

GRIGORY GRABOVOY
Concentration methods

Exercises for each day of the month for the development of
Consciousness

I recommend that you spend time every day doing the exercises below. For each day of the month, three exercises corresponding to that day are recommended. These exercises provide management of events.

For this purpose, different concentrations are used.

In the process of concentration, constantly remember the specific goal that you want to achieve. The goal may be the implementation of a desired event, for example, recovery from illness, development of a mechanism for understanding the World, and so on. Most importantly, always regulate information for the sake of universal salvation and harmonious development. Such regulation can be a fight against destruction at the information level, since you are doing the work of rescuers.

In practice, at the level of your perception, concentration can be carried out in the following way:

you mentally define the goal of concentration as a certain geometric shape, for example, a sphere. This is the sphere of the goal of concentration.

spiritually tune in to build the events that are necessary for you the way the Creator does.

During concentrations on various objects, on specific numbers, or cognition of reality, control the location of the sphere. By an effort of will, move the sphere to the area of your perception that gives more light at the moment of concentration.

I have presented one of the variants of concentration technology. In practice, one can find many others. Very effective are the methods of managing events based on understanding the processes of the World through concentrations.

In the first exercise, for each day of the month you perform concentration on some element of external or internal reality.

In the second - on a sequence of numbers of seven and nine digits.

The third exercise provides event management technologies in verbal form.

For more successful performance of the last two exercises, it is recommended to know (Chapter 7.4 of the book "The Resurrection of People and Eternal Life – From Now on Our Reality")

I draw your attention to the following important point. It is necessary to understand that the effectiveness of the concentration you conduct is largely determined by your approach to it. Try to open yourself to this creative process. Listen to how exactly your inner voice tells you to perform these concentrations in practice.

You can, for example, as I said earlier, write a number series on paper and concentrate on it. Or you can do it differently.

When concentrating on a sequence of nine numbers, you can imagine that you are in the center of a sphere, and the numbers are located on its inner surface. The information of the concentration goal can be inside this sphere in the form of a ball. You need to tune in to identify the number from which more light comes. Having received the first thought that some number from the numerical series located on the inner surface of the large sphere shines more than the rest, fix this number. Then mentally connect the inner sphere containing the concentration goal and the element of perception in the form of a number.

When concentrating on a sequence of seven numbers, you can imagine that the numbers are located on the surface of a cube. On any one of its faces.

At the same time, in accordance with your feelings, you can move these numbers, changing their position in order to achieve the maximum effect.

You can do it completely differently. You can mentally connect each number with some element of the external or internal environment. And it is not at all necessary that these elements are homogeneous.

For example, you can connect one number with some tree, and another with some feeling.

You decide all this yourself. With this approach, you symbolically equate numbers with the elements of reality you have chosen. As always, these elements of reality can be not only physical, but also mental, that is, you can imagine them in your consciousness.

These techniques give you additional control capabilities. You can change the structure of concentration, the mood for it, you can diversify the symbolic equation of numbers with elements of reality. As a result, you will be able to make your concentration more effective. You will be able to better manage the time of execution of what you have planned. And this is very important in practical life.

Where instant salvation is required, your concentration must give an instant result. If the question is about ensuring the harmony of development, then the time factor may not play such an important role. The decisive thing here is to ensure the harmony of your development, taking into account all the circumstances, and this is what your concentrations will give you.

So in these exercises everything should be individual. Everyone should choose their own system of development. It is important to keep the following in mind.

The choice of a system of one's own development cannot be made only by logical means. Of course, you set goals for yourself, you strive to achieve them, but in your soul there are already tasks that were laid there at an earlier time. Therefore, when you conduct concentrations, at first those tasks that were laid earlier, which were tasks of the soul and which were tasks not only of your development, but also of the development of the whole society, can be realized.

When you perform these tasks, you feel that this is what you need to do first, you feel it on a deep inner level, on the level of the development of the soul, on the level of the Creator.

And that is why, when we speak of concentrations, we speak first of all of universal harmony. It should be understood that harmony

always implies as a necessary element the element of salvation, if the situation requires such intervention. Although the main task of harmony is to ensure such a development of events that no threats arise at all. And, of course, harmonious development must be made such that it is eternal.

The concentrations I have created and have already tested for each day of the month lead to this. By doing them, you will receive the harmony that will make your path joyful and continuous, and you will be able to save yourself and others and live forever.

Having these concentrations, you can always take active management actions in any situation, and not be in a passive state. The realization that, by applying concentrations in your affairs, you are actually implementing the process of universal salvation and eternal harmonious development, opens up the freedom given to you by the Creator. And this forms universal creative development together with your true happiness.

The concentrations are given for 31 days. If you do these exercises, for example, in February, which has 28 days, then after the 28th day you move on to the first day of March. That is, the day of the month from the list of exercises should always coincide with the day of the month that is indicated on the calendar at that moment. You can do the concentrations at any time of the day. You determine the number of concentrations during the day and their duration yourself. It is advisable to do the concentrations systematically and before important matters.

If the first exercise of any day seems too difficult for you, you can skip it and do the other two. The result will still be there, and over time, more and more exercises under number one will become more understandable and easier for you. So do what you understand and what you like.

Now let's move on to the exercises themselves.

1st day of the month:

1. On the first day of the month, perform concentration on the sole of your right foot. This concentration connects you with the support

point in the external world. You mentally rest your feet on the Earth. The Earth in your consciousness is the supporting support. Management in the system of complete restoration is based on the fact that the support point is both the support point and the point of creation. And since it is also the point of creation, then with the help of this concentration you can immediately develop consciousness. You realize that by the same principle by which everything on Earth grows and develops, for example, plants and even the matter of your own body arise, by the same principle you can build any external reality. Understanding this lies at the basis of this concentration. However, during the concentration, you may not think about this deep mechanism. You can simply concentrate on the foot of your right leg and at the same time imagine in your consciousness the event that you need. The mechanism of constructing reality that I just talked about will work automatically. And you will receive the desired event in a harmonious way. For this control simultaneously ensures the harmonization of events. This exercise can be done several times a day.

2. Concentration on a seven-digit number series: 1845421;
on a nine-digit number row: 845132489.

3. On this day you need to focus on the World, on all subjects Peace and feel that every object of the World is a part of your personality. Having felt this, you will feel how a breath of wind from every object of the World prompts you a solution. And when you feel that every object has a particle of your consciousness, you will see the harmony that the Creator sent us.

Day 2:

1. On this day, concentration is performed on the little finger of the right hand. As in the previous case, concentrating on the little finger of the right hand, you simultaneously keep in mind the event that you want to achieve.

This exercise can be done several times a day. Moreover, at intervals that you find convenient. You can start a new concentration after 20 seconds, or after an hour or more. You can do one or two

concentrations a day, or ten or more. And you can choose the duration of each concentration yourself.

Rely on your inner feeling, on your intuition. Learn to hear your inner voice and hear what it tells you. This applies to all exercises. In principle, when doing this exercise, you do not have to remain still. You can touch something with the little finger of your right hand. This is not essential. Do as you feel most comfortable.

The important thing here is the following. In general, you have many perceiving elements. In addition to the little finger mentioned, there are nine other fingers and many other parts of the body. However, of the many perceiving elements, you should at this moment concentrate on only one, the little finger of the right hand. This harmonizes the control. The control becomes harmonious.

2. Seven-digit series: 1853125;

Nine-digit series: 849995120.

3. On the second day of the month you must see the harmony of the World in connection with yourself. You must produce this World as the Creator produced this World. Look at the World and you will see the picture that was. Look at the World and you will see the picture that will be. Look at the World and you will see who you are now in this World. This will be the World always and forever.

Day 3:

1. On the third day of the month, the concentration is done on plants. The plant can be physical, that is, one that actually exists in external reality. Then, during the concentration, you can even just look at it. Or you can imagine the plant mentally. Then you concentrate on its image.

This concentration uses the reflection method. Its essence is as follows. Concentrating on the selected plant, you imagine how the event you need is formed in the light reflected from the plant. It is even better to say that you do not just imagine this event, but you actually see it, you actually build it. The event built with the help of

such control turns out to be harmonized. This is also helped by the fact that the plant already exists in this world to a significant extent harmoniously.

2. Seven-digit series: 5142587;

Nine-digit series: 421954321.

3. Look at reality and you will see that there are many worlds. Look at the World that you need, approach it and expand it. See it with the gaze of an eyewitness. Come closer to it and put your hands on it and you will feel the warmth that spreads from your World. Move it closer to you and look at the Creator. See how He speaks to you and what He advises you. You can compare this knowledge with yours and receive eternal Peace.

Day 4:

1. On this day, you concentrate on crystals or stones. You can take a grain of sand. Let's say you have chosen, for example, a stone. Then, concentrating on the stone, you imagine a certain sphere around it. This is the sphere of information. You mentally see how all the events you need end up in this sphere. You simply put the events you need into this sphere. This is how control is exercised when performing this concentration.

2. Seven-digit series: 5194726;

Nine-digit series: 715043769.

3. Have the perspective of reality that the methods give you. The methods must be harmonious. One method must follow from another, just as the second method follows from the first. Walking down the street, you see that each next step arises from the previous one. You can stand up when you were in a sitting position, and you see that each movement can be varied. It can come from the previous action, and from it itself the next previous action can result. Receive the World as if it were always continuous, as if each movement of this World concerned only you as a single person. When you receive that monolithicity of the World that gives you

specific methods of control in this World and by this World, then your World will be everywhere and you will come to it and you will take it in your hands and your hands will be the world that holds your World. And you will see that you are in contact with the eternal World, with the World of all Worlds, and it will be the only one for everyone, and it will be the collective World that you have chosen and that everyone has chosen. Create it so that it is ideal for everyone and ideal for you. Ideality should not be separated. You must see the ideality of everyone and you in your single World, as well as in the single World of everyone.

Day 5:

1. On the fifth day of the month, you need to concentrate on the elements of reality that arise as a result of your interaction with other elements of reality. Let me explain what this means.

When you pay attention to any object, you thereby, generally speaking, concentrate your consciousness on this object. Due to the connection with you, this object, this element of reality, has a certain degree of your concentration and a certain volume of your knowledge. Some part of the information received from you and something from your state, this object in turn transmits to other elements of reality. In the same way, for example, light from the Sun, falling on various objects, is partially reflected from them and illuminates some other objects.

Thus, when you looked at any object, after that, that is, after interacting with you, it transmitted something to the external environment from itself. So, your task is to think and identify what each element of reality transmits to the external environment from itself. Of course, you can stop at one thing. You concentrate on this and at the same time imagine the event you need. This is the method. Its peculiarity is that the realization of the desired event is caused by concentration on the secondary element you have identified, so to speak.

So, with the help of logical thinking, or clairvoyance, or some other spiritual methods, you find out what exactly the element of reality you have chosen gives to the external environment after interacting

with you. Concentrating on this consequence, on this secondary element of reality, and simultaneously imagining the desired event, you achieve its realization.

2. Seven-digit series: 1084321;

Nine-digit series: 194321054.

3. When you see the sky, you know that there is the Earth. When you see the Earth, you can think of the sky. If you are under the Earth, then the sky exists above it. These simple truths must be the source of eternal Peace. Connect the sky with the Earth and you will see that everything that is under the Earth - all this can also be above the Earth. Go to meet your spirit and find the resurrected where they are. Bring infinity to the truth of the World and you will see that the World is infinite. And when you see this, you will see the true Creator, you will see the real Creator, for He gave you what you have, and you create as He created. He is very close to you. He is your friend, He loves you. You must stretch out your hands to Him and create as He creates. You are His creation and you are creators. Only the Creator can create creators. You must be harmonious with your Creator. You must be open to Him and you must be eternal in all your manifestations, in all your creations. Everything you want to correct, you can always correct. Everything you want to create, you can create in the place where you are and when you want. For perfection there is Eternity. For deeds, Eternity is multiplied by the deeds of the Creator. You are the one whom the Creator saw in you, whom He created in you. But you are also the one who wants the Creator to personify himself with his deeds in that infinity in which you see yourself. The Creator who is present in you is the Creator who moves with you in your every action. Turn to Him and you will have harmony.

Day 6:

1. On this day, a concentration is performed, the essence of which can be formulated as follows: changing the structure of consciousness in terms of concentration density due to the perception of distant objects.

This method of concentration is convenient to use when you want the event you need to happen in a certain place. Then you need to concentrate your consciousness in this area.

This method can be successfully applied when, on the contrary, you do not want a situation to be realized in a certain place, if it seems unfavorable to you. In this case, you need to disband the negative information. To disband means to defocus, to deconcentrate consciousness in a given place. The resulting rarefaction leads to the unfulfillment of the unfavorable situation.

The realization of a desired event in a chosen place can be achieved by concentrating consciousness there using remote elements of your consciousness. We have already discussed this method of control before. When using it, you use elements of consciousness that are responsible for perceiving remote objects. In this case, you can perceive actual physical objects, remote, as you see them with your normal vision, or you can contemplate remote objects with your mind's eye. In both cases, you use remote elements of your consciousness. And if you fix in your consciousness the event that you want to realize in a given place, then it will happen there.

So, the essence of this method is as follows. The more distant parts of your consciousness you place information, the better it is processed and the more fully the desired event is realized. Moreover, the event will occur in the right place.

In relation to destructive forces, you can use the method of defocusing. By defocusing your consciousness, you can make negative information so rarefied that it essentially ceases to be perceived, as if it never existed.

2. Seven-digit series: 1954837;

Nine-digit series: 194321099.

3. Having seen the World as if it were upside down, you must always know that any upside down, any disunited or compressed World is always a World of unity, harmony and goodness. You must understand that behind all the upside down and ambiguous or uncharacteristic states of the World there is always the goodness of

God and you can have this harmony from the knowledge that you have always been eternal and eternal and will remain, and no structure, no information will change this will of God.

Day 7:

1. On the seventh day of the month, one must concentrate on the super-distant areas of consciousness. In practice, we deal with them when we look at distant clouds or distant objects, say, trees or their leaves.

To materialize any object or to carry out any event, it is necessary to process a large amount of information. The super-remote areas of consciousness provide super-fast information processing. Therefore, the more distant areas of consciousness you use, the faster information processing you can perform.

The knowledge of these facts is used in this method in the following way. You look at the cloud with your normal vision or see it mentally and at the same time in your consciousness you build the desired event on this cloud. Or on a leaf, if you are looking at a distant leaf. By using in this case the super-distant areas of consciousness you can quickly achieve the desired result.

In this case, the event is realized harmoniously. For a cloud cannot destroy. Just like a leaf. They cannot harm anyone. And as a result, the necessary event is realized harmoniously.

2. Seven-digit series: 1485321;

Nine-digit series: 991843288.

3. You see that the World develops according to the image and status of your actions in interaction with the will of God. You see that the World is the creation that is recognized by all, and when you want to change the World according to your deeds, then bring your deeds to the general goodness and your deeds will be established, your health will be strengthened and the general goodness will come. General grace is the deed of the World, leading you to the kingdom of God and leading to the fact that you receive the general life and the individual life forever and ever.

Day 8:

1. On this day you learn to manage by concentrating on the consequences of events.

Imagine that you are sitting by a lake and watching a speeding boat. In front of it the water is calm, and behind it waves are forming. The waves are a consequence of the boat's movement.

Let's look at a leaf growing on a tree. This leaf can be considered as a consequence of the tree's existence.

The clouds came running and the first drops of rain fell on the ground. The raindrops can be seen as a consequence of the existence of the cloud.

There are countless examples of this around us. You take any phenomenon and concentrate on one of its consequences. At the same time, you keep the desired event in your consciousness. And it happens.

This method of management is very effective. It can be used to change past events.

2. Seven-digit series: 1543218;

Nine-digit series: 984301267.

3. You see that the infinity of the line of the number eight unites those Worlds that you have already met in the previous seven days. And when your World unites with all the Worlds, you will see that you are as joyful in your soul as the World is diverse. Perceiving each particle of the World as universal joy, you will see that joy is eternal, just as well-being is eternal, and in this status of universal joy you will raise your hands up and see the message of God's grace, which calls you to Eternity. See Eternity in the place where it is. See Eternity where it is not. See Eternity where it has always been, and you will be the creator of Eternity where it is not from the point of view of another. When you see Eternity and create it, you will be eternal always, in everything, in any eternity and in any world. You are a creator in the image and likeness, and Eternity creates you in the image and likeness. By creating the eternal, you will create yourself. By creating yourself, you create the eternal, just as Eternity can

create another Eternity and just as the Creator created everyone at the same time.

Day 9:

1. On the ninth day of the month, you are engaged in concentration, which can be called this way: concentration on the most remote areas of consciousness in the most closely located points of your consciousness. That is, this method of concentration consists in the fact that you transfer the most remote areas of your consciousness to the most closely located ones. Moreover, this transfer must be carried out in such a way that your perception would be the same, both from the most remote and from the most closely located areas of consciousness. In this case, you will be able to receive a single impulse for the construction of any element of the World. And as soon as you achieve this, you will become an expert in management. For then it will be enough for you to simply be in a state of spiritual alignment so that everything is normal, so that everything is good, it will be enough to simply have such a desire - and everything will be exactly like that.

That single impulse that I spoke about develops a special spiritual state. This state is not entirely connected with thinking, because thinking as such may not exist in this state. There may simply be a mood, for example, for good, for creation, or for establishing harmony.

And the presence of just such an attitude in this state already leads to a favorable development of events.

I would like to emphasize that this method of concentration singles out a special form of perception. Perception is in your consciousness, perception is part of your consciousness, and you specifically structure it in such a way that as a result it works as I said. The given method of concentration touches upon deep issues of management based on one's consciousness.

2. Seven-digit series: 1843210;

Nine-digit series: 918921452.

3. Seeing the World as a very deep essence of the universe, you will see that everything that exists in nature, that everyone who exists in nature, for example, a plant, a person, an animal, every molecule or what has not yet been created or was created earlier, everything has one single basis of God, who showed the mechanism of creating everything. Seeing how to create everything, you will create everything. Come to this through the beginning of your "I". Come to this through the depth of your "I", and you will see how your "I" develops together with the whole Universe, how your "I" grows and turns into the World. You are the World. You are reality. Look at it with the eyes of the whole World, look at it with the eyes of everyone, look at it with your own eyes and you will see that your soul is your eyes. Look with your soul and you will see the World as it is, and you will be able to correct it as it needs to be corrected, and you will see the World as you should use it to achieve Eternity. You will always know the way when you look at the World from yourself, from yourself and outside yourself.

Day 10:

1. On this day you practice concentration, the essence of which can be expressed as follows: concentration simultaneously on all objects of external reality that you encompass during one single impulse of perception of all these objects.

You are attuned to the fact that you would perceive the objects accessible to your perception simultaneously in one single moment of perception. As a result of such instantaneous perception, you must become aware of all these external objects.

Of course, at the initial stage of practice, partial perception of information about all objects may result. Take this calmly. In reality, the goal of your work is the most complete perception of all objects. Over time, you will come to possess such an ability.

However, even at the initial stage, with the instant perception of surrounding objects, you will still receive at least some information about each of them. Well, for example, at least the idea that these objects are somewhere, that they exist.

Generally speaking, to get information about an object, you just need to find the right concentration point and tune in. You will then be able to reach any object. You will be able to gain access to all spheres of

control. And since in this method of concentration you learn to perceive a large number of objects at the same time, this practice will allow you to manage large amounts of information at once.

As a concrete example, I can give you the following result of this practice. Let's say you have a computer in front of you. Then, just by looking at its appearance, you will already know how to operate this computer and what in principle can be obtained through its use.

The type of concentration given here will allow you to receive information from any object, since with the help of this practice you learn to control any object of information. Moreover, access to control can be both logical and unconditional, that is, on a spiritual basis.

So, for exercises number one, I have given you concentrations for the first ten days of the month. In principle, you could find further concentrations yourself, until the end of the month. This could be done on the basis of cause-and-effect relationships in the field of information. What you already know, you could develop further, considering the entire work from the standpoint of fundamental management. However, I will continue to present these concentrations, but I will do so more briefly now.

2. Seven-digit series: 1854312;

Nine-digit series: 894153210.

3. The unification of two numbers: one and the new number zero, led to the fact that you saw the World initially as if zero was already present in the number one. When you look at one and increase it to ten by adding zero to it, you perform an action. So, your action and your deed according to this principle should be harmonious. You should see that each of your actions can significantly increase, increase quantitatively and qualitatively, each of your manifestations. You are a manifestation of the World. Harmonize it with what you see. Watch yourself and your thoughts. You should be where you are, you should be where you are not. You should be everywhere, for you are the creator and the maker. And your harmony should lead to Eternity. Resurrection is an element of Eternity. Immortality is also an

element of Eternity. You must find for yourself the true Eternity, where immortality and resurrection are only special cases of this Eternity. You must be the creator of everything and everyone. And what follows resurrection and immortality, true immortality, you must know and clearly imagine.

True immortality gives birth to the next status of Eternity, the next status of the World and the next status of personality. You must be ready for this and always know that other tasks, the tasks of Eternity, which are born before you and which you set before yourself, give birth to new Worlds, which you build in your consciousness, and this World, just as one and zero give ten, this World is what you will have when you are eternal, and because you are already eternal. Your immortality is contained in you. You are already eternal and immortal, it is enough just to realize this. Go to this level by means of intelligent action, the same as the connection of one with zero, and you will receive this immortality in your every action, in your every manifestation, in your every step.

Day 11:

1. On the eleventh day of the month, you concentrate on phenomena that show the interaction of animals with humans. For example, you have a dog, or a cat, or some bird, say, a parrot, living in your house. Think about what the deeper meaning of this interaction, these contacts, this communication is? This is from our point of view. And from their point of view? Your awareness of the processes of perception and thinking of others participants of interaction will allow you to enter the structure of management of the whole reality.

2. Seven-digit series: 1852348;

Nine-digit series: 561432001.

3. Just as you multiplied one tenfold by adding one round number zero, you will get the next number by adding one to one. The number 11 is the personification of the World that is inside you and is visible to everyone. You are the essence that is always visible to everyone, and everyone can receive your harmonious experience, the same one

that you received in your development. Share your experience and you will receive eternal life.

Day 12:

1. On this day, you concentrate on phenomena in which the question of creating a whole may arise. For example, a goose or a swan has lost a feather. In this case, you should concentrate on how it could be done so that it would return to its place. How could this be obtained? That is, you try to understand how it would be possible to create or recreate a single whole.

Or, let's say another example: a leaf fell from a tree. How can we make it return to its place and the tree with it would be in its original form?

This is a concentration on collecting separate elements of reality into a single whole, which represents their norm. Practice in such concentration gives control.

In this concentration, as in many others, you can consider yourself as an object. You can restore any of your organs. One woman once approached me with a request. During an operation, her uterus was removed. You understand how important this issue is. I applied the principles and methods that you now know, and now this woman has a fully functional, healthy uterus again.

2. Seven-digit series: 1854321;

Nine-digit series: 485321489.

3. Unite with the World in its shell, with how you perceive it in your actions, and you will see that your actions are the essence of the World that harmonizes with you everywhere and always. And you will see that, having sent down the grace of God upon you, the Lord wanted unity from you. You must have unity where the Lord has development. In development there is unity with the Lord. In Divine development, true and creative, unity occurs at every moment of your movement. You move and develop in the direction of Eternity and this will forever be your unity with the Creator in your eternal development. Eternity of life is true unity with the Creator.

Day 13:

1. On the thirteenth day of the month, one must concentrate on discrete, separate elements of any object of reality.

Let's say that you perceive some object. It could be, for example, a truck, or a palm tree, or a stone. It doesn't matter what kind of object it is. The main thing here is that in the selected object you consciously single out some of its fragments, some of its parts. A truck, for example, can be imagined as consisting of many separate parts.

Let me remind you that this can be done with all forms that are not human forms. It is impossible to act this way with a human. A human must always be perceived as a whole. This is the law.

If the object you have chosen is not a person, but something else, like a truck, then you can imagine it as consisting of separate parts. So, your task here is to find the connections that exist between the separate parts. And when you find these connections and simultaneously keep in mind the event you need, for example, healing someone or acquiring the ability of clairvoyance, then you achieve the implementation of this event. In this way, you can improve your management capabilities.

2. Seven-digit series: 1538448;

Nine-digit series: 154321915.

3. You will see those faces that created the World before you. You will see those mechanisms that created the World before you. You will see the World that was before you. And you will feel that you have always been, and transfer this feeling to these faces and create these mechanisms with this feeling. And you will see that everything around you, artificially reproduced or naturally created, that all this is the Creator. He personified you in what you see. Your personification is the World that is being created. So you can find any technology of spiritual, intellectual, technogenic and any other, but necessarily creative development. Look at development as an equal, universal development of any element of reality and any object of information, and you will see the essence that is your soul, your personality and

your Creator. The individuality of the Creator and the creation of everyone by Him lies at the basis of the harmony of the World, which is inherent in everything, always exists and is understood everywhere. The Creator, who created you individually and only you, created everyone at once. In the same way, you create the World individually and immediately, simultaneously, for everyone and for all times and spaces.

Day 14:

1. On this day of the month, you focus on the movement of objects around you. You observe them and ask yourself: Why is the cloud moving? Why is it raining? Why can birds fly? Why is all this happening at all? You try to find the informational meaning of each event for yourself.

When you concentrate like this and at the same time keep the event you need in your mind, then you get its implementation. And at the same time, you improve your management skills.

2. Seven-digit series: 5831421;

Nine-digit series: 999888776.

3. On this day, you must see your hands as hands reflecting the light of life. On this day, you must see your fingers as fingers reflecting the light of the hands. On this day, see your body shining with the clear light of the Creator, shining with the clear light of love, goodness and health for everyone, shining with the clear light of my Teaching about eternal life. On this day, you can feel this Teaching about eternal life, my Teaching, and turn to me mentally. You can also turn to me on any other day and in any other state, and you can always ask for what you want to receive eternal life and universal creation. Turn to me and you will receive help. You can also turn to yourself and independently find out what you have received from me. You can see this knowledge and apply it and show it to others. On this day, you can harmonize with me just as you can harmonize with me on any of the previous days and on all subsequent days. And in those days when time will not be measured by time and space, you too will always be able to turn to me and you will always be able to come out with a request for help, with a request for a conversation, with a

request for an event, or just to turn. You are free, just as you have always been free. Take this as a rule, extend this rule to others, and you will receive eternal life where I am. And you will receive eternal life where you are. You will receive eternal life where everything is. And you will receive Eternity where everything is and always is. And this principle will be certain and true for everyone, and it is already true and true for everyone, and you are what you are in Eternity, for you already are Eternity.

Day 15:

1. On the second day of the month you practiced concentration on the little finger of your right hand. On the fifteenth day you can use any other part of your body for this purpose, such as other fingers, or nails, or whatever you like. discretion. Then the concentration is carried out in the same way as I explained for the second day.

2. Seven-digit series: 7788001;

Nine-digit series: 532145891.

3. On this fifteenth day of the month, you can feel the grace of God, which is sent down by the Universal Mind, and which itself is grateful to the Lord for its creation. For the creation of each of its elements and for the creation of such a status that it can reproduce the Universe, for God is present everywhere. And according to this principle, feel the gratitude of a plant and an animal towards you, feel the gratitude of another person and feel their love. And you will see that you love them. In love there is creation, goodness and all-pervasiveness. And common love, attainable by all and reaching all, is the Creator, who personified the World in your manifestation. You are the manifestation of the love of the Creator, for He is love towards you. You received the gift of the creator initially and you are him, you are the creator, because you were created by the Creator, the eternal God, all-encompassing, and go where He is, for He is everywhere. And go where He calls, for He calls everywhere. He is there where you are, He is everywhere where you are. You are in the movement of the Creator, you are the personification of His Eternity. Go according to the cares of the Creator, He created the eternal World in

the universal mutual development, and you will see that the World is created eternal, and you will see that the World personifies the eternal you. You are the creator who creates the eternal, and the Creator created you eternal in the creation of the eternal World.

Day 16:

1. On this day, you concentrate on the elements of external reality with which your body comes into contact.

Since childhood we remember a wonderful phrase: "The sun, air and water are our best friends." In this concentration you try to be aware of the interaction with these friends of ours.

You concentrate on the warmth that the sun's rays give you as they fall on you. You feel their touch, you sense the warmth they give you.

You feel a light breeze blowing over you. You feel its gusts. Or it could be strong gusts of wind. It could be completely still air. And if it is very hot and very humid, then you feel the warmth, and the air, and the moisture on your cheeks at the same time.

You can experience the refreshing effect of water when you wash your face, take a shower, or swim.

These concentrations can be done in the cold winter time. After all, your face is always open. And in warm weather, especially in summer, on the beach, your whole body can enjoy contact with the sun, air and water. You can also add contact with the earth.

These concentrations are very important. In them you enter into conscious interaction with the elements.

This practice can, of course, be done every day. If during concentration you simultaneously keep the event you need in your consciousness, then you achieve its implementation.

2. Seven-digit series: 1843212;

Nine-digit series: 123567091.

3. Feel harmony where it is, and it is everywhere and always. This is the harmony of the Creator. Feel harmony where it is and will be. This is the harmony of your development. Feel harmony where it is,

was and will be, and where it was not, where it is not, and where it will always be. This is the harmony of change. This is the harmony of transformation. This is transformation into eternal life.

Come to yourself everywhere, and feel this harmony everywhere, and you will see how waves of joy and love spread from your harmony. And you will see that you make the World forever harmonious in its eternal status of stability. You are a fighter, but already in the eternal grace of God for eternal life and eternal faith.

Day 17:

1. On the seventeenth day of the month, you concentrate on the elements of external reality that, from your point of view, always surround you. This is the space surrounding you, the Sun, the Moon, the constellations familiar to you, and in general everything that always exists in your imagination. You concentrate on any of these elements and, at the same time, as always, keep in your consciousness the event you need for its implementation.

2. Seven-digit series: 1045421;

Nine-digit series: 891000111.

3. Look with the all-seeing eye at the resurrection of everyone and everything. And you will see that the restoration of the World is the reality in which you live. And you will feel that you are in the eternal World. Move forward along this path and you will see the way that calls you. Follow this path and you will see the Creator, who is eternal, and you will enjoy your eternity and this enjoyment is the eternity of life and the Creator is exactly the Creator who created you, and His love is boundless, and His simplicity is trusting, and He is as simple and transparent as you imagined, as you thought about Him before, and He is as kind and constructive as you knew it before. He is your Creator and He gives you the way. Follow His path, for His path is your path.

Day 18:

1. On this day of the month, you concentrate on stationary objects. It can be a building, a table, a tree. Choose what you like. Then you must find the individual essence of the chosen object, its meaning. The meaning for you, that is, you must understand what this object is for you. This is this concentration.

In the future, when describing the exercises, I will no longer add that during concentration one must keep the desired event in mind in order to control it. This will always be implied from now on.

2. Seven-digit series: 1854212;

Nine-digit series: 185321945.

3. You go where there are people. You go where there are events. You work where there is resistance. And when you see this, the resistance becomes transparent, its forces weaken and you see the world of Eternity, even if the resistance is still there. Go and be wherever you want. You can be everywhere. You can embrace the whole world of well-being, and therefore fight the resistance for the sake of eternal life and the resistance will collapse and you will see the light of eternal life and perceive it. And so it will be realized forever and at all times.

Day 19:

1. On the nineteenth day of the month, you concentrate on the phenomena of external reality, in which something that originally existed as a single whole then turns into a collection of separate elements. An example of such a phenomenon: a cloud turns into raindrops. Or another: the crown of a tree turns into separate falling leaves.

When concentrating on such phenomena, you try to find laws on the basis of which such a development of events could be prevented. Finding such laws is the meaning of this concentration.

2. Seven-digit series: 1254312;

Nine-digit series: 158431985.

3. The struggle of the spirit for its true place in the World, as well as the struggle of your soul for the personification of the Creator, lead to the fact that your intellect and your mind become controlled. Your consciousness becomes universal and your part of consciousness becomes the general consciousness. You become who you are. Your Eternity manifests itself in your thoughts, your reflections become Eternity, your thoughts make the World eternal and you will be where you are, and you will be where you are not, and you will always be, although the World consists of intervals of time, and where you will be, the interval of time will become the World and space will unite with Eternity, and time will recede and you will be in motion and you will be in eternal time, and you will feel eternal time, and this eternal time will come to you. Every moment of your time is eternal. Feel Eternity in every moment and you will see that you already have it.

Day 20:

1. On this day, concentration is carried out on remote areas of consciousness. Your task is to help other people. Imagine that you need to explain something to another person. Explain what he does not know or does not understand. In fact, you and I already know that in reality, every person has all the knowledge, everything is initially already in his soul. Therefore, your task is to help him realize the information that he already has. By the way, it is with this, with the awareness of the knowledge already present in the soul, that true understanding is connected.

The easiest way to awaken a person to the awareness of the necessary information stored in his soul is through remote areas of his consciousness. And the easiest way to reach them is through remote areas of your consciousness.

By doing this exercise, you are already actively participating in the rescue program. In this regard, I will clarify what should be fundamental for your concentration. Your concentration should be such that the control you receive would have a positive effect for everyone at once, so that it would ensure a beneficial development of events for everyone at once. And this is regardless of the location of other people. People may be physically at a great distance from you, but they will still receive help from you.

In a more condensed form, this exercise can be called focusing on the overall success. This means that thanks to your work, the development of specific situations will proceed in a favorable direction for everyone.

If you wish, especially at first, at the beginning of your practice, you can add another exercise on this day.

You concentrate on distant objects such as the Sun, planets, or stars and constellations. You may not be able to see them with your normal vision. Your task in this concentration is to try to understand what these objects are in terms of information.

2. Seven-digit series: 1538416;

Nine-digit series: 891543219.

3. Look at the World from the highest position of your consciousness, from the deepest position of your soul and from the most spiritual with a passion for universal well-being, look at the World as if it were just being created and create it as it is now. But creating it as it is now, change the state of the World with its vices for the better, towards creation and eternal life. And you will see that vices are not vices at all, but an incorrect understanding of the World. Understand the World correctly, as the Creator gives it to you, and you will see that the Creator is everywhere and correctness is everywhere, you just need to take one step towards it, you just need not to deny and come to this correctness forever and ever, and you will see that the World has been transformed. And you will see that the Universe has become yours, and you will see that the Creator is pleased with you, and you will see that you are the creator and can create everywhere, always and forever, and you are the Creator's assistant, and you are the assistant to anyone else and you, as the Creator himself, create the creator and here you come to the point of unity of all. And this point of unity of all is your soul. Look at it, and you will see the light of life. This light of life is created by your soul. The glow of your soul is what calls you up, far and wide, the glow of your soul is the World. You see the World because your soul sees it. You see the soul because you have the eyes of the soul. Look at yourself from all sides, and you will see a general unity with the whole World, with the

whole World that exists everywhere and always. Your thought is the thought of the World. Your knowledge is the knowledge of the World.

Give out the knowledge of life and spread the light of your soul, and you will see eternal life in the state in which you are in it. You will see that eternal life has long been with you, it always is, it always was, it always will be. Eternal life is you.

Day 21:

1. On the twenty-first day of the month, you need to concentrate on the number series that go in reverse order. A specific example: 16, 15, 14, 13, 12, 11, 10. The numbers in these sequences must be in the range from 1 to 31 (the maximum number of days in a month). So you have 31 numbers at your disposal. When composing sequences from these numbers, rely on your inner intuition.

2. Seven-digit series: 8153517;

Nine-digit series: 589148542.

3. Look at a mountain stream running down the mountains. Look at the snow melting. Turn your mind's eye to these pictures, if you looked with your eyes. And you will see that your thoughts are no different from your eyes. And you will see that your consciousness is no different from your body. And you will see how your soul builds your body. Do not forget this knowledge, transferring it from second to second, passing it on to others and making Eternity out of a moment, you will eternally build yourself as if you, without making an effort, lived before, and this eternal construction is eternal life. Build other objects around you on the same principle, build worlds. Create joy and sow wheat, and create bread, and give tools, and give machines, and make the machines harmless, non-destructive, and you will see that you live in this World, and you will see that this was sent down to you, and that God and your consciousness are manifested in the machine. Stop the car if it is dangerous.

Build the body if it is sick, perform the resurrection if someone has passed away, do not allow someone else to pass away. You are the creator, you are the creator, take, act and go forward in harmony

with the whole World, in harmony with everything created, in harmony with everything that will ever be created in all the infinity and manifestation of the World, and in harmony with yourself.

Day 22:

1. On this day of the month you need to concentrate on such elements of reality that are characterized by endless reproduction. Specific example: the concept of Eternity. Or the concept of infinite space.

Let me remind you once again that while thinking, say, about Eternity, you must at the same time build the event you need.

2. Seven-digit series: 8153485;

Nine-digit series: 198516789.

3. Your soul is a created structure, your soul is a recreated structure. See how your soul is created, see how it is recreated. In the act of re-creation is your soul, open your world and see where Creation is recreated.

tel, look at the mechanism of recreation and you will see love. Love is what brings light to the World. Love is what the world is built on. Love is what has always existed and was originally. Look who created love, and you will see yourself. Love that belongs to you is you, who belong to love. Build with love, build with prosperity, build with the great joy of universal life and universal happiness, and you will be able to see the joy that everyone around you sees. See the joy of those around you, and your heart will be filled with happiness. Be happy, be in harmony, and this happiness will bring you Eternity. Look with your eternal eyes, look with your eternal body, look with your eternal gaze at your relatives and grant them Eternity. Look with your Eternity at all people and grant them Eternity. Look with your Eternity at the whole World, at all your surroundings and grant them Eternity. And the World will blossom, and there will be a flower that blossoms forever. And this flower will be your World, which is also the World of all. And you will live and your happiness will be endless.

Day 23:

1. On the twenty-third day of the month, one must concentrate on the development of all elements of reality in the direction of realizing God's tasks.

2. Seven-digit series: 8154574;

Nine-digit series: 581974321.

3. Look at the World, what you need to do in it, look at your everyday affairs, see your feelings and look at them. Look how your feelings are connected with events, why you look ahead, why you feel, why your affairs are going this way and not otherwise. Why the word "otherwise" cannot be present in the World, because the World is one and it is diverse in its unity. Why the word "only" means diversity. Feel the entire nature of phenomena in your specific business. Look at this business from all sides. Look at your body and restore it with one mental moment. Look at your consciousness and make it such that it solves all your questions. Look at your soul and see that everything has been there for a long time.

Day 24:

1. On this day of the month, during concentration, you need to get any other object from the human form. For example, a video cassette, a pen, a plant. You need to see from which element of the human form, say, a video cassette is born. That is, how you need to realize the image of a person in order to get a video cassette.

2. Seven-digit series: 5184325;

Nine-digit series: 189543210.

3. You have seen the reality that you have seen. You have come to the reality that you are. Look at all the days from the first to the twenty-fourth and you will see that your love is endless. Look at the World as you look with love, look at the feeling as you build it, look at the feeling as an eternal creation and you will come to love as Eternity. You come to it forever and you remain with it forever. The Creator - your God, created you loving. You are God's creations and you love. Love is life, and life is love. Show love where you appear,

show love in those places where you are determined and predetermined. Love may not be expressed in words and love may not be expressed in feelings, but your actions are love, where you create.

Day 25:

1. On the twenty-fifth day of the month, you can concentrate on any objects of your choice, but it is important that you have several different concentrations, so that you have a certain set of them. From this set, based on analysis, you combine different objects of concentration into groups according to some feature. For example, a tape recorder and a cassette can be placed in one group, because they complement each other in fulfilling their purpose. A tape recorder and a receiver can be combined into one group, considering them as goods made using electronics. Similar objects can be placed in one group, say, two different books. However, if you look at these same books from the point of view of their content, their subject matter, then these books may end up in different groups if the subject matter is decisive when compiling the groups. As you can see, you have complete creative freedom here. You can, for example, while sitting at home, look around and use the objects around you for this concentration.

2. Seven-digit series: 1890000;

Nine-digit series: 012459999.

3. Come to the thought of yourself in yourself. Catch the thought of yourself as a reflection of yourself. See yourself as you see everyone. See yourself as you see everyone. See yourself as you see a tree branch, a leaf of a plant, morning dew or snow on a windowsill. You will see what is eternal before you. You will see that you are eternal.

Day 26:

1. On this day of the month you learn to see simultaneously the whole and its part, the general and the particular. Let's say there's a herd of cows in front of you. You can see the whole herd and at the same time focus on one cow. And understand

how it lives, what it thinks about, how it will develop. Or you can look at an anthill and at the same time at a single ant.

With the help of this concentration you should understand how to be able to see the whole and its part, the general and the particular, practically with one glance. This concentration will help you to acquire this ability. You will be able to instantly see both the general and the particular.

2. Seven-digit series: 1584321;

Nine-digit series: 485617891.

3. Take note that you are evolving eternally. See that your evolution is constant. Engage yourself in what is eternal. For every movement is eternal and every thing — the personification of Eternity, and each personality is Eternity and each soul is a multitude of Eternities. Go to the diverse Eternities from the one Eternity and you will see that Eternity is one for all. Come through this to the understanding of your soul, and you will see that you are the creator of what you need. Apply this to the creation of each thing and you will see that each thing is created by you. Apply this to the creation of your organism, and you will understand that your organism can always be self-restored. Apply this to the health of others, and by healing another, you will gain experience for yourself. Healing others is always an experience for yourself. Restoring everything is always an experience for you. Do more good, give more joy and happiness and you will receive Eternity into your hands in the form of a specific technological tool of your consciousness. Spread consciousness to the harsh conditions of Eternity. Where Eternity is expanding, overtake it, overtake Eternity in infinity and see yourself as the personification of the Creator. You create where Eternity is only expanding, you — the creator of Eternity, you control Eternity and Eternity always obeys you.

Day 27:

1. On the twenty-seventh day of the month you need to do the same concentration as on the ninth day of the month, but add to it the infinite development of each element of concentration.

2. Seven-digit series: 1854342;
Nine-digit series: 185431201.

3. Help those who need help. Help those who don't need help. Help yourself if you need help. Help yourself if you don't need help. Look at the word "help" in its broader sense and look at kindness as the personification of help. You are kind and you help. You are the creator and you have help. Every act of your creation brings you help. Everything you have created is help to you. You have an infinite number of helpers, just as you help an infinite number of others. You are in universal connections with everyone, you always help everyone and everyone helps you. In universal connections and mutual assistance, lead society to prosperity, give happiness to everyone and you will see yourself in universal world harmony with everyone, where God the Creator is everything that is created around you, this is everything that is created by you, and the personification of God in everything created around you. And the personification of God as your creator will manifest in your soul as a true understanding of the World in self-development after receiving infinity of life. Infinity of life is the infinity of the Creator. To be infinitely living, one must be infinitely created, one must be infinitely created. To be infinitely creative, you don't need to do anything, we are created forever, to be infinitely creative. You can make it so that every thought, every movement, every action creates Eternity.

Day 28:

1. On this day of the month you need to do the same concentration as on the eighth day of the month, but with one important difference. The point here is the following.

You probably noticed that on the previous day, the 27th, when determining the type of concentration, the numbers 2 and 7 were added together: $2 + 7 = 9$. In this case, the situation is different. The number 28 consists of two digits: 2 and 8. In this case, the number 28 should be perceived as follows: two multiplied by eight. Not adding 2 and 8, but multiplying. That is, eight is doubled. This is why

the program of the eighth day is repeated on this day. However, this repetition should not be literal, it should not be an exact copy of the previous work. You must change something. And first of all, turn to change something in yourself. For example, change something in your/
new vision of this concentration. While performing it according to the old scheme, you should nevertheless see something new in it, look at it from a different angle.

Your understanding, as well as your perception of these concentrations, must constantly expand and deepen. This is a creative process. It contributes to your development.

2. Seven-digit series: 1854512;

Nine-digit series: 195814210.

3. Look at yourself as you look at the whole World at once. Look at the Creator as the Creator looks at you, and in this you will gain an understanding of what the Creator wants from you. Look at His gaze and you will see His gaze. You will see that the Creator's gaze is also directed to distant phenomena of the World, and your task is to manage these phenomena of the World. You must make any phenomena of the World harmonious. This is your true task. You must give birth to and create Worlds that will always be harmonious. This is your true task from your creation. For He, the Creator, has already created, for He, the Creator, has already done, and your task is to follow this path, for you are created in the image and likeness, just as the Creator was created. The Creator recreated Himself, but He also created you. Recreate yourself and create others. Create all others and give everyone universal well-being, and you will have a World that is created for you, and for everyone, and for the Creator. Create for the Creator, for He created you. Create for the Creator, for He created everything. And therefore, whatever you create, you always create for the Creator.

Day 29:

1. On the twenty-ninth day of the month, you perform a generalizing concentration. On this day, you must review all the concentrations of

this month, from the first to the twenty-eighth. But you must perceive them in an impulse. This is important. You cover the path covered during the month in one single moment of perception.

At the same time, you need to do a certain analysis of your work. On this day, you kind of create a platform for work in the next month.

You can imagine everything you have done as a sphere and place it on an infinite line, the initial section of which includes the next month. In this way, you will create a platform not only for the next month, but also for your further infinite development.

2. Seven-digit series: 1852142;

Nine-digit series: 512942180.

3. Look at the World with your own eyes. Look at the World with all your senses. Look at the World with all your cells. Look at the World with your whole organism and with everything you can see and with everything you are. Look at the World and yourself and inside yourself. Look at the World with the understanding that the World is around you and it envelops you. Look at the reality that gives life. Look at the reality that gives Eternity. And you will see that wherever you look, there is only this reality that gives life and gives Eternity. And the creator of this reality is God. And God, who created this reality, created eternal life and he sees you the way you see yourself, and he sees you the way you do not see yourself, and he is your creator. And he is God.

Day 30:

1. On this day you conduct the first concentration on the constructed platform. This concentration lays the foundation for your work in the following month.

You need to concentrate on the harmony of the World. You must see it, find it, rejoice in it, admire it. And at the same time you are surprised at how the Creator was able to create everything so perfectly. That is, you admire the harmony of the World as a consequence of the perfection of the Creator.

2. Seven-digit series: 1852143;

Nine-digit series: 185219351.

3. The principle by which you build all the previous days can be the main one on this day, because in February, where now, in the present chronology, there are 29 or 28 days, this principle on the thirtieth day passes to the first or second day. And this unification shows the eternal cycle of life. Find Eternity in all your previous harmonizations. Find this Eternity in this simple example, because one month has 30 days, another month - February - 29 or 28 days and through this month of February alone we have common unifications of the number 30 with the number 1 or 2. And the unification of numbers, different in nature and origin, speaks of the unity and common nature of all. Find the common nature in everything, in every element of information, and find the common nature where it is not immediately visible, and find it where it is obvious, and find it where

It is immediately visible. And you will see, and you will realize, and you will feel, and you will be inspired.

Day 31:

1. On the thirty-first day of the month, you concentrate on isolated areas of each individual volume.

Let's say, for example, there is a tree growing on a certain piece of land. You are aware that below it is soil, above it and on the sides is air. All these separate areas are united in your consciousness by the fact that you see in them all the eternal reproduction of life. Life is eternal. You must realize this. Remember this, observing the world around you, feeling it, dissolving in it. And the realization of this Truth will come to you: YES, LIFE IS ETERNAL!

2. Seven-digit series: 1532106;

Nine-digit series: 185214321.

3. Concentrate on yourself on this day. You are absolutely and completely healthy, and everyone around you is healthy. And the

World is eternal. And all events are creative. And you always see everything only in a positive light. And everything around is always favorable.

I would like to make one more remark about the exercises given. I will repeat once again that you yourself must determine the number of concentrations and their duration. You must also decide for yourself which result is most important to you at the moment, what you should strive for first of all. If you want to get a certain result by a certain date, then include this time in the target setting and achieve it through concentration.

Remember that these are creative exercises. They develop you. With the help of these concentrations you will grow spiritually, and this in turn will help you to do all these concentrations at a higher level, which will provide you with even greater development, and so on. This process is endless. Quite quickly you will find that your life has begun to change for the better, although to be more precise, it should be said that it is you yourself who have begun to make it such that you are gradually beginning to take control of your life into your own hands.

These exercises contribute to the development of consciousness, the development of events in your life in a favorable direction, the acquisition of full health and the establishment of harmony with the pulse of the Universe.