**Webinar**

**THE TEACHINGS OF GRIGORI GRABOVOI ABOUT SALVATION AND HARMONIOUS DEVELOPMENT. THE METHOD OF REALITY BUILDING WITH THE PHISICAL BODY OF ONE GOD**

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**18.09.2022**

Good evening everybody !

We continue our webinar, on Grigori's Grabovoi seminar The Teachings of Grigori Grabavoi about salvation and harmonious development. The method of reality building with the phisical body of One God.

I would like to get your feedback please. It is very important to me to know how your homework went and this way I'll see how to move forward.

We have a question of how should we work with the technologies that we went over last night and the night before to have tumors disappear.

Regarding tumors , the Teachings of Grigori Grabovoi has specific methods for healing. If someone has certain health issues, the first step is to find the specific methods for that tissue or maybe a number sequences for that tissue. But if we look at the task of healing diseases that are untreatable from the perspective of collective consciousness, there is a fundamental action that we need to do. We need to change our understanding and our atitude towards all processes taking place in physical reality, including those problematic health issues.

But why mankind hasn't learned yet to save people from those kind of problems? Because people and doctors, they look at the World as at something that is a collection of material objects.

And they explain the processes taking place in the world and in our bodies using laws of the material world. And we see that using this kind of position it's very hard or even impossible to heal certain diseases.

To learn to quickly restore the norm of the physical body quickly or even instantly, we just need to change our point of view.

We need to understand and perceive the World the way God does, the way the physical body of One God does.

From the point of view of God such concept as disease doesn't exist. As in our disease, as a static phenomenon . Such, a phenomenon as disease is not a natural state of physical body. Disease is not matter, it's information.

The human physical body is created in such a way and is recreated every moment with the help of such a mechanism, that if this mechanism is working correctly, the body can be recreated unlimited number of times.

So yesterday we went over the simplified version of the mechanism of how physical body is recreated.

 Basically every moment the light of soul, spirit, and consciousness gets concentrated where the human physical body is supposed to be. And this is where we have our dense material physical body. And obviously the light of God is also taking part in this process.

And in this mechanism we don't really see any reasons why some problematic areas in human physical body should be recreated.

Disease is always an external information and it can manifest itself only if

that person agrees with that, so to speak.

This external information, if a person agrees with that information if he accept it, then it starts disrupting the harmonious work of our soul, consciousness, and spirit.

And in those areas where the concentration of the light of our structures gets reduced, where there isn't enough of that light because of the information of disease, then that's it, the next moment of physical body creation, in that area

the manifestation of that information of disease happens in the form of some material structures.

And the agreement with the information of disease or maybe acceptance, it could be either active or passive.

Active acceptances is, for example, when a person thinks that those issues, for example, run in their family, it is some kind of genetic issue and that's why they have no choice but to get sick.

Or another example is when a person thinks that if he is over a certain age, for example if he is over 70 or 80 or 90 years old, it is natural for him to get sick because everybody gets sick at that age.

Or for example, doctors said that he thinks that you got something and that person accepted that. Actually Grigori Grabovoi described this mechanism of passive acceptance of information of disease . A person lives his life and he sees

there's sick people around him, dry trees, sick animals, situations where live objects die.

And this person thinks that that it is natural, those things are natural and they don't have an internal protest that those things are not supposed to be happening. That person passively agrees that this is the way life is. And one day he might get in some situation that is similar. That is it. That's the only reason why people get sick.

**Those things like Karma, God's punishment, it's all invented by people.**

**In divine reality, those things don't exist**.

Grigori Grabovoi shows the only way to get out of this quickly.

There are other ways, but they are not that quick. His way is the fastest and the most precise. Because when we understand how reality works and this is something that we've been discussing for the last two nights, when we understand that our physical body is similar or in some ways even identical to the physical body of One God, that allows us to organize such a powerful radiation from our body, and this light can neutralize the negative information and

it doesn't let negative information get to our physical body.

Grigori Grabovoi says that the understanding of this mechanism is more than a regular control.

When we are regular studying Grigori Grabovoi's works, we are learning to create controlling states. And it will first allow your body to restore itself and also to protect itself in the future.

We need to understand that this is how this mechanism really works. And that every moment we live in a new physical body.

And as soon as we get on that position of understanding and this is how things are, it turns out that the process of healing from any kind of disease, including

oncology, it's not just like a constant influence on some area of your body and observation of how things are getting better there. It's not like that. As soon as when we realize that we understand the connection between ourselves and reality, as soon as we realized this mechanism of constant assembly, as soon as we are able to create information that doesn't allow the information of disease to get to our body, that's it. The next moment, the body

puts itself together and there is no disease and the next moment the body puts itself together healthy.

People need to remove from their self perception the concept that they depend on those things.

People need to get themselves to the level where they understand that they are as mighty as God.

And this way we will forget about the task of healing because we are going to be healthy.

The method of control that we used, the one about the area infinitely remote from gravity, when we worked on creating oxygen inside our body and in external environment, we were cognizing the presence of such abilities in ourselves that allow us by way of basic mental actions influence our reality in a global way.

When you are using numeric sequences in this state, it might lead to instant healing. The learning process that we are going through when studying the Teaching of Grigori Grabovoi can be compared to a situation when a person needs to quickly learn a foreign language.

For example, let's say somebody tells you that you can meet with Grigori Grabovoi in a month, but he doesn't speak any languages other than Russian.

So you want to learn some basic Russian. What would people do about that?

They would practice. Just practice. Of course you could write words on little sticky notes and put them all over your place. It's gonna be like you're gonna have this intention to do it. And any chance you get to practice, maybe you come across a native russian speaker ant that is a good opportunity to practice.

I think that in this situation people would be using any kind of opportunities to get the result of learning the language. That's the same thing.

But here we can say that we are studying divine language. We are learning to

speak with and understand God. And the sooner we learn it, the sooner we will be able to do actions on reality building.

So the method of oxygen creation.

Let's say you are  in a meeting and the room that you are in

it is kind of stuffy and there isn't enough air. So you can practice this method.

Convince yourself and make sure at every opportunity that this mechanism is working.

Let's say you are in traffic and don't waste your time. Do this control and make the air around you more pure.

And so, again, it's a good way to show yourself that it is possible and it is easy.

For example, you are carrying a heavy bag or you see somebody carrying a heavy bag. Do the control to reduce the weight of that bag.

Why do I keep asking for your feedback? Because I want to show you that

you need to start practicing these methods right away during the webinar and not just at some point in the future.

If you're going to be training practicing these methods, it will be easier for you to

overcome some diseases, get rid of some diseases.

Because with the help of these methods you will train the most important thing in your consciousness.

First you are going to stabilize in your consciousness the knowledge that you can do everything that the physical body of One God can.

And you're going to learn to create high level of controlling concentration that is required to get results.

Thank you.

I hope that I answered your question, and actually that's a good question,

I was going to talk about this anyway.

We have a comment that one of our participants was practicing and he realized the importance of the physical body. Thank you.

Another question : when we were doing the last method, when we were looking through our liver at our brain at how the intestine was created, can it be used to restore intestine ? And the second question is very similar. What organs can be restored with the help of this method ?

Yes, you can use this method to restore the function of your intestine and the function of your digestive system. But the most important thing here is what I've already said. When we observed the interaction at the light informational level between our organs, we start understanding that our organs are compacted light of our soul, spirit and consciousness.

And this understanding brings the following understanding. **Light cannot get sick**.

If intestine is compacted light, then we need to realize that it is healthy and it will be healthy.

Those methods are directed at research of your body. At cognition of how the physical body works and what it consists of.

And this is the most important thing to have correct understanding of how our reality works. Thank you.

We have a question about the method where we were imagining the light coming out from our heart, spleen and pancreas. The question is: is there anything special about this method ? Thank you for your question.

Grigori Grabovoi said that when overcoming some negative events,

the development of these organs in the physical body of One God takes place. And we can use the radiation from these organs, to prevent any destructive processes. There isn't anything special, is just if you see a situation that can

be potentially destructive, you just direct your light there.

We have a question from Ineta. She says that she was carrying a heavy back to her car and then she remembered about last night concentration and started concentrating, and she felt that the bag got lighter. And she also remembered the phrase that **gravity is in our consciousness**. And carrying this back got a lot easier. And when she put that bag in her car, she was kind of even shocked because of the weight of the bag. She knew she had a heavy bag, but when she was carrying it, she didn't feel like that.

We have a participant who was perceiving the physical body of One God right next to him constantly. And the realization of how the physical body functions was getting clearer and clearer.

Another question. How do you ignore disease if you have symptoms?

You shouldn't ignor a disease. You should reject it.

Along with the healing methods, when you have symptoms you need to be using numeric sequences and other Grigori Grabovoi's methods for health restoration.

Or you can also use traditional methods. If you need to use medications, you use medications. But at the same time you are also working on perceiving your status. You are constantly telling yourself that disease is not something natural.

This is something that you are getting rid of. And that your consciousness is a lot stronger than the information of some disease.

We have other comment saying that there are great results using these methods in terms of health restoration and restoration of normal state.

Thank you. I wish all of you success, but remember that we need to practice regularly.

We have a comment from Rosella. She says that she's really happy to realize that she can help other people through these kind of technologies.

Let's move forward.

We have some information that we need to discuss and a few methods to work with.

In addition to yesterday's method when we were using our liver to look at other organs, Grigori Grabovoi invites us to do something else to explore the light structure of our body.

**You need to look with your soul through your heart and perceive your second heart, the heart of your soul.**It might sound difficult, but it's not.

Let's try to do this.

We know that human physical body is part of soul. And we know that soul is present in a few areas of reality at the same time.

Our soul is present in the space of God and it is also present inside our physical body. And since the soul is the foundation of our personality, then

to act with our soul or to look at something with our soul, to control with our soul, those are natural actions that people can do and that they do quite often.

So if you remember such situations from your life when you got some external information, for example, somebody told you something, and regardless of the fact if that information was harmonious or not, kind of on its own you had a reaction where your best human qualities manifested themselves.

All of a sudden, for example, you felt a flow of love coming from you or maybe you wanted to help somebody or protect somebody.

And in that state, maybe you performed some kind and useful actions. Basically that was the action that you did with your soul.

Grigori Grabovoi says that when we recall those situations, we can memorize this state, the state of controlling with your soul. And in the future, when we need to, we can use it systemically. You can activate the control with your soul.

**Let's recall a situation, and I'm sure that all of us had something like that, when you reacted the way I described. And at the same time you can enter with your internal vision inside yourself and there try to perceive the light of your soul. Something that is kind, that is eternal, that is warm. All of us have this level in our bodies. And it definitely manifested itself many times. You just probably didn't register that you were acting with your soul.**

**Once you do that, then you need to imagine that your soul's eyes are getting open.  And so you are looking from the left side. You are looking with the eyes of your soul. You are looking through your physical heart. And you are looking at the heart of your soul. And you need to try to do this. You need to get in contact with the heart of your soul. And observe your state.**

Try not to look for logical explanation or logical understanding. Just follow the instructions that I'm giving you. Maintain this concentration for as long as you can. Keep looking through your heart at the heart of your soul.

This control has a great practical sense. When we understand that the rhythm of the heart of soul is constantly present on the right side, we really begin to understand that our body is designed in a multi reserve way.

The rhythm of the heart of soul organizes the work of all organs of the physical body.

And when you realize that you have this eternal level inside you, the source of eternal functioning of all organs of the physical body, then you can really feel that the tension disappears and the fears disappear, fears of some future possible diseases.

Grigori Grabovoi says that this structure of the physical body that we are discussing right now, it gives our body a unique abilities to adapt.

Grigori Grabovoi gives an example. For example, people who do yoga using their physical body, can melt ice. And also let's say some monks can dry sheets on a

freezing night, like 40 sheets just using the warmth of their bodies.

The knowledge that we are developing in ourselves right now, some people have this knowledge intuitively. Some people have this understanding that no matter what happens in external reality, nothing bad can happen to them.

There are some situations that are hard to explain. For example people who got in freezing water and they stayed in that water and they were fine even though they were kind of supposed to die.

Grigori Grabovoi explains this mechanism: people who have this confidence in the fact that they are absolutely protected, they have this intuitive understanding of this mechanism that we have been talking about. And these people also intuitively realize the presence of the physical body of One God next to them. We studied this method on the first night.

And we have a questions here about of how to use this methods for some specific situations. And I think that before you start doing control, let's say control on some diagnosis, if you make a rule to get in contact with the heart of soul,

through the physical heart, by way of looking with your soul,  you will be creating conditions for a speedy regeneration. Because you won't use the process of

controlling light mechanically. But you will be doing it from the position of correct understanding of the structure of your body.

Let's take a break. Try to maintain this concentration during the break.

And please observe yourself, your physical state, your mental state. Because it is a spiritual action and you are also doing it with the help of your spirit. The control with your spirit is a powerful and speedy control.

Thank you and we will exchange comments and feedback after the break.

So we continue.

We have great comments here. And we even have a participant who felt the heartbeat on the right hand side. He kind of felt the rhythm of the heart of soul physically.

Another person says that he felt love and joy. Another participant says that he felt harmony and the time has slowed and the presence of God.

And another comment is it feels like the rhythm of the heart of soul was felt as a very soft warm wave .  Another participant says that it was great to feel the heart of soul and that he is in a state of calmness.

Natalia says that her mood got better and that she has this quiet and joy.

We have a question here. When perceiving all information that we got, how can you feel the presence of God, if the soul is in the space of God.

When we're talking about such structures as God and soul, we are saying that, first of all, these structures are out of time. They are in a multidimensional level of reality. And also God and the human soul are manifested.

We can imagine in a simplified way, that our soul is a source of a specially configured light. And this light gets projected into the physical heart. And this projection has the same functions, characteristics and abilities that the soul

that is present in the space of God possesses.

And the same thing about the physical body of God. The information of the physical body of God is present everywhere. They are there and they are also manifested here where we are.

**Our goal is to realize the constant presence of the physical body of God and our ability to act with our soul**.

We have a comment from Vera. She says that she has an amazing feeling of love, tender and protection.

And we have another comment, and the participant says that she felt the rhythm of heart on the right hand side. And as I understand the breathing slowed down.

And confidence in the infinite future appeared, and the state of eternity appeared. Thank you.

And we have a comment from Vera. She says that she realized how her soul acts with the help of her spirit and the pain in the spine went away.

As an addition to this method, I would like to do the following method.

Grigori Grabovoi says that if we think about a task with our soul, then we can speed up the result and increase the efficiency of control.

Let's do this control now.

**Exercise**

**Stay in that state of perception of your soul inside the body. And with the eyes of your soul, look at the organ that needs to be normalized and perceive it being healthy. And here we need to feel that this is the thinking of the soul.**

**Soul definitely knows that the mechanism of body recreation can implemented in such a way that the body is going to be healthy. And when you are looking with your soul at an organ , try to observe your state. And you will have absolute certainty that the organ is already healthy.**

You are going to feel confidence, stability, joy. You can perceive information of external event that needs to be normalized with the eyes of your soul. This state of thinking about some event with your soul.

Try to carry over the state that you have created to normalize your health, carry it over to some other event.

You can imagine a sphere in front of you and inside the sphere the desired event. And look at it not logicaly but with the eyes of your soul.

The actions from the level of your soul.

Maintain your concentration and I'm just gonna give some comments.

Our soul acts using as an example the actions of soul identical to the actions of the physical body of One God in terms of building reality.

Soul has all the knowledge to make right decisions.

The physical body of One God has an ability. It has such an ability that the physical glance of God's body creates reality.

To look at an event or to create an event, for God, these are things of the same level. And it turns out that our soul has the same capabilities.

When we look at some event with our soul, right away we activate the process of it's normalization.

It makes sense to regularly practice the method that we are studying right now,

because especially when you need to change or normalize something quickly,

to look with the eyes of your soul at an event, it is really quick.

And it can change dramatically and quickly the characteristics of that event.

And if it becomes your habit to think with your soul, then you can get to a level where you won't be making any mistakes in terms of taking decisions.

It's very important not to get in a meditational state during this control. Your consciousness is highly concentrated. Your attention, your logic are working.

We are realizing every moment of this control, we observe ourselves and observe our state, the state of external events.

Iit's notsomething that we are doing to relax or to improve our mood.

This work is directed at building harmonious events and harmonious reality.

There is also volitional concentration present here and the work of your spirit also.

We are going to move forward.

You can keep this concentration kind of in the background.

But if you need to clarify something, you can go ahead and ask questions.

And you can also give you a feedback. We might not be able to read all the comments, but it is very important for me to understand what's going on with you.

The question that we have here is : are we working with our soul ? Or from our spiritual heart? The answer is we are working with our soul.

And it is not spiritual heart. It is the heart of your soul.

And we got in contact with the heart of our soul to feel and realize that our body is created by a multi reserve level . And there is a source that is constantly controlling the creation of the physical body, the creation of all internal organs.

To understand the fact that our physical body is built in such a way  that it is

absolutely protected from all inharmonious external information.

This is how the physical body of One God is built. The physical body of one God is absolutely protected and under no circumstances can anything inharmonious happen to it.

And God creates such a state of his physical body, in such a way that he projects all harmonious events at himself from the past, present and future.

We have a comment from one of the participants.

Using this method, he concentrated on his eyes and his ear. And he felt a flow of energy right next to his ear. There is some sort of a problem with that ear, but he felt like that there was a positive process taking place there.

And in the area of his eyes, he felt warmth and the dryness of the eyes went away. It shows that you activated this control from your soul correctly.

Natalia says that the state of her gall blader improved.

A good question here. Can we help someone else using this method ?

And can we activate the process of development of somebody's consciousnes and spirit ?  In my opinion we can and we should be doing this.

To help other people, it is the action of your soul that can give the greatest help. Because the light of your soul will carry vibrations of love and divine vibrations. People will gladly accept this light.

We have a question here that for one of the participants it's not clear how to work with his soul or with the heart of his soul.

The fact that we normalized events with the glance of our soul is the continuation of the first method. In the first method we were getting in contact with the light of our soul. We looked with the eyes of our soul and we looked through our physical heart and our solul's heart.

Physical heart is an organ through which you can see the work of your soul.

That was the first method.

And by getting in contact with the heart of our soul we were fulfilling the the task to realize the fact that the presence of the heart of soul on the right side

provides conditions for constant recreation of all organs of our body.

When once we get in contact with the heart of our soul, after we see it, feel it and get some real sensations, then we realize that the heart of our soul is present there and it does it's work. And if we do this control regularly then the standing of this mechanism in our consciousness will stabilize.

Then those things that we talked about, like people actively or passively agree with some negative events in their lives, with diseases, then this level will simply disappear.

When we are constantly realizing that there is a source of eternal life in our physical body, then, that is it, no external influence will present any danger to us.

This control is to develop controlling state.

And then I invited you to combine this with another method of thinking with your soul. About a certain event or problematic health issue.

Since we are in contact with our soul, we are already looking with our soul, and now we can have our soul to look not at your heart, but at an organ that we need to normalize. This is the second method.

And then I also suggested that since we are looking with our soul, why don't we look at some external event? And here we just use a sphere of event

and we imagined the result that we wanted, and we look at it with our soul.

So we are thinking about an event with our soul in order to normalize it.

And how do we imagine that we are thinking with our soul? We just look at that area. Thank you.

Let's move forward.

Here Grigori Grabovoi talks about the existence of such a principle that is implemented by the physical body of One God. The level of organization of external reality when you are self organizing.

So we know the phenomenon of self organizing or self creating by God.

HE created himself and his physical body. At the moment of creating the entire world, God self recreated himself. And so this self creating or self organizing

of God himself was at the same time the action of organizing the entire reality.

Every person has this principle implemented in them. In the mechanism of interaction of soul, spirit, and consciousness with the help of which the physical body is created, the aspect of self organizing of self recreating is present.

Grigori Grabovoi says that a person is designed in such a way that the longer that person lives, the most stable, the healthier his body is supposed to be. The concentration of the structure of eternity is supposed to be increasing.

We can go over this principle in a simplified way .

Grigori Grabovoi describes the human consciousness as a steady optical system. Optical elements of consciousness that work as lenses or mirrors, provide constant reflection of the light of spirit and the light of consciousness.

And the matter of physical body is formed when this interaction of light happens.

This is how we can describe the process of creation of physical body.

If the system is in the state of divine norm, then this process of reflection of the the light of soul and consciousness is infinite.

We can say that there is a mechanism that is present in human consciousness and it resembles a mechanism of perpetual engine.

The longer the correctly functioning consciousness performes it's task, the stronger concentration of the light of spirit and consciousness is projected in the area of creation of physical body.

The state of eternal life needs to be implemented during the process of human life. Or the state of high concentration of eternal life in consciousness.

*Actually, PRK 1 U device that we all know about, is designed in such a way that*

*the process of creating high concentration of eternal life is implemented there.*

*And when a person concentrates on this device, human consciousness learns from this device to work correctly*.

And in the process of this self organization, this powerful light of spirit from which the matter of physical body is created, also spreads into the external reality and takes part in creating all objects of external reality. It takes part in building external reality by way of the process of self organization of human physical body. So organization by way of self organization.

I really hope that when we were going over this drawing, I hope that you'll try to realize how this system works in your consciousness.

When we think about the presence of such a mechanism in our consciousness,

we realize our true nature. And the standing of the process based on which our physical body exists in this world, helps us implement the task set by God, which is to provide eternal life to all.

Let's discuss 2 short methods from this lecture.

Everything that we've been talking about, we were creating intellectual contact between ourselves and God.

To be able to accept and understand the knowledge that God is constantly giving us, there is another way to get in contact with all knowledge of God. The knowledge that the physical body of One God transfers to human physical body.

Every person has this point or area. It exists in the point before the conception of the person.

If we look at the the physical body and the physical reality, first there is conception and then there is development, then the person is born and then

he grows. It turns out that before the moment of conception, the contact

takes place between the physical body of One God and the future human body.

And every person can get to that point through their imagination or their spirit to get all necessary knowledge. The knowledge that he needs at this moment of his development.

The control method is kind of general . To get to that point it's not really that hard to get there using your imagination. And we get all knowledge that we currently need and obviously our soul is involved in this as well.

You might ask, ok, so we got that knowledge, but how can we implement some

individual tasks, individual goals using this control ?

All these days we've been talking about the fact that to maintain the process of physical body creation at the highest level, human consciousness needs to have correct and precise knowledge. Everything comes down to the availability of knowledge. If the knowledge is there, the consciousness works correctly. If there is a lack of knowledge, any information can get there and disrupt things.

This generalized level that is needed to develop consciousness we can use it to control specific events.

For example, there is a sick organ. To make it healthy, what do we need?

We need the correct and precise knowledge that provide the creation of healthy matter in that area.

So we imagine that point before conception, we concentrate our attention on it, and at the same time we concentrate attention on the area that needs to be restored.

And our consciousness we'll perceive the knowledge that is needed to create healthy area of the physical body.

Let's do this control.

**Method of control**

Just imagine your past. You can imagine it as a line. Imagine the point of your conception on this line and right before it the moment before conception.

Perceive a powerful light . The light of knowledge that is projected there by the physical body of One God.

The physical body of One God gave our body all necessary knowledge to provide eternal life.

Grigori Grabovoi says that getting to that point, right before conception, it is similar in some way to the state that, for example, Tibet monks use to get to the state of Nirvana.

If we learn to get to that point correctly, then we will have contact with the source of all necessary knowledge so that our physical body to be always healthy

and to can build reality the same way as the physical body of One God does.

At the same time, you need to pay attention to the area of your physical body that you need to normalize and maintain the concentration.

And the second area where all knowledge of the physical body of One God is present is human physical body.

There is an universal methods that Grigori Grabovoi gives to restore vision.

Let's do it as well.

**Method of control**

I need you to mentally enter into the matter of your eyes and try to see inside your eyes the knowledge that says that the physical body of One God has similar eyes.

**Just look inside your eyes and try to see and maybe those are going to be some elements of vibrations, or light.**

**So we are looking there for the knowledge that physical eyes of the physical body of One God they work the same way.**

**And as soon as we find this knowledge our body will instantly restore our eyes.**

**Because our physical body is the source of knowledge about its eternal functioning.**

Your homework is going to be to practice. To pick any organ and inside that organ find the knowledge that the physical body of One God has the same organ.

So I can't hold you any longer. This concludes our webinar. Any questions you might have please e-mail them to Claudia and she will pass them to me and

you'll get your answer.

Thank you all and I wish you eternal life and see you next time.