

V.M. Bronnikov

HARMONIZATION
OF ORGANISM
FUNCTIONS

STAGE I

COGNIZE YOURSELF

2005



V.M. Bronnikov

METHOD OF BRONNIKOV IS CONSECUTIVE AND FULFILLED

I testify that people, trained vision without use of eyes, are really capable to read texts, earlier unknown to them, and to carry out a lot of other actions, which usually demand sight. It has been shown that the presence of any especial qualities of students is not required.

I have seen, first of all, the presence of training system, which is moving all the time to the use of organism capabilities as much as possible. Formation of the new vision is quite possible at blind. Researches emphasize its physiological affinity to a brain of the person.

*N.P. Bekhtereva, the academician of the Russian Academy of Science and Russian Academy of Medical Science,
The winner of the State premium of the USSR, a foreign member of the Austrian, Finnish academies of sciences, the
American academy of medicine and psychiatry,
International Academy of sciences of ecology, safety of the person and the nature.*

FORMATION OF THE NEW BIOLOGICAL HUMAN SPECIES ON THE EARTH HAS ALREADY BEGUN!

Children mastered the system of Bronnikov present the beginning of that will be in 20-30 years. Their opportunities coincide with the qualities of the super-person calculated by us a long time ago. Many speak about Bronnikov's work in the Academy as about a fantasy: He teaches children to opportunities of self-diagnostics, self-rehabilitation and rehabilitation of others at complex diseases; to volumetric perception of the information; he creates the new conceptions in educational system, where the child should be the seeker of knowledge, but the teacher should be the director, an analyst and the politician in this process. It is only the first steps on a way of humanity development. Calculations have started to be practically realized!

J.A. Fomin, academician of RNAS

Vjacheslav Mikhailovich Bronnikov

“Method for Harmonization of Organism Functions”

Integrated Technologies for Human Development

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V.M. BRONNIKOV

SYSTEM TECHNOLOGIES OF MAN DEVELOPMENT

«CAPABILITIES OF SUPER-CONSCIOUSNESS -
PROPERTY OF THE PERSON OF XXI CENTURY»

COGNIZE YOURSELF



"Appearance of the present methodical manual became possible due to the long-term work of collective of leading experts of Academy: Bronnikova L.D., Bronnikova N.V., Lozhnikova L.J., Galinsky V.A., Galinskaya A.V., Petrova S.T., who carried out introduction of a method in such cities as Feodossiya, Moscow, Kiev and many other cities, and for that I expresses my most intimate gratitude".

A handwritten signature in black ink, appearing to be 'V.M. Bronnikov'. The signature is fluid and cursive, written on a light background.

Vjacheslav M. Bronnikov



Brief Description METHOD of TRAINING

**Harmonization and Development of Organs and Systems
Functions of the Organism of the Person on the Basis of
the SLAVIC-TIBETAN System of
Restoration of Forces, Strengthening of Health and
Development of the LATENT ABILITIES of the Person**

**Development of Skills for Natural Health
Improvement and Preventive Maintenance
of Diseases**

Author of the Method

V.M. Bronnikov

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The state patents 2157263, 2143290, 2134596

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FROM THE AUTHOR

In “Apocryphal stories of ancient Christians” it is told: “Cognize yourself, and you will cognize whole world”. The person is the most complicated biological organism. And the person should perceive oneself correctly.

One of the primary goals of presented method is the development of supersensitive perception. Many vital qualities are not demanded in the person. “Be as children” because at children the process of mastering goes much faster and better. The adult should “come back” in the childhood to develop the sensitivity. Due to this a brain development is going on, but the developed brain opens huge opportunities for health improvement, for development, and self-determination. It is the entrance to a new vital path. The supersensitive perception expands a range of comprehension of the phenomena.

If the person develops oneself by training it is safely. If he/she has natural abilities and, without knowing the safety precautions, begins to experiment with oneself and other people, it can lead to big problems.

At the first stage the person develops an ability to be the good generator – to produce vital power, and to be able to fill itself with this vital power.

Offered exercises are known enough and have been described in various sources a long time ago. But separated exercises do not give such results, as the whole system of especially selected exercises.

In an awoken condition the person receives energy through eyes. At night he/she gets energy from a brain, which is provided by energy due to internal “energy-generator”. As the saying, the dream is the health. It appears that during a dream the person produces ones vital power. In the afternoon the internal structure of the person works in the lowered mode. It turns out that if the person closes eyes though to a minute then at this moment ones brain gets no energy because now it “eats” due to daylight. It is easily checked. Who feels energy above a head can check it up: when the person closes eyes, energy sharply falls.

At the first stage we teach to use internal energy, to develop internal power to provide brain energy exchange. We teach the person to switch on consciously the internal generator in the afternoon, to “feed” a brain by energy without an external energy source. If at the stage I the person mastered energy exchange, then at the second stage we help the person to develop absolutely new qualities. It is empirically calculated, that for development of power, for reorganization of an organism it is necessary to get at least 10 lessons, taken place every other day: i.e. day of load, day of rest (an organism has a rest during which it is transforming inside, then again the load). Only if the person

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mastered energy exchange and is able to “feed” ones vital power we start to work on development of internal vision.

The method allows blind from a birth, even not having eyes, to learn, expanding an analyzed wave band, not only to create former, peculiar to usual people, models of the image, but also to perceive objectively the structures of atoms, cells, organs of the person, etc.

Simple exercises, accessible to everyone, develop the right and left hemispheres of a brain, form new and strengthen old direct and return biological links, improve work of brain vessels, strengthening memory and attention, create the general improving effect.

During lessons you study how to operate the super-conscious function. Exercises will help you to activate immune system and to strengthen the protective opportunities of an organism weakened by influence of the adverse ecological environment. Displays of various diseases will decrease (a chronic fatigue syndrome, an anemia, diseases of an alimentary canal, neuroses, vegetal-vascular dystonia, progressing short-sightedness, bronchial and lung diseases and others).

In some years the world will be filled with more modern knowledge and conceptions about the original secret and opened world processes.

Almost nobody has noticed, that there was already the latent revolution, connected with practical use of opportunities of human super-consciousness, which is capable to provide global break in all fields of knowledge.

Already now we are ready to accept the new concept of country development through not a technogenic way, but through a way of development of human organism opportunities, which is the basic way for the future general transformations.

It is difficult or almost impossible for advanced countries to change and reconstruct psychology, traditions and historically developed rules of a great bulk of the population for tradition. Such changes can lead to enormous public crises, creating disasters of the new order.

HISTORY OF THE METHOD

In 1994 V.M. Bronnikov's collective after approbation of a method in international children's camp “Artek” (Crimea) has been invited for carrying out scientific researches in Moscow. At the Faculty of Computer Physics of the Moscow State University under direction of Prof. J.P. Pytiev it has been confirmed that Bronnikov's students consciously operate by the length of a wave during “radar vision by a brain” without eyes.

At the Faculty of Eye Diseases of the Tver Medical Academy (the head of faculty is P.N. Popov) the method was successfully put into the practice. In Moscow State University of Service it has been founded the specialized center for training the Bronnikov method. The Course on new system of laws has been started in Salavat branch of the State Pedagogical University.

At the head division of Russian Ministry of Health (at the Institute of traditional methods of treatment) it has been obtained convincing confirmations of high efficiency and utility of the Bronnikov method. Results of rehabilitation of invalids, of development of phenomenal abilities at children are stable.

The high estimation of efficiency, integrity and safety of a method was given at the Institute of High Nervous Activity (director P.V. Simonov), and at the Institute of the Brain of the Person (supervisor of studies N.P. Bekhtereva).

Branches of Academy have been created in 60 cities of Russia, of the UIS, of the countries of near and far abroad.

DESCRIPTION OF THE METHOD

The method of harmonization and development of organs and systems functions of an organism of the person is based on one of directions of secret Dao Yoga.

The ancients considered the person in triune system of space interactions: the Sky – the Person – the Earth.

Display of Sky essence in the person is an overflowing of a solar energy. The sun is the personification of essence of the Sky. Display of space essence (essence of the Earth) is an overflowing of cosmic (space) energy. The person is a product of interaction of solar and cosmic energies (form-filling and form-creating energies). In the afternoon a solar energy presents a descending stream, but cosmic (space) energy presents ascending stream. During dark time of day these processes vary. As a result of transformation of these two energies in an organism of the person bio-energy is produced at unconscious level.

Exercises “Heaviness” and “Lightness” allow us to operate consciously processes of energy overflowing in an organism. Ability to cause heavy feeling in a body allows us to increase inflow of a solar energy, sensation of lightness – inflow of cosmic (space) energy.

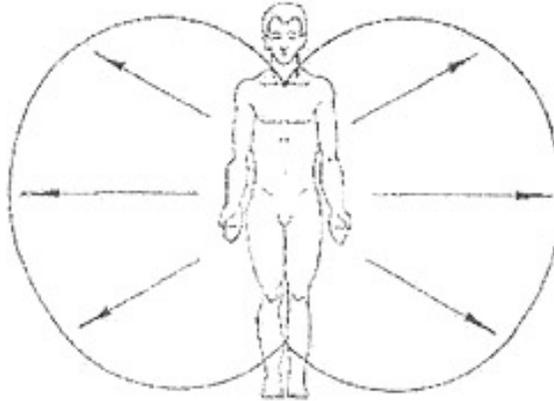
THREE FUNCTIONAL SYSTEMS

On the international symposium on problems of unconscious, taken place in Tbilisi in 1979, scientists have divided functional processes in an organism of the person on sub-

STAGE I: "Harmonization of organism functions"

conscious, conscious and super-conscious processes. Three functional systems – sub-consciousness, consciousness and super-consciousness – correspond to them.

Everyone knows about sub-consciousness, a physical body. Knowledge of this part of our organism (cells, tissues, organs) is kept within frameworks of natural anatomy and physiology. Bodies of consciousness and super-consciousness are considered by the abstract-logic anatomy. If the body of sub-consciousness is in the material space then bodies of consciousness and super-consciousness for us are not shown and are in the non-material space. Already nobody challenges existence of this non-material, not shown world.



Sub-consciousness field

Between material and non-material spaces there is the intermediate space, in the East named Bardo.

All functional systems of the person work as energy-informational structures.

The energetic processes proceed at the all levels of the sub-consciousness (cellular, mineral, organism, intellectual and social), form the power field having the shape of an apple.

Healthy person has the radius of a field not less than seven meters. The central and peripheral nervous systems form the energy field having the shape of the extended oval (egg), and its height above a head of the healthy person is about 60 cm.



Super-consciousness field



Consciousness field

If parameters of fields are below the norm it indicates on the weakened immune system and bad energy overflow in an organism.

The technique, using tantric way of development (one person helps other person to activate ones energy overflow), allows us to develop energy structures, to improve blood

circulation, to harmonize work of a brain and vegetative nervous system, to strengthen immunity that leads to the general improvement of an organism.

The left hemisphere of a brain (dominating) is connected with the energy phenomena, and its work is directed to the material space. Energy channels, acupuncture points and activity of the left hemisphere are connected with receipt of energy in our organism. If receipt of energy in an organism is broken, pathology comes.

The right hemisphere of a brain is connected with the phenomena, which carry the information, and have close connection with the non-material space, i.e. with our super-conscious function.

Artists, musicians, poets, writers have right hemisphere functioning well, i.e. they receive the information through the super-consciousness from a uniform information field, from the non-material space.

In total activity of a brain forms our consciousness. The degree of development of our consciousness depends on harmonious work of two hemispheres and consequently both sub-consciousness, and organism as a whole. On the basis of activation of energy overflow of a brain and of a whole organism it is possible to develop the sub-conscious, conscious and super-conscious functions of the person.

That will allow us to transfer an organism from passive, weak-developed, uncontrollable condition in active, consciously operated state, having created thus powerful improving effect, rejuvenation of organs and systems. All people are capable to fix the sizes and uniformity of a bio-field by means of sense organs.

By means of hands it is possible to measure parameters of an energy field of sub-consciousness and a field of consciousness, to determine the condition of an organism, to feel three functional systems.

Creating heavy feelings, it is possible to learn to feel the body of sub-consciousness. Creating sensations of moving of bio-energy it is possible to feel work of consciousness, and, creating sensations of lightness – to feel the super-conscious function. On the basis of these sensations "inclusiveness" of three bodies of an organism is diagnosed.

There are no uncontrolled functions. There are functions, the task of conscious arbitrary of which was not raised.

I.M. Sechenov

GENERAL SAFETY PRECAUTIONS

General rules for exercises performance

- 1. All exercises are carried out with opened eyes (the other is mentioned in the text).*
- 2. All movements are made clockwise.*
- 3. The student should correct consciousness in the right way: to be in a position of the observer, to concentrate attention to sensations of bio-energy, to compare them in various exercises, and to inform the teacher about it.*
- 4. The control word during the performance of exercise is the precise answer of the student - "yes", that indicates the confident position of student's consciousness.*
- 5. The student and the teacher should not use the thinking-form – they should work only with bio-energy.*
- 6. At occurrence of painful or other, at first sight, negative displays, it is necessary to reduce the duration of exercise performance or to stop it for a while. It is necessary to remember that during the process of activization of bio-energy overflow in an organism various sites of a brain are involved into work, and organism passes in an active condition. During the development all negative reactions will disappear.*

EXERCISE 1

DEFINITION OF PARAMETERS OF BIO-FIELDS

1. Horizontal (sub-consciousness function).
2. Vertical (consciousness function).

Definition of the border of a horizontal bio-field of the person (fig. 1)

Starting position: the tested student – on distance over 7m

Technique: The student should not cross ones hands and legs. The teacher rubs ones hands up to heat-sensation, making active the bio-energy overflow, and then raises up a hand bent in an elbow (the palm is directed on the tested student). Slightly shaking a hand forward-back, the teacher gradually comes nearer to student until occurrence in a palm background sensations (heating, tingling, pressing) of bio-energy, and then the first dense border of a field. The field on distance from a palm of the teacher up to the student should be in norm of 7 meters and more (at any growth and age), it should be dense, active, uniform, should have the correct shape.

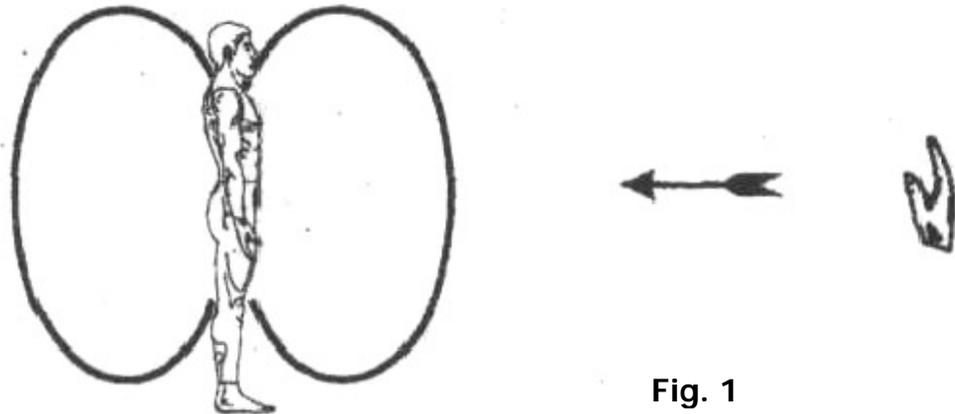


Fig. 1

Definition of the border of a vertical bio-field of the person (fig. 2)

Starting position: The teacher stands in front or sideways of the student on an eminence, highly having raised a hand above the student head. At measurement of a vertical field the student should not squat, as the field is deformed.

Technique: The teacher acts similarly as described above, and measures the border of bio-field above a head of the student. In norm the size of a vertical bio-field should be 60 cm and more.

Importance of exercise: The most of students in the beginning of training has bio-fields borders and density two-three times less than normal ones. Due to the training the felt border gradually increases, that testifies the improving effect. Measurement of bio-field's parameters of different students at various stages of training allows us to achieve the high objectivity of sensations.



Fig. 2

EXERCISE 2 DEVELOPMENT OF SENSATIONS OF BIO-ENERGY (BALL, ACCORDION, RAY)

Starting position: Exercise is carried out by the student, who can keep any distance between palms in sitting, standing, or lie position.



Fig. 3

Technique:

- *Ball (fig. 3)*

For activation of sensations of bio-energy in palms it is necessary to rub and slowly separate palms. Bringing them closer and fare, listen sensations (tingling in fingers, heat or a cold in palms, density, pressure between palms). Mentally command yourself to feel "ball", its elasticity, to rotate it, changing position of hands.

- *Accordion (fig. 4)*



Fig. 4

Bringing palms closer and fare create sensations of compression and stretching of a bio-energy accordion (spring, elastic band).

- *Ray (fig. 5)*

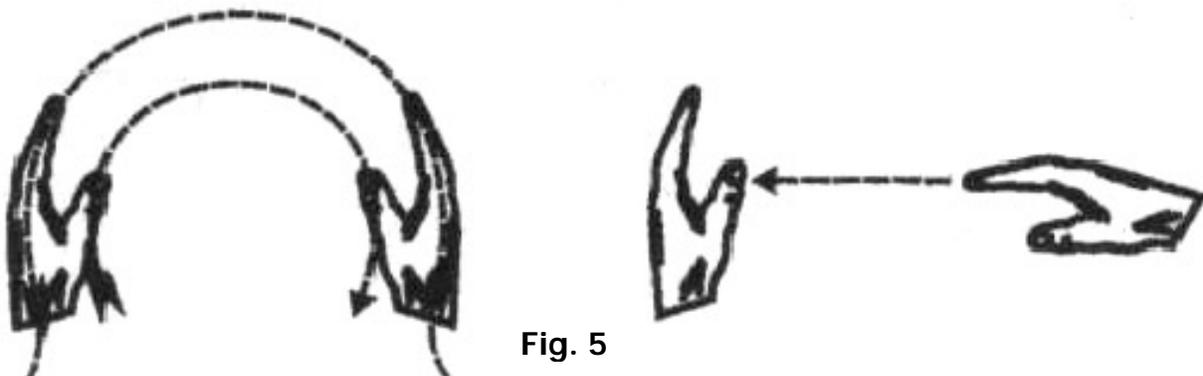


Fig. 5

Separate palms on 15-20 cm from each other, give yourself a mental order that from one palm into another the energy ray was sent and came back. Rotate an index finger of one hand opposite to a palm of another hand, sending from a finger the ray of bio-energy and feeling its rotation in a palm. Try to draw by ray on a palm a square, a triangle, a circle and so on. Carrying out all exercises on different distances, it is necessary to compare the level of sensations and the opportunities of bio-energy regulation.

Importance of exercise: Development of the right hemisphere of a brain, direct and return biological links, conscious control of them.

EXERCISE 3

ACTIVIZATION AND DEVELOPMENT OF VITAL POWER

VERTICAL PUMPING (POWERING)

Starting position: The teacher and the student stand in front of each other.

Technique: During performance of exercise the Student should stand steadily and easy (without any superfluous movements). The attention should be fixed on sensations. The teacher has no right to use any thinking-forms (it is not allowed to think of a concrete pathology or other problems of the student or of the teacher). **Teacher works exclusively with bio-energy, not with information.**

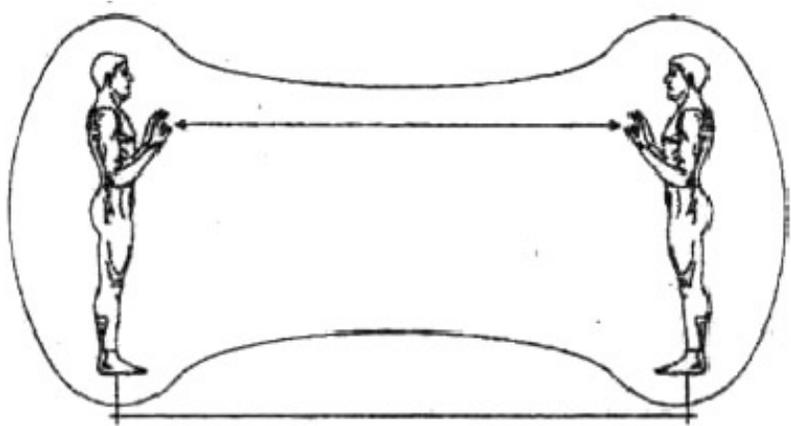


Fig. 6

The teacher and the student activate their bio-energy rubbing their palms. Then they make a contact between palms of each other (hands in front of a chest are bent in elbows). The teacher makes circular movements by palms activating the student's bio-energy. In hands of the student a various sort of primary sensations of bio-energy appear (tingling, heat, a cold, the pressure, pulling strings, waves, a breeze, buzz, etc. – depending on the individual feeling of bio-energy perception).

The student regularly concentrates ones attention on the sensations. In due to course, at the further development of sensitivity, various sensations will arise in other parts of a body too.

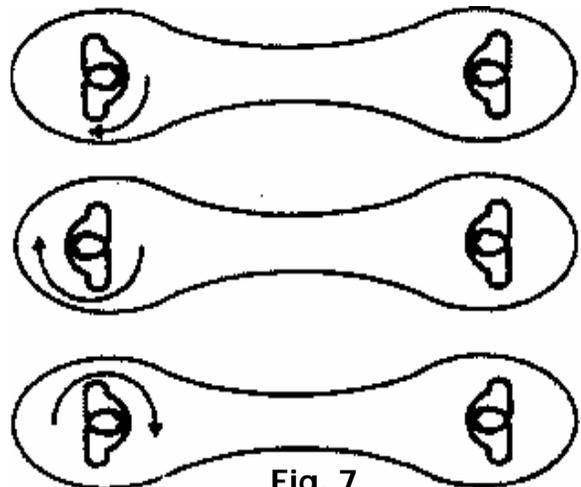


Fig. 7

- **Work with the external energy form**

1. At occurrence of steady energy contact the student

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says "yes" and slowly moves away from the teacher on 7 meters (fig. 6), not lowering ones hands. Both the teacher and the student keep energy contact with each other through palms, stretching an energy bio-field (as an elastic band).

- The teacher lifts bio-energy flow from below upwards by smooth vortical movements of hands (shaking up a feather-bed), creates waves in the incorporated field. From the top position, having separated hands, the teacher does falling movement by hands by palms downwards. The teacher repeats movement 10-12 times (or until the density of a field will be dense on sensations).
- The student turns clockwise on 180 degrees (fig. 7) (a back to the Teacher) and slowly lowers ones hands downwards. The teacher repeats the above described movements by hands 10-12 times, condensing a bio-field from a back.
- The student turns clockwise face to the Teacher (fig. 7). The teacher does in end *the same* movements 2-3 times.

• *Work with the internal energy form*

- The student stays on a place with the lowered hands. The teacher comes up to the student and stays behind student's back (all movements of the teacher around the student are made only clockwise).
- The teacher by dragging movements of hands (fig. 8) directs energy from a foot to the coccyx and along a backbone upwards to a head of the student, then does falling movement by hands through a head and along sides of the student. Teacher's palms are turned downwards to a floor. Movements have to be repeated 5-6 times.
- The teacher stands from the left side of the student (fig. 9). Having arranged the right palm behind, and the left palm (screen) in front of the student on distance of 10-15 cm from student's body, the teacher makes by the right hand plashing movements, pushing energy through a body of the student. During this process the left palm (screen) reflects the bio-energy flow. After each wave the teacher in coordination raises both hands upwards on 15-20 cm and repeats plashing movements. Having reached a head, the teacher moves the right hand forward and smoothly lowers both hands downwards. It has to be repeated 5-6 times.
- The teacher stands face to the student (fig. 10). By dragging movements of both hands the teacher lifts bio-energy along both sides of the student upwards to shoulders, gets hands for student's neck and, having transferred bio-energy by hands over a head of the student lowers hands downwards. It has to be repeated 5-6 times.

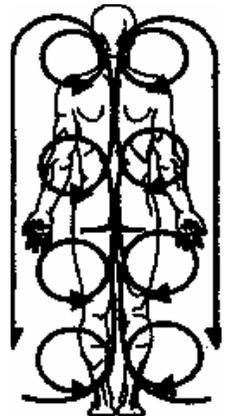


Fig. 8

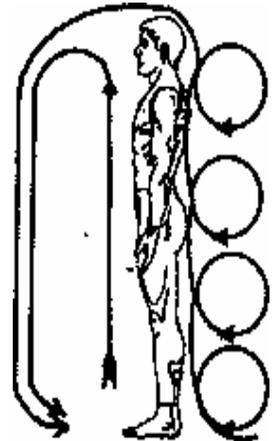


Fig. 9

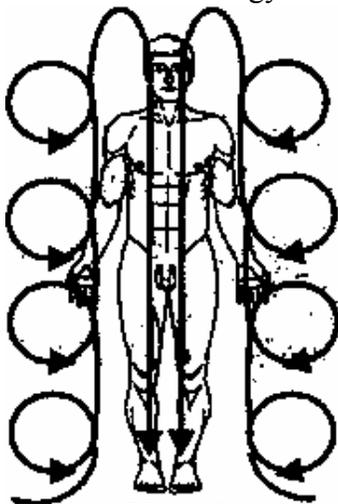


Fig. 10

5. The teacher stands at the right side of the student and does the same movements, as in point 4, but in this case the left hand is behind of the student and the right one represents a "screen" (fig. 11). It has to be repeated 5-6 times.

6. The teacher stands behind of the student, gets hands forward at a level of a neck, having grasped by palms the sensation of the energy, and by dragging movements moves energy to a nape, sinciput and transfers over a head of the student forward – downwards, forming so-called "helmet" (fig. 12). It has to be repeated 5-6 times.

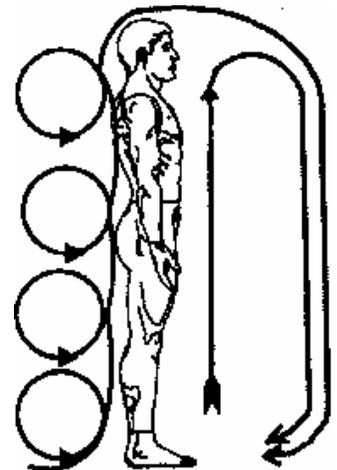


Fig. 11

Simultaneously the teacher checks correctness of the form and density of a bio-field around of a head of the student.

7. The teacher stands in front of the student. Doing circular movements of one palm clockwise the teacher harmonizes the bio-field above a head of the student. After 2-3 circles, the teacher slowly lowers a hand downwards in front (fig. 13). The same movements the teacher does in front of eyes of the student.
8. Further the teacher bypasses the student in a circle way (clockwise), condensing and smoothing a bio-field of the student.

Importance of exercise: Strengthening of bio-energy overflow or "pumping" by bio-energy is going in the external and internal forms of a bio-field of the person. Nobody from partners do not lose bio-energy, there is a mutual development. One of the partners, being in a position of the teacher, makes strengthened "exhalation" of bio-energy. Other partner, being in a position of the student, makes strengthened "inhalation" of bio-energy. Then they exchange their roles.

Exercise promotes development and strengthening of an energetic system of an organism, the energetic centers, centrifugal and centripetal channels. It forms incorporated (tantric) system between the student and the teacher. It activates immune system, develops protective functions and restores other functional processes in an organism. The effect of influence amplifies, when partners are standing on distance of seven meters from each other (norm of a linear morphological field).

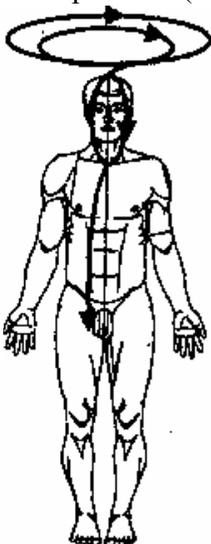


Fig. 13

The principle of "the stretched elastic band" works here: there is a pressure of the whole bio-field. Occurrence of a heavy condition in a body or weak painful sensations is the consequence of undeveloped energy overflow between internal and external energy forms. After few lessons unpleasant sensations should disappear.

The teacher should ask regularly about the state of health of the student. In case of a strong headache it is better to stop exercise. Often there is a pulling sensation inside of bones of hands and legs where a number of energy channels settles down, therefore in the East similar exercise named as "energy inhalation by bones".

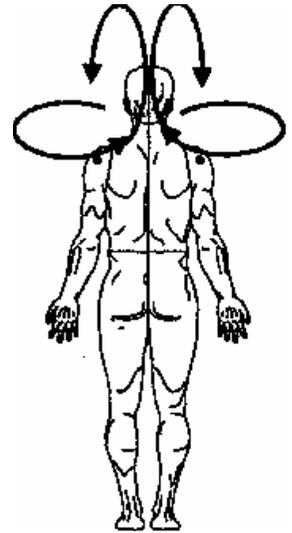


Fig. 12

EXERCISE 4 HEAVINESS

Starting position: The student sits and keeps straight back, hands are on laps, palms upwards, knees are separated on 10-15 cm. Exercise can be performed on command of the teacher, or independently.

Technique: The sensation should arise at the command of the teacher: "Let the body become heavy". The student mentally represents oneself as an empty vessel, which is guided by a stream of a descending solar energy, which is the form-filling bio-energy. The student feels how bio-energy flows in a vessel (fig. 14). All attention is directed to a body. Possible sensations in a body can be: warm, a pulsation etc. As soon as the heavy feeling appeared, it is necessary to say "Yes" and return to a usual (neutral) condition. It is better to perform the exercise on an exhalation, several times per day on 5-10 minutes. Duration of exercise can be increased in time.

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Diagnostics: Fix problem zones, where there is no heavy feeling that testifies the lowered sensitivity, bad connection of a brain with the given organ or body part, and also the insufficient control over functioning of sub-consciousness.

EXERCISE 5 LIGHTNESS

Starting position: The same, as in exercise 4.

Technique: The sensation of lightness should arise at the command of the Teacher: "Let your body become light". The student mentally represents oneself as an empty vessel, which is guided by a stream of ascending cosmic energy that is form-creating energy (fig. 14). The body pulls upwards, increases in volume. The feeling of weight is lost, sensation of internal organs disappeared. As soon as you feel lightness, it is necessary to say "yes" and return to a usual condition. Exercise should be carried out on an inhalation, few times during the day on 5-10 minutes. The load should be gradually increased.

Diagnostics: Fix problem zones, where there is no lightness feeling that testifies the lowered sensitivity, bad connection of a brain with the given organ or body part, and also the insufficient control over function of sub-consciousness.

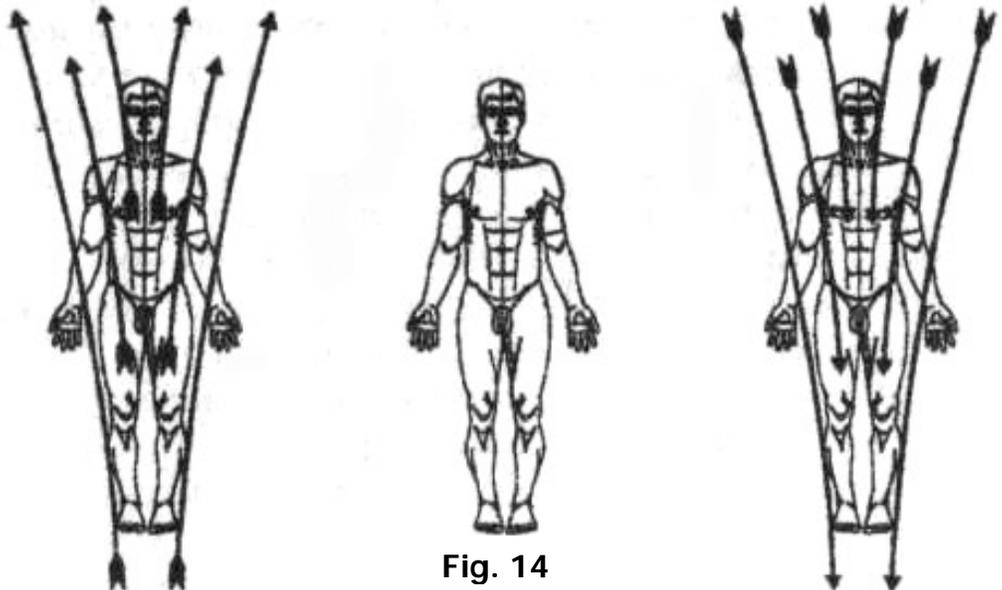


Fig. 14

EXERCISE 6 MOVING OF SENSATIONS OF BIO-ENERGY

Starting position: The student sits, keeps a back straight, hands are on laps, palms upwards, knees are separated on 10-15 cm.

Technique: (fig. 15)

1. The teacher stands in front of the student and by palm makes rotary movements clockwise above a palm of the right hand of the student, activating bio-energy overflow, until occurrence of any sensations of energy (heat, cold, buzzes, etc.). Then the teacher, continuing to rotate a palm, slowly moves it upwards along a hand of the student, along shoulders, further downwards on the left hand and a palm (the student regularly fixes the sensations and informs the teacher about them). Finishing a circle of bio-energy movement the teacher helps the student to transfer the same

sensations on a palm of the right hand and again helps to move bio-energy on a circle (a hand - shoulders - a hand) 2-3 times more.

2. The student moves energy independently, comparing quality and level of sensations with that has been reached earlier with the help of a teacher. The student tries to accelerate moving of energy, or to slow it down, or to stop it in any place of circular bio-energy overflow. At the performance of an exercise it is necessary to move bio-energy clockwise (for a strengthening of process). If sensations move weakly or disappear, the teacher helps again. In addition the student can develop the moving of sensations of bio-energy, carrying out an elements of the “Dry Tibetan massage”. If an exercise turns out very well, it is possible to move bio-energy along legs, back, belly, head, etc., creating various combinations.

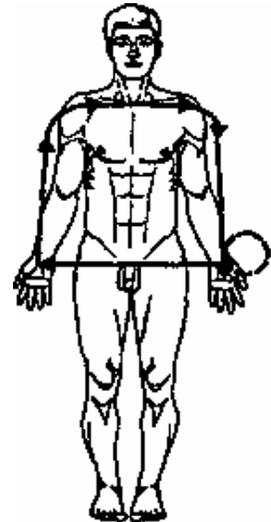


Fig. 15

Importance of exercise: Moving sensations of bio-energy from one part of a body to another, the student develops structures of a brain, which are responsible for these sensations. The quality of sensations and a degree of controllability indicate the state of consciousness functioning.

Importance of exercises: “Heaviness”, “Lightness”, “Moving of sensations of energy”. Exercises “Heaviness” and “Lightness” are recommended to carry out in various combinations, when separate parts of a body and organs are “heavy” and other separate parts of a body are “light”. For example: the top part of a body is heavy, bottom (from a belt) is light, and on the contrary; the left half of body is heavy, right – light, and on the contrary; one leg is light, another is heavy; one hand is light, another is heavy, etc.

At performance of the given exercises there can be subjective sensations of “asymmetry” of a body. Exercises improve bio-energy overflow in whole organism, harmonizes respiratory system, blood circulation, a metabolism, strengthens a tone of vessels of a brain, a wall of vessels, function of the right and left hemispheres of a brain.

EXERCISE 7

ENERGY PUMPING (POWERING) OF HEAD: ACTIVIZATION AND HARMONIZATION OF ENERGY STRUCTURE OF A BRAIN

Starting position: the student sits, with straight back, legs are bent and moved slightly apart, hands lie on a lap palms upwards.

Technique: It is recommended to perform this exercise with a partner. At a level of eyes of the student on distance of 70-80 cm on a wall it should be attached a sheet of a paper with a black point in diameter of 4-5 mm in center. The teacher stands sideways from the student or behind him. Exercise is carried out on the basis of a mode “Inhalation by an idea”. The teacher, putting hands to the certain parts of a head of the student, sends a flow of bio-energy from one hand to another, directing it through a head. The student concentrates ones attention on black point, listens to the sensations in a head and in whole organism. It is possible to diagnose the state of brain structures according to the change of the image of a point and sensations of bio-energy in a head.

STAGE I: "Harmonization of organism functions"

Position №1, fig. 16: Put a palm of the left hand on a frontal part of a head, and a palm of the right hand – on an occipital part of a head. At an exhalation the flow of bio-energy passes from the right palm through a head into the left palm. Then – the left palm sends a flow of bio-energy, and the right palm accepts it.

Position №2, fig. 17: Change the position of the left and right hands: the palm of the left hand settles down on a parietal part of a head, and right palm – on an occipital part of a head. "Pumping" of a head by flow of bio-energy is carried out as in a position №1.



Fig. 16



Fig. 17



Fig. 18



Fig. 19

Position №3, fig. 18, 19: Diagonal "pumping" of a head by overflow of bio-energy is made from left occipital part to the right temple and on the contrary. Then overflow if going from the right temple to the left occipital part. Then change position: "breath" from right occipital part to the left temple, and from the left temple – to right occipital part.

Position №4, fig. 20: Put palms in parallel to each other on occipital-parietal part of a head. "Pumping" a head by a flow of bio-energy is carried out as in position №1.

Position 5, fig. 21: Put the right palm on parietal area of a head and mentally direct bio-energy flow vertically downwards – upwards from a head to foets and back. In each position the number of repeats should be 10 up to 20 times depending on power of bio-energy flow and student's head reaction to sensations. After 3-4 lessons the number of repeats in one exercise can be increased. It is possible to perform the exercise until the occurrence of a weak headache (at student) that means that load is already enough. Few lessons later all unpleasant sensations should disappear.



Fig. 20

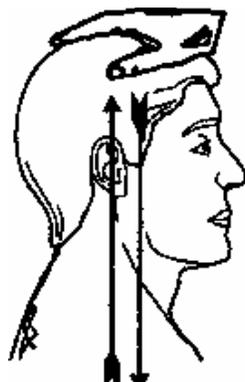


Fig. 21

For harmonization of student's bio-field it is recommended to perform the following exercises:

- The teacher regulates the shape of student's bio-field to achieve its uniformity (fig. 12).
- The teacher stands behind of the student and moves bio-energy by grasping movements of hands from area of thymus back to the fourth cervical vertebrae and over a head of the student forward – downwards. Exercise should be repeated 5-7 times (fig. 11).

Importance of exercise: At performance of exercises the center of comprehension of sensations is stabilized and then harmonized at a new qualitative level. Heaviness sensations and a weak headache are possible that indicates bad-developed vessels of a brain. Changes in perception of the image and color signals about insufficient development of homeostatic mechanism. During performance of an exercise metabolism of an organism is improved, inter-hemispheres communications and zones of a brain, its structures, energetic and vascular systems of the right and left hemispheres are developed. Homeostatic mechanism, which should keep in balance dynamic system of an energy-informational exchange and system of blood circulation of a brain, is stabilized and developed.

EXERCISE 8 ENERGY SPLASH

Starting position: the student sits, a back is straight, legs are under a right angle and moved slightly apart, hands lie on a lap palms upwards.

Technique (fig. 22):

Step 1 – is carried out with opened eyes. The teacher stands sideways from the student. Teacher's one hand is located in front of the student ("screen"), by other hand the teacher makes rotary movements and activates sensations of bio-energy in the field of student's coccyx, until occurrence of new sensations (buzz, waves, rotation of a ball of fire, a ball, heat, cold, etc.). As soon as there are any sensations the student says "yes", and the teacher by rotary movements of the working hand slowly moves bio-energy from the coccyx along the backbone up to head, and raises the "screen" upwards simultaneously with working hand.

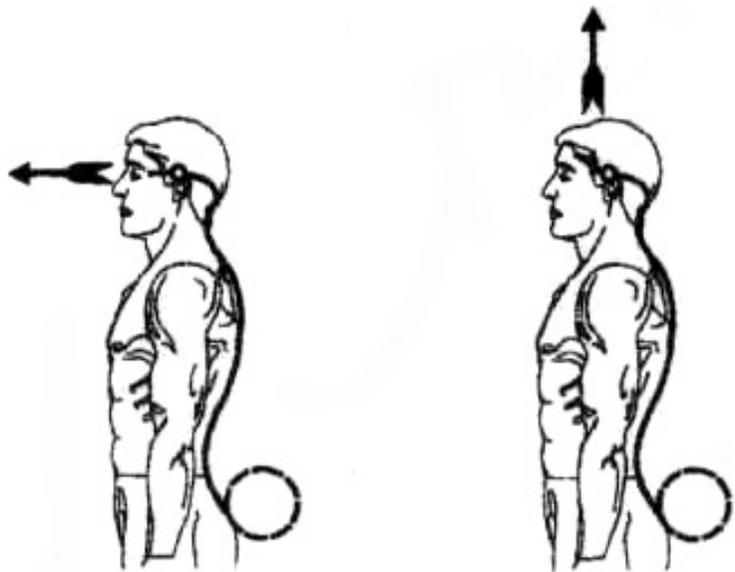


Fig. 22

It is necessary to ask the student regularly about what he/she feels and where (in what part of a back). As soon as sensation of inflow of energy or heaviness have arisen in a head the student should independently **splash out energy through eyes**, looking into the distance during 30-60 sec, enabling energy free outflow. In this case it is necessary to pay attention to sensations in eyes.

Step 2 – is carried out in the same way, but eyes of the student are closed. When the sensation of energy reaches a head the student should sharply open ones eyes and feel, as through them the flow of bio-energy is splashed out.

Step 3 – the student independently creates sensation of energy in coccyx, on an inhalation moves it up to a head. As soon as there are sensations of inflow of energy in a head the student sharply opens eyes and on an inhalation does emission of energy through them.

STAGE I: "Harmonization of organism functions"

Exercise can be carried out in different positions: standing, sitting, or laying. It is necessary to train it until you can perform it automatically and within 2-3 seconds, also increasing the force of "splash". The student can independently check the quality of "splash", having arranged ones palm in front of eyes. At the moment of an outflow of bio-energy it the student can feel a push in a palm.

Importance of exercise: Exercise "feeds" an organism by energy, activates the overflow of bio-energy on energetic channels, improves blood circulation in a brain, strengthens blood vessels, makes them more elastic, flexible, activates energy exchange of visual analyzers, etc.

EXERCISE 9 DRY TIBETAN MASSAGE

Starting position: The student stands, legs – on width of shoulders.

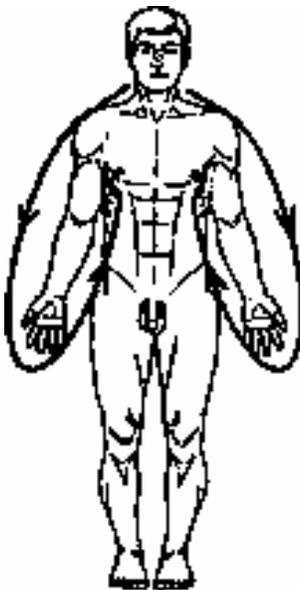


Fig. 23

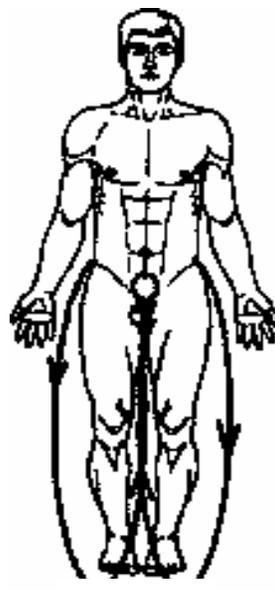


Fig. 24

Technique (fig. 23, 24): On an inhalation tongue end touches the palate. During an inflow and an outflow of bio-energy in an organism the external surface gives and internal surface accepts bio-energy; a back – an outflow of bio-energy, a belly – an inflow of bio-energy, back side of a head – an outflow of bio-energy, front side – an inflow of bio-energy.

1. Rub an external surface of one hand from a shoulder up to tips of fingers by vigorous movements of a palm of another hand, then the same with an internal surface but in other direction – from tips of fingers up to a shoulder – until the sensation of heat. Similarly another hand should be rubbed. Rub in similar way

the external and internal surfaces of legs. Finally rub a coccyx, a belly, and a head (beginning from an occipital part and finishing at the face).

2. Grasp sensations of bio-energy in the field of the seventh cervical vertebra, on an inhalation, by one hand pull out and move bio-energy along the external surface of a hand to tips of fingers. On an exhalation move and press inside bio-energy from tips of fingers upwards on the internal surface of a hand. Repeat exercise 5-10 times. Work in the same way with another hand.
3. Grasp sensation of bio-energy in the field of coccyx (on an inhalation), slowly "pull" bio-energy by both hands downwards to foot. On an exhalation press bio-energy into the internal side of a leg, moving hands upwards. Repeat exercise 5-10 times. In the same way repeat it with another leg.

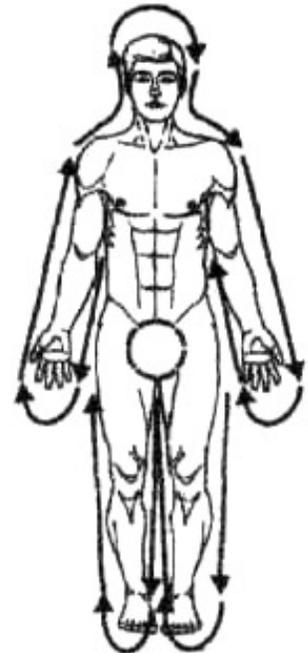


Fig. 25

V.M. Bronnikov

4. On an inhalation, grasp sensation of bio-energy in the field of the seventh cervical vertebra and move it upwards over a head. On an exhalation press it to face and a neck. Repeat exercise 5-10 times.
5. Massage by both hands an area of coccyx, on an inhalation grasp sensation of bio-energy and collect it in two "bowls". Then by pushing movements raise hands to a waist, make a sharp exhalation and a push by hands, pressing energy inside of low energetic center. Repeat exercise 5-10 times.

In total an exercise "Dry Tibetan massage" should be carried out in 5-10 minutes, this time can be gradually increased. Exercise can be also performed both in a prone and sitting position. It is recommended to perform an exercise slowly, listening to the sensations.

The student should try to feel the movement of bio-energy both in palms, and in whole body. Insufficiently sensitive places should be worked out by bio-energy additionally. The task of the student is to cause sensation of bio-energy outflow on the external side of a hand and bio-energy inflow on an internal surface of a hand.

Try to feel a bio-energy movement without the help of palms, exclusively on a mental command.

Importance of exercise: Exercise activates the bio-energy overflow in an organism, an inflow and an outflow of energy through the energetic centers. It strengthens blood circulation and develops respiratory system.

EXERCISE 10 DRAGON

Starting position: Feet are on width of shoulders and slightly bent in knees. Hands are bent in elbows. Palms of hands are located at a level of head and directed upwards.

Technique: At performance of exercise the student should try to make inhalation through a mouth (ones tongue is slightly pressed to the palate, lips are almost closed).

1. On an inhalation the student "soaks" up bio-energy through the upper centers (two palms and a mouth), then moves it up to the area of a solar plexus and holds the inhalation on a share of second. On an exhalation the student moves energy downwards, pushing it out through the lower centers (perineum and feet).
2. Now an "inhalation" of bio-energy occurs through the lower centers, and bio-energy "exhalation" occurs through the upper centers.

At the performance of an exercise the student should try to feel inflow/outflow of bio-energy in both upper and lower centers, and overflowing of bio-energy inside of the body. Thus, it would be good to do the exercise with different rhythm of an inhalation and speed of bio-energy moving. The recommended time to perform the exercise is about 5-10 minutes. At absence of unpleasant sensations it is possible to increase the load.

Importance of exercise: Development of intra-bones, inter-organs and other bio-energy channels and centers of an organism, its gravitational muscles, vessels, nerves. Activization of solar and cosmic (space) energies overflows.

EXERCISE 11 ENERGY BELL

"Lower Bell" and "Upper Bell" develop two energetic centers – upper and lower. The upper one is localized in the center of a head, and the lower one is localized in the center of perineum.

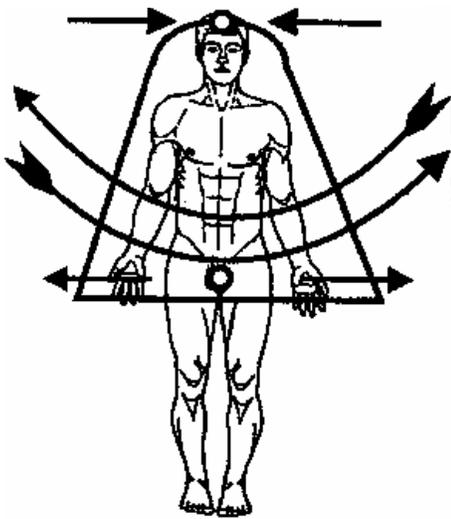


Fig. 26

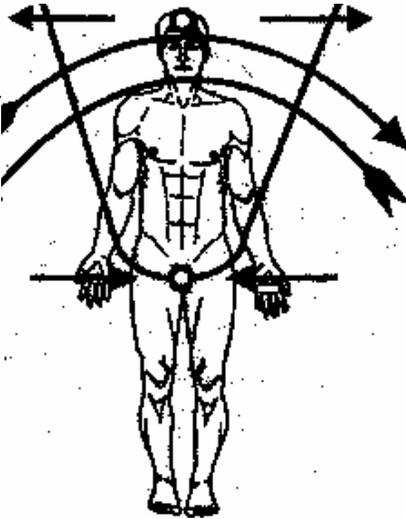


Fig. 27

• Lower Bell

Starting position: The student stands in comfortable position, knees are slightly bent.

Technique: "Lower Bell" is directed downwards (*fig. 26*): its top is in the center of a head, and its basis is at tips of fingers.

Mentally fix the top of a "Bell" in the center of a head. Grasp by hands sensation of lower sector of a bio-energy field, and try to feel its density. Move this field slowly by

hands forward-back, to the right-to the left, a semicircle. Sensations in a head (the upper center) can be: compression, density, a pressure; in the lower center – expansion, tingling, "winding". Between two centers there should be connection (like elastic band).

After shaking of the "Bell" during few minutes (1-5) stop it. Try to feel, how "energetic hands" continue to move the "Bell" independently, and try to feel also the "Bell". Thus, the lower and upper centers continue to work.

• Upper Bell

Starting position: The student stands in comfortable position, knees are slightly bent. Hands are raised upwards and a little bent in elbows.

Technique: "Upper Bell" is directed upwards (*fig. 27*): its top is in the center of perineum, the basis is directed upwards. Having felt the top of the "Bell", grasp sensation of sector of a bio-field around of a head, and slowly move it by hands forward-back, to the right-to the left, a semicircle. Sensations in the lower center should be compression, density, a pressure. Sensations in the upper center should be expansion, tingling, "winding".

After shaking of the "Bell" during few minutes (1-5) stop it. Try to feel, how "energetic hands" continue to move the "Bell" independently, and try to feel also the "Bell" itself. Thus, the lower and upper centers continue to work. Perform exercise 2-3 minutes. Later on it is possible to increase gradually its duration till 8-10 minutes (depending on health condition).

Importance of exercise: Development and strengthening of the energetic centers in an organism, the bio-energy condition improving, the homeostasis development.

EXERCISE 12

ENERGY COCOON

Starting position: the student stands, having raised hands on a level of a chest palms to itself, and keeping them at 10-15 cm from the body.

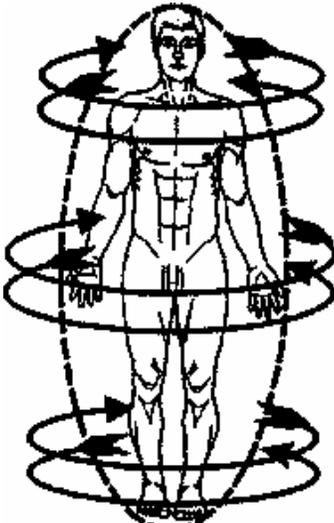


Fig. 28

Technique (fig. 28): Give oneself a mental command to feel a power cocoon, making around oneself stroking/clapping movements by hands before occurrence under the palms of elastic dense bio-energy, and in parts of a body opposite to moving palms – reciprocal tingling, vibrating sensations. Feel thus different parts of your “energy survival suit”, being convinced in uniformity of arising sensations. Then return your hands to a level of a chest and stop moving. Feel as energetic hands continue to move simultaneously with the energy cocoon.

Give oneself a mental command to accelerate or to slow down movement, trying to rotate "cocoon" in different directions, to shift it upwards or downwards. Then again help to create sensations by hands. Compare level and quality of sensations in both cases.

Importance of exercise: Coordination of interaction of internal and external bio-energy structures, development of sensitivity in field structure.

EXERCISE 13

EYES PUMPING (POWERING): ACTIVIZATION OF BIO-ENERGY OVERFLOW OF THE VISUAL ANALYZER

Starting position: The student sits, a back is straight, feet are slightly moved apart. The teacher places one hand at a level of the left eye of the student on distance 15-20 cm, another hand – at the level of right part of occiput on distance 10-15 cm.

Technique (рис. 29):

1. Slowly shake hands hither and thither, try to create between palms tight “energy thread”, direct the bio-energy flow from one palm to another (in turn on an inhalation and an exhalation). Work similar with the right eye and left visual part (left part of occiput).
2. The student closes ones left eye by a palm of one hand. The teacher arranges a palm 10-15 cm in front of the right eye of the student, and contacts bio-energy inflow by rotatory movements. On an inhalation the teacher smoothly takes aside ones hand from an eye, incorporating energy in a palm. The student simultaneously does an exhalation (see a mode of breath in exercise “Dragon”) and as much as possible strengthens an outflow of bio-energy from ones eye. Then on an exhalation the teacher “pushes” bio-energy in, directing a palm to an eye of the student. At this moment the student does an inhalation and tries to strengthen as much as possible the process of inflow of bio-energy through an eye.

STAGE I: "Harmonization of organism functions"

3. Work similarly with the right eye, then with two eyes simultaneously by both hands. The rhythms of an inhalation and an exhalation of the teacher and the student are opposite.

The student can perform exercise independently. Having closed one eye by a hand, the student simultaneously "suck" up bio-energy flow from an opened eye through a palm of other hand, taking it aside from oneself, accompanying it with an exhalation through a mouth. Then, on an inhalation, he "pushes" energy flow into an eye.

At performance of exercises pinching sensations in eyes and tears are possible (especially if there is pathology). Perform exercise 2-3 times a day, within 2-7 minutes, gradually increasing the load. Exercise can be performed in standing, sitting, laying positions.

Importance of exercise: Exercise is aimed to develop vascular, muscular, and bio-energy systems, and visual analyzers.

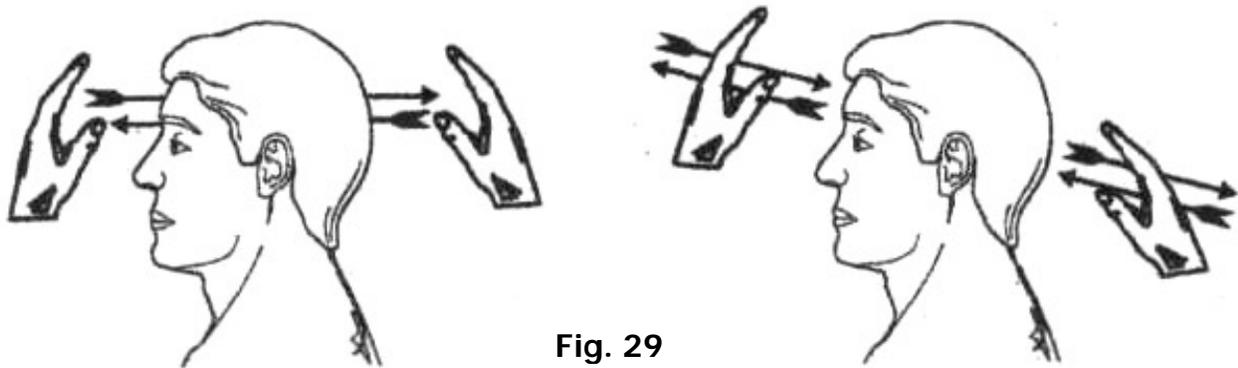


Fig. 29

EXERCISE 14 HORIZONTAL PUMPING (POWERING): ACTIVIZATION OF THE ENERGY IN ALL BODY IN A PRONE POSITION

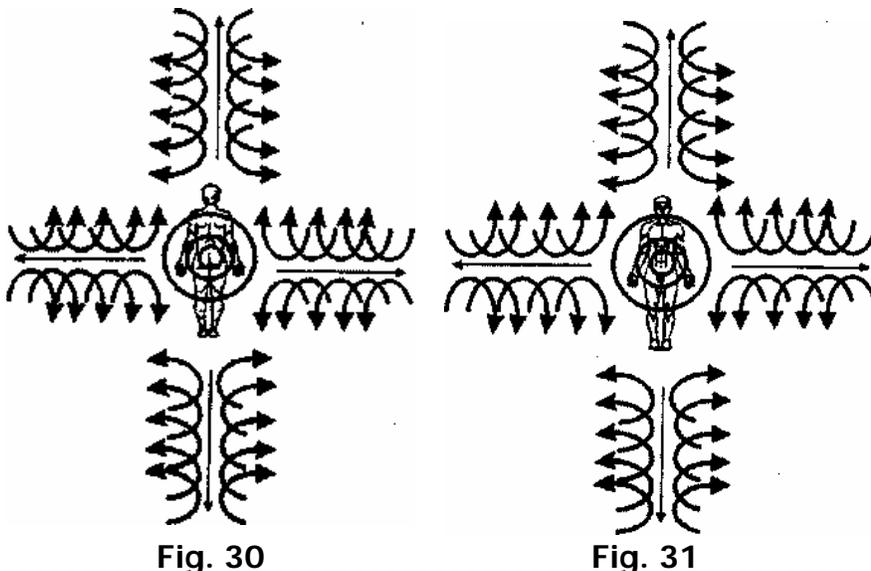


Fig. 30

Fig. 31

Starting position: The student lies on a belly (fig. 29), hands are relaxed and located along a body.

Technique:

1. The teacher activates the student's energy center connected with a cellular level (close to umbilicus): contacts by smoothing movements of both palms with mentioned center and by short and smooth waves lift energy upwards ("fountain") on height of the extended hands.

After that it is necessary to come back smoothly to the starting position. Repeat “fountain” 3-5 times before occurrence of active sensations of dense bio-energy in hands.

2. Having grasped sensations of bio-energy from the center, by stretching vortical movements of hands move bio-energy field in direction of legs of the student on distance of 5-7 meters. Make vortical movements 3-5 times by hands similar to “beating of a feather-bed” that activates energy. Do not stop movement of hands and come back to the student. Repeat “fountain” 3-5 times.
3. Repeat the step 2 in other direction: to the left side, to a head and to the right side of the student, consequently.
4. Contact with the center and direct bio-energy flow along a backbone upwards up to a head. Then the student should turn over on a back (fig. 31). Grasp energy flow from a head, direct it by stroking movements to the center – to area of umbilicus and activate bio-energy by circular movements of palms clockwise under a belly.
5. Stretch the student’s bio-field consequently in four directions: to a head, to the left side, to the right side, to legs. Movements are carried out in a mode described in item 2 of the given exercise (excluding the “fountain”). Further, moving clockwise, harmonize and condense a bio-field of the student by smoothing movements of hands. In case of occurrence of painful or unpleasant sensations, duration of exercise should be reduced or exercise should be stopped. As sensations developing, the load can be increased.

Importance of exercise: Activization of energy at a cellular level, strengthening of respiratory, immune, and blood systems.

EXERCISE 15 INHALATION BY AN IDEA (THE INHALATION AND THE EXHALATION OF THE FIELD)

Starting position: The teacher and the student stand face to each other on distance of 50 cm; their hands settle down at a level of shoulders, palms forward and bent in elbows.

Technique: The teacher and the student rub palms, contact by bio-energy with each other. Having grasped sensations by hands, the student moves away on distance of 5-7 meters and works then as a “receiver” of sensations. The teacher does smooth movements by hands forward-back at a level of a chest and with an exhalation sends mentally the bio-energy flow from his palms to palms of the student, and with an inhalation accepts the reflected signal. Exercise is performed in turn by right and left hand, then together by both hands. Then the teacher and the student exchange their positions.

EXERCISE 16

ENERGETIC CONTACT TO SUBJECTS

Starting position: Rub your palms. Raise one hand above a subject (a table, a seat of a chair, etc.) on distance of 50-70 cm.

Technique (fig. 32, 33):



Fig. 32

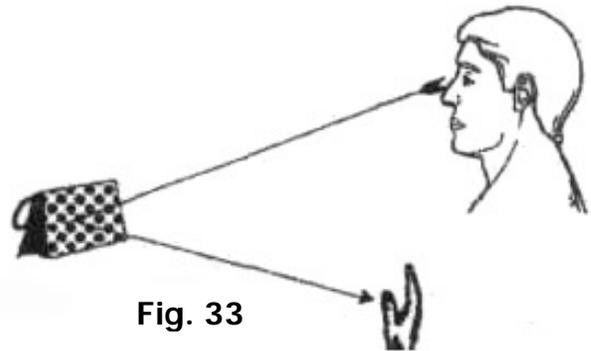


Fig. 33

1. Slowly lower a hand, the attention is concentrated on sensation of compression of a bio-energy field between a palm and a subject. Having touched with a palm a surface of subject, slowly raise a hand, feeling as an energy field resists to it. Well having fixed the arisen sensations, disconnect the attention from super-conscious function and feel, as all sensations at once have disappeared. Further for training it is necessary to use any household situations, creating and breaking power contact to various subjects on different distance.
2. Create energy contact between a subject and a palm on distance of 2-3 meters. Mentally send a flow of bio-energy from a palm to the subject and try to feel reflected bio-energy flow as a push, tingling etc.
3. Blindly by means of a virtual hand "touch" walls, determine the distance up to them. Having imagined bio-energy rays, leaving a body and reflecting from surrounding subjects, turn out sensation of space.

Importance of exercise: The student expands a range of opportunities for the use of super-consciousness.

SWITCHING ON OF THE SCREEN OF THE INTERNAL VISION

When borders of a bio-field of a student extend till the normal size that is reached usually to 6-7th lesson, we start with activization of an internal vision (formation of the screen of vision, or a bio-computer). For this purpose the student is offered to imagine (to generate) while blindfolded a white point on a dark background, then to unwrap a point in a horizontal line, then to unwrap this line in the screen. All operations in the beginning are carried out on a command of the teacher. On the subsequent lessons on a command "Switch on a bio-computer" student carries out the program of screen opening independently. The process of opening proceeds 3-5 seconds. Upon termination of work with the screen it has to be closed (switched off) in the inversely mode.

Children open, close and operate with the screen very easily. Adults usually manage it hardly, at some of them the screen does not appear at all, that can testify to rather low brain activity or about presence of insuperable psychological barriers or installations.

At occurrence of the screen it begins possible by means of imagination to receive bright pictures then animate them, to write down the necessary information, etc. The basic work with the screen of internal vision occurs on the 2nd stage of the method.

PRACTICAL SKILLS OF "FIRST AID"

Each exercise of **stage 1** or its any part has own area of influence:

- **The "Head Pumping"** means a strengthening of energy exchange of head.
- **The "Vertical Pumping"** – work on strengthening of an overflowing of vertical streams through the person (solar and cosmic energies).
- **The "Horizontal Pumping"** – an active accumulation of energy by all cells and tissues.
- **The "Dragon"** – independent strengthening of vertical streams of solar and cosmic energies (the "Vertical pumping" differs from the "Dragon" in that at the initial stage one person helps another to expand channels of an overflowing of energy).
- **The "Bell"** (Upper and Lower) – work with valves, top and bottom, which help energy to enter inside of our body.
- **The "Dry Tibetan Massage"** – activization of functioning of channels of hands and legs, strengthening of movement of bio-energy on a ring of immortality (on a small space orbit – on back- and fore- meridians) - that improves inflow of bio-energy to all internal organs.

STAGE I : “Harmonization of organism functions”

Knowing, what area is influenced by the certain exercise, it is possible to use it (partially or completely) in any critical situation to render the fast pre-medical help. But it is impossible to exclude competent medical aid! Our help is not a medical help. It is simple removal of a sharp, critical situation when there is a matter of life or death.

If attacks happen regular as, for example, in case of hypertonic crisis, we cannot regularly remove them, because it does not lead to its full disappearance and does not give the person chance to stop this illness. In this case it is necessary to explain to the person about ways of restoration of a vascular tone regulation and about ways of the termination of hypertonic illness, and to show the person basic exercises of a technique.

How to behave in crisis situations?

HIGH TEMPERATURE (TILL 40-41 °C)

The high temperature is a natural protective reaction of an organism, which arises at different diseases, for example, at flu. It is necessary to understand, that if the temperature does not rise, then it is the very bad event, meaning that the immune system does not work and there is no reaction to a virus.

The temperature (till 40-41 °C) is a boundary condition between a life and death, because at the temperature above 41°C many of protein molecules are not active, there can be convulsions or a coma.

Our task is not to decrease the temperature till 36.6°C, but only to 38°C. This temperature is suitable for struggle against a virus and does not harm to a life of an organism.

In man organism bio-energy exchange is disturbed: the head and any internal organs work as resistors, bio-energy hardly passes through them, and this is the reason of a powerful heating. There is a big set of bio-energy, but the “bio-energy exhalation” is laboured.

It is necessary to perform exercises, which help the person to make “a bio-energy exhalation”, i. e. to redistribute extra bio-energy. It is necessary to:

- 1) Remove raised bio-energy emission from that place where it is (usually it is a head);
- 2) Intensify general flow of bio-energy;
- 3) Restore and harmonize work of the vegetative center (the center of thermoregulation)
– the organism should maintain that temperature, which is necessary for a life, but not leading to death;

- 4) Activate capillary blood circulation and inter-tissues inhalation, because usually at the raised temperature the main central blood vessels work only, and heart is overloaded with increase of an arterial pressure.

What exercises exist for this purpose?

1. First of all work with a head. It is necessary to:
 - Vigorously take off from a head of the patient the seat of the increased bio-energy emission: grasp sensations and untwist them counter-clockwise;
 - Work with the internal form of bio-energy: transfer all bio-energy, which has accumulated around of a head, on front-median energetic meridian; grasp bio-energy from shoulders and transfer it through a head forward (“Helmet”);
 - Expand aura around of a head. The aura of the person is small, but energy burst open it from within, and there is an effect of “three-liter vessel around of a head”. Energy can not outflow and there is a big load on vessels of a head. Therefore it is necessary to grasp sensations of a field of a patient’s head and to stretch it in all directions.
2. Further, it is necessary to strengthen the general bio-energy exchange: do the “Horizontal pumping”. (It is necessary to do all exercises very vigorously.).
3. After that restore the center of thermoregulation: work using the anatomic atlas with vegetative nervous system (take a picture where there is a cerebrum and backbone). Grasp sensations of a field of the patient and transfer it on the anatomic scheme, and then on the scheme drag them like drawing the eight.
4. In conclusion speed up work of capillaries: work using the anatomic atlas with blood system (take the general circles of blood circulation – big and small).

**INCREASE OF PRESSURE
HYPERTONIC CRISES**

At increase of pressure the same picture is observed, as well as at temperature increasing: there is a powerful accumulation of bio-energy in a head, and burst opening from within, but bio-energy escape does not occur.

Our task is to remove the excess of bio-energy from a head and to harmonize work of the internal form of bio-energy.

What exercises are necessary for apply? For the beginning it is good to massage well the jugular zone – shoulders, a neck, the top part of a backbone. Further:

1. Intensify work of the front-median energetic meridian: lift sensations of bio-energy from sides, grasp around of a head and transfer on front-median line.
2. Remove the excess of bio-energy by counter-clockwise hand movements.
3. Expand and relax various energetic condensations around of a head: grasp sensations above a head and extend them upward, extend a flow of bio-energy through eyes.

STAGE I : “Harmonization of organism functions”

4. Open the exits of bio-energy channels on hands and legs: vigorously knead and stir up fingers of hands and legs, get out through them a flow of bio-energy, (a part of “Dry Tibetan massage”). Then help to bio-energy to go out from a head: get energy out from crown.
5. Then work with the anatomic atlas on vegetative and blood systems. When the condition will be improved, and the patient can easily sit, it is possible to do to him the “Upper bell”.

PRESSURE DECLINE

FAINTS

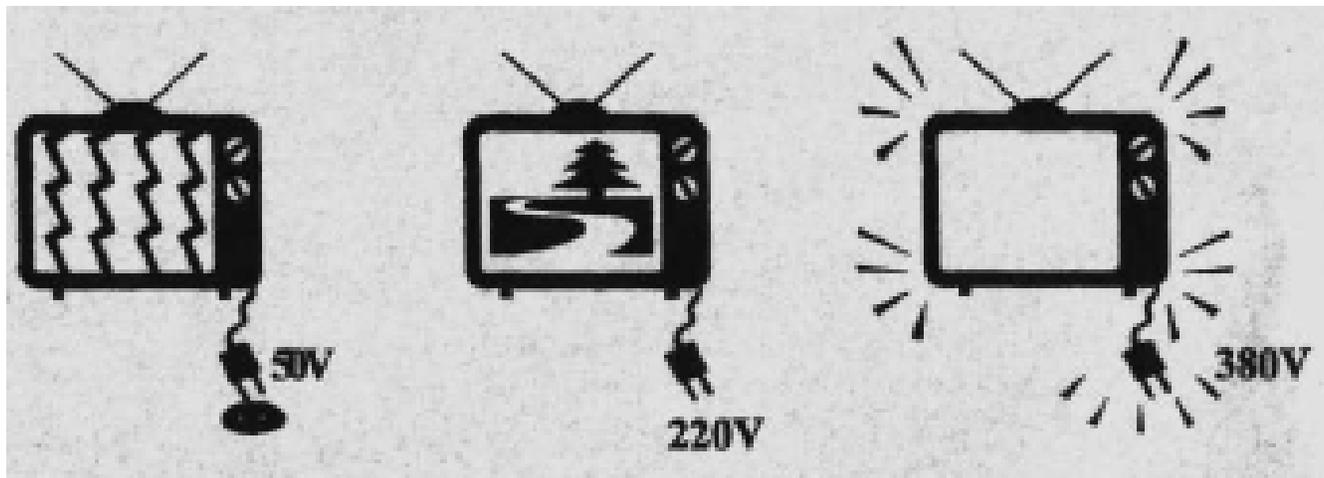
Situation is opposite to the previous one: there is an outflow of bio-energy from a head downwards or to surrounding space (power deficiency in a brain). Our task is to lift the bio-energy to a head and to balance a condition of all functional systems. What exercises are necessary do? First of all massage well the jugular zone – shoulders, a neck, the top part of a backbone.

1. Intensify the work of a back-median energetic meridian: behind – from coccyx to a head – lift the bio-energy along a backbone. Similarly lift the bio-energy along body’s sides to a head. Do not reset a power, but only lift it from a backbone in a head!
2. Do the “Head pumping”; get bio-energy out from the eyes.
3. Open the exits of bio-energetic channels of hands.
4. When the patient’s state becomes better, it is possible to do the “Vertical pumping” and the “Lower bell”.
5. In conclusion work with the anatomic atlas (vegetative and blood systems).

STINGS OF INSECTS

Children and allergy-people at stings have a local inflammatory reaction: anxiety, temperature, flow, and itch. In a place of a sting there is a difficulty of an overflowing of bio-energy – it is resistance, and in that place there is an increased emission of bio-energy. **Our task is** to restore uniform movement of bio-energy in a place of a sting. What exercises should we do?

1. Work with a place of an inflammation: grasp sensations and take them away in the different directions on the eight.
2. Untwist sensations counter-clockwise, take off residual emission of bio-energy.
3. “Pump over” inside of a body and outside (as at the “Head pumping”) in place of sting. Do it, until painful sensations at the patient will disappear.
4. If there are stings on a head it is possible to do “Helmet”. If there are stings on hands or legs it is possible to do a part of the “Dry Tibetan massage” (to make active the wounded part of a body). Further, work with the anatomic atlas (vegetative nervous and local blood systems).
5. At the end do the “Pumping” (horizontal and vertical).



The super-consciousness of the person is "aerial" for work with ideas, images, thinking-forms, and "socket" for set up of bio-energy. The concept is officially accepted at the International Conference in the USSR in 1979.

Vjacheslav Mikhailovich Bronnikov – the author of integrative technologies of development of Homo Conscious (who predicts results of actions and events), academician of MAI, the doctor of philosophy. Technologies are patented in Russia and abroad.

Practical training on Bronnikov's method consists of the short courses of exercises in the thought over sequence. Various complexes are stipulated for kids, teenagers and adults, for improvement and rehabilitation. There are checked up safety precautions. Seven years of mass application of a method have not revealed any case of pathology. Physiology of a method is approved by leading scientific and medical institutions of Russia, including Institute of the Brain of the Person (the head is academician Bekhtereva N.P.).

RESPONCES OF PEOPLE TRAINED ON THE FIRST STAGE

I trust this system as from the first minutes of lesson teacher let me know, that here all is thought well over, and the safety precautions is at the head of a corner, all method is connected with it. But the main thing that something has been turned out at me! I have felt something that earlier never felt. And I began to like lessons more and more. I was going there, as for a holiday.

Bahmurova M.R.

I became more confident. Even at school girls say that I have changed. Now I am much less nervous. I have understood that these are not focuses or a gift, and everything can be learned.

Zelinskaya Nadejda

As a result of stage I the desire to act, to go forward, not stopping for a minute on achieved has increased. The aspiration to develop the organism, the personality, to use as much as possible the memory, intuition, and attention capabilities became a need for me. And, maybe, then to find a key, which will allow us to open doors in ourselves - doors behind which there is an infinite knowledge.

I have learned a lot from V.M. Bronnikov's lectures, he has moved apart borders of my knowledge about the person, ones relations with the Sky, the Earth, the Space and an inhabitancy. At these lectures I was feeling that I join a new, advanced, modern direction in a life that is very important during the present difficult unstable time for the people who have lost work and confidence of tomorrow and forced somehow to survive. It is very important to not become isolated in a circle of life problems, but to join the advanced direction and to involve children, friends, native, and familiar.

Aleshina E.V.

I always felt, that there is “something”, that in the person great capabilities are hidden, which for whatever reasons cannot be demanded. The theory of Bronnikov has allowed me to look in a new fashion at many questions, and practical lessons have let me know in myself the new sensations of energy and power.

Makarenko A.I.

I was doing exercises with my children, to me gave pleasure to observe for their faces during the moments when they tested those or other sensations, to see their opened surprised eyes and to hear enthusiastic exclamations: “the Fantasy!” For rather short period of time – only one month – in our family favourite exercises were defined. The moving of an energy – sensation of the created by oneself the energy sphere, which at

V.M. Bronnikov

your desire directs there, where it has been mentally directed. Sensation is so real, that it is pleasure even to have a skill to operate this power.

Kruglikov M.M.

The next words, which were repeatedly emphasized, were especially remembered: “We do not treat, but we give you the technology, following which you can do it yourself”. During lessons I was surprised to how by means of simple, elementary actions it is possible to achieve effective results. I needed such knowledge, and I have received them.

Majrova O.J.

At the first stage of training I was surprised that development of super-abilities of people can be achieved by method easily accessible practically to anybody. It is great, that in our country there is now a scientific institute, where for a month from the usual person they make the real magician. It is result of a new level of education and development. When representation about a life varies – the life itself varies.

Melnikova A.M.

I was absolutely amazed with simplicity and availability of a technique. It is simply unique. Now we have an opportunity to receive the various information from sources, before inaccessible, but practically anywhere you will not find such logical, consecutive statement, half-fantastic, at first sight, exercises. Precisely developed safety precautions also are the major element of a technique.

Ushakova O.P.

TEN PRINCIPLES OF THE BRONNIKOV'S SYSTEM

- 1. The step of the theory – the step of practice, on the basis of laws. And, it is necessary before to know, and then to be able, but not on the contrary.** But any achievement can be untimely: Mammals reproduction can be shown to the first year student, but are they ready for this?
- 2. Optimal gradualness in achievement of knowledge and skills.** But any theoretical and practical experience can be used in harm because of rashness.
- 3. Presence of the powerful, rigid and checked up safety precautions. From ideas, words, up to bio-energy, and physical acts, and influences.** But, dividing a course on steps, and insuring oneself and others from problems, it is possible to offer the system in which the person only at the end of a life will come up to the first borders of necessary achievements.
- 4. Achieve demanded results for extremely short time.** But deadlines can give over-limited loads.
- 5. Constant check of objectivity of a choice of a mode of load and safety in close cooperation with the advanced science, the newest devices researches, support of groups trained by necessary experts and advisers.** However, the best method with the best insurance from mistakes, being quickly shown, can be fast forgotten.
- 6. Optimal number of lessons and careful skills consolidating.** But even strongly consolidated skill can atrophy at absence of an opportunity or need of its application and development.
- 7. Do not find yourself isolated in super-abilities, but form variety of application of a method in various fields of activity (and consequently to increase the number of consumers), and create the club form of contact – new comfortable highly organized inhabitancy for trained or wishing to get knowledge children and adults.** Are there so few comfortable, organized and even protected structures, calling to fill up them? How long will they exist? How much do Society, Nature, and Space need them?
- 8. His plans are carefully included in the most secret and global tasks of Space, of Nature and of the Person. And this process is accompanied and protected.** Were there not many of those who were talking about fine plans, counting on assistance and protection of powerful forces, but have been crumpled and overturned? "Rely on the God, but do not mistake yourself", - popular wisdom warns.

9. **Go slowly, modestly and cautiously, more often keeping “in” process – process of bride who simply shows, instead of imposes itself: to whom it is pleasant – that will come to get acquainted.** It has been said: “If you save yourself – you save others”. But is it possible that one person transmitting knowledge, idea, or even the small group of such people can carry out such plan in details?

10. **Many people should be united. It is necessary to offer knowledge to everybody, to help everybody to discover oneself, to find ones role, place and applicability in the general process.**

THIN, DENSE AND MEDIAN BODIES OF THE PERSON

Often people ask me what are etherical, astral, mental, causal, and budda bodies. What are Sub-consciousness, Consciousness and Super-consciousness? Are they the same, or the different structures?

Human body consists of 5 levels of organization:

- Mineral
- Cell
- Organism
- Intellectual
- Social

Each level has not only material, but also a field structure. For example, a mineral level: all its elements and molecules are in the excited condition that leads to formation at this level of its electromagnetic properties. The association of molecules of whole organism creates a uniform field of a molecular (mineral) level in the form of an etherical body.

In the same way other levels also form their field structures. As shown in the scheme 1, the dense body creates thin one, and thin one influences dense body.

Interaction at each level between dense and thin bodies is carried out through elements (e) and schemes (s) of these elements. Interactions occur in the form of transition energy-informational (ei) flows from dense to thin and from thin to dense.

On the scheme 2 it is shows, that thin bodies repeat the shape of the person. The etherical body is very close to a dense body and precisely repeats its contour, but budda body, on the contrary, is fare from a body and has already unclear contours.

Scheme 1

(SubC – Sub-consciousness)

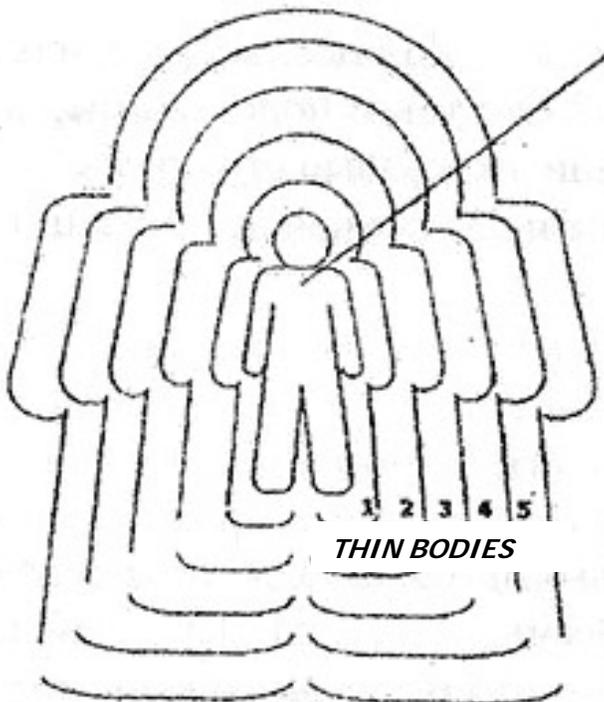
C – consciousness

SupC – Super-consciousness)

MEDIAN BODIES

DENSE BODIES		elements	schemes	Information and energy	THIN BODIES
1	Mineral	1	1	1	Etherical
2	Cell	2	2	2	Astral
3	Organism	3	3	3	Mental
4	Intellectual	4	4	4	Causal
5	Social	5	5	5	Budda
		6	6	6	

Scheme 2



DENSE BODIES

Mineral level

Cell level

Organism level

Intellectual level

Social level

THIN BODIES

1 - Etherical

2 - Astral

3 - Mental

4 - Causal

5 - Budda

BRONNIKOV METHOD

INFORMATIONAL HUMAN DEVELOPMENT

THE OFFERED PROGRAM CONSISTS OF THREE INITIAL STAGES AND STAGE IV:

STAGE I

DEVELOPMENT, HARMONIZATION OF FUNCTIONS OF ORGANS AND SYSTEMS OF THE ORGANISM OF THE PERSON

- Development of skills for natural improvement, sensitivity and prophylaxis.
- Development of an ability to feel bio-energy of own organism and to operate the vital power enables to keep regularly an active condition that allows us to forget about weariness.
- The general improvement, activization and increase of protective functions of an organism (we teach to be healthy).
- Mastering technology of counteraction to the negative energy-informational influences: from people, means and environment.
- Development of a new level of feelings and creative abilities.
- The organism of the person gets new protective properties and qualities for an existence in aggressive energy-informational environment.

STAGE II – INTERNAL VISION

**DEVELOPMENT OF SKILLS OF SUPER-CONSCIOUS FUNCTION
THE BIO-COMPUTER**

- Development of an ability to create the screen of internal vision consciously (with closed eyes), to operate mentally the screen and the image. This ability is similar to opportunities of a personal computer.
- Mastering an ability to see the organism from inside.
- Creation of an information database, getting new kinds of memory: Bio-computer, photographic (for shares of second to fix on the screen great volume of the information). These abilities considerably improve process of training. Developed

STAGE I : “Harmonization of organism functions”

Bio-computer carries out function of many devices (watch, a compass, the field-glass, a notebook, the personal secretary, etc.).

- The information on all subjects without any load can be stored in Bio-computer. It opens the new operative opportunities necessary for the leader – Homo Conscious.
- The seeing inside oneself the energy-informational structures, the removing negative influences and the formation of new protective properties for counteraction.
- The training to see oneself inside in six directions simultaneously, i.e. holographically, developing multipurpose opportunities of a brain.
- The formation of personal properties and qualities of a Bio-computer.
- These opportunities develop not demanded properties, qualities and abilities of a brain of the person.

STAGE III – DIRECT VISION

DEVELOPMENT OF AN ABILITY OF EXTERNAL VISION WITH CLOSED EYES

- External vision opens prospects for designing the health.
- Direct vision enables to be guided in space without help of eyes, to see in darkness, to increase micro-objects etc. To read books, to draw, to walk, etc. while blind. These abilities are necessary for the objectivity of a bio-computer work and for an opportunity of its further development.
- Direct vision allows us to see the internal material and energy-informational structures of people and objects.
- The mastering technology of self-programming of a brain.
- Integrative psychology is used for work with the information in space and in time.
- The way of development from Homo Reasonable to Homo Conscious is carried out on the basis of a principle: “From direct vision – to direct knowledge”.

Stage I guarantees:

1. Setting in normal of super-consciousness function and its independent further maintenance ("aerial" and "voltage stabilizer").
2. Mastering knowledge and exercises for removal of a pain, for decrease the temperature, for normalization of pressure, for the self-help at chronic diseases.
3. Knowledge of the safety precautions at energy-informational contact, at close and long distance interactions in various situations.

Stage II guarantees:

1. Operated work of the internal screen – a bio-computer: Modeling of any devices and situations.
2. Skills of record, long-term storage and a combination of large amount of the information; high speed and great volume of a visual memory.
3. An ability to see the internal organs, to observe oneself from the different sides.

Stage III guarantees:

1. An ability to see surrounding, to read books with closed eyes.
2. An ability to see objects of the thin-material world in various ranges.
3. An ability to search people, subjects and objects on any distance.
4. An ability to define a kind and structure of substance on any distance.

Stage IV guarantees:

1. Professional knowledge and skills for examination / diagnostics of health of the person and for correction of ones condition for rehabilitation or achievement of super-health.
2. Professional knowledge and skills for the information investigation, analytical work and management of financial processes.
3. Professional knowledge and skills for the search of minerals, forecasting of situations and scientific-practical work with objects and processes of the thin-material world. Three initial stages consist each of 10 lessons for two hours. Children and adults can train together. Between training the break of any duration is admissible. Training on professional stage IV is conducted within a year. In total in Bronnikov's system there are 18 stages.

There are:

- Club trainings for maintenance of the “power form”, for an exchange of experience and joint research work.
- Individual expert's consultations; target development of skills.
- Correction of health condition.
- Training of the full control of vision, of sensitivity psychics for healers and children, who possess unusual abilities.

The Bronnikov's scientifically-proved technologies for man development are used.

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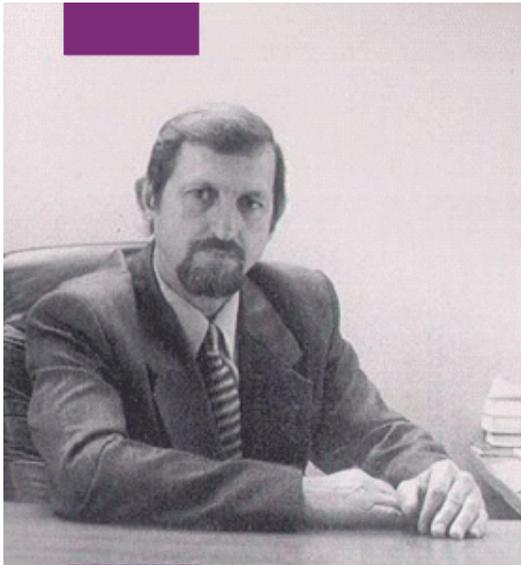
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the alternative vision at the person”

The Method develops in the Person unique life abilities, fantastic creative opportunities on the basis of disclosing of not demanded qualities of the brain incorporated by the nature, which are necessary for tomorrow of scientific and technical progress.

New scientific school of Bronnikov forms from the Homo Reasonable, living empirically, the Homo Conscious, building the life on the basis of knowledge of the future events. New qualities of Man create also a new science – the Science of Homo Conscious, also the new education and medicine based on ethics of Homo Conscious, living spiritually. Spirituality is a way for cognition of laws and principles of the beginning and the end of Divine Idea "MAN".

Bronnikov is the founder of a science “Cosmo-psycho-biology” that unites achievements of natural and the exact sciences, and also knowledge of super-consciousness of man in uniform system of laws.

Bronnikov is the Author of the international project “Informational social ecology of XXI century” and the head of some research programs: “Geography of the thin-material world”, “Medicine of designing, support of human health”, “Ingenious abilities – to each child”, “Minus one year”, “Technology of business success of Homo Conscious”.

Author creates in Crimea (Feodossiya) a complex of unique museums of esoteric knowledge about Man, Nature and Cosmos.

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