



Magic of frequencies

Введите текст

Practical guide to cosmoenergy

Koveshnikov Vadim

www.cosmoenergy.fi

History of Cosmoenergy	5
Vadim's School	7
Basic terms and concepts	10
Why is this necessary? Application areas	14
Sessions, Practices and School	17
Levels, Systems and Additional Programs	19
ENERGETIC STRUCTURE OF A HUMAN	21
Basic description of each of the six energy centers:	23
AURA	27
SOURCES FORMING HUMAN STATE	29
DIAGNOSTICS	31
Protection	33
Building and working with the Golden Pyramid.	35
Elements that can harm a person	37
Frequencies of Initial Training	38
WORK ASSIGNMENT PART	44
DEVELOPMENT OF VISION, PERCEPTION, SENSORY, INTUITION	46
SESSION PLAN	49

SESSION TECHNIQUES	50
RESTORATION OF THE INTEGRITY OF THE AURA	52
SPINAL CLEANSING	55
Working with Water	57
Motor-Well	57
Energy cuts	59
Aura opening	59
Regular Practices and Schemes	60
And what's next?	61
Frequency Handbook	63
ADDITIONAL QUESTIONS	71

History of Cosmoenergy

Cosmoenergy was developed by V.A. Petrov in the city of Tashkent in the 1980s. The actual origins of the method are shrouded in mystery. Vladimir Aleksandrovich himself played a key role in this. He confirmed any story that people came up with. This led to the emergence of versions about UFOs, Yoga, military developments, etc. I heard a rather ordinary story from Petrov himself. He received some transmissions from his ancestors and began to study how they worked.

All of this could only be explored through statistics. Therefore, he began to learn from steppe healers, shamans, and so on. It turned out that they all had their transmissions from their ancestors. Typically, these were certain phrases that needed to be repeated or images that needed to be visualized. As a result of such manipulations, a person felt better.

It quickly became apparent that there was more to the words than just the verse. There were dozens of versions of spells for warts, for example, and most of them worked. Therefore, it can be assumed that the key is not in the verse itself but in what happens behind it, in that part that unites all spells, incantations, and rituals. It is difficult to explain this in detail within the framework of this manual. We discuss this in our classes.

As a fact, Petrov immersed himself in this understanding and, as a result, approached subtle knowledge, similar to how Mendeleev approached Chemistry. Petrov organized them. He collected a multitude of different transmissions

from various teachers, changed the passwords, and created his matrices.

The Buddhist block allowed a person to learn how to understand the effects on the body. The magical block developed an understanding of the influence on the subtle bodies. The Master block taught about out-of-body practices, exorcism, and so on.

Subsequently, additional systems were formed for working with bioenergy, egregores, etc.

Petrov had many students. Some of them left the teacher and started their own directions. Some were expelled from the school.

Vadim's School

Our school is no longer solely focused on teaching cosmoenergy, but rather we use various methods to expand our self-perception. The most important aspect of esoteric practice is the pursuit of deeper levels of perception. For example, when we read a book, we are in a state of perception of the book. For an average person, this is sufficient, but for us, we are interested in delving deeper into the process, such as:

- How perception affects our energy system
- Which energy centers open and close
- Which behavioral models increase potential
- Any interaction produces a state of consciousness,

allowing us to observe its naturalness.

- We use various practices to develop perception, one of which is cosmoenergy. For me, my teacher's method is the foundation of my practice, just as the periodic table is for any chemist. However, while applying the knowledge from the table, modern chemists make their own discoveries.

Similarly, at our school, we strive to apply the foundation of our practice while also making new discoveries to understand more deeply the processes related to the transmission of states and the influence of the environment on us.

Each person is unique, so there are no universal practices and exercises. Everyone follows their own path. What interests me is to develop the ability to feel my path as accurately as possible. For example, one person may start lifting weights, and it may be beneficial for them. The same exercise can be dangerous for someone else. Our energy

system always works ahead of time and predicts the consequences of our actions. By developing our sensitivity, we gain the ability to choose the most effective behavior for us at a given moment.

During our classes, we clearly begin to perceive the interdependence of our life spheres, we begin to feel when we need to meet the morning with exercises, and when it is much more important to kiss a loved one. Observing states requires both external analysis and constant self-reflection. For this, we use energy diagnostic systems, fix our aura state in diaries, and cross-check the diagnoses to determine states more accurately. A person can easily deceive themselves, but it is more challenging to deceive an external observer.

To understand the processes related to the transmission of states and the impact of the environment on us, it is important to develop sensitivity to our own path. Each person is unique, so there are no universal practices and exercises. What is interesting to me is to develop the ability to feel our path as accurately as possible. For example, lifting weights can be useful for one person, but dangerous for another. By developing sensitivity, a person can choose the most effective behavior for them at any given moment.

During practice, we begin to clearly perceive the interdependence of our life spheres and feel when it is necessary to meet the morning with exercise or when it is more important to kiss a loved one. Observing states requires both external analysis and constant independent monitoring. To do this, we use energy diagnostics systems and record our aura states in diaries. Cross-diagnosis allows for more accurate determination of states.

It is important to understand that the path primarily consists of the development of awareness - physical, psychological, and spiritual. The first key is always observing our own body, as it allows us to interact with the world, feel it and learn from it. However, we do not say that the body

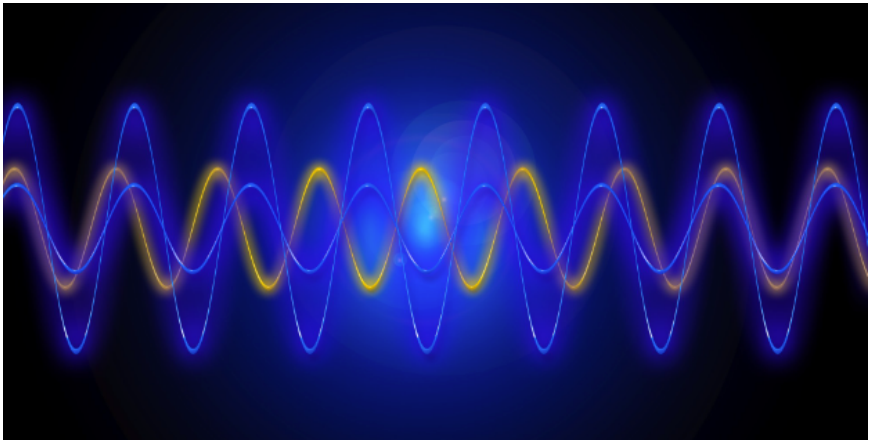
can only be restored through subtle methods. Of course, practice requires a combination of methods, and it is important to practice actively to achieve results.

Only you can do the exercises, learn to relax, learn to energetically interact and adjust your aura. And as a result, we create such systems. For example, if your goal is to correct your back, by practicing our methods, you will somehow come across a master who will teach you how to overcome the problem. There are solutions to everything in the universe. The key problem for any person is the "closed eyes" that refuse to see solutions simply because they are outside our field of vision.

Basic terms and concepts

Frequency

At the beginning of the emergence of cosmoenergy, the term "channel" was used, since opening up frequencies gave the sensation of an energetic tube. Due to a lack of information, people started creating all sorts of theories on this subject. If there is a tube, it must go from somewhere to somewhere, for example, from Mars to a person. This created a completely incorrect model of perception during practices, and Petrov decided to change the term. We started calling the channel - frequency. This is because when opening a frequency or entering a state, the amplitude of the aura's vibration layers changes in a person.



Transmission

the process of transferring a state. When a master transfers an anchor (verbal or visual form) and the process of transitioning into a state to their student.

Energy center, chakra, point of intensity

essentially an inner reactor of a person, emitting energy into the surrounding space. It represents an energy sphere with external outputs resembling a Maltese cross from above.

When a particular energy center is weakened in a person, social processes may be disrupted and illnesses may arise.



Energy center windows

beams of energy emanating from the energy center in four directions (forward, backward, left, and right).

Aura

the energy field of a person, the source of which is energy centers.

Meridian

an energy cord that goes both inside and outside of a person's body. There is an entire network of meridians that allows specific energies to flow inside a person's subtle bodies.

Subtle body

a component of a person's aura.

String, flow

some aspects of cosmo-energy known as the Dragon's vein. The nature of this phenomenon is not yet fully understood, but it is known to be an energetic flow emanating from the earth and rising into the sky. In the sky, the flows merge into nodes and then into what is known as the rainbow sky. The flows can be of different colors and have a maximum impact on humans.

Dragon's vein

an energetic river that arises at the base of the string, preserving its properties but more diffuse. It has a directed flow. Knowledge of such energy flows was especially actively applied in the construction of megaliths. This knowledge was also used by Feng Shui masters and Egyptian priests.

Why is this necessary?

Application areas

Self-development

First and foremost, our practices are aimed at self-development, and more specifically at developing our own perception of the path.

It is important to clearly define the direction that is most suitable for you personally and at the current moment in time.

For example, for some people yoga is useful, while for others it may be weightlifting at the gym. If you listen to external advisers, it is easy to break your back or strain your tendons. It is very important to feel your own path, in any area of life: in family or society, in communication or emotions.

Each of us has our own path. Yes, it may overlap with others in some areas, and some knowledge may be universal tools. But you will still walk alone towards the summit.

If we talk about development, the basic scheme is quite simple. You need to pay attention to your body, take care of your health, take care of yourself, and develop your perception. Because the body is the tool through which we perceive reality. If it is destroyed, everything else in this world is transformed or becomes difficult to access.

Practices of the Family

Practices of the family are a fairly significant aspect in development. It is important to understand that all family members, as communicating vessels, are interconnected. The problems of any "blood relative" affect everyone else. It is necessary to develop a sense of unity and respect for elders within oneself.

Social Development

Social development is an integral part for us. Throughout history, the easiest solution was to "build walls" and isolate oneself. Leaving society for the forest, and feeling like you are experiencing more of the world. In our view, this is often a simple escape.

It is understandable when this step is taken by highly realized people, such as kings, rulers or spiritual mentors. It is completely incomprehensible when those who have achieved nothing in life brag about it. That is why self-development is associated with the development of mastery, which you strive to pass on to others.

When you are surrounded by friends and people who are passionate about learning a similar mastery, you approach the state of creators. After all, a master is someone who can create the best. And if a person does the best, then he looks beyond what has not been created much more often.

Development of Emotions

Of course, it is impossible to develop without emotions. Often they become a barrier for us. Some people spend their whole lives trying to turn them off, while others are hyper-

emotional. I am a proponent of developing emotional awareness, where you understand each feeling and it becomes a spotlight for you, dissipating the darkness around you. Or, if you will, it becomes an absolute shield. Emotions fill us with meaning, make speech clearer, allow us to enjoy our home and feel unity with nature. They open up intuition and the first glimpse of the subtle world.

We strive to develop creativity, and there is no desire to limit it. Everyone creates in their own way. And when a person thinks about approaching the understanding of the creator and bringing happiness to others with their creation, they take another step forward.

Our entire life is connected by the finest threads. If you imagine it as a piece of fabric, it is easy to understand that all threads are interdependent. Similarly, a person cannot develop only extrasensory abilities. Any asymmetry leads to imbalances. If we stop working evenly, our fabric will become holey. For example, uncertainty about the future poisons relationships and leads to depression. Aggressive speech leads to anxiety and a closed perception. Refusing to see beauty in the world leads to escapism, alcoholism, and drug addiction - surrogate beauties that often lead a person to madness.

Sessions, Practices and School

How to practice:

The School provides a system and tools for practicing both at home and during classes and various School events. It is recommended to combine all methods:

Practice on your own in daily life

Attend regular classes (see "Regular Practices and Schemes" section)

Use tools throughout the day

Attend weekly classes at the School

The School has a whole system dedicated to regular practice for the development of all tools. Classes are held in groups in various cities several times a week at a specific time. It is recommended to attend classes twice a week. Classes are paid and depend on the time, groups, and level of people.

Other ways to practice include:

Attend additional programs On the School's website and in the "Levels, Systems and Additional Programs" section, you can see the full list of additional programs.

Individual sessions Possible with prior agreement and registration by phone with the School.

Participate in expeditions Expeditions usually take place several times a year. It is recommended to

familiarize yourself with the directions and register in advance.

Practice with other practitioners During your education at the School, you will have various contacts with other students.

Levels, Systems and Additional Programs

Program	Type	Purpose	Requirements	Time
Initial Training	Transmission and Training	Introduction to Cosmoenergy	Desire	Monthly, 2 days
Intensive	Training	Intensive learning	Entrance to the School, prior Sonastroiki in other schools	Periodically, 1 day
Master	Transmission and Training	Expansion of frequency block. Strengthening of abilities	Initial training. Approval from Vadim Koveshnikov	By appointment
Magister	Transmission and Training	Ability to transmit frequencies to others. Exorcism, new protections and out-of-body states	Transmission as Master. Approval from Vadim Koveshnikov	By appointment

Breathing	Addition al Progra ms	Expansion of consciousness. Work on fears and any problems beyond consciousness	Desire	Periodicall y throughout the year
-----------	--------------------------------	--	--------	--

ENERGETIC STRUCTURE OF A HUMAN

Body / Spirit / Mind

The integrity of a human being is achieved through harmonizing the bridges between the body, spirit, and mind. A malfunction in any sphere leads to a disruption in our development.

Humans possess a range of sensors and senses for perceiving the surrounding world: vision, hearing, taste, smell, touch, sense of balance and position in space, tactile sensations, and subtle perception.

Through perception of the surrounding reality, we build a model of interaction with it, somehow manifesting ourselves in action. Essentially, we are constantly following the law of cause and effect.

Insufficient perception of the situation leads to a disruption of awareness. As a result, we take wrong actions. Eventually, the spirit through the surrounding reality begins to make us pay attention to our mistakes. This is expressed in so-called time loops and event funnels. When you realize that the situation is repeating itself.

The spirit guides us in a circle through different stages of life, pushing us to grow. Constant development of awareness is necessary in the realm of perception in order to see not only the big and obvious loops but also the small, everyday ones that happen to us day after day.

If we have insufficient perception, we are like a blind sapper. We perform actions without realizing the real consequences of these actions.

We wall off our ability to perceive, wanting to see only our comfortable and right world. All of this leads to a disruption of awareness of cause and effect, thus pushing us toward even more destructive actions.

However, the spirit constantly speaks to us through the language of events happening in the surrounding world. Only by realizing the unity of this entire system can we move closer to wholeness.

You must understand that this is not easy. Even now, to convey the meaning of unity, it is necessary to break it down into parts. But that is how this path works. Only through practice is it possible to truly understand the unity of all existence.

In the esoteric approach, we use deeper levels of observation. We try to learn how to perceive the flow of subtle energies in both the body and the surrounding world.

Thus, we strive to develop an even greater ability to understand what the world is saying directly to each individual.

And so, each of us is surrounded by an aura of light or an energy field. There must always be a source for this field. In a person's field, energy centers (Energy Center, Chakra) serve as sources. Each center is essentially a projection of our manifestation in this world. At the energetic level, it looks like a four-sided "vajra" or "Maltese cross".

Basic description of each of the six energy centers:

The first energy center (1) is the manifestation in the sphere of vitality, general tone, and energy. It is the state of the inner beast and instinct of self-preservation.

The second energy center (2) is the manifestation of oneself as a member of the family. It is the model that compels one to continue the family line, the instinct for survival.

The third energy center (3) is the manifestation of oneself as a social individual, a master of one's craft, a responsible person. It is the aspiration to be useful to society.

The fourth energy center (4) is the manifestation of all kinds of emotions and intuition with their profound aspects. A person with a well-developed fourth center relies on the desire to make everyone around them happier and share their warmth.

The fifth energy center (5) is the manifestation of communication skills, creativity, and self-expression. It is the aspiration to create something new, intellectual communication.

The sixth energy center (6) is the manifestation of the ability to perceive the surrounding world. It is the

boundlessness of perception.

Based on the structure of the energy center, we determine the meaning of its windows. The front windows are responsible for manifestations and connections with any objects of material nature, people, as well as younger relatives. The rear windows are responsible for inherited patterns of behavior and interaction with ancestors.

The asymmetry of the side windows indicates inadequacy in manifestation. As a rule, a shift of the aura to the right (weak left side windows) indicates an excessively masculine approach, rigidity, linearity, and possibly tyranny. A shift to the left (weak right side windows), on the contrary, indicates greater feminine asymmetry, capriciousness, indecisiveness, and blowing things out of proportion, similar to PMS.

Description of energy centers through relationships, work, and love:

Creating a complete typological table of all centers for all types of manifestations is quite problematic. We will do this with you using the example of relationships, work, and love. Of course, we only provide theses, directions.

Energy Center - Description Through Layers of Relationships:

1. Egocentric desire to be with someone. Just sex.
2. Sexual attraction for the purpose of procreation. The desire to help offspring become even better.
3. Vision of a shared path, socialization, and prosperity.
4. Deep emotional closeness.
5. Ability to communicate and not conflict.
6. Openness to perceiving each other.

Layer of Work:

1. Engagement in a favorite activity or, on a lower aspect, work for survival.
2. Work in which a person is capable of taking responsibility for others.
3. Master of their craft. Shares their skills and is in demand by people.
4. Intuitive decision-making, working at the level of meanings and feelings.
5. Creating new solutions, creative approach, innovative technologies.
6. Openness to subtle information, ability to influence and shape global trends in their industry.

Layer of Love:

1. Love for one's own body and oneself as a creation of the universe. Light begins with the source. Inside of us, there is a point of divinity and light from this point first touches the body. That's why it's necessary to be grateful to the universe for our existence and ability to move towards enlightenment.

Life is the greatest miracle, and it's necessary to realize it every moment.

2. Love between spouses. Love for parents and children.

Caring for loved ones.

3. Love shown towards people in general.

4. The desire for all beings to be happy.

5. Creative love.

6. Receiving love. When you love the whole world, no matter how complex it may seem.

AURA

There are two main metaphors that can be used to understand the concept of aura.

Aura as light

Energy centers are the sources of our field. The aura is strong when the energy centers are strong. These, in turn, are strong when our expression is in demand by nature, or as it can be better expressed, in harmony with nature. Light dispels darkness, light always acts, and light is directed outward. Therefore, it is important to understand that if we want a healthy aura, we need to act, love, and cut off anything that dims our light.

Aura as a river

We all receive energy and we all transmit it. The strength of the aura always depends on the ability to conduct energy. People are born with different structures of the energy field.

Some people have an aura similar to a small stream. If a person blocks it, the field becomes stagnant. It may expand for a while, but more often than not, it leads to illness.

Some people have an aura like a turbulent river. Usually, it is small in size but very active. Such people have a lot of energy, but it doesn't last for long processes.

Among us are those who have an aura similar to a wide river. Such people are often slow, but have innate good health, determination, and tranquility. Their aura is capable of conducting a large volume of energy.

The aura of a mage is like the Volga river flowing from the mountains. The person is capable of instantly gaining enormous energy potential and translating it into reality.

Most people have serious distortions in their aura. This leads to loss of energy, lack of interest in life, feeling of low ceiling, and simply health problems.

Learning to perceive changes in the energy state is the most basic task for those who study in our school.

Working on oneself is an essential part of being a conscious person!

SOURCES FORMING HUMAN STATE

We understand that everything in this world happens for a reason or, to look at it globally, due to karma. Therefore, our current state is dependent on several incoming streams.

Astrology

This is the first stream. Let's call it "Astrological Luck". Each person is born at a certain time, in a certain place, and with a certain arrangement of planets. And each person is subject to their influence. The sun, the moon, and other celestial bodies affect us. All of these influences have a cyclical nature. We and you live in words but in a large clock mechanism. Day gives way to night, wakefulness gives way to sleep, and so on. The influences can be quite subtle. Ancient observational astrology systems discovered certain patterns in this regard. They found that the position of celestial bodies in one point or another in the sky includes certain inclinations for us. These inclinations can carry both positive and negative behavior patterns, shaping elements of our destiny. Your date and time of birth allow you to understand the position of celestial bodies in the sky and their influence on your life.

Family inheritance

The second stream is our inheritance. We came into this world in a certain social class. We are the children of the family, and the family is a single body. If even a finger hurts, the whole body can be sick. Similarly, in the family - the problems of one relative affect all living relatives. Moreover,

the family has hereditary diseases that accumulate from generation to generation.

Own Programs

This stream can include our own programs acquired as personal experience, but which are destructive. Often we create serious obstacles for ourselves to develop. I hope that by practicing in school, you will at least create them less.

DIAGNOSTICS

Method of Conducting:

1. Determine the diagnostic palm.
2. Then scan the boundary of the field in the areas of the head, chest, abdomen, and groin, both from the front and back. This determines the density of the aura.
3. Moving the palm along the body's central line, scan the front and back windows of the energy centers.
4. In the area of weak or absent windows, look for irregularities. The task is to keep the question in mind: What stands out? Or what hurts?
5. Diagnose attachments. To do this, hold the palm vertically about one and a half meters away from the person along the energy center line. If you feel a cold rope that goes far from the body, it is an attachment.
6. When we move our palm along the body and feel that the field is swollen like a bubble in some places, and the sensations in the palm are extremely unpleasant (you want to wash your hands), we can conclude that the person being diagnosed most likely has a «tenant».
7. If during the diagnosis we sense unpleasant sensations in the area of the back of the head or above the head, as well as

in the area of the legs, it may indicate negative magical influence.

Spine Diagnosis.

It is convenient to diagnose the spine in two ways.

The first: open the FB frequency, place the active hand on the base of the skull, and place the other hand on the coccyx, waiting for the formation of an arc for several seconds. If this does not happen, start reviewing by segments. The beginning and end of the cervical spine, then the thoracic and so on. Where the arc is formed, the spine is intact, and the central meridian is active. Where it is not formed, the conductivity of the central meridian is difficult, and there may be problems with the spine itself.

The second method: searching for uncomfortable areas while moving the palm from the base of the skull to the coccyx. We need to understand if there are any spine injuries in the area where the previously diagnosed organ is located. If injuries are found, it is extremely important to work with this area of the spine in parallel with treating the organ. Because without working on the problem area of the back, you reduce the effectiveness of treating the organ itself.

Protection

The main protections of a cosmoenergist are the shell, pyramid, energy pearl, and frequencies.

The shell and pyramid require construction and development. It should be noted that anyone can use a shell. The other three techniques can only be used by a cosmoenergist because the energy pearl and pyramid only function after initial configuration. Without frequencies, they are absolutely ineffective.

Building protection

Building protection begins with visualization, which transforms into a stable mental image during practice. The main task is to learn how to maintain the clearest possible mental image. Its density should be so high that you begin to feel it physically.

Building and developing the shell.

You need to visualize yourself inside a stretched-out shell like a mussel. The flaps are attached to the back in the shoulder blade area and are open in the front. The size vertically: the flaps above the head are 30-40 cm, and the bottom is around the calf. The shell is built proportionally to your build. The mental image is built as clearly and brightly as possible.

The built shell should always be felt as movement in the shoulder blade area when closed under control. The shell is always open and only closes in case of protection.

After creating the image, the shell needs to be trained to "snap shut." For example, if someone looks at you badly, close the shell. At work, on transportation, in the presence of any negative situation, close the shell. It is extremely important to feel the movement in the shoulder blade area each time you close it. In the future, you will develop a habit, and the shell will start to close automatically in dangerous situations. However, it can only remain closed for up to four hours.

The criterion for the functioning of the shell is the automatic feeling of movement in the shoulder area when a conflict situation or interaction is imminent.



Building and working with the Golden Pyramid.

Constructing this protection makes sense only after a functioning and established shell.

The pyramid is mentally constructed as a frame (the edges of the pyramid) of golden light rays. Construction starts from the top point of the pyramid, about 30-50 cm above the head, from which four rays descend and connect to the base. The size of the rays depends on a person's height; the taller the person, the larger the ray's size. The square base of the pyramid is positioned slightly above the knees. The mental image is constructed once at the beginning, and during the rest of the practice, it is simply visualized.

The CRITERIA for the constructed pyramid are:

1. The sound of a seashell
2. Spreading warmth throughout the body



Energy pearl

In cosmo-energy, the pearl symbolizes an additional energy center - the center of the golden pyramid. The development of the pearl begins with the appearance of an energy point between the 3rd and 4th energy centers. Like the Golden Pyramid, the pearl is protection only for cosmo-energetics.

Once a month, it is mandatory to review and adjust your protection if necessary. If the protection is built incorrectly, it should be reset by visualizing the process and constructing a new one. A correctly built and established protection protects against energy shocks and the influence of energy entities in the case of deliberate contact with them.

The criteria of a formed pearl are:

1. The sound of a seashell
2. Formation of an energy pillow in front of you
3. Invigorating warmth throughout the body

Cosmo-energetic frequencies

Frequencies also carry a protective function.

It is important to understand that by practicing, you can always restore your aura.

Elements that can harm a person

Negative behavior

As soon as you become a practitioner, you gain power. Power is responsibility and it consists of the following.

You must understand that any negative emotion directed at another person will harm them. As a result, you will receive a backlash of negative energy. In general, the logic is simple: the more we get angry, the more we hurt ourselves.

You should not impose anything on anyone. Any influence on someone's will is like constantly taking exams for them. You can tell, you can show. But you should never insist that a person needs a certain behavior model. Except in very acute cases.

In addition to our own issues, we may encounter external influences. The most common is interaction with energy entities that can cause harm. See the slide on the next page.

Objectively, our lives can also be influenced by magicians. But serious influences are not so common. The fact is that professional services are expensive and a magician always understands the real price. Therefore, they compare the possible return in case of lifting, understand their benefit, and so on. It is much more common to encounter child-level interaction based on reading a book. Without understanding what is being done, these "specialists" usually harm themselves. But, truthfully, they can also spoil the lives of others.

Frequencies of Initial Training

This section provides a description of basic frequencies and methods for their use. The tuning into the basic frequencies occurs during Initial Training. The basic frequencies include Farun-Buddha, Firast, Zeus, Shaon, Midi, and Gectas.

The description presented in this manual has a basic character for a general understanding of the interaction with frequencies. Deep study of frequencies is quite individual and requires work.

Basic frequencies are password protected. To open a frequency, it is necessary to pronounce the password. To work with the frequency, constant repetition of the password is required.

Farun-Buddha Frequency

Main function:

Activates an effective set of energy from the surrounding space in the body to ensure a constant inflow of clean energy in exchange for negative energy.

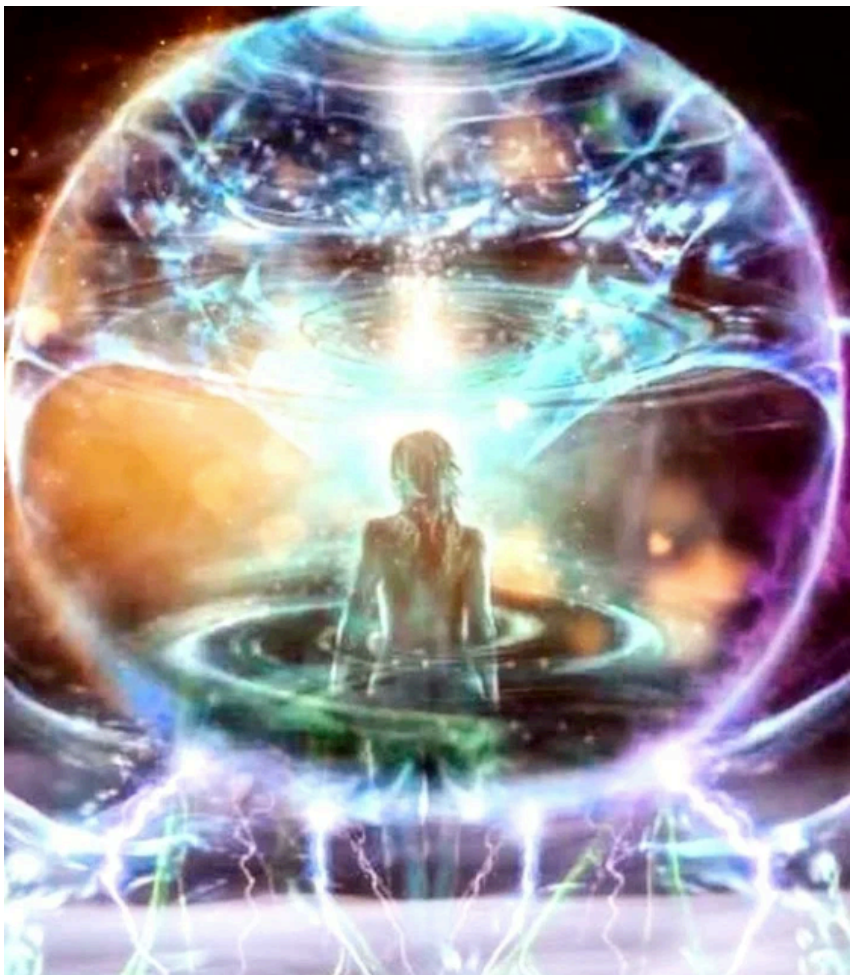
It is mandatory to open it first in any practices with the Buddhist block.

Aspects of study and development:

Development of perception of energy exchange, functioning of energy centers, movement of energy along the front-middle meridian. Mostly in the sphere of energy acquisition.

Examples of use:

Used in any problems related to lack of energy.



First Frequency

Main function:

Activation of cleansing forces of the energy field, elimination and nullification of negative energy information.

Aspects of study and development:

Development of perception of energy exchange, functioning of meridians, energy centers (mostly in the sphere of negative energy removal). Deep study of palm energy centers.

Zeus Frequency

Main function:

Acceleration of energy exchange.

Examples of use:

The frequency is used for tuning energy centers, removing soft forms of negative energy information impact (field trauma after conflicts), clearing space and objects. Reducing temperature, treating any diseases.

Frequency Shaon

Main function:

Activating the removal of toxins from the body, breaking down foreign bodies and formations. Low vibration spectrum.

Aspects of initial learning and development:

Developing perception of the 1st to 3rd energy centers in the aspect of low vibrations. Studying ways of interacting with organic and inorganic objects with dense energies.

Examples of application:

The frequency has a breaking property. Used in combination with Firast, it is used to treat 95% of diseases. Above the 3rd energy center, the Shaon frequency works as breaking and purifying, below - as breaking, purifying, and healing.

It is used to remove any inorganic formations (stones, sand, salt, etc.) from the body. Contact, semi-contact, and non-contact work with the frequency are possible.

Methodology:

The Shaon frequency is used in the treatment of the liver, kidneys, rectum, gynecology, and urology. The Firast + Shaon pair can be used in working with tumor-like processes (including cysts, fibroids, nodules, etc.). It should be noted that these frequencies remove tumors, but not always their causes.

Midi and Hectas frequencies

The Midi and Hectas frequencies are related to developing intuitive perception. Working with them requires a special approach. In particular, it is important to understand that intuitive flashes are not a voice from above, telling you about certain events. It is simply direct knowledge on the verge of enlightenment. When you just understand that someone will enter the room now, your mother is calling

you on the phone, or you feel that your acquaintance is in pain.

The development of intuition is an infinite process, as the highest realization is enlightenment. Each of us has it in one state or another. Frequencies contribute to the disclosure of perception, which is extremely important for practitioners of any esoteric direction.

"Midi" is a frequency that helps develop local intuition. Under its influence, we perceive everything that happens around us.

"Hectas" is the global intuition that allows us to perceive significant events such as disasters and social trends. It is also called cosmic intuition because most global processes are influenced by planetary factors.

The development of these frequencies consists of two levels.

1. The first level is the development of intuition. We open the Midi frequency in the morning when we wake up, close it in the middle of the day, and open Hectas. We close it before going to bed.

Throughout the day, we try to play a guessing game, constantly trying to predict events and read what is happening around us. For example, we can buy a deck of cards and guess "red-black," or when we receive a phone call, try to guess who is calling, etc.

It is essential to understand that, at first, you may receive subjective information. However, spontaneous bursts of intuition will become stronger and stronger over time. You will learn to distinguish between intuitive impulses and

intellectual processes of analysis. Eventually, you will be able to call upon these bursts of intuition consciously.

2. The second level is the perception of taste, color, and scent, which helps us understand the surrounding influences that contribute to the development of intuition. This practice usually starts after the Farun-Buddha Firast Shaon frequency is developed. The optimal training interval is every other day.

An additional property of Midi is that to attract someone to oneself, we must open Midi for ourselves and that person. In such cases, it is important to consider the person's movement restrictions, such as being in prison, the army, a hospital, etc., and not work with the frequency under those circumstances.

WORK ASSIGNMENT PART

It is recommended to start this practice only after mastering diagnostic and protective techniques.

Also, a minimum of two months of regular sessions with a one-day interval is required.

First Scheme:

- Open the Farun-Buddha frequency and stand under it for 20 minutes.
- Open the Firast frequency and stand under it for 20 minutes.
- Close the Firast frequency, open the Shaon frequency, and stand under it for 20 minutes.
- Open the Firast frequency again and stand under all three frequencies while reciting their names (Farun-Buddha, Firast, Shaon).
- Close the frequencies.

Second Scheme:

Day 1:

- Open the Farun-Buddha frequency and stand under it for 20 minutes.
- Open the Firast frequency and stand under it for 20 minutes.
- Close the frequencies.

Day 2:

- Open the Farun-Buddha frequency.
- Open the Shaon frequency and stand under it for 20 minutes.
- Open the Firast frequency again and stand under all three frequencies while reciting their names (Farun-Buddha, Firast, Shaon).
- Close the frequencies.

Third Scheme:

- Stand under any frequency for at least 30 minutes, preferably one frequency.

General Recommendations

During the practice of «building», the main intention should be focused on perception. The process of practicing and conducting a session are completely different. Once we conduct a session, our intention is fixed on restoring the body. However, during the practice, it should be entirely focused on perception.

The optimal frequency of "building" is every other day. To increase efficiency, it's essential to have a regular schedule. It's better to do it once a week but regularly than doing it every day for a month and then taking a break for two months. Regularity is crucial!

Note-taking is important! It's necessary to keep a diary and pay attention to details. The most effective practice of "building" is after conducting deep state practices. Therefore, we conduct regular face-to-face classes.

DEVELOPMENT OF VISION, PERCEPTION, SENSORY, INTUITION

On vision:

It should be reminded that in our school, we primarily focus on developing energetic vision. That is, when we see the aura around objects or the movement of energy in space without any imagined processes. Specifically, we simply look and see the radiance similar to how we see any object.

How to develop:

The first thing to understand is that vision is not a unique ability. Therefore, anyone can achieve basic results. Furthermore, it is not directly related to eye health, as we likely see the radiance not with our classic eyes.

Our brain combines information received through the visual channel with information received through an additional channel. People who wear glasses can see perfectly well. It is more challenging for those who have lost their sight because, in the practice of developing auric vision, we need to learn to focus correctly. Otherwise, we start seeing a jumble of colors.

The foundation of this process is naturalness. Therefore, there is no need for crossed eyes, tension, and so on. We simply start by looking at our finger. A semi-transparent edge should appear around it. This is nothing but a classic visual deception, but it is precisely what we need. We need to explain to the brain what information we want to receive. In this case, we are seemingly peering into emptiness.

Gradually, if you do this regularly, you will see the radiance around your finger. Usually, it is a thin colored strip several centimeters long. This is the real first step. You can congratulate yourself - you are starting to see.

Next, you need to look closely at the strip. Gradually, it will expand to several centimeters, and so on. It may seem simple, but it is not.

Good vision begins either with people who have innate abilities or those who put maximum effort into their development, meaning they practice regularly and with maximum dedication.

The vision depends on two extremely important parameters.

Your energy system must conduct energy well from the lower centers to the upper ones.

We see thanks to the sixth energy center - Ajna. This center requires the most energy. As a result, a few minutes of vision takes up a fairly large amount of energy from the lower centers. This is the reason for many psychics' illnesses. Due to a malfunction, blocks are removed from a person, and they spontaneously open up to visions.

During this process, they usually do not realize the amounts of energy being consumed or where it is going. That is why you need to understand that you can hurry, but very carefully. Initially, it is necessary to develop normal energy conductivity.

The second aspect is the **control of your mind** or the ability to focus beams of energy centers. It is difficult to explain this aspect to beginners. Imagine you have three eyes. Two are normal, and the third one always looks up or to the side, for example. These images do not combine, and you see "gibberish" or do not see anything at all.

We need to train concentration. This is done through a well-known exercise: look at a black dot. Choose any bump or dot on the wall. If you want beauty and ambiance, hang a mandala and look at the center. You need to look relaxed, you can blink, but do not look away. Try to keep maximum concentration on the object.

So, from the above, it follows that energy and concentration are the key to successful and healthy vision. As you may have guessed, to see, you first need to harmonize all the lower centers. In other words, you will have to pay attention to your body, continue to build your kind, develop your skills and social connections, work on your feelings and creativity. These components are the precursor to healthy vision.

Why is vision necessary?

Vision is necessary for practitioners for a deeper understanding of the surrounding world. Any process can be viewed through the prism of depth of perception. Vision gives another deeper slice of reality and understanding of it.

For example, if a person's perception is limited in one of their senses, they begin to perceive the picture of what is happening in a distorted way. Similarly, without auric vision, we only perceive a part of the picture. We do not see subtle beings, strings, emotional energy emissions, magical programs, and much more, even though all of these have a direct and immediate impact on our lives.

SESSION PLAN

This scheme is essential if you have decided to work with someone. However, when working with yourself, the scheme is slightly different. You can recall these nuances from the training lectures.

It is very important to always be confident in your actions. This confidence does not come from your desire to do what you want but confidently. Here it is important to understand the responsibility.

Therefore, the only possible way to be confident is to learn the session plan and always work according to it. At least until you reach the level of Master's Sonastriques.

Before the session, if it is impossible to make an accurate diagnosis, it is necessary to understand whether the practitioner or the person you are working with has any diseases related to blood pressure or epilepsy. Because if this is not taken into account, you can lose consciousness or harm the person.

SESSION TECHNIQUES

Harmonization of Energy Centers

Working with energy centers should be done from bottom to top (from the 1st to the 5th). With the Sonar structure built in the Golden Pyramid, you can work with the energy centers from top to bottom. You can use the frequency of Titan to activate them, but only in critical cases, as it leads to an imbalance in the energy center and requires mandatory correction later.

You must understand clearly where and why you put your hands. Then, as a rule, the palms will take the necessary position themselves. Ideally, if you feel the frontal windows of the energy center and immediately place your hands on them.

Classically, energy centers are adjusted with two frequencies: Firast and Zeus. And in the background, we keep Farun-Buddha.

The system for starting energy centers in the form of a golden ball consists of four positions:



1st position - imagine a ball with a diameter of 8-10 cm along the central axis between the crown and the perineum and direct Firast + Zeus frequencies into it through your hands.

The energy center becomes perfectly black like resin, and a golden crown (golden glow, halo) appears around it. This indicates that the work is going normally.

2nd position - the work continues with Firast + Zeus frequencies. Instant transition (click). The surface of the dark ball seems to crack, and golden cracks appear on it.

3rd position - the work continues with Firast + Zeus frequencies. Instant transition (click). The golden halo and blackness disappear, and the ball becomes golden with dark spots.

During normal operation in this position, maximum heating of the palms occurs.

4th position - the work continues with the Firast frequency. All dark spots have disappeared, and the ball is golden with a light ripple.

The energy center is ideally adjusted, and you can move on to the next one.

If the energy center does not "start" within two to three minutes, move on to adjusting the next one. When you adjust all the energy centers, return to the one that was not adjusted and work with it. If you have not started several centers, then work with them from bottom to top or top to bottom when using the Golden Pyramid.

Under no circumstances should you work with frequencies on the sixth and seventh energy centers!

Do not place arcs on the energy centers and do not work with the "motor-well" method.

RESTORATION OF THE INTEGRITY OF THE AURA

Step One

Imagine an egg-shaped aura around yourself or someone else. Imagine a person in a soap bubble, but in the shape of an egg. The shell of this egg may have some damage. This image usually comes at the beginning.



Step Two

The egg has an air sac at the blunt end on top. Visualize filling this sac with boiling liquid gold and spinning the aura (shell) powerfully, like a whirlwind, in any direction. The boiling gold begins to spread on the walls, leaving a smooth layer and perfectly repairing all damage.

The filling of the aura with gold occurs from the inside, so after the rotation, the gold spreads over the inner surface.

If necessary, the procedure can be repeated several times until the desired effect is achieved.

Restoration of the aura should be a regular practice.

WORKING WELL

The working well is opened by visualization: you can imagine a well with a closed lid under the patient, and slide or open the lid.

In the well: there is a morning, bright mist, white, almost milky, and electric sparks flickering somewhere in it. The walls and the bottom of the well are not visible. At the same time, you must clearly and clearly understand that you are opening the well to the center of the Earth, and everything that falls into it will be recycled and used by the Earth.

The well can be opened to the entire room, as if the floor is shifting or simply disappearing, but if there is a hypotonic patient, they should be placed separately, in the corner, and the well should not be opened under them.

The well powerfully pulls the energy even without cutting the energy field.

The need to open the well is determined by the healer, based on the problems to be solved during the session. The

well can be closed at any time during the session when it is no longer needed.

It is not recommended to open the well under a patient with low blood pressure, severe fatigue, and weakened energy (field). Opening the well in the form of a funnel is prohibited, as a negative zone can form in this area.

It is impossible to fall into the well. If you are afraid of falling into the well, imagine that you are standing on a grid.

Entities from it do not fly into our world. It's just a mental image that launches a certain program. Work calmly and confidently.

SPINAL CLEANSING

Place the palm of your working hand at the point where the skull and spine meet, and the palm of your other hand on your coccyx. Use the hands to give the necessary frequency, for example, Firas or Farun. There should be a feeling of connected hands. If this feeling does not appear after a minute, start working with small sections. You can go through the sections of the spine or just intervals of 15-30 cm. After working with small intervals, repeat the initial position. Usually, the hands already connect well. After connecting, maintain the influence for 2-3 minutes.

Golden Pyramid - stand behind the patient, place your hands on their shoulders, and cleanse the spine with a dense beam of energy from the Golden Pyramid.

CLEANSING OF THE HEAD

First option. The active hand is under the chin, the other one is on the back of the head. We fill the energy field of the head with boiling gold or silver from bottom to top. It is extremely important to clean the head until all black (gray, dirty, etc.) spots disappear.

Second option. Stand behind, hands clasped in a boat shape on both sides of the neck, palms up. The mental image is the same.

Opening the Lotus

The Lotus is a complex energetic structure on the human head. Working directly with it is strictly prohibited. Therefore, we work with its most rudimentary part - the petal. These are the 4 lowest energetic vortices.

To open the lotus, you need to bring your hands to your head with palms facing up and place them under the subleaf. Then, feel how your palms are slowly attracting the subleaf towards them. With a smooth movement, lower your hands to your shoulders, feeling the subleaf following along. This way, the lotus will unfold.

Closing the lotus.

Closing the lotus happens in a similar way. Place your palms under the underleaf, but this time feel as if your palms are pushing the underleaf upwards. Slowly lift your palms towards your ears. In this way, you return the lotus to its normal state.

IMPORTANT: Do not close your hands over your head as it can lead to complete closure of the Lotus and headaches.

You just need to feel the under-leaf and pull it down or up. You don't need to lift your hands. If you can't do it without your hands, try to visualize them - imagine that you are using your imaginary hands.

Working with the lotus requires practices with high pressure, as in the practice of cosmoenergy, arterial pressure can increase. It should never be opened by those who suffer from hypotension, as it can lead to fainting.

This technique works fully only for cosmoenergy practitioners.

Working with Water

Cosmoenergy can effectively influence water. To do this, you need to take any container, fill it with water, open the necessary frequency towards yourself, and then give it to the water through your palm.

After some time, you will feel density under your palm, and after a few minutes, pulsation. As soon as you feel pulsation, the water is charged.

When is it useful to charge water? For example: Shaon - to remove slag, FB - to raise overall tone and treat the digestive system. It is also useful to charge water and wash with it for people with skin problems.

It is not recommended to "charge" water in one container with two or more frequencies."

Motor-Well

Place your active hand on the sore spot.

The hand lies freely, the elbow is perfectly straight. If you are working correctly, the hand will hurt, especially the part of the arm from the wrist to the elbow.

The second hand is lowered down (like a hose). The palm of the hand is parallel to the floor, under it is an operational well (similar to the one we open under the patient).

In the shoulder of the active hand, you can imagine a small motor, and by turning it on, start sucking in the dirt. The dirt is sucked into the right hand, flows down the shoulder meridian through the left hand into the well. You should observe its color.

At first, the dirt is thick and black like tar, but the energy is transparent, then it turns gray, then gray with silver, then silver, then boiling gold. You can remove your hand – the pain in that spot has disappeared.

After completing the removal of negative energy, cleanse the shoulder meridian. One way to do this is to raise one of your hands, say the frequency of Firaast, and with intention, let the melted gold pass through the shoulder meridian into the well.

This cleaning method can be used outside of a session (frequencies must be open). A person can sit or lie down.

When removing a headache or performing contact cleaning of the energy field of the head, the working hand processes the following positions: the crown, the top of the head, the back of the head, the transition from the back of the head to the neck, the left temple, the right temple, and the forehead. It is not necessary to work on all positions.

If you need to move to another location during the work (for example, when the patient is tall or the work area is inconvenient), do not forget to open and close the working wells when moving.

If the general working well for the entire room is open during the session, then there is no need to open additional wells when working with the "motor-well" method.

Do not use the "motor-well" method with the heart and spleen. We do not use the "motor-well" method with the Lotus position or energy centers!!! It doesn't make sense to use this method on oneself.

Energy cuts

When reciting the frequency of Firast, we imagine a beam of white light coming out of any finger on your hand. With this beam, we make a cross-shaped cut in the area where negative energy needs to be removed. We spread the petals like a flower bud.

Aura opening

This procedure allows for even more removal of negative energy. It is used during practices and exorcisms when pressure needs to be increased. It is always done in a specific sequence. If necessary, you can open the epaulets (top of the shoulders), chest, back, abdomen, hands, and feet. It can be done from top to bottom or bottom to top.

In most cases, opening the epaulets and chest is sufficient. Excessive outflow of energy complicates the harmonization of energy centers and restorative processes in the aura.

The opening is done as follows: we spread the field with our palms and see the radiance from the open field.

Regular Practices and Schemes

The first two months for a beginner are spent learning the techniques of initial training, and we recommend using the following scheme for independent practice.

Example schedule for a beginner:

Monday: Activating energy centers (may last from 10 to 40 minutes depending on your feelings), Farun-Buddha/Firast/Well. Total duration 40-60 minutes.

Tuesday: Farun-Buddha 20 min, Firast 20 min.

Wednesday: break.

Thursday: Activating energy centers/Farun-Buddha/Firast/Well. Total duration 40-60 minutes.

Friday: Farun-Buddha 20 min, Firast (or Shaon) 20 min.

Saturday: Activating energy centers/Farun-Buddha/Firast/Well. Total duration 40-60 minutes.

Sunday: break.

In addition to the above scheme, we recommend:

- Developing Midi/Hektas (using the schemes described above, it does not require time, just remember in the morning and afternoon). Daily. You can use reminders on your phone.
- Diagnosing other people. Several times a week.
- Keeping a personal diary. Daily.

It is most effective to do these practices in a group of regular classes. This way, people usually achieve faster and more effective results.

Please carefully review the tools in the "Classes, Practices, and School" section.

After two months of working with such schemes, we recommend contacting Vadim Koveshnikov to develop your own schedule and work schemes.

And what's next?

Participation in regular group classes in-person or online.

These classes are similar to those in sports clubs. It is understood that progress in practices is much more effective when working in a group. You will find it easier to find partners for diagnostics, and you will be able to maintain regular practice. You will be under the constant supervision of an instructor who will give you personal

recommendations. Therefore, by default, you will achieve results much faster.

Our classes are held at convenient times for the majority. There are groups that meet during the day and there are evening groups that are convenient for practicing after work.

Further adjustments:

You can receive individual frequencies at any time after the initial training or Intensive, if you understand their necessity for yourself. You can apply for a master adjustment after two months, provided you complete your homework and provide a diary with the diagnostic sheets described in paragraph 20 of this manual. Exceptions to the rule are possible only with the personal approval of the head of the school, Vadim Koveshnikov

In our school, we use several additional techniques that allow for a deeper understanding of the reasons behind the processes that happen to us.

Frequency Handbook

The frequencies of the Buddhist block do not necessarily require any prior training before using them to work with oneself or patients.

If you wish to help, it is always important to consider the complexity of the illness and never consider yourself a god, cancelling the treatment of doctors. Our task is not to prove something to ourselves or someone else. If you sincerely want to help, the main thing is to make sure that the person recovers as quickly as possible. You need to work in tandem with science, even if it does not recognize us. It is important not to oppose each other's interests, but the health of the person. It is important that acute and severe illnesses are always monitored by doctors in parallel.

There are many frequencies that affect several systems of the body at the same time. It is very important to monitor so that there is no duplication of action during one session. That is, it is not recommended to treat the same organ with two frequencies with similar effects in one session. This greatly reduces efficiency. It is more important to determine the frequency that has the maximum effect when applied.

This can be done in the following ways:

- The frequency that causes the maximum discomfort is the main working frequency.
- With developed MIDI perception, you can feel which one is more effective.
- By trial and error during sessions.

The structure of this edition of the manual has been slightly changed, and I will try to explain the essence of these

additions. Many remember the words of V.A. Petrov that the KE method is a system for express development of a person. But it turned out that for most people, this method was strictly applied. In particular, the system received a rigid medical direction. At the same time, methodological manuals written by students that have been preserved since the beginning of Cosmoenergetics still carry the main healing aspect. In this manual, I decided to slightly change the tradition, since it is necessary, in my opinion, to reveal the effect of development that Petrov spoke of, and to give a more comprehensive understanding of what cosmoenergetics can work with and how to develop oneself.

It is important to remember that a methodological manual is essentially just a reminder and a brief presentation of the material. It is not a textbook that can teach a full lesson.

More about the structure. All frequencies will be presented as follows:

Frequency name

Primary function - in this section, it will be reflected what process the frequency activates in the body or aura.

Development aspect - consists of a detailed observation of the process occurring. Since the process flows much more actively in the aura under the influence of the frequency, there is an opportunity to delve into the details, thereby expanding one's understanding of what is happening. The section reflects moments that are worth paying attention to. It is highly desirable to study these processes not through external sources such as atlases, textbooks, and the like, but rather through self-observation.

Examples of application - a classic section with a description and practice of using the frequency to help oneself and others.

Farun-Buddha

Main function:

Activates an effective set of energy from the surrounding space in the body to ensure a constant influx of pure energy in exchange for negative energy that is removed.

It is mandatory to open first in any Buddhist practice.

Aspects of study and development:

Development of perception of energy exchange, energy gates, functioning of energy centers, movement of energy along the front-middle meridian. Mostly in the area of energy reception.

Examples of use:

Used in any problems related to lack of energy.

For the restoration of the integrity of the energy field, accelerated regeneration of tissues after burns, injuries, etc. Facilitates coming out of fainting, shock (non-painful), coma (non-insulin). For this, you need to give the frequency in the energy field between the 4th and 5th centers, contact through the hands.

Firast

Main function:

Activation of the cleansing power of the energy field, elimination and nullification of negative energy information.

Aspects of study and development:

Development of perception of energy exchange, functioning of meridians, energy centers (mostly in the area of removing negative energy). In-depth study of palm energy centers.

Examples of use:

The frequency is used for tuning energy centers, removing soft forms of negative energy information effects (field trauma after conflicts), cleansing spaces and objects. Reducing temperature, treating any illnesses.

Cleansing objects. If an object was worn by someone else, in order to remove the energy of the former owner, you need to work with the frequency semi-contact, just like with the frequency of Blessing Objects (if available).

Shaon

The main function:

Activation of the removal of slag from the body, destruction of foreign bodies and formations. Low-vibration spectrum.

Aspects of study and development:

Development of perception of the 1st to 3rd energy centers in the aspect of low vibrations. Study of methods of influencing organic and inorganic objects with dense energies. Formation of crushing dense fields. Work with daitians.

Examples of use:

The frequency has a breaking property. Used in combination with Firast in the treatment of 95% of diseases. Above the 3rd energy center, the Shaon frequency works as a breaking and cleansing frequency, while below it works as a breaking, cleansing, and healing frequency. It is used to remove any inorganic formations from the body (stones, sand, salt, etc.). Contact, semi-contact, and non-contact work with the frequency is possible.

Method:

The Shaon frequency is used in the treatment of the liver, kidneys, rectum, gynecology, and urology. The Firast + Shaon pair can be used in working with tumor-like processes (including cysts, fibroids, nodules, etc.). It should be noted that these frequencies remove tumors, but not always the reasons for their formation.

For the kidneys and liver, contact work should be done, leaving arcs if necessary. Sand from the liver and stones from the kidneys are removed painlessly. It is possible to work on both kidneys at once. Hand placement - around the kidneys on the sides. In this case, the position of the hands does not matter because work is being done with the lateral meridians. Salt deposits in the kidneys are removed in 1-2 sessions. The time it takes to remove stones from the kidneys and gallbladder depends on the hardness of the stones, the general energy of the person, and sometimes other factors (age, lifestyle, diet). If necessary, arcs are left on the kidneys. Considering that the stones and sand are removed painlessly, to make the patient sure of the results, they should be sent for an ultrasound or asked to let the urine settle in a clean jar for 2-3 hours, then carefully drained. There will be a sediment at the bottom, and sand particles can be felt by

touch. The stone is usually crushed, but in rare cases, it comes out in pieces.

Gallbladder. Porous (soft) stones come out painlessly. Hard stones come out with pain. Stones, when crushed, settle at the bottom of the gallbladder and come out with fecal masses. Lipoma - the deposition of excess fat in the kidney. Firast + Shaon. The same method can be used to remove lipomas from the head.

Gaimorit. When working with gaimorit, the hands are located on the 6th energy center, which is strictly prohibited to work with, therefore, when working with gaimorit, it is necessary to clearly understand that the work should be done specifically with the gaimorovye sinuses. Gaimorit should be worked on by Firast + Shaon + often warming up, contact.

Zevs (Frequency Transferred from the Magic Block)

Main function:

Accelerating energy metabolism.

Aspects of study and development:

Allows for the study of skills in accelerating metabolism, nerve conductivity, in conjunction with the frequencies Farun-Buddha, St. Buddha - accelerated regeneration.

Examples of application:

The frequency is used practically in all sessions, as it promotes accelerated energy exchange and, consequently, faster recovery.

Midi, Gectas

Frequencies for working with information, cause-and-effect relationships, planetary information matrix. They need to be developed before use and are accessed by a password. They are usually used in pairs.

Midi is a planetary frequency. It can be used in nature to ensure peaceful rest, during fishing, berry picking, mushroom hunting, etc. The frequency can be used to work with elemental energies (fire, earth, water, air).

It is opened up to patients (and others) to read information. The frequency can be opened up to people whom you want to organize a meeting with. You can work with it through photographs.

To bring a person to oneself, you need to open up Midi on yourself and on that person. In these cases, the factor of a closed space (prison, psychiatric hospital) should be taken into account, and in such circumstances, it is often not possible to work with the frequency.

Gectas is a cosmic frequency. It is the frequency of astrologers. It perceives information of global orders.

To put it simply, information from Gectas is similar to that obtained by prophets.

Ratha

The frequency of protection for cosmoenergetics. It works independently when the cosmoenergetic feels offended or hateful, depriving the offender of energy and forcing them to live only on the resources of their physical body. It closes on

its own when the resonance stops. It can only work on relatives and close friends when consciously opened.

The frequency can only be consciously opened when protecting life and health, as it cannot be closed.

A person who has consciously opened the Ratha frequency at least once still may not understand anything about Cosmoenergy.

For a Magister, the Ratha frequency works on a physical level, fixing the compressed and compacted energy field.

ADDITIONAL QUESTIONS

I don't feel anything, what should I do?

First of all, don't worry. The fact is that some people have lower sensory abilities than others. Throughout life, we experience various traumas and are born with different abilities. Therefore, the most important thing is to believe in yourself. Don't compare yourself to those who have instant and strong results. It's much more important to start tracking your own results. Open your mind and feel. I'm sure you'll succeed. And if you want more, just start practicing in a group.

WHY DO THE FREQUENCIES HAVE SUCH NAMES?

These names were given in the late 1980s and have nothing to do with religions or myths. It was important to create interest in the method. And using such familiar words created a sense of belonging of the system to all ancient religions.

"I am doing something and something starts to hurt»

Negative feelings for beginners are common. They usually arise due to aura transformation. Imagine that you don't exercise and suddenly start going to the gym. The first few

days your whole body will hurt because it's not used to moving. In our processes, the same thing happens: low-vibration energy comes out, old layers are lifted, and so on. In general, this is normal. The most important thing is to continue working with it and not to forget. Keep a journal!

"Do I need to visualize something?»

In our practices, visualization is often necessary since many frequencies and processes are tied to mental images. It's best to try to visualize what the teacher is saying and pay attention to the things they emphasize. This way, everything will be easy for you.

"What should I feel?»

You may not feel anything, or you may feel a lot. The most important thing is for your sensitivity to develop and become more objective. At first, it's better to feel everything that is perceived even at the level of "seems." Later, practice and comparison with reality will help you eliminate the excess.

"Can I practice alone?»

Of course, you can practice alone. Especially if you have strong willpower, are punctual, and are ready to work towards the result for a long time. Otherwise, I would recommend participating in group evening classes or practicing with online groups.

"What do I need to become a school instructor?»

The school instructor is always in close proximity to the students. And therefore, they progress significantly faster. What is required to become an instructor? The most

important thing is a desire to develop our school and direction in general. And as a result, the sharing of our basic views and aspirations.