

ETERNEL Program 1- Foundations of the Teachings of Grigori

Session 7: Normalization of Life Events

April 18, 2026

Welcome everyone to ETERNAL Program 1 - Foundations of the Teachings of Grigori Grabovoi, Session 7: Normalization of Life Events

At the beginning, take a deep breath and allow yourself to arrive fully in this moment. There is nowhere else you need to be right now. Nothing to solve immediately. We have only this moment. Only awareness. Only this beautiful space of life. Become aware that your attention is focused in present moment. And become aware that your consciousness became steady, clear and more present.

Today we begin to explore the theme of normalization.

- ∞ What is norm?
- ∞ What is normalization?
- ∞ Harmonization of everyday situations
- ∞ Applying methods to personal life such as health, relationships, work and many others.

The topic of normalisation comes as natural progression from previous sessions.

Often, when people hear this word, *NORMALIZATION*, they think of correction, repair, or the need to fight against something that seems wrong.

But in the Teachings, normalization is something much deeper.

It is not struggle. It is not force. It is not an attempt to create harmony where none exists.

Normalization is a return to the original truth. A return to the natural norm already present within life. A return to harmony, health, clarity, and the constructive order of all that exists at the fundamental level of every person, every event, every situation.

A very important idea in the Teachings of Grigori Grabovoi is that the norm already exists. For example, the key idea from the book *Restoration of the Human Organism by Concentration on Numbers* is that the norm of the organism exists initially. This means that health already exists. Harmony already exists. The constructive outcome, the result, already exists.

Even when we do not yet see it physically, even when circumstances seem difficult, even when there is confusion, fear, conflict, or imbalance, behind every temporary distortion there remains an original norm. And consciousness can reconnect to it.

Consciousness is capable of controlling reality. That is why when we work with consciousness, it is not passive. We are not waiting for harmony to appear by chance. We are participating consciously. We are learning to perceive the norm, support it, and direct our awareness toward the harmonious result that already exists.

In the deepest foundation of normalization is this simple idea that life is eternal.

If life is eternal, then harmony is also eternal. Health is eternal. Development is eternal.

Normalization, then, is the process of bringing ourselves, our relationships, our circumstances, and our daily life back into alignment with that eternal norm.

So before we continue, let us hold this intention together:

Normalization means returning life to its natural harmonious state.

Take a moment and breathe and let this understanding settle quietly into your consciousness. We are not creating harmony. We are uncovering what is already there.

Now let us go more deeply into the meaning of normalization.

In everyday language, we often speak about correcting, repairing, solving, or removing something negative. But in the Teachings, normalization is not simply about fixing a problem.

It is about restoring alignment with the norm of the Creator.

This norm is not artificial. It is not something invented by our minds. It is the original harmonious structure of life itself.

Who sets the Norm? Who says what the norm is?

According to the Teachings of Grigori Grabovoi, the norm is not set by society, institutions, personal opinion, or temporary external circumstances.

The norm is understood as originating from God Creator.

In the Teachings of Grigori Grabovoi, the concept of God is not presented as a distant authority or a fixed religious image. Instead, God is described in a surprisingly practical and experiential way as a living, acting Personality, present within reality itself.

Grabovoi speaks about God not only spiritually, but structurally. He speaks about the physical aspect of God, the informational aspect of God, the Soul of God and the interaction of these aspects with human consciousness

This view moves the idea of God away from abstraction and brings it closer to everyday life.

God is not somewhere far away. God is expressed through life.

This does not mean that everyone must understand God in the same way. In the Teachings, God is not presented as a distant religious authority. God should be and can be experienced personally through harmony, love, light, life, development, healing, protection, wisdom, or the feeling of a deeper order within reality.

If human consciousness is an optical instrument through which we perceive and influence reality, then God may be understood as the infinite optical field in which all reality already exists in its harmonious form.

So we come back to the beginning of our sessions when we explain the optics... optical systems. In optical terms, normalization means Adjusting our perception so that it aligns with the original light of the Creator. The more clearly we perceive this higher order, the more reality begins to reorganize itself according to harmony.

Grigori Grabovoi invites each person not only to believe, but to ask: How do I personally perceive God? Where do I experience harmony? Where do I experience life, support, creation, and development?

If normalization means returning to the norm, then the norm itself can be understood as the harmonious state of life intended by the Creator. In this sense, when we move toward life, healing, harmony, development, and eternal good, we are already moving in the direction of the Creator.

Norm is the original harmonious structure of life itself, the state in which health, harmony, constructive development, eternal life, and the well-being of all are naturally present.

From this perspective:

- ∞ The Creator establishes the norm
- ∞ Consciousness perceives the norm
- ∞ Human beings can align with the norm
- ∞ Normalization is the process of returning to that original structure

So, the norm is not something we invent according to personal preference. It is something we learn to recognize.

In practical terms, you can ask:

- ∞ Does this lead toward life or away from it?
- ∞ Does this increase harmony or conflict?
- ∞ Does this support constructive development for all?
- ∞ Does this align with eternal life and the good of everyone?

If the answer is yes, then it is closer to the norm.

Norm includes:

- ∞ health
- ∞ harmony
- ∞ constructive, creative development
- ∞ orientation toward eternal life.

So, when we speak about normalization, we are speaking about returning events, people, situations, and even our inner state into accordance with this original order.

Again, one of the clearest formulations is “*The norm of the organism exists initially*”. (*Restoration of the Human Organism by Concentration on Numbers*).

And this principle can be understood much more broadly than only the physical body. It can also apply to relationships, work, finances, communication, emotions, and the flow of everyday life.

What we usually call a problem may often be understood as a temporary deviation from the norm. A conflict. A delay. A misunderstanding. Fear. A disturbance in health. These do not have to be seen as fixed or final realities. They can be understood as informational imbalances which are taking place temporarily.

There is another key idea from *Applied Structures of the Creating Field of Information*: that any event can be represented as information. If an event is informational in nature, then it can also be reorganized. It can be returned to harmony.

Then another evidence in the works of Grigori Grabovoi also from *Applied Structures of the Creating Field of Information*: which is that by changing the structure of information, one changes the event.

This is why normalization is an active process of conscious restoration. It is not that we just wish that things improve. Normalisation is the recognition that behind every imbalance or distortion, there remains a deeper harmonious structure. And through consciousness, concentration, perception, and intention, we can reconnect with that structure.

And then, the world responds to the direction of our consciousness.

This means that the way we perceive an event matters deeply. If we focus only on distortion, we may reinforce it. If we begin to perceive the norm behind it, we strengthen harmony.

So when we think about normalization, we do not think only about removing a difficulty. We think about restoring life to its original constructive pattern.

Harmony is never missing. Sometimes it is simply covered by temporary imbalance.

And our task is to reveal it again and again.

Now let us bring this understanding into daily life.

Because normalization is not only something we apply in concentration or in some major situations. We can practice or, better to say, we can experience it every day in communication, in relationships, in our plans. in emotions, in the way we respond to events.

One of the most important ideas to understand is that every situation has an informational nature. So all of this is information, conversation, misunderstanding, relationship is information.

And because situations are informational, they are also responsive to consciousness. And then the world responds to the direction of our consciousness.

This means that the way we look at a situation matters. The meaning we give to it matters. The emotional state we bring into it matters.

Very often, when something unexpected happens, we react immediately. We become irritated, or we become anxious. Or we just focus only on the visible problem.

But if we want to come back to Norm, we need a different approach. We need to harmonise.

Normalization and harmonization are the words that we often use in the Teachings of Grigori Grabovoi, in daily practice of the methods of concentration. They are closely connected, but they are not exactly the same words.

Normalization means returning something to its original norm, the healthy, harmonious, constructive state that already exists.

Harmonization is the process through which this return happens.

We can say that normalization is the goal and harmonization is the process.

Harmonization is the gradual alignment of information, consciousness, emotions, perception, and events with that norm.

For example, if there is conflict in a relationship, harmonization means bringing calmness, understanding, and balance into the situation. When this process is complete, the relationship becomes normalized. Or, if there is stress in the organism, harmonization means restoring inner balance, peace, and correct functioning. When balance is restored, the organism returns to its norm.

We can say that we harmonize in order to normalize. Through harmonization, we gradually return life to its original constructive state.

There are 3 simple steps that can help us in harmonisation:

1. Observe without reaction

Before identifying completely with the situation, pause. See what is happening. Become aware. But do not immediately allow it to determine your emotional state. Create a small space between yourself and the event.

2. Recognize the desired norm

Ask yourself: What would harmony look like here? What is the constructive outcome? What would health, understanding, clarity, or successful resolution look like in this situation? With these questions, shift your attention from the problem itself to the norm behind it.

3. Introduce harmony through concentration

Bring your awareness to the harmonious outcome. Bringing awareness is not pushing, it's not forcing. We just strengthen the informational structure that corresponds to norm.

As Grigori Grabovoi say, by changing the structure of information, one changes the event.

For example:

If there is a delay, instead of becoming frustrated, we can begin aligning the timeline. We can calmly perceive the event happening in the right order and at the right moment.

Or if there is miscommunication, instead of focusing on conflict, we can align understanding.

If there is stress, instead of identifying with the tension, we return to our inner center. And we return our attention back to harmony.

Grigori Grabovoi also says that all events can be brought to harmonious state.

This is a very important principle. It tells us that no event is fixed. No event is hopeless. No event is outside the possibility of normalization and harmonization. Even the smallest situations in daily life can begin to change when we stop reacting automatically and begin participating consciously.

And this is one of the deepest forms of practice: Not waiting for harmony to appear, but becoming a source of harmony within the event itself.

Now that we have explored what normalization means and how it can be practiced in daily life, it may be helpful to look at some of the works of Grigori Grabovoi that support this understanding.

These works approach normalization from different angles:

- ∞ personal restoration
- ∞ harmonization of events
- ∞ scientific understanding of reality
- ∞ collective development
- ∞ eternal life orientation

Together, they help us see that normalization is not only an idea. It is a practical system.

1. Foundational Concept of Normalization

One of the clearest works on this topic is Restoration of the Human Organism by Concentration on Numbers. This work introduces one of the most important principles in the Teachings: the norm already exists. This means that health is not something we need to invent or create from nothing. Health already exists as an original informational structure. Normalization, then, is the process of reconnecting to that structure.

Another important idea from this work is that restoration is achieved through concentration of consciousness. This reminds us that concentration is not passive. It is an active process of directing awareness toward the norm and strengthening it.

This work is especially useful when speaking about health normalization, emotional balance, structured concentration, practical use of numerical sequences.

2. Systemic Normalization of Reality

Another key work is Methods of Concentration.

For us in ETERNEL, this work is one of the most practical bridges between theory and everyday life because it shows, step by step, how to harmonize events. The key idea here is that consciousness is capable of controlling reality. The Methods help us understand that situations in life can be approached as informational structures, and that consciousness is the instrument through which we align them.

Many of the Days reflect different aspects of normalization.

For example:

- ∞ Day 1 establishes awareness and control
- ∞ Day 8 works with consequences and past influences
- ∞ Day 10 supports simultaneous perception and stabilization
- ∞ Days 21 and 22 focus on harmonious development and the eternal reproduction of life.

But altogether, by concentrating on the surrounding world, we begin to control events. This is why the Methods are so valuable. They show that normalization is not only something to understand intellectually. It is something to practice every day.

3. Global and Event-Level Harmonization

The works of Grigori Grabovoi, which are related to normalization and harmonization can also be understood on a larger scale for global and event-level harmonization. The works of Grigori Grabovoi extend the idea of harmonization beyond the individual level and into relationships, communities, larger events, and even the prevention of catastrophes.

Key idea is that all events can be brought to a harmonious state. This is a very important principle because it means that no situation is beyond the possibility of harmonization. Whether we are speaking about personal life, a family, a workplace, a society, or global events, the same law applies.

Another key idea is that harmonious development is the norm of all processes. This reminds us that the natural direction of development is not fear or destruction, but harmony.

4. Scientific Basis of Normalization

Further on, we have a group of works of Grigori Grabovoi which are scientific basis of normalization. To understand normalization from a more scientific perspective, we can turn to Applied Structures of the Creating Field of Information.

This work explains that reality itself can be understood as an informational field. The key idea is that the world is created as an informational structure and any event can be represented as information. This is important because if an event is informational in nature, then it can also be reorganized.

And by changing the structure of information, one changes the event. This creates a bridge between consciousness and reality. It shows that perception, attention, and concentration are not abstract ideas. They are real instruments of transformation.

A closely related work is Research and Analysis of Fundamental Definitions of Optical Systems. This work explains the role of light and perception. The key idea here is that perception forms the reality observed. And through perception, one can influence the course of events. This reminds us that normalization is not only about what we think. It is also about how we perceive, how we see, and how we direct awareness.

5. Prevention as Advanced Normalization

The next group of works of Grigori Grabovoi can be related to the prevention as advanced normalization. Another important work is Irrational Methods of Prevention of Catastrophic Processes. This work introduces a powerful idea: normalization can begin before a problem fully appears. It is possible to prevent events before their manifestation. This means we do not need to wait until a situation becomes severe before responding to it. We can notice the first signs of imbalance and begin harmonization immediately.

Another important formulation is that control is carried out at the level of information. This is why consciousness can act before physical reality becomes fixed.

6. Device-Based Normalization

The next group is device-based normalization. We can also mention the patent Information Carrying System. This work helps explain how technical systems and devices may support normalization. For example, PRK-1U or PRK-1UM can be understood as supportive instruments working together with consciousness. The device itself does not replace consciousness. It supports concentration, amplifies attention, and helps stabilize the informational field.

7. The Ultimate Norm: Eternal Life

Finally, we come to one of the deepest works: Resurrection of People and Eternal Life. This work presents the highest level of normalization where the key idea is: “Life is eternal.”

From this perspective, death is not the final norm. The deeper norm is eternal life, full restoration, and eternal harmonious development.

And the the task is to ensure eternal development and life.

When we speak about normalization, we can think about it on three levels:

1. The personal level
 - ∞ health
 - ∞ emotions
 - ∞ daily situations
2. The event level

- ∞ relationships
- ∞ work
- ∞ communication
- ∞ life circumstances

3. The global and eternal level

- ∞ humanity
- ∞ prevention
- ∞ collective development
- ∞ eternal life.

And all of this can be summarized in one simple idea: Normalization is not correction. It is a return to what has always been true. So we just need to reveal norm and harmony through consciousness, through conscious awareness.

Now let us move from understanding into direct experience.

All what I previously said comes from the need to share the information with you. to increase your interest to study more the teachings of Grigori Grabovoi and his works.

But let us move now from understanding into direct experience. Because normalization becomes real when we begin to practice it and when we experience it

Let's, take a moment and relax your body a bit. Take a breath or just relax. Let your attention to become calm and stable.

Now bring into your awareness one real-life situation. Choose something simple. Maybe a relationship or work or communication, maybe stress or a delay. Please, do not choose the most difficult situation in your life. Because it creates certain pressure, and now we just practice to experience the normalization. Choose something that feels possible to hold in your awareness.

Now see this situation as a sphere of information in front of you. Do not see it only as a problem. See it as an informational structure. and observe this sphere without pressure, without fear or any emotional reaction.

Now begin to introduce light into this sphere. Bring more of light into the sphere to fill the situation. Light brings order. Light brings harmony.

If there is confusion, just add more of light through your focus. You may just think: "I create light, and I add light to this situation" And your thought immediately sparks the light. Or feel the light flowing from the area of your heart. And fill the situation in the sphere in front of you with that light from your heart. If there is tension, allow calmness to appear with light. If there is some delay, allow the correct sequence of events to appear.

Light carries information about the world and Norm as envisioned by God Creator. Perceive the light of God Creator, the light of the source, original source presenting the Norm. If necessary, adjust all your structures: Soul. Spirit, Consciousness, Physical Body to let original light to be transmitted through you to the sphere in front of you. So you can align the sphere with positive outcome, with norm with health. With constructive development.

And when you look back into the situation that you tried to normalize, see the situation already normalized. See it already existing in its harmonious form. See the desired result as something present now.

The harmonious outcome of every situation also already exists.

Just let your consciousness to connect the present moment to that normalized state.

Just be in calm certainty that the world responds to the direction of your consciousness. Feel that your consciousness is already bringing order into the event. Feel that harmony is already active. Feel that the situation is already beginning to reorganize itself. Just let this happen. Only alignment. No pressure. No force. Only harmony.

See the harmonious version of the situation. See it stable and clear. You may say within yourself: "This state is fixed. This harmony is stable. This normalization is active."

And see the sphere of information to become calm and luminous.
Allow the harmonious structure to remain stable.

And feel gratitude, certainty and calmness.

Do not leave the state of harmony. Carry it with you. Take this harmony into your day. Into your communication. Into your actions. Into your perception. Because normalization is not only something we do during concentration. It becomes a way of living.

Thank you so much.

As we come to the end of this session, let us remember the main ideas.

Normalization is the restoration of the natural state.

Reality is responsive.

Consciousness influences events.

And even small daily applications can create transformation.

By changing the structure of information, we change the event.

This means that every moment matters. Every thought matters. Perception matters.

And the most important thing is this:

Life does not need to be forced. It always responds to clarity, to awareness and harmony.

And through your consciousness, you guide it back to its natural form.

Our task is always to ensure eternal harmonious development and eternal life for all.

With this we come to the end of today's session. Here you can find the references to the works of Grigori Grabovoi that the content of today's session is based upon.

Thank you for being here at ETERNAL platform. This is a place where you can discover and explore the teachings of Grigori Grabovoi in a simple and practical way. And it is the idea that each of us can influence our life through conscious action. And this platform is here to support you in awakening that ability and moving forward in more harmonious and natural way.

And although this programme is simple, it is still educational and should be understood as such. And we all have the right to education which is directed to full development of human personality. And this activity is aimed at achieving the norm on the basis of self-development and should not be considered as healing.

Thank you so much. Thank you for your beautiful presence and active participation. Looking forward to our next session dedicated to the topic of Restoration of Information and Matter. That's the next step in our development.

And thank you for contributing, through your awareness, to a more harmonious world. Thank you so much. Wish you all to have a beautiful, harmonious life. We continue our meetings every day at 6 o'clock in the evening for daily concentration exercises with pleasure.

Thank you so much.