

Self improvement. A look at the problem from the standpoint of epigenetics and ART

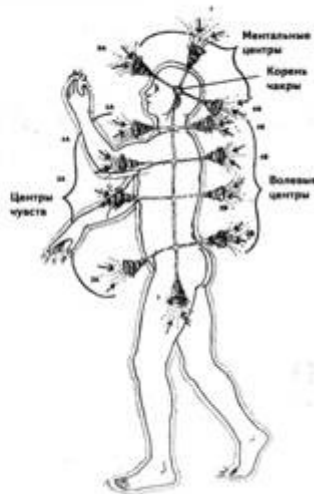
G.Yu. Andreichenko  
(Vorkuta, Russia)

May there be peace on Earth, and it will begin with me.  
(proverb)

In my articles published in the materials of past conferences and speeches at practical seminars, I presented an algorithm for a step-by-step increase in the quality of human health (physical, emotional, spiritual). In a 2014 article, she presented the proposed algorithm from the standpoint of epigenetics. I continue to work in this direction.

I would like to continue the topic of the need to develop positive thinking in every person and reflections on how we, doctors who are proficient in ART diagnostics, can help every person to pass his life tests.

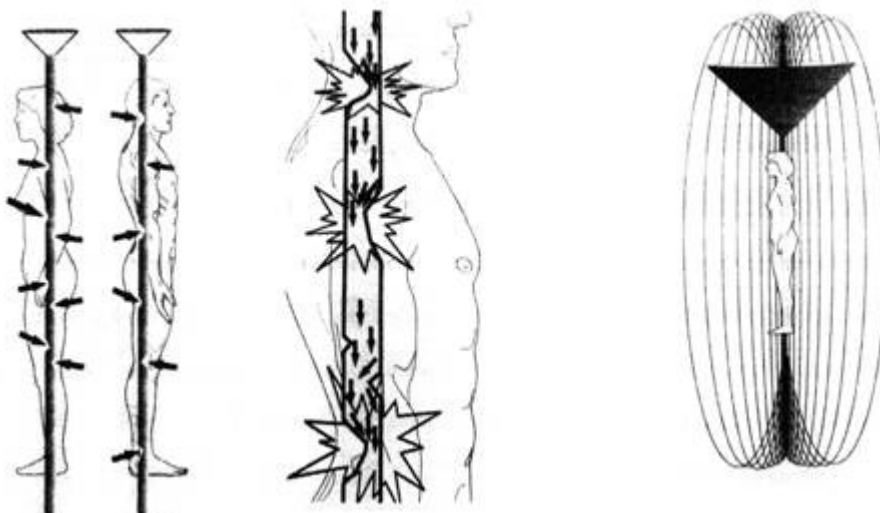
First, about positive thinking. Continuing raised in articles 2008–2014. topics, I want to dwell on how negative thoughts produced by a person knock out support from under his feet. To do this, let's remember how we are arranged, what the chakras are, the main energy channel. And that our thoughts are material.



Rice. 1

Chakras are energy funnels through which energy exchange with the external environment takes place. You can compare them with a pool on a lake - even a physically strong swimmer, getting into a pool, may not swim out. We do not see them with our physical vision, but they are still there. Each chakra (in the second figure they are shown in the form of eights) is connected with its own energy shell. That is, the main funnel of each chakra funnel takes energy from the outside from its

energy layer. The lower the chakra is located, the closer to the physical body the layer with which it is connected. The higher the chakra, the further from the physical body it takes energy. For example, the fifth chakra - Vishuddha - is associated with a karmic sheath (this is about 5 to 7 meters of our energy house - see the algorithm). The sixth chakra - Ajna - is associated with the buddhic sheath (approximately 7 to 8 meters). From this we can conclude that each chakra takes energies of a certain range from outside. Those vibrations that the sixth chakra is "sucked in" cannot be accessed by the second, and vice versa. Then each chakra releases energies into the main energy channel, and from there each organ takes energies of a different range for its work. I wrote about this in the article "Restoring Spiritual Health", in 2011.



Rice. 2

We live with you at an amazing time! The fifth race of humanity (until 2000) practically ended its existence. Now the historical period is the first weeks-months of the sixth race! The processes that are taking place on Earth now are important not only for the planet and all living things on it at this moment, but also for the entire Universe. There is a Single Universal organism in which our planet takes its place. In my speech at the conference in 2013 ("Great Transition"), I said that the vibration level of the planet before 2000 was 7.8 Hz (Schumann waves). For 12 years (from 2000 to 2012), our planet has made a quantum leap, its vibration level is now about 20 Hz. Both scientists and esotericists speak about this.

Now, that figurative example that will help you understand how we knock a stool out from under our feet by ourselves. The plane is flying. The turbines are spinning in its wings. If a foreign body gets there (for example, a large bird - an eagle), then the impeller stops spinning. Energy for rotation is supplied, if it is not used, the engine overheats. Since there is fuel in the engines, a fire starts.

We run through life, worries - our mouth is full. We study, work, wash, clean, etc. All our actions are accompanied by thoughts. We voice some of them (that

I see - then I sing). Part - we turn into actions (I will go to the store, to the post office, etc.) Part - we do not sound, and we don't turn into actions, but they still arise! For example, we saw a girl in a very short skirt: "I'd put it on even shorter!". That is, we condemned her - violated God's commandment - do not judge, but you will not be judged. They completely forgot that when we were at a young age, we also wanted to wear short skirts and funny hairstyles ... .. We all know the law of the Universe - thoughts are material. Any thought, no matter whether it is voiced or not, is formed into an energy clot - a kind of birdie. Every thought contains emotion. Each emotion has a certain level of vibration. Negative emotions - fear, resentment, guilt, anger, pride, greed, envy, lust, etc. - have a frequency of about 3 Hertz. Vibrations of emotions that correspond to God's commandments - do not kill,

That is, a positive thought = a bird flew out of our head, it is pushed out by the surrounding space itself like a cork from water. Since we released it in our house, these "birds" grab us by the shells and are a lifeline for us - they do not allow us to drown in the swamp! If the thought is negative, then it turns out not a "bird", but a pebble. It falls down and blocks the lower chakra for us, through which the energy of the Earth enters our house = life force. If the thought is medium-frequency, then it does not sink, and the field does not push it out! It flew away from our "nest" as far as I could, and there - a pool (= chakra), where it is drawn. For the chakra, it becomes an eagle for the airplane! A breakdown occurs in the chakra, it stops rotating, i.e. does not suck energy into the general flow from the outside. First, those organs that go to the level of a particular chakra begin to suffer. But very quickly other organs also begin to "resent", because energies of a certain range cease to flow into the main energy channel. A civil war begins in the body. This is how the law of the mirroring of the world works.

Now about why we need to sleep every day. Our immortal soul, getting into the material world, receives a physical shell, a kind of "machine", with the help of which it can make some developments into its matrix. Our car has a caretaker, i.e. in the garage (= immune system). The task of the manager - to provide our soul with a car in the morning so that we can leave the garage (that is, get out of bed). We are driving a car - we scratched the door, punctured the wheels, smashed the headlight.... There is no time to do repairs during the day, you need to walk, talk, work, etc. "The soul is obliged to work day and night ...". At night, when we sleep, our immune system checks our physical body. I found a dented door - straightened it, found a broken headlight - changed it.... I found a breakdown in the chakra - it also needs to be restored, but how - she does not know. We remember that there used to be tube TVs and receivers. They had a technical passport, which indicated the sequence of lamps, fuses, resistances. According to the technical data sheet, it was possible to repair the device. Our software = epigenome (see the article "Epigenetics and ART, 2014. ) Is the technical data sheet for our immune system. Each "bead" in the epigenome is, in fact, a reference state for an organ, system, emotion. If the "file" does not open, it is locked (that is, it is classified as "top secret"), then

the immune system cannot solve the problem, it postpones it for later. This is how chronic conditions and diseases arise.

Recovering sequentially with an epigenome, unlocking individual files, we put them in the "for official use" mode, i.e. they become available to our immune system. Each bead needs to be worked out for a certain amount of time in order to have time to develop a new stereotype of thinking, to bring the solution to each problem to automatism. Today we can determine the required time mentally. If the time interval is not kept, it may turn out like this - the file has been opened, but the commas are not placed! Execution cannot be pardoned! The immune system may not read information correctly.

The "aftereffect" about which I wrote in my article 2011 "Restoration of Spiritual Health" becomes even more understandable. When we switch to a new "bead", we begin to remove the blockage from it - we have corresponding manifestations. Already opened files start to work in autopilot mode - we gradually forget about the problems that we had before.

"What we are today comes from our yesterday's thoughts, and our thoughts today will affect what our life will be like tomorrow: our life is a creation of our mind. (...) If a person speaks or acts with impious thoughts, suffering will follow him just as a wheel follows an animal pulling a cart. (...) If a person speaks and acts with pure thoughts, joy follows him like his own shadow. " [7, p.71]

"Now you ask - how can a person overtake his karma? My answer is to improve my thoughts and motives. Many times in the Teaching it is said that it is our motives and thoughts that create our karma, actions are secondary factors. Indeed, it is precisely thoughts that create our inner essence. "[6, from a letter dated 21.1.36]

Each of us has our own line of life, a line of fate. On this road, which we must pass, living in the physical world, there are many trials, life lessons. (I wrote about this in my article in 2012 "Aligning the Energy State"). These lessons are not in our power. They are formed with the participation of our mentor-determinant from the spiritual world according to certain laws. The main one is the boomerang law, cause and effect, the law of karma.

"The entire Cosmos is built by the law of responsibility or, as it is often called, the law of cause and effect, or the law of karma." [4, p. 275].

"01/12/40 To your question whether a person comes to Earth with a certain task, I can answer that each spirit has a certain task from the moment of the inception of his human consciousness, namely the task of self-improvement. But, in addition, each advanced soul itself or at the direction of the Forces of Light chooses a certain incarnation and task for itself, according to its desires and aspirations. And the size of this job is determined

by the performer himself in full accordance with his abilities and strength of striving. Of course, for the majority of humanity, even desires are so poorly formed that they are born, attracted only by karmic attraction and forgetting about their main task of perfection. <...> ". "

[eight]

I will try to explain this law in a simpler way. If our immortal soul, living in other physical bodies in past incarnations, grossly violated the laws of the Universe, offended people, condemned, etc., then it has earned itself certain karmic debts. According to the key prayer of the fifth race "Our Father": "... and leave our debts to us, as if we leave our debtors" - all souls offended by us in past lives are obliged to repay the same. Before the next incarnation, our mentor places them on our road - some with a footstep, some with a rake, some with a shovel around the corner waiting .... It's even simpler: we are walking along our life line - we stumbled, got a rake on our forehead or shovel from around the corner.... Painfully! We suffer! WHY did it fall on me?

There is a law in the Universe - there are no accidents! Any situation that happened to us is not "for what?", But "FOR WHAT?". As soon as we ask ourselves this question, many thoughts appear in our head (in this case, thoughts are hints from guardian angels). Choose whichever one suits the situation. For example, a conflict with someone. We begin to analyze and remember that six months ago there was already a conflict with this person, and I offended him. Remained sediment, dissatisfaction with myself. I would like to apologize, but I did not find the time - there are a lot of things to do. A mentor from the spirit world sees this and confronts me with this person - sorry! Or another option: three months ago I was offended, I could not defend my point of view, I also remained dissatisfied with myself! The mentor gives you the opportunity to correct your mistake and not develop any complex into the matrix of the soul.

Karmic lessons are distinguished, first of all, by repetition. Therefore, in order to correct the karmic program, several situations on this topic are laid out on our life line. As soon as we draw the correct conclusion and correct the mistake, our mentor from the spirit world removes lessons on this topic from the further line of life. When we learn to keep track of our negative thoughts, look for a positive side in every situation and learn a lesson from any event, learn to correct our mistakes, live without violating God's commandments, treat people the way we would like to be treated, then the mirror The universe begins to reflect our smile. From inner harmony we get harmony around! Each correctly worked out karmic lesson leads to the fact that our Great Bright Road back to the future becomes purer and purer.

Here I cannot say about the following: only a person can do work on the mistakes of his soul! A big mistake is made by those parents who are trying to spread the carpet in front of their children! Truly: the road to hell is paved with good intentions! To another person, we can only offer solutions to the problem. The choice is made only by the person himself! If we solve someone's problem, a specific soul does not pass the lesson! Thus, life lessons are postponed, we rake in a heap all the stones, rakes, shovels .... These are the lessons of this

souls. And if she does not pass them in due time, then the moment will come when problems will begin to pour in as if from a cornucopia! It's very hard to take three lessons a day! Many do not stand - either go to alcohol or drugs, or commit suicide. Therefore, we need to take the position of an outside observer. We do not become indifferent, we will be happy to help. But only when asked! We will offer solutions to the problem, nothing more. The choice of what to do will be up to a specific person!

In the Teaching of Agni Yoga, Karma, or the Cosmic Law of Causality, is affirmed as the Law of the Highest Cosmic Justice: "03/14/34 "How magnificent is the law of causality! It contains the answer to every question. The human mind is confused by the question of calamities, but the law of causality leads to the law of Karma. Man is indignant at calamities, but the law of causality points him to its products. A person is amazed at the strange imbalance, but the Cosmic Law appeals to the Highest Justice. "

"12.21.50 <...> The law of Karma, the law of cause and effect, is accurate. (...) The law of reflection is known to everyone, he even entered the proverb: "As it comes around, it will respond." But people do not ponder this strictly scientific statement. Meanwhile, all life is built on this foundation. " [8, p.307-313].

How can we, doctors who use ART diagnostics, help a person to follow his life lessons? Two points.

First: we explain that diseases in the physical body arise due to our violation of the Laws of the Universe. Many patients say they know these laws. But they don't always use it! It's like a criminal code. We live as we want. And when we get a bump on our forehead, we begin to figure out what we violated. When, we translate these laws into an accessible language - in fairy tales, proverbs, sayings, in rakes, shovels, etc. - in a stressful situation, we remember them much faster! There is a chance to make fewer mistakes!

Second: we remember how we are arranged. We have a physical shell (visible), the energy sheath (invisible) is the main energy channel (along the spine). From this channel, each organ draws energy for its work. If there are no clamps in the energy channel, the circulation of energy goes freely - we will be enough for everything! The Almighty does not give us more trials than we can withstand! If the channel is open, asking ourselves the question "for what?", We will receive hints from the guardian angels through the upper chakra and will be able to correctly understand the situation. If there are no clamps in the channel, the lower chakra will draw in a sufficient amount of life force (energy of the Earth), which is the "fuel" for our physical body.

We draw a conclusion - we need to keep our main energy channel in working order all the time. So that there are no clinical breakdowns during therapy (we are treated without interruption from the main life) - we work through the optimal step of therapy sequentially, removing layers of dirt in the energy tube layer by layer ("Restoration of Spiritual Health", 2011).

"Human knowledge should, like a bee, collect information from everywhere in order to freely and voluntarily put together its own worldview. Only

such a laborious harvest will encourage self-improvement. Many are waiting for whole systems of the world outlook. Such people want to be led like the blind, but Our ancient method says - "know thyself." We are ready to generously endow the world mosaic with sparks, but the person himself must lay down his pattern. (...) We give the way, but you need to walk with human feet - this is the law given by the Great Savior. " [2, p.642, 648].

From the standpoint of epigenetics, the proposed patient management algorithm reflects the rational sequence of activation, first of the visible part of DNA, and then of its invisible part. Tested on a large number of patients - see statistics.

I continue to work on the algorithm. I would like to share a few more steps of therapy.

Harmonization of the deficiency of the disturbed meridian.

Control criterion at this stage - Global depletion of the immune system, Selenium D60. It is located in the ART indexes, the "Immune system" folder. Pointer to the problem - insufficiency of the disturbed meridian, Arsenicum D12 - is located in the folder "FM and MCP meridian chords".

I argue: there is a methylated gene in the epigenome that is responsible for the depletion of the immune system. The immune system is all the defense mechanisms of a person (protection is needed both at the level of the physical body and at the spiritual-mental level). Our energy shell is precisely the "ball" in which we become invulnerable. If the ball is elastic, even, then everything from the outside bounces off it. The state of the ball depends on the activity of the circulation of energy along the meridians. If the immune system works through "I can't, I don't want to," is exhausted, then the circulation of energy along the meridians is not active enough, due to which the elasticity of our protective shell is lost. Gene expression in this case is the restoration of energy circulation along the meridians, which leads to the activation of defense mechanisms.

Building a chain: Epiphysis \$ 7 (measurement level does not decrease) + Insufficiency of the disturbed Arsenicum D12 meridian↓ + organ-target (usually brachial plexus) ↑ + medication ↓. I select the dose and scheme of the drug, drugs with a psychological bias are more often tested. I check the prepared preparation according to the control criterion. The preparation period is 2-2.5 months.

Harmonization of the five elements, regulation of mineral metabolism. Control criterion at this stage - Deficiency of minerals and trace elements, Cobalt D200. It is located in the VRT indexes, the "Lack of minerals" folder. A pointer to the problem - a specific element, a specific meridian-organ, is located in the "Psychovegetative loads" folder, the subfolder is "Five elements".

The Wu Xing cycle reflects the relationship of all organs-meridians in our body, their energetic influence on each other. But each person is a single whole, and he needs all the organs! You can figuratively imagine the Wu-Xing cycle as a table

negotiations between organs in our body. Each person is a whole planet, organs on this planet are countries, organ cells are the people of these countries. If there is someone at the negotiating table who is always "against", then the bodies cannot "agree" among themselves - there is no harmony in the body. The same is happening on the planet as a whole. The countries are united in alliances - NATO countries, BRICS, the Customs Union, the European Union, etc. Alliances of countries interact with each other. If there is someone against the planet's negotiating table, the countries cannot come to an agreement with each other and coexist peacefully, respecting each other's interests. So, regional conflicts turn out from which "shakes" the whole planet. To achieve harmony on the planet - in the human body, it is necessary to remove the differences between the organs, united in five elements. When testing, we specifically determine where, in which element, in which organ or meridian is the key problem. And we aim the selected medication at this organ.

The second side at this stage is the regulation of mineral metabolism. Here we get the impact through the processes of assimilation of minerals and trace elements in the gastrointestinal tract.



Rice. 3

I argue: there is a methylated gene in the epigenome, due to which, at the level of the physical body, "disagreements" are formed between organs and meridians, the processes of absorption of minerals and microelements are disrupted. Gene expression in this case is the development of the possibility of harmonious interaction of all organs, systems with each other, the regulation of mineral metabolism in the body.

Building a chain: Epiphysis \$ 7 (the measurement level does not decrease) + Five elements (I expose a specific element, a specific organ) ↓ + target organ (more often - brachial plexus) ↑ + medication ↓. I select the dose and the regimen of the drug, more often - with a psychological bias. I check the prepared preparation according to the control criterion. The term is 2–2.5 months.

Harmonization of the organ - the source of complaints, regulation of mental stress 8 Art.

Control criterion at this stage - Mental load 8 tbsp. Is in



ART signs, folder "Mental stress". Index - Authority - Source of Complaints, Arsenicum D60. It is located in the folder "Determination of the affected organ".

I argue: there is a methylated gene in the epigenome, due to which one of the organs begins to manifest complaints. Since "all diseases are from the nerves", each organ has its own emotion, this creates additional mental tension in a person. Gene expression in this case is to eliminate these violations.

Building a chain: Epiphysis \$ 7 (measuring level does not drop) + Source of complaint Arsenicum D60↓ + target organ (more often -brachial plexus) ↑ + medication ↓. I select the dose and scheme of the drug, drugs with a psychological bias are more often tested. I check the prepared preparation according to the control criterion. The preparation period is 2–2.5 months.

Harmonization of the most affected organ.

The control criterion at this stage is Allergy without autoaggression, Histamine D60. It is located in the ART indexes, the "Allergy" folder. Problem Pointer - Most Affected Organ, Phosphorus D32. It is located in the folder "Determination of the affected organ".

I argue in the same way: there is a methylated gene in the epigenome, due to which one of the organs is affected more than others. Allergy without autoaggression - to accept the surrounding world, people, events without including self-destructive tendencies (= not to engage in "self-criticism" with or without reason). We cannot change situations in the world around us, we can only change our attitude towards them!

Gene expression in this case is to eliminate these violations. Building a chain: Epiphysis\$ 7 (measurement level does not decrease) + Most affected organ, Phosphorus D32↓ + target organ (more often -brachial plexus) ↑ + medication ↓. I select the dose and scheme of the drug, drugs with a psychological bias are more often tested. I check the prepared preparation according to the control criterion. The preparation period is 2–2.5 months.

As always, I think of the algorithm as a ladder. Added suggested therapy steps.

	1	С	Ш	Т	П
	1 ур.	Т	К	Е	Р
	2 ур.		А	Л	О
	ДНК		Д	Л	Б
	мизам		А	Л	Л
	Микоты		Ш	О	Е
	Ментальное тело		А	М	М
	Кармическая программа	1	С	Д	У
	Кармическая полость	0	О	У	З
	Буддхическое тело	0	С	З	А
	Атмическое тело – Ag C52	7	О	А	5
	КДТ- основной жизненный урок	8	С	И	Р
	Выход в Универсум – Vipera D400		О	А	Д
	РН осадки – Сульфур D400		С	У	У
	Силовое поле – Каустикум D400		В	И	С
	Логик-интуиция – Головные очаги 11 с.	9	И	Т	У
	Подверность – ИНЬ-ЯН		4	Х	У
	Снятие очень сильной степени вегетативного отягощения – Тадамус 5 у.е.				
	Ферментные системы (Олигопептиды) – Анаболитизм-катаболитизм 6 ст.	10		С	4
	Астропротекторы – индикатор аутоиммунных процессов	11			
	Принятие окружающего мира (Атопическая аллергия ОТИ) – Аллергены ОТИ	12		В	Р
	Поиск своего пути (РУНЫ) – Отличное энергетическое состояние (Аргентум интрикум D200)	13		Е	А
	Неуязвимость (Бактерицидность 6 ст) – ЭМН 4 ст	14		Р	С
	Выравнивание энергетического сост.(Ag D200)-ГПН, сетка Карри	15		Х	А
	Истощение иммунной системы чр. выс.ст. – ГПН, отсутствие нагрузки	16			
	Бактериальные отягощения Na sulfur D60 – Завлабор Резервы адаптации 10 ст.	17		С	3
	Эндокринные наруш.чр.силы 5 ур.(эндокр.инд.) Гипофиз D200 – Вирусные отягощения Арсен.альб. D200	18			
	Гармонизация стихии Земля ( Фа-Инь Земля 43,65 Гц) – Неадекватн. питания 4 ст.	19		О	3
	Сосудисто-тканная недостаточность 6 ст. – Истощение эндокринной сист. 5 ст.	20		З	Р
	Напряжение ВНС 4 ст. – Щелочность 6 ст. (Нарушения кислотно-щелочного баланса)	21		П	А
	ГПН, двойная зона, Медь мет. D200 - Доминантный очаг Туя D200	22		А	С
	Первично пораженный орган Цинк D400 – Кислотность 6 ст.	23		Н	А
	Радиоактивная нагрузка (РН 4 ст.) – Меридиан с максимальным нарушением Цинк D60	24			
	Кишечный цикл D60 – Дисбактериоз в толстой кишке Скагол D32	25		А	2
	ВНС, истощение 5 ст. – Общий дефицит гормонов Малиблен мет D200	26		Н	П
	ЭМН 4 ст. – Очаги и поля помех, Каустикум по Ганеману D60	27			
	Глоб.истощение имм.сист СеленD60 – Недостаточн.нарушенного меридиана Арсеник D12	28		Н	А
	Недостаточность минералов Кобальт D200 – Пять элементов	29			
	Психическая нагрузка 8 ст. – Орган-источник жалоб Арсеник D60	30		Е	С
	Аллергия без аутоагрессии Гистамин D60 – Наиболее пораженный орган Фосфор D32	31			
		32			

Rice. 4

In conclusion, I would like to dwell on the peculiarities of the time in which we live. The Teaching of the Mahatmas "Living Ethics" and many well-known prophecies speak of new Cosmic radiations that will appear at the stage of the change of two eras, two root races - the fifth and sixth. They are the cause of most of the cataclysms on the planet and human troubles. And it was they who were prescribed by the Creator to become decisive for the change of eras and the beginning of a new Cosmic stage of evolution.

Back in 1931, E.I. Roerich wrote that the Fiery energies are already directed towards the Earth and their actions are already manifesting: "... I want to remind you of the urgency of realizing the coming of the New Age. Fiery energies in a terrible tension are directed towards the Earth, and, unconscious and unapplied, they will cause and are already causing destructive earthquakes and other cosmic perturbations, as well as revolutions, wars and new epidemics. We are at the very threshold of a new century, a new race, and therefore our time can be equated with the last times of Atlantis, in the existence of which science is becoming more and more convinced. " [5. From a letter dated 24.4.31]

So, in the "Faces of Agni Yoga" it is said: "Between the two poles of Light and darkness, harmony and chaos, creation and destruction, people rush about, not knowing which one to join. And this is the delay. The division of humanity along the poles should

end by the Moment of Coming. " [3, p. 321].

"The inevitability of cosmic terms determines the inevitability of each person to respond to their impact, one way or another, rising in spirit and transforming, or, conversely, becoming darkened and plunging into darkness. It is precisely the cosmic terms that determine the great division of humanity into light and dark. The term is immutable, it cannot be avoided or evaded, but the will is free to choose Light or darkness and thus decide its fate for the future. "[3, p.184].

"Now this division is becoming sharper and sharper, for the time of choice is coming to an end, and everyone must definitely join the pole of darkness or Light. The choice is still free, but obligatory and inevitable. " [3, p.587].

The worst emotion that people can display today is indifference or indifference. The principle of life: "my house is on the edge - I don't know anything", prevents a person from making a conscious choice in which direction to develop, in the direction of developing positive into the matrix of the soul, or living according to negative principles. There are no good and bad people! There are people who are ready to work on mistakes. The proposed algorithm allows you to help a person consciously choose development in a positive direction. Moreover, we do not make a decision for a person, what to do in a given situation! We help you to understand those complexes that prevent you from making the right choice. For example, if there are inner fears, and a person does not dare to change something in his life because of them, we help to remove this complex. If there is a "hook" in the subconscious for resentment, we help to understand the laws of karma, so as not to be offended by people, but to draw the right conclusions from situations. It is worthy to pass your life tests.

"Now is the time for the 'hot' and the 'cold', and all the 'warm ones will be expelled.'[5. From a letter dated 17.6.31].

In other words, the salutary and familiar expression for many people "maybe it will be enough", or something like "grind - there will be flour", or "let them fight, and I will see" this time can play a cruel joke with them, and precious time for the final rethinking of one's life values and priorities will be irretrievably lost. And with him the last chance for salvation will be lost. Why, after all, E. Roerich writes that now is the time of the "hot" and "cold"? Hot are Light, cold are Dark. Hot - those who work on the mistakes of their souls, develop positive thinking in themselves, learn to be a full-fledged and full-fledged part of the ONE energy organism of the Universe. But how can the "cold" ones be saved? Cold, as we know, are often strong, strong-willed, purposeful people, who, due to various reasons and circumstances, directed their energy and all their potential not for good, but for evil. Realizing in time all the erroneousness of their life positions and basic principles, such people can often sincerely repent, embark on the path of spiritual improvement and transmute the potential of their negative psychic energy into positive.

Here is how it is written in the "Faces of Agni Yoga": "I want to say that, on the one hand, it is necessary to have a known potential of Agni, on the other hand, to possess it. Often psychic energy rushes to the lower centers and takes possession of the will of a person. The division into hot, cold and lukewarm indicates the presence of fiery forces in the first two, and the cold ones can transmute the energy they have. The lukewarm ones have nothing to transmute, since they have nothing. Thus, mastering even the wrongly directed energy is better than not having it, because the direction can always be changed. Woe to him who has nothing to change, for he has nothing. "

The possibilities of ART can help a person to look at himself from the outside, to understand his inner world. Realize your mistakes. But we can work only with those who WANT to change their lives!

"One should not call and impose him. Only terrible harm is obtained from such an imposition. Recall how the Teaching warns against anything violent. - "The Teaching, conscious of its significance, will not exhibit itself in the bazaar. (...) Therefore, only quality, but not quantity. Each knocker answers himself, but the summoned one will lie like a millstone around the bell ringer's neck. Therefore, call only on time - so, avoid missionary work. " So, don't worry too much about spreading the Teaching of Light! The Teaching is being pushed along the unknown paths. Just keep your heart on guard and do not remain silent at the knocking of the suffering and walking! " [5. From a letter dated 17.2.34].

"04/26/39 <...> Humanity advances only through the knowledge of good and evil. As before, and now, humanity is simultaneously under the influence of opposing powerful forces and influences, and only its free will can direct it to the choice of one way or another (good or evil). " [8, p. 254].

The golden rule of healing:

"Heal another - and perhaps you will change his life. Help another to heal himself - and you will change the Universe. "

And in conclusion, as always, I would like to thank all the employees of the IMEDIS Center for the opportunity to meet, for the opportunity to share my best practices, and to adopt the best practices of my colleagues. Together we are doing one big thing.

#### References

1. Agni Yoga. Living Ethics Teaching. Volume 1. - M .: Publishing house EKSMO - Press, 2002. - 1184 p.
2. Agni Yoga. Living Ethics Teaching. Volume 2. - M .: Publishing house EKSMO-Press, 2002 - 1184 p.
3. Facets of Agni Yoga. Novosibirsk, 1993-1998, vols. 1-13.
4. Roerich E.I. Three keys. - M .: EKSMO, 2009 .-- 493 p.
5. Letters from Helena Roerich. 1929-1938. In 2 volumes.Vol. 1. - Minsk: Belarusian Fund

Roerichs; PRAMEB, 1992.-- 444 p.

6. Letters from Helena Roerich. 1929-1938. In 2 volumes.Vol. 2. - Minsk: Belarusian Fund

Roerichs; PRAMEB, 1992.-- 430 p.

7. Erriker K. Buddhism / Per. from English L. Beskova. - M.: FAIR-PRESS, 2002.-  
304 s.

8. Roerich E.I. Intimate knowledge of the theory and practice of Agni Yoga. - M.:  
EKSMO, 2009.

---

Andreichenko, G.Yu. Self improvement. A look at the problem from the standpoint of epigenetics and ART /  
G.Yu. Andreichenko // XXI International Conference "Theoretical and Clinical Aspects of the Application of  
Bioresonance and Multiresonance Therapy". - M.: IMEDIS, 2015.-- S.239-255.

[To favorites](#)