From Chaos to Meaning

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Introduction

This book is an invitation to an extraordinary journey – a journey into the depths of consciousness, seen through my eyes as an explorer who has gone beyond the limits of ordinary perception. In a world where science and spirituality often seem like opposite poles, I offer here my own synthesis, revealing the interconnection between physics and metaphysics, between the material and the spiritual. My insights, drawn from personal experience and deep awareness, challenge me to rethink fundamental questions about existence, reality, and our role in it. This book is a compilation of some of my talks, gatherings, interviews, and shared experiences, and my unusual path from materialist to spiritual explorer allows me to offer a fresh look at familiar concepts and to challenge accepted paradigms.

At the heart of this book lies the idea that everything is consciousness – from the smallest atom to the largest universe. Consciousness is not simply a product of the brain, but a fundamental force that shapes reality. I will try to describe the seven levels of consciousness to you, revealing how evolution is a purposeful process of refinement and harmonization, and to show you that the quality of consciousness, expressed through love, compassion, and mutual help, matters more than accumulated skills and knowledge.

The book also explores the deep transformations that can take place in a person, such as Kundalini awakening – a process of energetic reorganization that leads to an expansion of consciousness. I share my personal experience and emphasize that this is not a mystical experience, but the natural result of inner readiness and of spiritual and physical

purification. My experience has taught me that the path to awareness is individual, but it always involves rethinking cause and effect and letting go of illusions.

I give special attention to the connection between the human brain and consciousness. In my view, the brain is simply an instrument – a quantum antenna – while consciousness is everywhere. I invite you to explore your dreams as a window into your inner life and to realize the power of self-suggestion – the ability to influence our own reality through our thoughts and intentions. I also look at the cycles of time, such as the Yuga cycles, which help us understand the greater cosmic rhythms and our place within them.

This book is not just a collection of ideas, but an invitation to action. It encourages us to be observers, not to judge, to seek balance between the material and the spiritual, and to realize that every thought and action of ours matters. Ultimately, the goal is to achieve harmonious communication in society, which will lead to a qualitatively new leap in the evolution of humanity as a collective consciousness. Prepare to broaden your horizons and to see the world with new eyes.

Chapter 1: The Evolution of Consciousness - The Seven Levels of Mind

I see the evolution of consciousness not as a Darwinian process, but as a stepwise path in which every system that possesses consciousness passes through qualitatively new leaps as a result of quantitative accumulation. This accumulation comes from solving tasks within a given range of consciousness, which leads to refinement and a transition to the next level. Evolution is not a random process, but a purposeful movement toward higher levels of awareness and harmony. Each level is like a school in which the system – whether it is an atom, a cell, a person, or a society – must learn certain lessons and solve specific tasks before moving on to the next. This process is continuous and cyclical: each completed seven-step development leads to a new, higher level of awareness, which in turn has its own seven sublevels. It is an endless game of energetic awareness, because energy and information are equivalent and interchangeable, in quantum physics as well as in esotericism and philosophy.

Consciousness as an Information System with Feedback

Key to my understanding is the definition of consciousness as "an information system with feedback." Consciousness is not a passive observer, but an active participant in the creation of reality. Through feedback, the system receives information about its actions and their consequences, which allows it to adapt, learn, and develop. This principle holds at every level – from the simplest organisms to the most complex civilizations. A bacterium "learns" how to survive in a particular environment through feedback from its surroundings, and this leads to its evolution. A human being, through their thoughts, emotions, and actions, also receives feedback from the world that helps them grow.

Quality of Consciousness Versus Skills

The quality of consciousness should not be confused with skills. Skills relate to functionality and effectiveness in the material world – being a good programmer or doctor, for example. The quality of consciousness is expressed in inner categories such as love, mutual help, compassion, and empathy, while hatred, envy, and other negative manifestations are deficiencies in these qualities. The true evolution of consciousness is not simply the accumulation of knowledge or skills, but the development of inner virtues. The higher the quality of consciousness, the more harmonious and constructive the individual's interaction with the world.

The Universality of the Seven Levels

The levels of consciousness are countless throughout all of creation, but they can be categorized in order to understand their function. Everywhere, from the micro to the macro world, a pattern of seven levels repeats itself – and for me this is not numerology, but the expression of a deep cosmic law:

● The micro world: Atoms have quarks, which are at seven energy levels. This is not just a physical arrangement, but an expression of consciousness at the microscopic level – at these seven levels, atoms "process processes," that is, they interact and evolve in a particular way.

● Chemical elements: Mendeleev's periodic table shows seven periods of chemical elements, corresponding to seven electron clouds. The more levels an element has, the more numerous and complex the reactions it can take part in. This is a direct analogy with human consciousness – the higher the level of awareness, the more complex and varied the possibilities for interacting with reality.

● The Hermetic principles: The seven Hermetic principles are the universal laws that govern the Universe from top to bottom – the principle of mentalism (all is mind), the principle of correspondence (as above, so below), the principle of vibration (nothing rests, everything moves), the principle of polarity (everything is dual), the principle of rhythm (everything flows out and in), the principle of cause and effect (every cause has its effect), and the principle of gender (everything has its masculine and feminine principle). I see them not as abstract ideas, but as a practical guide to understanding the Universe and our place in it. They show that everything is interconnected and that there is deep structure and order even in seemingly chaotic systems.

● The SI system: There are seven base units of measurement in the SI system.

● Acidity and alkalinity: There are seven levels of acidity and seven levels of alkalinity.

● Days of the week: There are seven days in the week.

● Extinctions of species: So far there have been five extinctions of species on Earth, proven by paleontologists and geologists. We are currently in the sixth period and entering the seventh, which I connect with the transition between the sixth and seventh race – levels of conscious systems with feedback.

The Leaps in Biological Evolution

In the biological world, too, we see a stepwise evolution: bacteria, amoebas, multicellular organisms, vertebrates, mammals, humans. The last level is always the completion of an evolution – it is the level of consciousness.

There are no transitional forms between the different species, which is a paradox in Darwin's theory. When a paradigm shift occurs – a qualitatively new leap resulting from quantitative accumulation – species seem to appear as if by magic. For me, this proves that the Universe works on the principle of leaps rather than smooth transitions, and that it is not static, but dynamic and constantly evolving. In other words, if an ecological niche opens up for a new species, it will appear (be implanted) in reality instantly through intervention of a higher order, and not after "millions of years of evolution," as the Darwinists claim.

Evolution from Entropy to Creativity

The direction of evolution is from entropy – chaos and disorder – toward creativity and order. Entropy is the natural tendency toward decay and strives to destroy the system, while mind strives to reduce the chaos within it, to structure it, and to create systems in a dynamic hierarchy. This "battle" between order and chaos is the driving force of evolution: the more a system reduces the chaos within itself, the more it evolves. This applies to individual consciousness as well as to societies. The principle "as above, so below" is reflected at every level – the laws that govern atoms are the same ones that govern galaxies and human societies. That is why our actions at the individual level are reflected at the collective level.

The Human Being as the Sixth and Seventh Level of Mind

The meaning of human existence is to form a society that reaches a critical mass of harmonious communication between individuals, with each individual unit contributing to the common order. The human being is the sixth level of mind in the biological chain, and as a collective we create the seventh level. Bacteria and amoebas reach the maximum of their individual development and then cooperate to create more complex organisms. The human body, with its 50 trillion highly specialized cells communicating harmoniously with one another, is an example of a completed stage of cooperative consciousness, while cancer cells are an example of disharmony and hostility.

The appearance of speech was a qualitative leap in human evolution, which allowed more complex communication and cooperation and led to the formation of societies and

civilizations. In our present age we are witnessing a parabolic acceleration in communication thanks to writing, the recording of history, and other means of capturing ideas from the information field. This leads to ever greater connectedness and to the possibility of harmonious communication in society, which will carry us to the higher collective level of consciousness, capable of communicating energetically with galactic consciousness.

Chapter 2: The Awakening - My Journey Beyond Matter

I want to share my personal experience of spiritual awakening, which I describe as crossing over "to the other side of the mirror," where I saw the mirror world and what happens to the human body and consciousness. This process, which the Indian yogic teachings call Kundalini awakening, was extremely intense and changed my entire life.

Before the Awakening: From Materialist to Seeker

Before my awakening, I was a typical representative of the material world. I worked in computer science and 3D animation for large companies such as Electronic Arts, Sony, and Sega – an industry that creates 3D simulations and unreal worlds. Later I realized that 3D animation had been good preparation for the next period, the awakening. By helping to build three-dimensional simulations and virtual worlds, I developed my 3D spatial thinking, which makes it easier for me to perceive the principles of the spiritual world – they are quite analogous, though not 100%. This shows that even seemingly unrelated activities can have a deep meaning in the bigger picture of life.

Childhood and Mandatory Karma

In my view, every soul, spirit, or consciousness, on coming into reality, chooses a preliminary preparation that is mostly material – I call it "mandatory karma" or a "training program." It prepares a person for physical life through algorithms, prejudices, and human norms absorbed from parents and society. The goal is survival in the physical world, because if a person arrived "super-spiritual," they would be left without a function in the material world and would find it hard to survive. This karma is necessary in order to learn the lessons of the material world before moving on to higher levels of awareness.

I have noticed that until the age of seven, children have a fairly open consciousness and often meet their spirit guides or gain access to portals to the other side. These "invisible friends" or "little people" are an expression of the pure connection that children have from birth, before they gradually adapt to material reality. Although I did not have dramatic experiences as a child, I was sensitive, and I had to be prepared physically and socially to survive in society. Even going through military service was a lesson in patience and in accepting reality – a sign that difficult experiences, too, have their role in spiritual development.

How the Awakening Happened

For me, the awakening happened in 2007–2008 in California. The timing was precise: I started work there almost out of necessity, in 2007 I ended up at the same company as my friend and colleague Boris Fritz, I read the book about Vanga and the one by Paramahansa Yogananda, and I became a vegetarian – all within the space of a few months.

I had become a vegetarian six months before the awakening, which I consider a physical purification and a precondition for spiritual awakening, because it frees up more space in the body – the vessel of the spirit. Reading "Autobiography of a Yogi" by Paramahansa Yogananda was hard for me at first, since I was a materialist, but gradually it made me step back from my materialist outlook and open my mind to new ideas. At the same time, I was reading the biography of Vanga, who had always intrigued me with the possibility of foreseeing the future, of parallel universes, and of seeing beyond the veil of material reality.

At that time I was not meditating actively, and I had not consciously tried to open my third eye or to bring about a Kundalini awakening. Boris gave me specific instructions to focus on the third eye during meditation. When I sat down to meditate and did so, I felt warmth in my forehead and the opening of my third eye. A powerful energy came in, which I often describe as an "atomic bomb" exploding inside me – that is how sudden and powerful the experience was. So my awakening was unexpected, but there was also an element of guidance: the outside guidance and the environment were the catalyst, while my inner readiness in the search for answers was the deciding factor.

Kundalini: The Physical Manifestations

Kundalini awakening is not a mystical experience, but a deep physiological and energetic transformation. It is a very powerful entry of energy through the Sushumna channel (the spine). You literally feel the spine heating up – "absolute heat, absolute energy" that begins to come out. Pain appears in the various energy blockages, which begin to burn and cause physical pain. This is a process of deep cleansing and reorganization of the body's energy system, necessary for access to higher levels of awareness. It shows that spiritual awakening is not always peaceful and calm, but can be very hard physically. It can happen with the assistance of a guru, as a result of reading, or, as in my case, as a result of a combination of elements.

The Aftermath: Without Food, at the Edge of Death

After the initial experience, which was mostly physical and unconscious, I stopped feeling the need to eat, because I felt a surge of infinite energy. I spent three months without food and 40 days without water. In later periods of my life I came to "the edge of death's door," but I realized that "it is not so easy to die." This experience transformed my body at the DNA level and changed my perception of life and death. It shows the

connection between the physical body and spiritual energy, and the body's ability to function differently under certain conditions. It took me quite a few years to process the enormous information I had received and to explain it in understandable terms.

Cause and Effect

After my awakening, I began to put together the puzzle of my life, seeing the cause-and-effect connections behind why certain things – good or bad – had happened to me. I realized that "everything is where it is meant to be," that it matters for the point a person is at, and that there are no coincidences. This is the sixth Hermetic principle – that of cause and effect – and I accept the Hermetic laws as absolute truth. Understanding these connections helped me accept both good and bad experiences as part of my path.

The Path of Knowledge and the Path of Faith

My awakening was also an encounter with the dualistic world of Yin and Yang, of entropy and creativity, which I will speak about in the final chapter. It taught me not to force things, but to seek information from everywhere and to try different things, though without fanaticism.

I make a distinction between the path of knowledge and the path of faith. I myself went "through the fire of knowledge" and came back to share. My approach is based on personal experience and research, not on blind faith. I am "a traveler between physics and metaphysics, an explorer of the Universe and the human soul, which for me are simply two sides of one shared infinity." This is the key to my philosophy – I do not separate the material from the spiritual, but see them as interconnected aspects of one and the same reality.

Chapter 3: Physics and Metaphysics - Two Sides of One Reality

For me, physics and metaphysics are not separate disciplines, but two inseparably connected sides of one and the same reality. They are present in every person, in every cell, in every atom. I believe that the simplest formula is often the most likely explanation for a given problem, which reflects the striving for fundamental understanding.

The Ether: There Is No Vacuum

I maintain that there is no vacuum; instead, there is ether. Nothing is empty, there is no empty space – in direct contrast to conventional physics. The ether is an invisible but all-pervading substance – "the filter, the membrane that says this is allowed, this is not." It is the boundary between the astral world and material reality. If the ether is "pierced" from the side of the astral world, whatever is in the astral manifests here, in the real world. The ether is like a regulator that maintains the stability of material reality and prevents the chaos of astral forms manifesting uncontrollably. That is also why the speed of light exists – it is not simply a physical constant, but a limit that does not allow physical

passage between the worlds, only energetic passage. This opens doors to understanding astral travel and other non-physical experiences.

Reality: A Materialized Hologram

I do not call the reality we inhabit simply a hologram, but a "materialized hologram." The world we perceive is a projection that happens just before it "hits the ether." Every Planck second – an extremely short interval of time – torsion fields close and materialize into atoms. This process is continuous and so fast that it creates the illusion of a solid, static reality.

The Electric Plasma Universe

In my view, the closest description of the material world and the other world is the theory of the electric plasma universe. Gravity is not an independent, fundamental force, but a side effect of electromagnetism – a radically different view from the generally accepted Newtonian gravity. This idea is in line with some alternative theories that try to unify gravity with the other fundamental forces. If electromagnetic forces are far more fundamental and all-encompassing than is believed, this could explain many phenomena that remain a mystery to modern physics, and it opens new possibilities for understanding and manipulating space and time and for new technologies.

Spheres Within Spheres and the Two Poles

I see the Universe as an endless series of spheres within spheres, where each sphere is part of a larger one and contains smaller ones, and the outermost sphere is the Source, which is everything. This hierarchy is not static, but dynamic, with constant interactions between the levels. Around every person there are twelve portals, and the thirteenth element is the center – a symbol of a person's potential to connect with different levels of consciousness and reality. I say that "from the solar plexus up we are gods, and from the solar plexus down we are animals" – at once spiritual and material beings, with the potential for limitless development.

Everything in the Universe has two poles – light and darkness, good and evil, masculine and feminine – and without them nothing happens; there is no manifestation and no movement. This duality lies at the foundation of Hermetic philosophy and is fundamental to existence.

The Multiple Reality

Reality is multiple, and our consciousness is the key to it. There are countless potential variants, and our thoughts, beliefs, and emotions act as a filter that determines which of them will be realized. Our brain does not simply perceive reality; it "switches" between these variants by directing attention and energy. This gives the individual enormous power to shape their own reality. I believe that our Earth and our Sun exist in "several billion variants, here and now" – an astonishing fact that cannot be verified in a

conventional way and shows how limited our ordinary perception is. This is the concept of parallel universes. But "not all variants are possible" – there are "guards of reality" that do not allow knowledge capable of destroying the system. This is a protective mechanism that guarantees the stability of existence. Even so, the future is "the least fixed" and "the most multi-variant," which leaves room for free will and choice.

The Ionosphere – The Gray Matter of the Earth

The ionosphere is the membrane of "the cell that is Earth," "the gray matter of everything living here." Our energy fields reach up to it. When the ionosphere is unstable – for natural or artificial reasons – it creates the conditions for natural disasters such as hurricanes, earthquakes, and floods. I also mention HAARP as a device that can influence the ionosphere. Although its original purpose may have been noble, I warn of the dangers of manipulating such an important part of the Earth's system and call for responsibility with technologies that have global consequences. All of this shows how closely human consciousness and planetary processes are connected.

The Moon – Consciously Created

I maintain that the Moon was absolutely consciously created and is hollow inside. I quote Vanga, who said that the souls of the dead go there first. A similar idea exists in some esoteric and conspiracy theories, according to which the Moon is an artificial object created by an advanced civilization. In my view, during one of the last Apollo missions to the Moon (Apollo 13) it was not possible to detonate a small atomic bomb, because "reality simply did not allow it" – an example of how reality protects itself from destructive actions, and of conscious intervention by higher powers. Perhaps the Moon has a special role as a "harbor" for the souls of the dead and as an energetic library for the Earth's Akashic records.

Awakening and Free Will

One million awakened people are equivalent to ten billion who are not awakened. This shows the power of collective consciousness and is a call to awareness and to taking responsibility. Consciousness at every level must have free will in order to make wise choices.

I see free will, however, in an unconventional way. It exists "between certain points in your life." I call this "wide multivariant periods of time with relative karmic freedom, followed by small, narrow link-passages of limited choices, often leading to forced, life-changing events," or the "eyes of the needle" a person has to pass through – certain events and situations in life are predestined, cannot be avoided, and serve as lessons and opportunities for growth. The higher a person stands in the material hierarchy and the more they matter to more people, the less free will they have – sometimes "almost no choice at all." Politicians and world leaders, though they seem powerful, do not have free lives – they are "the buffer between causes and effects," "between the hammer and the

anvil" of colliding systems driven by the whole simulation of the world. The more power you think you have, the less power you actually possess. The freest person is the one who "has nothing," because they are not bound by material limitations and expectations. True freedom has nothing to do with possessions or power; it is an inner state of awareness and non-attachment.

The Conductor of Everything – The Source

To the question of who is the conductor of everything, I answer: "there is no conductor; there is knowledge, there is everything – the Source, the Center. It is everything. It takes no sides." This is the supreme consciousness, which is beyond duality and does not take sides. The hierarchies below it, however, do take sides, because they take on functions connected with execution and stimulus. The further down you go, the more specialized the functions become, and that is why free will is greatest at the lowest levels, where the choice of personal realizations grows and global responsibility diminishes. The hierarchical substructures take sides, which leads to the formation of groups, polarization, and conflict.

That is why the battle for public consciousness is the most important – it drives the system. How each of our inner voices can influence it, I discuss in the chapter on self-suggestion.

Chapter 4: The Human Brain and Consciousness

I offer a radically different view of the human brain and its connection to consciousness, challenging the generally accepted notion that it is the seat of consciousness.

The Brain as an Interpretive Antenna

In my view, the human brain is simply "an interpretive biochemical quantum antenna," "an interpretive biomechanical machine," and not the source of consciousness. Consciousness is everywhere – we move in "an ocean of consciousness." This concept is in harmony with many esoteric and spiritual teachings that see consciousness as a fundamental characteristic of the Universe, and not as a product of brain activity. The brain is "the interpretive box" that allows consciousness to interact with the material world, and "the body is the instrument with which you interact with the world" – an interface between consciousness and material reality. The focus of our consciousness on the body is "projected from the other side" – from higher levels of existence. We are not merely physical bodies, but conscious beings who inhabit physical bodies in order to gain experience in the material world – just as many spiritual traditions see the body as a temporary vessel for the soul.

Neurons – The Wiring

Although the brain is complex and many quantum phenomena take place in it, neurons "do not explain thought, or memory, or character at all." I call them "wiring" – fast algorithms for fast impulses. This is a serious criticism of the reductionist approach of modern neuroscience. Science knows almost nothing about the brain beyond which parts are active, measured through differences in temperature, and it cannot determine where individual memory is stored or how thoughts arise. For me, memory and character are not products of the brain, but aspects of the greater consciousness that projects itself into the material world through the body. In a similar way, I turn around the idea of the subconscious, which is in fact a superconscious – I speak about this in Chapter 7.

Dreams as a Mirror of the Inner Life

Dreams are much more than random images. When we recall them, the story of the dream "pops up back to front" – from the end to the beginning, which suggests that they carry information about future events or about deep aspects of our inner life. By examining them carefully, a person can explore their inner life very well and understand "exactly who they are." Dreams are like a mirror that reflects our inner states, fears, and desires, and understanding their symbolism helps us expand our consciousness. They are a doorway to deeper levels of consciousness and to the astral worlds – in them we can gain insights, solve problems, and even heal ourselves.

Lucid Dreaming and Self-Healing

A lucid dream is when a person realizes in their dream that they are dreaming. They then gain control over the dream and can begin a true astral journey. In it you control that reality, you understand everything, and you see that "this is you, that you are the Creator there" – as a projection of the Universal Creator. I have met my own self in such states – an extremely illuminating experience that blurs the boundaries between individual and universal consciousness. There is "total freedom" there – no inhibitions, no obstacles, nothing. You can heal yourself, explore different aspects of your consciousness, and gain access to information that is unavailable in the waking state. This shows the potential of consciousness to transcend physical limitations, and our innate creative power to shape reality, even in our sleep.

Through meditation, astral projection, and Kundalini energy, a person can reach these states without the need for external stimulants, and can heal themselves and others. Self-healing is a natural ability of the body and consciousness: when we are in harmony and have a high vibration, our body is able to heal itself. Lucid dreaming and meditation help us raise our vibration and activate these processes – a path to health and a fulfilling life founded on inner strength and wisdom.

Chapter 5: Harmony and Disharmony in the Universe

I see harmony not simply as an aesthetic notion, but as a fundamental law on which the whole Universe works, and living matter in particular. For me, harmony is synonymous with creativity and order, and it manifests in everything – from the smallest particles to the largest galaxies, from music to the forms of nature. It is always creative, because it is symmetrically resonant and corresponds to the vibration of the Platonic solids – ideal geometric forms that symbolize perfection and symmetry. Disharmony, on the other hand, leads to destructive results.

Every Moment Is Sacred

For me, "every single moment is sacred, because it is balanced." This balance is dynamic and constantly strives toward equilibrium, even when there seems to be chaos. It is a deep philosophical understanding that links beauty with truth and order, and harmony with mathematical principles and universal laws.

The Number Phi – The Universal Code of Harmony

One of the most important aspects of harmony is the number Phi, the Golden Ratio (approximately 1.618) – a proportion contained in every living and non-living thing in the Universe. This is not a random coincidence, but proof of the deep order and design behind creation:

● In nature: In plants (the arrangement of leaves, the spirals of the sunflower), in animals (the proportions of the body), and in human proportions (height, facial features). If an artist becomes aware of the presence of Phi in everything, they become a much better artist, because their works look natural and harmonious.

● In architecture: The ancient Greeks and Egyptians knew about the Golden Ratio and built it into their temples and buildings. The Parthenon is a classic example of a building whose proportions follow Phi – a sign that ancient civilizations had a deep understanding of the universal laws of harmony.

● In the cosmos: The Fibonacci spiral, which is obtained through iterations of Phi, is found in galaxies, snail shells, and fractal structures. One and the same harmonic principle governs both the microcosm and the macrocosm.

● In music: When music contains the Phi ratio – between the frequencies of the fundamental tones and their semitones, and in the overall structure of the piece – it sounds harmonious to us. Harmony in music is not a matter of taste, but of universal mathematical ratios that resonate with the biological and energetic human body.

This "slight asymmetry" resonates within us and creates perfection. Perfection is not static and ideally symmetrical, but dynamic and alive. In my view, perfect symmetry

exists only in the imaginary world and in the higher worlds, while in the material world everything is subject to this "asymmetrical harmony."

Disharmony and the Lesson of the Hot Stove

When the rules of harmony known since antiquity are broken, destructive resonance results. One example is certain kinds of modern music which, although they have harmonic elements, also contain a great deal of disharmony – irritating frequencies that can resonantly damage our consciousness and body. I do not think this is deliberate, but rather part of humanity's experience of learning what not to do – "the lesson of the hot stove," in which a person has to experience the consequences personally, to "get burned," in order to learn. That is why I call for awareness of the effect that sound and vibration have on us.

The Schumann Frequency

The Earth's natural rhythm is the Schumann frequency (about 7.83 Hz). We are synchronized with it from birth. In the Middle Ages, some church organs played – by chance or not – at such frequencies, which brought about states of deep sadness or joy in people. Human beings are deeply connected with the rhythms of the planet, and these rhythms influence our emotional and mental state. Understanding this connection is important for maintaining inner harmony.

Chapter 6: The Cycles of Time - The Yuga Periods

I see the cycles of time, and especially the Yuga cycles, as a direct manifestation of the Hermetic principle of rhythm – everything in the Universe moves in cycles of going in and coming out: ebb and flow, rise and fall, day and night, life and death. The pendulum swings left and right – it is all one and the same, only with a different direction and force – but it always returns to the center, and every movement is part of a larger, continuous cycle or ascending spiral. Understanding these cycles is key to recognizing our role in the Universe and to foreseeing future events.

The Yuga Cycles and the Precession of the Earth

The Yuga cycles last about twenty-five thousand nine hundred and twenty years – a period that coincides with the precession of the Earth. Precession is the slow rotation of the Earth's axis, like a spinning top. One full rotation takes 25,920 years and carries us through the full turn of the twelve zodiacal ages. The cycle is divided into four Yugas – Satya Yuga (the Golden Age), Treta Yuga (the Silver Age), Dvapara Yuga (the Bronze Age), and Kali Yuga (the Iron Age). Each has its own characteristics, which influence human consciousness, morality, spirituality, and material development.

Twice in this 25,920-year cycle a reversal of the poles occurs, which coincides with the appearance and disappearance of Atlantis about 12,500 years ago. I suppose that the pole

flipped then, and that this may happen again. This is not merely a physical phenomenon; it has deep consequences for consciousness and for civilizations.

From the Golden Age to the Iron Age

About twelve thousand years ago there was a great ascent – the Golden Age (Satya Yuga). This was a period of high spirituality, harmony, and enlightenment, when humanity was in direct connection with the Divine and possessed extraordinary abilities. Knowledge was intuitive and universal, and society functioned without the need for laws and rules, since everyone acted in accordance with the cosmic order.

Kali Yuga, the Iron Age, is the darkest period – a decline of morality, spirituality, and knowledge, a time of conflict, materialism, and ignorance. Humanity has come out of it and is now climbing back up the cycle, which gives hope for a future ascent. Passing through the Iron Age was necessary so that we would "get burned" and understand what not to do – a lesson that is learned through experience, not through theory alone.

Humanity on the Threshold of Adulthood

We are now at the beginning of the Bronze Age (Dvapara Yuga) – a period of intensive learning and growth, marked by the mastery of different kinds of energy. If humanity lived a hundred years, we would be about eighteen or nineteen. Adulthood lies ahead of us, which means we have to mature, passing through a "puberty" full of contradictions and polarizations. Like adolescence, this period involves searching for identity, experimenting, and making mistakes. What matters is that we learn from them and move on. This is the path of knowledge – with trials and hardships, but leading to deeper understanding and wisdom.

Singularity, the Paradigm Leap, and the Future

I consider the word "singularity," often used in the context of artificial intelligence and technology, to be speculative, and I do not believe it exists – it does not reflect the reality of the cyclical process. Instead, I speak of a "paradigm leap" – a moment when the fundamental knowledge of science and philosophy will be replaced. This leap will not be sudden and irreversible; it will be a qualitatively new level of awareness resulting from quantitative accumulation.

I foresee that esotericism and modern science will come together again, probably thanks to artificial intelligence, which will work as a powerful tool for quickly accessing and analyzing the vast amount of knowledge accumulated by human civilization. I do not reject science; I see it as part of a bigger picture. Artificial intelligence can help bridge the divide between the spiritual and the material by providing new ways to process information and to understand complex systems.

I have an optimistic vision of the future. I believe that the energy technologies of the future will lie in decentralized energy production, which will be humanity's next technological paradigm leap. It will bring greater independence and freedom to individuals and communities and will completely change the social and economic structure of the world. Humanity will climb biologically and mentally to the next step and will make contact with the worlds befitting this new level, while helping the lower worlds. This is a future in which science and spirituality, consciousness and technology develop in harmony, leading to higher levels of existence and to interaction with other civilizations.

Chapter 7: Practical Techniques for Spiritual Growth

Here I share my experience and insights about practical methods of spiritual growth, emphasizing the importance of personal experience and a non-forcing approach.

Non-Forced Awakening

Spiritual awakening cannot be brought about by force – it is a natural process that happens when a person is ready. My Kundalini awakening, which I described in Chapter 2, is proof of this: at first glance it happened spontaneously, during a meditation on the third eye, but everything had been prepared by circumstances. That is why one should not force things, but seek information and try different things, though without fanaticism. Intellectual searching and the study of different sources of knowledge, like the books that opened me up, are an inseparable part of spiritual growth.

Meditation as a Path to Awareness

For me, meditation is not simply a relaxation technique, but a powerful tool for awareness and transformation. Through it, a person can enter deep states of consciousness, gain access to information unavailable in the ordinary waking state, and come to know themselves and the deeper levels of reality. It is important to approach it without fanaticism and without expectations, allowing the process to unfold naturally.

The Dangers of Fanaticism and the Spiritual Ego

I strongly warn of the dangers of fanaticism, whether religious, personal, or spiritual. It leads to extremes and destruction, because it is a function of "the dark forces." Even when it comes from good intentions, the spiritual ego can be especially dangerous. The saying "The road to hell is paved with good intentions" shows how even the noblest aspirations can lead to negative results if they are not accompanied by awareness and balance. Anyone engaged in spiritual growth must stay watchful of their own ego and avoid extremes.

The Subconscious as the Superconscious

One of my most important ideas is turning the notion of the subconscious upside down. For me, it is actually the superconscious: commands and information come from outside, from higher levels of consciousness, and not from inner, repressed layers of the psyche. This gives new meaning to working with it through self-hypnosis or self-suggestion.

Self-Suggestion and the Power of Vibration

Public consciousness is the most important, because it drives the system. Every inner voice, silent or spoken aloud, can reach upward in the system's feedback and set it moving in a particular direction. We are not passive observers of reality, but active participants in shaping it. That is why self-suggestion is so important – working with the subconscious, that is, making contact with the superconscious.

The subconscious can be influenced by a particular rhythm or vibration – any vibration can be hypnotic. A negative example is the 30 frames of television, which hypnotize at a subconscious level; this mechanism can be used both for manipulation and for self-improvement. Positive examples are rhythmic breathing in meditation, the Solfeggio frequencies – ancient musical scales with a harmonizing effect on consciousness and the body – and binaural frequencies. Dissonant frequencies, on the other hand, can have a destructive effect. In this way, music, meditation, and even the media shape our perception of reality. We are constantly under the influence of various vibrations, and we can consciously choose the ones that support us. Understanding this mechanism gives us control over our own thoughts and emotions, and it is key to the conscious creation of reality and to spiritual growth.

Chapter 8: The Balance Between the Material and the Spiritual

I am convinced that the balance between the material and the spiritual is essential for a fulfilling life and for the evolution of consciousness. It is not a static equilibrium, but constant movement and adaptation – a dance between the two fundamental energies of the Universe.

Yin and Yang – Entropy and Creativity

The world is dualistic, made up of two fundamental energies – Yin and Yang, which I call entropy and creativity. Entropy, which I associate with Yin, represents the programs through which light and organized structures leave reality. It is the force that leads to decay, chaos, and degradation, but at the same time it is necessary for the creation of new forms. Creativity, which I associate with Yang, is light itself – the light-information that organizes everything and creates order, structure, and life. These two energies are always present and interact with each other, forming the dynamic reality in which we live, and the balance between them is the key to harmonious existence.

The Golden Mean

I am a follower of the Buddhist idea of the golden mean – balance in life. I believe that the most masterful thing a person can achieve is to be in the material and the spiritual world at the same time, without falling into extremes. Falling into extremes – into materialism or into extreme spirituality – leads to imbalance and destruction. The attempt to "save the world," driven by extreme, fanatical spirituality, is an illusion, because the world is not wrong; it is an experiment in trying out different variants of one and the same idea. The goal is not to renounce the material world in the name of spirituality, nor the other way around, but to integrate all aspects of existence – material, spiritual, emotional, and mental – into one whole and harmonious experience. This is a philosophy of acceptance, understanding, and harmonious existence in a dualistic reality.

Suffering as a Protective Mechanism

I see suffering and pain not as punishment, but as a protective mechanism. Pain happens in the mind, not in the body, which means that our perception of it is subjective and can be changed. The most valuable lessons come from intense physical and emotional pain, which serves as a catalyst for growth and awareness.

Freedom from Guilt

People need to rid themselves of the feeling of guilt. This becomes easy when they turn into observers and understand the cause-and-effect connections in the events of their lives. When a person realizes that everything is the fruit of thought, intention, and a higher plan, guilt disappears, because nothing is accidental. This brings enormous relief and frees us from the weight of the past. Taking responsibility for one's own thoughts and actions, without falling into guilt, is a path to inner peace and freedom.

High Vibration and the Boomerang Effect

When a person has a high vibration, they influence the world around them without doing anything physically or consciously. Everyone synchronizes energetically with them, rather than they with everyone else. High vibration is the result of inner balance, awareness, and love – it creates a positive field around the person that attracts similar energies and influences everything around them.

The boomerang effect is a universal law: every action, good or bad, returns with varying force and in different ways to the one who performed it. That is why it is not unimportant what we think and what we say. Every word and every action echoes in eternity. After my awakening, I could not say a bad word, because I had realized the power of the word and of thought. This is a call for awareness and responsibility in every one of our interactions with the world.

Conclusion

The journey through my insights reveals a holistic vision of existence, in which physics and metaphysics intertwine and consciousness is the central element of everything. From the evolution of consciousness through seven levels to the profound experiences of Kundalini awakening, I guide you through complex concepts with clarity and personal experience. I share that the Universe works on the principles of harmony, embodied in the number Phi, and that disharmony leads to destruction. The cycles of time, such as the Yuga periods, show the cyclical nature of development and the inevitability of paradigm leaps. The human brain is presented not as the source of consciousness, but as an instrument for interpreting reality, and dreams as a portal to the depths of the inner life. The most important message is about balance – the golden mean between the material and the spiritual, freedom from guilt through understanding cause and effect, and awareness of the power of thought and the word. High vibration and the boomerang effect underline each individual's responsibility for their impact on the world. Ultimately, my book is a call to awareness, to seeking the truth beyond illusions, and to taking an active part in the evolution of consciousness, both individually and collectively, toward a more harmonious and conscious future.