

The following information will stimulate a person to be concerned with his or her health. This forms an active position in the matter of personal psychological security. By reviewing this information a clear understanding will be revealed. It will enlighten high ranking officials and public representatives to the fact that the most important treasure of our country is each and every individual. With the health and well-being of each individual comes the health and well-being of society's, labor, economic and national securities.

Master HORA®

...7...6 ...5

...IT HAS STARTED

(October 2008, parts I, IV, V)

**Current statistics and forecasts, WHO - World Health Organization
on the catastrophic state of psychological health of humanity.
(The spread of psychological disorders in the future appears to be an epidemic.)**

According to the WHO (World health Organization, www.who.int), more than 450 million people on the planet are suffering from psychological disorders, 121 million of those are affected by depression. Mental disorders such as depression, alcohol use, bipolar disorder and schizophrenia affect every seventh person living in the developed countries. Psychiatric conditions are responsible for 14 percent of disease burden worldwide, they are named among the top 10 reasons for productivity loss on the planet. By 2020 physiological disorders are expected to increase their proportion in total global burden of disease.

As stated by Tatiana Dmitrieva, director of the Russian National scientific center of the social and jurisdictional psychiatry, it is expected that by 2025 depression will become the top cause for loss of productivity in developed countries surpassing heart disease.

According to WHO, depression is the leading cause of disability and the second leading contributor to the productivity loss in the high-income countries. According to the NIMH (National Institute for Mental Health, www.nimn.nih.gov), one in every four adults in America suffers from a diagnosable mental disorder in a given year. When applied to the 2004 U.S. Census residential population estimate for ages 18 and older, this figure translates to 57.7 million people.

- 1). *Balance;*
- 2). *Spirituality;*
- 3). *Psychological stability; —*
without immersion, control and training of CALMNESS —
are absolutely worthless.

*The next evolutionary step
a human will take consciously.*

Master HORA

“Blessed are the meek, for they shall inherit the earth”¹

...7...6...5... It has started
 Look around: who is ahead?
 The one who is Older than you,
 The one who is Higher than you,
 Three times he knocks the door:
 Use caution.
 Seven steps —
 A high price to pay.
 Then the dog will not break loose.

Master HORA, May 14th, 2001, from the brochure “Another - II”

For an average person it is necessary to understand one simple thing — the prediction of global schizophrenia by 2025 didn't appear out of thin air. An **epidemic** of stress and depression did not start yesterday.

The modern world exists in constant informational-situational stress. This environment forces the average person to constantly operate and make decisions at an accelerated pace. We are not at war yet the psychological pressure on us is exactly the same as if we were.

This brings us to the conclusion that any professional environment, even the most calm one, has a constant increase of stress — this is becoming the norm, and that norm will remain.

No one can escape this. We are presenting a systemized training of CORRECT CALMNESS THAT CAN NOT BE DESTROYED BY TENSION. Without this training, scientists have shown, there will be a future recession of common sense and psychological health.

There are no “pills” for this. There is only one way; the “natural” way — It is an awakening of the **evolutionary natural calmness and the conscious training of it.** Without this all is wasted.

The Master has been trying to find a way to deliver this very simple thought for the past 20 years.

Nature can give birth only to health, but a psychopath would give birth only to a psychopath. A Freudian hysterical psychopath is genetically developed with persistence, not caring what the end results will bring.

Nature has endless stress and in this stress there is an endless selection.

The evolution of life is impossible any other way.

A human wants to outsmart nature. Through brainwashing one attempts to avoid nature's laws, laws of life, and laws of the creator. Brainwashing gives the appearance of a strong foundation of truths in the midst of lies.

Humanologists are people that are genetically selected from the same social environment as everyone else. **They are part of the same program as their patients.**

One can work with the patient, but when we deal with the program that is imprinted on a human, it is as if all of humanity became a patient.

The program in humans could be compared to a fish, while the program in society, the environment, to water. The fish itself cannot become schizophrenic if the water, the environment, is not in that state.

Therefore every single person is saturated, supported and constantly fulfilled by The Program, from the inside out. This includes the entire human civilization without exception, from the beginning of time. Any human act or human decision is predetermined.

The goal is to free the program from the program, so that a human becomes conscious and deliberate. This task cannot be resolved at the level of psychology, psychologists, or sociologists etc.. This is because they are not free from the Program themselves. As a result — their actions are predetermined by the Program, because they are just like everybody else, unconsciously and diligently working for the Program. The main environmental Program predetermines all the actions for the sub-programs. This predetermination and inability to avoid the fate of 2025 is confirmed by statistics. In other words, it is definite that the specialists don't know the way out.

This is a difficult part to understand: a human, while developing civilization, did not realize how he became its appendage. Now this civilization is leading its servant, fooling him into living a civilized way, like a happy idiot, towards the paranoid-schizophrenic year of 2025.

¹ *The Sermon on the Mount (New American Standard Bible, Matthew 5:5)*

Generally speaking, 2025 is our tomorrow. Then comes the day after tomorrow and the day after that. If you look beyond these tomorrows, that is where the program, takes itself to a crash and along with the rest of the programs that support it. One does not have to be a prophet to foresee the future. Common sense will suffice.

Is there another way? If there wasn't, the Master would keep silent. There is only one way of development left which was not created by a human or humans. **This is a natural evolution of a species.** One must develop in an existing environment in spite of the flaws, the variations or changes from the program.

This one rotation in the spiral of evolution is a **conscious evolution of a species** that has never existed before. Historically, there was a path of the individual to purify the soul for Eternal Life. How did this come about? The development of human civilization in two theories; what humans worshiped they also feared and willingly sacrificed. They were paid with their labor to protect themselves from their superstitious fears. As a result, they became slaves to each other. This was made into canons. This social economic religious program turned out to be practically indestructible. At the height of this civilization they lived to save the soul from the enslaved body. To end these canons of enslavement, thousands of years had to pass.

There was no prolonging of evolution of life either on earth or on a higher existence. There is also none now, 2000 years later. In the absence of this evolution of life, the only way to develop was to advance through the social pyramid, restricted by very strict cast boundaries on earth and on a higher existence. Our ancestors attempted to imitate their vision of harmony and fairness based on their own psychological image of a fair hierarchical system of a higher existence.

For example: in ancient historical events such as wars, the gods were present; whenever people were at war the immortal gods were fighting with them. Whether winning or losing, an honest, naïve justice always prevailed: one deserved it, one was punished, or one god was stronger. With this approach, there was no harm done psychologically, but there was also no development — there was only ingenuous stability forever.

The inner connection and the unity between the mortal society and the immortal society demonstrates that the evolution represents a social development but not a development of a species. With this world model there is no place and no chance for humans to evolve as a species.

This chance and possibility only appeared with the development of modern science and modern democracy. The evolution of a species is an absolutely new model that has won its place in the world of mortals and immortals. It has established its position in the minds of many. What can such a model produce, what can such a “mother” give birth to? — Only the evolutionary child, who is also, considered to be immortal. The difference between the new model and the old model is that the *faith* in the immortal life of a higher existence is accompanied by a *real* possibility of evolutionary immortality on earth. **In one form of immortality, there is faith, and Individual Eternal Life; in another form of immortality, there is reality and Life Worth Inheriting.**

Practically speaking there is no choice: a conscious evolution of a species or a progressive degradation.

The conscious evolution of a species is extremely different from the unconscious evolution of an animal. This conscious evolution is a continuation of life on earth, regardless of creative variations of Programs that are collapsing. This has never existed before, and this is what the master has set out to prove, and is proving. This evolution would be impossible to achieve without the old models and the victories of the human spirits.

About the program and the environment

1) **Balance**; 2) **Spirituality**; 3) **Psychological stability**; the context of these words in any culture — without immersion, control and training of CALMNESS — **are meaningless and lead nowhere.**

In other words, **they are absolutely worthless.** The price for this “nowhere” is our life, and our wasted, stolen time.

All that remains of the dynamic training of the early 90-s is some poor quality videos. Yet, no matter what part of the gymnastics one would watch (20-30 seconds is enough) the results are the same — **a state of deep relaxation, which is easy to prove.**

Many people including professionals have watched these videos.

At least 10 years have passed. While watching the videos a deep state of relaxation is achieved that is resistant to tension and takes a long time to destroy. No one realized this until I (Master HORA) pointed this out.

What has been achieved afterwards? — Nothing.

There is enough evidence to fill more than one institute.

I (Master HORA) will explain. Tension is an environment. Within it **there is a stress program of the environment**

that involves everything that comes along with it. (See the beginning of this article). Whatever can resist THIS tension and is hard to destroy is a force against a force — a force of correct calmness against another force of incorrect tension. **This 30 second video of correct calmness versus a lifetime training of tension that has become automatic.**

In very simple terms: calmness is bliss, while tension is stress. A person today does not know what correct calmness is, how to train it, or how to harness its psychological strength. This will lead to tension which will lead to depression “shut down” (inaction, indifference or - simply a nervous breakdown). This is how the organism protects itself. What else should one notice? Overexertion (depression or breakdown) is appearing in younger people. These people will no longer be useful in life. Alcohol and drugs serve as replacements for calmness. It is in young people’s nature to reproduce. What else can they give birth to but to younger paranoiacs and schizophrenics? Specialists should be able to analyze these thoughts even deeper. Generally speaking we are talking about global safety.

More about calmness and tension — for an average person.

1) The practice in classes is a method that allows one to awaken and constantly support youthfulness. Youth is lightness, feeling alive, vitality, and a clear mind. This will **increase and extend productivity. This is extremely important for the future, for any nation, any country and for its economy and security.** (See beginning of this article, about causes for labor losses around the world). This practice correctly organizes the constant and increasing pressure on the skeletal system, rejuvenating and training it within the parameters of an individuals’ ideal posture. This training does not use the mind but is instinctual. It is also a powerful breathing practice. It strengthens the cardiovascular system by engaging all the muscles of the body into working correctly thus taking the load off the heart. All of this is accompanied by the built-in active **calmness technique.** Thus two incompatible terms are combined: CALMNESS and ACTION.

2) The Personal Program is a method — **of individual liberation and realization of an inner knowledge — an inner knowledge of balance, spirituality and psychological stability.** The Personal Program is a realization of the evolutionary-meditative consciousness without separating from society. This personal **training of the evolutionary unity of mind and body** is individual. It is as unique as fingerprints and can be conducted at any time — there are no limitations in any area of social activity (ANY AREA!) — no limitations.

The personal program is accompanied by a constantly increasing state of calmness. This is a consciously trained psychological power of mind-body unity. **In the program of nature, the program of Life — there is endless stress. In this stress there is a constant endless selection. THE DIFFERENCE IS: IN NATURE THERE IS NO INCREASING POWER OF CALMNESS.** Even for nature this is know-how.

Obviously, these two programs are very different but at the same time they are interrelated; there is a long way (one goal) and there is a short way (another goal) — **but both of these paths follow the same direction.** They move towards the ultra modern future, ultra informative future and the ultra stressed future.

From what was stated above one could draw conclusions — if you are not willing to do this then your children should — because it is doubtful that your grandchildren will be able to do so. For example allergies have become the norm today that did not exist yesterday — mental ineptness is still not quite the norm today but it will be the norm tomorrow.

In 2004, I (Master HORA) added the tests of instant relaxation to the videos of dynamic training. These tests allowed the mind and body to feel and to see correct natural relaxation.

Everyone who saw the video agreed upon this.

Again nothing happened.

I will repeat myself. Tension is an environment. Within it **there is a stress program of the environment that involves everything that comes along with it.** (See the beginning of this article). Whatever can resist THIS tension and is hard to destroy is a force against a force — a force of correct calmness against another force of incorrect tension. **This 30 second video of correct calmness versus a lifetime training of tension that has becomes automatic.**

Unfortunately, the test is not a method of realization. It does allow a person to feel for some period of time what **the inner knowledge is** —where the mind and body are not split into two separate halves but are united. **To be this one whole is to understand through oneself — to understand through the unity of mind and body and not just through the mind.**

Such a person is unified in all of his coordinates; he is absolutely different from the usual person on every level. One doesn’t have to be a genius to understand **that development and evolution are only possible in the unity of mind and body.**

Any other versions are a development of whatever you wish but not of the one and not of the whole.

We repeat the experiment of 2004.

Next watch the fragment, and then you can make your conclusions.

Next, the DVD demonstrates a fragment of the dynamic gymnastics by the Master (early 90-s). It does not matter which fragment you watch, 20-30 seconds is sufficient. Afterwards, tests are offered.

HORA Tests

(tests of extreme opposites)

Test A

Try to strain your facial muscles.

If you feel difficulty in doing so — as if your facial muscles were asleep — that is an indication that you are in the state of deep psycho-physical relaxation.

TEST B

Try to make a firm fist.

If you feel difficulty in doing so — as if your facial muscles were asleep — that is an indication that you are in the state of deep psycho-physical relaxation.

Please note: the tests of tension did not destroy the deep calmness.

Unfortunately, the test is not the method of realization. It does give you the opportunity to analyze and **compare the commonly adopted relaxation** method where various images and feelings are instilled to the **Evolutionary-meditative relaxation of HORA where no one instills anything — no one gets brainwashed, programmed, bedeviled; no one “destroys the brain” or splits the consciousness.**

Generally, you are comparing **the training method that a human created** to the **training method that is used by all of nature**, which is millions of years old.

Medical *de-facto*: the instilling of non-existing states of being onto oneself is **commonly known as schizophrenia**; this is a subconscious movement towards 2025.

The roots of this lie in the primeval religions of superstitions; the only difference between then and now is that no one jumps around the fire or goes into a crazed state. We call those who go into a crazed state today by a not very scientific term: sectists. We witness how the global world split into two: the quiet passionaries and the raving passionaries.

The method of HORA is a natural **way of passing and receiving the knowledge. There is not a method on Earth that is more ancient and more proven.** In nature, no one jumps around the fire and “creatively” instills something into themselves that does not exist. The eagle does not try to convince itself that it is a hen, and a hen does not think of itself as an eagle — they both have a healthy psyche. A human would not be a human without the imagination. One just has to be careful what one imagines.

On Earth there is no more ancient or more reliable method of transfer of knowledge than the one of nature. It is guaranteed by the very power of experience, the power of reality. In nature there is no imagination. As a result there is also no superstition and no reliance on mystery. This is a natural way of passing and receiving the knowledge that is guaranteed by nature. **In the highest reality and the highest existence — in every skill there is knowledge that has been guaranteed for hundreds of millions of years. In nature, there is one way for everything - whether you are a bird, a fish or a human — it absolutely does not matter. This one method of transfer is the most successful one for HEALTH, especially for the psychological health.**

Today's human could be likened to a tiger in a zoo that has been **losing its evolutionary life skills** since it was placed in a cage as a cub.

Instantly he loses the enlightened knowledge of transferred skills of following life.

A tiger cannot regain this **way of Life** through self-imposed suggestions — not a tiger, not a human. It can become domesticated, but it cannot bring back the pure beast, designed by the Creator. Whatever is created is not the wild animal and the reason for this loss is **the method** of transferring the skills. This method is millions of years old. **Having turned away from the Creator's path, there is no way back.**

SUMMARY: a tiger in a zoo could be likened to a human in society — he falls from the enlightened state of life into the darkened state of a zoo, thus **becoming a schizophrenic in the first generation.**

The tests of HORA prove that the **inner path of development in a human — in you, personally, — is not lost.**

When split apart from the Evolutionary Unity, a PATH of subconsciously following the evolution — a path of

subconscious faith in the Creation — the path is simply blocked. It is blinded by the passionate mind games, and even more passionate game of minds.

A zoo-like society is now in demand — all parts are interdependent completing the cycle.

For now, the demand is precisely for a “zoo-like” civilization — but what will happen after 2025?

The **epidemic** of depressions did not begin yesterday. There is one simple thing that an average person should understand: a prediction of the worldwide “nuthouse” of 2025 has its grounds. Whatever you do in life, **without training of CORRECT CALMNESS THAT can not be annihilated BY TENSION, you are being awaited by whatever will be.** The Freudian psycho-type is established and is on its way to the realization of becoming a complete idiot.

Reminder: according to the statistics, in the western countries, every seventh person is either paranoid/schizophrenic or prone to depression and alcoholism... According to the data of WHO, depression is the second leading cause of loss of productivity. By 2025 it is expected that depression will become the leading cause (see *above*).

The perspective is quite obvious.

This expanding mass of people — is not only a great burden for a society, but also a massive opportunity for someone to infiltrate particular decision-making processes.

Before our very eyes, the world split into two: the quiet passionaries and the raving passionaries.

Try to stop this freight train that is rushing downhill.

Here is the paradox: while understanding the situation, those who talk about the year 2025, use the same schizophrenic suggestions on themselves. They suggest to themselves a state that does not exist, and actively promote it.

Thus scientists did not realize how they themselves became the subconscious agents of a mass identification psychosis.

SUMMARY: The Master’s training is ultra-speedy, using natural reasoning without any verbal suggestions. This was not understood 20 years ago and it is not understood today. In our civilization this is not understood in general. Even clear evidence does not help with understanding.

Yet, a scientifically predicted irreversible degradation waits ahead.

So maybe still a conscious evolution?

There is only one medicine:

In any tradition **1) balance; 2) spirituality; 3) psychological stability — is meaningless without immersion, control and the training of calmness.**

This material is intended for those who are still capable of maintaining their own common sense, despite the **modern multi-poled world variety of mass identification psychosis.**

It has started

Look around: who is ahead?

The one who is Older than you, one who is Higher than you,

Three times he knocks the door:

Use caution.

Seven steps —

A high price to pay.

Then the dog will not break loose.

Master HORA, 2001, “Another - II”

The realization of a Whole within oneself

Is impossible without the One WHOLE.

It is absolutely impossible

without the **EVOLUTIONARY unity of the mind and body.**

It does not matter what your belief system is.

If you are a materialist

or an idealist, or what race you are,

because you are **not divided into separate parts.**

Here is the body and here is the mind.

10/21/2008, Master HORA

Dream Body

(addition to the video recording of a lecture by Master HORA
“Deep snake tracks”)

From the Master's mystical experience (a fragment of a vision)
“I am standing by the fire sight of what used to be an ancient temple.
It is still smoking.
People are searching for something at this site.”

Important information was not included on the video of the Master's lecture in Moscow ², because of technical difficulties. This information is about the movement of an energy body of a person while asleep. That information was important to better understand the HORA system. I will fill in this blank, by expanding the subject.

While awake we receive 90% of information through the eyes. Our eyes are strongly connected to the physical center of our body (the gravity center), for stable informational processing. Because the body is under gravitational pressure and the mind is under informational pressure the breath is constantly searching for balance. The breath is searching through the interest of the inner self, depending on what is dominating, the information or the body. These are 2 different energy coordinates — one in the eyes and the other in the body. The result of informational pressure, including gravity, is fatigue. Our inner self is forced by the survival instinct to choose its priority: what is more important, the mind or the body? An unconscious selection begins inside of the person.

The person is not free to choose one of these priorities because the social environment creates conditions in which a selection between people is made. A selection of a type of species is created when the social environment is stable for a long period of time. On one side is the mind is dominating, and on the other the body is dominating. This creates the upper and lower classes in society. There is a gravitational pull between these two. We can clearly see in our democratic times, the split and the attraction of the upper and lower classes. In between those two social classes there are the main masses of people who are searching. They want to have both at the same time — to be intelligent and physically developed. In the end only a few arrive at one of those two extremes — either physically fit as a professional athlete, or highly intelligent. There is a social demand for both situations.

Our spine contracts under the pressure of fatigue. When we rest our spine elongates. Our breath is constantly and unconsciously searching for a balance between compression and the release of the spine — between the body and the mind. This physiological model is spread out into the social environment, which is normal, where the majority of humans are wavering between these, mind/body, just as we have already stated above. (selection.)

If the breath is fortunate a person will achieve one side of this selection, by demonstrating a strong focused inner will. Most of the breathing (people) lack focus in the unconscious search for wanting to have both — spineless.

Most people on their journey to perfection can not decide which path to choose. Their wishes will not allow this. Generally speaking the ideal is a strong spine (stability) and a powerful mind (a leader), while the key is in the breath. When our inner self wants to have both and this want will not allow the breath to find the right coordinates, then the function of the breath — which is the connection that is responsible for development — is entering its own kind of stress. That stress then expands.

Coincidentally we don't have working scientific knowledge about the inner connections of the breath, mind, body, spiritual and physiological health. This type of knowledge still exists in the meditative East, more or less — but in quite a peculiar form. There is so much secrecy about it that the majority of people lost most of the true knowledge. The few people that do know prefer to remain silent according to their tradition.

A teaching of self-control over wishes has existed in the East for thousands of years. Krishna who taught Arjuna yoga was steering the horses (the wants) in a battle between relatives to win over the kingdom. This image represents the battle inside oneself. There is a type of a war between “relatives” inside of a person, where each party wants to take over — become the ruler of the kingdom. In this battle there is nothing to win — either physiological or spiritual health. These concepts are split in our culture. In the Western culture it is the breathing that unites them — breathing without wants.

Wanting is a problem that all religious and spiritual systems are trying to resolve — endless wants. These wants can be restrained by religious fears or eliminated by the practice of liberation. In other words, there are only two paths: a slave shivering in fear or a warrior. The warrior, first of all, is disciplined, — and this discipline is that of a free man. As for cultivating fear, there is always a danger of hysteria — individually or in the masses.

It should not be difficult to understand that **with the correct coordination of the breathing, the mind and the body unite, and the kingdoms expand.** This is a different quality mind and a different quality body — a spiritual peace and a physiological wellness. These two models are two absolutely different psychological constitutions. One differs from another just as an airplane differs from an old wagon — this is not hard to see.

The master-mystic is different from an average specialist in that he can not only see the path but also knows how to achieve it. He can place a person into a meditative state — into a different psycho physiological reality. Meditation is not for everyone. A mystic will only work with those who possess a spirit of a warrior and a strong and stable mind that results in social adequacy. In other words, a mystic follows all the safety principles both for the individual and for the social environment.

These coordinates are not all there is — this subject is much wider and much deeper.

When a person is falling asleep, he is going from one set of reality coordinates (state of being awake) into a different set of reality coordinates (state of dreaming). The pressure of gravitation on the body and the pressure of information on the mind is also shifted to different coordinates where a different type of breathing is working. **In the dream state, the concentration of the mind is much higher than in the waking state, and its speed is higher as well, while the consciousness of oneself is lower.** The speed of the mind is not accompanied by a familiar type of memory because in the process of evolution, this concentration was less needed for the reality of the waking state. There is a different type and speed of memory, therefore we don't remember the information we receive in dreams. The reason for the speed is that the dream body is much more active than the physical body in its coordinates. **When we are transitioning from a waking state to a dream state, our speed is changing and again we forget. For one person, there are two realities, two sets of memories, two inner selves, two different personalities with absolutely different behaviors.**

In the dream, our inner self is taking care of many problems, including rest and health. Our energy is moving from organ to organ, while being controlled by the energy impulses from the energy centers of the spine that is released from the vertical suppressed pressure. Those impulses are not the same ones as the ones that are in the waking state. Information is being distributed, filling all the planes connected with the basic emotions — it is being sorted.

The physical body is not meant to keep the energy. It depletes the energy through breathing (wants) and then it tries to fulfill the loss of power with coarser types of energy — such as food etc. A dream body redistributes the energy in such a way that the breathing contributes to its accumulation. In this way an energy movement takes place from organ to organ. An example of the Tibetan Star is a beautiful demonstration of this — however this system only becomes useful if one knows exactly the type of breathing he or she should have. This system also becomes useful in healing if one can control a certain range of breathing in a patient. If this knowledge and skill is absent then this remains as just another beautiful model. (See the booklet "Another," meditation of calmness, also the booklet "Recognition," breathing in the first level of the practice HORA.)

In a dream a person is protected from his or her own wants. **His dream-self is busy saving his conscious self by denying control of it.** Redistribution of information is trying to fulfill unsatisfied wants in order to release pressure. Everybody can recognize this in themselves. This does not always happen, yet many problems associated with wants are being resolved. When the amount of wants is out of control, then the dream-self becomes less active. Therefore if one meditatively develops the space of the unconscious without mastering or restraining the wants both in dream and wake state, it will result in harm to oneself such as spiritual disorders etc.

On that path wants are food for spiritual disorders. This is an informational zone that exceeds the norm many times over — it is of a different speed and a different volume. To have a better understanding of the informational levels that are in question please refer to the volume of information gained through the two poses (booklet "Recognition"). An example of the Three icons ("Another - III") — this is not a dream vision. It does allow one to understand what kind of speed, what volumes of information and what interconnections the dream vision could carry. These are deep and serious interconnections. The informational influence of this vision is translated to a human speed of processing the information. This information spreads throughout all the brochures and is interconnected with different environmental components. This information exists in connection with different informational occurrences. It is up to the individual to evaluate the importance of this.

As it was shown before, **a master must know how to unite the two centers by breathing. He must also know how to unite, and harmonize the informational speeds of the two bodies — two inner selves — so that the results awaken the main "I" that can exist simultaneously in both bodies and move into either one of them.** All of this is written in one paragraph.

Conclusion: one should study such a meditative practice with those who truly know it. The reason is that **it may take a lifetime to restrain the feelings (wants). As you can see a couple of pages of information about the interconnections is enough** (See the booklet "Recognition", second stage of the system HORA.)

Without getting too deep into the subject, I demonstrated the **interconnections**: movement of the energy, organs, spine, dream body, physiological body and the different speeds of the decisions making processes (dream state).

Not only does relaxation take place in the dream state but also healing and rejuvenation — physiological, spiritual, mental etc.

In the first stage of the practice HORA, pressure on the skeletal-muscular system is organized correctly.

With this, energy moves on its path, fulfilling or releasing extraneous energy in the organs, in the spine etc. The correct way of breathing is activated by a reflex, **bypassing the concept “I want — I don’t want,” bypassing all the wants**. This is a different speed. Therefore, there is no need for any special way of restraining the wants and feelings. This is why there is no trauma to the psyche.

After each exercise, a deep calmness and a readiness for action are present at the same time. It isn't too difficult to understand that these interconnections in the body, dream state and speeds as stated above, have a direct relationship to the practice and is used by it. All that is shown above is only one part of the whole.

For more information please see the booklet “Recognition” as well as other booklets about the HORA practice.

Master HORA, September 2004