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Alternative Methods of creation Personal Branding (Alternatywne metody kreowania marki osobistej)

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Alternative Methods of Creation Personal Branding

Introduction	p. 3
Remember	p. 4

Part I

Strange Theories

Chapter 1. Roots of Extrasensory Perception	p. 6
Chapter 2. Physics of Clairvoyance.....	p. 8
Chapter 3. The role of self-awareness in the choice of extrasensory perception methods	p. 13
Chapter 4. Searching for an effective method, or fighting with oneself.....	p. 15
Chapter 5. Don't fight – fill the gaps and move on	p. 22
Chapter 6. Intellectual Mobility and Classical Music	p. 27
Chapter 7. Savant Syndrome: when brain injury unlocks genius.....	p. 42
Chapter 8. Lucid Dreaming as a source of creativity	p. 47
Chapter 9. Hypnosis as an auxiliary tool in building motivation	p. 49
Chapter 10. Quick course of hypnosis	p. 52
Chapter 11. Automatic writing	p. 59
Chapter 12. Microdosing LSD: facts and myths	p. 64
Chapter 13. Expeditions into the mind: smoking weed, hashish, and the Ayahuasca ceremony	p. 67
Chapter 14. Working with a medium – flaws	p. 69
Chapter 15. On female intuition	p. 71
Chapter 16. Problems with implementing suggestions	p. 77

Part II

What to do about it?

Introduction	p. 81
Chapter 17. I did what I knew, ate what was there, but I'm standing still .	p. 82
Chapter 18. How to easily verify the directions of our search, so as not to deceive ourselves?	p. 88
Chapter 19. The magical book, or why spells don't work?	p. 95
Chapter 20. How to create your own codes – spells and what not to do ...	p. 97
Chapter 21. Ayahuasca and other gifts of nature and problems	p. 104
Chapter 22. Artistic prostitution	p. 115
Chapter 23. Passive state	p. 119

Part III

Formal Conclusion

Good luck wishes from the author	p. 125
Final Advice	p. 127
Final Word	p. 130
Bonus: Meditation Sets	p. 133

Introduction

In today's dynamic world, where competition is always within reach, possessing a market advantage becomes extremely important for any organization or individuals building a personal brand, such as artists or representatives of other freelance professions. To achieve success and stay in the market, entrepreneurs, managers, and other business leaders must utilize all available tools and strategies. One of the most fascinating and effective approaches in this context is extrasensory perception, popularly referred to as ESP.

The book "Alternative Methods of Personal Branding" is a loose study that presents to readers frequently explored techniques, theories, and practical applications of extrasensory perception in the context of business and management, with a discussion of the main errors in working with this phenomenon.

The book consists of 23 chapters, which loosely introduce the reader to the topic of extrasensory perception by explaining the basics and discussing specific examples of its application in practice. Each chapter contains, as I believe, valuable information. If something is missing, everyone can add to it based on their own experience.

The purpose of this book is to provide readers with a mini guide to extrasensory perception that will help them gain knowledge and tools needed for effective building and development of a personal brand. However, if they conclude that it's not what they were after, they will be able to more easily open themselves to a new reality.

Remember

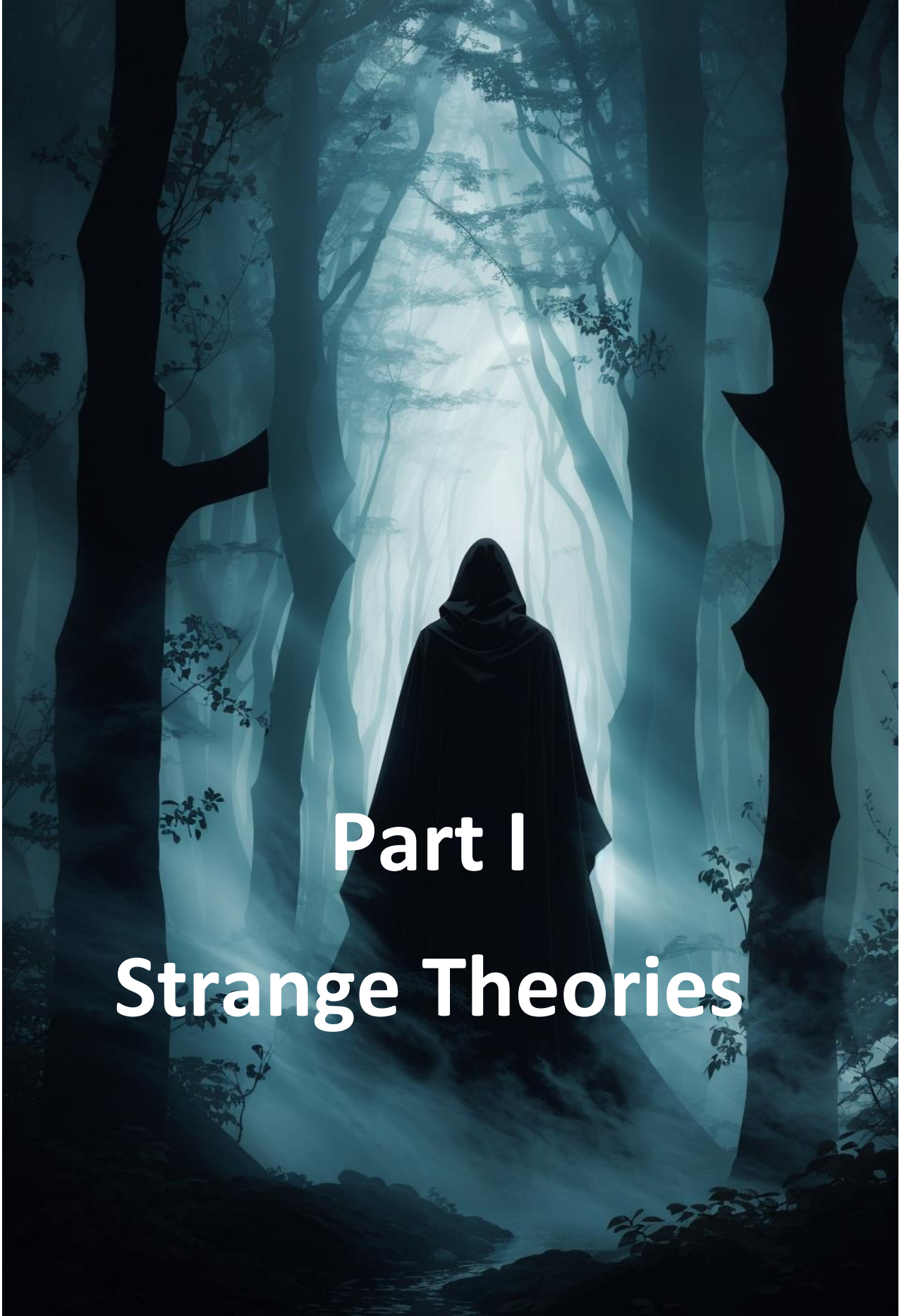
Although the convention of the book may seem chaotic, as the author, I deliberately adopted such a formula to avoid accidentally imposing my vision of reality on the readers, but instead to stimulate their thinking.

I did so because I wanted to avoid unconsciously transferring my projections onto the reader, as this is not the idea of this book.

I made this decision after careful consideration, based on hundreds of conversations with different people and my own experiences. Moreover, the book is not meant to be read just once - reading it only once will not yield any benefits.

If the book is to help solve a problem, individual chapters must be studied individually, and furthermore, multiple times. It is also beneficial for the reader to take their own notes during the study of the chapters, in which they will try to analyze the actions they have previously undertaken.

The theories presented here serve as intellectual prosthetics and are intended to provide an approximate explanation of the processes taking place in the subconscious. Processes that many people feel, but scientifically, at least for now, cannot be sensibly and rationally explained.



Part I
Strange Theories

Chapter 1. Roots of Extrasensory Perception

"The significance of the present is rarely recognized immediately,
it is only much later that it is recognized"

Arthur Schopenhauer

Extrasensory perception (ESP - Extra Sensory Perception), or the ability to receive information directly by the mind, without the involvement of the five senses we know, is a fascinating topic that has long intrigued scientists, philosophers, and ordinary people. For centuries it has been claimed that some people have the ability to see the future, read the minds of others, or sense things that are invisible to the eye. Are these claims true? What are their roots? These are the questions we try to answer in this part of the book.

Primitive Roots

The concept of ESP seems to have been present in our culture since time immemorial. Many ancient civilizations, such as the Egyptians, Greeks, or Aztecs, believed in the ability to perceive things extrasensorily. Priests and shamans were considered people with supernatural abilities, such as predicting the future or communicating with spirits.

Philosophy and Extrasensory Perception

In philosophy, especially in Eastern traditions, there is the concept of a "sixth sense". It is a sense that allows for the reception of information and sensations that are not available to the other five senses. These traditions often talk about a "third eye", which enables extrasensory perception and can be developed through meditation and spiritual practices.

Extrasensory Perception and Science

Science only began to take an interest in extrasensory perception in the 19th and 20th centuries. Initially, it was a field reserved for parapsychology, which tried to research and understand these phenomena using scientific methods. However, the results of these studies were often ambiguous and controversial.

In recent decades, more and more research from the fields of neurobiology and psychology suggests that ESP may have a biological basis, although this is still a topic open for discussion.

Extrasensory Perception in Culture

Extrasensory perception also has deep roots in popular culture. From literature, through films, to television series, the concept of ESP is ubiquitous. Characters who have the ability to read minds, see the future, or communicate with spirits are often portrayed. This shows how deeply rooted the concept of ESP is in our culture and how intriguing this topic is to us.

Conclusion

Despite hundreds of years of research and debate, extrasensory perception remains a mystery. Its roots are deeply ingrained in our culture, religion, and philosophy, and yet we are still unsure how it works and whether it even exists. But one thing is certain: ESP will continue to intrigue us, provoke further research, and shape our culture, regardless of what the future holds.

Chapter 2. The Physics of Clairvoyance

Clairvoyance, or the ability to predict the future, is a topic that generates much interest and frequently raises questions about its possibilities. In this chapter, I will present my own concept explaining why I believe clairvoyance is possible at all and where the information in the Akashic Records comes from.

The Key Role of Imagination

We can imagine a cube of dynamite measuring 10 x 10 x 10 centimeters, with a lit fuse. In a few seconds, an explosion will occur. The essence of this example is the fact that the mass of the dynamite cube delivers a certain amount of energy during the explosion, which means that the range of this explosion is limited. The energy during the explosion also has a certain characteristic. Although one can try to direct the explosion, we cannot interfere with the explosion process itself while it is happening. The second important parameter, determined by the mass of dynamite, is the explosion time. Therefore, the greater the mass, the longer the explosion lasts, because different materials burn at different speeds. In other words, we depend on the original quantity and type of matter.

What does this mean for us?

The conclusion is that during a large explosion (because one has to believe in something to stay sane), a certain amount of energy is supplied to the system (the physical world in which we live), which predetermines the duration of this system (e.g., solar energy, which is gradually expended). Furthermore, this system tends towards entropy. Therefore, for us, humans, two main

parameters

are

predetermined.



What are these parameters?

The first parameter, which we cannot influence, is our birth date.

The second parameter is the biological lifespan of the organism, i.e., the date of death.

Of course, there are many other factors we can influence, but they are not strictly correlated with the entire life process. We must continuously supply them with energy so that the mechanism of their operation does not reject them as unnecessary. This results from our system having auto-optimization or constant evolutionary functions. The Creator defined the edge values of this process within the framework of irreducible complexity, but this is not relevant in our theory.

A real-life example, familiar to many of us, is when someone is rejected and unaccepted by others from an early age. Later, this person decides to change something and attract what they have not had so far.

For instance, if Johnny was ugly, disliked, and nobody came to him because there was no point, now that he has grown up, he wants to attract what he did not have before. Therefore, he must supply the system with attracting energy of a value equivalent to what his desire object requires, such as a luxury car.

So, we see that some people are unjustly accused of refinement or materialism when they are driven by a simple physical mechanism they often aren't aware of.

What conclusions can we draw ourselves?

We can easily achieve goals closely associated with us, and the mechanism determining them places them around us as the right goals. In other words, we do not need to overly complicate our lives due to aesthetic-quality factors. What is best is not always best for us, such as a girl who later requires a lot of effort from us to keep her within our field of influence.

Conclusion 1: Any goals are appropriate and safe for us if the path we follow is evolutionary-educational, preparing us to fully achieve the goal (see figure no. 1, chapter 21).

Conclusion 2: As units of limited energy in the time stream, we live in a closed system striving towards entropy, where the sum of all possible events is the result of the ratio of mass to time.



Attempt to describe the sum of all possible events
with the formula:

$$\sum z = [M / T] \uparrow \infty$$

Where:

$\sum z$ - the sum of all possible events

M - mass varies from the minimum to maximum range

T - time varies from the minimum to maximum range

[] $\uparrow \infty$ – closed range tending to entropy

This value is not calculable for us, but it is a closed range, so for a true clairvoyant, we live in past perfect tense.

Conclusions

1. The value of $\sum z$ is not countable for us but is a finite or, as some prefer, closed range, so for a true clairvoyant, we live in past perfect tense.
2. We can substitute mass and time into the formula according to any combinations. We can also treat mass as energy, and time can be a dimension, force, vector, or scalar, as we please.
3. Contemporary physicists question the above theory, just as they argue that the speed of light is unsurpassable. However, they cannot answer the question why during the Big Bang this speed was exceeded, exceeded many times.

Chapter 3. The Role of Self-Knowledge in the Selection of Extrasensory Perception Methods

In today's world, extrasensory perception methods, which allow exploring unknown spheres of our mind and consciousness, are gaining increasing popularity. Such methods as lucid dreaming, automatic writing, scrying, or self-hypnosis are extraordinary tools for discovering deeper layers of our psyche. However, it is worth noting that the choice of the appropriate extrasensory perception method should not be made based on coincidence or temporary fascination. In this article, we will focus on the role of self-knowledge in the process of choosing the right method and on the evolution of these methods among those who use them.

Self-Knowledge as a Foundation

Self-knowledge plays a key role in choosing extrasensory perception methods. Before we begin exploring the unconscious areas of our mind, it's worth understanding our own needs, goals, and preferences. Self-knowledge allows us to look deep within ourselves and uncover what our motivations and intentions are. Each extrasensory perception method has its own specific characteristics and effects, which is why it's important to choose the one that best suits our individual needs and preferences.

Exploring Extrasensory Perception Methods

Another important aspect is being open to exploring different extrasensory perception methods. At the initial stage, we shouldn't limit ourselves to only one method, but experiment with various techniques and tools. Lucid dreaming, automatic writing, and self-hypnosis are just some of the available methods that can bring us discoveries and insights into the unknown areas of our mind. By trying out different techniques, we can better understand ourselves and determine which method best aligns with our cognitive style and personality.

Development and Adaptation

We must also remember that the extrasensory perception methods evolve among those who use them. Each person is unique and has an individual way of receiving and processing information. What works well for one person may not necessarily work for another. Therefore, these methods can be modified and adapted to individual needs and preferences. Those practicing extrasensory perception often perfect their skills and create their own techniques that are tailored to their own experiences and needs.

Summary

When considering the choice of the appropriate extrasensory perception method, self-knowledge is essential. Understanding your needs, goals, and preferences forms the foundation upon which we can build the exploration of the unconscious areas of the mind. It's worth experimenting with various techniques such as lucid dreaming, automatic writing, or self-hypnosis to find the one that best suits our individuality. Furthermore, it cannot be ruled out that these methods will evolve among the people who use them, leading to the development of other, individual techniques. Staying open to development and adaptation is key to continue discovering ourselves and the unknown areas of our consciousness.

Chapter 4. Searching for an Effective Method or Battling with Oneself.

In this chapter, we will discuss several methods through which the reader may attempt to find the right approach to self-improvement. We will also talk about typical problems encountered during such searches and try to consider their causes and how to solve them.

However, we will start by reminding ourselves of a few basic things that people often forget during such work, which sometimes leads them to forceful methods or, if you will, attempts to unblock the mind, e.g., through ethnobotany.

Let us focus on three key issues, the understanding of which seems to be a crucial matter when correctly searching for the method that interests us.

Therefore, the things we should start with introducing to our topic are:

- The adaptive system,
- Information metabolism,
- Hyperactivity of the mind.

The Adaptive System

In humans, it is a complex biological system whose task is to adapt the organism to changing environmental conditions to maintain homeostasis and ensure optimal functioning. This system includes various mechanisms and structures that respond to external and internal stimuli to regulate physiological processes and maintain the organism's balance.

The main components of the adaptive system are:

The nervous system: it is responsible for transmitting signals between the brain and the rest of the body. In response to external stimuli, the nervous system initiates appropriate responses, which may include changes in behavior, muscle action, hormone secretion, etc.

The hormonal system: it consists of endocrine glands such as the adrenals, thyroid, pancreas, which produce hormones. Hormones are carriers of chemical information that regulates many processes in the body, including metabolism, stress, water-electrolyte balance, and many others.

The immune system: it is responsible for defending the organism against pathogens and other harmful substances. The immune system responds to infections and stress by activating immune cells and secreting inflammatory factors to combat threats.

The thermoregulation system: it ensures the maintenance of a constant body temperature. When the ambient temperature changes, the thermoregulation system adjusts blood flow, sweat production, and other mechanisms to maintain the optimal body temperature.

The Circulatory System: it is responsible for the flow of blood and delivering oxygen and nutrients to tissues and organs. In response to various factors, such as physical exertion or stress, the circulatory system regulates heart contractions, dilates or constricts blood vessels, and maintains the balance of blood pressure.

The adaptive system operates in a complex and dynamic manner, responding to various stimuli such as changes in temperature, stress, infections, hormonal

level changes, etc. Its main goal is to provide the organism with adaptive abilities and survival under various conditions. Thanks to this system, a human can adapt to a changing environment and maintain internal balance, which is extremely important for maintaining health and well-being.

Hyperactivity of the Mind

This is a state in which the mind is overly active and continuously generates thoughts, images, and stimuli. A person experiencing hyperactivity of the mind may have difficulty focusing, stopping thoughts, and functioning calmly. Their mind may be constantly occupied with various thoughts, internal messages, and analyzing different situations.

Hyperactivity of the mind often involves excessive rumination, over-planning, worrying about the future, analyzing the past, or focusing on many thoughts at once. Individuals with a hyperactive mind may struggle with rest, falling asleep, or maintaining inner peace. Their mind may be constantly stimulated, and control over thoughts and focus can be a challenge.

Hyperactivity of the mind can negatively impact daily functioning and quality of life. It can lead to feelings of overload, mental exhaustion, anxiety, tension, and difficulty in relaxation. Individuals with a hyperactive mind often feel a need for constant action, thinking, and analyzing, which can lead to loss of balance and mental overstrain.

It is worth noting that hyperactivity of the mind can be differently understood and experienced by different individuals. For some, it may be a character trait; for others, it can be a challenge that requires support and management strategies. It's important to understand one's own mind and seek ways that will help find balance and inner harmony.

A good practice for people with a hyperactive mind is to seek relaxation techniques, meditation, mindfulness, and other methods that help quiet the mind and increase awareness of the present moment. It is also essential to maintain a healthy lifestyle, regular physical activity, adequate sleep, and to develop skills in stress management and thought control.

Information Metabolism

Information metabolism is a concept that refers to the processing of information by living organisms in a similar way to how substances are processed through metabolic chemical processes. This includes the ability of organisms to collect, process, store, and convey information to regulate and maintain homeostasis.

Information metabolism describes the dynamic process of exchanging information within the organism and between the organism and its environment. Just like metabolic chemical reactions, information metabolism processes aim to maintain balance and ensure the optimal functioning of the organism.

In living organisms, information is processed at various levels, from molecular genetic coding, through communication signals between cells, to complex nervous systems and the brain, which are responsible for processing and interpreting information from the environment.

Information Metabolism also refers to organisms' ability to adapt and learn based on the information that is gathered and processed. Organisms can respond to changing environmental conditions by integrating information from various sources and taking appropriate actions to survive and maintain homeostasis.

Modern scientific research focuses on studying the mechanisms of information metabolism in living organisms, including in the fields of neurobiology, genetics, cellular communication, and artificial intelligence. Understanding information metabolism can lead to a better understanding of organisms' functioning, their adaptive abilities, and the development of new technologies and strategies in information processing.

In summary, information metabolism refers to the process of information processing in living organisms, much like chemical metabolism refers to the processing of substances. It is a fundamental process that enables organisms to respond to changes, adapt to the environment, and maintain homeostasis. The introduction of this term has helped understand the similarities between the flow of energy and the flow of information in different types of systems.

And what next? What does all this have to do with each other? What's the point here?

The three basic concepts we discussed above are key to our considerations and, consequently, effective searches. We must remember that unlocking our mind understood as a combination of the brain and the subconscious does not take place in a vacuum and is not beyond any control.

The system controlling this process in a way that is safe for us is the aforementioned adaptive system. How does the system control and allow or not allow the transition to a state of hyperactivity?

1. The adaptive system, as it continuously diagnoses the state of the organism, has complete information about whether the organism can be switched to the state of hyperactivity we are talking about, or not.

2. When can it switch to such a state naturally? It can only switch if it determines the occurrence of three readiness levels at once:

- intellectual,
- physical,
- mental.

3. **Why does the adaptive system sometimes not switch to a state of hyperactivity?** It does not do this because, being responsible for keeping the organism alive, in the case of, for example, a lack of physical readiness consisting of having too little energy resources, the state of hyperactivity would lead to the collapse of life functions or excessive burnout of a given person. We can often observe such cases in people who have tried many times to unlock the mind using various substances.

Remember - so sometimes we are not switched for our safety.

4. **When is there a lack of intellectual ability?** A lack of intellectual ability occurs when a person wanting to work in states of intellectual hyperactivity or altered states of consciousness does not have the ability to process the information obtained in this way at an intellectual level. In the second case, her body's ability to process large packages of information in a short period of time is severely limited.

5. We can determine a lack of mental ability when such a person would want or could accidentally come into possession of information that would have negative, strongly traumatizing effects on her, i.e., negative effects.

Note

The risk of such traumatization occurs quite often in people experimenting with these techniques and is usually associated with a lack of basic knowledge and experiences about the reality surrounding us. Some philosophical schools used to deal with this problem in a way that people younger than 30 were not allowed to practice these techniques.

Chapter 5. Don't fight - fill in the gaps and move on

In this chapter, we will discuss a few simple methods that will help us achieve the correct initial state in terms of our readiness. Let's start then with the simplest solution, unless someone is ill, i.e., achieving the right state of physical readiness.

Supporting physical readiness.

There's not much to write here, the methods are widely known and they include:

- physical activity,
- a healthy diet,
- you can also help yourself with a psychoactive diet,
- good sleep.

Of course, people with problems should seek the help of a specialist, such as a dietitian or sometimes a doctor. Everyone can find materials on this topic in freely available magazines or on the Internet as much as they want.

Supporting mental readiness

Here the matter is not so simple, because we cannot forget that states of mental hyperactivity or altered states of consciousness can act in some people as triggers for repressed traumas. Hence, we often talk about cases of people who during home experiments or games have experienced what is called a Bad Trip.

Unfortunately, in our case, this is not a desirable issue, it has both a positive and negative impact on the topics we are interested in.

The positive aspect for the person is that during such a process, they receive feedback that allows them to fully understand the internal problem they are struggling with and try to solve it themselves or go to a specialist, e.g., a psychologist.

There is no need to fear such a visit, as the recurrence of repressed traumas is not a rare phenomenon and a lot of people struggle with their consequences, unnecessarily suppressing them.

The negative aspect is that until the problem is dealt with, the person is not ready to work effectively in the states we are interested in, and the mind is most often constantly occupied with solving the same problem. It goes adrift.

Surely many people have encountered similar problems and have come to a standstill. So how can one get out of this problem or try to find a solution on their own?

I will try to describe this while discussing the technique of automatic writing.

Supporting intellectual readiness

This topic is as vast as a river. We will discuss three methods: an easy but monotonous one, a slightly more difficult one, and a third, the most complicated one, but one that is worth it.

I will try to discuss supporting intellectual readiness as simply as I can. Of course, we could write, you should have studied and that's it! But what if someone didn't have the opportunity, was poor or had to work from an early age and didn't have time. These are unfortunately problems and dilemmas that a lot of people struggle with, but let's focus on the essence of our problem.

Speed of information transfer during visions

Usually, everyone who tried to work intellectually during altered states of consciousness experienced strange phenomena related to time. This is clearly visible when we look at the clock during conversations.



What does this mean? It means that in such a state, sometimes too much information flows through our mind, which the mind is unable to process. The problems can be twofold. The first is a lack of intellectual resources to analyze the visions, the second is an improperly set analysis system, for example, eye-brain, or insufficient energy resources.

Remember - in a computer, a powerful graphics card requires a good power supply.

How to improve information metabolism in a short time, so as not to burden other processes

60 days before the period we are interested in, when we intend to start working on obtaining our own vision, we divide this period into two 30-day periods. In the first of them, we practice a speed reading course twice a day, the Internet is full of such courses, and for the next 30 days, we read one book a day on the topic we are interested in, preferably not older than three years.

So after 30 days, we will have a database of 30 books.

So the mind in a state of hyperactivity will have something to refer to and what to aggregate, it is also possible that after 30 readings we will find the solution we are interested in.

Notes

Do the books we read have to be extensive?

No, books up to 100 pages will suffice at the beginning.

Can they be specialist magazines?

Yes, they can be magazines, but remember that they often offer synthetic knowledge devoid of context.

When should you read, in the morning or in the evening?

Whenever reading is not forced and does not cause discomfort.

Why should we read so much in such a short time?

So that the data we introduce into the brain does not become outdated and there is no knowledge inflation.

Remember - in business, time counts!

What can people who already read very fast do?

People who already read very fast can take advantage of the method of achieving high Intellectual Mobility described in the next chapter, trying to supplement one of the described transmission protocols.

Chapter 6. Intellectual Mobility and Classical Music

Intellectual Mobility is a sci-fi speculation dedicated to the memory of two people whose work proved very helpful to me - psychiatrist Professor Antoni Kępiński and composer Gioacchino Rossini. It is a form of intellectual prosthesis that allows, theoretically, with the acceptance of a large scale of abstraction, to describe the hypothetical complexity of certain processes.

Conversation between the Alien and the Meditator

Alien: Since you've been sitting and meditating on the problem that bothers you - Here I Am. What is your question for me, since my stay here is not long?



Meditator: I am wondering what to do to be as mentally efficient as you are?

Alien: Well look at that, and here I thought you were troubled by simpler things and I'd soon be rid of you. On my planet, we understand education differently than you do, that's the difference.

Mediator: We talk about raising intelligence or mental efficiency, brain training, etc.

Alien: We no longer use that term, we talk about Intellectual Mobility.

Mediator: What is that?

Alien: Let's start by explaining our simplified definition then:

Intellectual mobility, understood as high mental efficiency, is nothing but the body's ability to process any signals between each other - compiled into the brain's machine language, without the organism's affective response, i.e. without unnecessary signals sent by the nervous system, which our system cannot cope with. In the case we discuss, the signals are characterized by a high degree of diversity and a high degree of information packing.

Mediator: This sounds complicated.

Alien: Only at first glance, if you believe that these processes somehow differ from each other. But for the brain, it doesn't make much difference, just like for a computer when it compiles and decompiles instructions for the processor from different languages or between them.



Meditator: I've heard that you can get compiled code.

Alien: Yes, you can, but humans only receive compiled codes subconsciously and not always. But let's not get too distracted now.

Meditator: You said that the body sends some signals, or alarms during thinking.

Alien: Yes, it does, and these are very undesirable reactions when we teach or learn, and their effects negatively affect the nervous system. However, these signals inform us that the body does not have the appropriate computing power to handle such activities. As we know, to operate at such a high level or under such high load, the body needs to receive readiness states from three areas:

- intellectual,
- physical,
- psychological.

In conclusion, for you to do something you need to know:

- how to do it,
- have the physical ability to perform the task,
- and possess the mental strength to cope with it all.

Mediator: Like with a woman, I understand?

Alien: Yes, it's almost the same, unless it's about the mother-in-law 😊

Mediator: So what needs to happen for a learner to acquire such ability, because I've been sitting in Zazen for years and my legs are falling asleep?

Alien: Well, there are several paths:

- a person inherits the ability from the mother,
- develops such ability,
- accidentally activates it,

There is also one more way - the ability can be received as a gift during life.

Mediator: But my mother never played anything. Apart from my father's nerves.

Alien: Maybe that's how it was with you, I don't know. But did your mother ever have a chance to try and activate her talents? Think about it and answer yourself. You see, everyone is born with talents, but not everyone has the opportunity to develop or, if you prefer, activate them in a more modern way.

Mediator: Ok, but what about developing this mobility and how to do it?

Alien: At the stage of education, one can benefit from the achievements of the Polish school of intelligence, which during the learning process, understood as the proper formation and reorganization at the functional level of the neuronal network structures within the brain, created such conditions for the adaptive system in which this system could lead the neuronal network to such a high degree of organizational functionality.

Mediator: You mentioned once that this process occurs naturally in women.

Alien: Yes, it happens naturally during pregnancy, but we won't elaborate on this now, it's enough to refer interested parties to the chapter on Female Intuition.

Mediator: But let's get back to classical music. What is its role in this process and why should it be used?

Alien: You see, I'll write this down slowly, so read it slowly too, so you can properly arrange it in your head: Humans have two hemispheres, right?

Mediator: Yes. And so?

Alien: For you, it doesn't matter, because your brain, as we know, is the counterbalance to the organ carried somewhere else, which allows you to maintain balance when you walk. However, for others, balanced in a different way, it turns out that their hemispheres can work at the same time, moreover asynchronously, but complementarily to each other.

Mediator: What does that mean?

Alien: It means that they can complement each other, carrying out different tasks, so you can have divided attention.

Mediator: Or a split personality?

Alien: Well, you see, you finally know what's wrong with you.

Mediator: Great, but why do we need music when teaching children?

Alien: You don't know? Let me tell you. It was a long time ago when someone came up with this: to enforce changes in the neuronal network on the adaptive system, or to adjust the brain in such a way that it would be more efficient, or if you prefer, more competent, you must, as if some woman will want to have a child with you someday, teach the child in the following way: first of all, try to make sure that at an early stage of learning it masters three different systems of encoding and decoding signals, understood as transmission protocols, in the following order:

- a foreign language with a pictorial script - Chinese is now recommended,
- mathematics,
- music, which in its essence is fractional mathematical notation.

Most important note

During this process, do not pay attention to grades, unless they drop dramatically. It's about eliminating the activation of only the memory system.



Meditator: And how long does such stimulation need to last and why?

Alien: It must last at least three years, because within 24 months, the brain replaces all the cells it is made of. Moreover, for these new cells to synchronize properly in their work with each other, it needs about 1 year. Similarly, a safe time frame for changing a personality from a high school graduate to an engineer was determined, which is why engineering studies last, as you know, 3.5 years.

Meditator: Great, but why do we need to stimulate the brain in this particular way?

Alien: In this way, and not in another, because these are three types of encoding ordered according to the degree of difficulty and information capacity. Look - you can write for example like this: one billion seven hundred sixty-eight million nine hundred ninety-nine thousand nine hundred ninety-two. Can you?

Mediator: I can, so what?

Alien: Now count the letters.

Mediator: I got about 120 characters with spaces and without spaces 95.

Alien: We are interested in with spaces. And how many are digits?

Mediator: 1,768,999,992, that's 10 digits, and if the space is a non-digit then 12.

Alien: Now you see how math can volume-reduce the record, leaving no doubts at the decoding stage, or as you call it decryption, as to its actual content.

And now imagine, my Zen Master, that this can be expressed with one sound - a single vibration of the appropriate shape, just like sometimes we imagine the sound of a sound using a ball.

Thanks to this, we get a reduction from 120 through 12 to 1, or if you prefer from 95 through 10 to 1. Therefore, only a very efficient and productive mind is able to work on such codes and in such a mode.

Mediator: Ok, it reduces encoding, but what will it change in the child's life and why is it needed in the future and what's the point of this music?

Alien: You see, this is the third and basically most important element, because:

- it activates the skin receptor,
- moves perception thresholds,
- indicates the way to the supersensory worlds,
- enforces the functional reorganization of the neuronal network to a higher degree.

Mediator: I still don't get it.

Alien: Yes, as I mentioned earlier, the brain has two hemispheres, so on two hemispheres at once you can count while singing in Chinese, but for you to also be able to play in Austrian, for example like a classical piece from the Viennese School. Your brain must change the way it encodes and decodes these signals between them in its own language, the machine language of the brain.

What ultimately leads to the activation of other areas of the brain, not just those responsible for rote learning and logical thinking.

An additional very interesting thing is the fact that the mind creates its own individualized form of compiler along with a system responsible for concurrent delegation of tasks to different areas of the brain – conventionally calling this hemisphere synchronization.

Mediator: Yes, I understand now. And what about controlling each finger separately plus feet on the pedals?

Alien: See, you finally understood something. Now you see how complex a task for the central nervous system is playing an instrument when:

- The eye-brain analysis system decrypts the musical notation,
- Then the analysis system must correctly send signals to the appropriate fingers and legs,
- The peripheral nervous system must transport these signals,
- The muscular system must do the work, including sometimes playing 8 fingers plus a foot at once,
- The verification system ear-brain must check the correctness of the work performed by comparing the melodic line stored in memory with what was played,
- And all these actions must be performed in the right rhythm – i.e. to be synchronized with each other.

Mediator: Yes, I understand now.

Alien: Now go and practice.

Mediator: And what can I use this for?

Alien: Besides playing at parties, practicing music can make you particularly talented in areas such as:

- Mathematics,
- Physics,
- and economics.

Mediator: And chemistry?

Alien: Yes, I forgot about chemistry. In chemistry as well – there we also use reduced codes and naturally in computer science and other related fields.

Meditator: But economics? Because I have to agree with the rest.

Alien: Yes, economics and I will immediately answer your next question "why"? Because you will have a great ease in finding harmony, and as I once mentioned, there is harmony in everything – even in Chaos.

Meditator: I won't bother you anymore.

Alien: Are all of you so annoying here?

Meditator: Sometimes. And could you tell me how to discover or activate my talent?

Alien: I'll tell you another time, because you've exhausted me like rarely, and I've explained all this to you so many times. And you still nothing, just yours – if not sitting in a cave, then sitting under a tree. And I'll tell you – just don't put your feet behind your head, because one did and we don't teach him anymore.

Meditator: And what happened to him?

Alien: I'll tell you later.

Meditator: Wouldn't you hit me on the head? Maybe it would set and it would be faster? You once mentioned this method. Moreover, working on construction I noticed a strange phenomenon, namely: many times I heard how the foreman directed to the young worker, who broke something, the trivial phrase "when I come and when I in this stupid head, you will understand that you can't continue doing this".

Alien: And you heard well, this knowledge has its roots in folk wisdom and as you can see, people have long come to this. I see that you are dreaming of applying one of the fastest activators, but unfortunately, I can't help you. Anyway not yet. In this case, I recommend you use a lighter form of activator. Reflecting on your talent, start stroking yourself, of course, remember that it should be stroking on the head and not on the opposite.

Meditator: Thank you, in that case, I have one more question for you.

Alien: What do you mean?

Meditator: I have this situation in mind where when we already obtain the appropriate degree of biochemical configuration in the neural network and the appropriate degree of connections, then how to set up cooperation between areas in the brain and the mind?

Alien: You're talking about higher-order functional synchronization, I understand?

Meditator: Yes, that's what I mean, you said yourself that this is the final stage in this process.

Alien: Well, yes, but you see, everyone dreams of this and remember well - you cannot manually do this. That is, you can but you must not, ONLY AND ALWAYS ON CONDITIONS SET by the ADAPTATION SYSTEM AND WITH ITS ACCEPTANCE.

Meditator: But many Masters said that using various tricks can be done.

Alien: What did they smoke?

Meditator: I don't know.

Alien: Don't lie, just listen, because soon friends will come and I will fly further. The situation where the Adaptive System connects with Consciousness is not safe for many of you. It is at this point that there is a possibility of reprogramming not only consciousness but also the organism.

If you succeed in this, great, but think about what will happen if you introduce a program into consciousness, for the implementation of which your body does not have resources. It's like overclocking a processor without changing the power supply and cooling.

No way, it won't work.

Meditator: And how long does it take to reprogram and return to what it was before?

Alien: On average, up to two years.

Meditator: Look at that, they wander around and talk, and they don't know what.



Alien: You see it yourself. So remember - first work on self-knowledge, then establish for yourself whether you agree with this and only then the rest.

Well, it's my time. I'm flying further, I still have two like you on my list today.

Meditator: Just out of curiosity - what do they want?

Alien: I'll tell you someday.

Meditator: Is it true that in these states we talked about, the brain is powered by substances produced by the body and there is no need to later stimulate it with various substances?



Alien: Yes, that's true. If the brain naturally enters a state of hyperactivity, the body provides it with the necessary components to make this process highly effective. Imagine that when the body anesthetizes you with dynorphin, it uses a substance 200 times stronger than morphine. Now think about how strong a remedy you can produce for yourself to support mental processes, but remember - it can only happen on the body's terms.

Chapter 7. Acquired Savant Syndrome: When Brain Injury Unlocks Genius

Acquired Savant Syndrome (ASS) is a phenomenon in which people acquire unexpected and often extraordinary abilities after suffering a brain injury. This syndrome is a rare but fascinating phenomenon, and it poses a challenge to our understanding of the brain and its potential.

What is ASS?

ASS is a phenomenon that can occur after brain injury, after a neurological disease, after a stroke, or after other incidents that affect the brain. People with ASS often acquire abilities that exceed their previous range of skills, such as artistic, musical, mathematical, or linguistic abilities. In many cases, these newly acquired talents are at a level usually achieved only by people with exceptional talent or after many years of practice.

ASS Cases

There are many known cases of ASS, which may include people who, after a brain injury, began to create unique works of art, even though they had no previous artistic education. Other examples are people who have acquired the ability to play a musical instrument without prior training, or those who have acquired the ability to perform complex mathematical calculations.

Scientific Explanation of ASS

The exact causes of ASS are not yet fully understood. Some theories suggest that brain injury may "unlock" abilities that were previously "hidden" or inactive. Other theories suggest that the brain may compensate for damage in one area by developing extraordinary abilities in other areas.

One example of a person with ASS is Derek Amato. After suffering a head injury, he acquired an extraordinary talent for playing the piano, even though he had never played this instrument before. After the injury, Amato experienced a phenomenon called synesthesia, which involves "seeing" music as black and white squares moving in a circular motion.

Remember, many outstanding composers were born with a similar ability or managed to develop it in themselves, but they never spoke loudly about it because of the observance of craft secrets.

Despite the fact that there are such compelling cases, not all scientists are convinced of the existence of ASS. Some argue that the appearance of obsessive activity after a brain injury, even if this activity is focused on a newly acquired ability, does not necessarily mean the occurrence of ASS.

Other scientists, such as those from the Mayo Clinic, point out that most of the talents we perceive as extraordinary are actually the result of hard work and practice over many years. Many others remain skeptical of claims that brain injury can lead to the acquisition of artistic genius.

Other researchers from the academic environment focused around California San Francisco note that there are "emergent data indicating that when the left frontal lobe of the brain [involved in language, emotion regulation and social skills] becomes less reactive due to damage, parts of the brain involved in visual processes become more reactive".

One of the interesting conclusions from the research on ASS is that the brain can reorganize its connections to compensate for damage. This phenomenon, known as brain plasticity, can occur both in the early and late stages of life.

Conclusions

ASS is a phenomenon that still poses a challenge to scientists. Although cases like Derek Amato are compelling, there are many questions about how exactly brain injury can lead to the acquisition of extraordinary abilities. Some scientists are skeptical, arguing that there is not enough evidence to support the existence of ASS, while others believe that such cases can shed new light on how the brain adapts and compensates for damage.

Considering that there are less than 50 confirmed cases of ASS in the world, it is an extremely rare phenomenon. Nevertheless, the continuation of research on ASS can lead to new discoveries about brain plasticity, which can have broad implications for our understanding of the brain and its amazing ability to adapt and regenerate.

Derek Amato (born November 19, 1966) is an American composer and pianist who suffered a head injury on October 27, 2006, and as a result became a musical savant.

At the age of 39, Amato jumped into a shallow pool and hit his head, causing a severe concussion and a 35% loss of hearing. Although he played the guitar before the injury, his musical skills suddenly increased to such an extent that he was able to compose on the piano. He was diagnosed with a form of synesthesia.

Strong Stress and Trauma as an Activator

It is also worth mentioning that not only the physical injury described above may have the ability to unlock hidden functions. Sometimes, intense stress or trauma can do this as well. As we know, this is described in various ways. The

most commonly encountered description is an example of therapy for post-traumatic stress disorder (PTSD).

However, in the case we are discussing, this is an uncertain source of motivation to act, as it may extinguish before achieving the set goals. Its appearance is incidental or reactive. Very often, after it fades during the process of building a brand, individuals driven in such a way ask themselves - why did I need all this and what for? Colloquially speaking - they do not understand why they undertook such and not other actions.

What does this mean for us?

- There is an undiscovered talent within each of us,
- Unlocking the brain is possible, we just have to find an effective method.

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Chapter 8. Lucid Dreaming as a Source of Creativity

An average human spends a third of their life sleeping. Therefore, it's not surprising that the phenomenon of sleep fascinates scientists, philosophers, artists, and all those who seek unconventional sources of inspiration. One such phenomenon is lucid dreaming, which opens up endless possibilities and allows for a deeper understanding of our own psyche. In this chapter, we will explore how lucid dreaming can become a source of creativity, particularly in the context of entrepreneurship.

Part 1: How to practice lucid dreaming to influence creative thinking

Lucid dreaming, also known as lucidreaming, is a phenomenon in which the dreamer realizes that they are dreaming and can to some extent control the course of their dream. This practice requires a certain degree of consciousness, focus, and above all, patience.

Keeping a dream journal: Writing down your dreams immediately upon waking is the first step that can increase our dream awareness. We may notice recurring motifs, which can help us understand how our mind works during sleep.

Reality testing: Performing regular "reality tests" during the day can help achieve dream awareness. This involves asking yourself "is this a dream?" at various moments during the day, which can translate into a similar question during sleep.

Induction techniques: There are various techniques that can be applied to induce lucid dreaming, such as MILD (Mnemonic Induction of Lucid Dreams) or

WILD (Wake Initiated Lucid Dreams). They require practice and patience, but over time can yield results.

Part 2: Utilizing lucid dreaming in the innovation process

Lucid dreaming can be an invaluable tool for those in search of new ideas and solutions. Our brain is an infinite source of creativity, and sleep provides an excellent field for its exploration.

Problem-solving: Some studies suggest that during sleep, the brain continues to work on problems that we have noticed during the day. Lucid dreaming allows us to direct this process and focus on specific issues.

Generating new ideas: Lucid dreaming is a great opportunity to experiment with different concepts and ideas in a safe, controlled environment.

Personal Development: Lucid dreaming can help us better understand our thoughts and emotions, which may translate into improved ability for innovation and creative thinking.

Part 3: Techniques for stimulating lucid dreaming for entrepreneurs

Entrepreneurs, who are always in pursuit of innovative ideas, can benefit from practicing lucid dreaming. Here are a few techniques:

Visualization: Before sleep, try to visualize the problem you are working on, or the idea you want to develop. This can help guide your dream in the right direction.

Meditation: Regular meditation practice can increase our overall awareness, which may translate into a greater ability for lucid dreaming.

Technology: There are special devices and apps that can assist in inducing lucid dreams, by monitoring our sleep cycles and sending signals at appropriate times.

Summary

Lucid dreaming is a fascinating phenomenon that can open up endless creative possibilities. Although it requires practice and patience, the benefits that can be drawn from it - both on a personal and professional level - are invaluable. It can be a source of inspiration, innovation, and entrepreneurship, potentially transforming our sleep into a true treasure.

Chapter 9. Hypnosis as an Auxiliary Tool in Building Motivation

In an age of increasing competition and time pressure, many of us are looking for innovative tools to increase productivity, cope with stress, and achieve success. Among these is hypnosis - a tool that, although often shrouded in mystery and misunderstandings, has real applications in psychology and is increasingly used by entrepreneurs and leaders to build motivation.

Part 1: How Hypnosis Works and Its Applications

Hypnosis is a state of consciousness with a characteristic focus of attention and openness to suggestions. This state is often compared to intense immersion in a book or film, when the surrounding world becomes less relevant, and our mind is open to new experiences and ideas.

Despite popular myths, hypnosis does not mean losing control over one's behavior. A person undergoing hypnosis is always aware of what is happening and can exit the state of hypnosis whenever they wish.

Hypnosis has many applications, both in medicine and in psychology. It can aid in stress reduction, pain management, overcoming fears and phobias, and even improving sports performance. It is increasingly being used as a tool in business, serving to build motivation and increase productivity.

Part 2: Using Hypnosis to Build Your Own Motivation

Motivation is a key factor in business success. Without it, it is difficult to survive long-term projects, overcome obstacles, or simply maintain the level of energy and enthusiasm needed for daily work. Hypnosis can assist in building and maintaining motivation in several key areas:

Goal setting: Hypnosis can help us clearly define our goals and visualize their achievement. This can boost our motivation to act and help focus on what's really important.

Overcoming blockages: Many people struggle with internal blockages that stifle their motivation - this could be fear of failure, lack of self-belief, or negative beliefs about themselves and the world. Hypnosis can help us identify and change these beliefs.

Increasing positive motivation: Hypnosis can assist us in focusing on the positive aspects of our work and goals, rather than dwelling on the negatives. This can increase our desire to act and improve overall mood.

Part 3: Safe Practices Associated with Self-Hypnosis in Business

Although hypnosis is often conducted by a qualified therapist, many people opt for self-hypnosis - a technique in which they independently induce a state of hypnosis.

Safety: First and foremost, it's important to remember that self-hypnosis should be practiced in a safe and peaceful environment. Avoid practicing self-hypnosis when you are tired, hungry, or when your attention is needed elsewhere (e.g., while driving).

Proper Techniques: There are different self-hypnosis techniques, and the choice of the right one depends on individual preferences. This might include relaxation techniques such as deep breathing, visualization, or listening to a recorded hypnotic script.

Goal Setting: Before starting a self-hypnosis session, it's crucial to clearly define what you want to accomplish. Your goals should be positive, specifically formulated, and realistic.

Summary

Hypnosis is a powerful tool that can assist in building motivation and accelerating the achievement of business goals. When used properly, it can become an invaluable aid on the path to success. However, remember that hypnosis is not a magical solution to all problems, and its effectiveness depends on your commitment, openness, and readiness for change.

Chapter 10. Quick Course in Hypnosis

The hypnosis course, mentioned in the title, consists of 10 lessons, each taking from 15 to 30 minutes. The structure and layout of the exercises were developed with the average, mentally healthy person in mind. Of course, some individuals may not master the material within the 10-day period covered by the course. On the other hand, among the participants, there may be someone who, after 5 or 6 days, will be able to effectively conduct experiments related to hypnosis. Everything primarily depends on the properties of the individual, as well as their engagement and accuracy with which they assimilate the training material. In any case, a 10-day period is sufficient for the average person.

Preparation for the exercises

All exercises should take place in a quiet room. The windows should not face a busy street, as noise and lack of peace can interfere with concentration. Over time you can get used to this, but at the beginning of the lessons, it is necessary to comply with this condition.

Lesson I

Exercise I: Development of Magnetic Eyes

To develop a calm, confident, and piercing gaze, which characterizes a good hypnotizer, perform the following exercise. Hang one of the sheets from Annex 2 on the wall so that the black dot is at eye level when you sit in a chair half a meter away from the wall. Remember that the central point should be at the level of your eyes. Now sit comfortably in the chair, relaxing all your muscles. Your feet should rest fully on the floor, and any uncomfortable, tight parts of clothing should be removed beforehand.

Take a deep breath a few times, then direct your gaze at the black dot on the sheet. Maintain your gaze on it without blinking. If you feel a strong urge to blink, lightly wrinkle the skin on your forehead and resist the urge. A steady, strong gaze should last about three minutes. Never extend this exercise!

After performing the exercise, it is worth rinsing your eyes with cold water.

It is worth adding that the color of the eyes and wearing glasses do not affect the development of a magnetic gaze.

Note: you will find the training sheets at the end of the book, just print and cut out with scissors.

Exercise II: Solar Plexus Massage

This exercise involves massaging the so-called solar plexus, which is an important nerve center adjacent to the spine. According to the opinion of prominent doctors and physiologists, this is the main seat of a person's psychic forces. Through massage, we can stimulate this area to more intense action and increase the efficiency of psychic energy.

The massage is performed using breath. Follow the instructions below: remove any tight parts of clothing and lie on your back on a bed or sofa so that your head, torso, and legs are in a straight line. For several minutes lie quietly with your eyes closed, and all your muscles should be relaxed and completely inert. Breathe lightly and rhythmically.

After 5-6 minutes, slightly clench your hands and inhale deeply until you fill your lungs with air. Remember to keep your abdomen tucked in, and the air

should only fill your chest. After 2-3 seconds, exhale the air to your abdomen, while lifting your chest. Then, after 2-3 seconds, again inhale the air filling your chest. Repeat this cycle of exercise 6 times, then forcefully exhale through your mouth. Rest for 1 minute, then repeat the same exercise twice more.

Remember, while doing these exercises, visualize, with a strong will, that the body is acquiring a certain psychic energy during breathing, and we are accumulating reserves of electricity or magnetism within us.

After the first exercise, the participant should feel stronger and endowed with extraordinary energy.

Lesson II

Exercise I: Again, sit in front of a sheet of paper as in the previous lesson and focus your gaze on the central point for 5 minutes.

Exercise II: Repeat the solar plexus massage in the same way as in the previous lesson.

Lesson III:

Exercise I: Stare at a black point on a sheet for 8 minutes.

Exercise II: Solar plexus massage (as before).

Lesson IV

Exercise I: Hang three sheets, each measuring 7x7 centimeters with a black circle in the middle, on a wall at eye level, arranging them in a horizontal line. Position yourself on a chair about 3 meters from the middle sheet.

Focus your gaze on the black dot in the middle sheet for a few seconds, then without turning your head, shift your gaze to either of the side sheets and hold your gaze for a few seconds. By jumping your gaze from one point to another, you will strengthen your eye muscles and develop your magnetic power. This exercise should last 5 minutes. If you experience a headache during the exercise, immediately stop it and continue the next day.

Exercise II: Solar plexus massage (as before).

Lesson V

Exercise I: Hang three sheets on the wall, this time not in one line, but in any places. Only the middle sheet should be at eye level. Perform the exercise as before.

Exercise II: Solar plexus massage (as before).

Lesson VI

Exercise I: Sit in front of a mirror, maintaining a distance of about 30 cm between your eyes and the mirror surface. Create a small dot between your eyes at the base of the nose using a burnt match, and focus on it for 3 minutes, trying not to blink.

Exercise II: Solar plexus massage (as before).

Exercise III: Take two glasses of water. Place one of them on the slightly curled fingers of your left hand, so that the fingers hold the bottom edge of the glass. Hold your right hand above the other glass of water so that the curled fingers are just above the surface of the water. Using strong willpower, imagine that a magnetic current is flowing from the fingers of your right hand, which permeates the water. After 2-3 minutes, move your right hand fingers several times along the outer walls of the glass, from top to bottom. Then put both glasses next to each other and ask someone (preferably someone who does not know about your experiments) to taste the water from both glasses and describe the difference in taste. Often this person will notice a difference in the taste of the water that has been "magnetized". If the experiment is successful, you can be sure that you are on the right path to mastering the art of hypnosis.

Lesson VII

Exercise I: Perform the same exercise as in the previous lesson, only this time focus your gaze in the mirror for 5 minutes.

Exercise II: Solar plexus massage (as before).

Exercise III: Place a paper fan on the table and wait until it stops oscillating. Then lay your right forearm on the table and bring your hand close, with the inner side facing the fan. Your bent fingers should be as close as possible to the surface of the fan. Concentrate all your will on the thought that the fan will start rotating towards your fingers. Over time, the fan will start to move, initially weakly, and then faster and faster. Do not prolong this experiment too long.

Question, what force is moving this device?

Skeptics claim that it is simply the heat emitted by the hands, not magnetic energy. However, we can refute this theory. The author of this book conducted experiments with the fan in a bathroom heated to 37°C, that is, body

temperature. Despite the exclusion of the action of heat, the device still moved. We can check this ourselves: once you set the fan in motion, ask someone to put their hand on the other side of the fan, making sure that the fingers are pointed in the direction of the device's movement. The heat of both hands is at work here, which should mutually neutralize each other and prevent the fan from moving. However, in practice, the fan will still rotate, and even faster and faster.

Lesson VIII

Exercise I: Perform the same exercise as in the previous lesson, only this time focus your gaze in the mirror for 10 minutes.

Exercise II: Solar plexus massage (as before).

Exercise III: To conduct this experiment, place the fan on the table and start it with your right hand. Then, remove your hand and snap your fingers, and then apply your left hand to the fan, exerting willpower to change the direction of rotation. If everything goes according to plan, the fan will stop and start rotating in the opposite direction. If the experiment is successful, you can be sure that your magnetic properties are significantly higher than average.

Lesson IX

Exercise I: Perform the same exercise as in the previous lesson, only this time focus your gaze in the mirror for 12 minutes.

Exercise II: Solar plexus massage (as before).

Exercise III: This experiment is very difficult, so failure should not discourage you. Place a fan on the table and stare at it from a distance of about 30 cm. Focus all your willpower on trying to move the fan with just your gaze. If the fan does not move within 10 minutes, give up this experiment. However, if the fan turns even a quarter of a circle, you can be sure that you have extraordinary magnetic abilities.

Lesson X

Exercise I: Perform the same exercise as in the previous lesson, only this time focus your gaze in the mirror for 12 minutes.

Exercise II: Solar plexus massage (as before).

Exercise III: So far, we have focused on the magnetic effect on objects, but now we will test our power of influence on people.

Ask someone to raise your right hand's index finger with one hand and the middle finger with the other hand. Imagine that a magnetic current is flowing from your index finger, passing through your hands and body, and then returning to the middle finger. After 2-3 minutes, ask the person who is experiencing this sensation what they feel. If they respond that they feel a tingling, a change in temperature, or numbness and immobility in their hands, this means the experience was successful. To remove these sensations, blow strongly onto the person's hands, and their hands should regain freedom.

Exercise IV: Now we will check the impact of our strength on animals. The best subject for this purpose is a common water frog (*Rana Esculenta*). Grasp it suddenly by the head on both sides with your fingers and lay it on its back on a smooth surface, such as glass or a plank. Lightly cover it with the palm of your right hand, preventing sudden movements, while at the same time imagining that a magnetic current is flowing from your hand, immobilizing the frog. After a few moments, the frog's violent movements will weaken, and after a few minutes, the frog will lie completely still. Now you can carefully remove your hand: the frog lies on its back, completely motionless, as if paralyzed, only its throat pulses violently. Now you can whistle or shoot, and the animal will not react. To return the frog to its previous state, blow strongly and turn it onto its stomach.

I hope these instructions will help in your hypnosis course. Good luck!

Chapter 11. Automatic Writing

Some metapsychic abilities are not as rare as they may seem, and many people may possess them without even realizing it. Often, there is a lack of opportunities for these abilities to reveal themselves. Among these skills are drawing and automatic writing, which are performed unconsciously, yet we still retain awareness, unlike in a state of trance, deep hypnotic sleep, or a magnetic state.

To discover these incredibly interesting and valuable abilities, one should conduct experiments on oneself, rather than passively waiting for their spontaneous manifestation, which may never occur. Here are some recommendations:



Every day for 10-20 minutes, sit at a table or desk where there should be a large sheet of white paper, ideally tracing paper. The sheet should be properly secured, for example by clipping it, to prevent it from sliding. Hold a soft, black

pencil in your right hand, grasping it about halfway. The pencil should be vertically positioned on the paper, neither too tightly nor too loosely, much like during regular writing. Your hand should not rest on anything during the initial attempts, but if the hand drops or changes position, do not interfere.

The attention and gaze of the person conducting the experiment should be directed at something other than the paper, pencil, and hand, for example, reading a book, listening to a story, carrying on a conversation, etc. Even if you feel that your hand has begun to draw something, you should not pay attention to it.

The results of the experiment can only be viewed when you feel a strong fatigue, or when the hand stops writing, even though it is not yet tired, or when the entire sheet has been written over. In the latter cases, you can continue the experiment on a new sheet. Sometimes it is good if someone else is observing us to prevent writing line by line, properly moving the paper or the writing arm.

If several attempts have not produced any results, you can ask one of the present people to gently "magnetize" the pencil-holding hand by moving their hand over it from the shoulder to the fingers. It can also be helpful if someone touches the writing hand or gently places their hand on the forearm, which sometimes induces automatic writing, which can be called induced in this case. If someone's automatic writing abilities are already sufficiently developed, it is advisable to occasionally conduct this type of experiment with the participation of a second person to investigate the effect on writing. You can also try writing in the dark or with your left hand and explore the influence of the listened melody during such an experience or other factors such as time of day or year, moon phases, light color, scents, etc.

To illustrate the gradual development of automatic writing skills, it is recommended to number the sheets of paper used for this purpose, to put

dates on them and annotations about how long the experiment lasted, how many minutes after its start hand movements began, and other notes.

Do not worry about occasional stiffness of the fingers or even the whole writing hand, as this will naturally pass after finishing writing or drawing, without harming your health. On the contrary, it can be desirable, as it helps to neutralize fatigue, allowing for longer experiments, and can be considered as one of the indicators of progress.

All the above tips mainly concern initial trials. When this ability has been developed, you can hold your hand normally, as in regular writing or drawing, and do not hesitate to look at the paper and track what is being written.

The typical course of initial trials usually looks like this. After a few or several minutes, the hand suspended in the air without support begins to tire and tremble. Then the pencil, held by it, traces some circles and scribbles on the paper. Do not be discouraged by this, because in subsequent attempts, sometimes after the second, third, fifth, or depending on the ability even after the thirtieth trial, meaningful letters, words, entire sentences, and sometimes even poems, novellas and novels begin to appear. Of course, these last ones are not created instantly, but over a few days, after an hour or a few hours a day. The same applies to automatic drawing, which can gradually progress from a clumsy, childish style to an artistic one, even in people who are not consciously able to draw.

Once someone's ability for automatic writing has been adequately developed through a series of trials, it is worthwhile to analyze the content of the writings, which can be very diverse. Sometimes they are such that a given person could consciously write, other times they surpass their normal abilities, and sometimes they seem inspired by a completely different person.

Similarly, you can say about the character of automatic writing. It can be identical with the character of the writer, or more or less modified. Sometimes automatic writing can even resemble the handwriting of a deceased person, unknown to the writer. Automatic writing often provides answers to asked questions, advice, tips, warnings, and even predictions about future events. Sometimes it can also lead to the creation of literary works, poems, even if the person has no poetic abilities. At the same time, automatic writing can be quirky, incomprehensible, and surprising.

It should also be noted that automatic writing can take different forms, such as writing in little known or completely unknown languages to the writer, archaic styles, or even rune signs, hieroglyphs, or taken from dead alphabets. Sometimes the person writing may create signs that seem to exist in no language, as was the case with Frederika Hauft, known as "the clairvoyant from Prevost", or Helena Smit in Switzerland, who claimed to write in the Marian language.

One of the interesting symptoms is also clairvoyance in time and space, which can be revealed through automatic writing. There are accounts of cases when the person taking the pencil in hand received detailed information about the location and activities of the person of interest, after asking a question on the subject. These information were then checked and found to be consistent with reality.

Automatic writing offers a wide and diverse material for research and may have practical application, especially if clairvoyance is revealed by it. The explanation of this ability can be the subject of many hypotheses, whether it operates only on the basis of the writer's consciousness, or maybe some alien intelligence, for example the spirit of a deceased person. However, this chapter focuses mainly on providing practical tips.

Many people who have been given advice on conducting trials according to the previously given tips, have achieved positive results. Some of them wrote

automatically in languages unknown to them and traced signs resembling cuneiform. However, most of them lacked perseverance to continue developing this skill. I believe that if all who read these instructions started trials and were persistent, a significant percentage of them would achieve positive results.

Chapter 12. Microdosing LSD: Facts and Myths

Microdosing, a trend that is gaining popularity across many industries and professional environments worldwide, stirs up a host of controversies. It's the practice of regularly ingesting extremely small amounts of psychoactive drugs, such as LSD. But does such practice have a basis in reality? Can microdosing bring benefits to organizational culture? Is it a trend that should be tolerated, or on the contrary - criticized?



Microdosing Definition

Microdosing is the practice of regularly taking extremely small, sub-perceptual doses of psychoactive substances. The word "sub-perceptual" means that the dose is so small that it doesn't cause the full range of psychoactive effects associated with a typical "trip". In the case of LSD, a microdose is usually about ten times less than a typical recreational dose.

Most Commonly Used Substances

While LSD is one of the most commonly used substances for microdosing, it's not the only one. Psilocybin, the active ingredient in magic mushrooms, is another popular choice. Some are also experimenting with microdosing other substances, such as DMT or even marijuana.

Benefits of an Organizational Culture Tolerating Microdosing

Advocates of microdosing claim that it has many benefits that can translate into workplace productivity. These include increased creativity, improved concentration, reduced stress and anxiety, and enhanced overall well-being. Tolerance of microdosing in organizational culture could contribute to the development of these benefits, creating a more open, creative, and relaxed work environment.

Benefits of an Organizational Culture Criticizing Microdosing

On the other hand, there are solid arguments against tolerating microdosing in the workplace. First and foremost, although some studies suggest benefits from microdosing, these pieces of evidence are still limited, and the long-term effects of such practice are not fully understood. Moreover, tolerating microdosing could lead to legal issues, considering that many of these substances are illegal in many jurisdictions. An organizational culture that criticizes microdosing might also promote healthier stress coping and performance-enhancing methods, such as regular breaks, a good diet, exercise, and a focus on quality sleep.

Given the above, the issue of microdosing is a complex topic that requires further research. Whether you're an advocate or a critic of this practice, it's important to remember that a healthy and productive workplace depends on many factors, and microdosing is just one of many strategies that can influence organizational culture.

Conclusion

So far, we have many theories and varied opinions, however, how effective all of this is and how it should be applied, we will address in the second part of this book.

Chapter 13 Journeys into the Mind: Smoking Weed, Hashish, and the Ayahuasca Ceremony

Spiritual discovery, creative expansion, or breaking mental blockages - it all begins with opening the mind to new experiences. In this article, we will describe three different methods that can assist you in your creative journey: smoking weed, hashish, and participating in an Ayahuasca ceremony. However, remember that the quest for inspiration and ideas is a personal journey and it does not always have to involve psychoactive substances.

1. Smoking weed

When we talk about weed, we mean marijuana - a plant that has accompanied humans in various aspects of their lives for centuries. Marijuana is not just a way to relax after a hard day. For some, it is a natural way to stimulate creative thinking. After consuming THC, the main active ingredient in marijuana, many people experience changes in perception, which can lead to new ideas and insights. But remember, this is not a universal solution - for one person it may be opening the door to the realm of inspiration, for another it's falling asleep on the couch.

2. Smoking hashish

Hashish, like marijuana, comes from the cannabis plant. It is a concentrated preparation containing THC. Smoking hashish is often a more intense experience than smoking weed. The effects can be stronger and last longer, leading to a deeper understanding of the problems and topics you are contemplating. Some claim that hashish allows for a "closer look" at a subject from an unusual perspective. However, remember to use responsibly, as the intense effects may not be for everyone.

3.Ayahuasca Ceremony

Participants in the ceremony often describe their experiences as journeys into the deepest corners of their mind, visiting places full of symbolism and messages. However, Ayahuasca ceremonies are not easy or pleasant - they often involve vomiting, fear, and disorientation. But for many, the reward for this is the discovery of new perspectives and deep reflections. Ideas are not only the fruits of our thinking, but often result from deep introspection and openness to new experiences. Regardless of the path you choose - remember to use responsibly and respect your mind..



Finally, as the famous American writer Mark Twain said, "You can't rely on old roads while searching for new directions."

14. Working with a Medium - Drawbacks

You've likely heard many times that to expedite the processes we're discussing here, the best course of action would be to find a medium or persuade one to collaborate. However, based on my experience, this is not as straightforward as it seems, and there are many reasons for this. I will try to list the most significant ones:

- lack of psycho-compatibility,
- goals misalignment,
- low motivations of those inviting the medium to cooperate,
- poorly configured group with which the medium has to work,
- the anti-medium phenomenon.

Lack of psycho-compatibility: the organisms of the individuals do not operate in the same rhythm.

Goals misalignment: a medium typically works for the public good, hence it is challenging to persuade them to fulfill selfish pursuits, this is usually unsuccessful.

Low motivations of those inviting the medium to cooperate: this should be clear to everyone.

Poorly configured group with which the medium has to work: this refers to the presence of individuals in the group who are not interested in achieving common goals, which does not mean they are hostile.

The anti-medium phenomenon: this is a situation where one of the team members is opposed to achieving the intended goals. Unless this person has some characterological disorders or is motivated by envy, such individuals are usually not interested in others' success and sabotage it.

Conclusion

When building a team tasked with solving a problem through working in altered states of consciousness, carefully examine the motivations of each participant.

What to do? Become a medium yourself.

Chapter 15. About Women's Intuition

Many of the questions I receive as a fortune teller are from women. I often wonder why this is the case, as women possess what is commonly known as innate intuition, the ability to solve problems faster or, if you prefer, process information faster in time.

At the beginning of this brief explanation, we need to ask a few basic questions:

What is the basis of this phenomenon?

How does this relate to the neuroplasticity of the mind?

How does a woman achieve full synchronization of brain hemispheres and when?

Why did nature equip women with this function?

In what situations do women apply this?

So let's start from the beginning - what is Women's Intuition?

Women's Intuition is a biological ability of the body (the whole organism) to process information faster in time. In the language of psychiatrists, a woman's brain has a parameter called Information Metabolism at a higher level. Colloquially speaking, a woman's brain is stronger and faster.

Why did nature equip women with a stronger brain?

Mother Nature equipped women with a stronger brain to ensure a woman's comfort in performing very complex biological processes, and above all, to ensure the proper functioning of a woman during pregnancy. Thus, to properly service the fetus, including programming initial consciousness algorithms onto it.

Digression

Let's not forget that humans inherit intelligence from their mother, often abilities as well. This is due to the fact that people match each other on the basis of similarity - biocompatibility of systems, colloquially understood as psychocompatibility (falling in love) - in other words, according to the potentials they possess, they are simply the same 😊).

Of course, sometimes it is the case that the father plays an instrument and the mother does not, but this does not matter because the system knows that the mother has the potential to play but it was not developed by consciousness - understood as a logical algorithm.

Let's get back to pregnancy itself. What happens to this female brain and how does this relate to Women's Intuition? In our speculation, it goes like this:

During pregnancy, the work of a woman's brain can be compared to the work of a muscle in the gym, it not only works, but also develops.

What does the development of a woman's brain involve?

As we know, the human brain consists of two hemispheres, which, although they work asynchronously, complement each other and work for the benefit of the entire human system (for the benefit of the human being). During pregnancy, this work must be subordinated to the most important goal for which a woman's body was created by nature - to sustain the species.

So what does this female brain do and how?

As we know, there are two basic types of parallel algorithms functioning in the brain - Homo Bios and Homo Windows.

Let's tentatively assume that Homo Bios is our Adaptive System and Homo Windows is our Consciousness.

So Homo Bios, bypassing Homo Windows, leads to the full synchronization of a woman's brain hemispheres, to ensure maximum efficiency of work (plus a reserve for various circumstances - a redundant system). All of this is to ensure that the fetus has maximum comfort, and the woman the ability to function, for example, intellectually.

For this reason, it is recommended that women read and learn a lot during pregnancy, because as we know, the mechanisms of natural selection decide what to "write on the fetus" (as an advanced preliminary form of consciousness), proportionally to the degree of complication of the information that the woman's brain processes during pregnancy. Colloquially speaking, what a woman engages in during pregnancy will take precedence in transferring to the intellectual traits of the child.

There are many theories that say how much time is needed for full hemisphere synchronization. In the case of men, it is usually about 10,000 hours of training (at least in theory). However, in the case of women, the time of pregnancy is sufficient, which is about 6720 hours. This comes from 40 weeks of pregnancy times 7 days times 24 hours. And let's not forget that while the 10,000-hour training is spread over sessions, here the 6720 hours process goes in one go.

But let's go further

What else is happening with this female brain during pregnancy and why?

During pregnancy, to speed up the work of synchronized areas, because, for example, Homo Bios determines that the signal transmission is too slow - the system autonomously decides to replace neurotransmitters with faster ones.

In this way, a woman's brain not only becomes synchronized but undergoes a complete biochemical transformation in order to maintain acquired efficiency in the future, i.e., after childbirth. In my opinion, as a Fortune Teller, a woman receives about a 10% increase in mental strength after childbirth permanently.

We can compare this to putting down the dumbbell after training. However, the difference is that the transformation undergone by a woman remains permanent.

Mother Nature decided this way so that after giving birth, a woman would have enough strength to ensure the survival of both her and her child, thus securing her for the future.

This has already been understood, which is why in certain professions where there is and has been a need for a lot of mental strength, women are and have been employed after pregnancy (i.e., babes with high abilities to process information in time).

In my speculation, I have omitted the auxiliary function of the skin receptor, but there will still be an opportunity to ponder this. I just wanted to point out that a woman's brain is naturally better prepared to metabolize large packets of information that can be received during a vision.

Intuition and its sources of information

At this point, we need to pay attention to the four key sources of information that can affect our intuition: personal experiences, transmediumism, transcommunication, and the reincarnational experience base.

Life Experience Gained During One's Lifetime

The simplest and most obvious source of information for our intuition is our own life experiences. Our interactions with the environment, our successes, failures, joys, and sorrows, all these build our understanding of the world and shape our intuition. Each experience impacts our perception and future expectations. This is what we call learning from experience, and it is a key component of our intuition.

Transmediumism - Gathering Information from Akashic Records During Sleep

A slightly more mystical concept is transmediumism. This is the idea that our intuition can access information accumulated in the so-called Akashic Records. In esoteric terms, the Akashic Records are the universal "memory" of the universe, storing all information about the past, present, and future. The theory of transmediumism suggests that during sleep, our minds have the ability to access this universal database and utilize the information stored there. Although there is no scientific evidence for this, it is a fascinating concept that may explain some of our most unexpected intuitive beliefs.

Transcommunication - Subconsciously Gathering Information from Others' Memory Resources through Unconscious Telepathy

Another source of intuition we'll consider is transcommunication. This concept suggests that we can subconsciously gather information from others' memories via a form of unconscious telepathy. This is definitely a concept on the fringe of science and philosophy, but it might help to explain why we sometimes have sudden hunches or insights that seem to come from beyond our own experience and knowledge.

Reincarnation-Based Experiences of Other People Assigned to a Person at Birth

The last source of information we will discuss is a reincarnation-based experience database. This idea, mainly rooted in spiritual and religious beliefs, states that our intuition can be shaped by the experiences of others, which are assigned to us at birth. According to this concept, these experiences usually align with our destiny and can assist us in making decisions and choices that lead us towards fulfilling our life goals.

In conclusion, our intuition is a complex collection of knowledge and feelings originating from multiple different sources. Whether they come from our own experiences or from the elusive memory of the universe, our intuitive feelings are a valuable tool that can help us understand ourselves and the world around us. Although we do not always understand where these hunches come from, it's important that we learn to listen to them and incorporate them into our everyday lives.

Chapter 16. Problems with Implementing Hints

There are situations that seem almost magical. When reality creates stories that resemble the plot of a Hollywood movie more than everyday life. Meet three people who could have stood in the ranks of the luckiest lottery and casino players for a moment, but they did not follow the received tips.

John

The first of them is John, a man who passionately sought an effective method to win the lottery. He practiced meditation, visualization, and even participated in shamanic workshops. One evening, John met a drunken woman. They became friends, and at some point, the woman, seeing his interest in the lottery, proposed an unusual arrangement - she would give him a completed ticket, provided that John bought her a beer. A hint out of nowhere, from a surprising and unusual person. The woman marked the numbers, but she said that she didn't need the money. She just wanted to drink. In the end, John fulfilled her request, but he did not submit the ticket. The next day it turned out that all the numbers came out.

Anna

The next person, Anna, was similar to John. She also experimented with various methods to increase her chances of winning. One day, waking up after a heavy night, she heard numbers in her head. But they were numbers that seemed absurd to her. She ignored them and continued her daily routine. In the evening, checking the lottery results, she was horrified to discover that all the numbers she heard in the morning were drawn.

Mark

The last of the heroes, Mark, like Anna and John, dreamed of winning the lottery. One day, returning from a game salon, he met a drunken gentleman. The man told him that he had a dream. A dream in which he met a man at this and this time, who would go and play a particular game at 18:25. The man even told him the place. Mark felt that it had to be a sign. But when he got home, he ignored the drunkard's advice. Meanwhile, the gentleman spoke to the next person, Mark's neighbor. The neighbor, who was not interested in the game, out of curiosity sent a ticket. As it turned out, he won a fortune.

Our three stories are stories about missed opportunities and imperfections in interpretation. These are stories about people who were looking for a fortune, but were not able to see or accept the hints that could lead them to it. Each of these people went through a process of searching, but none of them was able to take advantage of these unexpected, unconventional pieces of advice. What if it is these unexpected and unconventional hints that we really need to succeed?

Should we always listen to drunk passers-by on the street? Should we always take dreams and intuitions seriously? This is a question we need to ask ourselves. But one thing is certain: regardless of our dreams and ambitions, without the ability to recognize and interpret the hints we encounter on our path, we might miss the chance to realize these dreams.

Conclusions:

In working with subconscious processes, it is important to remember not to impose on ourselves the form in which information should come to us. There are several problems, from those related to mechanisms determining the future to ordinary practical limitations or the perception of the recipient.

Many people who asked me for help in interpreting visions had the greatest problem with accepting the way the vision came to them.

One of the people could not come to terms with the fact that the source of information or, as some prefer, the "channel" through which the information passed to her was a neighbor widely considered a fool.

Many people made mistakes similar to those made by Mark, Anna or John.

Why does this happen?

If you send queries to the Universe, it gives answers in the simplest possible way and through people who are closest to the questioner. They are the closest and the universe is sure that they are ready not only to be a channel, but also to convey undistorted information to the interested party. Of course, you can also hear something by accident, find the right book, etc.





Part II

What to Do About It?

Introduction

At the beginning of our journey, in Chapter I, we discussed numerous techniques that can powerfully transform the way we approach our tasks, creating value not only for us but also for others. Now, the time has come to delve into the realities of these tools and techniques, to learn how they can be applied in practice. Part II of our journey focuses exactly on that.

The first step is understanding that learning about techniques doesn't end with getting to know them. What separates theory from practice is turning the acquired knowledge into action. The proper use of these techniques is not just a matter of applying them in practice, but also the ability to adapt them to a specific context and the specifics of the situation. This will teach us how to use the tools we know correctly and effectively, for example if we have become lost in their application.

An important element that will be discussed in this chapter is understanding that there is no one universal approach to using these techniques. Each situation is different and requires an individual approach. Therefore, our aim is to learn how to adapt these techniques to various circumstances, rather than learning one mode of operation.

Furthermore, we will consider how to test the effectiveness of these techniques in practice. Regardless of how good the techniques are, there is no point in applying them if they do not produce the expected results.

Chapter 17. I did what I knew, I ate what was there but I'm standing still.

The first questions we need to ask ourselves when we're at a standstill are:

- What happened?
- Why aren't we moving forward?
- Did personality disintegration occur?
- Has self-enslavement occurred as a result of deep self-indoctrination?
- Incorrectly performed practices and software errors

Error no 1

Personality disintegration: it is a complex and fascinating subject, gaining more and more attention in psychological literature. This term describes a state in which an individual experiences a breakdown of their sense of identity and unity of self. It is usually a very distressing process and is often associated with specific mental illnesses, such as schizophrenia, personality disorders, or depersonalization.

In relation to personality disintegration, it is essential to understand that personality is a complex set of experiences, thoughts, feelings, and behaviors that shape our identity and the way we perceive and create interactions with the world. When this structure begins to collapse, a person may start to feel detached from their sense of self, convinced that there are several "inner selves", or begin to lose their sense of place and meaning in the world.

Personality disintegration is often seen in the context of schizophrenia, where personality fragmentation is one of the central symptoms. People with schizophrenia may experience hallucinations, delusions, and thoughts that are incomprehensible to others and which may seem entirely detached from reality. What is key to understanding is the fact that for these people, these experiences are often completely real and can cause significant suffering.

Another context in which we talk about personality disintegration is depersonalization and derealization. These states are characterized by a feeling of detachment from oneself or from the external world. A person may feel as if they are looking at themselves from the outside, or as if the world around them is unreal or dreamlike.

Personality disorders, such as multiple personality disorder (now known as dissociative identity disorder), are another context in which we talk about personality disintegration. People suffering from these disorders may have two or more distinct identities or personality states that take control at different times.

It is important to understand that personality disintegration is not a "normal" mental state, and experiencing it can be extremely difficult and painful for those affected by this phenomenon. It requires professional intervention and support, both in the form of therapy and possible pharmacotherapy.

Even though personality disintegration is a complex and often misunderstood phenomenon, the growing amount of research and understanding in this field gives hope for increasingly effective treatment and support methods for those who experience these types of disorders.

Basic causes of Error no. 1

Usually, besides disease-related causes, the reason is overly profound spiritual experiences at too early a stage of development. Most often, this is caused by incorrect use of psychedelic substances. They trigger a plethora of phenomena in the individual, leading most often to a misconstrued understanding of reality.

Does the cause always have to be a substance?

No, not always. Once while practicing lucid dreaming, I experienced a dream that lasted for 14 days, ending in the morning and continuing in the evening.

How did you practice it?

I didn't, really. It all started when, exhausted from workouts, I began to fall asleep on a regular mat laid out on the floor, lying on my back. That's the whole secret.

What were those dreams like and what happened there?

They were colorful, you could smell scents. If something intense was happening during the dream, you would wake up tired in the morning.

What would you advise others?

Be careful, because after 14 days, I lost interest in anything that was happening around me. These things lost all value and significance. They became indifferent.

Why did you stop practicing it?

That is a good question. I'll answer you. It was like this: one night during another dream, with a guide, because sometimes one appeared, we flew to another planet in some distant solar system. Distance did not matter, as the journey took place at a speed that we invented. However, on the way back, a

piece of a meteorite hit my leg. When I woke up in the morning, it turned out that I had a blister on my left calf, as if from a burn. Without thinking for too long, I took money and went for a private visit to a psychiatrist. It was the 90s and back then in Poland, young people were commonly going to doctors to get certificates to avoid going to the military.

When I told him why I came, he got up angrily, ushered me out into the corridor, and started yelling in front of other patients that if I ever came here again, and he knows who sent me to make fun of him, he would lock me up in a mental institution.

Error no. 2

Self-enslavement as a result of too deep self-indoctrination

A human being is a creature capable of learning, adapting, shaping their world, and most importantly their own mind. What distinguishes us as a species is our ability for self-knowledge, self-improvement, and self-education. These traits are the basis for our evolution as social and intellectual beings. But what happens when the same tools that allow us to develop and adapt begin to result in something negative? What happens when we fall into the trap of self-indoctrination, when our ability to self-educate turns against us and leads to a form of self-enslavement?

Self-indoctrination

Self-indoctrination is a process in which an individual adopts certain beliefs, values, or ideologies without critical thinking, often unconsciously. This phenomenon can occur as a result of unconscious use of autohypnosis, by introducing information into consciousness in an unthoughtful way which quickly loses meaning for us. Initially, these beliefs may seem beneficial or at least neutral. But over time they can lead to negative consequences, including alienation from reality, limiting creativity and openness to new experiences, and in extreme cases - to self-enslavement.

Mechanisms of self-enslavement

Self-enslavement is a state where an individual is kept within a tight definition of their world and identity by their own beliefs. Paradoxically, a person limits themselves and sets up barriers, resulting in a loss of freedom of thought, choice, and action.

This process can occur in several ways. The first is a limitation of cognitive abilities. Unreflective beliefs, which gradually lose their meaning for us, lock us in a certain thought pattern. We begin to reject information that is inconsistent with our beliefs and accept only those that confirm them. This creates a so-called confirmation bias loop, which prevents development and access to a fuller, more diverse picture of reality.

The second mechanism affects our emotions and well-being. Too deep self-indoctrination can lead to feelings of isolation, frustration, fear, or depression. The mind becomes a prison in which we become our own jailer.

How to counteract self-indoctrination?

Finding a way out of the self-indoctrination trap requires awareness and readiness for change. Here are a few steps that can help in this process:

Self-reflection: First, we need to recognize our beliefs and their impact on our lives. Are they really consistent with our true beliefs, or are they just the result of indoctrination?

Education: Learning and education are the best antidote to indoctrination. Acquiring new information, developing critical thinking and analytical skills help us better understand the world and ourselves.

Exposure to diversity: Contact with different people, cultures, and points of view helps break our limitations and develop our ability to empathize and understand.

Mindfulness practice: Mindfulness, meditation, yoga, and other mindfulness techniques help us better understand ourselves and our thoughts. Through them, we can learn to observe our thoughts and emotions without judgment, which helps us better understand ourselves and our beliefs.

Summary

Self-enslavement as a result of too deep self-indoctrination is a real threat to our freedom and mental health. But through awareness, education, and mindfulness practice, we can break these limitations and regain control over our minds and our lives.

Sometimes one must stop being stubborn - remember,
nothing by force!

Chapter 18. How to easily verify the direction of our searches to avoid self-deception?

In this section, we will learn two simple ways to verify the direction of our searches. Let's call them mirror work. In the first case, we will use a physical mirror found in our home; in the second case, we will use a trusted person without revealing the purpose of our plan.

Exercise No. 1 We need:

- a mirror,
- a stopwatch,
- a camera, for example in a camera set up to record our face in the mirror, and to record sound.

We stand in front of the mirror, preferably alone in the apartment or another room, we gaze into our eyes for about 3 minutes, breathing slowly and deeply. After about 3 minutes, 20 times out loud in a manner appropriate to how we would like to convince someone, we say the following sentence:

Tomorrow morning, I will walk to the moon!

With each sentence spoken, we must strive to be increasingly credible to ourselves.

Analysis

If, while looking into our eyes during this exercise, we start laughing, this is a signal to us of how our psyche, through the reaction, that is, laughter, informs

us that the task we are trying to impose on it has no basis for implementation.



If during this exercise we can no longer listen to ourselves, this will be a conclusion similar to the one above. What's more, our mind considers the whole idea as nonsense. Therefore, there is no question that we would internally motivate ourselves for such a task, that is, activate the whole organism as a tool.

To better understand our reactions, we study our reactions recorded by the video device each time.

Exercise No. 2

We perform the exercise in a similar way as exercise No. 1, except that instead of a mirror we can use a friend. Then we direct the camera at his face and standing behind him, so that he does not see us, we whisper in his ear about our plans and intentions.

Here, similarly, we submit the material for analysis in the same way as in exercise No. 1.

Pros and cons of this exercise

The advantage is that we perform a conscious analysis of the sense of implementation of the goal set by us very quickly. The disadvantage, however, is that long-term practice of this exercise can eliminate the ability to deceive ourselves from our lives.



The issue of removing the ability to self-deceive

Self-deception, though often considered a negative trait, is a natural defense mechanism that helps us survive difficult periods and cope with failures. It is no coincidence that people often resort to the so-called "rose-colored glasses," which help them see reality in a somewhat more optimistic way. But what would happen if we decided to remove this ability to self-deceive?

Life without self-deception

At first glance, the absence of the ability to self-deceive might seem positive. It would mean that we see reality as it is - without any illusions, beliefs, or prejudices. We would be able to make more realistic assessments and decisions based on facts, not on our personal feelings or beliefs.

However, the consequences of this change can be much more complex. Firstly, a complete lack of self-deception could lead to chronic stress and negatively impact our mental health. Confrontation with raw reality, without any filtering or defense, could be overwhelming.

Health issues

A lack of self-deception can lead to depression and anxiety. Without the ability to create a sense of optimism, we could become victims of "negative thinking" - focusing solely on the negative aspects of life and neglecting the positive ones. This kind of thinking is strongly linked with various mental disorders.

Impact on interpersonal relationships

Also, our relationships with others could suffer. Self-deception often helps us swallow hard truths and maintain harmony in relationships. If we were always

telling the truth, no matter how painful it may be, we could alienate others and harm our relationships.

Conclusion

Although self-deception has its negative sides, it is a defense mechanism that helps us cope with life's difficulties. Removing this ability could lead to a host of problems, such as depression, anxiety, or issues in interpersonal relationships. Therefore, it is so important to learn how to use self-deception in a healthy way - not as an escape from reality but as a tool that helps us cope with life's challenges.

Error nr 3

Cognitive dissonance: Tearing in our minds

Cognitive dissonance is a mental state in which we experience conflict between our beliefs, values, attitudes, and reality. This tension arises when we have two conflicting thoughts or when our behavior is inconsistent with our beliefs. To understand how cognitive dissonance works, what its consequences are, and how to cope with it, it is worth looking more closely at this phenomenon.

Mechanisms of cognitive dissonance

Cognitive dissonance is a fascinating psychological phenomenon. For example, if a person who smokes cigarettes knows that smoking is harmful to health, and yet continues to smoke, they experience cognitive dissonance. Their belief ("smoking is harmful to health") is in conflict with their action (smoking cigarettes).

Cognitive dissonance leads to psychological discomfort, which motivates us to change to restore harmony. In the above example, the smoking person may

decide to quit smoking, change their belief about the harmfulness of smoking, or minimize dissonance, for example by believing that the benefits of smoking outweigh the potential harm.

Consequences of cognitive dissonance

Cognitive dissonance has consequences for our mental health. It can lead to stress, anxiety, feelings of guilt, and low self-esteem. Prolonged cognitive dissonance can be particularly harmful, leading to chronic stress and depression. At the same time, cognitive dissonance can be a driving force for change. The tension resulting from cognitive dissonance may motivate us to change our beliefs, attitudes, or behaviors to reduce this discomfort.

Dealing with cognitive dissonance

To deal with cognitive dissonance, we can apply several strategies. Firstly, we can change our beliefs or attitudes to be more consistent with our behavior. Secondly, we can change our behavior to be more consistent with our beliefs and attitudes. Thirdly, we can seek new information that will help us understand and accept our conflicting thoughts or behaviors.

Summary

Cognitive dissonance is a natural phenomenon that occurs when we experience conflict between our thoughts, attitudes, beliefs, and reality. Although cognitive dissonance can be a source of discomfort, it is also a powerful motivator for change and development. Becoming aware of the existence of cognitive dissonance and understanding how to cope with this phenomenon can help us improve our mental health and lead a more consistent and satisfying life.

Conclusion

Remember! Using measures without preparation can have the same effect - you will learn the truth you are not ready for and do nothing about it.



Chapter 19. Magical Books or Why Spells Don't Work?

In a world full of mysteries and undiscovered phenomena, the concept of a "magical book" can seem fascinating and tempting. A magical book is like an individual instruction manual for a complex device, in this case, our brain. It's a collection of unique spells or codes, which, when properly used, can unlock various areas of our mind and potential.

Spells in the magical book are passwords or codes that theoretically have the ability to unlock different areas of the brain. These brain areas can be associated with different aspects of our personality, abilities, and even health. Such spells can be seen as tools for manipulating our minds to achieve specific goals.

But why don't spells work? The key is to understand the individual nature of spells. Spells are strictly individualized and depend on the capabilities of a given person. What does this mean? It means that a spell that works for one person may not work for another. This is similar to how different people respond to different medications or treatment methods.

Take, for example, Zé Arigó, a known healer who wrote prescriptions. Zé Arigó was known for writing prescriptions that were effective only for the specific person for whom they were written. This is a great example of how individual "spells" can be and how personalized our approach to their use must be.

So how do you write your codes? This process begins with understanding yourself. You need to understand your unique abilities, strengths, weaknesses, and opportunities. When you understand yourself, you can begin to create your unique spells or codes. This may require a lot of experimentation, self-reflection, and practice.

But is it okay for anyone to share their codes? Well, that's a personal matter. Remember, these codes are unique to you. Giving them to someone else may not bring any benefits, as they will not be effective for another person. After all, this is your unique language to communicate with your brain.

The magical book and spells are a fascinating concept that can help us better understand ourselves and our potential. However, it's important to remember their individual nature. What works for one person doesn't necessarily have to work for another. So instead of looking for universal spells, let's focus on understanding ourselves and creating our own unique codes.



Chapter 20. How to Create Your Own Codes – Spells and What Not to Do.

Opening the door to your own subconscious and discovering hidden aspects of yourself is a task that requires practice and patience. One of the fascinating ways to achieve this is by creating your own spells. This can be accomplished through a series of techniques that will help you get in touch with the deeper levels of your mind. Below, we present five different techniques that can assist you in this process.

Automatic Writing

This technique was used by Chico Xavier, a known medium, and many other creators. It involves writing without conscious control of the mind, allowing the subconscious to express itself freely. You sit with your eyes closed and hold a pen on paper, allowing your hand to write freely, not thinking about the words that come out. You might be surprised by what you discover. You can find instructions on how to apply this technique in Chapter 11. Remember the most important things when training writing, try to make sure it's the same time during training. Time about 30 days.

Dreams with Elements of Clairvoyance

Edgar Cayce, a known clairvoyant, often used this method. It involves focusing on a specific question or topic before sleep, and then analyzing and interpreting the dreams that follow. The spells that emerge from these experiences can be powerful and deeply personal.

Remember! We use a regular mat, lying down in a supine position. Cayce himself advised:

"When starting a riding session, several initial actions should be taken to ensure proper energy circulation. At first, I loosen my clothes, loosen my tie, shoelaces and cuffs on my shirt. I also loosen my belt so that nothing disrupts the natural flow of energy. Then, I lay down on the couch, preparing for the session."

In the case of riding related to our health, Cayce preferred to lie with his head facing south. However, if the session is about our life, he directed his head north and legs south. Although he did not know the exact reason for this recommendation, he received it during one of the earlier riding sessions. It seems that proper body placement helps in proper energy flow and affects the effectiveness of the session.

Before discovering our own position and time at which we will perform this exercise, it is best to start with the tested technique proposed by yoga in this area.

Below, we will briefly discuss one such position, which is "Savasana", also known as the corpse pose. It is one of the most important aspects of yoga practice. Despite its simple appearance, it is an asana that requires deep focus and mindfulness. Savasana is considered one of the hardest yoga positions, even though at first glance it may seem the easiest.

What is Savasana?

"Savasana, or corpse pose, is a traditional relaxation asana that concludes most yoga sessions. The name comes from the Sanskrit word 'Sava', which means corpse, and 'asana', which means position. The practitioner lies flat on his back, with hands at the sides and palms facing up. Feet are naturally spread apart, and eyes are closed."

Benefits of Savasana

"Practicing Savasana has many benefits. It helps to relax the body and mind, reducing stress and tension. It also helps to increase body awareness, improve concentration, and promote healthy sleep."

How

"Practicing Savasana requires proper preparation and focus. Start by lying comfortably on the mat, with your palms at your sides, and your palms facing upwards. Try to relax each part of your body, starting from your feet and ending at the top of your head. Breathe deeply and calmly, focusing on each breath."

Conclusion

"Savasana, despite its simplicity, is a powerful tool for relaxation and meditation. Practicing this asana helps to create harmony between the body, mind, and spirit. Even if it is one of the last positions in the yoga routine, it should not be omitted, as it allows the body to integrate the benefits of previous asanas. Practicing Savasana is an investment in your health and well-being."

Nostradamus Method

Nostradamus is known for his prophecies, which he claimed to have received through a technique of seeing in a glass of water. To do this, focus on a glass of water and let your mind relax. Observe what you see in your mind's eye, and then use these visions to create your spells.

You will need:



- a glass of water,
- a gold ring,
- two candles,
- a chair,
- a table.

We sit at the table and stare at the ring, 20 minutes before sleep. Nostradamus, as we know, supported this process with various gifts of nature, however, I encourage the reader to perform exercises without assistance.

Technique of clairaudience using a shell

The use of a shell is an excellent means of developing clairaudience abilities. To achieve this effect, we must follow the above instructions. We apply the shell to one ear, plug the other ear and put ourselves in a passive state to accelerate the development of this skill.

It is important not to be knocked out of this state by the noise of the shell. The ideal shell for this purpose should be large, thin, and have many turns. As with clairvoyance, we should perform exercises every other day until we achieve our goal. After achieving the effects, we continue the exercises twice or at least once a week to maintain the ability, as without regular exercise it can disappear.

Clairaudience allows us to perceive and capture supernatural sounds. With the right exercises, we can awaken our sensitivity so that we will hear everything that happens in the astral world. We can also understand what the astral beings are saying to us. This ability also has practical application in our material life, as a clairaudient can penetrate through obstacles, just as a clairvoyant sees behind walls and mountains.



Clairaudience can manifest itself in two ways: as pure spiritual hearing without using the sense of hearing and as proper clairaudience through the ears. The latter develops most often from spiritual clairvoyance, just as physical clairvoyance develops from internal seeing. To succeed in clairaudience, it is

crucial to master the passive state. We must completely immerse ourselves in this state to notice and feel the mysterious sound vibrations.

Describing spiritual hearing is difficult. It can only be compared to silent thinking, although this term does not fully reflect the nature of this experience.

Clairaudience through the ears may seem a bit muffled, as if there was a light curtain in front of the eardrum or as if we had a piece of cotton in our ears. However, this does not mean that hearing becomes dull, as we still clearly distinguish the most delicate sounds and sensations. We simply feel that our material body introduces some subtle restrictions.

People with the ability of clairaudience often hear voices from the astral world, as if they were coming from a great distance. Others may feel that these sounds are coming to them through the phone.

It is best to develop clairaudience in darkness and solitude. It is recommended to do exercises in the evening or early morning, when there is peace and quiet, not yet disturbed by the hustle and bustle of the day.

Summoning visions with a black mirror

Black mirrors have been used by many cultures and traditions to summon visions and prophecies. Looking into a black mirror, you may begin to perceive images or scenes that can be transformed into spells.



The requirements for the mirror are not high, it is best to buy a black obsidian mirror in one of the online stores. There are also guides on how to make such a mirror. However, remember that we make the mirror ourselves if we get such a recommendation during our own practices, whether during clairvoyance or automatic writing. Otherwise, it's not worth spending time on such activities. The popular name for such a prop is a fluid concentrator.

Summary

Remember, creating your own spells is a personal and intuitive process. There is no one right way to do it. It's important for spells to be authentic and reflect your unique experiences and beliefs. Each of the techniques mentioned above can help you access deeper layers of your mind and create powerful, personal spells. Of course, for your own use, you can create any number of your own techniques, not forgetting common sense

Chapter 21. Ayahuasca and Other Gifts of Nature vs. Problems

Undoubtedly, many of those reading this book have their own rich experiences from ethnobotanical expeditions around the world. A large group also has their reflections on the effectiveness of similar practices. However, in this section, I will strive to present my perspective on the issues, based on my own experiences, as well as the experiences of those who approached the practices we discuss in an inappropriate manner. Or, which is a common mistake, over time they have come to diametrically different conclusions than they should have.

Let's start, however, with the fundamental problem related to the limitation of perception, a limitation that occurs not only due to intellectual constraints but also physiological constraints associated with the limited speeds at which our bodies process information.

I took it and now I see what a mess is around - Chaos as a Higher Form of Matter Organization

Many times, when my wife asks me why there's such chaos here, and the pants are hanging on the doors again, I ask her not to be petty and to stop criticizing higher-order solutions if she doesn't understand them.

I sit down and calmly explain once again: Chaos is a higher form of space (matter) organization, seemingly ignoring quality criteria (order - only apparent) working in a system popularly known as Just In Time, where the number of elements subject to this process is so large that it seems overwhelming for units with weaker computational power. 😊 But Chaos - it manages it calmly. 😊

The last time she didn't understand again, I asked her to sit down and think like this: Think about the difference between us, consider it calmly, me as a Chaos

worshiper, even before I enter the room, but just press the doorknob, falling pants inform about their location. Of course, with more practice, I can manage to catch them while opening the door, when the rustling during their fall informs me about their current location in time and space, and I already have these pants in my hand 😊

And you, my dear:

1. you have to open the door,
2. enter the room,
3. locate the wardrobe,
4. walk up to the wardrobe,
5. open the wardrobe,
6. locate the pants,
7. pick up the pants,
8. close the wardrobe.



In conclusion, to accomplish such a simple activity, you have to perform about 60% more actions, so if space acted in such an inefficient way it wouldn't lead to anything good, and space also collaborates with time, and as we know, it also doesn't have much time 😊

I talked, explained, told metaphors, gave examples, went out of my way, but unfortunately to this day she still can't come to terms with it, because she fell under the illusion that only constant assignment guarantees high efficiency 😊 and she constantly complains about lack of time 😊

I attended the ceremonies several times, unfortunately, they did not bring any results

Transformational Character of Rites Using Ayahuasca



Ayahuasca is a hallucinogenic brew originating from the Amazon, used by indigenous tribes in ceremonies and spiritual rituals for hundreds, if not thousands of years. Nowadays, an increasing number of people worldwide are seeking ayahuasca experiences for spiritual transformation, self-awareness,

and healing. In this section, we will examine the transformative nature of ceremonies using ayahuasca.

What is Ayahuasca?

Ayahuasca is a beverage produced from two plants – the leaves of *Psychotria viridis*, containing DMT, a potent hallucinogenic compound, and the leaves of *Banisteriopsis caapi*, which contain MAO inhibitors that allow DMT to act within the body. The result is a long-lasting, intense psychoactive experience.

Spiritual Transformation

Ayahuasca is often said to lead to profound spiritual transformation. Many people report encounters with spiritual entities, visions of their place in the universe, and even experiences of death and rebirth. After such an experience, many people report a lasting change in their perspective on life.



Emotional Healing

In addition to spiritual transformations, ayahuasca is often used for emotional healing. Experiences with ayahuasca often focus on uncovering hidden traumas and emotional conflicts, which can lead to deep healing.

Scientific Research

There is an increasing amount of scientific research corroborating the experiences of ayahuasca users. Much of it shows that ayahuasca can lead to significant reductions in symptoms of depression, anxiety, and PTSD, though more research is needed.

Conclusion

It is clear that ceremonies using ayahuasca have a strong transformative nature. They carry the potential for deep spiritual and emotional transformations, which can lead to lasting change in participants' lives. However, like any potent psychoactive experience, ayahuasca should be used with caution, ideally under the guidance of an experienced guide.

Even though ayahuasca has been used for hundreds of years by indigenous tribes, we are only beginning to understand its full potential now. As the research shows, the possibilities are promising, but as always, more studies are needed to fully understand the complex interactions between psychoactive substances and the human mind.

In this context, ayahuasca ceremonies are not only ancient rituals but also new areas of scientific research and therapeutic possibilities.

Summary

All sorts of theories and experiences of different people abound, but we must focus on the technical problems associated with too frequent sessions that many people undergo, naturally seeking a method to solve their own problems or achieve intended goals.

Q&A

Q: Why, then, should one not participate in such ceremonies too often?

A: Participating in such ceremonies too often can lead those seeking solutions to the effect of drifting. The drifting effect has been very well described by Napoleon Hill in his book "Outwitting the Devil".

Q: Drifting? So the person doesn't know what to do? I don't see the sense in this, during the ceremony we can experience clairvoyance and get clear instructions for our further actions. So how can we stand still?

A: Well, we can. First, we need to recall some things we talked about in the first part of our book, about States of Readiness that are necessary for certain phenomena to occur, and supplement this with basic information. Information about the nature of the visions we can experience. We will list five basic ones, and everyone can add what they deem appropriate themselves. Characters of visions:

- Informative
- Educational
- Recreational
- Psychotherapeutic
- Transformational

Q: I still don't understand. What do you mean?

A: What I mean is that if during a transformational vision you get information about your new life path, after the ceremony you cannot stop the efforts needed to realize your vision. Furthermore, you must be conscientious, hardworking and constantly striving.

Q: How so? Isn't the vision itself enough?

A: Yes, if you took part in the ceremony with the aim of getting some specific advice or guidance, it is sometimes enough to limit yourself to thinking about such a vision in order to draw appropriate or interesting conclusions from it. However, in this book we focus on building a personal brand, and therefore we can experience a whole spectrum of other phenomena and problems related to personal development.

Q: So what am I supposed to do?

A: You must follow the instructions. Let me give you an example of Adam. Adam, 28, didn't know what he should do in life. During the ceremony, in his vision, he saw himself as a well-dressed 35-year-old man, owning a house, a wife, two children, and his own law firm. Six months after the ceremony, a friend offered him a job in his father's law firm, a year later the friend's father, who saw high potential in him, managed to convince Adam to start law studies, which Adam completed without problems.

Q: It seems obvious, why even talk about it and how does it make sense?

A: It may seem so, however, human nature is very cunning and many people participating in the ceremony think quite differently than our Adam. They think this way: since they were at such a ceremony and found out how to become a lawyer, they proceed from the simple assumption that during the second ceremony they will find out what to do to get something for free from life, e.g. a lot of money or other things. That is, they want to acquire something bypassing systemic mechanisms.

Q: That's the point. I will go, enchant, and I will have. Why bother? And I ask again - what sense does it make?

A: You see, you still don't understand. When you receive a vision and strive to realize it, you embark on a path that has an:

educational-transformational-evolutionary character.

Remember - the physical realization of the vision received during ceremony no. 1 only prepares you in all three of the readiness areas mentioned:

- physical,
- mental,
- intellectual,

for effective realization of vision no. 2, if you manage to get it during the next ceremony.

Q: It reminds me a bit of going up the stairs. Why does it look like that?

A: Most likely, the laws of evolutionary biology govern this, I was not able to explain this unequivocally, but people who came to me asking for a divination often brought up this topic, claiming that they did not understand why they were standing still.

Q: Did you explain it in any additional way?

A: Yes, I explained several times that at the end of these stairs there will be a wall. A wall that needs to be jumped over on your own and without the participation of any ceremonies. And if they do not step up laboriously these stairs, they will reach the wall too quickly, but a wall that they will not pass, as their lack of activity will cause the psychic and physical spheres not to be ready to cope with this task.

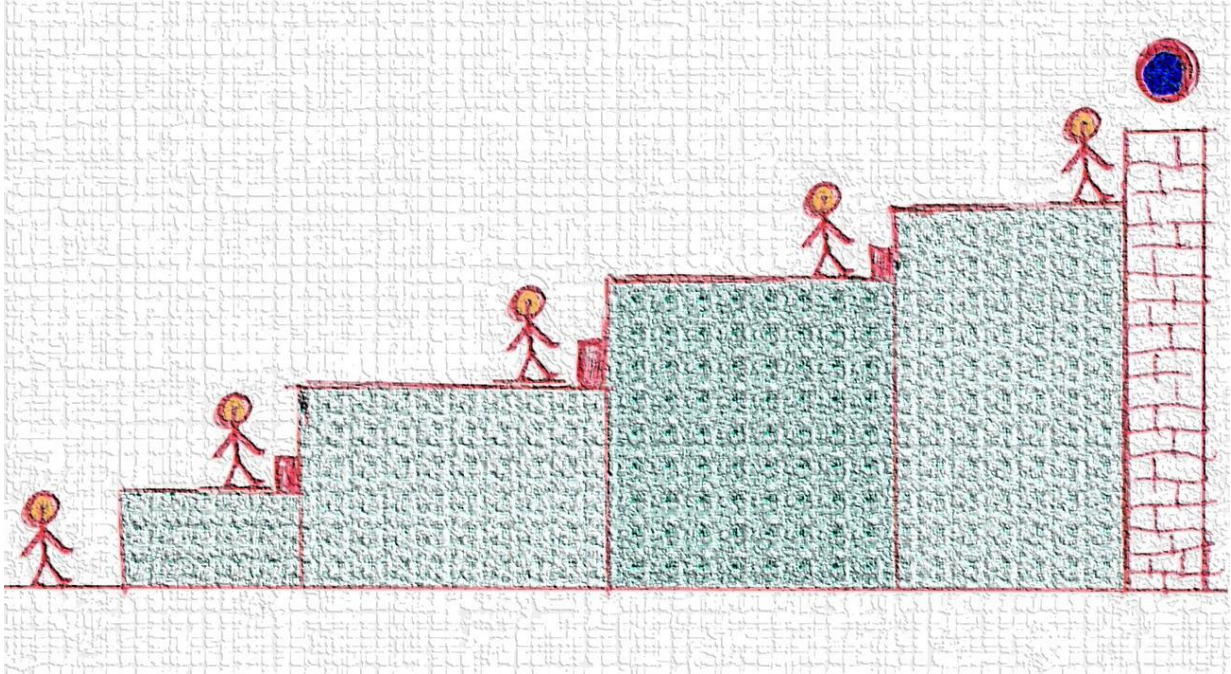
Q: So what? They will find out what they should do but they will not be able to cope with it?

A: Exactly, they will fall into such a trap. In the esoteric sciences, we call it the Paths of Eternal Search.

Below we present two pictorial examples of such a path. The first one - where we will see what the path of a person who agrees to live out their life path received during a vision looks like.

An example of a person going the evolutionary goal path.

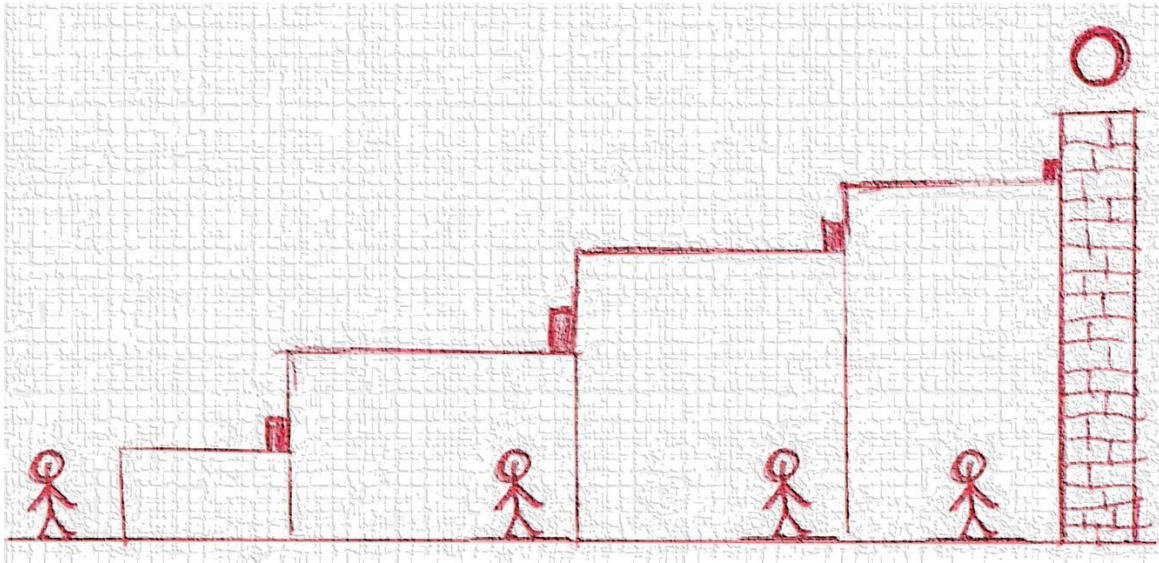
Drawing 1



Legend:

- A small circle - symbolizes the goal we are aiming for.
- Filled pattern rectangles - show the visions received in succession, thanks to which a person can prepare to overcome the next stages of their life.
- Transition points - small red rectangles, are points in time, during the realization of the vision, where our efforts or coincidences, as a result of the readiness we have achieved: physical and mental, allow us to naturally move to a higher level.
- The full time for implementing individual visions is about 2 years.

An example of a person wanting to reach the goal by skipping individual stages.



Rysunek 2

In the drawing, we see a person who skipped the matter of gaining experience through work or learning in their path. Depending on what the vision was about. Such a person comes to the place where she discovers what her life goal ultimately is but does not have the ability to reach it. The tragedy of such a person, however, lies in the fact that, having come so far, the laws of evolutionary biology, which allowed her to reach this place, do not allow her to return. That is, she reached the Place of Eternal Search.

I reached the wall

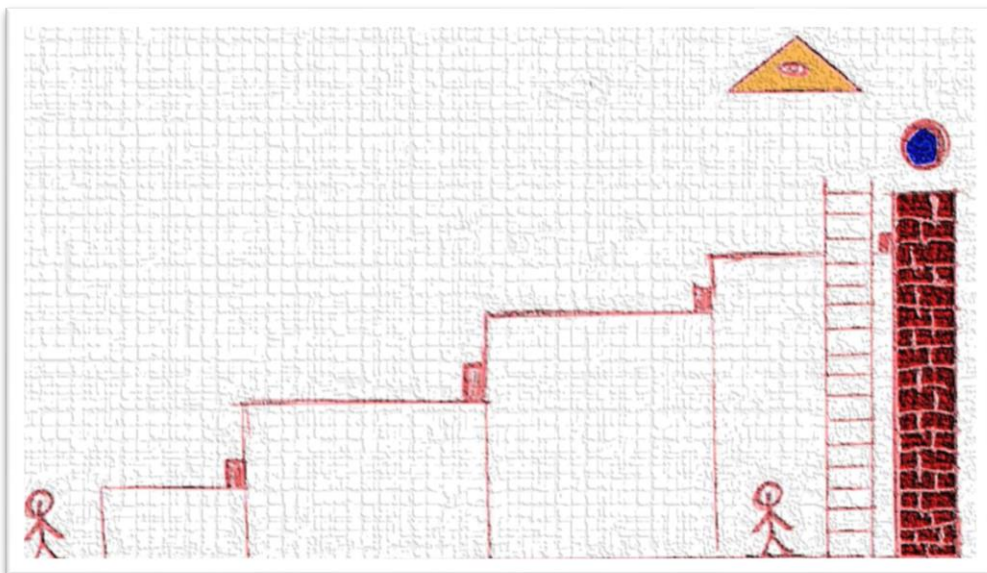
The problem of reaching the wall is a problem often described in professional press in the field of management. It is most often defined as a trap of rapid development. And yes, as I mentioned earlier, it is the result of too rapid development of the intellectual sphere, bypassing psychological or physical aspects. We should not forget about other aspects either if we think about building our brand, such as:

- appropriate business environment,
- appropriate intellectual environment,
- appropriate social environment.

What to do to get out of this?

It would be best to go back and do everything again, the problem, however, is that for most people the problem is not to return to the starting point, but the lack of any sense in doing the same actions again. Such people are already in a different place, both intellectually and psychologically.

Tarot then advised to seek a transformative vision by obtaining a private revelation. To obtain this type of vision, it must be led by a True Shaman Priest, to whom we must also reveal the full question of our intentions. Sometimes we even have to go on our magical journey to another dimension. However, we do not have to worry about this, because we can do this during sleep.



Drawing 3

Chapter 22. Artistic Prostitution

In the world of art, the term "artistic prostitution" has become quite common, especially among those who struggle with finding a balance between business and their art. This term refers to the compromise of artists who give away their talent and creativity for material benefits, often as a result of financial pressure.



Many artists fear that the commercialization of their work will lower the quality of their creations and make them inauthentic. They do not want to become 'sellers' of their art, losing their artistic identity. On the other hand, art is also their means of livelihood. So how to find a balance?

Commercialization vs. Artistic Identity

For centuries, the commercialization of art has been a topic of controversy. Can a true work of art also be commercially successful? Does commercial success turn the work into something less artistic? These questions often put creators in a state of obsessive-compulsive anxiety, on the one hand craving success, on the other fearing the loss of identity.

However, viewing commercialization as something that automatically removes the 'art' label from a work is an oversimplification. Art can and often does cross boundaries between commerce and expression. Some of the most valued works of art in the world, such as Van Gogh's paintings or Mozart's music, are simultaneously commercially successful, but this does not change their artistic value.

Finding the Balance

To achieve a balance between commercialization and art, it is important to remember a few things. First, art and commerce are not mutually exclusive. Your talent and creativity can bring profits while still being true to your artistic vision.

Secondly, one must understand that the principle of "art for art's sake" does not mean that an artist should not strive to make a living. It is possible to be a full-time artist, earning from your art, without compromising your artistic identity.

Finally, it is worth remembering that how you are perceived by others does not have to define your value as an artist. Your value as an artist is not dependent on the number of paintings, albums, or books sold. You decide what constitutes your artistic value and you decide how you want your art to be perceived.

Breaking the Stereotypes

The stereotype of artistic prostitution is toxic and unhealthy. It hinders artists from reaching their full potential and makes it difficult to find a balance between art and business. The key is to understand that earning from art does not automatically mean selling your identity.



Maintain your artistic vision, stay authentic, and be open to new possibilities. Remember, you are not alone. Many artists struggle with the same fears and doubts. Finding support in the artistic community can help in finding balance and breaking stereotypes.

All artists deserve to make a living from what they love and should not fear that commercialization will affect their artistic level. After all, it is the artist himself who determines what true art means to him.

Chapter 23. The Passive State

In addition to active concentration of thoughts, the passive state is also significant, which results directly from the previous concentration. Only a person who can strongly concentrate their thoughts can achieve the ability to enter a state best referred to as "non-existence."

Our world of thoughts is similar to the sea. When the mind is turbulent, our thoughts are like violent waves, and when the mind is calm, our thoughts flow gently and harmoniously like small waves on the surface of a peaceful ocean.

Thoughts appear incessantly in great numbers, but their existence is very limited and short-lived. They yield to new, barely emerging waves, disappearing without a trace. However, the passive state requires a quiet, still, and reflective sea surface. All large and small waves must disappear, and the sea must become as calm as thick oil.

All thoughts must subside, as if they froze. The moment they appear, they must be suppressed and silenced. This is the condition for achieving the passive state. It requires the complete emptying of our mind.

We must learn to enter such a state in which our mind will be like a white, unwritten sheet of paper. We must learn to maintain this state for a certain period. In this state, we must forget everything, stop thinking, and even lose awareness of our existence.

By annihilating our physical body, shielding it from all external stimuli and making it unresponsive to the material world, we open our soul to subtle vibrations and experiences of the spiritual world, which are usually not accessible to us. In the passive state, our soul can act more effectively on our

body. After the passive state ends, we discover this white card on which something has been written. A wave of great creative thoughts appears in our mind, to which we would not be able to reach in a normal state of consciousness. New, unexpected ideas, plans, and intentions are born within us, grow, and astonish us with their agility, freshness, and originality.

The passive state is extremely important and useful to everyone. Both intellectually working people and craftsmen can benefit a lot from it. Even a man striving for moral perfection gains a powerful assistant in it. It allows the soul to have a stronger and more effective impact on the resistant body. This state is essential for awakening and developing various abilities and mysterious spiritual forces, which we will experience later.

However, it should be noted that exercises in the passive state may be exposed to certain dangers.

In this state, all gates to our soul are wide open, and we are influenced by all good, sublime, and perfect spiritual currents, but at the same time, we also become susceptible to the influence of lower-order entities, which are burdened with weaknesses to which we are often exposed. To counteract this, we possess a powerful weapon, which is the concentration of thoughts, i.e., the active spiritual state. If we notice that we are surrounded by impure spiritual currents, it is enough to concentrate our thoughts on the opposite to immediately weaken and repel them.

If after practicing the passive state we feel unpleasant emotions, let's focus our thoughts on lofty concepts of peace, love of one's neighbor, brotherhood, and pure spiritual harmony. In this way, we quickly rid ourselves of troublesome feelings and unsettling moods.

In the spiritual world, only the similar attracts the similar. Therefore, only a restless and impulsive person will be subject to such influences. Similarly, a person dominated by sensual passions will mostly be surrounded by lower entities burdened with the same weaknesses. Rarely does a calm, balanced, and morally advancing student get affected by such low, impure spiritual currents.

However, if this does happen, the student knows how to help themselves. Such a situation will serve to exercise and strengthen their will. A person who attracts entities with similar faults and weaknesses should also defend against them, and this should become a means of strengthening their will. They must do this if they do not want to thwart and destroy the results of their exercises.

Again, I emphasize that a person wanting to practice the passive state must first develop the ability to focus their thoughts. Otherwise, they will never achieve the emptying of their mind. The main condition for the beginner is to maintain "absolute calm". Calm around them, calm within them, in their soul! Only now do they understand the value of the first exercises aimed at getting used to maintaining the calm of the body and its parts. The passive state requires absolute stillness of the body. The best time for these exercises is the evening quiet or early morning.

The student goes to their room or an isolated room, covers their ears in the prescribed manner, puts a blindfold on their eyes, and lies on a couch or bed. They must make sure they are lying in the most comfortable position to gradually relax all the muscles. The position of the head and all other parts of the body should be such that no muscle is tense, and all are absolutely inactive. The entire body should be in a state of sleep, as if in a fog.

Breathing should be very gentle, without noticeable strain of the will. Deep and intense inhalations and exhalations should be avoided.

Now in our imagination before our eyes appears a white, about 20 centimeters, rotating disk on a black background. We direct our inner, spiritual gaze at this disc, as during concentration of thoughts, consistently removing all other thoughts and images. The method differs from the known concentration of thoughts only in that we should not indulge in any impressions, neither about the white rotating disc nor about the dark background. Our task is to maintain an unchanging image of this disc. We should not think about anything else. We only see this evenly and calmly rotating disk.

However, one must be very careful not to fall asleep during the exercise. Overcoming sleepiness should not require special effort of the will, so as not to disturb the thinking process.

Initially, we try to maintain this state for 3 to 5 minutes. The first exercises are a real fight with oneself. Thoughts come one after another, trying to erase the image of the disk, which is easier because we cannot immerse ourselves in any stream of thought, but must focus only on this image of the rotating disc. After each exercise, our strength will increase, and after 10-12 attempts, we will be able to maintain the passive state for at least 3 minutes, eliminating and removing all thoughts so that the image of the disc remains clean and undisturbed. Then we try to gradually extend the exercise time to 10 minutes.

Immediately after ending the passive exercise, we notice this written white card. A whole stream of great creative thoughts is flowing into us. Thoughts that we would not be capable of in a normal state of consciousness. New, unexpected ideas, plans, intentions are born in us, grow and surprise us with their sharpness, freshness, and originality.

The passive state is extremely important and useful to everyone. Both the intellectual worker and the craftsman can benefit greatly from it. Even the ethically higher aspiring person gains a great helper in it. It allows the soul to have a stronger and more effective impact on our stubborn body. It is necessary to stimulate and develop various abilities and hidden spiritual forces, which we will find out about later.





Part III

Ceremonial Closing

Wishes of Happiness from the Author

In conclusion, as the author, I would like to wish you Happiness. No matter where you are and where you are heading, I wish that every step you take leads you towards complete happiness. May every new day bring you joy and fulfillment, and above all - may you never lack the desire to discover new stories.

Final Advice

Please remember to continually upgrade your competencies, as these methods are not for those who want to stand still. Transformational processes trigger auto-update options in the mind. Such a mind, like Windows, without updates will not remain effective for long.

Must-Watch Movies

- **Chico Xavier**
 - Director: Daniel Filho
 - Screenplay: Marcos Bernstein
 - Genre: Biographical
 - Production: Brazil
 - World premiere: April 2, 2010

- **The Man Who Knew Infinity**
 - Director: Matt Brown
 - Screenplay: Matt Brown
 - Genre: Biographical, Drama
 - Production: UK, USA
 - World premiere: September 17, 2015

- **The Pervert's Guide to Ideology**

- Director: Sophie Fiennes
- Screenplay: Slavoj Žižek
- Genre: Documentary, Psychological
- Production: UK, Ireland
- World premiere: September 7, 2012

- **Kumaré: A True Story of a False Prophet**

- Director: Vikram Gandhi
- Genre: Documentary
- Production: USA
- World premiere: March 13, 2011

Books to Read

- From Dream to Discovery: On Being a Scientist, Selye Hans
- Outwitting the Devil, Napoleon Hill
- Steve Jobs, Walter Isaacson

Mandatory Course to Take

Speed Reading Course

If you are discouraged, ask your critics if they know how many pages per day Warren Buffet read? Then sit in front of a mirror, take seven deep breaths in and out, and looking deep into your own eyes, ask out loud: Why do you think Warren read so much? Write the answer using automatic writing.

Last Word

Many people have asked me about expressing intentions during erotic highs while reading Tarot cards, because they have read about it between the lines in the Kamasutra, or in other online guides.

Let me say this - you have to be careful, because if someone's intensity of such gymnastics is high, they may forget the intention they expressed a few days after the last spell and declare another one in a frenzy. This advice applies not only to wizards, but also to witches, as their nature is known to be fickle.

Such people then fall into the trap of eternal searching, as depicted in Figure no. 2.

Now let's discuss three hypothetical examples of negative effects when the method is applied incorrectly.

Example 1.

On a sunny day, Catherine, a young and energetic woman of lively spirit, visited a local fortune-teller. Catherine was an open-minded person, she liked new experiences, and the visit to the fortune-teller was certainly something new. The fortune-teller, an old woman with piercing eyes, predicted for her an unusual way of achieving her vision.

"All you have to do, my dear, is to loudly state your intention while... hm... making love with your own boyfriend," she said, looking at Catherine through her foggy glasses.

Catherine was surprised, but decided to give it a try. After all, what could go wrong? Upon returning home, she meticulously planned the entire situation.

Knowing that her boyfriend, Marcin, loved nature, she planned a romantic trip to the countryside.



On site, in a secluded, picturesque cottage, Catherine felt it was the perfect moment. She was full of determination, ready to carry out the fortune-teller's advice. But instead of whispering her intention, Catherine, honored by her mission, began shouting her desires as loud as if she wanted to convey them not only to Marcin, but to the whole world.

Marcin, completely surprised and terrified, took matters into his own hands. "What kind of fortune-teller suggested this to you, Kasia?" he shouted, before

panicking and running out of the cottage, leaving a surprised Catherine in the middle.

Looking at the fleeing Marcin, Catherine realized the absurdity of the situation and started to laugh. After all, it was just a visit to the fortune-teller, right? Well, at least now she had a funny story to tell and a lot to think about.

Moral - never do anything forcefully and think carefully about the fortune-teller's advice. Catherine should have used this method to boost motivation or hypnotize her partner but her egoism effectively prevented her from accomplishing this task.

Example 2.

Radek was always a person seeking unconventional solutions. A programmer just under thirty, who valued balance between work and rest, often indulged in various experiments after hours.

One day, during a meeting with friends, which usually ended with traditional mushroom eating, he met an interesting gentleman. The new friend passionately talked about an unusual combination of mushrooms and love that was supposed to bring not only visions but also instant wealth.

Radek, curious as always, decided that he must check it out. He was not too convinced about his friend's theory, but his curiosity was stronger. He went back home, tried the proposal and to his surprise it worked! Radek joyfully discovered that an unexpected bonus from his employer for excellent results was deposited into his account.

The initial success convinced Radek that he had struck gold. He was not only having visions, but the money was flowing in a broad stream. "It's so easy!" he thought and began to intensify his "sessions".

But then problems started to arise. Radek, increasingly fascinated by his discovery, stopped paying attention to everyday things – food, drink, sleep. After several days of intensive "training", a collapse occurred. He fainted and his body screamed for the need for hydration.



Fortunately, Radek managed to react - "I guess I overdid it" he thought before falling to the floor. After a few hours, fully hydrated, Radek realized the mistake of his approach. Of course, this was a lesson he did not forget. And although Radek still liked to experiment, from then on he always remembered common sense. And of course, he always had a bottle of water at hand.

Moral - while remembering the goal, do not forget

about the details!

Example 3

Darek, a young, ambitious entrepreneur, was always looking for new ways to develop his business. Like Katarzyna and Radek, he valued experiments and unconventional approaches, although they did not always bring the expected results.



This time, he decided to use the services of a coach and hypnotist in one person. Darek dreamed of multiplying his fortune, and the hypnotist promised him that it was possible, provided Darek used a certain unconventional method.

"You need to express your intentions to a wider audience," said the coach. "This will intensify your experiences and produce a strong effect."

Although Darek was full of enthusiasm, he was first and foremost a man who valued his privacy. Instead of organizing a big party, he came up with the idea to arrange everything in a slightly more discreet way. He decided that everything would take place in a friendly escort agency. He set the day of the whole ceremony in collaboration with a known Astrologist, who however warned him that the next opportunity for such a procedure would appear only in 3 years, so there could be no room for errors.

The plans were clear: 10 seconds before the lifting, Darek was supposed to press a special button on the remote he received from the agency's owner. Then, fans - well-paid employees of the agency, screaming motivational slogans at the top of their lungs and holding small signs with motivational slogans were to rush into the room.

This whole show was to result in a fivefold multiplication of Darek's fortune - at least that's what they had planned with the coach.

When the big day came, Darek was full of anticipation. Everything went according to plan until the moment of pressing the button on the remote when the paid fans rushed into the room. And here the problems began.



Instead of yelling "Go for it, Darek!", "Who if not you!" and "You can't give up now!", the paid ones began to cheer for a certain... Waldek! No wonder, as usually not many people there were sober, and the owner could not find anyone better who wanted to undertake this task and had some experience in cheering.

Darek was surprised and disoriented. "Who the hell is Waldek?" he thought, looking at the shouting ones.

Unfortunately, that day Darek did not learn how to multiply his fortune fivefold, but he learned a valuable lesson about the need to check minor details. And although he did not fulfill his plan, at least he had a good story to tell.

When I listened to him, I noticed that thanks to these experiences he became a mentor in the practices described here.

Moral

Use only reliable and proven colleagues. No brilliant plan can be realized by amateurs, do not forget about it. If you can't find proven people, think about what you can do yourself? Remember the second chance may not come quickly.

Conclusions

I wondered many times later how I could help in the above situations as a fortune teller? Unfortunately, I couldn't. I advised that the cards recommended a break from the methods described above.

BONUS: Meditation sets

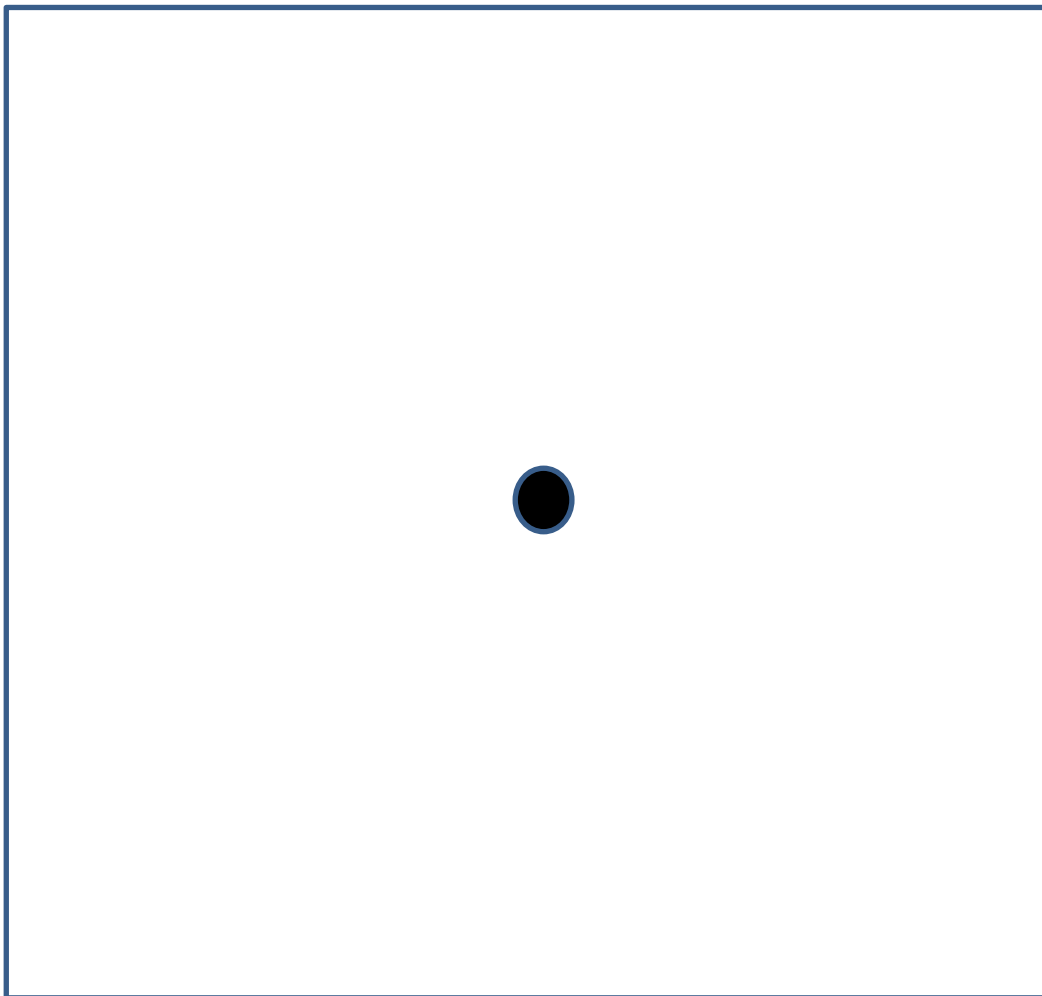
At the end of the book, the reader will find a set of 8 attachments needed to invoke lucid dreams on specific topics, and a detailed instruction on how to use them.

Thanking you for purchasing this book, I encourage you to take a look at the two items below in your free time, which dear reader you will find for free on the Internet. If you don't find time to read, meditate on the titles.

- "Sex as a Tool for Developing and Strengthening Financial Intelligence", IGOR & CHAT GPT & DALL-E, SELFMADE SERIES, Krakow 2023.
- "Art as an Effective Tool for Developing Financial Intelligence", IGOR & CHAT GPT & DALL-E, SELFMADE SERIES, Krakow 2023..

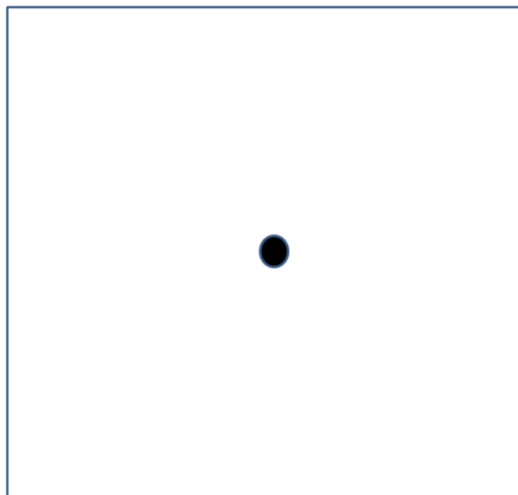
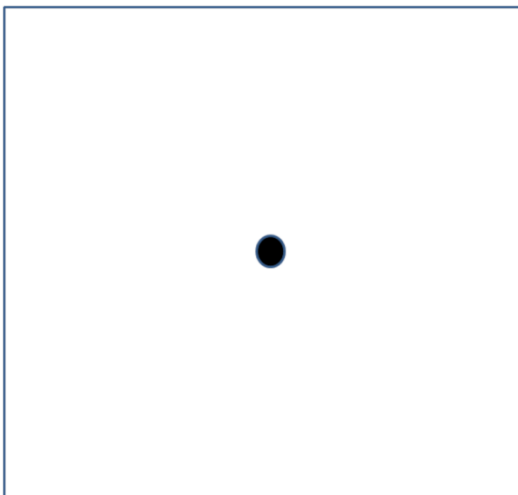
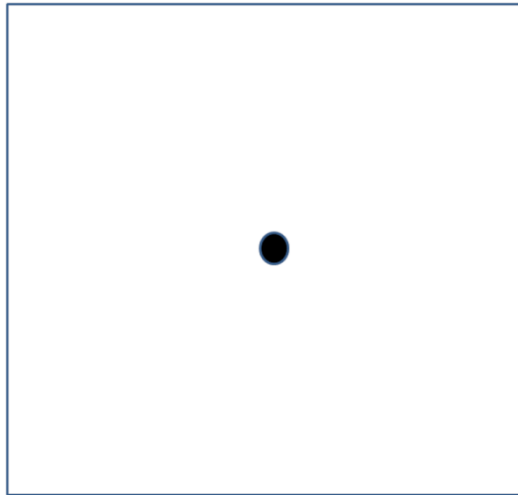
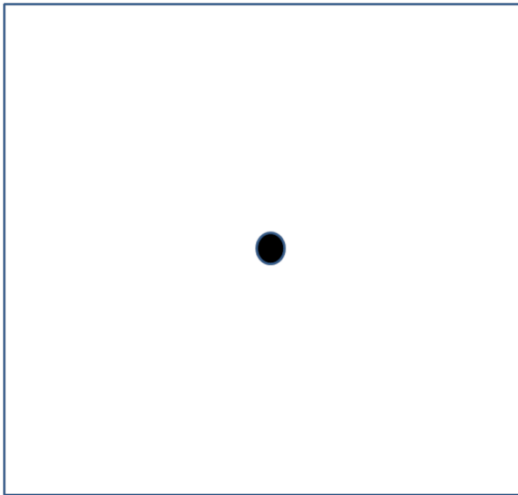
Attachment no. 1

A sheet for basic hypnosis training, it should be printed and cut out with scissors.



Attachment no. 2

Small sheets for practicing hypnosis, we cut out with scissors.

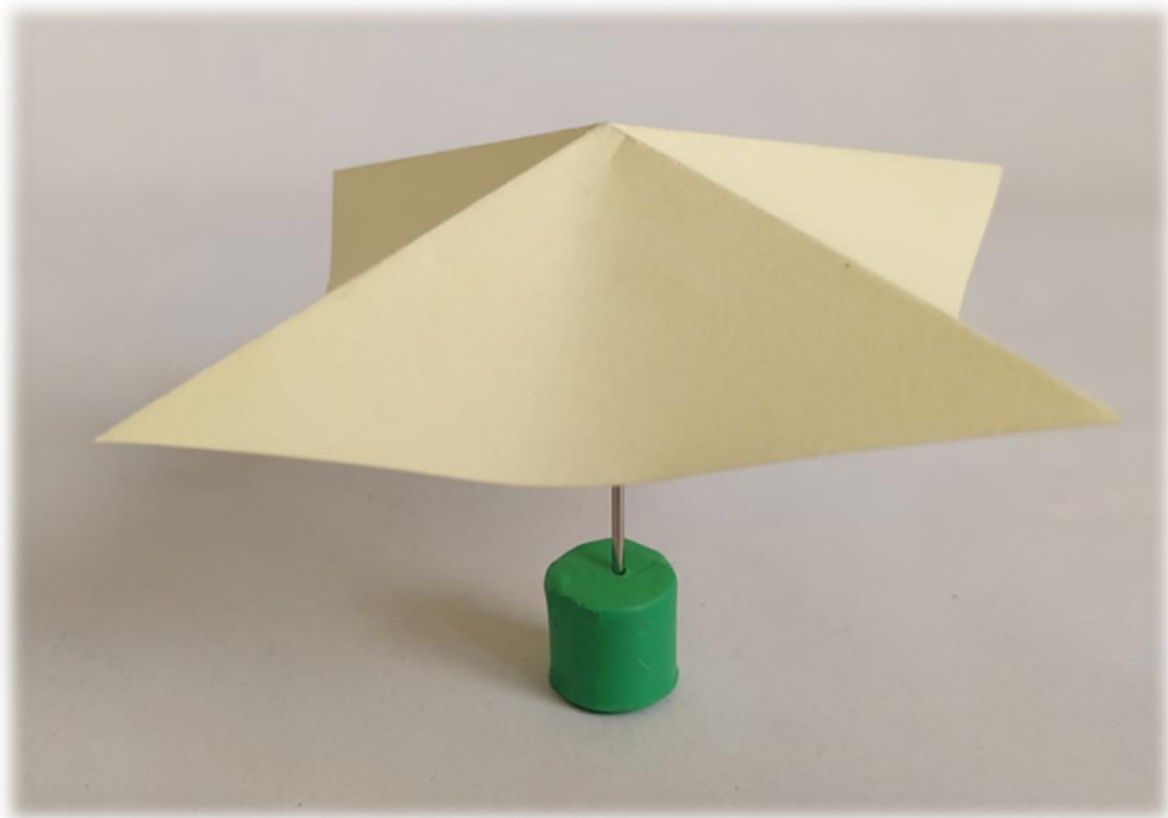


Attachment no. 3

A paper fan for training our strength.

We need: an eraser, a pin, a sheet of paper 10 x 10 cm.

If the fan starts spinning, we move on to the second phase of our exercise, covering it with a glass dome.



The text that we print and meditate over before going to sleep. We read it aloud three times, then for 15 minutes we stare at a black dot and go to sleep. In the morning, we write down our dream. We can also perform this exercise using automatic writing.

We carry out this exercise under blue light.

Why aren't you doing what you should be doing yet?

**Why aren't you
doing what you should be doing yet?**



You should start doing it from

.....

Attachment no. 5

This attachment helps in discovering your own talent or starting the journey to find it. Here, we perform meditation, as in the previous case, every day for the next 30 days. It's important that the meditations take place at the same time each day. Although this may seem uncomplicated at first, after just a few days we may find that subordinating to this goal requires a temporary reorganization of our lives.

We perform the exercise sitting in front of a mirror or a crystal ball. If we are sitting in front of a mirror, we stare into our own eyes, and a strong red light is set up behind our head. Duration is 15 minutes.

We repeat the following text out loud the whole time:

In my dream, I want to see what talent life has gifted me with.



Attachment no. 6

This attachment is used to invoke visions related to financial endeavors. The meditation is performed seated, staring into the visible keyhole. The question posed must be clear and devoid of multiple meanings. One must not allow the subconscious to play tricks.

The color of the light we must use in this case is a strong green. The light is placed behind the head. The answer may come to us during sleep or in some other random way as a result of a series of coincidences.

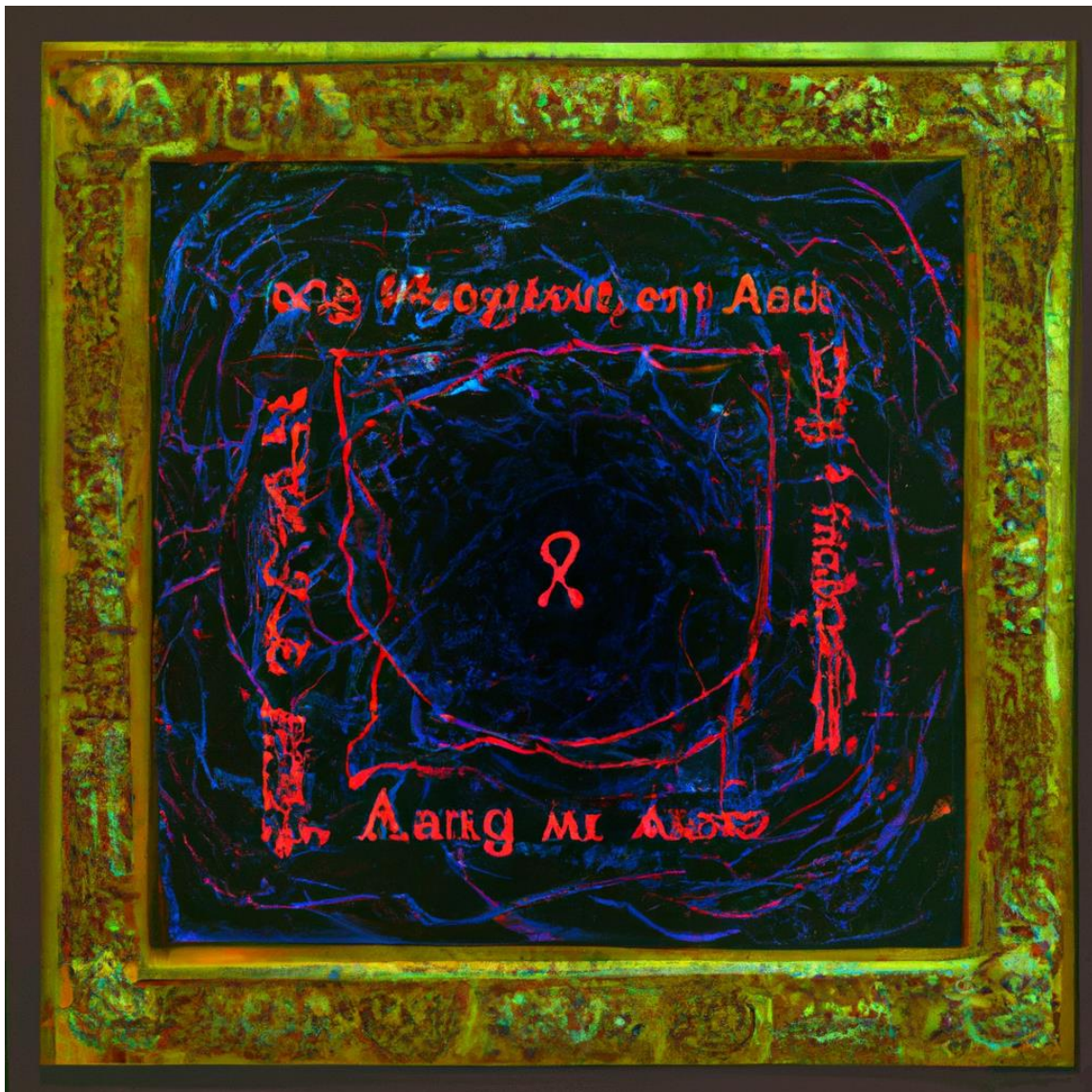


Attachment no. 7

This attachment is used to invoke visions of the future. The color of the light we should use is purple.

Please remember not to try to invoke visions within a time horizon longer than 2 years, as they may be incomprehensible. The time of meditation consisting of staring at the red sign in the middle of the image is 20 minutes.

Intention: I want to see and understand the future.



Attachment no. 8

This attachment is used to determine our first step towards the chosen goal during meditation. The color of the light is a strong blue.

We gaze at the center, repeating in our minds or out loud:

In my dream, I want to see where to start.





Krakow 2023, July.

For questions and comments, I invite you to contact me through the website:

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