

Manual
*for the advanced user
of the unit of production called
“Homo sapiens”*

Unfortunately, this is
how the brain works



What about this talk?

“Manual for the advanced user of the unit of production called “Human being” sounds bombastic; and you, the reader, have innate sense of humor.

But here we should be earnest. The talk involves information that may conflict with the core belief system, and we definitely want to

Progress

Is Impossible
without Change
& Those
who cannot
change their Mind
cannot change
anything

George Bernard Shaw

understand, not discard it and own new knowledge.

This mastery captured me March 3rd 1993. It is attractive although unusual in some way and I’d like to describe something basic for it.

**Experienced American students
were saying:**

*“Because I am using this practice, I had a calm, satisfying visit with my 96 year old mother for the first time in 20 years.” – We **will come back** to this in a bit.*

“My life has always been about eating. Binging. Living an unhealthy lifestyle. I just wasn’t able to stick with any weight loss program for extended periods of time. Then there was Fire Flower. It was natural and easy to follow. Now I catch myself making healthier decisions without even realizing it. It just happens!”

“I find this practice extremely useful in dealing with difficult people. I felt anxious whenever I talk to someone and don’t get anything back. It was frustrating to say the least and I thought I was alone – no one else seemed to have this problem. Fire Flower enabled me to separate myself from my anxieties of the moment and focus on my goals. Now I wish that I only tried it sooner.”

“I love that the teaching incorporates music, viewing art, and just everyday activities that were easy and non-intrusive. It was great learning how

to resonate with others. I feel like I've finally woken up and begun to sort myself out."

Examples from my students

My last student, with whom we have been working individually, expressed his goodbye somewhat abstract. - He thanked me for the steady feeling of peace of mind, which appeared in his life. Here is his story - He studied at an university. While he was very antsy, and could not decide why he will be an engineer, and could not decide what he wants, this also meant he could not venture out to leave, or even to quit



EXPERIENCE

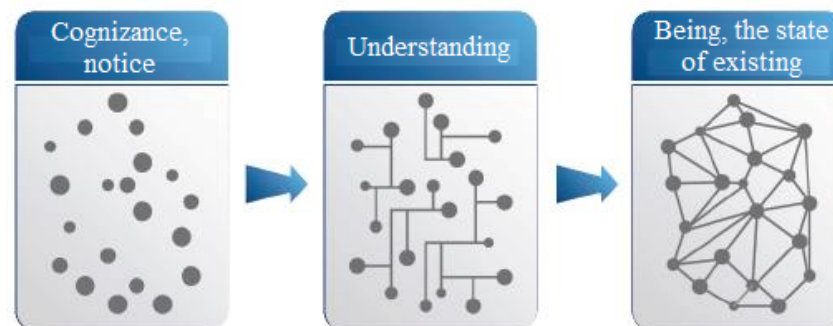
KNOWLEDGE



university. When we started a few months before his graduation he did not even want to look for job in this field, and was not sure he would graduate or not.

It was obvious he will finish - even just by inertia, so many years he studied, and there were only three months left. **In this course of training he experienced such a thing, which of course he always knew, but this knowledge does not help him at all. "A man's knowledge can never outweigh his experience".**

This method made him owner of this knowledge - he gathered all together. - *"There is no point for nerves, it does not help to solve any problem, but devours energy."* The balance came. He found a job, moved from Chicago, and is calmly ready to drop anything as

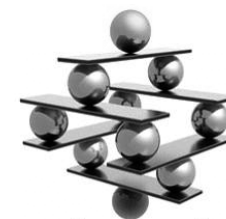


soon as the knowledge of what he really wants will come.

**IF YOU THINK
YOU ARE SO
ENLIGHTENED
GO AND SPEND
A WEEK WITH
YOUR PARENTS
RAM DASS**

Another person, noted earlier, is a woman who is 65 years of age. She left for a week after few lessons in the very beginning of «tuning», and when she came back she told us, that the last 20 years she immediately exploded when she hears something from mother, so she could not talk to her mother. This

time when she visited her 96-year-old mother, everything was going fine, just fine. She went through with the same painful feelings of irritation, but these experiences did not cause a reaction in her anymore as the grenade, which detonated into explosion. So, the ability to stay in the balance increased. More specifically, the energy increases so the ability to constantly maintain own mental equilibrium almost automatically increases.



Mindfulness PageThere are other personal characteristics that are associated with an increase in energy change too. - What happens is the set of social roles one can have are increasing. Set of roles is dictionary of the language in which we communicate in society. Everyone does, plays a variety of roles - one at



work, other in the family, third with friends and a lot more.

Each of these roles may have different overtones, colors, different details.

These components are also roles, also characters, also words of language of society. The number of colors is really being increased. The

numbers of choices within each role also increase so the ability to play in one's own life is being increased. It becomes easier to move from the role of the role.



Consciously or unconsciously, the level social adaptation increases.

I have already talked about what the participants feel, and what changes they notice in their emotional and mental life, in another words in their correlation in between body-mind-soul. And simply put, people who had went through this training with real interest and active participation, pretty soon found their activities becomes more successful.



There is a point that should be talked about. - **What should be attributed as "the successful activity" itself?** For example, I am doing massages; I am functioning as Massage Therapist. What is a "successful activity" for me? - Obviously, it is the quality of my massages. In fact most of those who receive them agree that quality of massages is good. They name my massage "healing".

Well, does the earning of money points to «the success of my massage activity» in this case? – Definitely not.

Earning is the different activity, and earning is the result of another activity other than massage, namely the management and the administration of the business.



Of course, on average, other things being equal, a good massage brings more income than bad one. If massage is not good enough, then the therapist falls out of the market for this service. But it is very important and very obvious that if properly managed bad therapist earns more than good one under the wrong management. To increase the earnings is necessary to do additional activities. They are control and business management, and they evaluate success of earning.

You were given this life because you were strong enough to live it.

One day the accountant came to engage in this DFS method of self-regulation with the expectation that it will be the beginning of her spiritual journey, but she stopped to even think about her spiritual path. She was bored and burned-out by 15 years work and suddenly found herself taking this tedious work with complete ease and joy as she had at very beginning of her job. That's great! It is real enthusiasm!



"CREATIVITY IS
THE POWER
TO CONNECT THE
SEEMINGLY
UNCONNECTED."

- WILLIAM PLOMER

Success
(sək-sēs') n.
the achievement
of something
desired.

One fine day, a single mother of adult son came to the Mindfulness Training to learn how to interact with her full-grown son. She wanted him to study in the University, where she could help him. And unexpectedly for herself and for the boy she gave him complete freedom to choose his future after training. It shocked even us – we had known her for about 2 years. Does this increase the success of the activity? In my opinion, yes, it is a new quality of interaction between mother and son. And the creation new way of interaction between her and her son was her real request.

If we continue to talk about me, then I must share that before this training I was not really able to independently organize anything and run it. Now the attempts themselves to do it for me are the "success."

In other words when the activity's success increases the results are better. And when you are looking for improvement to your earnings you must expand communication with the community in which you operate. There is no such technique to replace your own mind, but this technique may increase the success of the activity of one's "mind".

Will you believe or not we are all distinguished. Men are from Mars; women are from Venus; races, nations, classes, income, occupation, types of body, MBTI (Myers-Briggs Type Indicator), and personal history after all.

WHAT KIND OF MAN ARE YOU?



The audience is very different. Different people get different result when they are involved into this practice of active self-regulation. To say more scientifically, different people pay attention to the different outcome:

- Entirely new kind of self-confidence in any situation, even an extreme one.
- Ability to manage own psycho-emotional states.
- As a consequence of this skill - emotional stability and plasticity, flexibility.
- New perception of people and time and space.
- The acceleration of recovery after exertion and stress.
- Health, vigor and efficiency are increased.
- The ability to communicate is improved.
- Creativity is activated.

Many people have mastered it, and everyone engaging with the necessary zeal and interest, changed their own lives.



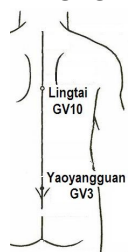
Meditation as crutch

The very first step into this technique may be different for everyone who starts the path. It depends. Each one matures with own personal history on own life's soil. Generally each one grows through same child development stages – infant, toddler etc. Adult maybe can choose the stairs of one's path, but one must know the way – it's rare, it's occasionally we know the new way of life's scenario when we step on new scene, so we have to trust the guide, don't we? In fact, any

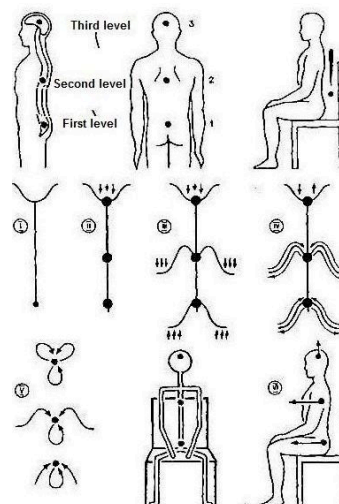
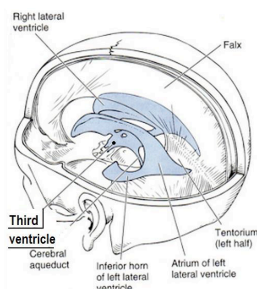
Psycho-technique is a crutch for the consciousness.

Let's start from guided meditation. It gives some benefits right away. Remember *"Because I am using this practice, I had a calm, satisfying visit with my 96 year old mother for the first time in 20 years"*? – It happened after couple weeks of guided meditation "Fire flower" or "Flower of flame". The shape of plant, of the flower is one of the archetypes of the human body. The stem, the peduncle represents the torso, in particular the spine; the leaves, foliage represent shoulders and arms; the roots - legs from the buttocks to toe; and flower bowl we can see as wide brim of invisible hat, as the halo part of aura.

So we are endeavoring to discover and recognize the flower within our own body and even more precisely – the flower by way of own body. This is core idea of guided meditation for this DFS- technique.



The stem's nodes are named "the centers". The first node is hub for roots and located at the Governing Vessel point "Yaoyangguan" or CV3 by acupuncture's map. The second center hub for leaves – "Lingtai" or GV10. And the flower bowl is blossoming from node is located in the center of head right above C1 vertebrae at level little higher eyebrow; sometimes somebody wants to identify it as "third eye" and anatomically it is about "third ventricle".



When the student visited her mother, the student knew about Flower archetype of her body and trusted that knowledge. She knew her body as Flower, and the understanding changed her state. Her ability, to handle anxiety and nervousness, to manage own mood was grown. She knew something else – Flower is the crutch, the tool helps to choose specific state for particular activity. We had not gone with her through tuning yet, but help already was received.

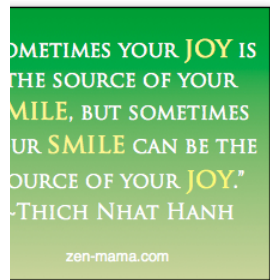
Here the guided meditation "Fire Flower" is pictured.

When knowledge becomes skill by involvement in experience, human being does not need "believe" or "trust" – one just lives aware and ready to use this new property.

Smile as crutch

Each one or many of us have this experience. If one smiles and invests in this lovely grimace on one's face sufficient energy, so the mood will be "smiling". If no such experience - I offer suggestion to do it, and experience will come.

You do not need to show your teeth. You do not play fake smile. You pull the corners of your mouth to the sides and slightly up, same thing to the corners of you eyes – pull them to the temples. Thus coachman pulls the rein when



drives horses. Picture this coachman sitting in the center of your head, and this point is the source of light.

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." It's indicated that smiling, even if one is not feeling happy, can slow heart rate and decrease perceived levels of stress. Smiling sends a signal to the rest of our body that things are okay; it's safe to let down our guard. Even if you really can't get yourself to smile, practice holding a pen or a chopstick in between your teeth. It mimics the same expression as a smile and can produce the same effects.

In a 2001 study by LeeAnne Harker and Dacher Keltner of the University of California, Berkeley, the authors looked at the emotional facial expressions in the pictures from the yearbook of women in their senior year at Mills College in the years 1958 and 1961 and how their life turned out 30 years later regarding marriage and personal well-being. As it turned out, those that showed positive facial expressions that were genuine had a more positive outcome later in life.

There's no doubt you must make real smile, do not try to lie to yourself, stay aware.

This is a Taoism technique «Inner Smile». It says that "Mona Lisa Smile" is the image of this very inner smile. Like many Chinese psycho techniques, like Chinese martial art, this either came from India, or appeared in those places simultaneously. Same



i'm not telling
you it is going to
be easy, i'm
telling you it's
going to be
worth it.

inner smile shines on us from Buddha's face, from quite standard images of him. For our task, however, it is quite sufficient to know and/or believe in the effectiveness of the "smile effect".

Now then we know and/or believe that a **certain muscle condition can scientifically proved to cause defined chemical reaction in the brain and in turn is expressed as the certain psycho-emotional condition, the differentiated state of being.** It works like a medicine, like a drug, sometimes stronger than a drug. Sometimes it's called "anchor" and the correspondent action - "anchoring." You can call it "self-hypnosis", if for some reason it is more understandable and clear to you. Get experience – it will impress and elate you. Remember – **There is No Failure Only Learning Experience.**

The smile creates just one state of being – good mood. It is a really big deal to make nice tone but is it enough for daily life? I don't think so even though good mood supports good health.



We act in so many different activities, each one demand appropriate psycho-emotional state. There is time for financial deals; there is time for housekeeping; there is time for making decisions etc. You can smile all the time, but you need some additional strong psycho-emotional flavor to be successful in your particular activity.

The Method of Differentiated Functional States (DFS) *The Structure Of Daily Activity*

Generally speaking we have three sorts of activity – vital, psycho-emotional and mental and sometimes we have to act in the way when all these three categories are involved into the action.

You know from school physics that work is done by energy, so each activity's category corresponds to the energy category. So there are four categories of energy or four levels.

We provide our activity within natural world and social environment. The way that the activity and environment are resonating is named rhythm. The all-possible number of rhythms we structure into four basic rhythms called metaphorically:

- Rhythm A - "Space or Cosmos";
- Rhythm B - "Living Wave";
- Rhythm C - "Impulse";
- Rhythm D - "Destruction".

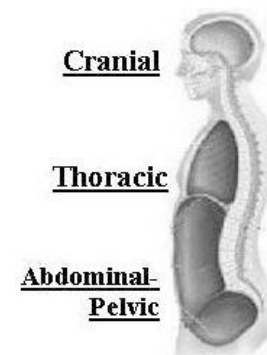
Consequently there is the matrix 4x4. Four "levels and four "rhythms".

	Rhythm A	Rhythm B	Rhythm C	Rhythm D
Level 1				
Level 2				
Level 3				
Level 4				

We easily find association of energy levels within the body cavities. The common language describes it and we can feel it in our own

organism:

- 1st level of vitality with gut, the abdominal and pelvic cavity;
- 2nd psycho-emotional level with the chest, the thoracic cavity;
- 3rd mental level with the head, the cranial cavity;
- 4th level of harmony - when feeling vibration sounds chord in all three of them.



These three cavities represent the composition of three musical instruments like three banjos or three guitar's bodies and constitute the musical instrument "human body". Every human being has the musical instrument. One can play the melody of one's own life in the here and now. One can **hear and understand** the sound, the vibration of other people and other sounds of the world.

Here we are talking about the fact that our body can be **adjusted to sound** in one's own way by one of the 16 states of the vibration. It is same tenet as we met when we looked at the smile as internal smile. It's based on the knowledge and/or belief system that *a certain bodily condition can*

	Rhythm A Cosmos	Rhythm B Life's Flow	Rhythm C Impuls	Rhythm D Destruction
1st level Vital	One's movements and thoughts expand and become lighter as if they are stretching into space.	This state increases one's affinity with everything in nature.	This state is good for any kind of physical activity that requires a rhythm: sports, cleaning house, washing, walking etc.	In this state one doesn't want to do anything. One can be ill or irritated.
2nd level Emotional	There depth and range of one's inner emotional feelings increase. One works slowly, with feeling of extreme importance.	One projects a desire to communicate and an openness to help people. Other people come to one with problems, asking for advice.	One finds it hard to concentrate. No one thing seems to be more important than other.	Internal pain, sadness, resentment, anguish. Surrounding people try to avoid this person.
3rd level Mental	One has a sense of enthusiasm and a widened sense of understanding of world, people and oneself.	One lives life in one's head.	One's thinking is precise. One is clearly calculating optimal variants when doing a job.	Logic and creativity are falling apart. One feels unreasonable pressure.
4th level Unison	One loves life, and sees the hymn of life in all its splendor with its happiness and pain.	One feels whole and at one with nature. One doesn't want to talk about small things.	One is well organized, and confident in one's actions. Surrounding people tend not to disturb one.	Sad solemnity or anger. Death as birth. Phoenix.

be scientifically proved to cause defined chemical reaction in the brain and in its turn it is expressed as the differentiated state of being, and it works like a medicine, like a drug.

Thus we have 16 psycho-emotional states, and as you work on this matrix it becomes clear that this is the structure of states of being.

Here are couple comments. (1) **First – there is no such human being naturally showing up at any state of 4th level, one must learn to get them.** (2) **Second – the healthy human being does not know any state of Rhythm D when one comes into this world; we learn them by socialization.** (3) **Third – A human being naturally has one basic state because of the type of body's design, because of psychotype etc. One learns through socialization couple more states to be better adapted, so this number is not 16. It turns out that as a result of training only, a person's the range of possible states increases.**

DFS as Language.

Perception – Attention and Awareness.

This matrix is a dictionary. We can speak the language of states of being with the world, including the human world. So we can call this technique **"The Language of DFS"**.



It is not a native tongue. Maybe it was language preceding any native tongue, I would not be surprised if science figures it out, but anyway to use it you have to learn it. It is not really "foreign" language, and it is not body language as we usually think

sometimes
silence
is a really
good answer.

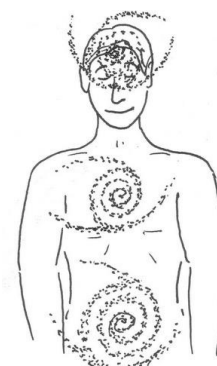
about one. But you set up the communication with your body. You teach your body. And you will need to talk much less; your communication will include ***inaudible music of the body***.

To speak Language of DFS and to play the melody of life on the instrument of own body, this musical instrument must be tuned. What's the technology of tuning?

I have to go over a few things again. The bodily cavities are resonating vibrational spaces, fields like a guitar or banjo boxes. There are generally speaking we have three of them – abdominal-pelvic, thoracic and cranial cavity. We will tune them in the same way as we tune a musical instrument. The work itself for setting musical instruments of bodily cavities is attentive concentration, in other words, meditation.

The meditation is one of a detection tool in one's own body - an instrument to configure differentiated functional states of being. And we can say without distorting the meaning of the work - it is the meditation of discovery one's body as a space of sensations, and as an instrument of functioning as differentiated states of being.

The three bodily cavities are three Dantian's fields, but for our work as the points for the sources of vibration we will not use Dantians themselves but nearly their projections to the spinal column (the gates as it was shown on picture previously). It is would not change the matter, and it is quite correct to consider DFS method as qigong application to daily life. And accordingly, moving from private to



general, you may go from this system of self-regulation to qigong, having already got a feeling of its taste.

By this meditation the archetypal structure of the "Fire Flower" is being detected in the body. Fire Flower is **a structure of a stem-spine, flower bowl opened around the head, legs-roots and hands-leaves.**

This structure along with three cavities is the space of sensations, sensory space in which one gets an answer directly on the sensory channels, and the answer about the state of the object, the differential functional state of being which one is currently interested in: person nearby, a group of people, works of art, music, the environment - anything, even the world itself.

**Awareness is like the sun.
When it shines on things, they are transformed.**
Thich Nhat Hanh

Our point is perception.

So "attention" and "awareness" are distinct - attention has the object, awareness has not. Awareness is the state of being. Attention is a job we're doing and we pay; object getting payment by this job-attention. Human being transfers oneself into an object by one's attention. To be aware is to be oneself only in the here-and-now.

I'm talking about DFS and Fire-Flower-meditation. The important part of tuning is to perceive the full sensation of the flower. Sensation may be knowledge as sixth sense, not like schooling grammar knowledge. When you get it you don't need pay attention on Fire Flower and separate yourself from yourself even partially. You're just aware. You are here and now.

And the same structure "Fire Flower" is the

anchor to enter one self in a selected one of the 16 states. The same structure allows gaining extra energy to functioning in the selected state, which is necessary, because this **work** is not easy and needs a lot of energy.

Sensory Space

Any space that could be sensed is sensory space. Space of vision. Wherein the space of vision could be colored just by certain colors – the space of blue, red and white for example, or the space of black, white and gray of different intensities. Audio space. Examples: the space of music, space of Rahmaninov's music, space of 2nd concert of Rahmaninov. Space of length. Space of time. Spaces of touching and touches. Space of books. Space of people. Space of state of being. Etcetera.

There is the primary axiom for sensory space:

"For any question you can think up, you can create a sensory space in which the answer to the question may be found by simple measurements."

There are no needs to prove the axioms, they are statements or proposition that is regarded as being established, accepted, or self-evidently true. Axioms are accepted as true without controversy. They are taken on trust at least until experience refutes them. *Nothing is a lie till it's proven.* Take them

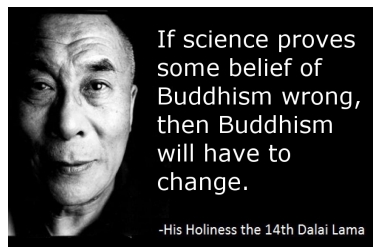
*For any problem
we can formulate
can be created
sensory space
in which the solution
to this problem
we may obtain directly
on our sensory
channels*



Grigoriy Reinin
(St. Petersburg, Russia)
mathematician and psychologist
author of **Mindfulness Training**

for granted. - At least until they are not refuted.

When you exercise something so far it is done successfully you can know just that it is done well. In the case of failure only you get knowledge, the idea behind this order, this technology is false for sure.



Or by words of His Holiness the Dalai Lama:
"If science proves the

fallacy of some Buddhist tenets, then Buddhism will have to change" **but not before.**

Obviously one should explain what is, in fact, all this about, what is, strictly speaking, proposed to take on faith by the first postulate?

Swami Vivekananda said that **Raja Yoga "declares that each man is only a conduit for the infinite ocean of knowledge and power that lies behind mankind."** I propose to take it as an axiom. I am ready to discovery disproof, but my experience has not done refutation. *Failures to find this ocean do not refuse Raja Yoga. They are the lessons for the seekers after truth.*

The meaning of this axiom can be rephrased.

"Our mind can reach knowledge of all and everything, but should be taught to stay aware."

"The sensory space can be created for any problem we can formulate. This sensory space gives us possibility - we may obtain the solution to this problem directly on our sensory channels."

We say sensory space or a space of sensations. You can choose one of five (or six) generally known man's senses and take any modality of this sense. The space can be created

on the base of this modality. It is mathematical procedure we create measurable space. The measuring instruments are created the same way.

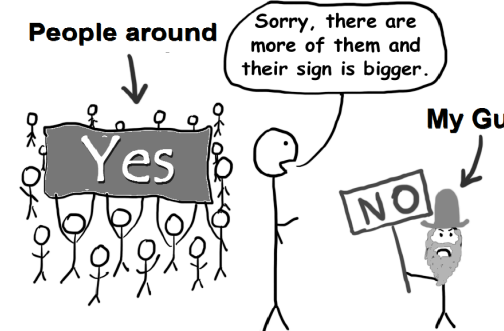
Now we can relate parameters of sensory space and parameters of your task.

Google The formulation of a problem already contains half its solution.

Applied Kinesiology is good example for our talk. EFT (Emotional Freedom Technique) is good illustration too.

Let's look up the simpler sample here. How do you know that you are been deceived?

I do not mean the obvious misrepresentation known like, say, a child came home from school unkempt, clothing almost inside out and when kid is asked «What's happened?» - One answers: "Do not worry, I'm alright." Here everything is clear. What I mean is when facts swim in obscurity and look quite plausible. Your buddy came from vacation's trip, tells about a holiday romance; and you listen to and sift truth from falsehood without even thinking, you know just by gut feeling what it is. We can say that life experience and long-term familiarity with the character give us an opportunity to have a critical and a simple view of one's story. But if we analyze this process, you may find moments and wonder, because no knowledge can help to sort the story out, but you anyway do sort it out. You just have "sensed" - that is "so", and that is "not so."



It is the sensory space we are talking about.

This channel of sensations can be calibrated, tuned; one can adjust oneself and use it consciously. You can teach yourself to see the lie as "blue" and truth as "green" – it is other sensory space for same task; or feel falsehood like a tingling in your left heel, and the truth – like a scratching below the right knee, one more sensory space for this problem. I know a person who is turned out to be most convenient to feel the truth

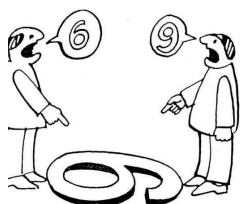


as a book of Leo Tolstoy above one's right ear, and lies - of Jules Verne on the left, this guy created sensory space within space of his favorite items. Try, for example, vegetables or computer games - what is easier for you, - then attune it through the workout.

There is an excellent example of sensory space's configuration - Pinocchio. It can be seen as the lie of your companion, collocutor grows one's nose.

This practice is not easy and quick, but **there is the technology** of such settings. **It is teachable and learnable technique.** Individual choice of a sensory space is an essential one - strength and differentiation of various sensations for us is different for different people; and everyone has their own sense to work better.

You remember the brain's behavior "*Get rid of information that conflicts with the core belief system*". This could be done in



many ways. So here is likely obvious reaction of reader's brain: **"It's subjective!"**

Undoubtedly. When you and other friend are sorting out the vacation stories something is lie for you making long nose to vacationer vice versa is truth for other friend and one see a book of Leo Tolstoy – it's so possible! We all are different and our feelings distinguished.

Subjectivity And Its Serviceability

Here is the question: **will the common objective reality be really actual reality?**

The caption of the Belgian surrealist painter *René Magritte* looks strange - and it is true. This is not a pipe; this is just an image of a pipe. The picture shows a pipe and named **"The Treachery of Images"**.



The word is not the thing. The menu is not the dinner. There is no territory on the map. The territory is not seen on the map – the territory is mapped. All and everything is perceived by man is the map only. Perceived reality is not a reality, it is representation of reality in the mind of the perceiver.

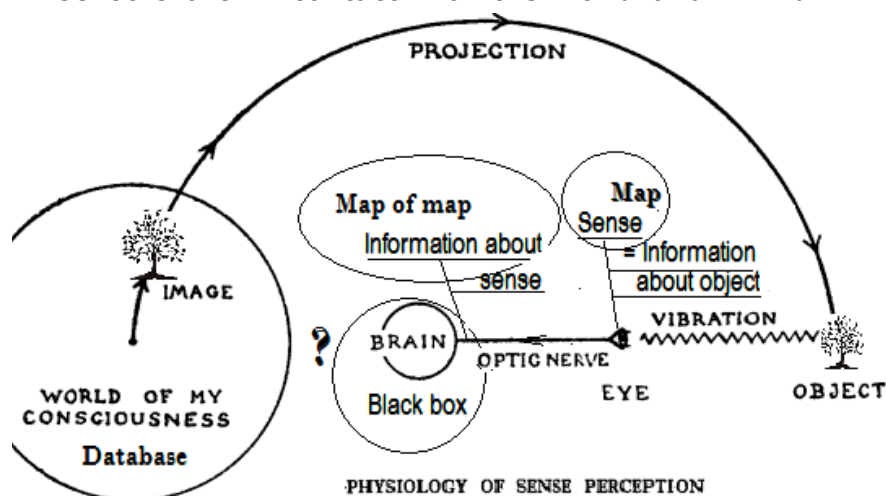
Perceived reality is mapped by perceiver's intellect, perceived reality is map of reality.

So why does this expression come into this "Manual"? What does it describe in, and for, and to the human being? What is in the fact for us specially that **"The map is not the territory"**?

What does it mean for us?

(1) First of all, the picture of the world, the world which is ostensibly "right here and right now", which each person has and which is one's main *base of knowledge* (*database* as it became customary in the world of computers and mobile phones), this picture of the world is not the world itself. This is not the Moon; it is no more than sort of finger pointing to the Moon. This is not the pipe.

Well, it is clear that the picture of the world is not the world, but what do we perceive by our five or maybe six senses? It is not the world itself, not the territory, is it? Really? - It seems that yes, the world logically is the same as the senses and sensors are in contact with the world and... And



what is "and"?

Feeling as information comes to be processed into a black box, let's call this box «brain», and ...

What is this more "and"? What's happening?

Here what happens: something comes for the processing is not the world, not the territory, but a sense of it (picture - world's map). And this is not even a sense as it is, and it is not even a map but information about the sense of the world - it is *map of a map* of the territory.

As a telegram about the event is sent even by the most worthy and respectful witness refracts the event twice: the *first* - interpretation by one who is writing about an incident and the *second* - by one who is receiving and reading it. In our "brain-processing" case it is communication one with oneself and they are distinguished.

This is the mechanism of perception.

And further more. The map of a map of immediate territory enters for processing in a black box, where all processes are based on the existing knowledge, i.e. on the subjective view of the world.

So what is not subjective to human? - It is all and everything subjective.

No two people ever read the same book.
Diana Tixier Herald

We call an "objective, impersonal" that map of a map of territory, which sufficiently not contradict, corresponds to our base of knowledge. When the map of the map of visible, watching, observing territory sufficiently corresponds to my base of knowledge I call habitually and without thinking this map "actual, objective or impersonal real reality".

Validation rules for these correspondences we call "logic".

"Mindfulness means paying attention in a particular way; On purpose, in The present moment, And non-judgmentally"

Jon Kabat-Zinn

It is important to note there are plenty different "logics" apart of Aristotle's one, and each one is saved in the personal database like computer program, as an application. So even the validations are distinguished and these confirmations usually happened automatically.

And - so **(1) this means that our subjectively calibrated sensor tuning of instrument "truth and lies" is not more subjective than any other «objectivity» (objective) of "truth-lies."** Purview is always personal human experience only.

This experience has to be used consciously - it is just suitable. And apart from anything else, it gives you the opportunity *"to create a sensory space in which the solution of the problem can be obtained directly on the channels of sensations for any problem, we can formulate."*

And - if each one lives own life following just one's own absolutely personal map of reality,

a plate and throw it on the ground.
done.
break?
say sorry to it.
go back to the way it was before?
u understand?

it's a wonder we are not all clashing foreheads? Well, we actually being clashed and with knobs on. Not even talking about civil wars, just recall how many times you had to sort things out and clarify the meaning of spoken words; no need to seek far - it is in your own family, and when you were a child in it, and later on, and later on - with your own children.

(2) Secondly "The map is not the territory"

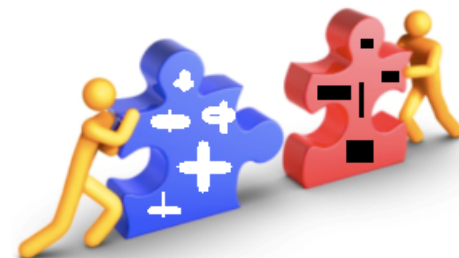
means that the indicated "database" which in the very large part is common, has the same data for all of us, members of same society. Creating this database or an education is called «socialization».

And when dealing with other people, we mutually agreed upon these bases aligning our subjective realities.

This is the mystery of Socialization.

How do we coordinate our self in circumstance if between the territory and our maps are several layers of maps and practically working unconscious mechanisms of the human psyche? Which is a map of a map of a map? That's the question.

There is an extraordinarily beautiful description of such work in ancient Indian philosophy. But now I am only talking about the level of our daily life, and from this point it is best to refer to the experience of this life. Usually for coordination one seeks and finds a common ground with others in areas of the knowledge bases, in the history of personal experience some moments with the same attitude toward them, and some common authorities... anything to which we can have access to the same time through all layers, and either to consent thereby forming at this place some common **"we"**, or to disagree, that is in fact also sort of a **"we"**, in the



"All models are wrong, but some are useful."

- George Box

most extreme case, **"we"** as "we are the enemies". Here everything is clear to me, and if there are any questions - let's discuss "through all layers" in the search for a common answer and look for the way to communicate in person. My web site is <http://InTheBalance.com>.

So we have found some facts:

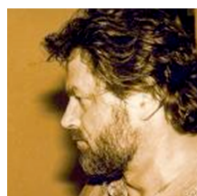
- The only subjective reality is available for a person.

- The subjective realities can be reconciled.

- For any problem that a person can articulate one can create a sensory space in which one can get directly the solution of the problem on the channels (through channels) sensations.

This theory could be applied to our daily life. There is DFS method to learn it and use it as its author.

*Manual
for the advanced user
of the piece of production
called "Homo sapiens"*



Igor Kalinauskas

is the way to be the
ster of your self.
is the way to build your
and your business
dy just little by little.
ou may learn to live the
re and Now.

"There is no yesterday
and neither tomorrow -
yesterday gone, tomorrow
will arrive tomorrow only."
To act the Here and Now
- there is only way for
master of oneself and one's
life.

Nobody to help, and nobody even can help.

DFS and Traditional Practices.

It's already told that the point of Raja Yoga is the root of this school but not the only. For this to work, we need the mindfulness to identify and select the state and the focus to maintain resonance with the surrounding world in a particular state. - Mindfulness or attention, focus or concentration.

Those who know can see here the similarities to "Vipassana" meditation, for those who do not know, I'll say that the use of DFS method can help you when you begin to engage in Vipassana.

The constant monitoring of own state is the work of attention which turns out to be nothing but one of the moments of recollection, which G.I.Gurdjieff used to talk about, i.e. the one who practices **DFS** method is included after a sort in the work of the 4th Way, and one, if interested, can by the most natural way enter into the work in full spectrum of one's interest.

The practice of choosing one's status by moving through by mindfulness of own focus to concentrate on a certain spot in the volume of own space was described in the books of Carlos Castaneda and was called "the movement of the assemblage point" by his teacher Don Juan.

When we move "assemblage point" in DFS method we do not use the entire space, but it is obviously the same practice as in the case of the 4th way, Vipassana, Qigong and, quite possibly, other traditions of transformation. Working by this method you can always take the next step and

KEEP
CALM
AND
PEACE
OUT!

find the path by your own heart, or not.

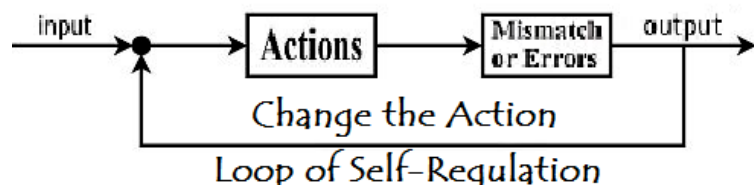
It is a system for self-regulation in our everyday daily life, and it's a lot - to live in balance and resonance with the world, knowing how and what to do.

What can this self-regulation provide to average user of daily life? Well, it definitely changes the way in which you regard and behave toward your friends and relatives. It does not



mean your feelings will be necessarily changed. It means for example when you have some difficulties with your relationship you are not waiting for some occurrences that will to solve all but you do make your own decision and follow it. Slow and steady wins the race. I.e. actually it could be

decision to wait, but *it is your own choice for your life, you will not give up your choice to the substance of life itself.*



It could bring you new taste in your life, maybe new colors, definitely new energy, and

nothing else. However you will have thing besides it in your everyday life. - You can easily get the same state as your interlocutors, and it is actually the rapport as psychologists usually say. It is mutual understanding. Understanding may bring agreement or may bring disagreement. It definitely causes more peace and saves energy, when you understand people and they understand you not just mentally, but as whole being.

Conscious and Unconscious. Mindfulness.

There were some mentions here about conscious and unconscious acceptance the point of view. Sometimes we know we choose this point, sometimes it happens by it self - hereby it is situated as the main difference between consciousness and unconsciousness. As soon as a human being takes the position "it's just granted," it is one step on the path where it's hard to stay conscious Homo sapiens - it's a way to become something as puppet doll.

Until you make the
unconscious conscious,
it will direct your life,
and you will call it fate.

--Carl Jung

Now we recall the picture at the beginning of this text. "We are receiving the information that conflicts with core belief system". In fact, any psycho-technique is a crutch for the consciousness with taboo, for consciousness, which can't go out of core belief system, can't go somewhere else. And suddenly it turns out, if you use some clever way, some technique, it is possible to circumvent the prohibition.

There are two ways to use these crutches, and I would like to distinguish between them clearly. *There is a conscious version and an unconscious version.* – What is consciousness ultimately?

“Mind will be there, but as a servant. Freedom means free of dependency, free of this tendency to be hypnotized by your own concepts.”
Mooji

In this way the highest level of human being's personal evolution is possibility to choose own believe system by one's needs. Person can enter into belief system, identify with that one need to work something out within this system, and after that get out of it. - This is mindfulness of perception.

Training of perception or “Mindfulness Training” aims to improve the human skills in the area of control own instrument of perception. There are simple principals that form the bases of the training as follows.

The first principle is ideological and declares that every person contains all the information about the entire universe. It is one more paraphrases Vivekananda's axiom. When we accept it then the whole problem of information is reduced to the problem of getting this information out to the channels of sensations.

The second principle is technological. For any problem we can formulate can be created the sensory space in which the solution of this problem is available directly on the channels of sensation. It is paraphrase Vivekananda's axiom too.

The third principle of Mindfulness Training, methodological, is nonattachment to the result of the action. Man should not be interested in the

result in any way. It sounds weird maybe, but when we engage in result we twist the sensory space, our sensations are distorted by desire – it's bad mathematics.

The Mindfulness Training 1st level balances work of left and right brain and as result participants begin to recognize the influence of own belief system and to distinguish conscious and unconscious points of one's own state.

Are you interested?

Contact for free consultation and workshop



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www.InTheBalance.com

“Peace. It does not mean to be in a place where there is no noise, trouble or hard work.

It means to be in the midst of those things and still be calm in your heart.”

You've just read it.
So you know when you speak
Language of DFS there's no time,
there is right now.

