

Miscellaneous observations

(See the list of abbreviations at the very bottom.)

1. You are surprised when I say that sometimes the future is already determined, that it sometimes actually already exists now, just as the present now exists in our understanding. Those who communicate with me have already seen hundreds and even thousands of examples of how my actions and statements are quite easily explained, if we proceed from the assumption that I sometimes have access to the perception of some more or less distant future as existing already now. Personally, I think that the concept of linear time is good for 19th century Newtonian physics, but completely inapplicable to modern ideas about the structure of spacetime. Calabi-Yau manifolds much better illustrate the interaction of the conditional present with the conditional future.

But if we look at this question through the eyes of a physicist, there is not much improbable in the hypothesis about the possibility of perceiving "now" what is already formed in the "future".

Time does not exist as some general time-god-father. Time flows differently at each point of space. If I took the elevator to the 10th floor and you stayed on the 1st floor, time flows differently for me than it does for you. Time flows differently in a more massive body than in a less massive body, etc. I moved my arm with acceleration, and time flowed differently in my arm than it did for the rest of my body. That is in fact the whole world, each part of it lives in its own time, and nevertheless we are connected, we exist as connected, real objects, we interact with our hands and with each other, i.e. it turns out that the present and the future are intertwined and connected in an extremely close way, so that in the end we get a stable world.

So what I'm talking about "the future existing now" is not that it's some completely new concept - it's just some unusual extension of what is already so clear to us, an extension into new areas and scales of application.

I claim that as a result of a certain psychic evolution (within the framework of my "The technology of selective personal-biological evolution") it becomes somewhat accessible to a human being to perceive what we call "the future". This statement can be seen simply as a convenient concept to describe a certain phenomenon, although there may be other interpretations of the facts that I (and people interacting with me) now observe in abundance.

2. The central postulate of my "technology of selective personal-biological evolution" (SPBE): an increase in the volume of experiences of "enlightened perceptions" or, to put it another way, of "evolutionary emotions" (EvE), i.e. an increase in their duration and intensity, leads to the emergence of new, previously unknown, unprecedented to a person EvE, and to the possibility of their integration into the composition of one's personality, i.e. to the evolution of the personality.

To move in this direction means to increase the volume of EvE step by step, every hour, day, month, while stopping experiencing destructive (or negative) emotions (DE) with the help of the technologies I have developed.

This is actually where the very long way to psychic evolution begins, and what follows is a great deal of discovery, new technologies for managing perceptions and experiences, etc.

And it always turns out that this original postulate is forgotten, relegated to the periphery. In fact, do we now repeat every day the multiplication table learned in the school? But we do not repeat it precisely because we use it daily and repeatedly.

In order to avoid that instead of evolution we got only abstruse talk about it, we must every day, every hour return to the original postulate and put it into practice. We must realize that without this, the very first, the most elementary requirement, there will be no evolution, nothing at all.

3. Psychological time is a measure of the experiences contained in it, so it is convenient to consider it as conventionally two-dimensional: the first dimension corresponds to physical time, and the second dimension arises during EvE. The resulting vector of time is a function of both variables: both the filling of ordinary time with experiences and the enlightened power (EPW), understood as the totality of the entire volume of all experienced EvE (which in turn depends on all experienced qualities of these EvE). Both functions are nonlinear (but in different ways).

4. There are situations in which nothing unusual happens: I am walking down the street, or sitting in a restaurant, or looking at a tree, etc. - nothing unusual happens at all, and I don't experience anything special - everything is as usual. But in the future - a week later, or a month later, or even a year later, this situation suddenly comes to mind, and for some unknown reason while I'm remembering it, I start having very strange, very deep experiences, feelings that seem very important to me. I often can't even tell what these experiences are, what their constituent elements are, which is why I call them "strange deep experiences" (SDE). And when I remember these situations and re-live them and experience the SDE again, I feel that for some reason this is important for me, for my mental development, so I make a list of these situations, describing them very briefly, just to understand at a glance what I am talking about. And when I get the desire to look at that list, to run my eye over it, sometimes I get the urge to re-live one of those stories and experience the corresponding SDE.

In addition, the clarity that such a phenomenon exists causes me to be able to relate a little differently now to situations where nothing seems to be happening either outside of me or inside of me. I realize that even the simplest event can be a source of EvE for me in the future, and so I can experience right in these situations a slight sense of mystery and anticipation, which are EvE, and which attract another EvE. So it becomes an element of my movement towards psychic evolution, changing my daily life a little bit.

It can also be effective at the end of the day and at the end of the week to go through my memories and try to feel if any of them are potential sources of the SDE, if there is something that has the "smell" of SDE during its re-living. And if one is found, I put it on the candidate list, and then I go back to it after a while and check to see if it is actually a source of SDE or not, and either delete it permanently or put it on the main list.

I emphasize: I am NOT talking about situations during which I feel deep feelings. I am talking about situations that seem to be quite ordinary, but when they are re-lived in my memory, SDE arise.

5. It is crucial to realize that we are in a war in which everyone has died so far, and very quickly. To defy death is a task that seems utterly pointless, that looks like madness. But I do it based not on esotericism or empty fantasies, but on a clear understanding of those mechanisms in the psyche and physiology, the use of which can give a chance to solve this problem.

Everything else seems to me petty, vanishingly insignificant in comparison with attempts to solve this problem. All the more so because in doing so, I am making such changes in my psyche, doing such interesting research, that my life is filled to the brim and experienced by me as incredibly interesting.

6. I think it is essential to have sustainable and strong interests. What they will be is not so important, although there are quite significant differences. For example, an interest in science easily leads to new interests in other sciences. An interest in science can develop infinitely, leading to easy emergence of anticipation, feelings of mystery, wonder, and other EvE. An interest in science or language learning provides an opportunity to create relationships with interesting people, both personal and work.

Interests can also act as anchors that stabilize your mental state in times when you are in an emotional slump. A person without interests in times of recession (and periodic recessions and crises are inevitable) is like a falling elevator that falls very deep and collapses on impact. A person with interests in moments of recession can go deep into the study of science or language, into creativity or social activity, etc., thus fixing her fallback at a certain level, from which it will be convenient to return again to high levels of energy and saturation.

There are people who complain endlessly that they have no interests, and that they don't know how to make interests appear. This means that these people are already at a dangerously low level of energy, and it's possible to hang on for years in this state, which is often the case. And with each passing year, the chances that you can build an interesting and enriched life diminish. I advise you to choose at least some direction for yourself, at least something that is at least minimally interesting, and then engage in this direction for at least a year, or better two, with persistence, supporting yourself with the clarity of why it is necessary. If you can persevere for at least a year and actively do something, feeling at least a little interest and pleasure, then there are high chances that you will reach that minimum level of professionalism, which in itself will push you further forward.

Many people are unable to cultivate an interest on their own, and then I suggest putting themselves under an external discipline - start studying at a university, or hire a teacher with a rigid study schedule, etc.

I see no point in arguing with those who disagree with me that having interests is extremely important. I have no goal to force someone to accept my value system, to adopt my way of life. I can only give advice, say that you can do it this way or that way, and then everyone decides for themselves.

7. I recently received a letter requesting financial assistance for someone unknown to me. I wanted to once again formulate and articulate my position on such issues to practice my good sense, so I responded:

«I realize that if P. is an important person to you, you'll want to help him. But to me, he's just someone I know nothing about, someone I have no relationship to, no emotional connection to. I also realize that if I spend my resources on helping

people I know nothing about, I won't be able to help people close to me, or even myself, in times of need.

That is why I have long ago developed a simple and clear rule for myself: I help only those people who are close and important to me, and the scale of my help depends on two parameters:

1. my capabilities
2. the degree of my closeness to this person

Therefore, based on this position, when I am offered to help a person unknown to me, I always refuse.

My emotions don't agree with this rule, but my common sense insists on it, as I can't let my emotions ruin my life. After all, if I help one person I don't know, why am I not helping hundreds of millions of others?

Perhaps some sort of personal fund of mine could be set aside, money from which I could spend to help people I don't know, even if it was small.

But even in this case I am faced with an insoluble problem of choice, because I would prefer to assist those who could arouse my sympathy rather than those who could be indifferent to me or even unpleasant. And there is no way I can spend the resources of my own time interacting with and sorting out my attitudes towards those unknown people who need help.

Hence my final decision, the rule I follow, which is stated above».

8. Hypothesis: from the point of view of health enhancement, it is important to direct pleasure to different parts of the body (including the practice of washing the body with pleasure), awakening them to the ability to experience pleasure.

Hypothesis: pleasure and other evolutionary sensations (EvS) can trigger bodily evolution at the cellular and tissue levels. Research required.

9. Many people have already heard from me that there is a special evolutionary sensation – pleasure. It can be experienced in different places of the body: first of all in the center of the chest, and also in the left part of the chest and in the throat, but actually pleasure can be experienced everywhere, in the whole body, and it is possible to achieve a background experience of pleasure, which, according to my hypothesis, plays a great role in strengthening immunity, and also in the development of psychic life, because the background pleasure becomes the soil which generates and nourishes all enlightened experiences.

Pleasure also has all the basic qualities that are inherent in emotional enlightened perceptions: magnetism, totality, and shrillness.

Moreover, there are different kinds of pleasure that are experienced in quite different ways: as a flow, as vortices, as an enveloping cloud, etc. In total, there are at least 20 types. Perhaps someday, when and if an EvE research institute is established, we will be able to study the effects of these different pleasures on human physiology.

10. The fact that people sometimes cheat is clear to everyone. What is much more surprising is that in fact people cheat almost all the time - even when they do not set out to do so, even in the simplest of conversations when nothing important is being discussed. It happens quite automatically, almost unconsciously - exaggerations, displacings, false images, etc.

In order to realize the scale of this deception and self-deception, one should at least sometimes carefully consider someone's phrases, analyze them honestly and impartially to see if they correspond to reality.

It is common to object by saying that these are more often inaccuracies rather than deception or self-deception, but this is not true. It takes both a high degree of sincerity and training for a person to learn to say something close to the truth.

11. A common reaction when you notice a DE (destructive/negative emotions) in yourself or when a DE is pointed out to you is an almost automatic reaction of self-justification. You start involuntarily explaining to yourself and/or others - why you experienced it, what were the difficult circumstances, what were your reasons for being out of control at that moment, referring to someone else's inadequate behavior, etc.

And none of this makes any sense. If you take poison, it will poison you, that's all, and no explanation will change the consequences of this poisoning, and it's the same with DE: you can explain as much as you want, but every time you experience DE, they poison you, and you strike a blow to your immunity, to your psyche.

The only adequate reaction to an experienced DE is to eliminate it, i.e. immediately experience something pleasant, and immediately make sure that you stop experiencing DE, and if not, then continue your efforts to switch to pleasant emotions. And only when the result is achieved, only then you can think about the reasons why you slipped into DE, draw some conclusions, and make some decisions.

12. For those who are training to experience the sensations of physical delight, rockness/solidity, etc., I suggest that they pay special attention to experiencing the experience of detachment more often.

Detachment resonates clearly with rockness, and thus deepens the channel to the entire set of enlightened (evolutionary) sensations (EvS) of this branch toward the most important void sphere.

The detachment clearly resonates with physical delight as well. This mechanism is at least partly due to the fact that detachment cuts off a great deal of anxiety, preoccupation, and other destructive states that become an insurmountable obstacle to background pleasure.

13. Hypothesis: under the influence of the sensation of pleasure, the brain develops, evolves (in addition to its supposed health-promoting effect).

When and if a laboratory is built to study these phenomena, testing this hypothesis will be an excitingly interesting line of research, because here we will be directly investigating the most amazing object that exists in the universe - the human brain, and moreover - the evolutionary processes occurring in it.

It's very intriguing to see - what will change at all in this tremendous brain structure under the influence of pleasure (and other evolutionary sensations), and how it will change.

The most amazing thing would be the emergence of an entirely new type of neuron that would not just provide a sustained experience of pleasure, but would also create some entirely new possibilities that we can't even imagine now.

And then the not-so-old discoveries of mirror and pyramidal neurons will not seem so epoch-making to us.

14. The appearance of the evolutionary sensation of "rockness" in some place in the body is preceded by the appearance of the sensation of "tense constriction" in that place.

If you are not aware that such a sensation exists at all as an independent and important perception within the personality, then if it spontaneously arises, you will simply not pay attention to it and pass by, losing that chance.

Therefore, it is very important to know that such sensations can occur, and the moment they appear, at least in the form of a faint echo, you can grab hold of them and try to hold on to them longer. Each additional second of experiencing a new perception increases your chances of experiencing it more often in the future and gradually integrating it into your personality.

15. Usually it is quite difficult to explain that even small and even very small destructive (or negative) emotions (DE) have a very harmful effect on the human psyche. Everyone is accustomed to accept the idea of the harm of stress, intensive long-term DE, but people do not understand about weak DE - what is their harm.

There are two circumstances involved here.

First, weak DE are very poisonous simply because of their massiveness. Negative backgrounds create continuous multi-level poisoning mats.

Secondly, when you have a germ of evolutionary emotion (EvE), it appears in a very weak form, it is very tender and vulnerable, and for it to grow, to strengthen, to form, conditions of special emotional purity from the poisons of DE are required. Even a weak DE will easily destroy a sprout of EvE arising in you.

The list of abbreviations:

DE	- destructive (or negative) emotions
EPW	- enlightened power
EvE	- evolutionary emotions
EvS	- evolutionary sensations
SDE	- strange deep experiences
SPBE	- selective personal-biological evolution