

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

Session 2 - Conscious Application of Control

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

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Hello everyone. Welcome to our second session of ETERNAL Program Two, Developing the Competence of Conscious Creation in Everyday Life, based on the teachings of Grigori Grabovoi. The ETERNAL Platform was created as an open educational space where this beautiful knowledge of the teachings of Grigori Grabovoi can be explored in a structured way. Thank you for entering this space with love, and with calmness, and awareness that your presence supports the creation of collective harmony and eternal life for all.

Today, special greetings to Patricia Morkus, she will share with us specific methods, technologies and results of practical application of conscious control.

Programs (1:22)

Just to remind us all - in Program One, a few months ago, we discovered the foundation of the teachings, and the fundamental concepts of the teachings, and how, through our daily concentration, we can gradually develop our perception and ability to work with different methods. This second program, which we attend now, and which we are going to attend for probably ten more sessions, takes us into the next stage, where the question is no longer only "How does conscious creation work?" but our question is becoming, "How do I live as a conscious creator every day?"

Program 2 - Main Topics and Study Areas (2:29)

And this is why today's theme is conscious application of control. We will talk more about stability of consciousness in daily life, and how to avoid emotional and mental disturbances during practice and control. And, as I mentioned at the beginning, we will have a great opportunity to receive information from Patricia Morkus about her real practice and experience, real control on rejuvenation and restoration of the organism. And I'm sure we all look forward to her sharing.

But before that, let's cover some tips on how to achieve and maintain the stability of consciousness in daily life. Last week, in our first session, we worked with the technology of structuring the Basic Area of Consciousness for eternal life, we consciously established a supporting structure for control, and we worked with the sphere of consciousness. We identified the areas connected with the Spirit, physical body, Soul, personality, external information, and so on, and finally we brought all these structures into one coordinated sphere, directed towards eternal life and harmonious development.

Today we will not reconstruct this entire technology again, because what happened last time was really, truly, like an initiation, like an event which happens once in a lifetime, and it stays, whatever we gained and received during the concentration last time, it remains forever, and we just need to recall the technology in one single impulse. And therefore we will do it quickly today, later, when we start the concentration, because today we will take the next step.

So we ask: What happens when I leave the concentration, and I return to everyday life? Can I preserve the direction of control when I'm talking to someone, or when I'm working, or when I receive unexpected information, or when something happens in my physical body? Sometimes we might be

overwhelmed with emotions, and our thoughts start to move very quickly, or reality does not immediately look the way we expected. And this is where our knowledge begins to become a competence.

References (6:56)

For today's work, we will draw especially upon three seminars of Grigori Grabovoi:

29102004_EN The Teaching of Grigori Grabovoi about God. Control of thinking.

19082005_EN The Teaching of Grigori Grabovoi about God.

Self-organization of a personality through an external event.

27082005_EN The Teaching of Grigori Grabovoi about God.

Expansion of Consciousness into the area a stable control.

- because these three works give us a progression to stable consciousness, harmonious thinking, and conscious action within the event. So today we are going to explore these three levels practically.

Return to the structure of Basic Area of Consciousness (7:57)

Before we continue, let's briefly return to the structure we created last week. Just become aware of your presence in this moment, and feel your physical body and just recall the sphere of your Consciousness, approximately three meters in front of you. Today we don't need to reconstruct everything that we did last time just recognize this beautiful, silvery white sphere of Consciousness in front of you, and the top hemisphere, which is white, like snow. And there you can notice, or become aware of, your Spirit, physical body, Soul, personality, you are just completing the puzzle, you are creating the whole picture. You become aware of external information, and you become aware of God, Creator, present in every step, and we complete this sphere of the Basic Area of Consciousness.

So we are aware that our consciousness has different structures within it, and they can act simultaneously so we are aware of the present structure. You may even state, "My consciousness is structured towards eternal life and harmonious development," and the Supporting Area of Consciousness is available immediately.

You can also make this image of your consciousness, and the sphere of consciousness in front of you, with all the structures within, even simpler, maybe the sphere becomes only light, so you perceive only luminous areas, or only one point remains. And also, if there is no visual image at all for you, you simply know that the structure is present. And we keep this awareness all the time, not only during this session, during the concentration, but also after the concentration, during the day you just bring your awareness to that light, or the sphere of your consciousness, or to that point.

Expansion of Consciousness into the area of stable control (12:36) And so, when we become aware of the structures, of consciousness as a structure containing, and covering, and being united with all other structures, Soul, Spirit, physical body, external reality, the light of God, Creator then we have the platform to gain the stability. So, as you know, last week we spent a lot of time building the structure, and today we recall that in only a few minutes. Luckily, this is the result of development. the technology that initially required many conscious steps gradually became accessible through much shorter action.

And this brings us directly to the seminar of Grigori Grabovoi, Expansion of Consciousness into the Area of Stable Control. In this seminar, Grigori Grabovoi describes how a person can carry out ordinary

work while periodically, or continuously, remaining within the controlling area - he develops this further, towards a condition in which the expanded phase of consciousness becomes aligned with ordinary perception and ordinary activity. And this is very important for this second program of ETERNAL Platform, because we could unconsciously create a separation - for example, you may say, "Here is my concentration, and here is my life, and I concentrate for twenty minutes, and then I stop, and then life begins again." But what happens if conscious creation gradually becomes part of life itself? Then this means that I can be cooking and controlling, and walking and controlling, working and controlling, speaking with you or somebody else and controlling, making a decision and controlling.

So the goal is not to remain all day in some unusual state, but quite the opposite - the expanded controlling state should become increasingly natural. And this gives us a very important definition of stability. Stability is not the state in which nothing changes - because we know that everything changes, events can change, our emotions can change, our thoughts, the circumstances can change, even our physical body gives us different information, and other people make different decisions in relation to us, and it matters to us. But within all this movement, the direction of our consciousness should remain stable. And I would like you to remember, as a tip of today's session, that stability is not the absence of movement - stability is maintaining the direction of control within the movement.

The Stable Point - A simple center of control that remains stable (17:53)

So let us experience this with one quick exercise. Become aware of your consciousness, and become aware of your controlling area, which is in front of your chest - and since you are already so experienced, you can see, in your controlling area in front of your chest, the formation of a sphere of control, or various light appearances, whether it's a point or a sphere. But now you are looking for one point, one point of light - so you do not search for the perfect location, you just recognize one point that is convenient for you. And you place, in that point, the information of eternal life, of harmony, Creator's norm, harmonious favorable development. And keep this point stable for several seconds.

Now move your hand, but keep the point in front of you - the point remains. You hear my voice, but the point remains - you can see your surroundings, but the stable point remains, - various thoughts can appear, but the direction of control remains. With this exercise, we just practice intentionally getting into the point of stability - no matter what kind of events or circumstances we are in, we can always maintain and keep this stable point in front of us, call upon it - and this is one of the competencies we are beginning to develop, to be able to remain stable and focused in every life situation, because ordinary life and control are not separate, they coexist.

Control of Thinking - Thought needs direction, not suppression (23:13)

So when we gain this stability, this does not mean that we are fixed in that state - for example, what happens when some thoughts begin to appear, or when we believe that a successful concentration requires us to have no thoughts at all, but a thought appears - then immediately we think, for example, "I shouldn't be thinking," or "Now I have lost my concentration," or "I'm not doing it correctly." So one thought has now produced four thoughts, and it develops progressively - so this means that we created the disturbance ourselves.

And in the seminar Control of Thinking, Grigori Grabovoi offers another approach - there is one of the technologies which is very interesting, that we first perceive a sphere of thinking, then we establish the goal of control outside this sphere, and only afterwards we introduce the goal into the sphere of

thinking. What does this mean practically? Often we do exactly the opposite - something happens, and immediately we begin thinking from inside the problem. For example, we receive an unexpected message, and immediately we start to think, and the questions come - Why? What happened? What if this means something else? What will happen tomorrow? What if it gets worse? We may have one fact, and then, through our thoughts, we have a million interpretations of that fact.

So Grigori Grabovoi offers a very quick technology which gives us another order - which is, to first establish the goal, and then allow thinking to serve the goal. And this is a very important difference, because the event itself does not establish my goal - my fear does not establish my goal, my first emotional reaction does not establish my goal - I establish the goal consciously, and then I bring it into the thinking.

So let us do this quick practice immediately. Choose one simple, current situation - I hope you are not going to choose the most difficult problem in your life. We are now developing the competence, so be gentle with yourself, and choose something which can develop quickly - maybe some decision, or some situation, a conversation with a friend, or a physical goal, something simple.

And now perceive your sphere of thinking. And now, it is not necessary to analyse the situation, you just need to establish the goal, but establish the goal outside the sphere of thinking. So let this goal be harmonious development of this event, or restoration according to the norm, or clarity and a harmonious decision, harmonious development for everyone involved.

And when your goal is now created outside of the sphere of thinking, you can see, and observe, the goal which exists independently of your fear, independently of expectation, independently of thoughts such as "What happened yesterday?" or "What will happen tomorrow?" - the goal is absolutely clear and independent. And when it is absolutely clear and stable, now you can bring your goal into your sphere of thinking, and with this action you initiate the process in which thinking begins to support the realisation of your goal.

Control of Thinking - Thinking does not need to stop, thinking needs direction (31:25) And the thinking does not necessarily stop - it is described in the seminar of Grigori Grabovoi, Control of Thinking, that thinking needs direction. Many times, during the concentration, and during the control, a thought appears - for example, "Maybe this is impossible." - and the point is, we do not have to fight the thought, we recognise, this is a thought, but where is my goal? We need to return the light of thinking towards the goal. So during the process of control and concentration, many thoughts can appear, and you don't fight, you just recognise, this is a thought, but where is my goal - and you move the light of your awareness, and light of your consciousness, towards the goal.

During the concentration, maybe an old memory appears - it's also a thought, of a past experience - recognise it, and again ask yourself, where is my goal? And, as simple as that, this is the control of thinking. The control of thinking would not be to say, "I must not think." - quite the opposite, we should say, "My thinking participates in the direction of my control."

And this actually changes how we approach what we originally called emotional or mental disturbances. Therefore, I would actually formulate this title differently - instead of "Avoiding emotional and mental disturbances" it should be "Maintaining direction of control during emotional and mental activity" - because emotion can appear, as we know very well, a thought can appear, some physical sensation can appear, and we do not need to be afraid of them. The important question is, what becomes the organizing principle of my thoughts - is it a disturbance, or the goal? So, in concentration,

in conscious creation, and conscious control, we prefer that our organizing principle is always the goal, not the disturbance.

Control of Thinking - Do not enlarge the disturbance, enlarge the harmonious context (36:08)

There is another useful technology in Control of Thinking - when a pressing situation can be perceived within a smaller, informational sphere, and around it we establish a much larger sphere, connected with favorable development. I find this principle very important for everyday life, because when something worries me - what I used to do, what all of us tend to do - we immediately enlarge it, we think about it, then we think about the consequences, then about the consequences of the consequences, then we speak to somebody about it, and then perhaps we search for more information. And if you can imagine that, gradually, the disturbance occupies almost the whole field of consciousness. Grigori Grabovoi proposes the opposite: do not enlarge the disturbance, enlarge the harmonious context, because the temporary difficulty is not the whole reality - it exists within a much greater structure of development.

So let's do a short, very useful practice - let's go back to the situation that you selected, and if there is something disturbing within it, perceive this as a small, informational sphere. Do not fight it, or destroy it - again, just recognise that in that small sphere there is

something disturbing. And now, around this sphere, establish a much larger sphere of soft, silvery white light - and this large sphere contains harmonious development, eternal life, freedom, Creator's norm. And just let this larger sphere become primary in your perception - and this is how favorable development becomes greater than the temporary disturbance. And you return to your stable point.

So you see how it is easy to deal with the disturbances in our concentration and control, which are mostly coming from our own thoughts.

Self-Organization through the external event - The event can become part of your development (41:03)

And now we arrive at our third level. We have established the stable area, the point of stability, we worked with the thinking, and life goes on, and life actually happens, and someone says something, or something unexpected happens - maybe some physical sensation appears, our plans are interrupted, or somebody makes a decision that we cannot control. What then?

The answer to this question, of course, Grigori Grabovoi offers in his seminar, Self- Organization of Personality through an External Event. The title itself is interesting - it does not say "protection of personality from the external event," it says "self-organization of personality through the external event." And this gives a completely different relationship with reality, because the event itself can become part of our development. Grabovoi works with that possibility of simultaneously perceiving our own information, and the external event.

And this brings us to a very important question - Who am I, in relation to this event? When something happens, we immediately move into reaction - so we have event, emotion, thought, interpretation, and reaction. But here we can have another structure - we have event, perception, "Who am I in relation to this event?", then establish the goal, then control, and then action - and that is a very big difference, between what happened, and who I am while perceiving what happened. Because the events do not create us - our Soul exists, our Spirit exists, consciousness, personality, all of this already exists. Therefore, we can return to ourselves first, before any reaction, emotion or thought starts to organize the structure.

So let's practice this quickly too - become aware of your chosen event, and notice how you react towards this event. Just notice your reaction - maybe it is an emotion, or a thought, it can be a physical sensation - you don't have to change anything, just become aware, what is your reaction to that event?

And now remove yourself one step back from that event, and just ask yourself, "Who is perceiving this?" So you move slightly deeper than the reaction - you come back to yourself, recognize yourself, your Soul, your Spirit, your consciousness, your personality, your physical body - you existed before this reaction. And when you become aware of that fact, and now you can look at the event and notice that something has changed - the event is there, and you are here also. You perceive the event, and you perceive yourself. And now you establish the goal, and you can control, and you can act, and return to your stable point.

The Favorable Future - Establish the direction before the event (48:16)

In the same seminar, Self-Organization through the External Event, Grigori Grabovoi gives us another very practical technology, which concerns establishing favorable future information in advance - and that is, for sure, very useful for everyday life. We do not always have to wait for a problem before beginning control - why wouldn't we control before a meeting? What do we do, in the control for the future event? That future events develop favorably. Before traveling, you just control, "Future events develop favorably." Before any important decision, or opening important mail, just control, "Future events develop favorably." Even before going to sleep, "Future events develop favorably." With this simple thought, this simple statement, this simple control, we do not dictate every detail of the future - we establish direction, that everything develops favorably. So we do not say "This person must say exactly this," or "This situation must happen exactly in this way." - no, we establish that the event develops favorably, develops according to the norm, and then we remain attentive to how this harmonious development manifests.

It is truly an interesting seminar of Grigori Grabovoi, and if you are interested to study it deeply, you are more than welcome, because this seminar also describes connecting present control with the line of future development, and it shows us another beautiful principle, which sounds like - do not organize the future from the present problem, but organize the present from the favorable future. So: do not organize the future from the present problem, but organize the present from the favorable future.

Lidija Gruber's Introduction to Patricia Morkus (52:46)

And this brings us perfectly to the practical example that we will hear from Patricia. Patricia Morkus will share with us her practical experience connected with rejuvenation, regeneration, and restoration. Before that, I would like us to listen to Patricia today not only as listeners hearing a success story, because we are students of competence - so while Patricia speaks, try to observe several things: What was her goal? What did she establish as a goal? How did she establish the control? How did she maintain direction of control over time? What happened when she received new information from the physical body? How did she respond to the results? Did she have moments of doubt, emotions, or expectations? How did she continue?

And after Patricia's sharing of her experience, the point is not to think "How can we copy what she did?" but "What principle of conscious application can we learn from her experience?" - because each person has their own consciousness, their own perception, their own situation, and, of course, their own development - and that's why we think of the principle of conscious creation that you can learn from Patricia's experience.

So, thank you. Thank you all very much. Thank you, Patricia - I give the space to you now. Thank you.

Patricia Morkus - Practical application on "Rejuvenation by Eternity" and "Recovery of Man's Matter" (56:56)

Hello everyone. Welcome. My name is Patricia Morkus, and today it is my pleasure to share with you a management to rejuvenate, from The Teachings About God - Rejuvenation by Eternity - a seminar created by Grigori Petrovich Grabovoi on March 24, 2005.

In this seminar, the author explains that in eternity, we are in control of the restoration of our health, through the concepts and technologies of rejuvenation. To carry out health and rejuvenation, we must do a management visualizing at some infinite level of eternity. In the technologies of eternal development, there is the following requirement - whatever level of control there is, at some horizon, some real object - the sea, or say, a river - all these phenomena must provide a person with a kind of energy, and produce a specific effect. Meaning, for us to receive energy, or any kind of restoration, through an object, we must perceive that we are receiving energy through our spiritual vision. This energy can be perceived as light coming from the specific object we are concentrating on. So the requirement here is to perceive.

In eternal development, a thought can be favorable through your thought, because every element of reality becomes eternal, and you get health. For a person to be healthy, or regain his health from the original level of his creation, he must primarily perceive his primordial thought - meaning, the norm of his creation. The easiest way to rejuvenate is when a person sees precisely the primordial level of God's creation - that is, when God created mankind.

This was a very brief introduction to the procedures of the technology we are going to do today. Now I will be reading all the steps we'll be doing.

Technology steps to Rejuvenate (1:00:19)

Number one: visualize, or imagine, a horizon in front of your chest.

Number two: five centimeters to the right, and fifteen centimeters from your physical body, perceive a vertical line - this line represents God's creation. Number three: enter the radiance of God.

Number four: perceive the norm of your creation.

Number five: perceive a slight movement in your body.

Number six: make sure you are rejuvenating.

Rejuvenate Through the Structure of Healing (1:01:25)

Number seven: to rejuvenate through the structure of healing, we have to choose an object from reality, and perceive how it's revitalized.

Number eight: mentally keep in mind the primordial thought of a human being.

Number nine: mentally keep in mind the primordial thought of humanity, as it was conceived when God created humanity - integrate your consciousness with the whole world.

Number ten: if, at the time of carrying out this management, there are people in an area close to you, you should also include them in the rejuvenation process.

Well, the images you are going to see don't pertain to the author's seminar - they were created to help students with a visual understanding, in case they haven't developed their internal vision yet. And now, without further ado, let's start.

The Practice (1:02:51)

Visualize, or imagine, a horizon in front of your chest - then five centimeters to the right of your physical body, that means five centimeters from here to here, and then fifteen centimeters in front, here, in front of your physical body - perceive a vertical line. This line represents God's creation. Enter into the radiance of God - and for me, I took it literally, I really enter into the radiance of God. Now perceive yourself created in the norm - the way you were created. The act of observing how God originally created you is exactly what generates rejuvenation. Continue perceiving, and observing, the way you were originally created - and, at the same time, you are in the glow of God.

You were created in the image and likeness of the Creator - we have the same structure, the same cells, the same skin, the same heart, protons, neutrons. The radiance of God is beautiful, it is powerful - bathe in it. I'm going to give you a few minutes for you to really go into this light, and see yourself created as God created you, in the norm.

Make sure you are rejuvenating.

Next, it is important to perceive some change in your informational body - it can be the gentle movement of perhaps a muscle, the gentle movement of one of your fingers, it can be a little movement of one of your eyes, or your heart - just perceive some kind of movement. Again, observe your rejuvenation.

Now we are continuing our rejuvenation, through the healing structure - in order to do so, it is necessary to perceive how at least one element of our reality is changing. For example, on this slide, I chose a book - with my perception, I'm going to perceive how the book starts to change, it's being revitalized. It's being revitalized, it's recovering the norm, as it was originally created.

Now, right now, look around - look around you, and choose an element of your reality. The author suggests choosing an element of your reality that is always in the same place, to avoid wasting time every time you do this management - it can be a pen, a window, a wall, it can be a tree, some glasses, whatever you decide - just choose one element.

Now start perceiving how your environment begins to change - look at the object of your reality that you chose, and perceive how it's being revitalized, it's regenerating.

Next step - perceive how your age has changed, you look younger. You look jovial, radiant, stronger - your reality is transforming instantly, keep concentrating, observe your rejuvenation.

Mentally keep in mind the primordial thought of a human being - that is, God created man in the norm. And now, mentally keep in mind the primordial thought of humanity - that is, God created humanity in the norm. Keep observing your rejuvenation.

If, at the time of carrying out this management, there are people in your area close to you, you must also include them in this rejuvenation process, even if it is for a millisecond - and this will also improve their health. The author says that no one can be excluded. I'm going to share the way I do it - let's say that your family is close to you - the way I do it is that I immediately project them in the glow of God, just for a few seconds, and that's all. And, with this last step, we have finished this management.

Recovery of Man's Matter by Concentration on Number Rows - Method 3 (1:16:15)

Now, however, we are going to continue a recovery of some of our organs' matter, through a concentration of numerical sequences - we'll be doing a recovery of our cells, tissue, muscle tissue, and nerve tissue, with method three, which says: look at the image or name of a matter, and mentally pronounce the numbers of the corresponding row. However, I will share with you the way I personally do it, because I also like to concentrate on the sequence with music, for at least three minutes after the method.

First we are going to repeat mentally - my cells correspond to the norm of the Creator. Then we are going to repeat the sequence, read digit by digit, adding "health and eternity" in between the spaces - for example, we say: "In fact, my cells correspond to the norm of the Creator. 3 1 9 health and eternity 0 7 8 health and eternity 1 2 1 health and eternity 9 4 2." After, we concentrate on the whole sequence, perceiving how a silvery white light, from the digits, covers the entire cell's image - while music in the background will be playing, helping with our concentration. If you don't like the music, just turn it off. We'll be doing this concentration for three minutes, for each of the images.

Concentration for cells (1:19:04)

Now, let's do it - we are going to start again. We repeat mentally: in fact, my cells correspond to the norm of the Creator. Then we say: 3 1 9 health and eternity 0 7 8 health and eternity 1 2 1 health and eternity 9 4 2. And we continue concentrating, with music, for three minutes. Perceive the silvery white light from the numbers, from the digits - this is your time, make it work, it's only three minutes.

Concentration for Tissue (1:22:47)

Now we are going to continue with the tissue image - so we are going to repeat, "In fact, my tissue corresponds to the norm of the Creator." Then we repeat mentally: "8 9 8 health and eternity 3 1 4 health and eternity 9 8 8 health and eternity 8 8 9." And we continue concentrating for three minutes, with music.

Concentration for Muscle Tissue (1:26:22)

Well, now we are going to continue with muscle tissue, and we repeat - "In fact, my muscle tissue corresponds to the norm of the Creator. 5 1 4 health and eternity 3 1 2 health and eternity 8 1 4 health and eternity 3 1 2." And now we are going to continue concentrating with music in the background. Remember that the tissue that you are seeing is your tissue.

Concentration for Nerve Tissue (1:29:45)

Now we are going to continue with the nerve tissue, and we repeat - In fact, my nerve tissue corresponds to the norm of the Creator. 7 1 8 health and eternity 4 1 2 health and eternity 5 1 8 health and eternity 9 1 4." And we're going to do the music for three minutes - concentrate on the digits, visualize the silvery white light.

References and Conclusion(1:33:18)

Well, we are going to finish now. But before we are done, where you are sitting, in front of your computer or your phone, feel yourself already younger, youthful, healthier. Breathe, take it in - your process of rejuvenation has begun, you may not notice it yet, however, it is happening. Your internal organs are also being rejuvenated.

So, thank you so much, thank you kindly for being here, and if you have any questions, I will gladly respond.

Lidija Gruber speaks

Thank you, dear Patricia - thank you so much for a beautiful concentration. During the concentration, especially on this last exercise, I felt, like, electrical wires through my body - like impulses of light are traveling through the nerves - and it is so important, because our physical body is created to be able to process light, and I felt it, I felt how it travels through the whole system. Thank you so much, beautiful.

Would anyone else like to share, or ask a question? Unfortunately, we didn't hear the music, but I didn't want to interrupt you, Patricia - the sound of silence was also appropriate.

Patricia Morkus speaks

I just want to mention that when I did my process, I had no expectations, I put no pressure - I just want to share how I did it. Due to not having any expectations, I think I just let it happen, because in the book, Grigori Grabovoi says that sometimes, whenever we expect conflict - the way we are going to look, and the way people are going to see us - it can slow the process of rejuvenation. Back then I didn't know, I hadn't read the book when my process started, so I had no expectations, and it happened. Another thing that happened is that I did a lot of psychological normalization for my family and for me - so when my process happened, I was expecting my family to say, "Oh my god, you look fabulous, what did you do?" And nothing happened - they thought I was just like that, I was born that way, everything was so normal for them, and that was due to the psychological normalization. I still ask them, and they say, "Well, you know, you just look good." I'm baffled - how is that possible, there is such a big difference? But it's due to the psychological normalization.

I also want to mention that a lot of things in my body had been normalizing - for example, just to give you one of many things, I used to have something called purpura, and every summer I would get really big red spots on my legs, because it was so hot, and when I was walking, that's what would happen to me, due to the heat and the walking - my legs would be completely covered with red spots, they didn't look nice. Well, this summer I haven't had any - completely gone. Also my hands, my skin, have no spots at all, they are so clean. And I want you to see something that happened also in the beginning that kind of blew me away - the shine in my eyes. I'm going to take off my glasses - I'm not sure if you can see it, but that was a big change too, because before, my eyes were very opaque, they had no life, and I also had a lot of dryness in my eyes, and everything is gone. I'm just fabulous, I feel fabulous, due to everything I've been doing, thanks to Grigori Grabovoi and all this knowledge - and, as Lidija said, we can personalize our management the way that feels right for us, because I noticed that nowadays I add so many things, I change things, I work with music, because I feel so comfortable with the knowledge - so a lot of times I do one control on top of another, and I continue working on it. And now, if you have any questions regarding the technology that we did, please ask me.

Participant: "I just want to share something - the main thing that happened to me, I think I gained at least ten centimeters. It's incredible, I can feel it, it's the first thing that happened - boom."

Patricia: "That is wonderful, great. Anybody else?" Participant: "Can we use this method for bones?"

Patricia: "In the book of Grigori Grabovoi - I'm not sure if it's Book One or Book Two - there are images with the bone structure, so you can definitely work with that, and use the image to heal. He has nine methods, so just choose the one you feel most comfortable with, and it will definitely work."

Lidija Gruber resumes (1:45:06)

So, thank you all, thank you so much. Thank you, Patricia, for a beautiful concentration, and thank you all for the participation in today's session. I hope you are able to use the tips, and the quick technologies, to stabilize the concentration, to stabilize the control, the thoughts.

I followed Patricia's explanation and concentration, how she does the concentration as a teacher, but she speaks with her own confidence coming from her own results and experiences - and it's different, when somebody speaks only on a theoretical level, and when somebody speaks with that experience, with achieved results by the use of the methods - it is so authentic, and that is why we receive such strong reactions to her controls and concentrations. So, thank you, thank you so much, thank you all.

I suppose, with this, we can conclude today's session. We see that every moment of our life is an opportunity for development - and the other thing is, we don't need to leave somewhere, or leave the movement, or remove ourselves from everyday life, in order to carry out the control - we are learning to control while we move through life. And this is something we would like to achieve during this Program Two - that we know the methods, and we apply the methods, and through that application of the methods, we amplify also our own capabilities, and talents, and possibilities - and this means that we start to use our competences, and with the competences, as we noticed with Patricia's experience and explanation of her control and concentrations, it becomes conscious creation - and I wish all of us can gain that level of competence.

Thank you all for your active participation, for your interest, for continuous development together, in harmony, in freedom, and in the direction of eternal life for all. Looking forward to

meeting with you next Saturday, when we will continue with numerical sequences in everyday situations - we touched on the topic of numerical sequences in Program One, but now we will go deeper, with some tips on how to choose the right numerical sequences, how to work with numerical sequences for specific goals, and also how to do the concentration with numbers - meaning the rhythm of the use of numbers, the repetition - and, of course, the stabilization of control and stabilization of results. That is the topic ahead of us.

Thank you all for your participation. Wish you all to have a beautiful, harmonious day, harmonious week, and we'll see each other next Saturday. Thank you all. Thank you. Goodbye.