

# HORA®. Gravitaner™

Trinity of Nature, Part I  
(Translation in progress)

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*This book is dedicated to George Hora — son, friend, colleague*

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## Introduction

**In nature, productivity and success of a species type always have to be proven.**

1. It is proved by a species with its endurance and by its submerged attention into the space environment around itself ("environmentally-mobilized attention"). **This is a kind of "animal" type of spiritual state.**
2. It is proved by the ability to concentrate attention on the object of hunting, totally **narrowing attention around itself** ("object-mobilized attention"). It is somewhat comparable to the highest levels in yoga. It is a kind of an **"animal" type of spiritual detachment.** (The evolutionary mobilization is primary; it is billions of years old. Yoga, on the same time scale, is only a few seconds old.)
3. These two aspects of submerged mobilized attention are never in an equilibrium, always more of one than another.

**The ratio of these two qualities, "submerged and detached," defines the position in hierarchy among animals as well as among people** — like the tsar, the leader, the president — the one who is the strongest, the most successful in hunting, etc.

This principle is harsh, but comparable to today's democratic "non-harsh" elections among people — we choose, what we believe the best and productive one. Sometimes we are lucky at it, sometimes not. In business — this type of "the Russian roulette gamble," is more harsh, if you missed — you are bankrupt. When the politician is missing the target — bad luck for the rest of us all, such is the reality of the roulette gamble.

**Conclusion: The president has to be elected by the businessmen — people, who are bringing funds into the budget. They cannot be bribed with "social benefit packages and gift baskets" as the regular people can be.**

Once again: a ratio of two qualities, "submerged" and "detached," defines the position within the hierarchy among animals as well as people.

Question: which of the three points mentioned above (environmental and objected mobilized types of attention and their ratio) would the person who is focused toward success be able to ignore?

In nature, the effectiveness-success of any species always have to be proven. It is the same way among humans: success constantly has to be proven, or the whole country could lose out in international competition.

**Question: For you, personally, are the prospects of competitiveness and success important?**

If so, then this is your book.

From the view of an employer, at any chosen profession, unconditional advantage would be given to the most able one with **endurance, work self-discipline and learning abilities.**

Endurance and aptitude for learning — are the necessary parameters in competitive selection. But, without work discipline — it is impossible to build a career. Conclusion: it is irrelevant if you are talented, if you are capable of learning — all that has no meaning if you do not have work discipline.

Comparing people and animals can cause some discomfort. Reminder: **the human was created “on the sixth day” from ashes, and before him all was created from the word.** So, I think, for this particular reason, the animals do follow "the natural constitution" absolutely, and don't make the amendment into it.

Within the food pyramid all species know their own niche (space) and in each niche, there is a hierarchy, where everybody knows their own place. The competition is constant, the tsar always has to prove that his two types of **mobilized attention** (environmental and objective) — are the best.

Origin of spirituality:

- Spiritual **state** and spiritual detachment came into the human not from the heavens;
- Spiritual **state** and spiritual detachment are born by nature,
- The Earth was born from the Heavens (space).
- The cosmic logistics are constructed in this way, and not in reverse order.
- ***But, if there wouldn't be the energy of consciousness initially, then it couldn't be manifested.***

**Conclusion: the main parameters of success among the animals and people as well, — is the ratio and the most important — the quality of two types of mobilized attention** (environmental and objective).

Example: If a cat concentrated on the object of hunting, it hears almost nothing and doesn't see anything but its potential prey. Until you approach it closely, it won't notice you — too focused. Its concentration of attention in such hunting is so high in animals that not only a cat, but also any animal until you approach it, it won't notice you.

It is an example of how the ratio of environmental and objected mobilized attention changes depending on a task; how the energy from one type of attention practically to its limit can be pumped into another type of attention. If (in the process) there is more of one type of attention, then for sure there will be less of another type of attention. **And the one who shifts energy quicker is more effective.**

This principle is well known by scientists; bankers, military people, politicians, and athletes realizing it intuitively, in their work.

At the moment of concentration, all animals (land, water, "air") without exception, including the human, tighten (contracts) and squat (crouch) in order to leap (dart, shootout). It is clearly visible on the animals living on the land, and more difficult to see it on the water and air animals. *However the mechanism is the same — total concentration of muscles for an impulse.* The best vivid example would be a snake jump: it contracts, then as a spring, shoots out instantaneously.

Such actions — contraction and shooting out — demand from all animals a large energy expenditure. **While the animal is in a growing state, while the muscles are capable to stretch (elongate), contraction-release (de-contraction) happens practically instantly.** At the transitional time (from the teenager to an adult) the person, and animal: their growth-expansion has already stopped, but not completely yet; at this time the muscles are expending, bones are getting heavier, the maturity comes, and then, step by step, gradually, the fatigue starts to accumulate and with it comes degradation.

*In natural process of direct training (transfer of skills) happens at the moment of muscles growth-expansions and growth of the entire organism. The same way among people, this time is the best for education, physical training, and sport.*

Point necessary to remember: the growth memory of the entire organism is preserved within the human, and **an opportunity to turn on this memory for further evolution also remains**. If there is an ability to get this memory back, then you return youth to yourself, with preservation of experience that has been accumulated.

What can it give to you?

- **Inconceivable efficiency**
- **Explosive growth of professionalism**
- **Incredible competitiveness**

I will repeat once again: incredible competitiveness.

*In order to continue the process of evolution, muscles have to return once again to the zone of growth-expansions and the nervous system has to become pliable.* It can be done in one way only — by the **conscious evolutionary trance-immersion**. From the very beginning, such immersion is accompanied by instant immersion into the unity of calmness and action. Those two concepts are incompatible: the deep calmness requires inaction, and the action requires tension. **Their mutual evolutionary trance-immersion into each other creates the pliability of the nervous system.** The interrelation between a brain, a body and nervous system coordinates is similar to human, but already different. It is more similar to the teenager.

Are you beginning to smell competitiveness? ... If it is interesting for you, continue to read this book further.

Step by step, the basics of immersion into an evolutionary trance and how two types of attention are connected will be explained. If this is interesting for you — then you are starting to understand that the next evolutionary step for the human kind is possible. Read further until the following chapter, because this chapter is already yours.

## Natural parameters of success

People are successful in sport only while their muscles are growing and expanding (elongating), as in the children, as in the teenagers. The coordinationally difficult types of sport are designed only for children, but even they have to have a predisposition to it.

With age, the athlete can keep being successful only due to experience and constant muscular stretching. The aging eventually prevails and if the athlete stops stretching, even in a short period of time, the process of aging would approach rapidly.

To an athlete, muscle stretching is a constant necessity, and then, in order to **prevent being written off and to continue a career, he needs a "jump" into his own memory of the muscle growth. Which**

**wouldn't be possible without evolutionary trance; "meditation" cannot help, science cannot help, and no yoga will be able to rescue the athlete.**

At the moment of feeling of a threat (not a threat yet), all animals without exception (land, water, air) including the human, tighten (contract) and squat (crouch) in order to leap (dart, shoot out). Not all people can do it, most of people instead of getting themselves into an instant mobilization state, falls into a freeze zone. It is some kind of off switch. In nature it is guaranteed — you are already dead, before you even felt the threat.

It is important to understand that intellectual people also do such **mobilization assembly**, but they make a leap into the thoughts. This is their hunting. However, the feeling of threat and mobilized assembly in it is blurred. Thus, an **abyss emerges between the evolutionary nature of human and it's intellectualism**. If that is clear, then the step is already being taken to reduce that abyss.

At the moment of feeling of a threat (not a threat yet), all animals without exception (land, water, air) including the human, tighten (contracts) and squat (crouch) in order to leap (dart, shootout). **Sport professionals at such moment have almost instant muscle relaxation, which includes signalling of inner-connections and a complete stop, freezing. Then muscles instantly clench toward the gravitational center. The push begins from ideally-supported/anchored feet — spark and shooting out happens just as in the example with a snake.** All athletes do the same thing — the boxer, the volleyball player, the runner, and others.

**The force moves with a push from below, from the stability/anchoring — on the earth, in the water, or in the air. The attention coordinates this force within space, directing it.** This is how the external stream of energy force looks like. The internal stream of energy force uses another type of attention. (The ability to distinguish the external and internal streams of force is fixated within a person by the Master. The option of the "virtual expert" — "I read and I understood" — does not exist here.)

A vast majority of people are not athletes. And among this huge majority exists a type of "intellectuals" — they have no experience as athletes, their **"body-intellect" is almost near zero**. Such is a natural compensation — when one has more of something, then something else would be less in him.

They usually would say: "in order to do something, I have to understand." When it is told by the intellectual one, it is normal, and it has to be so. But, when neither the intellectual nor the athlete is saying this — neither one, nor the other... It is necessary to make a few comments about them. Those "neither one, nor the other" — I call them the "virtual experts." In general, most ordinary people usually trained in some kind of yoga-practices not by intellectuals, but by the "virtual expert." What they are is what they teach.

**When the athlete teaches yoga, it is awful, but explainable.** He, at least as the athlete, knows how to stretch muscles and how to work with joints, without harming self.

**When yoga is taught by the "virtual experts" it is not even funny, it is scary...** The damage caused by them cannot be explained briefly, but I will try.

*You can ask older people what their joints mean to them, and you will understand what is "yoga-cruelty" for joints; incorrectly coordinated stretching of muscles leads to a misplacements of a spinal cord and movement of organs from its own places. These two aspects are interdependent, by doing one; you are automatically doing another.*

**The secret of physical health lives in joints while they are "springing."**

**The secret of well-being is in the muscles while they are "pliable."**

**Then no matter, how old you are, you are young at any age.**

Perhaps you might know yogis who can teach you all that was written in one paragraph above? This is all that you should know about "consumer fitness yoga." This is what you should demand from the "consumer fitness yoga." It is the norm of the civilized person — "I want health." In summary: I have fitted "the consumer fitness yoga" in one paragraph ("**secret**" of joints, "**secret**" of muscles). Have you seen in the market such an "offer"? The "yoga market" is in the entrepreneurship state of a "wild west."

When the athlete teaches yoga, it is awful, but explainable.

When the "virtual experts" teaches yoga that is not even funny...

I don't speak at all about what I am not able to do. At least, any serious yogi knows, that **without immersion into the calmness any yoga doesn't cost a penny. And those who are able to do it instantly, they do not need yoga, they are manifested.** Everyone who is on the path in the East is dreaming about the unity of calmness and action. Our cultural and traditional code, turned out to be such, that we wouldn't know what that means. Our cultural and traditional code is a sport. **Spirituality was never connected with physical culture in our culture. Moreover, our spirituality rejected physical culture.**

This is an important point to understand: there are two such spiritual mindsets (East-West) and it is a vast, complicated, serious and invisible to the inhabitant's eye, geopolitical religious conflict of interests. The most real struggle for the minds is happening worldwide. The world is competitive. In the animal world, all try to expand and increase their own space of life. It is the mankind history. Spirituality in the same way always intended to increase its own space of life, and they did it. Today the "spiritual" conflicts are more civilized and softer, and only the future will know how it will be further (life will show).

**The unity of calmness and action is that type of reality,** without which the spirituality cannot be realized in either the East or the West. *When spirituality is realized, it is obvious, after all it is manifested in the living person and in the body.*

We can appreciate sport so far, but it is only for now. Sport, after all, is not hunting in the jungle, where a great number of various hunters are hunting for the hunters and therefore constantly requiring the environmental and objected **mobilized attention**. This training is natural and constant — because they wish to live!

The jungle is not a civilization, intelligence won't increase there. However, **the intelligence "structure" (building) — its height, strength and other characteristics depend on the quality of attention. When the quality of attention is higher, then efficiency is higher.** Such efficiency is trainable. Is there anyone, who does not need this?

Ability to regulate a ratio of two types of mobilization attention is the natural parameter in which there is an evolutionary selection — the best/worst, successful/unsuccessful, effective/inefficient, adapted/unadapted.

You have read a little more, took one more step. It was difficult, but you made it. Farther, something will be simpler, and something will be more difficult — you are already facing the internal conflict,

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something you liked, and something you didn't. It is normal, natural — the new collides with the accustomed.

If this is necessary for you, continue reading further.

## Little things in Life, without which there is no Life

The entire organism — the body, a brain, nervous system, breathing, a metabolism — literally everything is adapting and Changes in the process of "trance-expansions." Similar to children, but only in order to improve characteristics of two types of attention.

In today's technically advanced world, among grandiose ideas, this statement looks "insignificant": "need to improve two types of mobilization attention." But without this insignificance (two types of mobilization attention) the Development of Life is impossible. It is not necessary to be in academia to understand the two types of attention.

In society, directives are sometimes given "from top to the bottom"; for example — "health of the nation." What can be better? The health of the nation is a competitiveness of the nation on international arena. And if to the "health of the nation" we add the development of two types of attention, then the nation won't become less healthy, but physical and intellectual competitiveness, efficiency of the nation in the international arena will increase many times over.

The one who gives directives "from top to the bottom," knows the power of attention in competitive battle, and knows it better than all. The only necessity is that the words "trance" and "evolution" would take its lawful place in a modern cultural code. The basic principles of development are the same for all beings in this world: (1) two types of mobilized attention (environmental and objected), (2) their ratio and the (3) most important — their quality.

**Regulation of a ratio of two types of mobilized attention is a kind of natural type of yoga, a natural sport for all beings.** But neither in yoga, nor in sport such understanding does not exist now and never did before. In modern science, such understanding does not exist either — if that wouldn't be true, then scientists could collect all interrelations into a single whole and create a "scientific yoga."

What is necessary for the person to do for an "evolutionary jump"?

Evolution is a very slow process and occupies tens of thousands, hundreds of thousands, millions of years, so the result is unpredictable. The species can disappear for its uselessness — this is written in the constitution of nature. Only the human has an opportunity to exit from the long-lasting evolution and consciously make an **evolutionary trance-jump™** — to open the new page in the constitution of nature.

Briefly, we will summarize the results. It is necessary to reflect a little over them. If the covered subject is not clear, it means one must return and read everything over again. If that wouldn't be necessary, reflect on it anyway.

### The basis of the competition and success:

1. Stability/Anchoring within the laws of nature: lowering of the center of gravity.

2. Concentration of attention within the laws of nature: environmentally-mobilized and object-mobilized.
3. Maximum relaxation and readiness to act or cancellation of action.
4. Muscular trance-expansion, return of the teenager like ability to learn.
5. Unity of calmness and action, inseparable with breathing, that is not habitual to the human, but inherent in him.

All these five points are realized only at the same time. These five points are only divided for the mind — to establish clarity, in what types of parameters will the “**evolutionary trance-jump™**” happen.

**These concepts will be promoting or disturbing this process:**

6. Crisis of cultural codes — we on the border of a change of eras, we are at the beginning of origin of a new civilization, unknown to the humanity.
7. From this point, the change of the elite in all areas of society and worldwide will begin. The world will change irrevocably.

## Civilizations are in search of development

We will review examples of popular teachings and training types. They, practically all, originate from a world of animals — from Nature’s Kingdom.

In all Eastern martial arts, without exception, the first and main training condition is — to place one’s feet wide apart and to lower the center of gravity. **So far everything, as in the world of nature.** The center of gravity in the meditative Buddhism is a spiritual center in a body without which neither Dkhiana, Ch’an, or Zen are impossible — this is a Bodkhidkharma's teaching and method (440—528/536 AD).

Bodkhidkharma ordered his exhausted, weakened student monks: to place your gaze into the stomach and hold it there, while being in action or inaction. Do it until one passes out and is revived again. Rephrasing not literally, but in essence.

**The degree to which the wandering center of the personality in a stomach will be “civilized,” balanced, to such degree the attention will be advanced in the manifestation of the civilized spiritual personality.** In essence. Among the people there are geniuses, Bodkhidkharma — not the genius, he is not even the human.

Bodkhidkharma is — the Phenomenon.

In two to three paragraphs, I conveyed in my own words the meaning of the teaching of great Bodkhidkharma. Without which Dkhiana-Ch’an-Zen wouldn’t come to this world. His teaching among all teaching — the Phenomenon. It is so happens that I am an evolutionist, and I see that the **Life nature confirms with itself Bodkhidkharma's Teaching:**

- At the moment of concentration without exception, all animals: (land, water, "air") contract to make a leap. The human in a similar situation acts in the same way, as well as all animal species. He sets his center of gravity lower.
- Professional athletes at this moment have an almost instant relaxation of muscles, then muscles almost instantly clench towards the center of gravity. The push begins from an ideal support/anchoring in feet, flash — then jump, just like a snake. So all athletes do the same — the boxer, the volleyball player, the runner and others.

### **Sport is not the doctrine, sport is sport.**

If you look at Bodhidharma's teachings through my eyes of the evolutionist, then Buddhism changes, becomes different, evolutionary. BUT! There is a problem — a cultural and religious code of Buddhism. Meditative practice is interwoven into the Teaching of Buddhism. The practice itself, its pragmatic basis, can be fitted on a half-page, at the most. The practice itself can become trance-evolutionary, but a cultural and religious code — the teachings, at once and right away cannot become it.

Before there was Ch'an Buddhism, Buddhism existed already for one thousand years. Before there was Buddhism, yoga-teaching existed for several thousands of years. But in this world, everything is possible, **thus, one more transformation of Buddhism into an Evolutionary Trance-Buddhism is possible.**

Yoga — concentration of attention on an object — has to lead a yogi practically to a condition of full "turn off" — "I see nothing, I hear nothing, there is only an object and only me." Just like in the in nature — while the hunter is focused on his prey, he cannot notice you, until you would approach him closely...

**For an achievement of such concentration, the yogin sits down in "a firm pose of a lotus." The lotus flower lies on top of the water, it doesn't lie on the firm earth — the flower balances on the water surface.** This is a well known fact.

Question: does the yogi sit on the earth or on water?

Yogi doesn't sit in "a turnip pose," he sits in unstable "lotus pose," and has to sit in it firmly. This pose, stable and unstable at the same time, is a symbol of yoga and practically of any meditative practice.

If you are very tired and start falling asleep while sitting on a chair — you can fall from a chair. Yogi balances, he doesn't sleep — he goes "into the turned off state." In order for yogin in the "turned off state" **not to fall incidentally, he ties the feet into a "knot." Going into the turned off state, he is involuntarily balances, as a flower on the water surface. The physical body falls asleep — dies, and the energy body, as a flower, float's, balances.**

What is this energy body, known practically by all? At least once in life, while waking up, the person notices that his hands, feet, his entire body — feels as if they are aside. And then everything becomes normal. Such moments for the ordinary person aren't a key for reflections. But this is an effect of "a thin body," and it is unusual. Without going deep into interrelations, I will continue.

Yogi can't fall from his "chair"... — it is dangerous, and consequences are unpredictable. **Everything begins with balance on the physical level and its correct understanding — this understanding is not of a sport like balance and not of a scientific one.** Firmness of sitting has to be, as if "the nail has been hammered into an oak," but not as if "the nail has been placed in dough." The yogi shouldn't lose reference points between the worlds, for example, between the physical world and the dream world.

If he would fall as in the example with a chair, the balance of a body in the thin world and balance of a body in the physical world can stray, and mind will become insane for sure — the worlds will be mixed up. That is why it is necessary to be at the same time balanced as lotus on the water surface, and to be stable as the nail hammered into an oak. Even simple shuddering is dangerous as it sometimes happens during a rapid exit from a sleep: cold sweat, startled, shortage of breath. But when the worlds shudder — it is a horror, the universe falls... For a body and consciousness, it would be as the same as to get into epilepsy and paralysis at the same time. The totality (wholeness) of an organism collapses.

As you can see, at the base of high level spiritual yoga practice lies the same animal principle that belongs to all nature — to fishes, land animals, and birds: **stability/anchoring, being submerged, concentration, all at the same time**. It could be separated only in words, but occurs only simultaneously.

If to look at the teachings of yoga with my eyes of the evolutionist, then the yoga changes, becomes evolutionary. BUT! There is a problem — a cultural code of Hinduism. Meditative yoga-practice is interwoven into a religious code of Hinduism. The practice itself, its pragmatic basis, can be fitted on half a page, maximum, but the teachings and a cultural code — are huge.

Thus, the practice itself can become a trance-evolutionary, but a cultural and religious code — the teachings, at once and right away cannot become it. **If to look at yoga with my eyes of the evolutionist, then any yoga-practice becomes "Evolutionary trance-yoga."**

The roots of modern sport originated in the pagan Mediterranean Europe. So it happened that today sport "isn't burdened" with religion. Modern sport is interwoven into modern science. And the modern science originates in the same pagan Europe.

During, at least, one thousand years any science in Europe had to pass a test for compliance and no contradiction to the religious doctrines. A striking example from history: Is the Earth round or flat? If one doesn't agree with a doctrine — then burn him. If the woman is beautiful, then it is a bad luck for her... — she must be a witch.

In short: we are not pagans any more, however meditative culture (yoga, Buddhism, etc.) still came from the East to Europe. The questions arise: what are you looking for in it? What are you missing?

When Dkhiana came from India to China, it didn't remain as Dkhiana, it turned into Ch'an. For such transformation to happen, there had to be its own cultural roots, and they had it. Ch'an, in turn, having come to Japan, became Zen. For such transformation to happen, there had to be own cultural roots, and they had it.

The same phenomenon in different cultures is called and sounds differently (Dkhiana, Ch'an, Zen). Thus, it means they see the same thing also differently. **That what is seen differently, lies at the foundation of life: wild animals and humans, at the moment of concentration of attention, make the same actions.** It is this minimum which is a cornerstone of all ancient civilizations.

At this stage we are a modern civilization — scientific.

*All athletes before action, lower their center of gravity and relax to a maximum point where they are still in control, nearly to the loss of consciousness in order to dash in the flash, explode with power. As you can see, in sport also all key parameters of animal success are used to the maximum.*

Question: Are athletes pagans? If not, then it means that it is necessary to transform and move further within the cultural code.

Sport disciplines, accustoms to control and overcoming of neuroses and weaknesses. Also, all athletes know that if they overstay in the starting position, they begin to simply "burn out," forces quickly start abandoning them. Then neurosis, a hysteria comes immediately afterward, sometimes it comes it comes down to "shaking." It can even result in a breakdown — apathy, indifference. (It is hard not to mention: scoundrels unscrupulously use this in sport, breaking athlete's starts, there is such business there).

**If to look at the western sport with my eyes of the evolutionist, it changes, becomes "Evolutionary Trance Sport."**

**Discipline of efficiency:** on the basis of basic **European, initially disciplinary, gymnastics**, which is about two hundred years, I created already **trance-mobilization gymnastics**. This form of gymnastics is capable of changing any kind of sport, and giving to it another impulse. In its basis — the principle of the internal stream of energy of force that uses another type of attention, unlike an external stream.

**Evolutionary trance, its basis — the principles of development of life.** It gives the ability to be trained practically from the start. If the principles are realized, and, the most important, manifested, through these principles any system "is opened, as a tin-can." **All unnecessary items will fall off by itself, only the effective and pragmatic items remain.**

**What will be the obstacles for evolutionary trance training?**

The world is divided into the different cultural codes competing among themselves, but it is the **same animal principle of competition** coated by the civilized human world.

People unconsciously repeat the world of nature, and try to improve it in the own way. **As a result, the global code of Life and human cultural codes already entered rigid opposition. The person is capable to untwine this "small knot," but without evolutionary trance, he won't be able to make it.** Simply because he didn't return to a code of life, didn't restore it in himself — didn't return to an initial source of life of the Universe.

*The next evolutionary step in human evolution of the kind, a human will make consciously™.*

Question: do you personally need to know, understand, the parameters of success so that they can be trained?

If yes, this is your book.

## Two different sides of the same coin

One side: Universal values — today it is the moral, political dominant concept supported by economy, education and force. The one who can use this tool, is the one who is effective and successful in geopolitics.

Universal values — are not the teachings from Teachers of Humanity, this doctrine is from politicians.  
 Universal values — means worldly.

The other side of the medal — interests.

Interests — is the world map.

The world map is divided into the many pieces. Each piece has its own interests. The number of problems on "the globe of interests" will be enough for thousands of years. I speak about it purposely, because for many years **your attention will be bound** by one or the other side of the "medal."

The persons has not been born on Earth who will be able to connect within the divided world of people the universal values with the national interests.

**On the world map every one has a unique understanding what means the "universal interests."** Then, while solving the unsolvable problem in which you are already involved, you won't forget that the main thing in your own development, in competition is the ability to master the two types of mobilization attention.

## Evolution of Life

We have already defined environmental-mobilization attention and object-mobilization attention.

**What is "gravitational attention?" No one knows yet.**

**What is "gravitational concentration?" No one knows yet as well.**

I am introducing absolutely new terms. All living things on Earth exist in a single uniform gravitational field. In order to make a trance-evolutionary jump, it is necessary to understand that it will be a jump into the gravitational space.

The jump into a different environment of elements in which the whole world exist and doesn't know about it. Only human being is capable to unite with the gravity — a source of Universal Life, universal space of Life.

Mastering the new space of life — is a code of the development of life. **Gravitational space for human life, is the same as an air environment for a fish.** For the fish to master this environment, becoming a reptile, it took some time. A human being — a unique being, a transitional phase between air and gravitational space. Such thought looks like science-fiction, but by reading this book, it is possible to draw a conclusion that is written by the pragmatist. **A trance-evolution without realization of the living gravity is impossible.**

Reminder! **The bases of competition and success:**

1. The stability/anchoring, based on the laws of nature (lowering of the center of weight).
2. Concentration of attention, based on the laws of nature (spatial environmental-mobilization and object-mobilization).
3. Maximum relaxation and readiness for action or cancellation of action.

4. Muscular trance-extension (elongation), return of teenager-like ability to learn.
5. Unity of states of rest and action, inseparable with the breathing, not typical for the human, but inherent within him.

**Now, I will add these points:**

1. A trance-evolution without realization of live gravitation is impossible.
2. **The first five points are realized in the person simultaneously along with the awakening of a live gravitation.**
3. **A human being — a transitional phase from one environment into another.**

Let's conduct an experiment: concentrate on any object, and you will see that it is in motion, it tries to slip out from your attention, At the same time fatigue onsets quickly, expenditure of your energy increases exponentially. In order for the object of concentration to stop slipping away, a person needs to stop practically all his live activity — these what high yoga practiced since the ancient times.

**If the live gravitational center is realized, then attention of such person is gravitational.** At the moment of concentration, it differs from the attention of animals and the ordinary person by its **inexhaustibility**. **This is a new space/environment of life which the person can enter consciously.**

We know the environment of life on the earth, in water, in the earth, and in the air, but we don't know gravitational space of life yet. I speak about this particular gravitational concentration of attention and about such space of life. Absolutely new space of life into which a human can enter consciously. Is there a benefit in it or not?

If yes, this is your book — continue to read further.

## New World

All objects fluctuate within a gravitational field of Earth. The usual attention of the person is not gravitational, it is not within the resonance of the planet, it constantly "slides off" from the object in focus. The huge space of a brain is occupied with the stabilization of the visual picture. Reason: the center of gravity within the human is unstable, "wanders." For example, when you walk, you don't notice that you jump up and down, it is done by all people.

Imagine that the person is in a hundred-story building which constantly shakes and bounces. All hundred floors are over-supplied with the multilevel system of gyroscopes needed to compensate swinging of the building. The gravitational transformations modernize all this complex system so that it only needs one floor from hundred. Then other ninety nine floors in the human will be released, then the interrelation coordinates between a brain, a body and nervous system will change. The brain space and body space will be freed, then the nervous system will become pliable.

Next step: a **gravitational attention** in a gravitational field of the Earth is also fluctuating, but, unlike the usual attention, there is a compensation of fluctuations with the help of the stabilized alive gravitational center. The brain is constantly occupied with:

1. Creation of the stable picture ("world")
2. Coordination of a body ("Inner-I") within created stable picture
3. Management of concentration energy. When there is a need for concentration on object, energy is for this purpose absorbed from a system of stabilization "Inner-I and the world" (item 1 and item 2)

**A reduction of "fluctuations" within attention, releases a huge space in the brain and body.**

Humans, as well as all other creatures, is focused by nature on expansion of living space. People were always at war for expansion of living space, not because they so aggressive, but because nature focused them in this way — it is the principle of a survival of a kind.

**Trance-gravitational changes give the unique opportunity of expansion of the living space not by the animal principle of unconscious evolution, but by the spiritual principle of conscious evolution.**

*Gravitationally transformed person* starts mastering the new gravitational environment/space — and this space of the Universe is constantly expands.

The free space in a brain is necessary for the human for mastering of the gravitational space/environment. These are the doors to the New world, because the world will change. It is the *world of the future* which is intuitively has been expected by people throughout the millennias. It already came — came by itself and knocks at your doors.

Everything will change — both education, science, technology, and sources of energy, religions, and the worldly values, management, relationship, etc. **A gravitationally transformed person will have different type of hand — different wrist, different fingers, and different hand grab — and the world will change to suit this hand.**

## THE HAND WILL CHANGE THE WORLD

Today, it is a scientific fact: the hand of the person, its projection (wrists, fingers) occupies considerable part of a brain. Interrelation: the hand grab (**the opposed thumb**) and consciousness (**intelligence — logic, analytics, forecasting**) are evolutionarily connected among themselves, and it to the scientific fact.

**The hand developed consciousness, the consciousness developed the hand.** *So gradually there was a change of interrelation between a brain, a body and nervous system.*

1. The body construction is forced to change, and adapted to fit such hand.
2. The body followed after a hand and after the change in attention.
3. The created balance of spatial environmental and objective attention —  
this is the modern person.

The evolutionary trance is changing a hand and changing consciousness of a human. **The trance-hand™ and a trance-consciousness, in turn, change the body — making it pliable, and the process of evolution**

**is accelerated in order of magnitude.** Acceleration happens due to transition from unconscious evolution to the conscious.

The conscious evolution is constructed on the same model which is the cornerstone of unconscious evolution. The trance-hand™ changes consciousness, and the trance-consciousness changes a hand. The body submerged in the evolutionary-trance, is the most pliable. Such body is quickly adapts to the an evolutionary trance-hand™ and a trance-consciousness.

**The trance-unity of evolutionary mind and an evolutionary body is created in such way. Such unity should not be confused with Yoga — Buddhist — Taoist ideas of "unity of mind and a body."**

The evolutionary trance-hand™ should not be confused with yogi, Buddhist mudra, gestures. First, **the mudrakh does not have and never had an evolutionary component.** One hand from the real new world is better than thousands of gestures of gods, yogis enlightened, perfect ones, etc., which contains a lot of knowledge, but do not contain evolutionary component.

**In one trance-hand™ of the real new world — in it, all gestures are hidden, and all mudras. All gestures are born from it are evolutionary and natural.**

If I would be living in the ancient times, and incidentally wouldn't know neither about evolution nor about selection, then I would be compelled to call it — god's hand, a hand of god of yoga, Buddha's hand, a hand of the perfect one, the teacher's hand. But I am an evolutionist, and so I will not call it this way. **This hand is hidden within the person and is waiting for its time to be awakened.**

I don't speak of things that I don't know, or of things I am not able to do. For the transition from psycho "human" into psycho of an "evolutionary trance human" I do not even need to count to three, even to two. As it is for me, **it is better to be, than to seem.**

Yesterday, today, tomorrow.

**Hinduism** — few millennia of cultural, religious tradition. Integral parts of traditional culture: yogi in "a lotus pose" and the world recognized attribute of the Hindu — the painted point on a forehead. Also in Hinduism, the heart chakra that is balancing the "top and a bottom" — is especially emphasized. The calmness of heart is attained through breath control. The control of breath is attained by concentration of attention. The method balancing "a top and a bottom" — mind and a body.

In many parts of the world, people made various modifications of skulls — pressed through a forehead, performed cuts or openings in this area.

**Dkhiana-Ch'an-Zen-Buddhism's** concentration of attention in a stomach — the purpose to stabilize the wandering gravitational center. The degree to which wandering gravitational center, is the degree to which the attention of the person wanders. This is a very simple thought to understand.

One of the official names Ch'an-Zen-Buddhism is "Heart of Buddha." A control of the wandering gravitational center is achieved through the calmness of the heart. The calmness of heart is achieved through breath control. The control of breath is achieved through concentration of attention, this center is located in the person's forehead.

**In Taoism** there is a concept Dan t'ian — it is a power center, a peculiar store of energy.

The top Dan t'ian is located in the brain; its point is projected between the eyebrows.

The middle Dan t'ian is located behind the chest within heart area.

The lower Dan t'ian is in the abdominal area; it is 3—4 cm lower than the belly button.

**In Christianity** these three centers are also emphasized and designated as trinity, divided only in words. They are pointed to when make a sign of the cross on the body:

- Forehead (God the Creator — universal essence)
- Chest (The Holy Spirit without which a biological life on the earth is impossible)
- Stomach (materialization on the earth, in a human body, the son of Creator)

The earthly son of God — it is neither God nor the human, something new, another, other life, that needs to be seen. Neither God nor the human and through the Holy Spirit — both this and that, synthesis, the birth of new. The Trinity of Life, uniform, indivisible, the principle of life for all living beings; through this principle all new beginnings, in any biological species.

When a child is born, he is still being carried, he is a human child, but not the person yet, he continues the evolution after the birth. And later in time, this child develops pre-consciousness. His foundation — impressions and so on — ability to be impressed. This is not consciousness, but through this zone comes experience; to be impressed — is an ability to accumulate experience. The only thing to what this zone of impression can be compared to is with deep immersion in contemplation when all vital functions are turned off and from the object of contemplation, The contemplator is impressed.

Such spiritual form — contemplative impression — is a huge informational step, because it completely changes consciousness, and the person from usual human consciousness moves to another level of consciousness. Before my explanations this level was explained as spiritual, and it is comparable to this child's moment — of being impressed. At such moment, the "inner-I" is not thinking of anything, it is in a state when any thought stops.

The child at this moment of transition to consciousness is comparable to mowgli, he is not a person yet. The environment where this being will get to, that he will become. If he gets to wolves — he will be imprinted by wolves, if he gets to monkeys — he will be imprinted by monkeys. If he gets to people — he will be imprinted by people. If he gets to God — he will be imprinted by God.

The impact on consciousness, on a brain is such that the reverse process is practically impossible, the "self-I" become that by what it is impressed.

The child imprinted among people — in him embodied the principle of possible new. For this new to be manifested, an Alpha has to come. Then between the Alpha and the person the program of transfer and acceptance of experience is established. The changes affect the person completely, in all of his thin planes. Such is effect trance-contemplation: imprinting transforms completely, all skies in the person and all of his bodies. All religious systems without exception are built on this principle — the principle of "imprinted".

Buddha — the Alpha, left a method of a manifestation of the new, a transition from the person into new. But the language of Buddhism is archaic, not evolutionary, and isn't supported by science. In Christianity, the system of transition into new also exists, it can be found in the system itself. But the system didn't show the transition into the new. The reason for it: So it happened that the Savior in his life managed to leave the belief to his students, but not a method of transition from earthly life into the earthly new. It isn't simple in my opinion, this my absolute belief.

**New — it is the different type of attention, gravitational, and different gravitational center. As a result, a different type of breath and heartbeat that are connected with the sensually manifested gravitation.**

The meaning of a cross — a cross, with its clear, accurately allocated centers — is unique. The cross appeared much later in time after the Savior, and with the concept of "Trinity" is not that simple too, but, nevertheless, all of this got united in one unique doctrine:

- Salvation
- Cross, with the accurate, clear designations of the centers
- Concept of Trinity

And today I am trying to explain, prove that the Trinity is the principle of development of all living beings on the earth. Only this Trinity of Nature, united as uniform indivisible whole, is capable of generating the evolutionary new.

The earthly son of God — is both God and the human in one person, the Holy Spirit — is what, has the power of God and human united in a single whole. Not the human and human, but God and human. Was the person — became another. From humans, based on humans, but already another. It means to materialize Salvation and to follow the Savior, the teachings of salvation, teaching of humanity, and to carry within self and materialize the cross of development of Life. Important to note: the teachings of humanity is a norm for Judaism, Islam, Buddhism and so on.

My reflections can cause discontent for many people. Some can even say that I am offending someone's religious feelings. I apologize in advance if someone has such feelings: I do not have such a goal. I am an evolutionist, and at the same time religious person, and it is natural to me to be this way, this is the way I am imprinted. Because of this my psyche is not split in two parts and doesn't clash with itself. My mind, my soul, and my body are calm and conscious in such unity. If it is to be divided into two — it would be the same as cutting me into two parts.

The Savior died young. I have no doubts: if he would live longer — the practice would be born arising from the first prayer ("Our Father," our heavenly Father), arising from sense of these words. And the person would stop being the slave and really would become the son of the heavenly Father.

An additional point:

What the reader needs to understand if he is not well informed: The way that was opened by the Savior — it was a full, absolute collision with the cultural code in which he lived. In that cultural code, the son of God — is a revolution. It is a threat to both spiritual elite, and secular elite, simply because the son of God is equal is equal to none. This means a complete replacement of the elite. (Think of a question: who is king against the son of God? Answer: nobody. And who is the emperor to whom other kings serve? — the same nobody. It is simple to figure out the consequences.)

Now, these questions have been democratically and civilly smoothed out, and nobody digs it deeply — because it is a very serious conflict: religious collision, the collision of the elite, the collision of the states, it is repartition of the world. But in today's civilized and democratic time it is now possible to speak about it, it is necessary to speak of it. Because when something new comes, generally accepted

standards — the tradition, such as thousand-years-old traditions of our fathers, doesn't accept the new, it frightens them. These traditions are rooted in the Middle Ages, and the Middle Ages are rooted from the "Stone Age." Traditions don't grow from the future, they grow from the past.

I will repeat: the first prayer that the Savior gave to his students, begins with "Our Father", it does not have the word "slave," it has the words "My Father" — "Our Father," that is all of us are brothers and sisters through one Father. Irrespective of races or nationality, fanatical or progressive views, and other various ideological subtleties.

In order for the nature's mobilization trinity to manifest as one whole, the following things are necessary:

1. The gravitational center in a stomach must stop wandering.
2. For this to occur, this center must become conscious (realized).
3. One must further understand why it is necessary to stop the wandering.
4. Nature's mobilization trinity does not develop within the person through words, thoughts, desire, or science.
5. Nature's mobilization trinity, as a skill, is transferred only through the laws of the nature.

**Explanation:** in spiritual systems, there is such a concept as transfer of the teaching, a practice known as "from heart to heart, from hand to hand." Generally speaking, it is nature's fundamental approach of following the elder. Such transfer of skill is provided through an instinct; human intuition, knowledge, accumulated skills in this case do not matter.

**Nature's evolutionary and mobilization trinity:**

1. It means the attention that is felt on the forehead, becomes a single whole with the gravitational center in the stomach.
2. It means attention has to become gravitational; then the breath that connects through life the two worlds, mind and a body, will change, a new feeling will be manifested — conscious (realized) feeling of gravitation.
3. The body will completely transform and become pliable, and the mind will become calm, unshakable.

Such is my understanding of nature's evolutionary-mobilization trinity.

I will provide a reminder:

At the moment of feeling threatened (not a materialized threat yet), all animals without exception (those on land, water, and air) including the human, lower their height as if grappling the earth. It is clearly visible in fighting dogs — they spread their paws, digging into the earth. The person also lowers his center of gravity. Professional athletes at such moment have almost instant muscle relaxation, which includes signaling of inner-connections and a complete stop, freezing. Then muscles instantly clench toward the gravitational center.

The push to action begins from ideally supported/anchored feet. The force moves up from the foot below, and attention coordinates this force within space, directing it.

As you can see, a **full mobilization assembly: 1) it is lowering of the gravitational center; 2) mobilized attention, based on need — environmental or objective; 3) breath — "without breath," with awakening of internal power reserves. This how a maximum spatial stability is achieved to support decision-making — active/inactive, fleeing/attacking, etc.**

It's just not possible to say that it is simply an accident that the centers emphasized on the human body by different human civilizations coincidence. It is the first thing that the person should recognize. My comparisons with the world of the nature, cats, dogs, snakes, birds, and fish can be pleasant or unpleasant, but the Principle of Life, the principle of the Nature's Trinity — it exists, because it is. Evolution — is the universal phenomenon. Also, it is the fact, which cannot be changed.

**The evolutionary trance differs from Dkhiana, Ch'an, Zen, from any others the practices and teachings in its orientation into conscious evolution of humankind, into consistent development.** In all other teachings there is no constancy of development because they are limited by a framework of cultural code.

The **cultural code**, first of all, is a formation of administrative stability, which can be understood by the masses at the everyday life level, at the level of daily habits.

The current humankind will be replaced by **another** kind. It exists within the human from the very beginning, from the very first cell, from the moment of origin of life.

The laws of nature cannot be changed, and the millennia of the spiritual cultures that don't incidentally coincide in allocation of the main centers on a human body — are teachings in which, among other things, there is an expectation that the world surely one day will change for the human.

Perhaps the time has come to transition from belief to the realization?

The next evolutionary step of humankind a person will take consciously — it means the people's world will change at last.

## Why "meditation" made the brain of the person "handicapped"

A reason why "meditation" made the brain of the person "handicapped."

The conceptual translation of such concepts as Dkhiana, Ch'an, and Zen with the term "meditation" not only is inappropriate, it is simply dangerous. It has misled and confused peoples' minds, for the past couple of hundred years. And for the past two centuries, from the very beginning, these confused minds are already in their own fashion, explaining these terms Dkhian, Ch'an, and Zen.

The substitution of the meanings happened because in the European traditional culture for thousands of years there was no technical analog of Dkhiana, Ch'an or Zen. All of this was also substituted for the unsuccessful term "meditation." And through this term "meditation" Western civilization began to explain what it never had.

The forefathers of this term never possessed neither Dkhiana, nor Ch'an, nor Zen, and were not even close to being the experts in these areas. At first the word "meditation" was introduced — at least it gave some kind of analogy, "in the absence of fish, even a crayfish is fish." And then civilized snobbery kicked in: we are the advanced race, we are the advanced civilization, we are the advanced nation. This is the historical colonial truth.

That mental injury which, as a result, is inflicted on the minds of people, modern people, doesn't give into a normal explanation... Speaking frankly and directly, "the brain was made into the mentally disabled," and then explaining to this mentally disabled that such disability is civilized health.

More or less closer, more adequate term for the translation of technical terms and concepts of Dkhiana, Ch'an, Zen — is "**contemplation**." These types of contemplative practices didn't exist in Europe; however, people prayed and the prayers focused thought. Thus "the effect of contemplation" became possible because since childhood, people entering temples, got under influence of the building, its architecture, its internal order, regularity of prayer's rhythms, being surrounded by icons, from joyful to the strict ones... So since the childhood the mind of the person exists *under impression*.

When such impression continues for thousand years, it becomes an integral part of archaic character. For example, in nature, if we take birds or other animals from one island and transport them to another, they get into a new food chain, and their appearance will change — beak, wings, claws and etc. This is how in nature the impression of the animals creates their own archaic character.

Temples are an analogy of nature, they are like "the islands on the continent." Only it's not an animal, but spiritual. But the principle is the same — deep impact on the impression; creation of a figurative image, from the childhood, — what one can and cannot do, when to rejoice and for what one can be punished. The effect of contemplation becomes possible through prayer immersion in such environment, but as an exception, and such exception is not the contemplation technique.

Contemplation — at least the meaning of the word is understandable and more or less corresponds with the Eastern conceptual meanings. I will repeat: immersion through prayer is not an explorative practice. One can agree that immersions through prayer is not a way to attain seven skies; it's not a way to comprehend, how and in what way does the energy move through the channels, etc. In other words, it is not scientific practice — it is neither explorative nor is it a mystical science.

And here Dkhiana, Ch'an, Zen — is an internal science where similarly to the modern science, there were geniuses, talents, and various "thinkers." All in all, the concept **contemplation** does partially answer the Eastern mystical immersiveness; in which exists various schools, systems, practices, and all this is — mystical science. Though there is enough near-mystical garbage in the East. This science differs from modern "university" science, but both this and that is science. Only that our science excluded that science from life, deprived it it's right. At the end, their science should be differentiated from obscurantism, and so is ours, as it is mixed here as well — it need to be also differentiated.

The term "trance" adequately corresponds to Dkhiane, Ch'an, and Zen. But, unfortunately, the cultural code of European civilization, its history, couldn't allow development of a mystical trance as teachings, as practices. For such teachings, in the past, they would burn, probably, not only the person, but all the village in which he lived. And if such person lived in the city, then the city would be reduced to ashes. And if this was not done by the city's own people, then the surrounding states would declare war on this state for such mystical Zen teachings.

What result has come out of all of this?

Today the West looks to the East, searching there for something that ancestors buried at home, at least one and a half thousand years ago. And after such thousand-year cleanings of pagan science, from its ancient philosophy they fell to ventriloquists, entertainers, demons and other hellish stuff.

Therefore, today's initially passionate youth, intellectuals, and thinkers looking to find themselves in the East, in the other's cultural code. They are trying to find, in other's archaic and psycho reality, something with what they aren't connected (no common roots). Your roots — your ancestors — are here, and not there. To enter the Eastern stream it means to replace one's own archaic code. For this purpose, it will be required, at least, five hundred years — temples, images and all the rest that accompanies the person since childhood, in order to create archaic impressions in the child from an early age. It means to create the island on the continent. See above for what this means.

Instead of the trance teaching the West gave birth to Freud, Jung, and others. These talented people — as all modern scientists — are observers from outside, outside. Such is the modern scientific approach. However, the trance as immersion into contemplation — is a scientific tool for mystical researchers of inner-space. People with such scientific, spiritual ability were simply cut out.

It doesn't mean that no one is left, but it isn't enough of them. And they still need to understand everything, must pass through the archaics — it is as to go through a purgatory, it is to travel through hell; this is what it means. I don't think that today there will be such mystics in the West: so that at least, would manifested; there should be millions of people with such predisposition for this to happen.

I repeat: people with mystical, scientific, spiritual ability — as though someone's heavy and sharp-clawed hand was engaged in genetic cleansing, developing for itself and its needs, the controllable, manipulated psychotype. To prevent doubts, one can review the Dark Middle Ages, and it was called as such: Dark. This a dark, sharp-clawed, heavy hand, tear apart any dissenting view, by burning, sinking, and torturing.

And on such background of a super large Stockholm syndrome the system was created: "be afraid, shiver, kiss hands and be happy that one has been allowed to become close to this heavy hand." And that's how it was. Just think, for how long the human civilization got halted from the inner science — for hundreds of years, thousands, or tens of thousands? And then imagine where would be the mankind and what would be like the modern European civilization if there was no such stop.

Europe, after all, became the change engine — it went through the technological, social, other types of development... And nowadays, Europe orients itself to the East — it looks for breakthrough, without understanding, aspires to it, unconsciously. It's not simply an expansion, it is more deep. It is the dynamics which already has been created within it: breakthrough in one area, breakthrough in another area, and today, with direction to the East, she wants to make third breakthrough in this as well. Because this civilization is psychologically ambitious, just as the athlete.

The best part of this history — derived, gone through preselected over time European psycho type that is capable to make the next evolutionary step for humankind, painlessly, without bothering the archaic. It is what it is. My congratulations to all: the heavy and sharp-clawed non-evolutionary hand missed — created all necessary conditions for the next evolutionary step of the humankind.

However to move through the mystical immersion using the Eastern option, it means that the European psychotype must call to its side Freud, Jung, and others. Because this archaic mixture will not get out of its own fears — but will get into fears of others. Well done.

Once again, so it happened that Europeans — their psyche, their intellect, their modern education made them the most prepared for the next evolutionary specific conscious transition of humankind. They are much better prepared than people from the East, where its archaic and a cultural code will hold masses in a place for a long time. Though everything is possible, the information world changes quickly, and people comprehend quickly... It can happen so that the East will comprehend it quicker than in Europe.

The terms "environmental-mobilization attention" and "object-mobilization attention" — it is not contemplation, it is not Dkhiana, and not Ch'an, and not Zen. However, Dkhiana, Ch'an and Zen, as well as contemplation, originate from the nature — **the "mobilization trinity" is property of all living things, including humans too.**

## Human, get out of a cage

The animal principle of skill transferring, an animal tradition of imprinting.

Transfer of the trance-skills by the spiritual principle goes through the same model, as in the animal kingdom, only people call it "from hand to hand, from heart to heart"; this is a human tradition. The main difference of the person from animals: by being the human mowgli, the person is capable of going through imprinting more than once.

If skills do not exist — there is nothing to transfer. For example, wolves, tigers, and other inhabitants of a zoo can't transfer skills of life in nature — simply because they are slaves living in a cage, in bondage. The slave isn't capable of transferring hunting skills to another slave. In this way, a caged hunter in the first generation becomes helpless, becomes the slave and if such animal is freed from a cage, it will perish in nature. Though animals often live twice as long in the zoo, such civilization is achieved in a cage, with medicine and full "social package."

Civilization in its own way puts the person in the "cage." As long as he is in a cage, it is impossible to transfer evolutionary skills. Without releasing the mind from bondage, from a cage, it is impossible to accept skills neither from the hands, nor from the heart.

The first step — liberation. And the person can do this. Unlike animals, he has an inquisitive mind — to understand, then to accept and then further liberate himself from non-evolutionary "cell based" program, from code without development. The cultural code everywhere, worldwide, closes the evolutionary program of development. Human civilization is the evolutionary deadlock.

One can try as much as he wants to transfer the knowledge to the non-liberated — even from the divine hands, or divine heart, if a person is used to living in the cage, he may come out from time to time and return to it again. And after returning, he will hang up the lock on the cage door. I know what I am speaking about. Because I have seen how people, having moved ahead slightly, having slightly tasted the power of the alpha, got back into the cage and locked from within, so that at least in a cage they could

be an alpha. Nothing good comes out of this, falling down was inevitable — the one who chose a cage will live in it.

The spiritually imprinted one is liberated FROM ALL — none can place him into the cage again, even God doesn't do it. The choice of a further path — is a personal responsibility. No one is forcing anything. Any coercion of an awakened one, any coercion of the born anew is a caged psychology.

Mobilization trance-trinity is billions of years. Yoga, on this background, in existence for about two to three seconds. My tradition — not from yoga, because it spiritual, majestic, but has the evolutionary deadlock. My tradition — is from nature, a continuous evolutionary development without any cages.

For "the civilized person" the **natural mobilization attention** (spatial and object) has been substituted by **active attention** — development of intelligence. This happened because the person didn't need to be afraid and watch all night long anymore, to sleep "watchfully" because animals can attack at night, or worry that he will miss in his hunt for food, or becomes a cripple...

The civilized society over many generations has weakened the fear of danger and thirst of a survival in the fight against the nature. In addition, it weakened ability to stay in the waking state — to sleep "watchfully and hear things." Therefore, today it is possible to call the usual attention an "active" one, but it's no longer "mobilized."

However, the memory of mobilized attention isn't erased. And the development of active attention and intellect of a human was promoted by writing, craft, construction, calculations. **Contemplation as a concept is closer to active attention than to mobilization attention.** Meaning that it is closer to the modern person than to nature. And therefore **neither contemplation nor active attention are the evolutionary program of development.**

Human attention is like a branch on an evolutionary tree trunk, narrow adaptive specialization. It's not a trunk and moreover it's not roots. The trunk and roots of evolution are environmental and objective mobilization attention.

## "Alpha transfer" of skills

One can get into mobilization attention through submerging and staying in it. By staying in it, one enters into interrelation with objects in space within and around self, the space does not have limits. In nature, the two streams of attention, environmental and objective, are regulated individually in each being — controlled both from within and from the outside. Transfer of knowledge of a pack's functions happens through an alpha individual. The alpha individual activates and at the same time suppresses possibilities of development in his/her clan and everyone precisely finds the place in its social hierarchy; thereby bringing necessary benefit to the pack. This is how it works in the animal world.

Practically the same, occurs in the people's world, according to the same formula. For example: rajah, sultan, king, tsar, president, chief, shah, prince, leader — are surrounded with people in whom he at the same time suppresses insignificant and activates the necessary qualities. And everyone occupies a niche with narrow specialization and responsibility around the leader. An example — the president and his ministers.

The animal kingdom is similar — the leader of the pack and around it his ministers. Somewhat a collective intelligence that provides high efficiency of the pack and a collective survival. The alpha individual is necessary, he/she suppresses and awakens something. And thanks to it, each individual, is in the optimum place within the pack, just like a single cell in a big organism. For people such "collective organism" is the country. And if they got lucky with their alpha — it means good fortune for all.

The principle of "spiritual transfer of skills" can be manifested only by people liberated from oppression by anyone — rajah, sultan, king, tsar, president, chief, shah, prince, leader, etc. Then the principle of transfer of skill "from hand to hand, from heart in heart" can work. But for this to occur, the receiver too has to be liberated from oppression by the generally accepted norms.

Striking example: The Savior and his students. If the Savior wasn't liberated from a cultural code, the salvation teaching wouldn't be born. For the salvation teaching to appear, the liberated students had to be born — the Apostles are liberated from a cultural code. The same goes for Buddhism and for any other great teachings. The person who isn't liberated from society can't be taught spirituality. A trained individual in spirituality behaves a little bit differently in society, not as everybody else.

The spiritual alpha is liberated from oppression by alpha leaders. His master is the Creator of the universe or that of the gods whom he accepts to be "above all." The liberated one from the alpha leader oppression program — is some kind of "failure in the species program." This failure as the program is necessary because evolution of the life is multi-vectored, it always prepares for the "X hour" in nature — hour when the majority of species disappears, and then such program failure can save someone — this is an evolutionary way of salvation. Liberation from a code (failure in the program) — is an evolutionary way of salvation. The liberated — "spiritual alpha" — resides in an awaiting zone for "X hour," he may not even know about it.

The spiritual alpha submerges into a deep religious feeling of his belonging to the whole universe. The spiritual alpha is liberated from a cultural code of his tribe and yet does not abandon the tribe, is freed by the belief from any type of oppression. He can't be brought down from the predetermined way. The transformation of his consciousness, it is evolutionary, it just simply people did not know of such word in those days. Behind all great religions there are spiritual alphas liberated from a cultural code of the tribe and yet not abandoning the tribe through the millennia.

One more thing necessary to know. They are not religious figures. Their students were engaged in it. They were engaged in systematization understandable by the ordinary person who wasn't ready for a direct transfer "from hand to hand, from heart in heart." The direct students were able to accept the teachings because they were able to become liberated. One can pour any amount into a full bowl, it will overflow. And no matter how much is poured — pollution, even in one droplet, will spoil all contents of a bowl. To avoid ruining the content, the student has to pour out all from a bowl. Such is the way of faith.

Nature's mobilization for the person is a spiritual step. It's not the step backwards to the animal world, it is a step forward, in respect to a physical body, intellect, and spirituality. And for such steps the faith is not needed, all that is needed is the well-defined and clear understanding of the modern pragmatist — is this beneficial / non-beneficial? Beneficial — means go forward and realize it. Non-beneficial — means stop and think it through.

The last things that it is necessary to remember. **Evolutionary trance immersion in to the mobilization trinity — it is not Dkhiana, not Ch'an, not a Zen, not Contemplation and moreover is not meditation; and it's not the next popularized psycho-technique.**

## The word has been spoken — the time has come

From the author: What is this book about?

In great civilizations of antiquity (Egypt, India, China, Greece, etc.) the **trance-mysticism, trance-religion, a trance-science** were a single whole. Time and development of civilizations introduced its own changes to that that was a single whole, **has been divided into components**.

Then, once again, and again, and again. After thousands of years that was divided, have met again — in the new trance-gravitational space of consciousness and become whole.

**A merger of three main centers on a human body (forehead, heart, stomach) makes a person to be trance-gravitational** — making him different. And that was divided by a civilization into components, United again in such new trance-gravitational person. And, as you can see, explained in the normal language, clear, understandable to the modern person.

In what lies the complexity for the ordinary person. If one pulls fish out of water and into the air, it knows that it is in another environment. If the person enters the water, he too knows that he is in another environment. But, the fish and the person *don't know* that they exist in the gravitational environment.

This can be explained to a person but not to fish. However, the situation doesn't change because of it. Through explanations this becomes kind of clear, but he is all the same — as that fish; the person can understand it, fish cannot — that is all that is different. Even if the fish understands, what will change for it? Nothing. The same goes for the person.

The consciousness of the person is arranged in such way that as soon as he received information — practically at once, the illusion of knowledge is created right away. Modern science has accustomed the person to investigate *outside* but not to be the *investigator from within*.

In this case, in a new trance-gravitational person the science is both outside and inside at the same time, and the gravitational space is learned by mind not only from the outside but also from within — at the same time. In addition, it is possible to regulate the two types of research — to go more deeper outside or, on the contrary, to go deeper inside.

For the fish, water is its space of life; the air is not its place of life. For the gravitationally transformed person his space of life — both air and gravitational space at the same time. Example: some reptiles live at the same time in two spaces air and water, for them both spaces are native, important and necessary.

The next evolutionary step — it is only next, after all someone will choose life in two spaces, and someone will choose one. It's not a question of today, but it is not the question of very distant future.

To summarize, the concept of “read and understood” — it is only information and it is not an internal knowledge — it's not the knowledge that has been *self* realized. This information is only a half-step for the person. If half-step has been made and understood, the way it is accepted today, so there will be those who will seek to realize the other half of a step — **to realize themselves in space a trance gravitation**. It is important to understand, this space is not limited by air, or water, or the planet Earth.

The trance-gravitational space is infinite and boundless, as is the universe. Because the universe is in itself the manifestation of gravitation and much more, but it's enough for a start. The next evolutionary step — it's not the last, there will be also others, but the first step — already universal, not limited to the Earth's space.

The Earth, for the millennia has been viewed as the created closed "chest." The freedom in the chest doesn't exist, it is limited to chest walls. People, get out from the cage of such thinking, the cage — is a zoo. The zoo can be decorated in many ways, but the chest has been broken a long time ago: The Earth is not in a chest, that is covered with the heavens, she freely rushes within universal space. It is liberated. Together with her, it is necessary to be liberated.

To become really whole — it means to materialize Nature Trinity in oneself.

1. Then the usual **attention** becomes trance-gravitational
2. **The center of weight — the center of gravitation**, becomes alive in the person, materialized, perceptible, trance-gravitational
3. These two centers themselves are united by a **trance-gravitational type of breath**
4. The rhythm of heart changes
5. **The body and heart become a single whole**: blood moves in muscles differently — muscles help the movement of electric current of blood, work with a heart as a single whole.
6. An **absolutely different type of interaction with the objects surrounding us is awakened — information moves to another qualitative level where two types of attention, environmental and concrete-objective, become a single whole in the person**. This is a totally different mentality.
7. Which is inherent to the person, but for now is not yet intrinsic, just because the person is still "human mowgli " and isn't liberated neither from own karma, nor from genetic.
8. Liberated — it means you are another/different, and your whole genetic line is freed by you, if you like — rescued.
9. Because the whole personal genetic tree worked, participated, so that the one who will rescue himself appeared, and by rescuing himself, will rescue the whole genetic tree.

The book will be continued after the first part is read by readers and there will be questions.

I will give answers to the questions that are more pragmatic and have an essence.

**This evolutionary potential is asleep in the person and is awaiting for its hour.** The word has been spoken — time has come. The next evolutionary step of a humankind a human being will make with CERTAINTY. It is necessary to recognize: **the difficult step has been taken, when symbolism of Hinduism, Buddhism, Taoism, Christianity is compared with the animal kingdom. One elementary Principle of Life for all is shown.**

The trinity — is the principle of life of Nature.

The trinity of nature can be unconscious, as for animals.

The trinity of nature can be understandable with the mind of the person.

Then materialization of the trinity will become a norm of life; it will become a norm in the cultural code of the human.

Immersion in trinity can be carried out at any time and in any place — while eating, having conversation, working, during any training, and even while being asleep — if you woke up in a dream. I am adding a reminder: if you have no work discipline — you will achieve nothing. Even if you have talent and capability to be trained — it does not make any difference.

The highest form of discipline is as an invariable ritual of the nature — day is replaced by night, and night replaces day. Immersion in trinity can be carried out at any time and in any place, and it is necessary to carry it out, just like nature ritual. **An ideal place for performance of nature's ritual — is where you work — where you are hunting.**

The book will be continued through answers to questions.

Master HORA®,

June 15 — August 28, 2015

## Addendum I

### Conclusion of Part I and transition to Part II

#### **A different kind — are the ones who will follow after people.**

Signs of a different kind — what are the similarities and differences with human.

I will start from strange phrase: *trance-intellect*.

All modern people know what trance and intellect are. If they do not know, it's not difficult for them to look it up on the internet and to obtain information references. After reading these references, a person will get a guaranteed illusion that he knows the subject — knows what it means.

Now, I will try to explain what this means, without Wikipedia and a thesaurus, using just common, easily understood language for any person. What is “trance,” what does the word “intellect” mean, and what does it mean in the compound term “trance-intellect.”

### Trance

1. A shaman *in action* is in trance. It looks somewhat strange, uncharacteristic for a normal person: no one lives or communicate this way. However, the action of the shaman is called trance.
2. A drug user enters into a drug trance (a.k.a. the “narco-trance”). What commonality does he have with a shaman? Ambiguity, incoherent thought, strange behavior — a behavior uncharacteristic to a person. It is difficult and practically impossible to communicate with such a person.
3. A drunk person enters into an alcoholic-trance. And he also can be compared with the person in the shaman-trance: not in a sound mind, it's practically impossible to communicate with him, because he is inarticulate.

Everything that I have described above belongs to the state where conventional intellect and human language of communication is absent.

4. Here is an example of the bright trance that is familiar to all.

When a complex problems arise, one must flex his mind in order to find an answer. And practically every person knows that when a person falls asleep, when he wakes up in the morning, he suddenly has the answer on which he was thinking a lot and which he could not find. Suddenly, while waking up and exiting from sleep, he gets — an answer.

What is common between bright and dark trance? Dullness of feelings/senses.

Our mind grasps this world through the feelings/senses, and it acquires experience. In trance, the feelings/senses become dull. With such dullness of feelings, this experience is relived by different experience — it comes from where we spent third of our life, sleep.

In other words, dream-reality — it is a reality. A dream-reality that arrives into the world of reality where an awake person exists, it looks like an illness; it is hard and practically impossible to communicate with such person.

Example: shaman-trance, narco-trance, alcoholic-trance and a person from the moment of waking up, exiting from sleep is also hard to communicate with, he still did not fully arrived in this world. All of them have their senses dulled/dampened; their mind has been slowed down.

## Intellect

An intellect stands/relies on experience and is responsible for logical thinking. The experience encompasses everything that person and humanity are doing. It could be physical, emotional, and intellectual experience.

The higher is the logical capability... for example addition  $1+1=2$ ,  $2+1=3$ , then more complex multiplication and division by 1, 2, 10, 100, and so on — intellect is mathematically consistent.

Intellect is responsible for common sense, precision and clarity of thought. Intellect is linear in its thinking. It lives in the linear logical time because it works during the day; the day is exchanged by day, night is exchanged by night, the hour is exchanged by hour, change of seasons and so on — linear daytime.

Trance — it is the time of night. In it the logical thinking and common sense logic are completely nonexistent. Time is absolutely distorted, precision and clarity do not exist, nor there is a common sense in such thinking.

Nevertheless, sometimes when you wake up in the morning from sleep, and when your senses are still dulled, you get an answer to some of the complex questions.

This is known to all people.

## Trance-Intellect™

I am introducing a new concept: trance-intellect.

Combine *trance*, easily understandable through my explanation, with *intellect*, also comprehensible through my explanation — simple, not hard, not designed for science person. These explanations are designed for the everyday mind, characteristic for all people. Combine the two explanations — and you will get trance-intellect.

**Trance-intellect — this is one of the parameters of a different or another biological kind that will follow the human.**

His senses will be dampened. In other words, the mind will be getting *different* experience, differentiated from the experience of the human. Dampening of the senses/feelings does not mean that this person becomes emotionless — not quite, this is a different level, with different parameters of feelings/senses.

An example of transformation of feelings/senses. Sometimes, while waking up, you start to feel your body is coming out of sleep, and for slight moment you realize that your body has shifted in space — only then you enter the body. All people have experienced this at least once: shifted body in space during coming out of sleep.

Practically all are familiar with such concepts as the “third eye” or “astral vision.” There are descriptions of emotions/experiences of people who have come back to life through medical effort after death. There are also descriptions of experiences by people who have seen themselves from the side. These states are related to such concepts as the “astral body” and the “third eye.” Also, note that all religions rely on the power and knowledge not from this world.

Example:

“Jesus answered: My kingdom is not of this world...

Pilate: You are a king, then?

Jesus: You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me.” (Gospel of John 18:36-37)

“My kingdom” — in other words power — “is not of this world”

Power — it is knowledge in the first place.

Knowledge — it is an experience.

Experience — it is a quality of the mind.

Mind relies on and grasps this world through feeling/senses.

And thereafter — comes intellect.

*Human civilization progressed in this way, step by step. Every child passes these stages in his own development. The development of humanity takes a long time, development of a human — is less time, but the steps of development are the same.*

In summary:

1. **Trance** — bright trance, similar to morning — relies on experience.
2. Intellect is responsible for common sense, clarity, and logic of thought.
3. **Another kind.** His feelings/senses are dampened and a bit of different quality. For example, he sees all of his muscles — i.e., **his mind gains sight, his brain gains sight.**

Consequently, his mind and body becomes one whole:

The mind expands its grasping capability by means of the body domain (space); the body increases its capability of development by means of domain/space of the brain and mind.

These are the **parameters of change in the quality** of the one who will succeed the human.

4. For these parameters to be manifested and so that we could say: **evolution of humankind is happening**, it must happen **within the laws, to which all living species obey, all universes.**

Conscious manifestation of this trinity of nature — it means:

1. The conscious and alive gravitational center — center of weight of a human

2. The consequence, this type of **attention is connected to alive gravitational center**. It is **another type of consciousness**. In a human, this type of connection is unconscious. The difference between unconscious and conscious is endless, as the universe.
3. The **type of breathing** in a human is different — **gravitational**; interrelated with gravity, and this means different **energy exchange**. **These are the parameters of those who will succeed human. He is from the people — and people is his evolutionary genetical ancestors.**

**5. Trance-intellect** manifest itself as a **union of calmness and action**, on the physical and mental level — evolutionary trance connects unlinkable. **The speed of decision making increases by multiple factors**. Such is our peculiar “morning awakening” in action day and night. The human senses are dampened and other parameters are unfolded. It is not difficult to notice that these are the *spiritual* parameters, which great teachers in one way or another trying to explain and to demonstrate.

**6. The next evolutionary step of the human kind a human will make consciously™**. Since the next evolutionary step will be made consciously, does the **practice** like this exist? Yes, it does. I speak only of that, that I know and can do.

For me, “know” — it means 1. know, 2. is able to, 3. is able to explain and 4. to demonstrate on the person, how the usual human with usual sense is different from another who has a different quality of senses, another intellect and with a different quality of mind; which all world religions rely on. All religions of the world rely on teachings not from this world. The parameters described by me are provable by medicine, common sense and religious schools.

Also the parameters described by me explain the basis of yoga — what they want to achieve, not in the fitness studios, but on the grander scale. The difference is very obvious: in yoga is to leave, turning off all senses in stages, in order to come back into this world — anyway, as if awakening in the morning — to receive the answers to the needed questions. Or to leave and never to return, fully consciousness with precise and clear understanding, where and for what world you are leaving for.

**HORA®** — it is not about leaving into a different world. It is **not about departure from this world**, it is about arrival, it is *self-rebirth* in this world.

Gravitational type of consciousness allows for the capability to become one whole with the world — to enter into different bank of information, and to become engaged in the works of the Creator (for religious people) or development of evolution (for non-religious). To become a direct, active, *conscious* participant, and not the unconscious dwelling element.

The short formula for all of this:

**Trance-intellect relies on the active trinity of Nature — on the law of development, common to all living beings, laws common to Earth and also manifested in the solar system and the universe.**

**Trance-intellect manifests itself as a union of calmness and action**, on the physical and mental level — evolutionary trance connects unlinkable. The human senses are dampened and *other* parameters are unfolded. The speed of decision-making increases by multiple factors.

The human “inner-I” stops and “inner-I” continues to develop — a transition happens from one genetic experience into another. Liberation takes place from “inner-I” and what is also known as karma.

Experience and “inner-I” transition to another level of genetic development.

Master HORA®  
February 23, 2016