



We are one Higher
Consciousness...

So What?

By

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Self–help guide to the energy-informational Field with **visualization techniques**, worldview explaining **purpose of life** and how human brain together with human heart interacts on the **levels of higher consciousness**.

Life Script Doctor

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From the Author

For some time now, a desire and struggle to find effective means to express my worldview have been following me, and as you can see it all has led to this self-help guide book to be made into an interactive videoscribe. It offers explanation to what energy-informational world (or the Field) is, alongside with practical visualization techniques. Effective and powerful techniques presented in this guide are based on the modern scientific research of higher consciousness levels as well as esoteric or spiritual teachings.

As they say, any creative process has three stages: first, the idea to create something is fighting you to not let you drag it down to the material world. After you win (or if you win) the fight, the idea begins to remind you about itself and direct you in the creative process so it can be manifested (unless you fall into your fears). The third stage, is when the realized idea begins to influence your life (the key at this stage is to stop holding on to what you have created and keep evolving further).

Throughout my life many people emphasized the importance of writing – you should write things down, you should start a journal or a blog, you should write with your hand rather than type words on keyboard, etc. Well... the quantity of signs that I should actually have started writing finally turned into the quality (besides, it is an interesting and fun process when you actually get down to it). So here I am writing this guide which I believe can shine some light on many questions that people have about life and the fact that we are all one higher consciousness.

Presented model of our energy-informational world or levels of higher consciousness can truly help to find harmony and balance in life, just as it did for me and many other people. A lot of the material in this self-help guide is based on the new scientific field – Infosomatics and the research of V.V. Gubanov together with his team at the International Institute of Social Ecology (IISE). I have studied their work since 2008 and found many things in their research to be groundbreaking. It helped me to clearly understand many things and I have a strong believe that it will do the same for you.

At the end of the day we all are writing our own script of life for the best producer possible, which is Nature. Some are better than others and only moving away from ignorance towards knowledge and putting it to practice can help us go forward in improving our script of life.

In this self-help guide book you will find vital information that can help you achieve a better quality of your life script writing skills and bring you closer to realizing your potential during our current hectic world of informational paradigm.

Any book is a dialogue between a writer and a reader, the writer presents his or her point of view, the reader reads the letters, words, sentences, creates a certain mental picture in his or her head and if positive emotions from the reading process arise – the dialogue begins. Thus, it is important to have fun while you are reading (or your eyes are following the hand that is writing) this book. This book will have many interesting illustrations, quotes as well as animations and visualization techniques that will make it more enjoyable since emotional shell (which we will talk about later) plays a vital part in synchronizing the work of human brain as well as bodies of higher consciousness. Watching suggested short videos by following the links will help to set the mood and serve as vivid showcases of the Laws of Nature that we all need to know and follow. Moreover, short videos are fun.

Everything that we know in life we learn from Nature – everything that can improve our life we discover from the wisdom of Nature and the ways it keeps itself in balance and harmony. All we have to do is implement the things we see in Nature into our own life.

And one more thing: This interactive self-help guide is in no way an ultimate guide or panacea to making your life better. All the knowledge in the world is like a field of flowers and any person can pick their own bouquet of flowers. Learning about the field, the flowers and their particularities can actually help to make the bouquet that you are collecting more beautiful and harmonious. So, here is a model of the field and one of those bouquets that can bring some clarity to what a human is, what the purpose of human life is, what is beyond human aura and what are our energy-informational bodies that create one consciousness we all are a part of. This guide will also offer practical tips that will help you in your walk in the field while collecting flowers of your potential.

I am sure that if you had collected a beautiful bouquet of flowers (especially if it's more than one), you would want to share it with others. I hope this bouquet of knowledge flowers will have resonance with what you perceive to be your own unique truth, help you see the signs on your road of life and essentially improve the quality of your life.

Chapter 1. Introduction

In modern self-help, spiritual life coaching and energy healing community there are a lot of talks about the fact that we all are one higher consciousness. There is even scientific research in quantum physics to back up that claim. Thus, we can confidently claim that: We all are one higher consciousness. So what?

How does this fact can help us in practice? How can it improve our everyday lives? What do the Field, energy-informational world and one higher consciousness really mean?

When people begin to talk about awakening to higher consciousness and enlightenment, one joke comes to mind:

A group of little mice is running in the forest in search of an answer to a very important question. They all run to the tree where the wise "Uncle Owl" is sitting. When mice see the owl they begin to scream:

- Wise Uncle Owl, wise Uncle Owl, Please Help Us!

Uncle Owl disturbed by the mice screaming, wakes up from his daily nap and looks down upon the group of mice.

- What do you want from me? You, tiny little creatures...

- Uncle Owl, Uncle Owl you are so wise! We need your advice! Little foxes are hunting and eating us, we want to do something about it!

Still looking down on the group of little mice, wise "Uncle Owl" makes a very serious face and announces to mice.

- You should become little hedgehogs! Then little foxes would stop eating you!

The group of little mice are very happy that they have got the answer and they run off into the forest while wise Uncle Owl snoozes back to his "power nap".

The group of little mice is running in the forest so happy that they now have the solution to the vital problem, until one little mouse asks out loud:

- But how do we become little hedgehogs? We are mice after all.

After grasping the fact that they still need to figure out how to actually realize what wise Uncle Owl suggested, they turn around and run back to the Uncle Owl's tree.

- Wise Uncle Owl! Wise Uncle Owl! But, HOW do we become hedgehogs?

Unprecedentedly awakened once again, Uncle Owl, looks down on the group of little mice and says with all seriousness and a yawn:

- I only give solutions to strategic questions, don't bother me with this mere tactical issue.

This is what happens with most spiritual schools and movements – everyone is talking about Unconditional Love, One Higher Consciousness and the Energy Field around us, but rarely explains how this can be used in practice and improve one's life while living in current society that is entering informational paradigm. To be spiritual outside of society is quite simple, you just lock yourself in the cave and block all possible temptations, but how can you be spiritual while living in, what many believe to be, our cruel world?

"A true saint is not the one who doesn't sin because the circumstances don't allow him or her to do so, but the one who doesn't sin by his or her own choice"

There is no doubt that we all are one higher consciousness, however just a simple conclusion that we all should love one another and take care of our planet does not seem to give a whole picture and explain Nature's phenomena or give practical methods that can really help. Besides, the idea that we all should love one another has been around for ages, but this concept alone does not seem to be the effective way that can bring us closer to harmonious living and ultimately to happiness.

To really understand something we need to take it apart, learn about each part individually and then bring it all together to grasp the whole. It is just human Nature. Our right brain sees the whole picture and our left brain takes it part by part so we can understand how things work. We need both hemispheres to function properly in life, just like we need both heart (to feel) and brain (to think). Giving too much weight to one or the other will tilt our vessel and we will end up going in circles, when to evolve we need to be moving in a spiral, just like everything in Nature, even numbers.

Nature by Numbers

<https://www.youtube.com/watch?v=kkGeOWYOFoA>

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For a human brain to understand a certain concept it needs a model – for us to perceive something conceptual and abstract (as higher consciousness) we need to put it into a certain form. The concept of higher consciousness has been known for many centuries. However, the study of this concept was given mainly to spiritual and religious (esoteric) institutes. Now, modern science is catching up with describing what this one higher consciousness is all about.

Perhaps combining the knowledge from both can give us a better understanding of what it is and even give us practical advice as well as tools to improve the quality of our everyday life. There are two sides to every story and TRUTH lays somewhere in the middle.

Chapter 2. What is a Human Life?

So, what is a human life? In simple terms – human life can be described as a process of 'question – answer'. From the time that we are born we begin to ask ourselves "why am I here?" and who are these people (in most cases, unfortunately, the first people "we meet" in our life are strangers in white coats, eventually most of us do get to see their own father and mother). From the moment of our birth we begin to explore our surrounding environment and ask questions. If we are patient enough and we know how to correctly ask the questions, we do always get the answers we are looking for (many times the answers are not what we were expecting though, and sometimes questions are much more interesting than the answers).

Our true self, if we are brave enough to dig deep and find it, works as something like an internal GPS and Online Encyclopedia with a search engine at the same time (if we ask a question, we get the answer – ask and you shall receive). Just make sure to keep asking questions and act according to the answers you receive (hopefully from your true self and not from someone else). It is also important to remember that

the answers we get are not the ultimate answers for the rest of our lives. The answers do change and evolve together with the evolution of the questions we ask.

Our road of life has a tendency to change with time – some roads are suitable only for walking, others are built for bicycle rides and there are also those that require you to have a license to drive a car, sail a boat or even fly an airplane. Just remember that the road of life does not stay the same, so remember to change your “means of transportation” according to surrounding environment (it will definitely help you avoid a crash).

Another way to look at human life is to compare it to a constant process of meditation and prayer. Meditation (e.g. mindfulness or transcendental meditation) can be described in general as a process of listening to what surrounding environment (Nature) is trying to tell you, while praying can be best viewed as a process of asking for something from Divine. In a way one can assume that praying is asking a question & meditation is listening for the answer. Nevertheless, there are only few who do both and live in the process of creativity – asking questions, receiving the answers & then actually doing something about it (while trying to register feedback on their body and surrounding environment and use those signs as guidance for which direction one needs to be taking further).

To enjoy the road of life it is also very important to know how to ask quality questions and how to interpret the answers. In most cases we all intuitively know the right answer for us, but we are often too afraid to go through. Many times the answer is blocked by subconsciously controlling stress or behavioral matrix (in other words our stress from the past). There are several techniques that can be used to help resolve subconsciously controlling stresses and adjust behavioral matrixes, which will be covered in the later chapters and appendix of this self-help guide.

First of all, we need to admit to ourselves that we all have those subconsciously controlling stresses. Our desire to fight them only makes them stronger or blocks access to them even more. We just have to accept the brutal truth and start searching for the ways to make them play for our team. We need to see what was good about the stressful situations in the past. Most of the stresses in the past helped us adapt to the circumstances we were in during a certain part of our life. We need to decide if we want to drag the stress with us to the next cycle of the road. If we begin to fight the blocks created by the stress, they will continue to have a strong effect on us today since they feed on the energy we provide them. We spend our energy on things that attract our attention, even if it happens subconsciously. If the stress is not effectively resolved, with time, our subconscious mind creates a block, but we can direct our attention and eliminate the negative effect of the stress with our free will and certain techniques, if we know how to apply it correctly. If certain subconsciously controlling stresses or behavioral matrixes keep coming back to our attention, we do need to find the true causes of the problems. That is the time when a helping hand (or brain) of an expert might be needed to give guidance. Don't be afraid to ask for help, but beware of the people who would want you to become addictive to the process of getting help exclusively from them.

Human life is just a road that is made of our energy that is tangled in the process of questions and answers. Knowing how to ask right questions, interpret answers and act in accordance with your Nature will help to untangle and make the road much more enjoyable.

Chapter 3. What is a human?

As you might have already heard – our thoughts are material and be careful what you wish for. The energy of our thoughts is what creates or gives life to matter or physical form around us. Human body is a set of particles of matter that with the speed of light is moving in time and space governed by the energy of higher consciousness ($E=mc^2$ – simple Einstein physics ;)

**“Bodies of info performing such miracles. I am a miracle made up of particles
and in this existence, I’ll stay persistent, and I’ll make a difference and**

I will have lived it” Nahko Bear

<https://www.youtube.com/watch?v=YsgP8LkEopM>

For our mind to better understand what energy is, we can describe it as our thoughts or energy-informational particles (particles that carry certain information on the waves of cosmos). Energy itself, however, consists not only of our thoughts – our emotions, feelings and sensations also play a very important role in helping us perceive what energy is. Since most people can’t really see or feel energy – they don’t believe that it is there or that it plays a significant as well as vital role in our lives. Many people believe that since they can’t see human aura or energy centers (Chakras), they are not there. However, we don’t see electricity, wifi or cell phone waves, but it doesn’t mean they are not there. In simple terms we might not see something, but as long as it works and brings benefit most people are “ok” with the fact that it somehow exists, after all – Practice is the sole criteria for testing the truth.

So if you find it hard to believe in existence of human aura, chakras and bodies of higher consciousness – just think of them as a part of a model that describes human energy-informational structure and gives explanation to how things work in practice on the higher levels of consciousness. Human aura (energy shell) and chakras are a good way to describe interaction on the energy level (there are much more than just human aura and chakras, though). Understanding the role that our energy (human aura and chakras) plays in life is vital in our super high speed world of informational paradigm. Everything is moving and changing so fast. The knowledge about the Field and higher consciousness bodies of a human can actually help you achieve better results in effectively communicating with other people and finding your own balance with Nature.

To know how to be successful and reach harmony in life, first we do need to understand what a human is and not only on the physical (or material) level, but also on the energy-informational level (on the levels of higher consciousness). To better understand physical and energy aspects of a human, we need to add the concept of spirituality into the equation. To better understand something intangible as spirituality let’s make it more dense and view it using a general term – information.

The quantity of information with time is transformed into quality of energy and quantity of energy with time is transformed into matter. Thus, we have three very important aspects of a human: Information (Spirituality), Energy (Thoughts & Feelings) and Matter (Physical Form) – Spirit, Mind and Body. To put it all together we all are living in the energy-informational world or the Field. We all have not just our physical bodies – we are also represented on the levels of higher consciousness through our energy-informational bodies.

Even though it is possible to just drive on the physical road of life, and learn from the material experiences that we all go through, without knowing about higher consciousness, it does however make

a lot more sense to know the road map. Acquiring exceptional driving skills can really help too. Without knowing how to correctly interact with your bodies of higher consciousness, without seeing the truth of cause and effect processes or without ecologically working with your body of memory (and unfortunately most people do) you are doomed to reach only mediocre results in your life. Even though you probably haven't met many (if any) people who live in harmony with Nature while living in society, you can still become one, when you know the physics and the truth behind the higher levels of consciousness.

Knowledge about the model of energy-informational world or the Field presented in this self-help guide will give you a road map to better understand your own signaling system as well as very powerful tips/techniques that will help you live your life in balance with Nature, avoid bumps on the road of life, find and realize your purpose.

One important thing to remember in your life: don't be stressed about fulfilling your life's mission or purpose – you will – one way or another, in this life or the next one. The main question is how effectively you will be able to do it, how much fun & happiness you will experience on the way and how damaged your vehicle (your physical body) will get on the way.

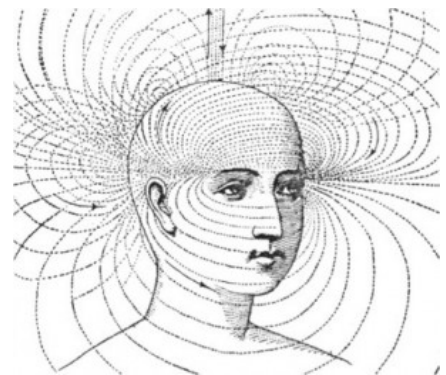
There are a lot of different information and theories out there about purpose in life, what a human, human life, aura, chakras, energy and bodies of higher consciousness are. As it was mentioned before, for us to better understand how things work we need to give it a form and use a certain model. The model of higher consciousness that you will find in this guide is simple and easy to understand. It does not go against any religion or scientific view, it is just a way to explain how things work according to physics of energy-informational world. If you keep an open mind and a positive look, you might just find yourself seeing a bigger picture and having a better understanding of how things happen in life.

Chapter 4. Human Brain, Human Aura, Chakras and Emotional Shell.

Before we start with the bodies of higher consciousness – we need to address the issue of a human brain and a human heart. Many esoteric sources would claim that our heart is more important than our brain. Scientists, however, would argue that human brain is a more vital organ for a human life. The fact is that they are both critical for a human to have a chance for a fulfilling life. A bird needs both wings to fly – human brain and heart are both essential for us to experience an evolving life.

Human brain works as a very complicated electromagnetic (energy-informational) radar system. Our left hemisphere (as scientists claim) is responsible for our analytical thought processes while our right brain hemisphere facilitates creative and visualization processes. There are also brain zones that are responsible for certain systems in our physical body and functions of organs. Our right and left brain hemispheres have to work together to create what we know as life.

Our brain's logic and cognitive function work as a filter of all the information that our right brain hemisphere perceives. By giving more information to our left hemisphere to analyze, it actually helps to



develop it (Brain Depreciation - Neuroplasticity*).

** Brain Depreciation – Neuroplasticity*

Neuropsychology professor Mark Rosenzweig from University of California, Berkley decided to test the influence of surrounding environment on brain. Through extensive studies of laboratory rats at UC Berkeley in the 1950s and '60s, Rosenzweig and his colleagues were able to show that “environmental therapy” can stimulate brain growth at a cellular level not only in children, but also in adults. For example, he found that rats living in an “enriched environment” with stimulating interactive tasks performed better at learning activities than those in passive, impoverished conditions. Rosenzweig conducted the following experiment. He took mice that were born on the same day, from the same parents and fed them the same food as well. He put the mice in three different cages. The first cage was spacious, full of different objects that mice could play with. It also had all kinds of “fitness” equipment: wheels, bars, ladders and swings. This cage had many mice and they fought each other to get access to a certain object. It was a game for them. The second cage was a little bit smaller, it was empty, but it had plenty of food. The cage did not have as many mice as the first one, it didn't have as many objects of attraction and mice could relax and rest. The third cage was tight and it had only one mouse. The mouse was fed very well and the mouse could see other mice through a small hole in the wall of the cage. It was like watching a TV. After one month Rosenzweig took the mice to check the influence of external environment on the development of the mice. The mice from the first cage were much faster than the other ones in running through labyrinths and recognizing certain pictures. Then he analyzed the brain of mice from different cages. Cerebral cortex of mice from the first cage was 6% heavier than those in the second cage and much heavier when compared to the one in the third cage. Analyzing their brain under microscope revealed that the number of their neuron cells was the same, however each neuron became 13% longer. Their nervous system became more complex and they had more sound sleep than the others. It is not an accident that heroes have to overcome many challenges to reach their goals. Humans dream about overcoming obstacles and facing challenges. When we act we improve our brain. Sitting and talking does not do much good. This experiment shows that capacity of brain grows only when it is used and it gets depreciated if you only observe how others do it. People can be divided in two categories – those who create something and those who use creation of others. In certain fields we fall into one of the categories – the key is to find what brings you passion and start creating.

Since humanity is moving towards informational age we will have to learn how to use more than just mere 10% of our brain capacity (good illustrations of what happens when you access more than just those few percentages of your cerebral cortex capacity are films like “Lucy” and “Limitless”).

Upon receiving information from the surrounding environment (the Field, energy-informational world or higher levels of consciousness) human brain transforms it into energy and sends this energy across the human body through biologically active points (that have been used in Chinese medicine and other healing practices for more than last 2000 years). The energy flowing through the points creates an energy structure around human body. This energy structure or shell is what many people call Human Aura.

The energy junctions/centers are called Chakras in esoteric literature. In this guide we will refer to generally accepted 7 Chakra system. There are a lot more different models of our energy bodies and you are welcome to explore them to find the one that resonates with you the most. Here is a brief explanation of each energy center in a Seven Chakra System.

1 – Root or Earth Energy Center (Chakra):

Area of the body: Perineum

Function: The energy center that connects human body with the energy of the planet Earth. It's a compass that guides us on the geomagnetic grid of the planet. It is mainly responsible for work of human Immune and Lymphatic System.

Religion: Paganism is mainly connected with the energy of Root Chakra.

Color: Red

Music Note: Do

2- Sex Energy Center (Chakra)

Area of the body: Genitals

Function: Power engine of the energy shell. Balancing the energy of cosmos and earth. Your sex energy. Synchronization of inner organs functions, mainly kidneys, bowels, genitals.

Religion: Shamanism is mainly connected with the energy of Sex Chakra.

Color: Orange

Music Note: Re

3- Life Support Energy Center (Chakra)

Area of the body: Solar plexus

Function: Digestion, giving form to energy shell, moving, sweating and temperature control.

Religion: Judaism is mainly connected with the energy of Life Support Chakra.

Color: Yellow

Music Note: Mi

4 – Emotional or Heart Energy Center (Chakra)

Area of the body: Level of human heart, breasts.

Function: Giving form to Emotional shell. It is responsible for the work of cardio-vascular system, sensitiveness, tenderness and emotions.

Religion: Christianity is mainly connected with the energy of Heart Chakra.

Color: Green

Music Note: Fa

5- Will Energy Center (Chakra)

Area of the body: Throat

Function: It is responsible for how a person can adapt to the surrounding environment and other people. From the name you can guess that it is strongly connected to the way a person expresses his or her will power. This energy center takes care of thyroid gland and speech function of a person.

Religion: Islam is mainly connected with the energy of Will Chakra.

Color: Light Blue

Music Note: So

6 – Intellect or Third Eye Energy Center (Chakra)

Area of the body: Center of the lobe

Function: Connection with the physical body, intellectual and psychological activities. Vision and forming of the images.

Religion: Hinduism is mainly connected with the energy of Third Eye Chakra.

Color: Blue

Music Note: La

7 – Crown, Intuition or Spiritual Energy center (Chakra)

Area of the body: Head Crown

Function: Adaptation of the brain zones to the higher levels of consciousness and the information from the Field or cosmos.

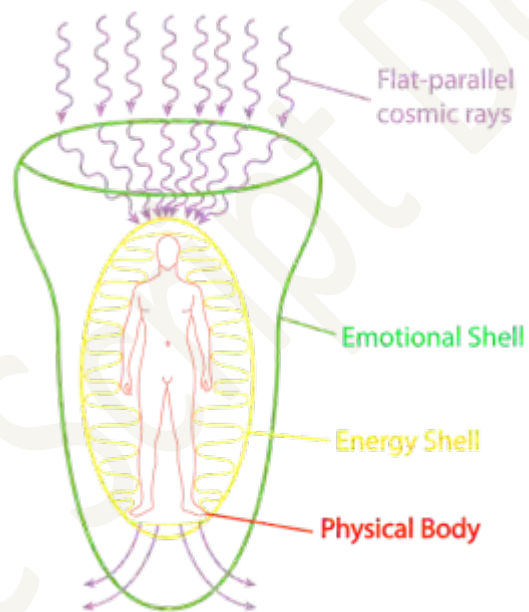
Religion: Buddhism is mainly connected with the energy of Crown Chakra.

Purple: Color Purple

Music Note: Ti

We will not go deep into functions of each energy center because it will take up the whole book, plus you can find a lot of information on this topic yourself. The given 7 Chakra system is one of the ways of looking at how energy shell of a person is created and this system was tested in practice. Just remember that the balanced work of all the energy centers is important.

The work of the energy centers is what forms human energy shell (Human Aura). Our heart (together with the energy center that is responsible for its work) creates another shell (emotional shell) above our Human Aura (see the picture).



The emotional shell is responsible for the amount of flat parallel cosmic rays that our brain can receive. It's like a magnifying lens that concentrates the rays on the top of our head (Crown Chakra in esoteric teachings) so our brain can process them. Emotional shell is powered by our emotions. The more positive emotions we experience in our life, the bigger our emotional shell is. When you have a big emotional shell (it happens when you are true to yourself and positive towards things that happen in your life) your physical body gets sick a lot less. Big emotional shell provides a larger number of rays that your brain can then transform into energy. This process makes your energy shell much more resilient to external harmful influences.

The energy shell (Human Aura) structure and the work of energy centers (Chakras) is what arrange the particles to create the physical body. In other words, human body can be looked at as a dense form of

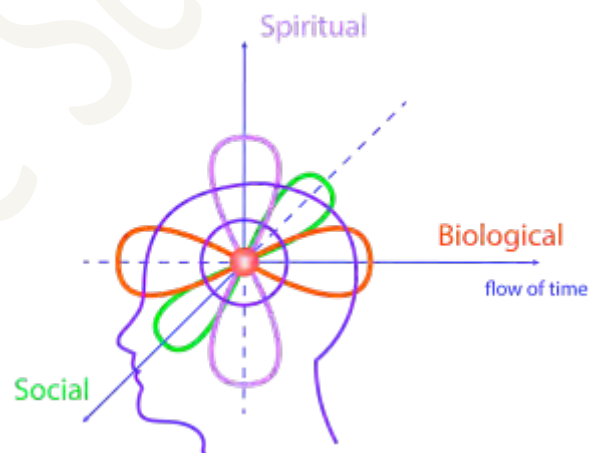
energy or as an energy particle of one higher consciousness.

Human Aura is like a protective shell of our physical body. It works the same way as our atmosphere (the energy shell of the planet) protects Earth from meteor showers. In the case of our physical body, Human Aura protects us from possibly harmful energy-informational meteor showers and asteroid. For us to enjoy life, it is important to have a flexible energy shell. We should allow interaction with energy-informational particles that help us evolve and bring us joy and be able to withstand the bombardment of informational asteroids that are causing us to stray away from realizing our potential. Both negative and positive polarities of the particles play a vital role in motivating us for further evolution. Everything in Nature is either in the state of decay or in the process of evolution. Even if your energy shell is stripped away you should keep a positive look on life. Optimistic look on problems in life will allow your emotional shell to create the protective energy shell much quicker.

Illustration: "Boundin'" Pixar short film
<http://player.vimeo.com/video/87712359>

Chapter 5. Orbitals of Brain Activity

As we covered before, there is Information, Energy and Matter – Spirit, Mind and Body. To deal with all the information that our brain has to transform into energy and then into matter we can divide the work of human brain into three stages: Information (Spirit), Energy (Mind) and Body (Physical Form). This will allow us to see a human brain as the core of an atom on the cosmic scale that has three orbitals of its activity: Spiritual or Creative (direct access to information), Social (transformation of information into energy and interaction with the surrounding world) and Biological (manifesting energy into physical form).

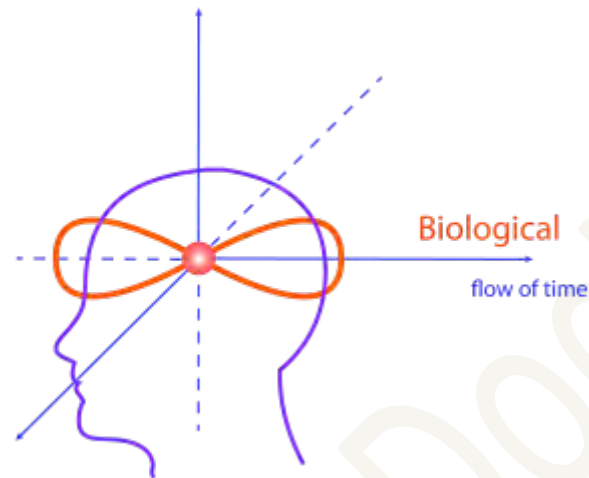


Human brain constantly works on manifesting physical body in space and time.

“Through human brain time is transformed into space”

N. Behterova (neurologist, neuro-psychologist at the Brain Institute, Russia)

To create our physical body, human brain has to check with our genome at birth that holds the information of how our body should look like (gene information that our parents and ancestors gave us). By using the information from our genome together with all the information on our life line (including the times when we got sick or had any other health or body related issues) we get the physical body that we have now.



You see, any sickness is the sign that you are breaking a law of Nature. Your physical body serves as a signaling system that shows if you are on the right track. There are certain techniques (e.g. pondermotor writing technique) to identify the time when the law of Nature was broken on your life line. After the time when the law was broken certain techniques can be used to eliminate the block that our mind placed due to the stress from breaking that law. When the block is removed using visualization techniques (that we will cover in chapters to come), true Nature's regeneration processes are turned on.

Nature intended for us to be happy as long as we agree to follow its laws. Following the laws of Nature inevitably makes us enjoy our life and be happy. However, if the laws of Nature were brutally broken and the person still refuses to comply with harmony of Nature (repent from their own sins against themselves and Nature), then there is no chance of getting back the lost energy and health. There is always an energy-informational cause of any sickness of the physical body like diabetes, cancer, various types of virus and chronic diseases (there are many cases of "miraculous recoveries" – when health problems were resolved on the physical level after the true causes were addressed and resolved on the higher levels of consciousness using certain visualization/meditation techniques). However, these techniques (no matter how special and effective they are in real life, which they are) will not help to grow back a lost limb or will they work when a person refuses to follow simple instructions and apply their own will in practice.

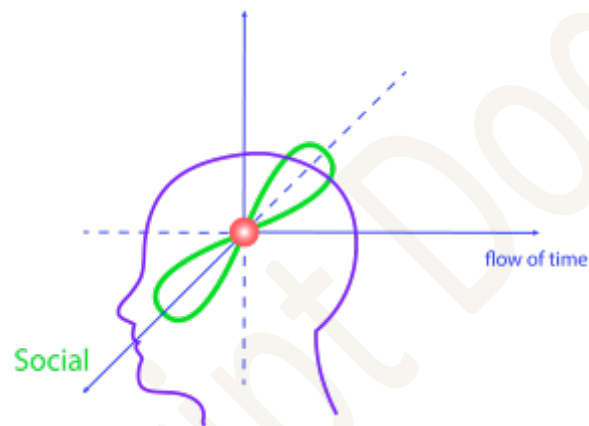
In order to keep your signaling system or your physical body from having problems it is much more effective to learn how to see the signs, follow your intuition and be able to prevent those problems before they even manifest on the physical level.

Another important aspect of human life is our interaction with other people (Infants and the Emperor*).

** In XIII century A.D., Holy Emperor Frederick II decided to conduct an experiment that would help him discover the true "natural language" of humans. It is claimed he was seeking to discover what language*

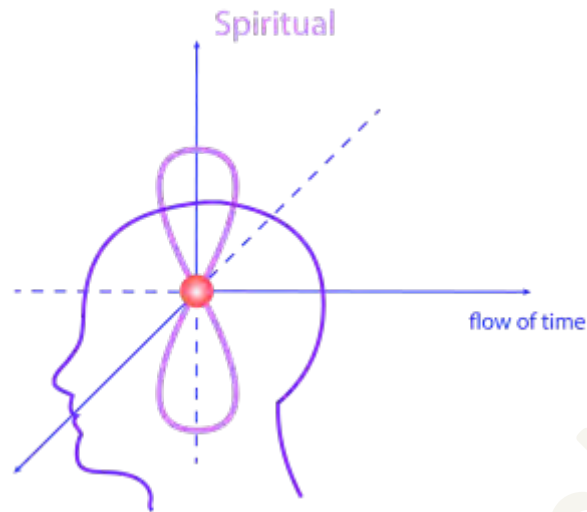
was given to Adam and Eve by God. In his *Chronicles* Salimbene wrote that Frederick ordered “foster-mothers and nurses to suckle and bathe and wash the children, but in no ways to prattle or speak with them; for he would have learnt whether they would speak the Hebrew language (which had been the first), or Greek, or Latin, or Arabic, or perchance the tongue of their parents of whom they had been born.” His experiment did not bring desired results, all infants withered and died. In order to live, children need interaction and communication. Just food and sleep is not enough. Social contact is a vital element of life.

The brain activity orbital that is responsible for the way we manifest ourselves when we interact with other people is called social brain activity orbital. So everything that happens to us in society – the way we influence others and the way we are influenced by them on the energy-informational level is facilitated by our social brain activity orbital (see the picture).



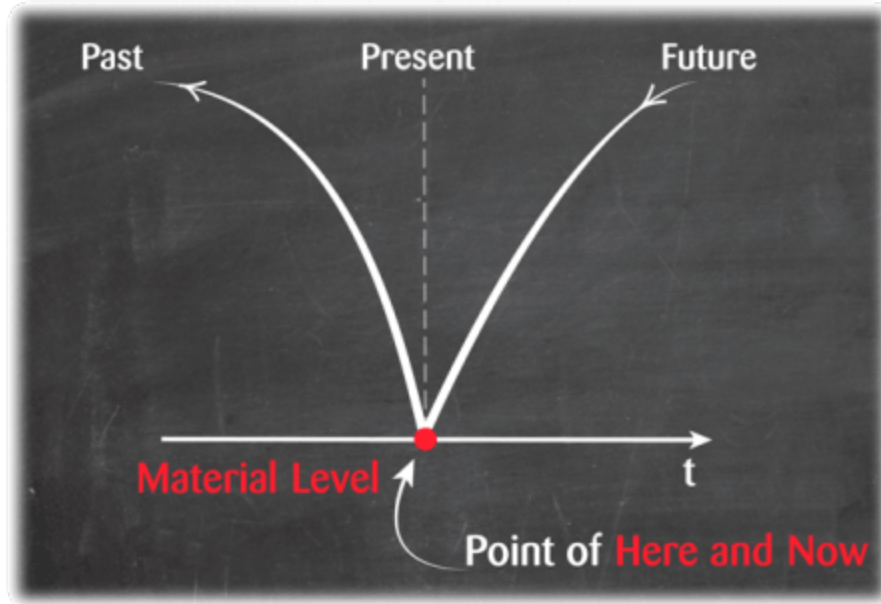
This orbital is located slightly above our ears. If we encounter problems that are related to the way we manifest ourselves (behave) in society we should look into the work of this orbital. It is basically responsible for our personal and professional interaction and just as with our biological brain activity orbital – there are certain visualization techniques that can help you improve your life in the way you manifest yourself in society.

Then, there is a creative or spiritual brain activity.



Many people believe that it is the most important one since it connects our physical body with the Divine. However, as we discussed before (human heart vs. human brain) all our brain activities play a vital role in the quality of experiencing human life. We need to interact using all orbitals of brain activity to fully enjoy life. Our vertical brain activity connects our energy body (through the 7 energy centers or Chakras) with our Spirit or Higher Self. While the upper paddle (or orbital) is an energy channel for communication with our Spirit, the lower paddle of the vertical brain activity has a strong connection with our spine. One can say that, our vertical orbital of brain activity reads the information from the levels of higher consciousness (Divine, cosmos) and we manifest ourselves in this world through our spine which is the concentration of human nervous system. Our Spirit holds all the information about our past lives, experiences, our destiny or karma, as well as the mission and information that will make us happy in this life. When people are involved in the creative processes or meditation, their vertical brain activity orbital is the most active.

It is very important to use your vertical brain activity to know what your Spirit wants from you, but it is as much important to correctly manifest the information you receive. In simple terms – we can say that with the help of our brain we transform information into energy and energy into matter while moving on the road of life. A Wave of information wants to be materialized and then through experience become energy and information again. Human life is just a second between the future and the past. This second is what we know as the point of here and now (see picture).



This model of transforming information into energy and further into matter through human brain activity has scientific base if you define science using a dictionary – “a systematic enterprise that builds and organizes knowledge in the form of testable explanations and predictions about the Universe”. All of this information is scientifically proven and have been very effective in practice. Nevertheless, please continue to question everything, but don’t forget to use your common sense when you do.

The fact still remains that this knowledge can help to improve your life (it already did for many people) if you dare to be honest with yourself and actually apply it in your life. Just see if it resonates with your true self, with what you feel to be the reality and test it in practice to see if suggested techniques and worldview can improve the quality of your life. There is not just one truth, there are many truths. Just make sure to keep on asking the questions, be truthful to yourself and patient when you are interpreting the answers.

Long time ago, in order to live a happy life it was enough for people to see the world as a flat disc on top of three elephants that were standing on the turtle. Then a new theory was needed for us to evolve further and some people even burned on a stake for it (e.g. Giordano Bruno) before contemporary “scientists” of the time agreed that our planet was round. Then it took some more time to realize that other planets in the universe are not going around the Earth, but it is our planet that is rotating around the Sun. Now, there is evidence that planets of the solar system with the Sun as the leading star are moving in a spiral across cosmic Universe. It is up to you to decide which model you want to use in order to describe the world around you, just make sure that your model is not flat.

https://www.youtube.com/watch?v=0jHsq36_NTU

“There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy” Hamlet
(Shakespeare)

There is really more to our world than we know right now and the following model of energy-informational world can really give you the answers to the questions that you might have as well as give explanation to Natural phenomena.

Chapter 7. How Visualization Techniques Work

Everyone living today can experience the fact that amount of information we need to process in one day often goes far beyond what our grandparents had to deal with within a week. According to Eric Schmidt (CEO of Google) – every 2 days we create as much information as we did in the last 2000 years. To stay on top and keep riding the wave of success (that is, if you have caught the wave) you have to constantly learn new things and find ways to be more effective.

During the time of informational paradigm, ignorance is a choice.

In addition to being successful most people do want to be healthy and have a fulfilling personal and professional life. Taking into account the fact that we are living in the energy-informational environment there has to be a way that can give us a competitive edge in the ways that we receive information from higher levels of consciousness. That is where information that will get us closer to happiness exists.

There is no need to talk about benefits of meditation, it has been talked about on many TV shows, books and various resources on the internet. What is more important is how to make meditation much more effective. In other words, what would be the most efficient way to interact with higher consciousness? As we keep evolving and need to process more and more information each day (while staying healthy and keeping positive attitude) there has to be a more effective way than spending 30 min everyday meditating in a quiet place (which is great by the way if you have that time). Don't get me wrong daily meditations are very beneficial, but since we are already using nano technology in our computers isn't there a way to get the same (or even better) results than a simple transcendental or mindfulness meditation can bring us?

Divine communicates with us through certain symbols. We see certain symbols when we experience enlightenment, use our intuition or dream. Information from higher levels of consciousness usually comes to us in a form of visions. Therefore, we can confidently assume that higher levels of consciousness or Divine, communicates with us in a form of symbols and images. By visualizing certain symbols we can establish effective communication with higher levels of consciousness and our Spirit (our higher self). Through visualization or meditation techniques we can also correct our mistakes from the past and many of us do it in their own way by rethinking certain events in life. However, to effectively “re-write” your past, more than just thinking about it has to happen (see karma healing technique in the appendix).

Visualization techniques are very easy to use and all that is needed is your ability to visualize certain symbols or forms. Besides, visualization techniques that you will find in this self-help guide do not discriminate against gender, age or race. In a way we can say that visualizations are the universal means of communication. Any language is just a description of a certain object, state or action. In other words, the language is used to interpret our thoughts, objects, state or action that we visualize. Our ability to

interpret what we visualize in our head using the language is what allows us to communicate and be understood by other people.

If you look at what concepts are behind any meditation or prayer, you would be able to see that it is all about learning how to control your thought process and use your ability to visualize certain sets of images. The process of visualizing certain images can be simply described as a visualization technique. You use your left hemisphere to visualize certain set of images, however for a visualization technique to work, you either need to be able to shift this visualization into the energy-informational world using your right hemisphere (right brain hemisphere can process much more information than the left hemisphere) or you need a special push to send the visualization from your logic to your creative mind (right brain hemisphere).

By visualizing a certain set of images you put a thought-form or energy-informational structure on a certain level of higher consciousness. Each level of higher consciousness has its own symbols and when you visualize those symbols in a certain sequence you allow your brain to propose a solution to an issue that you want to resolve. The key is to visualize an etalon image using the visualization language of a specific level of higher consciousness. In order to be able to place a visualization technique on a certain level it needs to be powered with emotions (your heart). That is why keeping an open mind and having positive emotions during the time techniques are conducted is very important. You are basically proposing a certain set of images to Divine and if you do it correctly it begins to resonate on the level of higher consciousness and begins to have a positive influence on your life.

We perceive our world through resonance. We can access higher levels of consciousness using our brain through resonance as well. The only difference is that on the material plane we use senses and on the planes of higher consciousness we use images or visualizations. A wave of sharp sound (which was introduced based on the International Institute of Social Ecology (IISE) research) can power up a visualization technique. It serves as a needed push or kind of a trampoline for your brain. The same concept is behind “kiaï” sound in martial arts when a physical movement is strengthened by a sound and breathing out.

A wave of sharp sound creates a certain stress, which allows your brain to pin point a given visualization image to a specific level of higher consciousness and use it as a reference next time your brain activity will need a way out from an energy-informational knot. Visualization techniques used in this guide provide a benchmark (an etalon) of how things should be on the higher levels of consciousness, thus when you have a certain problem on the energy-informational level (on the higher consciousness level), a visualization technique will give your brain a solution (a way out) using the language that it can understand much better. The information from the visualization technique (suggested set of images) will then be taken into account when your brain (as well as brains of people you interact with) creates your physical body and events in your life.

When a true cause is identified on the higher level of consciousness and needed visualization technique is correctly used to eliminate the stress – the information gets updated and now the energy will begin to flow in harmony (towards homeostasis) taking into account the conditions of energy-informational environment. That is the time when an outside observer will be able to see a miraculous recovery of a physical body. The one who begins to live according to the rules of the Field (laws of Nature) will be able to experience better control of events in life and receive much clearer information on what should be the next step that would bring him or her closer to happiness.

There are also other techniques and tools that are more complicated than visualization or meditation techniques (e.g. pondermotor writing, Numerology, etc.). However they can be taught and they are very effective in getting answers from the higher levels of consciousness as well.

Chapter 8. Beyond Energy Healing

The combination of those techniques (visualization techniques + pondermotor writing technique + Numerology) can really take you beyond any energy healing modality. When used correctly, these techniques help to identify the true cause of the problem and eliminate it. In addition, the model of energy-informational world can actually explain how energy healing really works using laws of physics. Visualization techniques that are based on new spiritual science Infosomatics and research of IISE work on the energy-informational level, which is higher than just energy level, where most of the energy healing is taking place.

Energy healing is a great concept (e.g. hands on healing, Reiki and other spiritual healing practices). However, there are a lot of misconceptions about it. The main one is that ultimate source of energy is used during energy healing sessions is free and has no attachments whatsoever. It may seem free on our level of consciousness, but energy has to come from somewhere. An energy healer still polarizes the energy that is going through his or her hands during the healing session. The healer and the client connect on the informational level when proper disconnection techniques are not used (most energy healers don't know about them or don't know how to use them correctly since they only use energy disconnection techniques). If energy-informational safety measures are not followed an energy healing session can do harm on the informational level for both the healer and the client. The claim, that the energy that is being used during healing sessions is ultimately endless source of pure energy from Divine, is very similar to the way people use to treat the resources of our planet (and most people still do due to the whole concept of consumerism).

Don't get me wrong, energy healing is a great tool, however it is just not as effective as a stable worldview that is synchronized with the energy-informational world which leads to life under protection that comes from Nature itself. Energy healing practices are a great place to begin your journey of discovering the Field, energy centers, human aura, etc., but with time, people do have to move to a higher level of spiritual evolution (unless of course it is person's life mission to be an energy healer, not many people have that mission, so please make sure to be true to yourself when choosing that path). We all have our purpose and mission in life and we want to enjoy the journey. We need to find the most effective ways to discover and realize our potential. Knowledge about certain visualization techniques, cycles of human life and how to correctly go through each crisis year can make us more aware of how to make our life path more enjoyable.

**Learn about cycles of life, how to survive crisis years, powerful visualization techniques and discover higher levels of consciousness in
Part II**

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