 — *The Teachings of Grigori Grabovoi About God: Healing with the Information of the Future*. Here you will see that future information is explicitly used as a resource for the present — so past information should not automatically structure future health, and control, due to that, can become automated.

The next book is dated December 2nd, 2003 — *The Teachings of Grigori Grabovoi About the Body of Man: The Methods of Regenerating the Body of Man through the Action of the Soul*. We know that Soul is an organizing structure — so it organizes consciousness as well, organizes all the processes, including the processes related to the norm of health. Therefore, in this book, we learn about how we can use our Soul as a filtering structure, where external information is filtered to the norm through our Soul.

The next book is dated December 10th, 2003 — *The Teachings of Grigori Grabovoi About Man: The Method of Recovery of the Human Body by the Soul of God*. This is a beautiful text, and probably you have heard of the technology of the constant restoration point — a point of continuous restoration can be maintained while doing ordinary things, and restoration should be learned in a calm state, but can be implemented in any conditions, and the body participates in self-control.

The next book is dated November 11, 2015 — *The Teachings of Grigori Grabovoi About God: Simultaneous Development of Mind and Body for Eternal Life*. Mind and physical body

are developed in coordination, feelings are integrated, so they are not suppressed, they participate in normalization of health — but harmony, harmonious feelings support appropriate action in control. Therefore we are instructed by Grigori Grabovoi to keep the mind, body, feeling synchronization on.

And the last book that we will include in today's practical work is the book dated January 15, 2016 — *The Teachings of Grigori Grabovoi About God: Evolution of Consciousness through the Local Matter of the Organism, for Ensuring Eternal Life*. In this book, what is interesting is that Grigori Grabovoi speaks about the physical body, that it does not only receive control, but that the body can become a point through which consciousness develops — and therefore, evolved consciousness can teach current consciousness, and instruct it to maintain this self-developing competencies.

So, to summarize what I just brought in front of all of us, related to the books which are the basis of today's session — the strongest result of the comparison of all this work is not that we just collect, and collect, and go through many separate health methods — these books, altogether, point much more strongly toward development of normalizing competencies.

Health Harmonization Methods (22:06)

Before we begin with the first practice, I would like to show you the competencies that we are going to develop today. When we look at this slide, you may think that there are many different things to learn — but actually, these eight competencies describe one continuous movement of consciousness.

1. Establish The Norm (22:39) We begin with the first, and most important, point, which is establish the norm. When something happens in the body, our attention goes toward the sensation, our attention goes to the discomfort, our attention goes to the diagnosis, or emotion, or whatever information has appeared. But in conscious normalization, we first establish direction — What is the norm? So, if you suffer, or you have some symptoms, immediately ask the question, "What is the norm?" What is the norm in general? We spoke, in Program One, it is the standard which is initially set by God, Creator — standard of health, norm of health, norm is harmony, norm is life, norm is harmonious development. Therefore, we do not allow the deviation from the norm to determine the direction of our consciousness, or our control — we establish direction ourselves.

2. Perceive The Part Within The Whole (24:25) The second competence is to perceive the part within the whole. If there is information from one particular area of your body, you recognize it, but do not lose the perception of the whole organism — and even beyond the organism, we keep the perception of the whole person, our life, our development, and our future. So we learn to work locally, without losing the essence of the whole.

3. Localize Without Identifying (25:14) And this brings us to the third competence — localize without identifying. What does it mean? There may be a physical sensation, or maybe an emotion, maybe a thought, or any information received from outside — and we recognize it precisely, but we do not allow this information to become a definition of the whole person. There is a very important difference between saying, "I am this condition," and recognizing,

"There is information here that requires my attention." — and that creates a completely different position of consciousness.

4. Form Neutral, Norm-Oriented Perception (26:20) And the next competence is neutral, norm-oriented perception. Neutral, in this context, does not mean indifferent — it means that, before reacting, we learn to perceive. For example, something appears, and you recognize it, and you do not immediately enlarge it through fear, or interpretation, or projection into the future — you return to the norm, and from the norm, determine your next action. This is actually closely connected to what we practiced in Session Two — there, we learned, if you remember, something happens, and you immediately ask the question, where is my goal? Today we develop this further — something happens in relation to health, and immediately ask the question, "Where is the norm?"

5. Coordinate Body, Mind, Feelings and Consciousness (27:54) Then we come to the very important integration between body, mind, feelings, and consciousness. We are not trying to create a situation where the mind fights the feelings, or where we reject what the body is communicating — we learn to bring all these structures into one harmonious direction. The body may provide information, feeling may be present, thinking can go on and on — but our direction remains stable. One person, one system, one direction.

6. Build and Reserve Health Resource (29:02) And that brings us to the sixth competence, which changed my understanding of health practice. We learn, through this competence, to build a reserve of the health resource — this means that we do not need to wait until something is wrong, and something happens, and only then we start to work with health. When we feel well, we recognize health. When we feel strong, we can strengthen the resources. When everything is harmonious, we can consciously establish harmony as a resource for further development. So we gradually move from "restoration after a deviation from the norm", towards "conscious development of health".

7. Maintain Normalization During Action (30:26) And then comes something that is particularly important for this Program Two, and this is maintaining normalization during action. We do not create another isolated practice. What usually happens is, "now I'm doing my health concentration, now I have finished it, now I return to life." No — we want the competence to enter our life, so I can walk, I can work, I can communicate, I can speak on a webinar, I can solve an everyday situation, but somewhere within my consciousness, the direction of normalization can remain active.

8. Move Toward Natural and Self-Developing Normalization (31:36) And this brings us to the last competence for today, which is natural, and self-developing, normalization of health. At first, of course, we need methods, we need instructions, we need to remember the steps. But the purpose of education is not to make us permanently dependent upon instructions, and that is the beauty of the teachings of Grigori Grabovoi. All methods, and instructions, and technologies, are given by Grigori Grabovoi to us, to be free and independent in control. Through the practice of the methods given by Grabovoi, we develop attention, awareness, perception. Through the perception, we develop understanding, we develop our

competence. So it is all about practice — of course, there should be initial interest, to go deeper into the method.

I receive frequently questions about helping to resolve health issues — people are seeking for healers. But the teachings of Grigori Grabovoi give us the tools, so we can be free and independent, to develop our competence to control for the normalization of health. And through the practice, eventually we begin to recognize, for ourselves, what needs to be done.

Summarizing the Slide - the Competencies of This Session (34:13)

So, if we want to summarize this entire slide on the screen in just a few lines, we could say that we move from problem to norm, from method to competence, and from separation to coherence. And this is really our purpose today.

I wish we could become specialists in the health technologies of the teachings within one session — but this is not even the actual goal for this session. We are beginning to develop the competence of conscious normalization. You remember that I listed eleven books — each of these books can be studied, and practiced, and experienced, for months. So this session serves as the direction, or inspiration, for development, and to get that overview of the corpus of the works of Grigori Grabovoi — how he guides us, how the education process goes — so it's not only, I take a book, and I read the numbers, and I heal. Yes, it can work, depending on consciousness development. But, of course, we need to work more on our own consciousness, to be able to heal, or resolve issues of health, instantaneously.

Informational approach to health (36:26)

And now, with this understanding, we can move into our first practical experience. When we experience development of competence, we become less dependent on having the perfect method, and perfect technology, for every situation — and we will start with the informational approach to health.

Let us begin with the fundamental change of perspective — perspective of health. Usually, when we think about health, our attention immediately goes towards what is wrong — there is pain, or discomfort, there is fatigue, there is tension, there is a diagnosis in the hospital, then comes an emotional state. And because this information is important, consciousness can very quickly become concentrated around it, and the problem becomes large — it becomes so large that we stop perceiving almost everything else.

But, in several seminars before, and in these seminars that I mentioned today, Grigori Grabovoi proposes another organization — the local area of the organism is not isolated, its information exists within the whole. So the information of health, or deviation from the norm, exists within the whole organism, within a much larger informational structure.

Competence 1 - Establish The Norm (39:14)

So our first competence is to establish the norm — before we begin working with what seems wrong with our health, we first establish direction, and the direction is not "What do I want to eliminate?" but "What is the norm?" — and we already said it can be health, life,

harmonious functioning, harmonious development. The broader goal remains primary — the broader goal of ensuring eternal life, and harmonious development, for all. So this is all very similar to what we learned in Session Three, last time — before choosing the number, first establish the direction. And today, before working with a health situation, we establish the norm. So the deviation from the norm does not establish your direction — you establish direction.

Competence 2 - Perceive the Part Within the Whole (40:52)

We come now to the second competence, and later we will do the practice — the second competence is to perceive the part within the whole. Suppose there is one physical sensation. Our task is not to allow that one sensation to become the entire body — we should recognize, "here is the local information", and, at the same time, we recognize, "here is my whole body", then "here is my whole life", then "here is my future development". So the local condition exists within something much greater. So we could remember a very simple principle here — work locally, without losing the whole, the bigger picture. And this is particularly important in health practice, because fear naturally narrows our perception — so we do the opposite, we retain the whole.

Competence 3 - Localize Without Identifying (42:42)

And then we move to the third competence — localize without identifying. This is another important principle, which appeared repeatedly across the seminars which I listed at the beginning of this session — a physical sensation is information, a thought is information, a diagnosis is information, an external statement is information — but none of these has to become the total definition of the person. So, as we said, we do not say, "I am in this condition," but we recognize that there is information that requires attention. And when your first reaction is that this is only the information which requires attention, that immediately creates space — and this is not a denial, it is not rejection, we are not pretending that something does not exist — but we correct the scale. We need to have the information remain where it belongs, and it is only the information. And this consciousness work should, of course, complement appropriate medical treatment and evaluation, not replace them.

Practice Based on the First Three Competencies (45:00)

So let's do a short practice, related to the first three competencies that we just mentioned. What does it mean when we apply it in everyday life? So just feel comfortable, and try to follow.

First, perceive your physical body. Become aware of your structures — Soul, Spirit, Consciousness, and physical body — become aware of the light of Creator, eternal light. These are the structures which participate in the control, in creation, and harmonization. Make sure that your structures are aligned with the light coming from the source.

And bring your attention now, to your whole physical body. At this point, do not search for anything wrong, just recognize, "this is my whole body." And establish the information: Health. Life. Harmony. Norm — and let this be the larger field.

And now recognize one local area — it may be an area you would like to support, or choose any part of the body, even if your health is in norm. Try not to analyze or diagnose it — just recognize "this local area exists inside the whole organism". So the whole remains primary, and you perceive the local information calmly — do not enlarge it, just observe, do not fight, just observe.

You detected the area which needs your support and control. You recognize the information, which is exactly what it is, just the information, local information, which exists within the whole physical body, the whole surrounding environment, within the sphere which we created, and which we filled with the information of norm, of health, of harmony.

So we recognize the information, but we recognize the direction of development — towards health, harmony, norm. You can see the development in the future — it's not necessary to construct every detail of the future events, just recognize your development continues, and, within this future development, starting as of this second, the norm is present. So the local information of your health is already enveloped with norm, health, and harmony — so the event develops harmoniously, according to the norm. And use the information of this future norm to approach the present.

So you see clearly the whole system — the entire system, the local area of your physical body, the whole organism, the system of health, norm, harmony, harmonious development, future development, future norm — all in one direction. So this local area that you focused on does not exist separately from the whole, and the present moment does not exist separately from the future development.

With this short concentration, we practiced establishing the direction of development, establishment of the norm — we became aware of the local area, of the whole, of the norm, and the future development. And this is already one technology completed.

Competence 4 - Form Neutral, Norm-Oriented Perception (56:31)

Now we come to something very practical. What happens when a physical sensation creates an emotional reaction? Or when an external message creates fear? Or when a thought immediately begins predicting negative consequences? In the seminar on adaptive restoration, Grigori Grabovoi gives us an important principle — before we transform information, we first need to recognize it. And this seminar presents the idea of a neutral, informational level — a position from which information can be distinguished, before it becomes the entire organizing structure. And this gives us the fourth competence, which is, *Form Neutral, Norm-Oriented Perception*.

So, as we said, a sensation can appear, and our first reaction is, "What is actually here? What terrible thing could this mean?" — and a feeling appears. But here we need to stop, and recognize, this is a feeling. When a thought appears, recognize, this is a thought. When an external statement appears, when a doctor states a diagnosis, recognize, this is information — and immediately we should ask, "Where is the norm?" And this is not emotional suppression — we will speak about the importance of emotions in the next session.

So when we recognize the sensation, the feeling, the thought, or the external statement, and information, we just recognize, "This is only the information. Where is my norm?" This is actually the development of the ability to prevent the first reaction from becoming the organizing principle. We learned about this organizing principle also in Session Two, we said, "A thought can appear, we do not fight the thought, but we ask, where is my goal?" Now we apply the same logic for health — so the sensation can appear, the emotion can appear, the thought can appear, but we ask, "Where is the norm?"

If you recall, in the book *Resurrection of People*, there is also the example of the healing treatment of Grigori Grabovoi to a woman, who went to a doctor, and she heard, and she got, a written diagnosis, and she said, "This is just the information, this is not me." And that seems trivial, but it is absolutely important — "Where is the norm?" — this should be our first reaction — "This is only the information, and [where is my norm?] This is my norm." And that is normalization through consciousness — and, at that point, healing already starts.

Competence 5 - Coordinate Body, Mind and Feelings (1:01:43)

In one of the seminars, Grigori Grabovoi speaks about coordination of body, mind, and feelings, and this is our competence five. Grigori Grabovoi does not only propose that the mind should control feelings — he places mind, physical body, and information of feelings, into relationship with the larger, spiritual structure. And that gives us a definition of balance — we often speak about balance and stability, and balance does not mean that you just say, "I feel nothing," or "My mind defeats my emotions," or any kind of combination of games between the mind and feelings. Balance means, exactly, that the body, mind, feelings, and consciousness receive the same, one, harmonious direction — so the feeling exists, the body provides information, thinking is working on, nonstop — but the organizing direction remains health, harmony, norm, and harmonious development.

Short Practice (1:01:05)

So let's do again a short practice. Become aware of your physical body — and while you are paying attention to your physical body, recognize your thoughts, what you are thinking. Get into the flow of your thoughts. You don't need to stop the thoughts. Recognize the thought — just simply recognize, or simply know, thinking is here, this is just a thought. And now move your attention, and awareness to the feelings in the present moment. Recognize your feelings — there is no need to change the feeling, or suppress it, just recognize, there is a feeling — the feeling is here.

And perceive now a wider field, around and within you — field of Consciousness, of Spirit, of Soul, physical body, light movement. Everything moves within a field of harmonious development. And the field of harmonious development holds the health, the norm, the harmony.

And now allow your physical body to become part of this direction — the direction of harmonious development. This field of harmonious development holds health, harmony, norm, harmonious development for all, and your physical body is part of the movement into this direction.

And include your thinking, to receive the same direction — the thoughts that you became aware of, and you recognize the thoughts, just let the thinking receive the same direction of development — health, harmony, norm, favorable development.

Include your feelings — you recognize the feelings, and now let them be part of the same harmonious field.

When you align your physical body, thinking, and feelings, you create coherence of one body, one mind, one field of feeling, one consciousness, one person, one direction. And this direction is peaceful, harmonious, stable — and no matter how internal information moves, this direction remains — harmony, health, norm, harmonious development.

Competence 6 - Build and Reserve Health Resource (1:11:36)

And now we make another transition. If a health practice begins only when something is wrong, then our consciousness may unintentionally learn that we do the health control only when there is a problem. But Grigori Grabovoi teaches us, in his seminar *Health of Eternal Life*, that we can create a reserve of health — that health is a resource, and, through our consciousness, we can create a reserve of this resource — and that brings us to competence six, *Build and Reserve Health Resource*.

So this practically means that we do not need to wait for discomfort — it is preferable to work while feeling well. So when your health functions are in good order, that you recognize good events and harmonious states within your physical body, and then you can strengthen that informational resource of health from that level, from that state. And that changes health control, health practice, from repair into development. And that is very important.

So the purpose is not only "to return to where I was", but "to develop a greater resource for life, greater capacity for activity, and future development". So the best health concentration is when we control from the healthy state, not when something is wrong. And the control from the health state is very simple, it can simply be, "I recognize health. I strengthen the norm. I create reserve," and that's all — no complication, you just multiply, and replicate, and improve your well-being in this present moment. So when you are in norm, when you are healthy, when you are well, when you feel strong, when you feel good, you just recognize health, recognize norm, and strengthen it. And through that you create reserve.

Competence 7 - Maintain Normalization During Action (1:15:41)

And now we reach the point which I consider one of the most important parts of today's session. It is drawn from the seminar, *Self-Recovery in Action*, which describes continuing ordinary activity while simultaneously maintaining self-recovery — and I love those methods, when we do different things in our life, and we still control, and concentrate, and improve our health. And this is competence seven — *Maintain Normalization During Action*.

What is the point? We do not want to create another separation — which would be, "Here is my life, and here is my health concentration." And I will repeat that very often — that daily concentration, that every method and concentration, remain open, remain active, in everyday life situations, when it is important to repeat the same structure. And this is

something we already discussed in our Session Two — we talked about how, for example, "I concentrate for fifteen minutes, and then I stop, and then life begins again," and we have that on-and-off game with the concentration and control. But the point is that the control for normalization of health becomes part of ordinary activity — so, when we walk, cook, work, speak, we constantly control for health. And this does not mean that you think about the body all day — the point is that we are trained so well that we use less effort for the control, and this is exactly what the books of Grigori Grabovoi speak of.

And Grigori Grabovoi gives us a useful technology of a constant point of restoration, that can be maintained even when the person continues ordinary activities — and this is something which is also connected with our Session Two, when we created a stable point of concentration, a stable point of consciousness.

Short Practice (1:19:37)

So let's do that practice also — quickly, or not quickly, but it's short, just to experience. So let's come back to the state where you recognize your whole body — and here we do not deal with a diagnosis or analysis, we just simply perceive and recognize the whole body, which exists within the norm — and we establish health, harmony, life, harmonious development.

And now find one point — a convenient point. It may appear inside your body, near your body, or in front of you. So it is now the moment in the concentration when you look for the point, which may be near, in front of you, or near your body, or even inside your body. And place into this point the information of restoration, norm, health resource. And notice that that point increases the volume of light — silvery white light — and this silvery white light is spread, and it connects this point with the whole body. And this is your point of restoration — constant point of restoration. It radiates light, this point radiates light within the whole body.

And if you closed your eyes, please open your eyes, but keep the point — constant point of restoration. Look at the screen, and at the same time be aware of the constant point of restoration — the light, silvery white light, radiating from this point to the entire physical body. Move your hand, and again remain aware of the constant point of restoration. Look around yourself, look somewhere else in the room, and at the same time be aware of the constant point of restoration, and the light, silvery white light, radiating from the point, and filling your entire physical body with the light. Listen to my voice, or you can think something else, but at the same time, the direction of restoration, the point of restoration, is active.

So even if you stand up, and after this session start with your ordinary activities, remember the constant point of restoration — and you see, there is no effort, you are not concentrating intensely at all, you just bring into your awareness the activity of the constant point of restoration within your body. And here it is, how ordinary life and normalization can coexist.

Competence 8 - Move Toward Natural and Self-Developing Normalization (1:26:52)

And now we come to the final part of today's session. Several of the seminars that I listed today describe the transition from deliberate control, towards automatic, adaptive, or self-developing normalization. The seminar on future information describes the possibility of

establishing the main goal, and letting control continue — you can return your attention to it just periodically. The more developed the structure of consciousness is, the more effective our control is, even in this automatic mode.

So the eighth competence is actually moving toward this self-developing normalization. At the beginning, of course, we need all the instructions, and methods, and steps, and that is quite normal, and usual — but with practice, we develop experience, and perception, and then we gain competence. And after some time of practice, we recognize that control is done as if automatically — or we can recognize what needs to be done, very simply, automatically — we just move through life, and it comes to us, "okay, now this has to be done." This is something that we also learned in Session Three, last time — we first use the number, and later we understand the control — but today, at first, we perform the normalization method, and later we know how to recognize normalization — and that is the direction.

The Whole Progression (1:30:03)

So let us see the whole progression — we began with the norm, then the local area within the whole, the information without identification, then neutral perception, then future norm and health resources, and coordination of body, mind, feeling, and consciousness — then normalization during action, and finally, independent normalization, which comes as natural, and self-developing, activities. So you see that progress, which was smoothly developed — we passed through all the steps easily, without big force, or big effort.

And therefore I would like just to leave today's session with one understanding — that health normalization, and harmonization, does not have to begin with fear, or with a problem — it does not have to be a separate concentration. We can gradually learn to live from the position of the norm — yes, we recognize the information, but now we know how to respond appropriately, to maintain the whole, to build health resources, to integrate body, mind, feelings, Consciousness, all the structures, Spirit, Soul — so that, gradually, this normalization becomes absolutely natural, automatic.

So we come to the closure of today's session, with gratitude to Grigori Grabovoi, who gave us this beautiful, unique knowledge, to disclose the knowledge which we already possess in our Soul, and to become free and independent creators of our lives. Thank you all for your active participation.