**Webinar**

**The Teachings of Grigori Grabavoi about salvation and harmonious development. THE METHOD OF REALITY BUILDING WITH THE PHISICAL BODY OF ONE GOD**

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Good evening, everybody !

 Thank you for being with us tonight. And tonight we have a very important topic from the perspective of practical use.

The seminar that we are going to be working with tonight is Grigori Grabovoi's seminar :

 **" The Teachings of Grigori Grabavoi about salvation and harmonious development. The method of reality building with the phisical body of One God "**

 The seminar starts with the following words. That an action for reality building, is performed the same way as the physical body of One God does.

What is this about?

The knowledge that we are gonna gain while studying this seminar should help us learn that we, in the process of our lives, learn to be able to do all our actions

in such a way that they are always reflected in building of eternal, harmonious reality.

And my understanding is that we have people here who are familiar with the Teachings of Grigori Grabovoi and who have worked with some of his seminars.

And we know that the foundation of the Teachings of Grigori Grabovoi is the fact that the entire world, the entire physical reality, is being recreated in you at every moment.

 Having chosen this position of worldview, a person can learn to dramatically influence the state of events to have only harmonious events being created in the world.

The understanding that the physical environment is not something static, but a highly dynamic environment, and to learn to use these dynamics for the aforementioned purposes, a person needs to have this point of view.

Everything in our world depends on person's perception.

The way we perceive the things, events in the world, that's the way they are created.

 This is the most important rule that we need to fully realize. To change the world, we need to change our perception of the world. We need to learn to perceive and understand the world the way Creator does. Because it is the Creator who created the entire reality.

 So who knows better than the Creator how to control and build the reality?

 And for a person to learn to act even in a daily life, to act the same way as the Creator does, the Creator implemented something really genius.

HE created the same physical body for himself, the same as he gave to all people. And clearly the physical body of One God is constantly involved in the process of recreation of the entire reality.

 Grigori Grabovoi says that since God, the Creator of the whole world, is almighty, and because he's almighty, yes, HE could have implemented his idea to create the world without creating physical body for himself. But HE realized that if he didn't create the body similar or even the same as human body, then it could be very hard for people to gain that knowledge that he is passing on to them.

That's one of the reasons why God created the first physical body for himself.

And to make further studying of the seminar material successful for us, we need to realize this key point of this seminar. We need to realize that this term, the physical body of One God, is not something abstract.

It is the same physical body that people have. But, it's clear that this body is perfect.  It is the body that is a unique control tool. And God created such opportunities for people, that if people try to see how the physical body of One God works, and while doing that, if they try to kind of transfer, or perform the same actions, then the task of developing human body to the level of the physical body of One God is not really that hard.

 And in our life we can recall similar situations. For example, when a person is learning from another person, and they're learning how to perform something difficult in terms of explanation actions, like, for example, dancing, like some difficult dances like latino dances. Or, for example, the practice of meditation.

So it's impossible to explain every tiny detail just with words.

When a person is learning those kind of actions beside listening he also need to observe. The student needs to kind of live through those actions with his instructor. We can say that there is a reading of information taking place at the level of spirit. The reading of the internal state of the instructor.

And only then this state of the student can lead to good results. And then we can learn from the physical body of One God to build reality the same way.

It is good if the persons have their controlling clairvoyance developed, for example, like Grigori Grabovoi, than you can just direct your spiritual vision and just copy God's actions.

And since we are still learning, we are trying to develop our controlling clairvoyance using Grigori Grabovoi's methods.

For the learning process, we can use Grigori Grabovoi's information.

 In this seminar and in other seminars Grigori Grabovoi explains in great detail how the physical body of One God acts.

 And we can use the following method.

 Our consciousness is designed in such a way that when a person imagines certain processes that he can't register yet,  but the processes or phenomena, that really exist in the world, that person can get the same learning result as he would  be observing that process with his own eyes.

 When we are gonna be going over the information of this seminar, I have a request and an offer. I have a suggestion. Don't try to understand the information just at the level of logic. Everything that we are going to be talking about needs to be imagined.

 The actions of the physical body of One God that are gonna be described, you must try to feel them. So for the next three days we are gonna be trying to maintain this sensory level. And then we are gonna get good results.

 Marina : We have a question here from one of the participants.

In this words combination : the physical body of One God, why do we have the word One?

 The answer is to emphasize over and over again that God is the Creator and he is The One. HE created the world by himself, alone. Nobody helped him. And God, the Creator has One physical body.

 These things are very important in terms of getting the right position.

In terms of understanding the world. There is an ideological sense. Since God has One physical body, it means that it is eternal. There is no other option. That's the answer to the question.

So let's move forward.

And the next piece of information is that the physical body of One God was built, in a certain way.

And we are going to be studying in this webinar how the physical body of One God is built and according to what principles that happens. And then we're gonna be discussing how this building spreads to the entire reality.

For One God, there is a factor of inseparability of his body with the elements of external reality.

 The first principle of building the physical body of One God and thus building the external reality, is the fact that the physical body of One God is built by a multi reserve level. I think this is clear. We understand that the world where so many events and processes are taking place, in this world, we need to provide such conditions that regardless of the events taking place the physical body of One God has to always be in this world, and implement the actions on building the reality in the most efficient way.

 This principle of multi reserve is designed to have the physical body of One God protected.

 Grigori Grabovoi suggests, to consider as an example of this principle, that if we are talking about external reality, using such a phenomenon as gravity,

if we look at external reality, we will see that a lot of objects in the world are

in a kind of an elevated state and I'm gonna explain this in detail.

 I think Grigori Grabovoi is talking about all planets, about the entire cosmos.

And if we really think, If we think about it planets and all objects in Cosmos, they're kind of we can say elevating, they are kind of hanging by themselves there. And science says that there is gravity between objects that have a mass.

And also science at the same time says that there are forces that kind of push objects away from one another. Forces that don't allow the objects to kind of stick together.

And if we look at this phenomenon from the perspective of fundamental world design, the fact that all objects are kind of hanging, is the manifestation of

multi reserve. And it is of eternal origin. And I'm just gonna follow the plan that Grigori Grabavoi gave us but later I will come back and talk about this.

 Let's look at the following situation. To reduce gravity a person can do the following control:

 He needs to send an impulse from his heart to the area of consciousness, that is imensly remote from gravity. And then it turns out that the internal impulse of person's consciousness reduces gravity.

 Let's talk about this because these words have a control method. And using this method we can get closer to the understanding of the existence of connection that always exists between the physical body of One God and the entire reality. And therefore between the human physical body and all elements of reality .

 I'm going to express this method symbolically. So this is a human physical body. And the circle around it is his consciousness.

We know that there is an endless number of different areas in human's consciousness. And those areas contain different knowledge. And the presence of knowledge in consciousness allows a person to create events in his life.

The knowledge about the existence of laws of gravity.

When a person is born, he has the knowledge about such a phenomenon as gravity. It's clear that for convenience of existence of human physical body God created the phenomenon of gravity.

A child performs all his actions taking into account the existence of gravity.

Gravity laws are just one of the cases the fundamental laws. And this law, it only works for physical reality.

We understand that such structures as spirit, soul, consciousness, and many other informational systems, they do not depend on gravity at all. They work without being controlled by those laws.

But if we think logically, if we remember how human body is built from the perspective of the Teachings of Grigori Grabavoi, then we know that the physical body is part of the soul.

And every moment the physical body gets put together in you by way of compacting the light of soul, spirit and consciousness.

If we perceive the physical body from this perspective, as a structure of compacted light of subtle aspect, it turns out that our physical body doesn't have to be controlled by gravity laws.

And there is information that some people are learning to levitate.

If we look at some athletes in certain sports, we can notice that, sometimes their actions defy the laws of gravity.

And it feels as if people are doing something impossible.

It turns out that there is nothing miraculous here. It is based on the technology

that our world is designed with. Everything depends on our point of view, on our perception. If a person is absolutely sure that he can do something impossible, he can do it.

 From the technical perspective, that means, for example, a person who can levitate he just has access to the area of consciousness that has the knowledge that human physical body is just compacted light.

And that given a certain state of consciousness and spirit, the human physical body can get properties that are not really common among people.

And Grigori Grabovoi in the description of this method calls this area, the area

of consciousness that is infinitely remote from gravity.

 And when we are saying infinitely remote, we don't really mean physical distance. We're talking about infinite remoteness from the perspective of

the fact that those two pieces of knowledge has something completely different.

It's like two persons that can be standing right next to each other.

One person is thinking about day-to-day things and he doesn't really care what's going on in terms of global safetines. And the other person, is developing harmoniously and he is very concerned about such things as global safety.

So those people are right next to each other but they are very far away from each other in terms of their development and the direction of their development.

So to use this method we can look at this, this way that somewhere we have knowledge about gravity and that our body depends on gravity.

And then, at some other part of our consciousness, and they don't have to be really, far away from each other, there is knowledge that this person can get to the level where he won't be dependent on gravity.

 And I have a question that you don't really have to answer : why do you think we need this method?

 At first to recognize that there is such an option or such position in human consciousness. And we can use this understanding in our day-to-day life all the time. For example, when you are going up like a stairway.

For example you went to grocery shopping. And then you got to your apartment building. And the elevator is out of order and you need to get to the 10th floor.

If we perceive that area of our consciousness, the area that has knowledge about gravity and that the laws of gravity are there and nothing can kind of move them, in this case, our physical body as we walk upstairs, will get tired and you are gonna start breathing heavily.

But if we train our perception in such a way, that before performing the actions that might have not very comfortable consequences, we direct an impulse from our heart to that area of consciousness that is infinitely distant from gravity,

and we maintain the concentration on that area, basically we are going to be bringing our physical body to the level of understanding that this common knowledge is just one of the options, and that we can get to a different level of functioning.

And I'm sure that if you try to do it, you will notice that it is easier to perform those actions. It's not that tiresome. In order to show you that it is real, we can recall lots of stories that happened to people, when in extreme situations people demonstrated some extreme results, for example running at very high speed from some wild animals, the speeds that is believed to be impossible for people. Also, in some extreme situations, people can lift up very heavy objects without any serious consequences for their health.

 So those facts exist but there hasn't been any research on why that is possible.

 But we can say that such abilities, such human abilities, can manifest themselves because of the fact that this divine technology exists. But people use it intuitively.

For example, in some extreme situations human's soul, consciousness and spirit gets involved and this happens.

And we now can use this mechanism in those situations where we need it. But let's agree that you'll not be doing any experiments. I'm going to talk about this tomorrow.

So you can't really test your abilities that might not be fully developed in situations that could be potentially harmful.

Do you remember a phrase from the Bible where Jesus was tempted. He was told to jump off like from some cliff or something and to prove that God is gonna help him, and that God is gonna carry him in his arms.

And Jesus said: don't tempt your God.

We can't be testing ourselves, our abilities just for the sake of testing in those potentially harmful situations.

 Let's train this method in regular situations.

If one day a situation comes up where you'll need to use this mechanism, if your consciousness is trained to activate that area that is infinitely remote

from that area of consciousness that has knowledge about gravity, then this knowledge can help a lot from the perspective of saving the body and helping it.

Let's do this control now.

We know that the human physical body just like consciousness, soul, and spirit constantly creates light impulses that are going to the external reality.

To imagine this, we are sending a certain light impulse from our heart to the area of consciousness that is infinitely distant from gravity. It is not hard.

Marina : we have a question here. Where is this area?

Answer : We have one more rule. We can imagine this area wherever we like.

Grigori Grabovoi didn't give us specific coordinates of this area.

He just named this area. But you can imagine it somewhere close to your physical body. Or you can imagine it being infinitely remote, whatever works for you.

It doesn't matter. What matters is that when you are imagining this area, you need to know its name.

So this is the way of getting in contact with the area of information that is outside of our physical world. We can get in contact with this area through perception of the name of the area.

Let's do it.

**Method 1**

**Perceive your physical body. And perceive the fact that your physical body is a**

**highly compacted light.**

**And lots of light impulses are constantly comming out of our body to the external reality. And then you imagine an area in your consciousness that is infinitely remote from gravity. And then imagine that a powerful impulse of light gets out of your heart and gets into that area. Pay attention to both that area and your state.**

 Now we're gonna take 5 minutes break. After the break, I'd like to ask you to describe your feelings, your sensations, and also ask questions if you have.

 So we continue. We have very interesting feedbacks. A few of the participants say that they really felt their body being light. One of the participants says that at first he felt heat and then he felt light as if he was empty inside.

A few people compare the state of their bodies like being as if being a balloon. Some people say that their breathing slow down, and the heart rhythm slowed down as well.

The methods that Gregori Grabovoi gives can change certain parameters of the body, but always within the norm.

So based on your comments and thanks a lot for sharing this with us, I have a suggestion. Let's apply this method when we need it.

Because we live in a physical reality, and we need gravity. It allows us to function.

So be sensible when using this control method.

Another comment here says that a person felt light and joyful as if there was some kind of liberation from something.

Another onesays that at first it was a strong heat and then the state of hovering.

Another one is in a state of relaxation, a state of liberation.

And another comment here is that there was a contact with that area and that person felt certain changes in the state of his body, in the energy of his body.

And another comment here says that he felt an atmospheric pressure.

It felt as if it is subsided and the person felt that it wasn't that heavy.

And they were able to sort of straighten their back. Perfect.

So, this is a working method, we just confirmed it.

And that we also saw that it is quite a simple action to influence your own state and the state of reality.

The first one is to have the right point of view , and the second one is to know the location or the name of the controlling area.

And the concentration described in this method allows us to implement things that can be useful in our lives.

But we also saw that principle of that multi reserve principle when building external reality.

All bodies or objects in Cosmos are in such a state of balance not only because of the presence of physically manifested forces. As we said, gravity and the force that pushes objects away from one another.

 This balance is also controlled by direct action of the physical body of One God. By HIS consciousness. And we also said that everything that we are going to be saying about the physical body of One God we're gonna apply to ourselves.

And then it turns out that our physical body also takes part in maintaining this balance.

 What is the practical purpose of this knowledge? The practical value ?

When we understand that we can control the state of external physical bodies, it turns out that things like meteorites or comets are no longer dangerous for our planet.

Whenever necessary, we can get in contact with those objects and modify their trajectory. So we are actively participating in this multi reserve level of reality building.

And we need to realize it deeper so that we can make sure that the events are harmonious.

We said that the human body, the physical body of One God, in reality are built according to the same principles.

And it turns out that this principle of multi reserveness is also implemented when building a physical body. Let's see how.

The first level of multi reserveness is the level of parallelism, of physical systems.

 So we know that our heart is located on the left. And I think nobody has ever thought why human heart works continuously, non-stop , throughout person's life.

 **Heart doesn't rest! Where does it get the reserves?**

**Geometrically, on the right side of the body there is the heart of soul.**

**And the rhythm of the physical heart is conditioned by the rhythm of the heart of soul. The heart that is located on the right side.**

 And it turns out that the heart of the soul backs up not only the work of the physical heart, but the heart of soul also takes part in creating the lung tissue

or like the cells of the lungs.And so the heart of the soul creates them and also creates their movement.  Due to this movement of the heart of the soul air gets created.

 God created HIS physical body and the physical bodies of all people, in such a way that it doesn't matter to them what kind of environment is around them whether it is vacuum or air .

 God creates all phenomena multi manifested. There is external manifestation which is the outside air and the air that is inside of people is internal manifestation.

So if we move away a bit from this explanation, we can recall what Grigori Grabovoi says, that all organs of the physical body have dual functions : physiological functions, that is described in biology and medicine, and the second function is spiritual function.

 To be specific, the spiritual function of lungs is creating oxygen inside lungs. And it turns out that this function of the physical body can be used in our daily life situations where, for example, there is a lack of oxygen. When, for example, we need to up the volume of oxygen in certain buildings or maybe in mountains.

We can, having remembered this function, we can increase the creation of oxygen in the physical body due to the existence of this mechanism. To do that, we need to perform a quite simple controlling concentration.

We need to concentrate attention on the air in the alveoles in the lungs and on the air close to the body.

 And then a very powerful increase of air is taking place. The body gives oxygen just like the physical body of One God creates reality.

**Method 2**

 Let's do this control. Concentration of attention.

It's not difficult to concentrate your attention on the air around your body.

Just realize that there is air present at this particular moment. So, simplified the understanding of this action is concentration. You just need to pay attention to a certain object or a certain informational area. If you paid attention, that means you are concentrated on that object or phenomenon.

Let's do it right away.

 **Pay attention to the air around you and maintain this concentration for as long as you can. And then you need to mentally get inside your lungs and get inside your alveoles and concentrate on the air inside them.**

**And for some time maintain this concentration on two volumes of air. And observe yourself, your state, your sensations.**

 If you have any sensations please share them with us. It's very important.

We have comments from two people about some pain. In one case, the pain quickly disappeared. The second one if you can let us know if you still have that pain or if it's gone.

 The thing is that Grigori Grabovoi's methods are absolutely safe.

If you do experience some discomfort, it could be the reaction of your perception that has some prior knowledge. And you need to set an additional task right away. The task that the control is taking place in the state of comfort.

We have the comment here that the pain disappeared. Remember this rule please. We have excellent comments.

Thanks a lot.

We are showing that to act in this world the way the physical body of One God does, is not hard.

I'm just going to quickly read the messages here:

Somebody felt as if the air was alive. I felt the wind next to my physical body. I felt a sensation of freshness.

There is a question here: can I do this control and not breathe? My answer is that

you shouldn't. We are in the informational area called collective consciousness.

Doing something like that is facing resistance and there is no point in this, I mean overloading. . And also what we're talking about here is not that we are not breathing, but that when we exhail, we enrich the outside environment. We're gonna talking about what's happening when we're breathing, a bit later.

Another comment here is that the person was perceiving fresh grass.

And another one, is that they didn't have to inhale as often as usual.

Another comment is that they can inhale deeply, and they have a large reserve of oxygen. The air became clean and the boundary between internal and external air disappeared. And another one is that a second wind, kind of opened and it was easy to breathe. Another comment is that there is air movement in the room and that person turned around to make sure the window is closed. And the window was closed, but he still felt the air around him moving.

And a good question here is where in this formula we have carbon dioxide?

Let's go over this control.

First of all, the quality of air got better and it was shown many times by people who studied this seminar.

But also we had people who's state improved. And those people, they had some health issues. For example people had asthma, or people with cardiovascular issues, like for example, you know when they use stairs to get to that place, they start breathing heavily. But when doing this concentration that person is able to get to his floor without any issues.

And that person who had asthma after performing this concentration the state has improved significantly.

So, you know, we are all familiar with covid. It causes issues in terms of oxidation or in terms of blood oxidation. Doing this concentration, we increase the concentration of oxygen in the blood and that was proved.

 As you can see, everything is pretty simple. You just need to practice this method even in your daily situations.

And we just saw a principle of organizing reality. Where the body itself, by a certain laws of connection, basically creates reality.

 And then if we look at the connections between the physical environment and the physical body of One God, and then we get to the human physical bodies,

it turns out that there is a law : *the more we breathe, the more air we are supposed to have in the external environment, the air that is needed for breathing.*

 Grigori Grabovoi says that this process of creating air inside the human body is continuous. It's continuous and it's constant. But since collective consciousness doesn't know this, the air mass created by physical bodies, gets into the physical reality through a few stages of modification. Upon exhailing, it turns into vapor. And then this exchange of substance takes place in the nature. Water gets absorbed by lungs, oxigen gets creating into green leaves with the help of the sun and with photosynthesis. And then we get air through this kind of complicated mechanism.

 But God created this mechanism that allows people to provide oxygen for themselves and for outside reality.

It turns out that a system of distortion manifests itself just like Grigori Grabovoi gives an example.

Initially God gives happy life to every person, and then, every person chooses their own path of development and than people encounter certain internal or external events.

The distortions manifest themselves and people lives become different from what God originally designed. But there is good news.

God, the Creator when he created the world, he realized that people who have

freedom of choice, might choose kind of ways to explore.

And their choice won't always be the one that God offered them.

So if some human action are not exactly in line with God's, this non precise action still leads to positive result.

People get new knowledge, they develop, any element of people's movement is always next development. When people gradually cognize true reality, and surmount certain imperfect systems and direct their development along the path given by God.

And to stay on that path Grigori Grabovoi recommends to us to constantly realize the presence of the physical body of One God next to our physical body.

Let's do that now.

**Method 3**

 **Imagine the physical body of One God. It's really up to you how to imagine it. He might be in front of you and you are shaking his hand. Or maybe he's like somewhere behind you and he is giving you some knowledge that you need to make the right decision in a certain situation.**

**Grigori Grabovoi says that when you do this exercise constantly, your physical body becomes more protected, or even, as protected as possible.**

**No serious disaster can happen next to a person who perceives the physical body of One God right next to them.**

**But you need to practice constantly the presence of the physical body of One God next to you. Not just that it is present sometimes, but it is constantly present.**

 Let's do this concentration and then I'd like to have your feedback and questions please.

 *As we said in the beginning, it's very important not just to have an image of God. But to imagine his physical body, a physical body just like yours.*

 I've been asked this question very often.

 It's not even the question, it's like people say that it's very hard sometimes to understand that God has physical body just like we do. And it's understandable because certain religious teachings gave there concept of who God is.

But when we're talking about the necessity of getting the intellectual contact

with God, then imagining something abstract is not going to be effective.

 *We need to get used to the fact that here is the physical body of One God*

*and we are in a constant contact with it.*

We have a comment that the person who was writing this comment is feeling really good. And the the body is shining. Happiness, joy. The body feels light.

We have a question here. What's the difference between God and initial divine source?

 According to the Teachings of Grigori Grabovoi, there is only God and his manifestation in the world. *And the moment of the World creation was the moment of God's self recreation.* *It turns out that the only source of love in the world is God himself. And God, not just as a source of light, but as a person.*

 Another comment is that the person feels happiness and joy.

Another comment is about feeling an absolute safety and the feeling that nothing bad can happen to him.

Another comment is it feels like there is a support.

And another person says that she was talking to God and holding his hand, and now her hands are burning.

 I can see from the comments that you did this concentration the way

I told you too, and that's why you have such amazing results.

Another comment says that everything became easier since I have been doing this concentration. The state of initial serenity, great power and the mood is getting better. A person describes in the next comment that she has a feeling of love and safety.

So we did everything that I planned tonight.

Before tomorrow do those 3 concentrations that we did and also observe

if there are any changes in your body. In your internal state, in your life events.

Because what we did tonight was that we got into the understanding of the fundamental level of reality building.

 Try to develop this and remember that your body, just like the physical body of One God, is constantly involved in building reality !

Thank you for your participation and see you tomorrow.