

About synchronization with time and the primacy of information  
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If you are depressed, then you are living in the past.  
If you are anxious, then you are living in the future.  
If you are at peace, then you are living in the present.  
Lao Tzu

Reflections on the central psychological concept in Eastern philosophy "here and now" ("here and now") (lat. Hic et nunc) - this is a characteristic of the relationship between the subject and space and time - led to the topic of synchronization with time. It is logical that the concept of "here and now" is a state when a person is in a given geographic place (space), at a given moment in time (time factor) and his thoughts are here (this hour), neither in the future, nor in the past, but in the present. In this case, the energy of a person's thoughts is concentrated, collected, focused, not scattered in time, does not wander. This state is associated with the energy-informational norm of human health [1]. As Zen masters say about their practice of being here and now: "When I eat, I eat, when I carry water, I carry water."

It is known that the most important forms of being are space, time, movement and consistency. [2]. The main general conditions of being and development, including man, as an element of the Universe, a biological object, Homosapiens, a species, a variety of living matter. The main universal forms of their existence and movement are space and time. It is known that both phylogeny and human ontogenesis occurs in space and time. From the point of view of philosophy, space is an objective form of the existence of matter, which characterizes the mutual arrangement of material objects; their ability to occupy a certain volume and have a certain shape, structure. Time is an objective form of the existence of matter, expressing the duration of existence and the sequence of successive states of objects, systems and processes. Space and time are not independent entities, but forms of existence of moving matter. Movement is the way matter exists. The main forms of motion of matter from the standpoint of science are: mechanical, physical, chemical, biological and social.

The study of the categories of space and time had different historical stages. So, the greatest discoveries of A. Einstein in the field of theoretical physics, which include two genetically related theories: the special theory of relativity (STR), 1905, and the general theory of relativity (GR), 1916, led to a complete revision of Newtonian spatial-temporal representations. When asked about the essence of the theory of relativity, Einstein answered: "The essence is as follows: it was believed earlier that if by some miracle, all material things would suddenly disappear, then space and time would remain. According to the theory of relativity, space and time would disappear along with things." HUNDRED showed that many spatio-temporal properties, which were considered to be unchanged, absolute, are actually relational (from the word relatio - relation). So now space and time are considered not as independent entities, but as systems of relations formed by interacting material objects. Such space-time characteristics such as length, time interval, the concept of simultaneity have lost their absolute character. Accordingly, the properties of space and time were now considered depending on the nature of the mutual movement of material systems [3].

In addition, A. Einstein believed that "space and time are the way we think, and not the conditions in which we live", and this reveals the depth of the principles of the system relations and interactions and gives grounds to assume that human thoughts, their energy has a direct impact on space-time characteristics. This understanding does not contradict the definition of thinking from the point of view of physiology and psychology. So thinking is a mental process of modeling the laws of the surrounding world, the highest stage of processing information by a person, the process of cognition of the surrounding real world ... includes the conclusion of new judgments (implementation of inferences). A new approach to understanding the essence of space and time leads to the understanding of these categories as the original physical reality, the original substance that generates, determines all the physical properties of the real world.

Three-dimensionality is one of the most characteristic properties of space. The position of any object can be determined using three independent values. Time is one-dimensional, for to fix the position of an event in time, one quantity is sufficient. Characteristic specific

the property of time is its irreversibility, which manifests itself in the impossibility of returning to the past. Time flows from the past through the present to the future, and its reverse flow is impossible. However, outside of consciousness, these words lose all meaning. So, in the dead, only a number of static moments are observed, in which there is neither past, nor present, nor future, for the time factor must be recognized.

In the modern technological world, time has become one of the highest and scarce values. It is known that a person is realized in space and time not only rationally, but also emotionally. People not only regret the past, but also fear the future, due to the fact that the inevitable flow of time drives them to death. Here we are talking about a person's attention, the concentration of his consciousness on a particular object in time. Attention finds expression in the relationship of a person to an object that turns out to be in the center of consciousness, everything else is perceived weakly, not clearly.

The orientation and concentration of consciousness on any real or ideal object leads to an increase in activity: sensory, intellectual or motor. In addition, the catch phrase: "where my attention is, there is my energy" reveals the energy component of the concept of attention and is the fundamental rule for regulating a person's own energy status. Focus (focusing), concentration of attention, consciousness determines the direction of the energy of the mental stream in time: into the past, future or present.

Based on the foregoing, data were analyzed in 132 patients (81 women - 61.36%, 31 men - 38.63%) with various clinical diagnoses in order to identify the dominant focus of their attention in time: at what time of the life cycle it is mainly directed to: past, future, present?

The main three groups of patients were identified, depending on the time factor, experienced emotions and gender.

Table 1

Distribution of patients depending on the experienced emotions and the time factor

No.	Patient gender	Total patients		In past time		Present time		In future time	
		Of	%	Of	%	Of	%	Of	%
1	men	31	100	fourteen	45.16	eleven	35.48	6	19.35
2	women	81	100	26	32.09	28	34.56	27	33.33
3	Total	112	100	40	35.7	39	34.82	33	29.46

So, the 1st group included 40 patients (35.7%), in whom negative thoughts were directed mainly in the past, and they were realized by the emotion of sadness, disappointment, anger, irritation, anger. Let's call this state the "regret about the past" phenomenon. It should be noted that in 90% of cases, the key energetically problematic organs were the digestive tract (liver, 12 duodenum, stomach, large intestine, gallbladder). In addition, in the group "women" (26 cases - 32.09%) in 6 cases - the ovaries, 1 case - the mammary gland on the right, 1 case - the organ of vision; in the group "men" (31 cases - 35%) 1 case - salivary gland, 1 - maxillary sinuses. In the 3rd group - 33 patients (29.46%) negative thoughts were directed mainly towards the future, and this was often accompanied by a feeling of anxiety and / or a feeling of fear of the future without any particular reason. This state will be called the phenomenon of "fear of the future", a certain ability to exaggerate colors, insufficient confidence. The key energy problem organs were the organs of the cardiovascular system, kidneys, and adrenal glands. In addition, in the "woman" group there were 2 cases - pancreas, 2 cases - teeth, 1 case - duodenum, 1 case - ovaries, 1 case - spine. In the 2nd group - 39 patients (34.82%) without sufficient reason to plunge into disappointment or sadness from the past or worry about future events, the same had health problems. These patients were characterized by relatively stable material and social well-being, and at the same time, had a lack of understanding of their own well-being in the present tense. For example, a patient - a woman enters a depressive state due to her husband's refusal to purchase another actual purchase for her, followed by severe physical suffering. This state we will call the phenomenon of obvious "ingratitude in the present", devaluation of life values, insufficient gratitude not only for obvious material or social well-being, but also for the fact of the existence of life itself in the present. Here, the key energetically problematic organs were organs located in the projection of the central axis of the human body: the spine,

cerebrospinal fluid, pituitary gland, hypothalamus, thymus, thyroid gland, thoracic lymphatic duct, uterus, prostate. Clinical diagnoses and key energy problems at the level of organs and organ systems in the vast majority of cases did not coincide.

In general, from the table. 1 shows that the focus of attention in men was more directed to the past time (14 cases - 45.16%), and the majority of women had a disturbed perception of the present time (28 cases - 34.56%) and to a lesser degree of the future ( 27 cases-33.33%). Hence, we can assume that men find it more difficult to safely exit the scenarios of the past life, plunging into the phenomenon of "regret about the past", and women are characterized as more ungrateful and anxious, plunging into the phenomenon of "ingratitude" for life itself and "fear of the future."

The wrong attitude of a person to time leads him away from the present moment of life to an insufficient assessment of the very essence of life, which leads to a violation of the system of relations between space and time. He is "not here and not now", physically - here, mentally - in another place, his inner time is distorted, he is to one degree or another not in life itself, and this is compensated by excessive emotions, decreased energy resources and physical disabilities. The ability to be "here and now", in the present elusive moment in time is a subtle and deep theme.

Correction of the condition of all studied patients was carried out by the method of bioresonance therapy (BRT) with positive results. More stable results were observed in patients of the 1st and 3rd groups with the phenomena of "regret about the past" and "fear of the future", respectively, in comparison with patients of the 2nd group with the phenomenon of "ingratitude". The positive results of the use of BRT suggest that bioresonance correction indirectly exerts a regulatory effect at the energy level on the patient's internal time and, therefore, to a certain extent, leads to the synchronization of the system of relations between space and time.

At the same time, proceeding from the fact that "space and time are the way in which we think, and not the conditions in which we live ", the inclusion of the informational component of the patient himself - his consciousness is an obligatory and integral part in the process of achieving a harmonious system of relations formed by interacting material objects, space and time. In this sense, at the first stages, a person needs to learn to focus attention on the present moment of life with sufficient gratitude for the fact of life itself, and this will lead to the ability to control the direction of thought energy, control your inner time and create an opportunity for synchronization with the system of relations between space and time. Thus, it can be said that "The whole focus is in the focus of attention, in the focus of the energy of thoughts" and "where my attention is, there is my energy."

Of course, the distribution of patients into groups is relative, and it is difficult to set hard boundaries in the experienced emotions of patients, but we are talking about dominant emotions that are the result of regret, anxiety, fear and not gratitude. For example, if we consider the phenomenon "Ingratitude for the very fact of life" is deeper, then this state is typical for all patients in 100% of the time. From the point of view of information and energy, any problem for a person, as an object of the Universe, regardless of their scale, indicates a violation of the laws of the system of relations, the space-time characteristics of the Universe. Hence it follows that it is necessary to learn not only to understand, but also to accept that "I am an object of the Universe", and "I am in a single system of space and time, in a single system of relations between space and time", and "space and time are a way, in which we think, and not in the conditions in which we live"! In other words, we assume that space and time is a product of what we think (man / humanity), and it is changeable. And only in this case, a person will deeply and sincerely learn to send gratitude to space and time for the existing problem and consider it as a sign, as a warning about violations of the laws of the system of relations between space and time committed by him. In addition, with the arrival of the problem comes the realization that space and time gives a person a certain amount of priceless time to understand and restore the system of disturbed space-time characteristics and the safe preservation of the very life of the individual, the family tree, humanity.

An example of such a deep awareness and life feat is the life and fate of Nicholas James (Nick) Vuychich. Nick was born in 1982 in Melbourne, Australia, with tetraamelia syndrome, a rare condition resulting in the absence of four limbs. This is that fantastically incredible case of changing and restoring the system of relations, spatio-temporal characteristics, which began with a change from oneself! Through the efforts of his inner Will and Spirit, Nick lives an active social life. Today he is a husband, father of two healthy sons, an Australian motivational speaker, philanthropist, writer, and singer.

Revealing the philosophical understanding of the theme of time, N.A. Berdyaev said: "Time is broken into past, present and future, and if we think about these three parts, we will come to a strange conclusion about

the fact that they are not ... The past is ghostly, because it is no longer there. The future is illusory, because it does not exist yet. The thread in time is torn into three parts, there is no real time. This eating of one part of time by another leads to some kind of disappearance of all reality and all being in time. In time, an evil inclination is revealed, deadly and exterminating ... The future devours the past in order to then turn into the same past, which, in turn, will be devoured by the subsequent future. The future is the killer of every past moment; evil time is torn into the past and the future, and in the middle there is a certain elusive point "[4].

How to get out of this "evil time"? Any answer to this question will always be relative... So, from the position of Eastern philosophy, the state of "here and now" is when, while performing any actions, there is no wandering in thoughts, and attention is directed to what is happening specifically at the moment, this is a non-judgmental observation, the absence of internal dialogues, absence any thoughts. We will regard this as the highest stage "here and now", and now we will focus our attention on the real good that is in our life.

"In order to live a good life, there is no need to know where you came from and what will happen in the next world. Think only about what not your body wants, but your soul, and you will not need to know either where you came from or what will happen after death. You will not need to know this, because you will experience that complete good for which there are no questions either about the past or about the future." (Lao Tzu).

#### Conclusions:

1. Disturbed focus of the Human's attention, directing the vector of thought energy into the past and future time leads, respectively, to the phenomena of "regret about the past" and "fear of the future", and in the present tense to a clear devaluation of the very fact of life, to the phenomenon of obvious "ingratitude".

2. The distorted inner time of a Man takes him away from the present moment of his life and leads to violation of the synchronization of the system of relations between space and time, space-time characteristics, which is compensated by excessive emotions, a decrease in energy resources and physical disorders.

3. Male patients find it more difficult to safely exit the scenarios past life, plunging into the phenomenon of "regret about the past", and the female sex is characterized as more ungrateful and anxious, plunging into the phenomenon of "ingratitude" and "fear of the future."

4. Bioresonance correction of the patient's condition indirectly affects the factor of internal time and shows more stable results in patients with the phenomena of "regret about the past" and "fear of the future",

5. In the case of the phenomenon of "regret about the past" by the key energy problem organs were the organs of the digestive tract; "Fear of the future" - organs of the cardiovascular system, kidneys, adrenal glands; "Ingratitude" - organs located in the projection of the central axis of the human body.

6. Restoration of the system of relations, spatio-temporal characteristics is impossible without changes in the patient's consciousness, his ability to manage internal time, to focus attention on the present moment of life with sufficient gratitude for the fact of life itself.

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Makina, S.K. About synchronization with time and primacy of information / S.K. Makina // XXIII International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". - M.: IMEDIS, 2017. -- P.286-292.

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