

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

Session 8 - Working with Unknown Information and Unexpected Events

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

Hello everyone. Welcome to Session Eight of Program Two, based on the teachings of Grigori Grabovoi. Thank you for joining this meeting, thank you for following this program. This is actually the eighteenth session, when we look into it together with Program One — where we spoke about the basic concepts and ideas in the teachings of Grigori Grabovoi, and then we moved to Program 2 with *Applied Methods for Daily Life, Developing the Competence of Conscious Creation*. And now, today, we will speak about *Unknown Information and Unexpected Events, and Developing Stability When the Situation Is Not Yet Clear*. Today I would propose to do something a little differently. Usually, at the beginning of our session, I explain what we are going to explore — but today, in the spirit of today's topic, I don't want to explain everything immediately, because our subject is precisely what happens when I don't know.

What happens when we don't know? (1:45)

So, before we speak about the methods, I would like you simply to observe yourself. You know the title of today's session, working with *Unknown Information and Unexpected Events*, but you don't yet know exactly what we are going to do. So observe yourself, for a moment — what happens, when you don't know? Does your consciousness immediately start searching? Do you want to understand? Are you curious? Maybe you try to predict what comes next. Maybe you feel uncomfortable, yet interested. Maybe you immediately begin creating possibilities. So just observe. There is no other task, just observe yourself, when you don't know. Just, for a few moments, let yourself be in a state of "I don't know yet."

Experiment 1 - Can I have a direction without knowing? (4:03)

So this is where we begin today, and we will start with several experiments. I would now like you to think of one real situation in your life, where you do not yet have all the information. It can be a real event, but it can also be some feeling, or sensation of information, or something happening, and you don't know what it is. For the practice, it might help if you choose something you can work with calmly — but you are already very well trained for various situations, so just choose something, one real situation in your life. You are maybe waiting for an answer, or you need to make a decision, but some

information is still missing. I'm just giving some tips, maybe something will ring your bell — maybe you think of something about the future that you don't know yet.

And try to notice what your consciousness wants to do — when you don't know, when, in that event, some information is missing, what does your consciousness do? Maybe it immediately starts asking, what will happen, what does this mean, what should I do, what if this happens, or that happens? So we are not going to answer those questions. Just become aware of what is happening with your consciousness, when you face a situation which does not have complete information.

We are going to do something else. So, you have an unknown situation, or incomplete information, and you ask yourself only, "What am I creating?" So, if you have the question, "What will happen?" just switch it, turn it around, and ask, "What am I creating?" You are creating a harmonious solution. You're creating clarity, successful development, stability, health, anything. You have so many possibilities, to answer the question, "What am I creating, from this situation, when I do not know?" So you still do not know everything — missing information did not appear — and yet you have a direction, because you asked yourself, "What am I creating?" So you created, you set, direction — and that is very important.

Within the works of Grigori Grabovoi, it is possible to find, repeatedly, that he mentions the situation, where information is unknown, undefined, or implicit, or not yet completely manifested. For example, in *Irrational Methods*, the work even considers control, when information about an object, or process, is not available. So, evidently, Grigori Grabovoi teaches us that we need to step out from the understanding, or the pattern in our behavior — that first I must know, and then I can control — because this is not the only possibility. Because the possibility we have, is "that I don't know yet, but I can establish direction." So you don't have to fill the unknown — you don't need to invent, or imagine, to fill in missing information — just maintain a constructive direction, a constructive result. So, if we deal with unknown information, a situation where we do not have all the information, this does not mean the absence of direction — we just experienced that. So we set direction, that is the task of our consciousness.

Experiment 2 - Can I allow information to reveal itself? (11:22)

So let's flow through the exercises, or the experiments — just keep the same situation, and now we will change our relationship with it. So we do not enter into analysis, or search for an answer, just perceive the situation. And, while you are perceiving it, I will just mention that Grigori Grabovoi speaks about this in the seminar *Control of Implicit Processes*, and, in this work, he explains all the steps, what to do, when the information is not fully defined. And, in the description, one of the movements there, is first to reveal the process, and, at the moment of revealing, to introduce the control. And that seminar also describes giving an implicit process a form, so that it can become controllable. So, when you perceive unknown information, it is like a mist, or something you cannot work with — therefore, Grigori Grabovoi says, give it a form. So you say, "This is unknown information,

but I put it into the shape, for example, of the sphere," and you say, "Okay, here is the unknown information."

So let us experiment — so you already know your situation, there is something missing, on an informational level, but you already set a constructive direction. And now perceive the situation again, and notice what is beginning to become clearer. Maybe nothing appears immediately, don't force it, that is fine. Maybe just one element becomes more noticeable — maybe a person, or a task, a relationship, one small detail, maybe a question, or a next step — and you come to the realization, "this is the part I actually need to clarify." There is one specific task here. So just simplify the situation — you may even ask, "What exactly is the task?" It doesn't have to be the whole story, or every possible future development — just, "What is the task now?" So you may say, "I need information, I need to ask someone, I need to decide, or prepare something." Just notice the difference — because, at the beginning, there was simply, "I don't know", but then we added a direction, and now something begins to get a form, a shape.

I do not have to invent what I do not know - I can allow what is relevant to become more explicit (16:47)

So we have not forced an answer — we just allow the information to come to us, to become clearer, because everything is already there, around us — but how we perceive it, how we obtain the information, that's another story. So we do not have to invent — we simply do not know, but we go slowly through the process, which is still implicit — and, with that action, we actually allow what is important, what is relevant, to become more explicit.

Experiment 3 - What is the signal, and what did I add? (18:00)

For the next experiment, we will leave your personal situation for a moment. I'm going to give everyone exactly the same information. Imagine that you receive a message from me, and I say, "We need to talk tomorrow." That's all. So, I'm telling you, "We need to talk tomorrow!" — just notice what happens inside of you — "I'm serious, we need to talk tomorrow!" — and notice what happens inside you, what did you think? Maybe she has important news, maybe it's something good, maybe it's nothing, it's a joke. So let's return to the original information — what do you actually know? I told you, "I need to talk tomorrow" that's all — but everything else may have been created in your interpretation. And here we have twenty-eight people, here we may have fifty or more — every person will have a different internal response, to exactly the same external information.

And, for me, this is really interesting, in *Control of External Information*, the book of Grigori Grabovoi — he distinguishes external and internal information, and considers the position from which a person perceives information, the position from which I perceive information. And then there is another book, *Control of External Signal* — the external signal itself becomes something that can be distinguished, and worked with.

The signal is one thing - what I add to the signal is another. (21:06)

So we have another important distinction — the signal is one thing, but what I add to the signal is another. Let's try another example — so, maybe you sent an important email yesterday, and there is still no reply. What do you know? There is no reply — and now notice what consciousness may add — "They don't agree. Something went wrong. She's not interested. I shouldn't have sent it," and so on, and so on. But, essentially, what do we actually know? There was an email, and there is no reply yet. So here, what is necessary, is to learn to differentiate the information — and it is really important, and crucial, and we spoke about that when we spoke about relationships, differentiate information. So, when something unexpected appears, we can ask, "What actually happened? What did I perceive? What did I add through interpretation? What do I actually know, and what is still unknown?" For sure, something has entered the perception, so you can recognize it, you can work with it. What we should not do, is to immediately transform that information into a conclusion, about reality, or the future.

So let's now return to the situation you chose at the beginning, and look at it again — What do I actually know? What am I interpreting? What remains unknown? So just three questions — What do I know? What do I add to the information? And, what is still unknown? Let the unknown remain unknown — and just go back to your result, "What am I creating?" When we gave a direction, we asked, "What am I creating, from this situation, even when I don't know?" And just notice whether your perception of the situation has changed — perhaps something changed, maybe nothing changed, that is also fine. Because right now we are developing the ability to observe information, without getting into a conclusion, or filling in the gaps with our imagination.

Experiment 4 - The unexpected event (25:50)

Because real life can get even more complicated — and, until now, some information was unknown, but then something began to become clear — then we receive the signal, and, all of a sudden, something has actually happened. For example, you prepared something important for tomorrow's meeting, you invested your time in that preparation, and you organized everything, and you suddenly receive the information that it has been cancelled. So what is the first reaction? Usually, it is irritation — maybe it's relief, thank God — or maybe it's fear, because you wanted this to happen. And we immediately start to ask, "What am I going to do now?" because everything we did before is lost. And, in today's session, our task is just to observe what happens, when we face an unexpected event.

And here is very useful information, coming from the book *Self-Organization of Personality through an External Event*. One of the very interesting movements in the seminar, is to distinguish one's own act of perception within the external event. This means that the event happened, and you want to see what is happening in my perception of this event, of this unexpected event — the event is, the plan is cancelled — and the reaction varies, from relief, to, for example, "This is a terrible situation, now everything is ruined, I don't know what this means" — but here, again, we need to distinguish — instead of allowing the event to organize your entire inner state, you go back, and find your point of support.

And we are repeating the point of support, the point of stability, throughout Program Two, all the time — so you may perceive it as a point of light, or a stable inner area, or simply as clear knowledge of your constructive goal. And, from that point, you ask again, "What am I creating now?" Not yesterday, or before the cancellation, now. So we start all over — "What am I creating now, from this situation?" So you go back, and you see if the original goal is still valid, is it only the path that has changed, or has a new possibility has appeared. Maybe you need new information, okay. Maybe you need to correct your actions, or there is nothing to do yet. But, however, it's good to ask the question, "What requires my action now?" One action — try to find one action, not ten, not the entire future, just one tiny little action. And, when you find that tiny little action, this is where the unexpected event changes its role.

The unexpected event - Information within a process of continuous creation (31:44)

It is no longer something that happened to you, it becomes information, within a process in which we can continue to create. So it's like a smooth movement — there are no big ups and downs, not "I plan, and it's cancelled, and it's unknown, and I don't know yet" — no, you just go from one to the other, what I'm creating, the point of stability, and recognize, distinguish what is real information, and what is just added on by your imagination — and this is very important to distinguish, and I really hope we will make it clear today, because it's important for our further development, in Program Three, when we will speak about clairvoyance, when we speak about controlling clairvoyance.

Review of the experiments (33:02)

Okay, so let's go back, what have we actually done? — I would like us to look back. So we started without knowing exactly what we were going to do, and you selected the situation in which information was incomplete, and we did not immediately try to solve it. We established the direction, allowed information to become clear — we distinguished what is an external signal, and what is my interpretation, what we added to the story — and, finally, when the information became an event, we looked at how we can consciously organize ourselves, in relation to that event.

So today's task is actually very simple — I don't know, I establish direction, I allow relevant information to become clearer, I distinguish the signal from the interpretation, and I organize myself, and I act. And I hope that now we can all see the unknown information, or unknown situation, differently — because, if we think that unknown is an empty space that has to be filled immediately, that's not the case, because it is the space in which development is still taking place.

Correction or Creation (35:25)

And there is one more important clarification — correction or creation. There is the book *Control of External Information*, based on the seminar given by Grigori Grabovoi, where he distinguishes correction from creation — and he goes strongly towards creation, and future development. And this is very important, when something unexpected happens, because usually our first question is, how do I fix this? Right, this is a natural reaction —

you have something spoiling your plans, and you immediately jump, and ask, how do I fix this? But there is another question we should ask — "What can I create from here?" So we go back to that question, "What am I creating?" — but here, now, you ask, "from here". So you see the difference, the questions are not the same, because, when you ask "How do I fix this?", your attention goes to what has gone wrong — and, when you ask, "What am I creating from here?" this immediately restores direction.

Yes, Grigori Grabovoi says, and we repeat in daily concentration, whatever you want to correct, you can correct it. But remember, that the correction does not start with "How do I fix this?" it starts with the question, "What am I creating, from here, when I intervene?" Because correction should take place inside a larger act of creation. So always ask, "What am I creating from here?" — and the answers usually should not be complicated, just simply perceive the direction.

Remember only four questions (38:20)

And I would like to share with you something very simple, that you can use during the coming week — whenever something unclear, or unexpected, happens, don't immediately try to remember long methods, or technology, remember only four questions.

1. What do I actually know? — just separate information from interpretation.
2. What do I not yet know? — allow the unknown to remain unknown, without immediately filling it, and that is important, and I will speak about it later.
3. What am I creating? — return to the constructive direction.
4. What requires my action now? — find the next relevant action.

Don't be surprised, if the answer to the fourth question is "nothing yet — just observe", because that can be a conscious decision.

Eight Competencies (40:18)

So, if we look into what has been done, in very simple terms, taken from the important works of Grigori Grabovoi, dealing with unknown information, what competencies have we developed today? And I would like to return to that structure that we have used throughout Program Two, because we always work with the competencies, for every field of life, for application of the methods, or technologies, from the teachings of Grigori Grabovoi.

So, maybe you noticed, through the practice, through the experiments which we did easily, we developed very specific competencies.

1. First, it is to ***establish constructive direction, before all information is known*** — so I do not have to wait until I understand everything, before establishing what I'm creating.
2. The second competence is, ***recognize different levels of information*** — I learn to distinguish between what is still unknown, what is implicit, or beginning to emerge, and what appears as a signal, and what has already become an event.

3. The third competence is to **find a stable point of support** — so, instead of trying to process everything at once, find the point from which you can remain consciously oriented — so the situation may still be unclear, but your direction can be clear.
4. Next competence is **differentiate information, perception, and interpretation** — what we learned today is to ask, "What actually happened?, What did I perceive? What did I add through interpretation? What do I know? What remains unknown? That gives greater precision to my perception.
5. Next competence, fifth competence, is to **allow relevant information to become explicit** — I do not need to invent an answer, just because something is unknown, I can observe, I can reveal what is relevant, I can give the emerging information a form, that I can consciously work with. I love that, because I personally struggled with unknown information, because we have the intuition, and we react through different sensations to the information which is coming, and we don't know — and, when I learned about the possibility to put that unknown information into a form, and to work with it, it really made a difference.
6. Next competence is to **avoid turning a signal into a premature conclusion**. So we are receiving the signals, but the signals are not automatically the result, our perception is not automatically certainty, What we perceive, may include our processing, the meanings we give, and this is another story. So the perception is not automatically certainty, and the present event does not automatically influence the future — the task is to remain open, for further information and development.
7. Seventh competence is **self-organize, in relation to an external event**. When something unexpected happens, I can recognize my own perception and response, I don't want to allow the event to organize my entire inner state, because my inner state is a sacred space, it's a space of stability, and I consciously organize myself in relation to the event. So you see the difference, you do not let the event organize your inner state, but, vice versa, you consciously organize yourself in relation to the event.
8. And the eighth competence — since we usually select eight competencies, but there are many more — but let's finish with eight competencies — **transform orientation into conscious action**. So, when we ask, "What am I creating from here?" and "What requires my action now?" we move from uncertainty, toward conscious creation, through the next relevant action.

So what has changed, through these eight competencies? At the beginning, when we said "I don't know," there was always a question, "What should I do?" — but, when we become competent about this, we move to, "I don't know yet, but I can remain consciously oriented. I can establish my direction. I work with the information as it develops, and I act when action is required." — that is all, and that is a significant step, in development of independence. So, when you see how much effort Grigori Grabovoi gives, through all his seminars, to give us the chance to become free and independent — be free and independent, simply by development of your consciousness, and learning those small

steps, small differences, in the reaction, in the cognition, in the way we think, in the way we react, in the way we create.

From "I Don't Know Yet" to Intuition (49:40)

There is another thing, something that I wanted to share with you today, within this topic — and this is, how to move from "I don't know yet" to intuition. Because, when we say "I don't know yet," we may normally experience this as a lack of information, something is missing, or I don't have the answer, I don't understand. But we already experienced that "I don't know yet" can also become a very conscious state, because we learned to recognize, "I don't know yet, but I'm stable, I don't know yet, but I know what I'm creating," and so on. Most important, "I don't have to fill this space immediately with an explanation" — and this change is something very important, because it creates the space for perception, and it gives the space for intuition. Intuition can be understood as a form of different recognition of information in consciousness, before, or without, a complete logical chain of reasoning, while conscious control remains directed toward the constructive goal.

So, very often, when we don't know, the mind immediately begins to complete the missing information — and that is why I said before, leave that space, you don't have to immediately fill in the missing information, because we need to leave that space, for our intuition, for our clairvoyance, to step in — which are the competencies of a higher level.

So, let's experience what happens, if I can simply remain with "I don't know yet." I establish my constructive direction, I'm stable, and now I perceive — I don't try to see something, or try to receive an answer, don't try, don't force information to appear — just create enough space, inner space, to notice what appears in the perception. At the beginning, if nothing appears, that's fine, maybe just a thought, and you might think, "my logic starts to work" — but then comes an image, or feeling, and then my attention is, all of a sudden, drawn to an element of the situation, with a simple recognition — "this is important, wait, look here, this is the next step." So this is intuition entering.

Something important here, is that we do not have to immediately decide that what I perceived is true — just recognize, something appeared in my perception, and just observe — and that's the opportunity, when you can practice your competence, to differentiate your expectation and interpretations. You can see clearly how it relates to your constructive goal, creative goal, and you observe what develops further. And this is why the work we are doing today may also be important, for development of intuition — because we are learning, not only to receive more information — yes, we love to be informed, and get more than ever — we are learning to become more precise about information. And what does it mean, to be more precise — to know what came from outside, what did I perceive, what I know, what I don't know, what appeared without my conscious construction of it. So those are tiny little differences, distinctions, which are very important — as perception develops, the more, our perception, and, of course, consciousness develops, those tiny little distinctions matter.

Intuition - Clairvoyance - Controlling Clairvoyance (57:12)

Now, with this session, we are just entering — we are passing through a very narrow gap — and we are just touching the possibility, how to deal with intuition, when something becomes directly recognized, without a complete logical process. With intuition, we enter clairvoyance, which is a more developed form of informational and spiritual perception, that can be consciously used in control. And there is another concept, which is controlling clairvoyance. The word "controlling" matters, because the goal, in controlling clairvoyance, is not only to receive the information and impressions — the perception is integrated in the conscious control, and the constructive goal.

And here today's subject begins to connect with what we are going to do in the future, in the works of Grigori Grabovoi that are the reference books for today's session. Grigori Grabovoi goes beyond ordinary logical analysis, and he describes different forms of informational and spiritual perception, including what he calls controlling clairvoyance. In the book *Control of External Information*, for example, he discusses the form of perception, but also makes an important qualification about knowledge — what is perceived should not simply be treated as absolutely, or exclusively, true knowledge, at that moment, because it is revealed within the work of control. And I personally perceive this session as an important preparation, before moving towards more advanced work with perception — we need to develop the ability not to confuse perception with interpretation.

So, yes, we all love to be clairvoyant, to see clearly what is happening — but, if we are not prepared for that, we are lost, we don't know what to do with the clairvoyance, in that case, and we are confused — we cannot differentiate what is knowledge, what is the right information, what is clairvoyance, what is intuition — because not every thought is intuition, and not every image is information about an external event, not every feeling predicts what will happen. We would love to have that, but we need to learn how to differentiate — we don't need to rush to call a certain spiritual experience, "this is intuition," or "this is clairvoyance" — don't run into it, before you are ready. First, let's develop the quality of consciousness in which perception can become clear — so we start with stability, with constructive direction, with inner openness, with perception, with differentiation, with recognition. So that's how we develop perception, and this also helps us to understand the progression, from Program Two towards Program Three.

In Program Two, we develop the competencies to apply the teachings consciously, in everyday life — and today we are developing something fundamental. Can I remain stable enough to perceive, without immediately inventing the answer? Can I give the information space to appear? Can I recognize what I perceive, without immediately turning it into certainty? Can I maintain my constructive direction, while the information is still developing? These are important foundations. In Program Three, we can begin to move further, into the more advanced areas that Grigori Grabovoi speaks about, in the teachings — these are the development of spiritual perception, work with forecast processes, future information, complex systems, and larger-scale events.

So today we did not practice clairvoyance — we are preparing something that can come before it. We are learning to create conscious space, in which perception can develop, without being immediately covered by our expectations and conclusions. That's why I love the statement, "I don't know yet" — because, for me, it doesn't close the perception. People often do not like to say, or to admit, "I don't know," because it is like a closed book — but it is, evidently, its opposite, because it doesn't close the perception, it opens the space for perception, and within that space, intuition starts to work — we remain open, for clairvoyance to enter, and so on, and so on. So just take the courage, and admit, "I don't know yet, I don't know many things yet, and that's why I'm ready to learn more and more, and I'm happy to learn more and more, and I'm happy to share."

So, when we remain with "I don't know yet," there is another question — do I abandon control, because our purpose, of all this, what we are doing, learning, studying, practicing, is to be able to control, to consciously create. So my answer to the question, if I say "I don't know yet," is this the end of control? I say, it's not the end of control, it is the beginning, actually — because we are giving that space, in which information can become recognizable.

Program Information (1:07:19)

And that is another thing, that today's session also helps to understand, where we are in the larger picture — so today's method of concentration, for the twenty-sixth day, was, and is, to be aware of the bigger picture, and the particular part, within the process. So I think that today's session also helps us to understand where we are, in our journey — because, in Program One, we primarily built the foundation, by studying the basic concepts and principles, and we became familiar with the basic methods of concentration, methods of control. We developed a certain level of perception, and that enabled us to move into Program Two, where we apply this knowledge consciously in real life — we applied it for health, for emotions, for work, for finances, for unexpected events, and unknown information. And we are moving, obviously, from knowing the methods, towards developing the competence to use them independently, and to be free and independent, in control, in conscious creation.

And, once again, this also opens the possibility, to enter Program Three, which is not going to be just learning more methods, but it requires a higher level of stability and independence, because we will work with more complex systems, with forecast processes, with future development, with larger-scale events.

And, obviously, this is an important reason why we were working with unknown information today — as I said before, before working consciously with forecast processes, we need to learn not to confuse perception with fact, or signal with result, or to fill unknown information with our own imaginations, or assumptions — and, most importantly, not to lose our conscious direction, because we do not yet know.

Program Two - Further Information (1:10:55)

In Program Two, we will have two more sessions — in Session Nine, we will move from unknown information, towards *Time, Future, and Multi-Variant Development*. And, in Session Ten, we will bring the whole program together, as a preparation for Program Three. You might notice that I slightly changed the steps, and the number of sessions, because I realized that we are ready to move to Program Three, where we will work on a spiritual level, for development of clairvoyance, controlling clairvoyance, forecast control. Therefore, we will have *Time and Future, Multi-Variant Development*, next Saturday, and, after that, we will prepare for the third program as I said.

References (1:12:23)

Just to share with you, at the end, the list of the works of Grigori Grabovoi that were used for today's session. Today we used an experiential learning approach — so, instead of first explaining the theory, and then applying it, we experienced it immediately. We did four simple experiments, the idea was to combine the most important ideas, from the teachings of Grigori Grabovoi, to prepare us to work with unknown situations, how to get the best out of this unknown territory. So I love, and I love, and I love *Irrational Methods*, then, the *Control of Implicit Processes*, *External Signal Control*, *Self-organization of Personality Through an External Event*, and *Control of External Information* — those are the books. If you are interested to study them, they are available on Amazon, you can find the training program on the website of ETERNEL, with the links where the books can be obtained. Those who have sublicenses for PRK-1UM devices, they get access to the library — otherwise, books are given, or shared, when you participate in the official training program and courses, given by the teachers of the Grigori Grabovoi Education Center. Therefore, I cannot share with you the works, the books, due to the protection of author's rights — hope you understand, and respect the author's rights as well.

[The full names of the books from the slide are given here for convenience]

Irrational methods of prevention of global catastrophic processes posing a threat to the entire world.

The Teachings of Grigori Grabovoi about God: Control of implicit processes.

The Teachings of Grigori Grabovoi about God: External signal control.

The Teachings of Grigori Grabovoi about God: Self-organization of a personality through an external event.

The Teachings of Grigori Grabovoi about God: Control of external information.

With this, we come to the end of today's session. It seems to be easy, but yet very important. I wish you all great opportunities, to experience your competencies, to use your competencies, when the information is not known — so that you go straight into conscious creation, that's a huge saving of energy and time, for everyone, and, of course, it brings harmonious results faster.

Thank you so much for your active participation. Looking forward to our next session, next Saturday. You are more than welcome to join daily concentration, every day, at six o'clock,

Central European summer time, with the same link as for today's session. Wish you all harmonious, beautiful, creative, productive, joyful lives, and see you soon. Thank you so much.