

2.2 Self-vibrations

In the process of registration it is very important how you will position yourself. You should be like a receiver, like a radio receiver. The quality of this radio receiver depends on its positioning. In fact, the key to all of this is inside you. Nothing depends on the air or this or that, only on you. It is all about setting your goal and what you want to accomplish. You just need to know how to position yourself.

So far we have been feeling, imagining colors and, in a way, getting to know ourselves. Now, for starters, we have to see ourselves as the receivers, because we are the first in line as the source of frequencies. It was already said how many things are happening inside of us. Every one of us has hundreds of billions of cells that live, eat, digest, multiply and die. And all of this is happening inside of us, it constitutes us. There is an enormous amount of frequencies inside us.

For all exercises we will be practicing on this level, it of high importance that you are not concentrated and that you have no emotions. As, they say, the sound of a fly can only be heard in complete silence. Only then can you notice subtle changes. In this state of complete silence you won't be concentrated, quite the opposite – you will be in the most neutral state there is.

Exercise 1: close your eyes and neutralize yourself. What you should do now is simply listen to all of those frequencies inside you. Listen to yourself – how you sound, what is going on. To make this exercise a bit easier, choose your legs for the start. Then go on to your stomach, heart, hands and your head. You will hear all kinds of noise.

With the previous exercise you have listened to your biological processes. Now we will learn to communicate with the space. You breathe, have a certain taste in your mouth, you smell something, or maybe you feel pleasant. And the space understands you as its integral part – the space rules you, because it is the one that forms you. Certainly you have an effect to it and everything else in it, but you very much adapt to it. For you to feel the space, you need to neutralize first.

Exercise 2: close your eyes. Feel the space you are in and acquire its emotional state. Also, feel yourself and everything else as the integral parts of that space. This exercise lasts for 1 minute.

During the next classes, step by step, you will learn how, when and in what way you should influence the space. Not that it would become positive. You may leave the terms positive and negative to amateurs. You need a combination

that will give you results. A beef soup needs salt in it. If there is no salt, the meal is lame. But, the question is how much salt it needs. So, when you are about to make an atmosphere you need to have the entire recipe. Only then you will get stimulating and neutral space.

Homework: do these exercises for the next seven days.