

Evdokia

Luhezarnova

rhythmology for everyone



**NOTHING EVER HAPPENS
BY CHANCE**

**EVDOKIA
LUCHEZARNOVA**

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BY CHANCE**

Notebook for practical work

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Did you ever try to understand why your life is all one way and not another? Why you are surrounded by these particular people? Nothing ever happens by chance. Analyze your life, answering questions in the accompanying notebook for practical work and take the first step in finding yourself!

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FOREWORD

The Notebook for practical work is a part of the curriculum of «Rhythmology for all».

The questions in the notebook are selected to help you to recall and collect the events of your life in a single mosaic, in order to understand why you were born in to a certain family, at a particular place, and why did you meet these or certain other people.

Most importantly, it is that you will see that there was no random event in your life.

We wish you a successful journey towards finding yourself and your own happiness!

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We all leave our everyday life. We study and graduate from schools; we get married; we communicate with other people, creating many relationships. We need to put the series of these events into a tied row of signs. Everyone who made such a layout and did it right, is entitled to be called a rhythmologist. Most importantly, his life became exempt from bearing a load. Rhythmologists remember everything about everything; they remember all things that have passed through their lives

independently, when they came in touch with them: either a month ago or thirty-three years ago.

When you have strung the events on to the thread of signs you will be persuaded that nothing ever happens by chance, and this world is nothing but a reflection .

FINDING ITSELF

Do not,
Do not hustle,
Take care, take care of beauty.
Your heart
 can withstand the intensity
 of finding itself.
Find yourself, never get tired,
The brain jumps wisely, catches the topic,
 the brain pierces the darkness
 with multidimensional jumps.
With the chakra swirl,
 find yourself.



ENERGY & INFORMATION. EARTH AND HUMANITY

Earthdweller or human being?

Choose the answer you feel closer to.

1. You prefer the word:

my

our

2. If you get lost:

you can easily stop
anyone and ask for
directions

It will take a long time
to pluck up your
courage: «How can I distract
other people?»

3. You like:

strawberries

blueberries

4. You cook the food in a heartbeat:

For yourself

For others

5. You are:

emotional, sensitive

Reasonable, you can easily
get into any situation

6. You:

do not interfere
in the affairs of others

Are always willing to help
other people, you solve
their problems

7. You:

Prefer to enjoy life

Postpone enjoyment for later

8. It's easier for you:
to start any activity To finish activities

9. You are never able to refuse:
exquisite and delicious wholesome food, so called
food (Why should you must food (most importantly
eat something tasteless) because of the amount
of nutrients)

10. You perceive the world:
through visual images through words

11. The phrase «it's better to see once than hear a hundred times»?

Is right Is false

12. You react to the words said:
at the beginning at the end of conversation
of conversation

13. Can you clearly describe an apartment of your dream?
I can even make I can even live in a shack
a drawing of it if I am with someone I love

14. I have taken care of my health:
since childhood I have never thought about it

15. You prefer to read a book:
from the beginning from the end

16. You feel comfortable:
in a familiar, When I am constantly
calm environment experiencing something new

17. Are you enjoying being outdoors?

Yes, what could
be better

No, I miss the asphalt
and hot water

18. Can you show me where is the north?

always

Only by compass

19. How often do you find money?

Yes, there were even
large amounts

No, I am losing money often

20. Have you ever won the lottery?

Yes, (I won a plane
ticket, a car, etc.)

Not, (Lotteries are frauds
and only for fools)

21. Do you understand what does it mean to «burn with shame?»

no

yes

22. Are you able to stand still in awe of a movement, a word or something else?

yes

no

23. A chief:

must give clear and
competent orders

must give a lot of freedom,
only slightly steering

24. You learn:

from others' successes

from others' mistakes

25. I cannot live:

without beauty

without wisdom

If most of your answers are in the right column, you are closer to a human being, if in the left – you are an earthling.

The Body, the Name, and I

My Body and I

How did you develop your body: you exercised (with your father, mother, or friends); you practiced yoga, swimming, bodybuilding, or went into sports activities?

Describe all your injuries, bruises, falls, surgeries, vaccinations. What scars remained on your body and in your memory?

Were you fond of literature about the body? When and who told you about it? Maybe you examined the anatomy or the constitution of the organs; maybe you were listening to your body?

Imagine that you are viewing yourself with a magnifying glass, through a microscope, or in a room full of mirrors:

it's beautiful

it's great

it is ugly

it's imperfect

Check your feelings:
your reaction to pain

to pats on the shoulder

to the duration of your poses

Do some different motions, estimate them, and then consider
your manner of motions:

your gait

your jumping

your «landing»

the slopes of motion

handshakes, greetings

Analyze your motions: are they sharp, soft or plastic; what do you move more often — your hands or your legs?

Analyze the dances you danced.

*When you approach the mirror as an earthman, you say:
«What a lovely oval face. What physical forms, really. I am superb!
«And even if you are absolutely ugly, you will still find that there
is a part of you which is beautiful. This is the earthly vision.*

When you look into the mirror as a human being, you immediately say, «This is not so good; that is bad. This I don't like, and this I gave to bedaub. No, I can't smile: my teeth stick out in the wrong direction.» Etc.

Take a look at yourself in an «earthly» mirror, and then in a «human» mirror, and determine where you are now. Do you enjoy yourself as you are, or do you feel your defectiveness somewhere?

What do you think about your body?

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You are entitled to two scans: from others people living with you on the Earth, and from your personal scan. The work with self-cultivation is manifested through the right side of the body; the work with the surrounding world is through the left side.

For example, if the left part of your body becomes larger than the right, it means that you cherish the communication with the world around you more than the communion with yourself.

Look carefully at your body, and estimate the symmetry of it.

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The right foot indicates your personal scan and your rights. The left leg «tells» us how we coexist with others. Legs tell you about your past (feet), your present life (calf), your future (thigh).

Measure the size your feet:

| | left | right |
|------|-------|-------|
| foot | | |
| calf | | |
| hip | | |

Conclusion:

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The arms indicate the causes (brushes), processes (forearms), effect (shoulders).

Measure the size of your hands:

| | left | right |
|----------|-------|-------|
| Brush | | |
| forearm | | |
| shoulder | | |

Conclusions:

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The axial centering of the body is fixed by the spine and the white line on the abdomen. Sometimes, the white line is curved, indicating that the trajectory is not balanced.

What about you?

The spine can bend in one direction, then in another. If the muscles on the right side near the spine strain, someone is using your personal space for their own needs and signs; so you have to take steps to restore your personal trajectory. If there is, on the contrary, a deviation on the left side of your spine, you are using someone else's space for your own needs, creating your own signs.

Your spine:

Observe how you fall asleep (on the right or the left side, on the back, etc.), and how do you wake up? Observe whether you change your posture while sleeping, and do you bend your arms and legs. If you put your hands under the cheek, then try to work with causes. Etc.

The person that serves only a common cause usually has problems on the right side of the body. Those who «serve» only themselves, the left side.

And what about you?

Toes show us how we treat energy. Thumbs indicate malfunctions in the body. The second toe «shows» the state of our spirit; the third toe in the middle «shows» – our soul. It's for you personally. The fourth and fifth fingers are for communication with the external world. The fourth finger «shows» how you control your emotions. The pinky finger «shows» the control of our reflections and thoughts about someone.

Your toes:

Fingers show us how we work with information: our own information and others' information.

Your observation of your fingers:

Cheeks display the amount of space and time allocated to you. If time runs out, then the right cheek will «react»: it will either peel off, or you'll get a bright blush on one cheek, or you'll bite it (maybe somebody will give you a slap). If the allocated space is running, then something happens to your left cheek.

Your face:

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When you have an unpleasant feeling in the right side of the head, pay attention to time; if in the left side, to space. When you feel pressure in the head, it means that something from it ran out. When you feel dizzy, you have a huge stock of space or time to interact with this world.

Your observations:

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The face is divided horizontally. The part of the face closer to the forehead represents our human part; closer to the chin represents the earthly part. Do you remember any cases, when something happened to these parts of your face? Study your moles and wrinkles. If, for example, you have a perfectly clear forehead, but you have wrinkles around the mouth, it means that your earthly part ages faster. If your forehead is covered with wrinkles – your human part ages faster.

Take a look to your teeth, their shape, and the bite. Did you lose some of them (what teeth are lost)? Which teeth have fillings? If something happens to your teeth, take a look at the past.

The color at your eyes and hair varies throughout your life to reflect the processes on-going in your body. If the processes of a protective nature start in your body, your eyes will darken. If a person is quite open, his eyes become lighter.

Your eyes:

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Hair (color, length, hairstyle, fringe). Do you use bobby pins, rubber bands, rims, etc.?

If something happens to the hair, you need to pay attention to the present.

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Nails (long or short, fragile or strong)?

If something happens to the nail, it is a hint of the future.

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Your conclusions:

Are you able to carry bodily pain, and if so, what kind of pain?

How do you develop your soul (through music, painting, etc.)?

Did you experience heartache, and if so, how long time?

How did you develop your spirit (did you overcome your weakness, fatigue, laziness, etc.)? Did you do it by yourself or thanks to others, such as?

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Summarize: To what did you give more energy, to what did you pay more attention – body, soul, or spirit?

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What is more developed?

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My Name and I

Your name and surname

How did you get your name? Maybe you were named in honor of somebody: a real person or in honor of a literary character?

Who gave you your name?

You got your name after your birth or was your name «born» before you?

What does your surname mean?

Did you change your surname? How has the change of your surname affected your life (your nature, behavior, actions, interactions with people, etc.)?

When and under what circumstances were you called by your patronymic name?

When someone speaks to you, he or she uses your first name, patronymic, or your surname?

Write down all names that you were ever called. Which ones do you like and which do you not?

Test your reaction to different pronunciation of your name, surname, and patronymic, using different tones:

affectionate

dismissive

indifferent

Test your reaction to different pronunciations of your name, surname, and patronymic:

changing the vocal stress

whispering

stammering

shouting

with intentional inaccuracy

Say your surname, first name, and patronymic, recording your reaction:

spelling your name

saying with fused pronunciation

singing your name

Test your reaction to people who have a similar name, patronymic, and surname:

famous people

Man and woman – the interaction of the two civilizations

Your consciousness is: typically male or female?

Answer the following questions by selecting A or B.

1. *What is your attitude to pain?*

A. I have strong and emotional reaction to pain, but in relation to the pain of other people, I always appear calm and with restraint.

B. I restrain my own pain and display indifference, I will never show my pain to others, but I feel compassion and I try to ease the pain of others.

2. *What usually do you pay attention to?*

A. My attention is always directed towards the external world: I observe how people react to different events and how they behave in different situations.

B. I am always focused on my inner world: I analyze how this event or the other event has affected me, on what is going on inside me, and on how my inward world responds to everything that happens around me.

3. *How do you navigate in space?*

A. I have a very good dimensional orientation. I can easily find the desired area, street, or house in an unfamiliar city.

B. My dimensional orientation is bad, I can easily get lost in a forest or in an unfamiliar city or district.

4. *What is your attitude towards water?*

A. My attitude is purely functional: I need it for washing, cooking, drinking etc.

B. Interacting with water, I feel a certain mystery. For me, water is the source of information; the source of life.

5. How do you interact with people and objects?

A. I easily interact with physical objects and matter, but I prefer to be engaged in specific cases.

B. I easily interact with people; I like to create human relations.

6. What bothers you more often: your kidneys or your stomach?

A. Stomach.

B. Kidneys.

7. How do you behave when you feel danger?

A. I'm very active, I don't hesitate to resist hazards and to demonstrate my strength; I go over the top.

B. I am biding carefully, I digress and show patience, using diplomatic techniques.

8. What kind of thinking do you have; what kind of logic do you use?

A. I have spatial thinking; I use «iron» logic; I respond plainly, clearly, and definitely.

B. I think virtually; I have a light, soft, flexible logic; I adapt my logic to the situation; I often evade direct answers, trying to keep an uncertainty.

9. You prefer to be in love or be loved?

A. I strive for love; I fight for my love, preserve love; I know how to love, but most of all I love myself.

B. I just need to be loved; I know how to accept love; my love for others is manifested through concern, compassion, and assistance.

10. Is it easy for you to be an actor, to transform and to quickly change your image?

A. I play roles, change images and transform with great difficulty.

B. I transform very easily; I change images without any effort and play a lot of roles.

11. How are you inclined to see the cause of all your failures?

A. I almost always find my actions and vision of the world as right; I apportion the blame to others for my failures, justifying myself.

B. The reason for my failures I try to find within myself; I am often uncertain about my correctness, and I say to myself, «Maybe I'm wrong?»

12. Your mood and well-being depends on the following factors?

A. I depend on the Sun. At the time of a solar eclipse, I have very strong feelings.

B. I depend on the moon and it's phases. At the time of the lunar eclipse, I have strong feelings.

13. How do you analyze events in consideration of time?

A. I regard all events from the point of view of the past, present, and future.

B. In my mind, I consider all events in the cause, process, and effect connection. I seek courses everywhere, even when there is no reason.

14. What might distract you from very sad thoughts?

A. An Interesting detective story, gambling, conflict analysis.

B. A love story, preferably with my participation

15. Do you like to fantasize?

A. I am realist; I assess my abilities properly; I live here and now; I try to act independently and to organize my life; I enjoy the present moment.

B. I like to dream, to talk and to contemplate life and its transformation, to dream up my inner life, to recall and analyze the past, and to dream of the future.

16. What is the main indication of good health?

A. Spine, my state of my musculoskeletal system appearance, for me, it is very important to have a haughty posture.

B. The color, quality, and integrity of the skin, especially the skin on the face, shows me the state of my physical health, and that's why I spend a lot of time taking care of my skin.

17. How often do they say that you «know the score»?

A. Almost never.

B. Yes, they say it very often.

18. Do you try to influence the world and change it?

A. I try to change the world, subjugate it; I often adjust and bring up the behavior of others.

B. I try to expend my energy on self-improvement; I try to tune out the world around me.

19. Do you need love from other people?

A. I need faith within me much more than love, but people's respect gives me a lot of power.

B. I need the love of other people.

20. What are you suffering from?

A. From the lack of people's trust and respect for my views, which makes me feel fear.

B. Because of excessive sensitivity, I feel myself often offended; I suffer from a lack of love or it's quality.

21. What kind of personal crises are you used to having?

A. I often feel conceptual outbursts.

B. Unfortunately, I often have emotional outbursts.

22. Do you prefer similarities in your way of reacting, clothing you wear, and so on?

A. Yes, I try not to stand out, I use the experience already gained by other people; in most cases, I try to do as other people do;

I like the uniforms in parades; I am happy when I am surrounded by people similar to each other.

B. I am attracted by new and unknown things; I always try to be peerless, unique, and hope there will be no one else like me.

23. Are you able to do many things at the same time?

A. I prefer to do only one important thing at a time.

B. I try to do several things simultaneously. I do them pretty well.

24. What can make you really cheer up and give you more energy?

A. A new car.

B. Beautiful new clothes.

25. What is your favorite question?

A. For what?

B. In what way?

26. What do you always protect and save, and what are you able to destroy or spend easily?

A. I can easily destroy any osseous matter (a house, a garden, clothes, things, etc.) ; I save my time, as I am always short of it.

B. I cherish matter, my own or someone's else home and hearth, any space, which I usually feel lack of; I easily spend my time on trifles.

27. What events are you willing to remember for a long time and continue to share your memories with others?

A. I always react to hazardous events; I like to talk about my feats in the struggle for survival, for existence, and for love. All this is the meaning of my life; when there is no danger, I feel lost.

B. All my love stories are important for me; I describe love with great pleasure; love fills my life with meaning. I feel so lost when love disappears in my life.

28. Which book is easier to read and more interesting for you?

A. «The Memory of Earthly Experience».

B. «The Knowledge of Human Experience».

29. What type of memory is more active in your case: color memory or meaning memory?

A. I react actively on bright colors, especially when I see somebody of the opposite sex; as they say «I love through my «eyes».

B. I have a strong reaction to the words addressed to me, when I interact with the opposite sex, I try to analyze everything I hear; «I love through my «ears».

If the number of answers «A» exceeds the number of answers «B», then you are closer to the male type of consciousness. You perceive an external world; you are used to living in this material world; you know how to fight and win, act and defend your opinion; you are able to work with physical matter, with energy and money; you are a host in the world. You are always conscious of time, because you constantly feel the lack of it.

Did you know that the male mind has one central axis? Men consider themselves as the only intelligent beings on the planet, and believe that their vision of the world is the only correct one. Their whole surroundings, even their partners of the opposite sex — they perceive as passive, inanimate matter, that may be used however they want. Often, they don't even notice how they fail to adjust to others and destroy everything around them. Life without a fight or a conflict senseless to them.

If the number of answers «B» dominate, you are closer to the female mind. You perceive the inward world; in most cases, you live in an invisible world, and you prefer to work in a less dense, rarefied manner, you are good at handling information. You are a diplomat; you have a remarkable intuition; you can sympathize with others, feel the pain of others; it is easy for you to transform yourself and play many roles. You are able to do a lot of things at once. You preserve your hearth and carefully treat anything which

is the matter; you are not good at interacting with the energy of the Earth and it's space; you don't know how to act decisively. You are far from reality and living in a virtual world, preferring to dream and to fantasize.

Female intelligence functions at margins; it's a ringed mind, which has two curved axes. The woman's purpose is to loop or encircle the «center» that belongs to men to tilt it, shake it, and change the alignment of the male mind and take its place. That's why a woman plays with a man; she creates the world of tenderness, warmth and love, to make a man's escape impossible. A woman needs a man to study the outside world, to learn when it is necessary to act decisively, and to master the space of the Earth.

Men and women are two opposing civilizations. The same event defines differently to each of these civilizations.

It's difficult to be in the single mind, but in totally opposite bodies, with different currents of heart, with different, mutually exclusive energies, with different inputs of information and motivation.

For the expansion of consciousness, you must be able to use both male and female energies; to move from the male mind to the female mind and back again, in good time, when ever it's necessary.

What type of consciousness were you closer to? Draw your own conclusions.

General and private existence

Choose the answer that stands closer to you.

You:

1. *Are used to working for the common good:*

you necessarily calculate your benefits when you do something

2. Read a lot of books, and you love to do it You rarely read the books, you prefer to watch TV

3. have a job at the same place for more than five years are accustomed to frequent changes of your job

4. *You want to be cognizant of:*
a world in which you live yourself

5. *Imagine that you met a hindrance. Your reaction is:*
«I will overcome the barrier» «I would rather bypass the obstruction»

6. *They usually accost you?*
using your patronymic by your name

7. *What do you like more?*
tea coffee

8. Are you offended and afraid of someone?
yes no

9. You are travelling on a plane or a train. You have to remove your outer clothes into a special box. What will you do?
you will turn it inside out, with lining out you will fold clothes with lining inside

10. *What would you choose more carefully?*
clothes for public appearances your bedclothes and underwear

11. *What do you like better?*
a watermelon a melon

12. *Which phrase do you prefer?*
«Love others in order to understand yourself» «Accept and love at least yourself»

13. *Do you like to observe:*
the sunset the dawn

Count the number of your answers in each column. If you have chosen the right column more often than the left, then private life is more important to you than a social life: «Why would you interfere in others lives, when your own life is much more interesting and important?!». If you chose the left column more often, then your social life is more important to you. Then you are mostly engaged in other people's life.

Write down your conclusion:

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THE I, AS EARTHDWELLER

Passing through the earth's spheres

When you came to the Earth you had to spend your energy to pass the spheres: someone spent more energy on the body, making his way through the three lower spheres – water, air, dense earth; someone else spent maximum energy, passing the spheres of fire, air, and space; someone else again spent maximum energy by passing the 7th sphere of vacuum.

Check yourself to determine where you spent the maximum of energy:

1) creating the spirit:

The 7th Sphere consists of a vacuum. Those who spent their maximum energy on the element of vacuum, often observe the stars and satellites. They are instinctively seeking the state of emptiness. Some people make experiments with vacuum, others are fond of balloons or aeronautics.

2) creating our soul:

The 4th sphere consists of fire. Those, who spent a lot of power when they passed the sphere of fire, like candles, or they work at a blast furnace. Those who made a lot of loops while passing the

sphere of fire, take an interest in the teaching of Agni Yoga. All religions belong to the sphere of fire.

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The 5th sphere is ether. You easily communicate with journalists and give interviews. This sphere includes radio, television and telephone conversations. Those who easily passed through the sphere of ether are very concise and specific during their telephone conversations. Those who made a lot of loops, use a lot of unnecessary words when they talk on the phone.

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The 6th Sphere is the universe. Somebody may build rocket sites. Somebody else avidly reads the books about astronauts, dreams of becoming an astronaut, thinks about the universe, etc. Somebody else again is engaged in science or has scientific degrees and titles.

A series of 25 horizontal dotted lines for writing.

Color in my life

How colors are manifested in on your life (what color do you like or dislike etc.):

white

purple

dark blue

light blue

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green

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yellow

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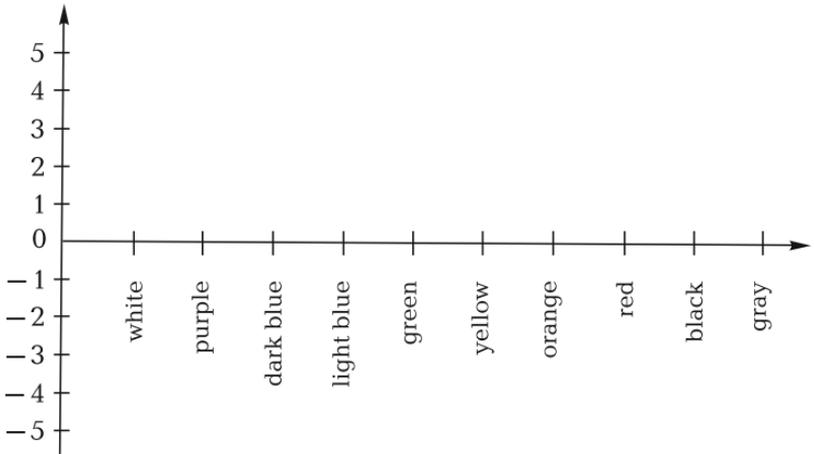
orange

red

black

gray

Make a diagram of your dependence on one or another color. Which color is your favorite and which is more annoying? Which color are you the most dependent upon? Which color do you have neutral attitude to?



Conclusions:

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Interaction with energy

Your attitude to food.

How do you choose the food (tasty, useful, beautiful, etc.).

What food do you refrain from: the pleasurable or the more healthy food?

What color of food do you prefer?

Examine the color of the food you consumed during the last month.

Do you prefer hot, cold, or warm food?

Do you prefer liquid or solid food, grains or gelled food?

Do you like sour, sweet, bitter or salty food?

Do you prefer fatty foods, protein enriched foods, or foods rich in carbohydrates?

Do you prefer raw, boiled, fried, or steamed foods?

Do you prefer vegetables, fruits, or roots?

Do you pay any attention to the content of the food? What are your food preferences?

Your favorite dish.

What products are included in this dish?

Your favorite drink.

Do you pay any attention to the depth of the well, from which the mineral water is extracted?

Your favorite seafood.

Other observations.

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Clothing. Do you prefer narrow or loose-fitting clothing? If you are wearing a wide skirt, you're going to adjust and correct other people; if a narrow one, you will adjust yourself.

What is your attitude to the clothes?

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Analyze the color of your clothes; did your preferences change for the rest of your life?

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Other observations of clothing.

What things surround you – are they all really necessary things?

List the other things you need.

Find a subject that has accompanied you all your life (is it one thing or different things, and are they designed for the same purpose); how do you interact with these things.

Your interaction with the things or possessions: do you usually brake them or do you take good care of them, etc..

Other observations of things.

When did you find out for the first time the concept of money? How did it happen?

How do you feel about money (do you fear it or do you love it, etc)?

When you see the banknotes of other countries, how do you react?

Did you ever find any money (what is the maximum amount)?

Are you more stressed when losing money or when you find it?

Are you more likely to handle your own money or other people's money?

Other observations about money.

My interactions

With stones

Have you ever collected and spread stones, viewing the different patterns on them?

If you have ever been in a Japanese garden of stones, what did you feel then?

Recall caves, rocks, bricks, rock falls, and dry beds of the river covered with stones.

What did you feel when you walked on some paving stone (made of quartz, serpentine, malachite, or jasper)?

Have you ever dreamed of stones? Describe these dreams.

Do you have any stones in your internal organs?

What is your stumbling block.

Other observations.

With trees

Do you remember the trees you planted? Do you agree with the statement that a person who didn't plant a single tree failed in achieving self-fulfillment?

Think of all wood products you have handled. Maybe you gave gifts made of wood?

What food which grows on trees do you like to eat?

What do you feel when you touch the tree's bark.

Have you ever been injured by something wooden (maybe a board fell on you)?

Have you ever germinated a willow? Did you decorate the sprigs with flowers?

Have you ever tied ribbons on the tree of happiness?

Recall all the fir-trees you've seen.

Did you like to play with Pinocchio and other wooden dolls; if so, what role did they play in your life?

Were you ever fond of the Druids horoscope?

What tree can you likely associate with yourself (maple, willow, birch, etc.)? And with other people (oak, baobab)?

Other observations.

With gold

Do people sometimes compare you with gold («little nugget but precious», «golden master», «golden hands»)?

Recall your first interaction with gold.

Describe all your gold jewelry.

Did you ever lose any gold jewelry? Under what circumstances? How did you respond to that loss?

Did you ever find the gold jewelry?

"Golden autumn"; what does it mean to you? Other observations.

Do you have golden teeth? Which ones?

Other observations.

With jewels

Have you seen a lot of gems, and can you distinguish them from one another?

What kind of gems do you have?

If you have visited an exhibition of precious stones or jewelry made of them, describe your impression.

What associations do you have from hearing the title of the fairy tale "The Wonderful Wizard of Oz"?

Other observations.

The color of your teeth indicates your interaction with stones; if your teeth are slightly grayish; interaction with gold, if your teeth are yellow; white teeth indicate interactions with trees; bluish teeth, with emeralds.



I AS A HUMAN BEING

A person's brain

Your brain has a hard shell, a soft shell, and an arachnoid.

Cerebral hemispheres, that are separated from each other interact with each other through the corpus callosum. The temporal lobes of the brain consistently give information that the brain is overloaded: if you feel compression in the left temple, the perception area of brain is overloaded; if you feel compression in the right temple, the reproduction area is overloaded. If you have a special feeling in the back of the head, the ancient memory and ancient knowledge has flared up: the past time has become active; something comes to the mind which you have already experienced in your past. If you feel the concentration in your forehead, the future time is approaching the time you have yet to enter and go through.

How often do you have a headache? In what part of your head is the headache concentrated?

How did your brain react when you learned something by heart, when you were preparing for the exams, when you reflected on some important topics, and when you made decisions?

Did you ever have a traumatic brain injury? In what part of the brain?

Pituitary consciousness needs instructions. When the rules and types of conduct are clearly defined, the pituitary gland becomes overactive, and people are glad to carry out their orders. If an order is not powerful enough, the pituitary refuses to obey this order, and the brain desires to change the instructions, or to change the law and to change the type of behavior.

How do you react to orders? Give an example.

Epiphyseal consciousness works only in a state of freedom; it won't obey any instructions, and it always accumulates the future that will be shaped into the form of rules.

People who have extraordinary abilities, (so called paranormal abilities) have the ability to receive information about other people and to see their past and entire their future to see how they will develop. All these people have an activated epiphyseal consciousness.

Your abilities.

Passing bowls

First bowl – you meet those who have had the most sad experiences on the Earth; they will tell you about their failures and problems, all the cracks; you will wonder: “why do they feel so bad?”. Actually, they (the earthlings) need so little: food, clothing, things, money – that’s all. Why do they have so many conflicts?

How often do you meet this type of negative information?
Give an example.

The second bowl contains all the precious concepts and secret ideas. It consists of the most precious caches of people who work hard behind closed doors, creating secrets, including esoteric secrets. They all are employees of special departments. In stores, you’ll find a lot of economic data that are hidden from each other, such as secret research, which can be easily made available to all mankind. The best scientific inventions lie on the shelves for years, and quite small and unnecessary ones become popular.

Recall what do you hide from others:

and what do other people hide from you:

In a third bowl, you collect the earthly information, from which you transform the energy into information.

Give your examples.

Bodhisattva's work is evident in the first three bowls. All your attention is directed to this world, but you can't speak your own language, because nobody understands your language yet. However, your participation is appreciated by people, because you solve their problems. Bodhisattva teaches nothing; he just observes the world. And how does the world see the Bodhisattva? They say: "What an interesting point of view! We would never think of it».

Has anybody had such an attitude about you? Give an example.

As a Saviour, you declare yourself and start teaching others. First, you gather the most deserving people, but you have to do a lot of work for them; so, it is called "the state of the Savior".

The Savior is well aware of the situation, and he sets limits; he says: "Here I am, listening to you (in the fourth bowl), and here I will talk to you in my own language (in the fifth bowl), and here you will try to understand me (sixth bowl)».

How often do you behave in that way? Give an example.

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When you enter the seventh bowl as the Prophet, you "speak" your own language. Another thing is that you may ask the Prophet to explain something extra to you, whereby you let him speak in his own language; you ask him to explain what rituals to perform or at least you question how to behave: "Is it good or bad to fast; is it good or bad to swim in the ice hole; is it good or bad, etc."?

When did you behave as a Prophet, and how you were perceived by other people?

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Make a conclusion about your passing of the bowls.

Interaction with information

Are you always responsible for information you give; do you refer to the source of information; do you appropriate someone else's information? Do you recognize yourself in the description of Bodhisattva, Savior, or Prophet?

Having an interesting supply of information, are you willing to share it with someone else who has turned out to be close to you, or is the main thing for you just to share the information (Bodhisattva), choose specific listeners (Savior), or give all the information to one confidant, whom you trust and to whom you'll tell it as a big secret (Prophet).

Do you talk a lot about yourself and others? On what level are you now.

Draw a conclusion about how you act when you behave as a human being?

Describe how you trained your brain and learned something by heart; how did you recount the texts, write essays, reports, research papers, etc.? In what way is it easier for you to remember the information: when you hear it, when you see it, or when it is structured in the form of diagrams or images?

How long do you remember the information you have learned?

Examine your language: how do you build your phrases? Do you use unnecessary words, so called wordy-parasites, or do you make frequent pauses, etc?

Recall all those who have ever taught you, along with what you have learned from them.

Analyze your thoughts, and then write down the most interesting and serious reflections.

How often do you have no thoughts?

Give a definition to the word «thought»: a thought is...

Have you ever collected the so-called wise thoughts? Whose thoughts have you collected?

How do you distinguish your own thought from someone's else's?

Write down your observation of your thoughts and the thoughts of others.

What does it mean to you: «I give my word»?

What does it mean: «a magic word».

If somebody explains to you the contents of a package or shows you a label on it, will you open the packaging anyway to see what is in it, firsthand?

Other observations of your words.

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Do you have your personal library at home? How many books are there in you library? What kind of books do you have? How many books in your library have you read (percentage)?

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Do you keep old magazines, newspapers, or articles? Why are you doing this? What are these articles about?

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How much time do you spend on the Internet, and for what purpose?

My interaction with

The sounds

What sounds do you like to pronounce?

What are the sounds you cannot pronounce?

Think of your favorite songs.

Do you like to write in characters (maybe you have learned to write them, or maybe you speak Japanese or Chinese)?

Other observations.

With letters

What was your first written letter?

At what age did you learn to read?

What was your first text which you read by yourself?

Do you like to write the letters (to write curlicues of a capital letters)? Do you like to vary your handwriting?

What is your favorite letter.

Can you say the alphabet without any mistake?

Other observations.

With numerical figures

What is your favorite number?

Recall your interaction with the numbers (Roman, Arab etc.).

What do you know about numerology?

Do you like to find «happy» tickets?

Does your work relate to the accounting?

Other observations.

With numbers

What is your favorite number?

Think of your most interesting «meeting» with numbers.

Answer without hesitation: $5 \times 5 =$ $7 \times 7 =$
 $6 \times 8 =$ $7 \times 8 =$

How do you memorize phone numbers: do you put all the numbers in a row, or do you divide them by two- or three-digit numbers?

Analyze how you used to calculate: do you try to reduce the numbers to a single digit, or do you try to decompose them into a set of numbers?



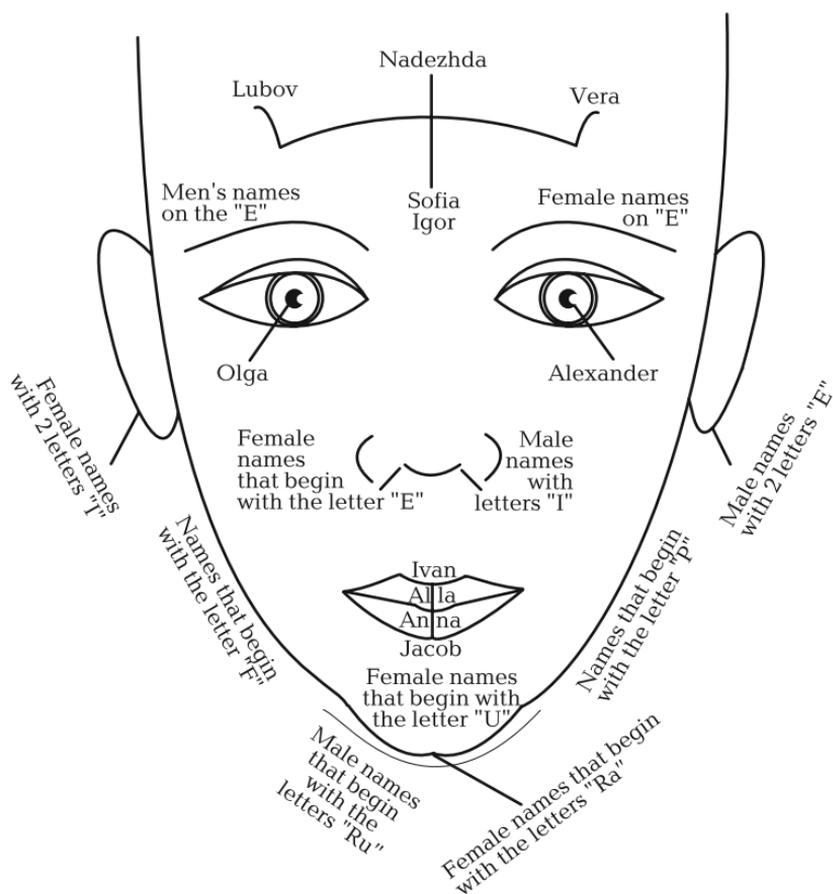
Names surrounding me

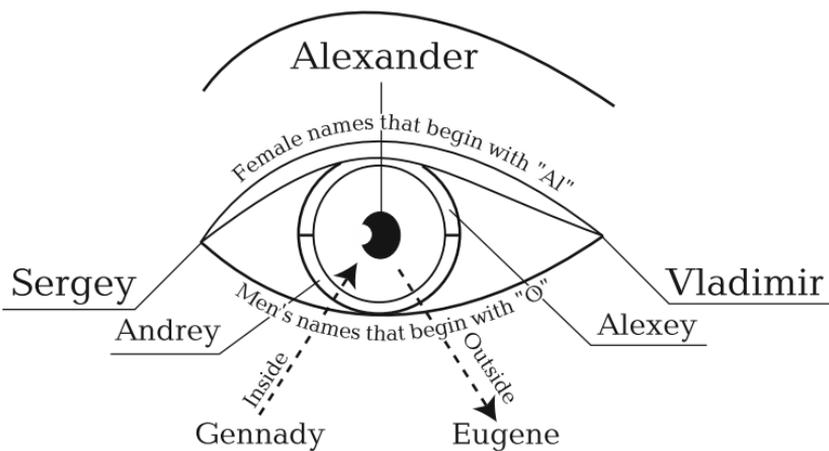
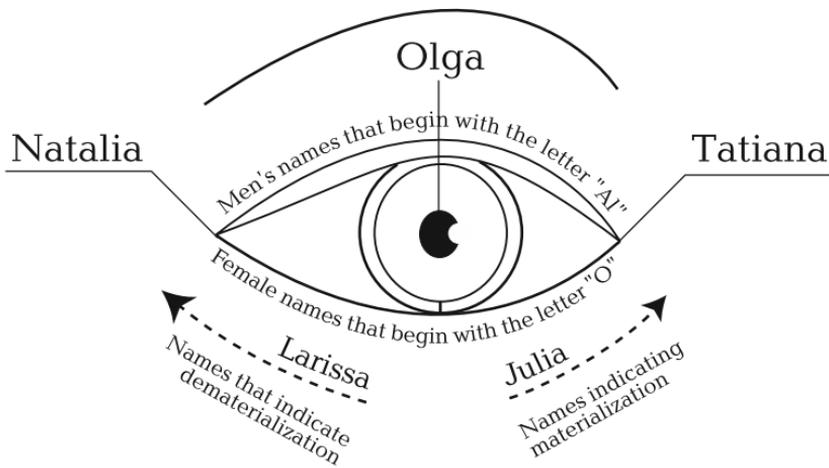
Note on the scheme or list below the names that are active in your life. Specify the number of people you know who have these names.

Names sounding on the strings

| | | |
|---------------------------------------|-------------------|--------------------------------------|
| Daria | Ultra | Michael |
| female names that begin with Ja... | | man's names that begin with Ja... |
| Yaroslava | White | Jason |
| Yakima | | Jacim |
| Svetlana | purple | Paul |
| Seraphima | | Seraphim |
| Stepanida | Dark blue | Stepan |
| Valerya | | Valery |
| Maria | Light blue | Anton |
| Galina | Green | Konstantin |
| Margarita | Yellow | Oleg |
| Lyudmila | Orange | Yuri |
| Elena | Red | Dmitry |
| Nina | | Gregory |
| Zinaida | Black | Nicholas |
| Marina | | Anatoly |
| Angelina | | Boris |
| Angelica | Gray | Bogdan |
| Angela | | Adam |
| Anastasiya | Infra | Victor |

Tanka Lika (the Face)





Find your name either on the strings or on the Tanka Lika (Face).

Both strings and the names on the face interact with people, approaching them with a single name or with many names. Analyze how you interacted with the names on the Face and strings, which names surrounded you more often, and which names moved away from you.

You could place a foothold on the Face or on the strings. If your name is on the string, then you are mostly disturbed by other people; if your name is on the Face, you often disturb other people.

Draw conclusions about names in your family and about the names of your friends:

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your classmates, fellow students, colleagues; what names appear more often?

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PARENTS. CONCEPTION AND BIRTH

My parents

Mather
Surname

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Name

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Patronymic

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The date of her birth

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The place of birth

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Her maiden name

Father
Surname

.....
Name

.....
Patronymic

.....
The date of his birth

.....
The place of birth

Where, when, and under what circumstances did they meet?

Date and place of marriage (city, address of registry office).

A photo allows us to make a certain section of our life. Take a look at the wedding photos of your parents. Are they color photos, black and white photos, or polaroid pictures?

AcColor photo refers to the color memory; black and white photo refers to the semantic memory; polaroid indicates a fast result, but for a short term.

Date and time when the pictures were taken (the season).

Spring – means new information; summer – the information expands; autumn – indicates mature information; winter – old information.

Where the photo was taken (egregor, the name of locality, street, park, monument etc.).

The background of the pictures – is it out in nature or are there people there?

Is it a group photo or individual photo?

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List the names of people standing together with your parents on the group photo.

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Describe the faces of your parents (profile, eyes, mouth, nose, cheeks, and ears).

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What stands out on their faces, and what is hidden?

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Hair displays our relations. What hairstyle did your parents have? Describe the structure, length, and color of their hair.

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How is the head tilted (temporal equilibrium, how are the forehead and nape of the neck balanced).

The head, tilted to the right, displays the weight of centuries, titled to the left, the weight of space.

The neck indicates the dense plan. Is the neck open or covered (by what)?

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Body position, posture (position of the hands, feet, and fingers; is the trunk turned or bent?).

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How are the bodies placed relative to each other?

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What are they wearing? What kind of clothes did they wear (outerwear, light wear, maybe underwear is visible).

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Outerwear displays the past, light wear, the present, where as the demonstration of the underwear indicates the possibility of revealing the future.

The color of the clothes.

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The fabric: silk or wool, sparse or dense, creases?

Wool means the tendency to karma, silk, to fate. Tight fabric displays your plan; sparse fabric (transparent, guipure, lace) indicates a rarefied plane; dense, crimped fabric, means a compacted, hardened plan of life.

What does your mother wear (a skirt or pants)?

A skirt (dress, long coat) displays information and the female essence; pants display energy and a masculine nature.

The length of dress:

The length of the sleeves shows the debt to humankind.

If the sleeves are too long, you have a big debt; if the sleeves are completely absent, you don't want to work with humanity.

The length of trousers shows the debt to the Earth.

Too long (rolled up) pants show a big debt; short length of pants show unwillingness to pay the debt to the Earth.

Drawings, lettering, embroideries, symbols on the clothes.

Are there any additional details (cosmetics, sunglasses, earrings, chains, necklaces, brooches, watches, unusual buttons, or cuff links)? Please describe the details of their form, color, and location. What details of the face are highlighted by the cosmetics?

Do they wear high-heeled or low-heeled shoes?

Do they have flowers in their hands (or somewhere else)? Where do they hold the flowers — on the level of chest, waist, hips, or maybe they omitted their flowers, or they use them to hide a part of the face or body? Describe the bouquet (what flowers are in the bouquet; how is it decorated and packed).

Other observations:

(Using the same pattern, you can describe and analyze any other photograph.)

Did your mother have an abortion before your conception (if so how many times did she do it; how much time did it happen before you were conceived; what (or who) was the cause)?

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How long a time did it take between the first meeting of your parents and your conception?

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What was the impetus for them to acquire a child (for example, the grandmother wanted a grandson, the parents wanted to reap the benefits of a large family, etc.)?

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When and how were you conceived; was it planned; did it occur at dawn, at dusk, or at night, etc? If you don't know the day of your conception, then try to calculate the date, at least approximately.

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Was it up to date to interrupt the pregnancy? For what reasons?

Were there stressful situations for your mother when she carried you? If «yes», what was the situation?

Did your parents separate from each other, and if so, during what time and how far did they move away from each other? What (or who) was the reason for their separation?

Have there been older children in the family? Have there been children who were born after you?

What food did your mother eat during the pregnancy? Did she have some taste priorities or, conversely, did she feel disgust for some dishes?

What legends are associated with your ancestors?

Are there things that are inherited from previous generations?

Professional activities (education, profession, place of work):
of your mother

your father

your grandmother

your grandfather

Perhaps you have a professional dynasty in your family?
What profession your do other relatives have?

Do you have some special features in your family; for example, there were born only girls from your mother's side or maybe your dad, grandfather, great grandfather, and so on got married at the same age? Maybe you have some specific hereditary characteristics (birthmarks, protruding ears, a dimple in the chin, etc.)?

Have there been any interesting changes in your family before your birth; for example, the family got a new nanny, the grandmother urgently got married, or your sister gave birth to a baby at the age of sixteen, just because you missed this name when you were coming into the world etc.?

The birth

Were you born on time, earlier, or later?

Write down all the numbers that make up the date of your birth day (time, day, month, year). Do these figures appear somewhere else, for example, in the rooms of houses and apartments, where you have lived, the schools where you have studied, in your passport or other documents, etc? Maybe some of these figures are also in the dates of birth days of members of your family and friends? Are there any regularities in the appearances of these figures in the events that have happened to you and your family?

Which chemical element (it's number) in the periodic table meets your date of birth? When, where, and what event was connected to this element? How has this element influenced your life?

Are the numbers that make up the date of your birthday simple or compound?

A simple number indicates the solid core of consciousness. A composite number indicates fragmentation of consciousness.

At what time were you born. When did it happen: at night, at dawn, in the evening? Describe how it has affected your life.

A birth during the day (from 6 to 18 hours) determines a dependence on the Sun; a birth during night (from 18 hours to 6) determines a dependence on the Moon.

The season of your birth (winter, spring, summer, autumn).

The birth in the spring is best for having universal values; but the most difficult birth is the birth in the winter. However, everybody is very glad for those who were born in winter. It's a great pleasure to communicate with those who were born in spring. They all try to understand others; they are quite open to general values.

Summer and autumn birth are good to recruit potential. Those who were born in the autumn accumulate the potential to give some messages. They always have a desire to explain their own purpose for their birth, but, unfortunately, very often nobody will listen to them. Those who are born in the summer accumulate the potential for understanding everyone.

On what weekday were you born?

Who of the famous people were born on your birthday, but perhaps in different years?

Who died on the same date?

At the moment of death, the space transmits.

What events have happened in the world on your birthday in the same or in other years, during your life and how have they affected you?

In what egegor were you born (mountains, steppe, plain, desert, marsh, tundra, forest, taiga, river, sea, ocean, lake etc.)?

Write down the exact geographical coordinates of the place of your birth:

latitude

longitude

Consider the crossing of parallels and meridians in the place of your birth.

Where were you born, in the north, south, east, or western part of the world?

How were you born: forward with the head, feet-first, or via cesarean section?

Those who were born with cephalic and correctly entered the birth canal, scored a sufficient level of energy; usually, they easily go along the path of their lives. If a person came into this world with feet first, he or she has a strong connection with magic. For a healthy and strong physical body, he has to run a lot and play sports. When a person is born via caesarean section, the contact with the Earth is insufficient; it causes a lack of earth's energy. For such people, it's difficult to live in this world.

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Who cut the cord when you were born?

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Have you had some birth marks on your body: birthmarks, red or white spots, bruising etc.?

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What is your blood group and Rh factor?

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Did it remain for life?

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Negative Rh indicates that the person is dependent on the energy of the Earth and the place of birth; that's why he must understand his connection to the place of birth. Positive Rh means that your place of birth has almost no effect on you.

What was your behavior during the first minutes of your life.

How was your first cry and when did it happened?

The first cry is the first stirring of energy. At the moment of crying, the child accumulates masculine energy, It doesn't matter if it's a boy or a girl; at the moment of silence and breathing, the child accumulates female energy. If the baby cried a lot, loudly and insistently, he is a warrior by nature; this child tends to act impetuously. If the child cried out and fell silent again, then you need to be careful with him; it is a gentle creature. He cried out, gathered some masculine energy for future actions, and then he started to develop his soul.

If you were forced to cry at the moment of your birth, the package of energy split and spread through the whole world. You are destined for a huge number of trips to collect your packages of energy. You won't have a large amount of money for life, but you will have to work constantly to receive a certain amount of money.

When we are born, we get 7 packages of energy and 7 packages of information to provide us with energy and information for life.

Energy packages and information packages are all distributed throughout the world. If a person gets into his energy package, he

or she gets a lot of power. If a person misses the energy package, he loses all power. The Earth keeps the energy packages in its territory.

You can receive your Information packages only through artificial ties, or artificial interactions, such as the Internet.

When a person receives his energy package, he dramatically improves his eyesight. If you lose your sight, if you wear glasses, it means that you lost your energy package. The packages of information may be collected only through communication between people. If you lose your information package, then your hearing worsens. When you start collecting information packages, your hearing starts to restore.

How was your sight and hearing when you were born?

On what day were you discharged from the hospital?

Who met you at home? What were their names.

Have you ever visited the place of your birth: what was the motivation, and how many times and under what circumstances did you do it?

Do you want to develop your creativity? Do you prefer a poetic dialogue with the world? (mother's clot)

What do you like more: potatoes (mother's clot) or rice (father's clot)?

Which song do you like better: «The trees of wisdom and love garden» («Alive Rhythm's Melodies 2», CD 1, track 26-27) (mother's clot) or «Plateau of Love» («Alive Rhythm's Melodies 2», CD 1, tracks 24-25) (father's clot)?

The parent who could barely endure the separation from you, who suffered from your physical absence, who was more concerned about your health, who held you on his lap, stroking your head – you are a clot of this parent.

The parent who took care of your spiritual development, who often talked to you, gave advice, perhaps even via phone, is just your pure conductor.

Your father shows you how your information clot will develop. Analyze your relationship with your father: how he behaved, how he treated you, what skills he transmitted to you, etc. (don't forget to analyze even your grandfather from your father's side).

Our mother «tells» us how our energy clot will develop. Analyze how your mother treated material things, how economical she was, how she adjusted your food, clothes, and belongings?

Consider your photos when you were a child. With whom were you most often photographed and how? Whom do you cuddle up to, who hugs you, on whose lap are you sitting most often?

If a child started to crawl backwards, it means that this person won't take drastic decisions in his life, which don't require determination of him. Also, there are some children who can't sit still. Subsequently, such a person will impetuously explore the world or try to act. Those who didn't ever crawl, but directly started to walk, they were aware of their worth when they came to this world.

When did you stand up on your legs for the first time? Who or what supported you?

Who was present, when you took your first steps? When and under what circumstances did it happen? *Analyzing your first steps, you can conclude either that you are an earthling or a human being. Those who started to walk early emphasized the human part of their personality. The Earth loves those who move horizontally or those who creep. Only until the baby crawls, it is needed on the Earth. Until the child creeps, the planet cares about him. That's why the first step is a courageous act for a little creature, but everyone made his first step, when he considered it necessary.*

What was your first word, and who heard it?

What sounds couldn't you pronounce for a long time?

Did you have a favorite food (may be you constantly sucked bread, sugar, or honey)?

Your favorite toy, or game.

Your favorite fairy tale or favorite book.

What was the first poem, you learned by heart? Who is the author? Who helped you to learn it by heart? Who was your first listener?

Your earliest memories from your childhood.

Did your parents tell some special things about you at your tender age?

What short trips did you have (where and with whom)?

Your attitude to food, clothes, and things.

Did somebody beat you? Who? What was your reaction.

Did your parents read books to you (your mother, father, grandma, etc.) and what books did they read, ad at what age?



PRIME SENSATIONS

What is «prime sensation»? It may be a favorite smell that a person necessarily reacts to, and if it comes from another person, he or she is ready to follow this person everywhere even to the ends of the earth. Mothers always clearly distinguish when their child is crying. A voice that reflects the prime sound is perceived as the melody; no matter what they say. Each of you have your favorite music; maybe it's «Blizzard» of Sviridov, or maybe it's «Moonlight Sonata» by Beethoven. We also have the most pleasing taste, color or sensation.

Until a man found his prime feelings, he may have various inconveniences and misunderstandings. If a person didn't find his prime sound, he may feel fear. When a person didn't find his prime color, a person is often ill. Tactile sensations may lead to difficulties with the feeling of time. If the prime smell is found, the man wants to grasp the immensity, but he is unable to do it. Those who didn't find their prime taste, have a problem with interacting with space.

The questions below will help you to find your prime color, prime sound, prime smell, prime test, and prime tactile sensation; they will help you to become independent from steering sensations.

Prime taste

Do you remember everything you have ever eaten?

Moving from point A to point B, how often do you find yourself in a different place?

How often do you try to eat everything you see in your refrigerator?

Do you feel sometimes that tables, chairs, and door jambs stand in the way for you? Do you easily get bumps and bruises because of it?

How often do you rearrange the furniture in your apartment?

How long a time can you sit still without any single movement?

How often do you bite your tongue? How often do you show your tongue?

Do you understand the saying «well-fed man does not understand a hungry man»?

If you have had an experience of fasting, which product did you miss?

Try to identify the food, you absolutely can't refrain from.

Try to identify the most tasty food for you (lemon, vanilla, berries, etc.)?

Prime sound

Do you remember all the sounds you ever heard?

Is it easy to scare you?

Do you have a nervous tic? In what way?

What musical instrument do you like?

Can you distinguish a living instrument from a synthesizer?

Can you describe a person's age and looks just by hearing his voice?

Do you always recognize the person who calls you on the phone?

Please, describe the most pleasant voice.

What sounds annoy you?

What sound is the most enjoyable for you.

Prime color

Can you state that your visual memory is perfectly developed?

How many shades of black color can you discern?

Did you like to paint with watercolors or with pencils when you were child?

Do you feel uncomfortable when the colors around you are disharmonious?

What color can your eyes rest on?

Did you ever try to change your mood using colors? Describe this experience.

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Have you ever stood considering a masterpiece painting?
Who was the painter?

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Can you easily find the point of the golden section?

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What is your favorite color?

Prime smell

How quickly do you learn the material when you read a book?

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Is it easy for you to see a complete picture of an event?

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Do you tolerate strong odors?

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Do you tolerate the artificial smells?

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Can you communicate with a person who smells bad?

Are you able to distinguish the smell of spoiled food?

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Can you distinguish the smell of orange from the smell of lemon?

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Can you distinguish the flavor of wormwood from chrysanthemum?

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Can you distinguish the flavor of red rose from white rose?

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Do you understand what it means: «the smell of spring», «the smell of love», «the smell of grief» etc.? Try to imagine these smells.

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How does a book smell, how does a table smell what does water smell like?

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What smell attracts you most of all?

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Prime tactical sense

How often are you late?

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How often does your clock stop or run too fast?

How often do you lose your watch?

How often do you feel numbness or heaviness in your body?

Can you distinguish metal from wood by touch?

Can you distinguish silk from synthetics by touch?

Do you suffer from the indelicacy of other people?

How quickly can you realize whether you committed a faux pas or not?

Do you like to run or swim in the rain?

Try to recall and describe the most pleasant tactile sensation (maybe it was the touch of wind or dew, a touch of loving hands, a mother's or father's caress, when someone pats you on your head, or when somebody kisses your hand).

Analyze your answers once more:

my prime taste

my prime smell

my prime color

my prime tactical sense

my prime sound

Define what prime feeling caused the most strong reaction in your life. Maybe you were always looking for something tasty; you prepared delicious food with the greatest pleasure and spent a lot of time in the kitchen, and you were well-versed in the intricacies of cooking. Maybe you spent a lot of time seeking pleasant smells, such as perfumes; you checked how everything smelled. Maybe you carefully selected bouquets, you were involved in ikebana, you sewed very beautiful dresses, or perhaps you made a crazy quilt and tried to learn the copulation of colors, so you painted to find your leading color.

Imagine all your senses all together. Inhale, look, listen, stroke something, stroke your own palm, feel the taste in your mouth, and compare them; what needs more of your power?

How would you describe the following premonitions: I feel, I see, I hear, I smell, I sense, I will try to explain?

Describe a person you do not like (for example, he is tasteless, ugly, flashy etc.).

When you think of a person you love, do you see his image, or do you feel his touch, sense his smell, taste his kiss, or do you hear his voice?

What will unsettle you: a bad smell, a monotonous sound, hunger, barbed clothing, or the disharmony in colors?

What do you do when you are very tired (for example, you eat a lot of delicacies in food or enjoy the touch of foam in a warm tub, or do you listen to classical music, etc.)?

Set up your prime feelings, beginning with the most important one:

1. Prime
2. Prime
3. Prime
4. Prime
5. Prime



TIME. THE CALENDAR

Traveling in time

Do you have a feeling of time? Are you often late?

Do you often confuse numbers, dates, days of the week?

Do you plan your day, week, and month? Do carry out your plans?

What kind of calendars do you use (tear-off calendar, loose-leaf calendar, calendar poster, small calendars, etc.)?

Did you study the history of an object or event?

Did you ever open mounds and burial grounds? Have you been engaged in archaeological excavations?

How deeply are you immersed in history? Maybe you studied the history and mythology of the Ancient world?

Recall the historical dates and events that you studied events that made a deep impression on you. What questions confronted you from the examination of history (what topics)?

Did you like to read science fiction? How far did your imagination extend into the future?

Birthday

The star memory revives on your birthday, and you may then get the messages about your origin.

Try to recall all of your birthdays and identify certain patterns.

Where did you celebrate your birthdays (country, city, address, natural landscape)?

Who surrounded you on these days? What names appeared most clearly? Describe your mood, or other strong impressions on your birthday.

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1 year

2 years

3 years

4 years

5 years

6 years

7 years

8 years

9 years

10 years

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14 years

15 years

16 years

17 years

18 years

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57 years

58 years

59 years

60 years

New Year

Try to recall how you celebrated the New Year; identify the pattern of cyclical repeats and regularities.

Take a look at the following points: where did you celebrate the New Year (country, city, address, etc.), with whom (alone, with your family, in the company of your friends, colleagues or strangers; try to recall their names); what food did you eat; what dishes were set on the table; what did you wear (the color, style of clothing, if you wore a fancy dress, what kind of dress was it?); what TV programs did you watch? Describe your mood. What wishes did you make then? Did they become fulfilled? Other memorable events.

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General conclusions:

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THE RIBBON OF LIFE

My travel in space

Analyze separately all your travels by train, car, and airplane; what was your happiest journey; were there any recurring situations; describe the food you usually eat during these trips, who accompanied you, and who your fellow travelers were, etc.:

travel by train

travel on the roads

travel on water

your flights

What continents did you visit?

How often did you move along parallels or meridians, and what was the latitude and longitude? At what direction did you move most often, starting from your home: to the North, South, West, or East?

How much time did you spend at the same place? Maybe you don't feel specially tied to your residence, so you constantly travel and move around?









How do you react to:
reservoirs

mountains

deserts

Other observations.

How easy is it for you to adapt yourself to alien space (when you are at a party or when you visit unfamiliar places, new shops, etc.)?

Do you like to invite guests or do you prefer walk-in guests instead?

How often do you drop things or bump into objects?

Can you find the right house by yourself, or do you stray and ask passers-by for direction?

Try to recall the main events of your life. Try to find the repeats of certain situations and events (when you studied, worked, when you were on holiday, or at joyful and sad moments, meetings and partings, etc).

A series of 25 horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.

