**APPROACHING THE PHYSICAL BODY OF ONE GOD**

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**DAY 1**

Good evening everybody !

I'm very happy to see the participants, the interpreters, the organizer after a break.

And today we are going to go over a very interesting, in my opinion, seminar by Grigori Grabovoi. And in this webinar we will need to train the interaction

of our physical body with our spirit.

In the seminars that we have had so far with Claudia usually we have been working with our our consciousness.

Today we are going to try to perceive the information that we are about to perceive, through sensations, through entering a certain spiritual state.

And using this state we are going to try to perceive how the physical body of God works, how God created his physical body, how his physical body implements the recreation of the whole physical reality. And the way to understand that when God was creating his physical body, he had a particular purpose. He needed to create such conditions so that people who have exactly the same physical bodies could  by way of perceiving, the physical body of one God, learn to recreate their physical bodies at the level of absolute mastery.

Once we understand and practice this method of approaching the physical body of one God, we will be able to provide absolute health to our physical body.

We will be able to provide absolute control over the development of the entire physical reality. So we have all the abilities that God initially put into his physical body. And certainly he projected them to our physical bodies.

Grigori Grabovoi says, that this process of approaching the physical body of one God can be viewed as physical approach or the process of approaching of human body to the body of God. As well as the spiritual approaching with your spirit.

The first one approaching the body of God physically just like approaching the body of some other person, we'll need to use it from the viewpoint of associative aproaching.

For us to cognize this process have to literally learn to observe the actions

of the body of one God, we will need to recall any events from our life when we were learning something by observing the actions of the physical bodies of other people.

So now let's try to recall what you were learning by observing the actions of the physical bodies of other people. It could be, for example, learning to dance.

It's about union. It could be some carpentry work when a person is, for example, working with some of wooden objects.

So, you always have time to remember certain situations in your life when you were learning something by way of observing the actions of physical bodies of other people. Basically all kids get this experience.

When people talk about the concept of raising kids. All kids have this experience

when adults tell something to kids and the adults assume that kids learn from their recommendations. But they are mistaken. Actually kids observe their parents very carefully.

The skill, for example, when we want to do something, we use a method.

We recall that person who we learned something from, we actually have the image and we are basically observing how that person who taught us, how he did it. So we do have this ability. Now we need to remember this ability. We need to remember or imagine what the physical body of one God is supposed to be. Clearly the physical body of one God is ideal. And clearly that this method of approaching the physical body of one God means cognition of the basic rules of the ideal physical body, that is : normal state of health. We are trying to perceive the best possible interaction between the soul, the spirit, the consciousness, and physical body.

Now it's very important to train realistic perception of the physical body of one God and transition this pereception into the understanding of reality of existence of the physical body of one God. Clearly if we want to learn something from some other physical body, we need to be absolutely sure that it is present in the physical reality.

So this is the first stage of approaching the physical body of one God. Well now before we move to the next piece of information, imagine ideal and healthy human body which is the physical body of one God.

Make this perception a learning process. When you have this steady perception we can always remember this image emotional. And we can ask ourselves a question. What would the physical body of one God do in a specific situation.

Try not only to receive this image but try to feel it at the level of sensations that you have. When we imagine something this way, we activate the work of our consciousness. When we try to feel what reaction we have, through our sensations, we activate the work of our spirit.

In our lives we use the capabilities of our spirit in a somehow automatic mode.

We don't realize how at certain times our spirit works. The most understandable way of the work of spirit, and I'll invite you to do this, that is, try to imagine this. When we try to scan the state or mood of a certain person, to understand if we can ask him about something, or contact him about some questions.

And again kids use it very often. They observe and try to scan at some inner level the state of their parents, so they can figure out if they can ask something like if they can go outside or buy something that they really want.

And when a person tries to understand the state of another person without using logic, this is where human spirit works. A light impulse of spirit goes out from that person to the object that he's trying to figure out.

And if that person observes himself correctly, they can feel right away the quality characteristics of the return signal.

The reason why I'm giving you these examples is because I want you to learn to act in this world, the way the Creator does through the method of approaching the spiritual understanding of God. It's hard to explain it just with words. For this understanding, for this development it's very important to get the work of your spirit involved. And to do that, you need to remember the events when you did it automatically. To remember those states that you had when you had your spirit activated.

So it is very important that you really try to follow the recommendations that I'm giving you now.

Another example of the work of spirit.

For example, an actor was given some materials to study about a certain

unknown historic character, to play this person later on in a movie as realistically as possible. The actor is trying to feel the inner state of his character. I hope that this make sense. And I hope that this element of the movement of spirit you were able to feel it.

Now with the same spiritual action you need to do the following.

Try to direct the impulse of your spirit inside yourself so there is such a concept as realisation of yourself or self cognition and the sensation or the feeling of yourself. Unfortunately in regular life people are very busy and some external information doesn't let them concentrate. Certain goals, problems and the desire to solve them.

They say that sometimes people, while trying to solve all those issues and work on their tasks they forget about themselves. This is a very important practice when a person needs to stop during the course of this race and try to feel himself, his physical body. And try to do that now. Feel your physical body. Feel certain parts of your body. Your internal organs, your internal state.

Hopefully you got to feel that, and I hope that what you felt is that you actually got in contact with a very sacred action of your spirit.

This is the action of recreation of your physical body by way of the action of spirit. Human spirit just like the spirit of God is an external creating substance.

If we try to understand how God created the first human body, which is the physical body of one God, it was a very similar action.

God created himself by way of self perception and feeling of himself, specifically through the action of his spirit.

And if we try to understand this action and feel it, then we start to understand

that the question of recreating your healthy physical body, or the task of recreating your healthy physical body, you can easily solve this task.

Because you recreate your physical body at every moment by way of the action of your spirit, among other things.

This action is in your hands. It's up to you. And no external information can influence the quality of the assembly of your physical body when you have this correct understanding of this process. And moreover, the understanding of how God assembles his physical body.

So remember we were talking about the image of the ideal body. The ideal body of One God, hopefully you still have it in your memory.

Let's try to feel the state that God has when recreating his physical body.

God just feels himself. And this way the work of his spirit is activated and the assembly of the physical body of one God takes place.

When you're approaching the physical body of one God this way, meaning both physical and spiritual approaching, the state of your physical body might improve very quickly. You may start feeling inner confidence and calmness.

And it isn't the result of some abstract actions of ours. We are doing real work now. At the level of spirit, at the level of consciousness, at the level of physical body. Because God does have one physical body, the same one as people have.

And when we think about the physical body of God, when we try to imagine it,

when we try to feel its state, we are using the same mechanism, we are using a real informational contact with the physical body of another person. Just like we can do it in real life. We talked about this today, when we were trying to remember real images from our lives.

In my opinion, these views, this understanding, they have to be fundamental in every person.

When you set a goal to develop your body to the level of eternal health, eternal activity, we need to understand that this level always exists in our reality which is the benchmark and which shows us how human body is supposed to work.

If we look at the way of cognizing God in certain religious teachings, there people cognize God as the creator of the whole world. As a person who has

unlimited abilities. As a person who always comes to help people, to rescue them.  And it turns out that when we perceive God's personality this way, we perceive ourselves in more sort of passive status.

The status when we depend on circumstances. The status when we are missing those unlimited abilities that God initially gave us. I am not trying to downplay the importance of religious teachings.

Grigori Grabovoi says that all constructively creative religious have fullfield there purposes.

They helped a big part of the population to keep the knowledge that God exists and their faith in God.

And those are the levels that provide direct contact between a person and God.

But the time has come when every person needs to realize the connection with God in more precise way. What we are doing right now. We are basically entering into physical contact with the physical body of God. We are trying to feel and understand how God is able to maintain his body in such an ideal state eternaly.

We are changing ourself perception where we are dependent on external environment.

So we are replacing this passive understanding with the realization that we are

the same as God.

And this understanding shouldn't be just at the level of logic and knowledge.

*This state needs to become our natural state.* Through this contact, through this approaching to the physical body of God we are trying to copy his state, his abilities to fill it in our physical body.

And one of the ways of getting confirmation of the reality of what we're talking about, well, the following situation can confirm it .

If a person is sitting in a chair and it's just relaxing, and is provided that his physical body works normally, basically in this situation the person doesn't feel

his physical body. But as soon as he makes his first physical movement, for example, he wants to grab a glass of water that is right next to him and drink some water, we can say that at that point when he wants to perform an action he

gets his physical body.

We can say that at that point, the spirit recreates the physical body and the person starts using it in terms of physical actions. Try to think about the situation and try to remember yourself in similar cases.

To make the approaching to the physical body of one God real and effective, we need to start developing self cognition this way and start treating your physical body not as a static physical matter but treat it as a very dynamic multi complex system that basically gets recreated at every moment in you.

First of all, by the action of your spirit and the quality of health that is manifested in the physical body directly depends on your understanding of the existence of this mechanism.

It's very important that you share your comments with us in the chat so we can move further.

I'm would like to know if you got to feel the physical body of one God.

I'd like to know what you felt. And I'd like to know if you have any results.

One of the participants says that he was able to feel the movement of his spirit in his physical body. And he says that now he knows how it works.

Perfect. Thank you.

One of the participants says that they felt a very strong impulse in the area of their heart and their stomach.

Rosanna says that it was hard to see the physical body of God, but she was able to feel it. Thank you, that's great.

Elena says here that she perceives God more like a light than a dense physical matter. Thanks Elena ! This is what we're talking about in this seminar.

If we want to acquire or to develop all those abilities that God initially gave us

we need to start perceiving the physical body of God as the same substance as the physical body of human.

If you perceive God as a source of light, a source of love. But don't perceive

him as a person who has a physical body just like people do.

It will be hard for our consciousness to fulfill the potential that we have in us.

We are all familiar with the well known saying that God became man so that man becomes God.

This expression should be understood literally. In one of his lectures, Grigori Grabovoi says that: yes, God is basically almighty. He could have created the world without creating his own physical body.

But he realized that he we would need to pass the knowledge to people. And people can only learn from someone similar to them.

And that's why God created the first physical body for himself.

The first physical body became the physical body of God.

So I see lots of good comments and I see that some of you were able to perceive the physical body of God. And one of the comments here says that this is the change of the world view.

This knowledge about the physical body of God gets manifested right away in the form of love, calmness and hapiness.

One of the female participants says that it is hard to compare a female body with a male body. And as we know, God is a male. Here everything is simple.

Before we started approaching the physical body of one God, we tried to recall different life situations, when you were learning something from the actions of other physical bodies. For example a woman can learn to dance from a male instructor.

So we need to kind of detach ourselves from the concept of gender here, because here we are talking about people as a species. We are kind of observing God from the outside.

The goal was not to really combine your physical body with the physical body of God.

Grigori Grabovoi gives an example. Well, imagine that the physical body of one God is sauna. And, for example, sometimes in saunas people use tree branches.

Those branches, the tree branches, they are cut and they are used like you to hit yourself with them and to make some kind of massage, so see if the physical body of God is using those branches.

If we try to enter the state that we were trying to enter during the first part of our webina, if we enter that state, we will understand that God is not using those branches, the tree branches, because his actions cannot bring any sort of destruction into the reality that he built.

But this understanding is important for us not because we need to stop using those three branches in saunas. But we will be interested in the internal state of God from the standpoint of the way he treats all elements of reality.

And, I'm jumping ahead a bit.

Grigori Grabovoi says that the ability of maintaining your physical body in the normal state and of course restoring your body from diseases, even serious ones, you can implement this. We're trying to minimize the actions that can cause any destruction.

So this internal state of taking care of every element of the world, this is when you try to either minimize or eliminate any destruction. This internal readiness.

Obviously many people still have to consume meat. We have to cut trees.

And use our other resources to provide comfort to ourselves.

But gradually, the path of spiritual development will bring our civilization to such a state where when all elements of external reality will get developed to a certain intellectual level. And there will be no such situations where when somebody will eat somebody else.

Certain things will be created by way of materialization.

But for now, while people still have to bring a certain level of destruction into the world, the internal readiness to minimize as much as possible this type of actions and even if there is some destruction taking place, perform certain actions to minimize the consequences.

For example, if a person is having meat, they can perform control to resurrect that animal.

The development of the state when all actions are directed towards protecting the world,  this is the state that we need to be learning from the physical body of God when using this method.

So let me give you this example.

I've known Grigori Grabovoi for over 30 years.

I'm interested not only in the Teaching itself, not only in the unique fundamental knowledge. I'm also very interested in Grigori Grabovoi's personality.

When we are listening to somebody we are not only listening, but afterwards we also observe them. And we wanna see if they live up to what the they are talking about.

Because, as we talked today, we truly learn from observing the actions of another person. And having observed Grigori Grabovoi, I came to the conclusion that through his actions he demonstrates the the highest possible level of friendliness and peacefulness.

He treats everybody in such a caring way, every person who comes in contact with him. And he demonstrates a very profound respect to each person, regardless of the qualities of those persons. And he is constantly ready to help other people.

And we can say that has absolutely healthy physical body.

But, in my opinion, I learned a lot from Grigori Grabovoi while observing him in various situations. Specifically using the methods that we're working with right now, by observation, trying to understand and feel the internal state when the person is performing a certain action.

And many times when I had to make a decision, I would ask myself what would the Grigori Grabovoi do in this situation.

Doing this type of control I've never made mistakes. Later on, I could see that the decision that I made was correct.

I've met him in person and so for me it is easier to be developing myself observing him.

But in the lecture that we are working with right now, Grigori Grabovoi says that we can use the same technique through approaching with our consciousness and spirit to the physical body of one God.

If a person is honest to himself, if we have a sincere desire to understand and to learn how the physical body of God works, then we get a real ability to fulfill those goals.

Keep in mind that when we are doing those visualisations, like we are not just

fantasizing or making things up. One of the functions of our consciousness is to determine precisely the coordinates of an object or an element of the world that really exists. When we perceive a precise name of the object or structure.

So that's why when we say to ourselves now, I'm going to imagine the physical body of one God, and as we talked already, it is preferable to not to imagine just light, but a real body. And we know that it is absolutely healthy, an absolutely normalized physical body.

People have been trying to picture the Saints and God for a reason.

So intuitively, they were trying to use this method. The method of approaching the physical body of one God.

And Saints have always been pictured, or drawn or painted in ideal bodies.

And the people who perceived those images, let's say in the church they were kind of projecting the image of those ideal physical bodies on themselves .

If people understood that this method works, then the consequences.

would have been more positive, more constructive.

So I see in the chat that there is some discussion going on. If God is a man or a woman. You know, actually, we do have freedom of choice.

But when working with Grigori Grabovoi's materials we can see that he refers to God everywhere as a he.

And when we're talking about that the humans are the same as God, we are talking here about the fact that people are the same as God functionally.

Functions that allow the physical body of God and eternal harmonious development to control all elements of the world.

When we are learning to feel what the physical body of one God feels, when we are learning to maintain that controlling spiritual state that allows God not only to assemble constantly his physical body, but also allows to recreate all elements of the physical reality, then it doesn't matter if God is a man or a woman.

We are learning from a person, regardless of their gender. So when you get in contact, when you try to approach the physical body of one God, try to learn to act as he does. To develop our physical body to the level of the physical body of God from the viewpoint of the state of the body and its functions.

We are not talking about the appearance.

Thank you.

And we need to go over one more point today. To build the base for the next two days.

When we are trying to observe how our spirit recreates our physical body at every moment, for that action to be specific and understandable, our consciousness can differentiate the actions of spirit that are directed to recreating different objects.

So the physical reality has not only human physical body. There is a soil that people step on, there is air that is always around us that we breathe.

If, for example, a person is walking along a pathway in a forest, so imagine this that you are walking along the pathway in the forest. And the images of the surrounding objects that you come across around the way are constantly flowing towards you.

And here Grigori Grabovoi introduces a new understanding of this process.

He says that these external objects that we come across along the way, they are being recreated in you along our way.

And obviously the speed of recreation is much higher than the speed of perception of these objects. That's why when we perceive the surrounding of physical objects, we perceive them as static ones.

We can't really see the speed of recreation of all those objects.

And it turns out that we always perceive physical reality. We perceive structures that are the consequence.

The primary act is the Act of recreation by human spirit, by God spirit.

Grigori Grabovoi gives an example in this lecture. That if we look at some truck

that has a trailer or two, we understand, when we look at this truck that the movement of that truck is activated from where the driver is.

And the trailers move because the truck activates their movement.

And Grigori Grabavoi described this example in detail. And for us to understand how that the level of consequence is created, we need to imagine and try to understand where our knowledge is located. That those trailers are the consequence of the movement of the truck.

Human body has a structure that notices that level that is a consequence.

So to understand and to see how physical reality is created, to see that sign

that shows that physical objects are a consequence of the action of spirit, well,

the level of understanding of this process, is in the structure of blood of human physical body.

This level was initially given by God and it is the same as for example a human

physical vision.

So for example, eyes are designed to capture the reflection of light from objects

and to see the location of objects and to make decisions in terms of the body movements.

It turns out that the elements of human blood are at the level that understands and observes the creation of physical reality.

Because we know that the blood moves a lot. It is constantly moving through the blood vessels. And those elements they constantly get to some new areas and

they master new reality.

All movements that take place in the external physical reality, informational movements to the specific, the process of recreating the objects of physical reality by spirit is basically the projection of the movement of blood elements

through the vessels.

So it turns out that the human physical body is an organizing structure to certain extent of the processes that organized the existence of physical reality.

There is a connection between the information of internal reality and the information of external reality.

And if we analyze the fact that Grigori Grabovoi always says why does blood

stay within the physical body and it doesn't like flow out.

Not only because some dense matter like tissues in the body like skin, for example, that prevents that from happening.

Because there is no area in the external reality for blood to go to.

Because external reality is already filled with structures that are the projections

of the structures inside the human body.

This knowledge can be used to normalize the human blood.

You just need to set the control to normalize external reality which is the projection of the internal reality of the physical body.

And this external normalization according to reverse type of connection, will provide normal blood in the human physical body.

But to make this control effective,It needs to be based on the concept that we have talked about.

So when forming this control, you need to perceive external reality not as something static. But as a space where we're constantly, using our spirit.

And by way of the action of God's spirit,  the manifestation of the objects that we observe takes place.

Let's do this control now.

Feel your physical body and feel it in terms of the fact that our physical body is constantly recreated by the impulse of our spirit.

Perceive the goal of control. Normalizing the functions and the make up of the blood elements.

And now imagine how your spirit spreads from your physical body into the entire physical reality.

And we tune into the state of the whole external reality to normalization.

Remember the state where we are ready to minimize as much as possible any distraction.

And with the help of thinking this way, we bring out the light of your spirit.

And we get it out and then the next step is the recreation of physical reality.

Reality is recreated in a more normalized, more harmonious state.

So our internal peaceful stance provides the reality that is being created with a more harmonious state.

And that harmony that we created with our spirit analyzes the function of blood.

That's it for today.

Thank you ! I know this material is not very easy, not very simple.

Thank you for your participation.

I'll see you tomorrow. Try to practice the things that we talked about today.

Thank you all.

See you tomorrow.