

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

## **Session 1 - Living the Methods**

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

<https://www.eterneel-org.eu/>

Hello everyone. Welcome to our program of ETERNAL Platform. This program is a certain continuation of our training path, and today we begin a new stage of our shared journey, studying and practicing the methods and technologies of concentration and control based on the Teachings of Grigori Grabovoi.

The ETERNAL Platform was created as an open educational space where this knowledge can be explored and practiced calmly, responsibly, but in a structured way. So thank you for joining this meeting, for entering this space with love, and with awareness that your presence supports the creation of collective harmony and eternal life for all.

As you know, the free and open program on the Teachings of Grigori Grabovoi is envisioned at ETERNAL Platform in three stages. Program 1 we already completed, which was related to the foundations of the Teachings of Grigori Grabovoi. And I would like us to recognize everything we have already accomplished together.

So Program 1 was arranged, or composed, around 2 dimensions of learning, 2 complementary dimensions. The first was understanding. Together we explored the foundations of the Teachings of Grigori Grabovoi: introduction to the Teachings, reality as an informational system, the role of consciousness, fundamental principles of reality control, concentration methods, introduction to numerical sequences, normalization of life events, restoration of information and matter, forecasting, clairvoyance, and anticipation and we concluded Program 1 with personal responsibility, integration, and some glimpses into further development.

So those courses, or parts of Program 1, gave us a certain base, or framework, for understanding reality as an informational system, and to make very clear how it is possible to create control, how our consciousness carries the most important part within it - there is that beautiful, creative role of our consciousness, and that is why Grigori Grabovoi keeps repeating that consciousness development is the primary task of humanity today.

The second part of our first program was experience - for six months, we practiced together every day, and through the daily concentrations we did much more, or much beyond, repetition of the methods - we trained our consciousness through a structured process of development. We began by understanding the methodology, and then we learned how to apply it in everyday life. Then we also became aware, and experienced, what it means to be a conscious creator. And then we also experienced what it means to concentrate and control from the point of view of an eternal being, from the point of view of eternity. And after that, naturally, we directed our consciousness towards service to life, and finally we integrated everything into one continuous process of development.

And if you look into this progression, this was not accidental, because it truly reflects the evolution of consciousness. And today we continue from that point - we continue to evolve and develop through our consciousness.

Now, we have a question, of course - how do we bring everything we have learned into our lives? How do we move from practicing the methods during concentration to living from that consciousness throughout the day? How do we transform the knowledge into competence?

And that is truly the purpose of Program 2. Its goal is to develop the competence of conscious creation in everyday life. So we are not going to introduce many new concepts, because most of the concepts we explained and experienced in Program 1 - now we will just deepen our practical capabilities, and gain competencies which are very useful for everyday-life control and harmonization of life events.

Program 2 is about the development of competences. What matters is the main topics, or study areas, that we intend to observe and practice during the time of Program 2. We will continue our meetings every Saturday, and we are hoping to have approximately ten to twelve sessions, to cover all the topics.

So today we will start with living the methods - how to actually move from exercises to continuous awareness, and to build a foundation and confidence in conscious control. Next Saturday we have the pleasure of concentrating together with Patricia, with her practical experience, and she will demonstrate exactly how to concentrate on rejuvenation and the restoration of the human organism. Then we will continue our study and practice on numerical sequences in everyday situations. We will cover health and emotional stability, also relationships and social harmonization. We will cover finances, work, and life projects, and we will also work on concentration and normalization of unexpected events. And then we will work on applying the principles of full restorability. And then we will also talk about creating a stable, personal daily routine, which will enable you to be very independent and successful in control - which means that you will be able to achieve the desired results.

And, of course, we will speak a little bit about ethics of applied control, and preparation for advanced development, which will be about development of clairvoyance, development of forecast control, and new levels of consciousness development.

So you see that the concepts we will cover in Program 2 are well known, and we already developed certain understanding, and through the practice we developed knowledge about those concepts. And, speaking of knowledge - many people possess knowledge, some possess experience, and in Program 2 we would like to achieve competence. And competence is something different from experience and knowledge together - this means that competence is the knowledge which becomes available whenever it is needed, so that we don't have to ask which exercise we should do in this or that situation. We should just recognize, through our consciousness, what is needed in each situation, and, moreover, we do it instantaneously.

So competence means that the methods are no longer something we remember only during a lesson, or daily concentration - it becomes a natural way of thinking, a way of reacting, perceiving, choosing, and acting. So the methods actually become part of us - which we already achieved, due to the daily concentration exercises in the past six months, when we learned that every situation is an opportunity for conscious development - every relationship, or challenge, that we face, those are all opportunities to restore harmony, to return back to the norm.

So our goal is to achieve the state in which conscious creation is just a way of living, without any big preparation. We do not consciously think about every movement - for example, while walking, or cooking lunch, or working in the office, or in the garden - we have all the tools, and we react instantaneously to the situation, and use the methods and technologies given by Grigori Grabovoi, which, in the Teachings of Grigori Grabovoi, are defined as the tools giving every person the possibility to guide life events in a favorable direction, to harmonize with the pulse of the universe, and to achieve good health, and ensure harmonious development and eternal life for all.

The vision of this Program 2, therefore, is not only to cover the topics - health, relationship, finances, emotions, or some unexpected events - as separate topics. We will try to cover this in such a way that each of these areas is like a living laboratory, where we learn how to apply the principles of the Teachings of Grigori Grabovoi consciously and creatively. So we will continue to work with concentration methods, numerical sequences, informational perception, optical systems, restoration

principles, forecasting, and conscious decision-making, and so on - everything already given in the methods of concentration, but now we will integrate them.

So, kind of naturally, because when we train, and repeat, and deepen our practice, and deepen our understanding, we really reach the level of full integration and assimilation of this knowledge - so we don't have isolated exercises, so we don't go into a concentration and then finish the concentration and say, "that's it" - we train our consciousness to react to every possible event in our life as an opportunity for harmonious development.

Therefore, if Program 1 answered the question, how does conscious creation work - with Program 2 we hope to get the answer to the question, how do I live as a conscious creator every day? We already learned that conscious creation is not forcing reality, or controlling other people, or constantly struggling against circumstances. We learn to perceive reality from the position of harmony, no matter what - and when our consciousness is harmonized, our actions become harmonizing ones. We begin to respond, instead of react - we begin to create.

So, little by little, we recognize that every situation carries information, and when, by working with information through our consciousness, we participate in harmonious development of all events - not only in our life, but also supporting harmonious development and eternal life for all.

We will also continue - although, in the month of August, we will meet only on Saturdays, because we agreed that the month of August will be the month of independent practice of the methods of concentration, with an opportunity to return to some recordings from previous sessions. But we will meet every Saturday, and we will also take note of our development - there is a possibility you can ask questions, or share your experience, and that is the most beautiful part of our meetings, when you come back with positive feedback and achievement of desired goals.

Our task, therefore, is to transform accumulated knowledge and experience into a stable, personal competence. And we are learning to recognize what happens in our consciousness when we control - we are also learning how to create. So we are learning how to create an inner foundation which is stable, which is always accessible, which is always coordinated with Soul, with Spirit, with physical body, with our personality, and the external world.

And for this reason, our first session is dedicated to the basic, Supporting Area of Consciousness, before working with particular life situations. We need to understand from where we are acting - what is our internal foundation of our control, and how do we organize consciousness, so that our thoughts and intentions, and spiritual action, physical body, external events, participate in one harmonious process.

The method we will practice today gives a very explicit answer to this question. We will form a sphere of consciousness, and gradually recognize within it the areas corresponding to the Spirit, to the physical body, to the Soul, the personality, and external information. We will work with thought as a beam of light. We will observe events in relation to infinite time, and recognize the eternal light arising from the Creator's action. So we will unite all these structures into one complete sphere, directed towards eternal life and universal harmonious development.

So the concentration we are going to do today is not just one method among many - it establishes a foundation that we can return to throughout Program 2, and in general in everyday life.

We will work on the concentration based on the book of Grigori Grabovoi, The Teachings of Grigori Grabovoi About God. I'm missing the exact title, but I will have it at the end of our presentation today - I will share with you the reference and exact topic. The topic is about structuring the Basic Area of Consciousness, and that webinar was conducted by Grigori Grabovoi in the year 20one5. But last year, in 2025, Grigori Grabovoi, in some correspondence with the team of people working on development

and dissemination of the Teachings of Grigori Grabovoi, emphasized the importance of this lecture - so we will together go through that structuring of the Basic Area of Consciousness, ensuring eternal life.

And what we are going to do is learn to recognize what happens in our consciousness, and what is our internal foundation of control - and by this we will create our inner support for conscious creation.

So, before we start the concentration itself, just to inform you that it's going to last - be prepared that it is not a quick or short one, it is rather complex, but it is deep and important.

Therefore, just please follow, and you will have the recording - everything will be available.

You don't have to force anything, just follow, go with the flow - you already have the knowledge, but now this knowledge is, like, bringing more light into our lives and our practices. So we don't have to force anything.

You just create your own perception - I will share with you some slides, but you don't have to compare your perception with the images shared on the screen. We will work with light, we will work with the sphere. So some of you will be able to see the sphere clearly, you might perceive its light, and space, and knowledge, and feelings, or some inner confidence.

So the point is not to be perfect in visualization of the images - the essential point is the conscious action, through which we establish the structure of our consciousness, of all our structures, and direct all of them towards eternal life, and harmony, and development of all.

So let us enter this work peacefully, consciously, with trust in the creative action of our Soul, of our Consciousness, and Spirit. And we can establish our common goal - to structure consciousness in accordance with the norm of Creator, for eternal life, harmonious development, the realization of constructive events for every person, and for the whole world. So the goal is to structure consciousness in accordance with the norm of Creator, for eternal life and harmonious development for all.

So take a moment, and become aware of your physical body. Become aware of your breathing, or your presence, in the present moment, and just observe what appears in your perception. If there are many processes going on within you, or around you, try just to purposefully, intentionally, direct your attention towards harmony, eternal life, and harmonious development of all people.

As we start the concentration by attention on the physical body, recognize that your physical body is connected with your Consciousness, and Spirit, and your Soul, and your personality, and the entire external world - and everything participates in one unified process of eternal life and harmonious development.

And imagine a sphere, located approximately three meters in front of you - a luminous sphere, and this is the sphere of your own consciousness. So at this point, you perceive this sphere in front of you, not around your body, but in front of your body, because we are controlling now what is happening during the concentration.

So you look at the sphere of your consciousness - the sphere does not have to have defined boundaries, rigid boundaries - just recognize that it exists as a luminous, geometrical area in front of you, and you observe the volume, the light - you may perceive it as a white, silvery white, transparent, and luminous sphere. And the more you observe it, the clearer it becomes to you. And what you observe right now is the basic area of your consciousness - just recognize, this is the basic area of my consciousness. You can return to it instantly - it is stable, harmonious, and directed towards eternal life.

And within this sphere, begin to perceive a white hemisphere - it may resemble the luminous cap of snow on the top of a mountain. The light of this hemisphere is calm and pure. And when you observe this hemisphere, you may notice certain grain-like structures within it - so the surface of this hemisphere

looks like a cellular light. So the light of this hemisphere contains countless small spaces, or volumes, and each volume can contain information - each volume participates in harmonious creation.

So just focus on that sphere in front of you, and the upper hemisphere, as a white, silvery- white, brighter surface, or area, which contains lots of sparks, or structures, like grains, or cells, and like pockets of information. We need these volumes of information for creation - so now we allocate that they exist in the basic area of our consciousness, and this is the area which is always open and accessible.

And now observe the beginning of your thoughts - just let your thoughts enter your awareness. And it's not even important, the words of your thoughts, because we want to focus on the light, on the first impulse from which the thought arises - so you go beyond the thought itself, and you look for the impulse from which the thought is created. And now you purposefully give this impulse the form of a clear beam of light. So you gave form to the impulse of your thoughts as a clear beam of light, and direct that beam towards that white hemisphere.

So you would see now how the beam of the light of your thoughts enters the white hemisphere - so the light of your thoughts enters the Basic Area of Consciousness. And when the beam passes the structure of the hemisphere, the structure of the sphere becomes clearer, more luminous, and more ordered. So we are revealing the harmonious structure of our consciousness - we are not imposing anything, just recognize and reveal this basic area of your consciousness, and the beam of light of your thoughts.

And observe how that beam of light of the thought - for example, "eternal life" - how it enters the hemisphere, or the thought "harmony," or "continuous creative development," "the norm of Creator." So just observe how the beams of light pass into the hemisphere, into this Basic Area of Consciousness, and how consciousness reacts to those beams of light. What you witness now is that you bring more light into your Basic Area of Consciousness - so the sphere of your consciousness becomes brighter, more stable, more organized, even more spacious.

What we witness now is that the thought, consciously directed, is an action - and a consciously directed thought structures consciousness, and structures reality. Even if you cannot perceive the light, you might feel certain sensations in your body - just recognize the impulse of a thought, intentionally give it the form of a beam of light, and direct it towards the hemisphere, towards the Basic Area of Consciousness. And it is not only imagination - so when you think of eternity, eternal life, harmony, the norm of Creator, all of it is through action.

And now move your attention towards the right side of this luminous hemisphere, and recognize, in this area, the manifestation of your Spirit. The Spirit can be recognized as movement, development, action, freedom - so, through this movement, we can control events. So, recognizing this area on the right side of the luminous hemisphere as your Spirit, you can mentally extend your right hand towards this part of the hemisphere - you may imagine touching it. And as you touch this area, you perceive the glow appearing there - just allow this area of the Spirit to become luminous and active. And become aware that your Spirit acts in harmony with the Creator - your Spirit perceives eternity, Spirit directs events towards eternal life and universal harmonious development. Spirit is the movement, and through Spirit we become aware of eternal time.

To become aware of the time - imagine the road, and see one section of the road in front of you, and cars are moving along it. Just observe the movement, and notice that each car, each vehicle, follows its own path. And now expand your perception of this road, and imagine that the road continues far beyond the visible horizon - the road continues through a huge volume of space, and it continues through eternal time.

As your perception expands towards eternity, notice that the picture of the cars closer to you may seem to slow down - the physical movement did not change, but the Spirit embraces a much larger field of events. But even in that large field of events, every event becomes distinct - it can be observed separately.

Become aware of the road in more detail - maybe the surrounding landscape, become aware of the moments before and later, see different possibilities of the movement - so observe this event from the wider spiritual perspective. It is like you unwind the path of events. All the cars are still moving - we do not force the cars to disappear - just move along the line of time, like you are moving later, in the evening, for example, and you notice there are fewer cars on the road, and the road is calm and free, and everything functions according to the norm - everything develops harmoniously, no one is disturbed, no one is controlled against their will. So you enter the harmonious structure of the event.

When you observe reality through your Spirit, you can find the harmonious area of every event, and you can select development according to the norm - and, at the same time, you preserve freedom and harmony, ensuring eternal life for all. You may repeat this process of movement many times - like unwinding the road into the field of possibilities, and explore the timeline and find the harmonious area. And while you do that, you can also notice that your Spirit glows - the more harmoniously you concentrate and work, the brighter your Spirit becomes.

Look at the road, and notice the difference between movement and stillness - observe exactly the point of transition between movement and stillness. And when you see events moving, developing, and transforming, this is the active phase of consciousness - and another phase is stable, like the structure would be fixed in harmony. Enter this stable phase, enter this stable area - when you enter this stable area, there is no need to count time. So we do not ask, "When will harmony arrive?" - we perceive the harmony of the event that already exists within the structure of reality.

Become aware of the present moment as a point between direct and reverse action - and the present moment contains both movement and stability. And you become aware that you create time through harmonious thinking - you perceive the eternal event in the present moment, and you see clearly how the present moment is connected with eternity.

And now direct your attention towards the physical body - just move from the glowing area of the Spirit, and perceive the body not only as matter, but as a spiritual and informational structure. So now you see the body within the basic area of your consciousness, in front of you, and recognize the simultaneous connection between physical body, Consciousness, Spirit, Soul, and external world. You still observe the body at the spiritual level, which means you perceive the light of your physical body - this is permanent, calm, peaceful light, and that light does not depend on any external conditions.

What you see now is the original light of life - what you see now is the eternal light of Creator being present in your physical body, and every cell develops according to the norm of eternal life - and the whole body is harmonized by the eternal, creative light.

And, as you touched your Spirit with your right hand, now imagine placing your left hand towards the area of the hemisphere corresponding to the physical body, which is on the side of your heart - touch this area. And when you touch the light of your body, recognize its stable structure of eternal development. Look more deeply into the light of the physical body - you just observe the light which already exists, and that light is present throughout space and time. The light of your physical body is the light from the Creator's eternal action - just perceive the eternal light of Creator's action.

And observe how all the space around you becomes filled with the luminous information of creation, Creator's action - and within this information, light rays appear, and these rays start to move towards one point. When you observe the light of this information, you become aware that every action has a common root in information - so all these light rays move towards one point.

You might think of one completed action, a simple action - something you did today, finished a conversation, opened the door, helped somebody, completed some task, participated in the concentration - see that every action which you completed has that informational ray of light. And see how all together come into one luminous point - and this point seems to mark the end of the action, but this is not the end of development. From this same point, which marks the end of the action, there is an infinite beam of light. The end of action is the beginning of infinite development - therefore, the action did not disappear, and it continues through the consequences, through connections, to influence future events.

So you can recognize, and become aware, that every harmonious action gives birth to an infinite beam of light - and every action directed towards life continues in eternal development. Now imagine touching the source of the beam - touch it with your hand, you may imagine placing your foot upon the point from which the light emerges. And when you touch the point, the light becomes stronger, and the beam touches you - you touch the beam, and you recognize your connection with infinity - and the infinity is connected with your own conscious action. You are connected with infinity, and infinity is connected with your own conscious actions.

And you look at yourself, like you would see yourself from outside, and you see yourself carrying out the control, and your control is harmonious action - and that action reflects the information as a beam of light. And, through the developed area of your Spirit, press upon this infinite beam. And as you touch the beam, perceive the reverse movement of light towards you - and the eternal information of the beam enters your present action, it fills your consciousness, it fills Spirit and physical body, it enters and fills the entire space of thinking. And here, again, you consciously connect your present action with eternal life - you intentionally fill every action with eternal light. And you see that your life develops within the space of eternal actions - your actions serve the harmonious development of all.

So just notice that the point where the action seemed to end begins to expand - so there is no final boundary, because every action is connected with many other harmonious events, and it becomes part of the infinite development of reality.

And now return your awareness, or attention, to the luminous hemisphere, and the areas corresponding to the Spirit and physical body, which have been structured already - and just observe what happens next. So you are aware of the areas of your Spirit, of your physical body, of basic levels of consciousness - and now the next area begins to organize itself, and this is the area of the Soul. It just appears, when you become aware of your Spirit, of physical body, of basic areas of consciousness - then the manifestation of the Soul appears by itself. So you do not construct it - it is revealed, and you perceive your Soul as eternal from the beginning. Soul is the structure that exists always - and it may appear as pure light, clear, close to you.

And with the first recognition, or appearance, of the Soul, notice that Soul acts almost instantaneously - within the Soul, the whole structure is already present. So what the Spirit begins to develop is already known to the Soul, and through the Soul, the result becomes available to the physical body. When you become aware of the light of your Soul, just allow the Soul to coordinate the area of the Spirit, physical body - Soul organizes controlling action according to love, harmony, wisdom, and the will of Creator.

And the process of structuring consciousness continues. We now identify another area within the hemisphere, and that area corresponds to the personality - your personality contains your intentions, desires, talents, concrete goals, choices. Become aware of your personality as an eternal structure as well - your personality is completely, harmoniously formed, and already exists within the Creator's design - and therefore your personality gives a specific direction to the action of your Soul and Spirit.

Therefore, establish a clear personal goal - your personal goal may be harmonization of a relationship, or normalization of the physical body, harmonious development of a project, it can be clarity in decision-

making. Any personal goal is already part of the realization of eternal life for all. And when you declare your goal, your personal goal, observe how the Soul, Spirit, Consciousness, and physical body unite around this concrete, harmonious objective - so all your structures are aligned to make the realization of your personal goal possible.

So, in this case, your personality expresses the eternal, creative principle - and therefore your personal goals are always coordinated with universal harmony, and you act consciously, reasonably, responsibly - every action is directed towards harmonious development and eternal life.

So now we completed a cycle of creating, or becoming aware of, the Basic Area of Consciousness - the Spirit, physical body, Soul, personality - and now we expand further into the external environment. So we bring, or we identify, the information of the external environment within the sphere in front of us - we become aware of the world, other people, society, the earth, nature, all living beings, all visible and invisible structures of reality.

So we can see that all our structures are not isolated - your physical body interacts with reality, consciousness interacts continuously with the infinite external world. Just let the external information be illuminated by the same silvery white light. Even if you perceive some negative information, simply establish Creator's norm in the interaction between yourself and the world - so you do not struggle against anything, or absorb any disorder - just establish Creator's norm in the interaction between yourself and the world.

And you might become aware that your development is coordinated with the development of the world - as you perceive eternal life for yourself, you perceive eternal life for all. And therefore your control, your active participation in creation of reality, preserves harmonious development of every being, preserves freedom, contributes to happiness, well-being, good health.

And once again, observe the white hemisphere that we created, or became aware of, at the beginning - become aware that your hemisphere is now completed with structures of Spirit, Consciousness, physical body, Soul, personality, external environment. So the hemisphere became very bright, and through that light, another part of consciousness appears, like a second hemisphere begins to form, and it closes, or complements, the first hemisphere perfectly. The order of the appearance of the second hemisphere is absolutely provisional - you may see the second hemisphere below, above, behind the first one, but the point is to bring it together, to unite both hemispheres, to create a complete sphere.

And now you see, in front of you, the complete, silvery white sphere of consciousness - and your consciousness is structured, and it contains information of your Consciousness, Soul, Spirit, physical body, personality, external environment, your conscious actions, and the eternal action of Creator. The sphere is completed - you may perceive it like it rotates in any direction, but even when it rotates, it is stable, it is living, it is universal, and directed towards eternal life. And you become aware that all structures of your being act together - Soul, Spirit, Consciousness, physical body, personality, external reality - everything coordinated in the norm of Creator. And what you see in front of you, this beautiful luminous sphere, contains the control for eternal life and universal harmonious development.

Become aware once again of your selected, chosen goal - you may perceive this goal in front of you as a sphere, or in a specific area of space. But now direct the complete sphere, the luminous sphere of all your structures, aligned, towards the area of your desired goal - just direct the complete sphere of your consciousness towards the controlling goal sphere.

And when they meet, observe the harmony covering, or radiating from, both - now the spheres carry the joint action of all levels of your being.

Observe how the light of your consciousness - the sphere which is completed - and the controlling goal sphere radiate light. And what you witness now is the realization of your goal - just observe the result

as calm and stable. And that is not the end - now see, when your goal, your result, is achieved, that the complete sphere reflects many smaller spheres - and each smaller sphere contains the same essential function as the original one, the same essential function as the whole. Every sphere carries the information of eternal life.

And now intentionally place one small sphere in the physical body - place it in the heart area. Another one, place in the area of your head. And another, along the spine. And another one, in the area which requires harmonization. You may place spheres within your home, your work, your projects, relationships, and even the events of the future. And each sphere acts exactly under the same universal principle, because within every sphere, something remains unchanged - the information of the physical body in eternal development, eternal Soul, eternal Spirit, harmonious personality, the norm of Creator - so that the complete information of eternal life is present in every action.

And once again, focus on your physical body, and perceive it as a stable area within your consciousness. The body is alive - it moves, the molecules and cells are active - but beneath all movement there is unchanging, informational identity. That physical body is eternal, and harmoniously develops. Fix this perception - my physical body is eternal. Go beyond temporary symptoms or limitations - perceive the original light of your physical body, original structure - perceive your body as it exists in Creator's norm. So the physical body is a stable structure of the Creator's eternal world - so every process is coordinated with eternal life, and the body develops continuously and harmoniously.

And when you become aware of your own eternity in a physical body, project this information of eternity into the space around you, around your physical body, and become aware that a luminous corridor opens in front of you, and that corridor extends infinitely - that corridor may look like a pathway, or a tunnel of light, or a ray, or open space - but see yourself moving within this corridor. Your movement continues, development continues, your creativity continues, and you see very far ahead - you see right now beyond years, centuries, beyond time and space. See yourself in eternal development - see also other people realizing eternal life - see humanity developing harmoniously - see earth existing in peace, in beauty, and continuous renewal. Touch the infinite beam of light extending through this corridor, and feel the connection with the present moment.

And now observe the whole structure simultaneously - the physical body, the sphere of consciousness in front of you but connected with you, the Soul, eternal Soul, Spirit, active and developing, personality directing harmonious development, external world, every completed action, every present action connected with eternity, Creator's eternal light - eternal light fills the entire system. Just let these structures become one continuous perception, and there is no separation between the method and the result - this structuring itself is already a control, because it is a conscious action, and it already participates in eternal life.

And expand the complete sphere until it fills the room, the building, the city, the country, the whole earth - see the earth within the silvery white sphere of eternal light. See every person connected with their Soul, Spirit, Consciousness, and physical body - see everyone finding their own harmonious path - see peace, see understanding, health, creativity, freedom, love, developing everywhere. Just perceive the Creator's norm for each person and for the whole world.

Perceive the light of your conscious act, for harmonious development, ensuring eternal life for all. Observe the light, how it continues and propagates infinitely - and return your attention to your physical body. Feel the contact between your body and the surface beneath you. Become aware of the space around you, and keep this supporting area of your consciousness clear and always accessible - become aware that you can return to it instantly. This sphere, once it is structured, remains structured, and the eternal light remains active, and harmonious development continues.

So we have structured the Basic Area of Consciousness for eternal life - the Soul, Spirit, Consciousness, physical body, personality, external world - all together continuing to develop into infinity, with the light of the Creator being present in every point. Life is eternal.

Thank you so much for the concentration. What we have just done is structure the consciousness, ensuring eternal life - and once it is structured, once our consciousness is structured for eternal life, it remains structured. This concentration, and structuring of consciousness, is the foundation for conscious creation, which becomes part of everyday life.

So this Supporting Area of Consciousness is not just an image which we use during our session - it is a real, supporting area which we can access as a stable, inner structure. And we use, and access, this structure even before acting, even before deciding, or speaking, or controlling any event.

During the coming week, you are kindly invited to observe how quickly you can return to this sphere. Yes, it took us a long time today to go step by step, but this is also possible to be done in a split of a second. Take your time, and experience this supporting area of your consciousness - it's not important how clearly you can visualize or see the light, just become aware that those areas exist, and what is happening when we observe every one of our structures as one system, together with the light of God, Creator.

So when you do this practice, and the concentration, on your own, try to develop your own images, or your own understanding, of what is experienced here - and just observe whether you become calmer, or more coordinated, or more capable to perceive the harmonious direction of the event that you control. And when you repeat this once or twice, this structure will become very familiar. The goal is that the unity of Soul, Spirit, Consciousness, physical body, personality, external reality, gradually becomes a natural foundation of all our actions - and from that foundation, we can continue to develop the competence of conscious creation.

So let us complete our first session by perceiving all participants within one common sphere of silvery white light. Each person remains free, and follows their own unique path - at the same time, all are united by the common goal of life, harmony, and creative development, and the realization of Creator's norm. We direct the results of today's work toward ourselves, our families, all participants, all people, and the whole world. Our consciousness is structured for harmonious action - every creative action continues into infinity, and we live harmonious, joyful, creative, productive, eternal, loving lives.

Thank you so much. Here you have a quick recap of the process of what we went through, just to remind you what is important to pay attention to when you practice on your own. If you were able to do the structuring of your Supporting Area of Consciousness without any question mark in your head - congratulations. But if you wish to repeat, you are more than welcome to revisit the recording, which will be available on the website of ETERNAL Platform.

I wish you all just to feel, in your life, that peace and joy of the beautiful realization of what our consciousness can do - and to enjoy all the blessings and gifts given to us by God, Creator, and given to us by Grigori Grabovoi. In the meantime, enjoy the daily concentrations. We will meet again next Saturday - we will continue our development together with Patricia, and, as I mentioned at the beginning of our meeting, we will work on rejuvenation by eternity and recovery of mans' matter. Thank you, Patricia, in advance.

Thank you all. We will also speak about stability of consciousness in daily life, and avoiding emotional and mental disturbances during the practice.

And just to mention, at the end of this meeting today, here are the references, the books that this concentration, and this meeting, were based on - the most important is The Teachings of Grigori Grabovoi About God: The Technologies of Eternal Development, Structuring the Basic Level of

Consciousness for Ensuring Eternal Life. That is the whole technology that we went through, described in this book.

And also, to inform you that this lecture, this seminar, or webinar, is educational material, and it is based on Article 26 of the Universal Declaration of Human Rights, according to which every person has the right to education, and that education should be directed to the full development of the human personality. So what we are doing here is purely education - it is not related to medical activity, but it is aimed at the achievement of the norm on the basis of self-development.

Thank you so much again. Wish you all to have a beautiful, harmonious day, and harmonious development. We will see each other next Saturday. Wish you all the best.

Thank you so much.