

ETERNEL - Program 2 - Session 9 - Time, Future, and Multi-Variant Development

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Hello everyone. Welcome to our ETERNEL Platform, Program Two, Session Nine, based on the teachings of Grigori Grabovoi. Thank you for joining the meeting with genuine interest in consciousness development, interest for gaining new perspective and knowledge on conscious creation of reality.

It is my pleasure and honor to speak about Grigori Grabovoi, and to present his work as a scientist, academic, inventor, and philosopher. What has always fascinated me about his work is his vision of the future — a future in which human possibilities are not limited to what we already know today. In the approach of Grigori Grabovoi, science and technology, and human consciousness, are deeply connected — and creation is understood as more than what happens through technology or intellectual knowledge. In the teachings of Grigori Grabovoi, the human being is at the center of the process — the human being, with its Soul, Spirit, Consciousness, and physical body, all participate in development and creation. That is why this gives us a very different way of looking at progress. According to the teachings of Grigori Grabovoi, if humanity wants to solve major problems — whether they concern health, or education, the environment, or global development — technological progress alone is not enough. Human consciousness also needs to develop.

When Grigori Grabovoi introduced the teaching in 2000, one of the central purposes was to give people knowledge and methods for consciously participating in the creation of reality. The goal is not only personal development — it is also the prevention of global catastrophes, and the creation of conditions for harmonious and infinite development for everyone. An important part of the work of Grigori Grabovoi concerns light and information — he explores the relationship between the human being, consciousness, light, and the processes through which information can be perceived, can be structured, and used in creation, in control of reality. And with this, we come to something that is very important for our work on this platform, and throughout the programs so far — Grabovoi presents the human being as a conscious creator. So we are not here just to observe reality and react to events, but to consciously create reality — and this means developing our ability to perceive, to think, to establish goals, to work with information, and to act consciously.

So the vision of Grigori Grabovoi is of a world in which every person can develop their abilities much further, in which technology is not dominating but supports human development, and in which intellectual, scientific, and spiritual development need to go together with each other. Within the teachings of Grigori Grabovoi, consciousness has a central role in this process — that's why Grigori Grabovoi proposes that, by developing consciousness, a person can participate more consciously in shaping their own reality and future, and contribute to harmonious development of the world — and I think this is important for what we are studying today.

The future is not something we simply sit and wait for — but we can ask, "What future am I creating? How am I participating in the creation? And what does that future require from me today?" So we do not stay simply reacting to events, but we go toward conscious participation in development. So this is the direction of our work today — learning to perceive relationships between the future and the present, and learning how the future we are creating can help us organize our actions now.

Now, just to remind us — in our previous sessions, in the last session last Saturday, we worked with unknown information and unexpected events, and if you remember, we asked: "What do I actually know? What do I not yet know? What am I creating? What requires my action now?" And then we discovered that we do not need to know everything in order to establish a favorable direction, in order to control reality. So that is the base that we created last time — the base for today's session — and today we go another step, we will work with time, with future, and development.

Two Practical Questions (9:10)

I will try not to make this session a philosophical lecture about time — but we need some theoretical foundation, though our real work and real questions are very practical. So today we will explore two practical questions: "What am I creating in the future, and what does it require from me today?" And the second question — "If circumstances change, can I change my way of getting there without losing the direction?" So this is going to be our practice today — to get a clear idea of the future, to recognize that parts can be flexible, and that conscious action is actually required now, in the present moment.

What is time? (10:26)

Before we begin our practice and practical work, today I would like to spend a little bit more time on the concept of time itself, because today we are going to do something that may initially sound unusual. We are going to establish a favorable future, and then look at the present from the direction of that future. So if you recall, in September, the whole month, we were looking from the present moment into the past, to draw from the past the experiences, the knowledge, the competencies — but now we are moving our perception to the future. We establish a favorable future, and then we look at the present moment from the direction of that future.

Why should that make sense? To understand this, we need to go back to one of the works of Grigori Grabovoi. The participants of the training program at the Grigori Grabovoi Academy had the opportunity to participate in recorded sessions on the science — there are twenty academic hours recorded, only on the scientific works of Grigori Grabovoi. And one of these works is *Research and Analysis of Fundamental Definitions of Optical Systems in Prevention of Catastrophes and in Forecast-Oriented Control of Microprocesses*. This work is important, because Grabovoi does not just say "think positively about the future" and that's all — he developed a theoretical model of reality and time, and in that model, future, present, and past are connected within one informational structure.

So before we work practically, let us try to understand the basic idea. Reality is not presented as a collection of isolated events. One of the fundamental premises of this scientific work of Grigori Grabovoi is what he calls the common interrelationship of all elements of reality. This is already important — an event is not considered completely separate from anything else. What is happening now is related to other elements of reality, and within the model developed in that scientific work, this includes a temporal relationship — the time relationship, that the present is connected with the past, but also connected with the future. So we begin to move away from the simple picture that we have past, present, and future as a timeline, where the past is gone, the present is here, and the future does not yet exist, with no informational relationship with the present — that's not the concept we work on, because Grigori Grabovoi developed a different model.

In accordance with the theory of wave synthesis.... (15:12)

There is a definition in that scientific work: in accordance with the theory of wave synthesis, the current time can be considered as a dynamic wave, the time of the past as a static area, and the time of the future as the synthesized phase of reality, which is built by fixation of the static area in the dynamic wave. It would be too long to explain in detail, but I will just mention that, for today's session, it is important that, in this scientific framework, Grigori Grabovoi introduced the expression $T \text{ equals } Y \text{ multiplied by } S$, where T is time, Y is the wave of the dynamic phase of reality, and S is the steady phase of reality. So those are the three phases of reality. We do not need to work with the mathematical formula today, but I just want us to notice something very important: that time is being defined through reality itself — it is not introduced as a clock, it's not simply one second, and the other second, and another second. Time, in this theoretical model, arises in relation to different characteristics, or different phases, of reality. And Grabovoi differentiates these phases further, and associates current time with the dynamic wave, past time with the static area, and future time with the synthesized phase of reality. And that is quite different from our ordinary, everyday understanding of time. The past, present, and future are not described as three points on a timeline, they have different structural characteristics within the model.

What is special about the present (18:22)

So what is special about the present? As we said, current time is associated with the dynamic phase, and that is important for our practical work. What is present? Present is

where something is happening, it is where we perceive, where we decide, we act — so reality is developing dynamically in the present moment, and the present is where control becomes action. This is why today's session will always return to the question, "What requires my action now?" — so we will go into the future, but we will always come to that question: "What requires my action now?" We work with the future precisely so that our action in the present can become more consciously organized.

What is special about the past? (20:01)

What is special about the past? Past is associated, in this model, with the static area. Again, we should not immediately translate this into our own conclusions — we should stay close to the model, if possible. For our practical work it helps us understand why information of what has already occurred, can function differently from the dynamic process of the present. Past simply gives us information, that's experience, result, the consequences of past actions. The past expresses structures that have already manifested. And what is important today — we are not going to organize our future by projecting the past forward, because that would mean, "this happened before, and therefore this will happen again," and that is what we don't want to do anymore — we are moving beyond that model, or that way of thinking.

What is special about the future? (21:49)

And what is special about the future? In the model of Grigori Grabovoi, he describes future time as the synthesized phase of reality. When we look into the future, mostly we see it as an empty space that does not yet exist, and that nothing can be known about it — but in this scientific work of Grigori Grabovoi, *Research and Analysis of Optical Systems*, Grigori Grabovoi deals with information related to future events, and he states that future events can be recognized in current events. Grigori Grabovoi describes future events, viewed from the present, as controlled structures — structures that can be controlled — and he also speaks about information of future events being revealed through areas of transition from the future toward the present. And this is one of the ideas that will later become very important for our work with forecast control. But today we remain one step before forecast control. Today we simply want to understand that, within this model, the future can have an informational relationship with the present — and therefore we can ask, "Can the future participate in the organization of what I do now?"

The intersection of past and future. (24:24)

There is another concept in this scientific work of Grigori Grabovoi that I think is very important — he introduces what he calls general reality, and he describes, in that theoretical construction, the impulse of an event being transformed into current time, in the area of intersection of the future with the past. So this gives us a very different image of the present — instead of imagining the present simply as a tiny point moving along a line, so we have past, and now, and future, we can begin to imagine current reality as a place where information related to the past and information related to the future can participate in the organization of present events. Here, I'm not saying that Grabovoi says that past, present, and future are the same — because he does not say that, and it's not

so. Grigori Grabovoi differentiates the past, present, and future structurally — and what is interesting, and important, is that, although they are different structures, they are interconnected, and our present moment arises in the area of intersection between the past and the future. And that's why we can get, in the present moment, any information of the future, or of the past — and that defines our actions in the present moment.

Projection of the future onto the present. (27:01)

And now we reach the concept that is most directly related to today's topic — and that is the projection of the future onto the present. Let's think about what that means for our practical work. Normally, we stand here in the present moment, and we look towards the future — so, I'm here, my goal is there, so how do I get from here to there? But today we are going to do the reverse process — we first create a favorable future, and then we look into the present. So first we ask, "What is the favorable future for me?", and then, "Who am I within that future?", "From the future, what becomes visible about my present?" And finally, "What does that future require from me now?" We will practice that look from the future — so we are not simply imagining something pleasant, we will practice, within this framework of the teachings, changing the direction from which we organize the present.

Repeatability, indestructibility and restoration. (29:11)

And this also changes our understanding of restoration. There is another reason this theoretical foundation matters — when we speak of restorability, indestructibility, restoration, repeatability, eternal life - in that scientific work of Grigori Grabovoi, *Research and Analysis of Fundamental Definitions of Optical Systems* — everything is explained based on the properties of light. In that work, Grigori Grabovoi connects his model of general reality with repeatability, indestructibility, and restoration, concluding directly that every element of reality can be restored. He describes the presence of the norm as being obtained from the future into the present and speaks about the growth of the structure of the norm, from the future into current time. So here our session somehow begins to come together — so we have a future norm, we have present, we have control action, we have development. The restoration does not mean that something was good in the past, and then something changed, and we need to return to the past — no, within this approach of Grigori Grabovoi that we study, we work from the position: What is the norm in the future, and how does that norm organize the present? What needs to be restored, what needs to be reorganized or developed now? And it seems to be a more dynamic understanding of restoration.

Why this prepares us for forecast control? (32:15)

And I would like to make a final connection about why we are learning this in Program Two — because it sounds like we are touching the topics that we will speak about in Program Three. This theoretical part gives us the foundation for something we will study more deeply in Program Three. If future information can have a relationship with the present, then, later, we can ask, "Can I perceive information about future processes? Can that information participate in control?" So this is where we begin touching forecast control, and later, controlling clairvoyance — not clairvoyance simply for "tell me what is

going to happen," but clairvoyance in service of control, and that's a huge difference. Before we develop those advanced forms of perception, we need to learn something more fundamental — we need to learn to work consciously with the relationship between future and present, and that's the purpose of today's session.

Practice 1 - Look from the future. (34:21)

So let's leave the theory behind — I hope that some of this made sense for you, because, for me, that was a huge revelation, and lots of light came to me through studying *Research and Analysis of Fundamental Definitions of Optical Systems...*, because I needed to understand how the restoration is possible, how it is possible to control reality, how clairvoyance is possible, how forecasting is possible. So I highly recommend taking time, and at least reading the text — it is scientific, it's not easy to read that document, that work, but it brings all the parts together, and makes very reasonable and logical the possibility of eternal life.

So we do not need to remember the formulas that I mentioned today, and it's not necessary to intellectually understand every aspect of the optical model — maybe just remember that, within the framework we studied, past, present, and future, as we said, are not isolated points on a chronological line — they are described as different, but interconnected, structures or phases of reality, and therefore future information can be considered in relation to the present. That's the message of what has been said in that theoretical introduction. And today we explore the practical consequence of what happens when I first establish the favorable future, and then look at my present from there.

So let's take a good position for your practice, and choose one real area of your life — think of something concrete, it can concern your work, or family, or finances, relationships, projects, development. Try to choose something that you can observe calmly. And now formulate the favorable future of that situation — formulate the favorable future of the chosen situation. What is important here is not to start with, for example, what you don't want — for example, "I don't want financial problems," no, that's not the way — instead, you say, "I create stable economic conditions for my life and development." Or, for example, you say, "I don't want my project to fail" — so, to formulate correctly, you say, "I create a stable project that provides real value and continues to develop." Or, "I don't want conflict in my family" — trying not to formulate the favorable future with "I don't want," but, "I create harmonious relationships, in which every person can develop." So these are the examples — now find your own formulation of what you create as a favorable future.

So now imagine that that favorable future has already become real, — and now place yourself there, inside this future. See yourself in that future, in that favorable event in the future — see yourself, picture where you are, what you are doing, what has changed. It's not necessary here to visualize some beautiful picture — just perceive what comes to you, after the formulation of the favorable future, and see yourself in that future, in that favorable situation.

And now, when you see clearly your favorable future, and you are within it, now look towards today — just look at your present from this future, and notice what you see differently from here. What has changed when you changed your perception, when you look into the present moment from the favorable future? Maybe you recognize that something you considered very important is not so important anymore. Maybe you see the actions that you need to take, or something that you need to stop doing, or you see resources that are available — something will appear, but if nothing appears, that is also fine, you don't have to force the information, just let it be revealed. Because we are just now changing the point from which we observe. Remember what we did last month, in September, when we practiced biography? We were looking from the present moment into the past events, and we recognized how differently we perceive the past event from the present moment — and now we move to the future, and look into the present moment, like it would be our past. So make a note — what changed when you looked at today from that favorable future? Make a note. Did the present problem become bigger, or smaller, or different? What became visible? Did your priorities change? Just make a note.

The future is multivariant (46:40)

And now we move forward. If we establish a favorable future, does that mean that everything must happen exactly as I imagine it? There was a question yesterday in daily concentration — not a question, but somebody shared the experience that the person was very strict about the goal, and how the goal must be realized, and it was very rigid, and if it didn't happen that way, that it was a great disappointment, or failure. So if you ask yourself, if I establish a favorable future, does that mean that everything must happen exactly as I imagined it? Well, according to Grigori Grabovoi, no. In the book *System of Control of the Future*, Grabovoi talks about the future as multivariant, and connects it with freedom of will. He describes favorable future in terms of greater stability, and he also introduces the idea of dynamic stability. And that is very interesting, because stability does not have to mean rigidity, and multivariance does not have to mean chaos — we can have both a stable, favorable direction, and different possibilities for its realization. In his book *Control by Means of Future Time*, Grabovoi also speaks about several trajectories, and several possibilities for positive solutions, finding a more optimal way, a more optimal variant of action.

So for our learning today, I propose a very simple formulation — we keep a stable direction but the path can be flexible — and we repeat this in every session. Of course, this is not a quote from Grigori Grabovoi, this is only a proposal, how to apply this in everyday life — so, always keep a stable direction, but be flexible in how your goal will be realized.

Practice 2 - More than one path. (50:31)

So let's practice that — let's go back to the same favorable future and just keep that future stable. For example, "I create stable professional activity in which my abilities develop and are useful to all." And now notice whether you have already attached to this future one particular path. First define your favorable future, and now look for the path towards that

future. And if you found only one path, concentrate a little bit more, because there are many paths leading you to that favorable future — so we need to allow other possibilities. We cannot say, "I must receive this job," or "this person must help me," or "the client must say yes," or "I need that amount of money from this source," or, "if I say that project must begin on this date, no other way." The point here is to keep the favorable future, or favorable direction, stable, but let different paths reveal themselves. Just release the route. Release only the assumption that you already know exactly how it must happen. Could there be another path toward the same favorable result? Just allow different paths to appear — allow one path, the other path — maybe you have three, four, five different ways. Even if you do not see any path, don't be stressed — here the purpose is to experience that the goal remains stable, but the various paths remain open — when the time comes, the right paths will be open for you.

And if you already have a defined path, just ask yourself whether you are attached to the favorable result, or are you attached to the way how it must happen, the idea how it must happen? For example, an everyday example — I imagine that I want to develop a project, and I decide that the project must be financed by some organization, and they refuse — and what happened? The only one possibility which I had, disappeared — but then I look back, did my favorable future disappear? No, it's still there — but then, perhaps another source of financing exists, maybe some partner will appear, or the project needs to start smaller first, and then it will develop, and then money will come — or it will develop in a completely different form. But still, the favorable future is stable and ready, but different opportunities are popping up. So make a note, please — Where in your life are you confusing the goal with the route? So, always have a very clear picture of the goal, but the way it will be realized is something different. Where in your life are you confusing the goal with the route? What happens when you have more than one path? Do you feel less stable, or more stable? Just make notes, and check the relation between your favorable future and the different paths of its realization.

The space of the future (58:41)

And there is another interesting idea, in the book *Construction of Spatial Structure of the Future* — Grabovoi speaks about construction of an event, but also speaks about constructing the space in which the event takes place. And importantly, he places the person within this future structure — he gives an example, in which the person perceives himself within the future situation, and describes the person's presence there as a part of the realization of the structure. So it gives us another practical distinction — sometimes we concentrate so much on the object that we want, and we forget about ourselves — for example, we are so focused: "I want the house, I want the job, I want money, I want the project" — but who am I in that reality? That is important — what am I doing, how am I living, how do I feel in that reality, in that future? So the future is not only an object, it is a structure of development, and we need to create that space of a future.

Practice 3 - When reality changes (1:00:55)*

So let's practice that. See the favorable future of your situation, you may use the same

situation as you started, but you can select another one. See yourself in that future, see the path you currently think may lead towards the favorable future. And now imagine that something changes — choose only one change, maybe you did not receive the help, or the money, or something happened, so that the first attempt does not work. And now observe your immediate response — do you think, "I failed, it is impossible, I was wrong, the future is gone" — or do you think, "I must continue exactly as planned"? In this practice, both reactions are interesting — one abandons the direction, and the other becomes rigid about the route, the path. In that case, the best is to return to the favorable future, and notice, has your favorable direction also changed? Maybe, yes. Sometimes this new information really shows us that the goal itself needs to be reconsidered, but maybe the goal has not changed, only the conditions have changed. So it is important to notice what has actually changed, and what remains stable, and what needs to be adapted.

Here I need to mention another book of Grigori Grabovoi, *System of Adaptive Restoration*, where he describes adaptation not simply as submitting to the external system, but as maintaining and developing control as conditions change. He also describes continuing control when the task has not yet been realized, and changing the structure of control when the task, or subsequent event, changes. So we have the situation, that the event changes, we observe, we return to the favorable direction, we adapt the action, and we continue.

So I can share with you my example — I plan to start to give a course in October, but in September something changed, and I did not have enough participants, and my rigid response could be, "I said October, so it must be October" — and another response could be, "it failed, I abandon everything." But adaptive control is as follows — what is the actual goal? My actual goal is to create a valuable educational program that can develop stably. So October is not necessarily the goal, October is only one parameter — to create a valuable educational program, it can start also in November, or maybe the format will change, or the audience changes. Something changes unexpectedly, and what do I change first — do I change my goal, do I change my emotional state, do I change my method, or nothing? So here it is important to distinguish what must remain stable, and what is free to change. So for my course, I said, okay, my goal is to provide a valuable educational program, no matter when it will start — October, November, March next year, everything still in the same direction.

Restoration and the Future Norm (1:09:20)

So, we arrive at restoration and the future norm. Often, when we have the word restoration, we imagine returning to what existed before — something was good, something happened, now I want the old situation back. From the previous theoretical part, we realized a more dynamic picture — Grabovoi speaks about forecast-oriented diagnosis toward the stable norm, he describes the presence of the norm as being obtained from the future in the present, and the growth of the structure of the norm is moving from the future into current time. And this is extremely important for our session. Restoration does not have to mean "go back," we can understand restoration as "re-

establish the norm, and continue development." Imagine, for example, a business that has experienced loss — restoration does not necessarily mean recreate exactly the business that existed three years ago, maybe reality has changed, or technology, or new customers, or the people involved have changed, I have changed, something changed. So the question becomes, what is the norm now, in the direction of continued development? So this is a very different question.

Practice 4 - Bring the Future into the Present (1:12:03)

So let's practice that — let's return once more to your favorable future, just perceive it calmly, recognize yourself there, recognize the norm of the situation. And now look towards today, from that favorable future, from that norm, and ask yourself — "What, in my present, already corresponds to that future? What, in my present, already corresponds to this future?" Maybe you have a competence, or resources, or knowledge, experience, time — just recognize it, the possibility. And now look, and observe, what, in my present, does not yet correspond to this direction — just recognize, no judgment, nothing, just recognize — what, in my present, does not yet correspond to this direction. And finally, you ask, what does this future require from me now — one action — select, or find, one action which you can take in the present moment, that will bring you closer to the favorable future and norm. Make it concrete — if you have financial issues, then you can make a note, "Tomorrow I will review my actual monthly expenses," or, "Today I send the proposal," or, "Tomorrow I will study this text for thirty minutes." — and see yourself doing it, see yourself. And return once again to the favorable future — now you know exactly what you can do in the present, and you see future development.

What we actually practiced today is not forecast, not prediction — we have not tried to answer, "What will happen to me?" — but we asked, and worked on, another question: "What am I creating, and how does that future organize my action now?" Definitely, we are moving from waiting for the future, towards participating in future development, in the creation of future. We also learned not to confuse stability with rigidity. Perhaps the future I'm creating is clear, but my way to it may develop, new information may appear, conditions may change, we may exercise our freedom of will — my own understanding may develop, reality develops, we are in constant movement. So we maintain the favorable direction, the favorable future, while continuing to perceive, learn, and act. Therefore, our simple formula is: stable direction, and flexible path, and conscious action now.

A Simple Four-Question Tool For Daily Life (1:19:10)

Now, just as Session Eight gave us four questions, I would like Session Nine to leave us with four very practical questions. When you are working with a goal, project, relationship, situation, health — always ask:

What is the favorable future? So, what am I creating?

Second question — What does that future show me about the present? So you look at today from the direction of the achieved favorable result, what becomes visible?

The third question — What must remain stable? And what can change? So we separate the two, the direction, and the way, the route, the path.

And the fourth question — What requires my action now? So one precise action, and then we act, and observe again.

Everyday Application (1:20:44)

So these are some tips for everyday application, and examples — let us see how simple this can become. For example, you have a financial situation, and you perceive the future as stable economic conditions, that support life and development, and when you look into the present, you see that expenses are currently greater than income — and what are the possible variants? You reduce unnecessary expenses, increase income, change the structure of work — and what is the action now? You say, "I review the actual numbers," and then you move forward.

There are other examples here on the slides, which you can relate to easily, but the point is to realize something. When we look into the favorable future, somehow most of the people think that you will just be teleported to that future, without any movement between the present and the future. Yes — in specific circumstances, immediate movement from present to future, as favorable future, is possible, but in everyday life, we still move within time, and we need those steps — so here we propose steps, but consciously created steps, so that we always know where the direction is, and how we get there. Okay, so don't forget, it's not enough just to set the goal, and concentrate, and poof, there is a realized goal. There are certain actions in between, which are necessary to be taken, and here we act as conscious creators, so we act knowing exactly where we go, and what we are doing. Of course, as I said, immediate translation from present to future is possible, especially when we speak about preservation of life and prevention of catastrophes — but that's another topic for Program Three.

Final Reflection (1:24:03)

Okay, so we are getting closer to the final conclusion of our session today. Thank you all for the attention — so before we finish, just let's take a moment and reflect. You do not have to answer aloud, if you wish to share, you are more than welcome — Where, in my life, am I waiting for the future, instead of consciously establishing its direction? Where have I confused one particular route with the goal itself? Where am I trying to restore the past, instead of creating the norm of continued development? What becomes visible, when I look at today from favorable future, what can change, what must remain stable? And again, what requires my action now?

Session 9 - Competencies (1:25:44)

And, in the spirit of Program Two, building the competencies — today we built the competencies:

1. First, we establish favorable future direction, without needing every step to be known

in advance;

2. Then we perceive the present from the direction of the future, rather than considering the present situation as the only reference point;
3. Then we distinguish the goal from the path, to avoid attaching the favorable result unnecessarily to one route;
4. Then we work with multivariant development, recognizing that several trajectories may support our favorable result;
5. Then we maintain dynamic stability, keeping the favorable direction while allowing methods, timings, and actions to develop;
6. Then we respond adaptively to changes,
7. We apply restoration towards the norm and continue development;
8. And then we translate that future direction into present action.

So that would be the competencies — eight competencies. Of course, there are many more, but for pedagogical purposes, we move through this program, every session, with eight competencies.

Today we began with the future, but we ended with action now, because working with the future does not take us away from reality — it brings us more precisely into the present, because once we know the direction, we can look at what exists now, what supports the direction, what needs to change, what are the possibilities, and how can I act. So we conclude today's session with a recognition which is simple — that we establish the favorable direction, we perceive, we act, we adjust, continue, keep the stable direction, keep the flexible part, and always consciously create in the present moment.

So today we are standing at an interesting stage, with Session Eight, we learned to give space to what we do not yet know. In Session Nine today, we learned to give the open perception a favorable future direction. And in next Session Ten, which will be the last for Program Two, we will bring all the competencies of Program Two together, so we can select and apply them more independently.

And then Program Three will take us further — we will begin developing our ability to work consciously with information, to explore intuition, developed perception, clairvoyance, and forecast-oriented control, within the teachings of Grigori Grabovoi. But the foundation for that work is already being created here.

References (1:30:39)

Thank you for your attention and participation in today's session. Here is the list of the books and the works of Grigori Grabovoi that this session has been developed upon.

The titles displayed on the slide are copied out here for convenience

- *Research and Analysis of Fundamental Definitions of Optical Systems in Prevention of Catastrophes and Forecast Oriented Control of Microprocesses*

- *The Teachings of Grigori Grabovoi about God: Time Control*
- *The Teachings of Grigori Grabovoi about God: The system of control of the future*
- *The Teachings of Grigori Grabovoi about God: Control through the time of future*
- *The Teachings of Grigori Grabovoi about God: The system of adaptive restoration*
- *Structuring Consciousness for Global Salvation. Method of prevention of a possible global catastrophe and salvation through the construction of the elements of remote reality. Self-restoration and restoration of others according to the principle of self-construction of reality.*
- *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. Answers to questions.*

I highly recommend these texts to be studied thoroughly, because, as you know, these free sessions are given, or prepared, just to inform you, and maybe educate, but at least to inspire you to study further, and also to give you practical tools and ideas, how the teachings of Grigori Grabovoi can be applied in everyday life. Whether you are walking, working, running, swimming, gardening, the control and conscious creation can be applied always.

Thank you so much, thank you for the participation, for development, for attention. Looking forward to next Saturday — I wish you all to have a beautiful, harmonious day. I hope to see you in daily concentrations as well, every day at six o'clock. Thanks again, wish you all the best, and see you soon.