

THE CORRIDOR

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What is this book about? This book is about what people are, what moves them, why there are bad people and good people?...

Why someone has all the luck in the world, and someone has none?...

Why some people are happy, and some are not?

All of it I am explaining in my book.

Therefore, if you want to find out the cause and effect and find the real explanation of everything that's happening to you and your relatives, your friends and realize the purpose of life, this book is for you.

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When I write my drafts, yes, when I write books, I write it in a specific state. The book writing is such a creative process, and I cannot do it on a planned day and time. I can only write when I have an inspiration.

At this moment of inspiration, I can just say to people: 'Sorry I need to leave.' And I close myself up in, let's say bathroom and start writing a chapter, start writing text, yes, text.

And when I am writing it I do it very fast, and I am writing it with mistakes, and often I don't use any... punctuation marks, but I just use lots of dots in an attempt to pass that emotion, atmosphere, which I put in the text.

Initially, I started to write books in this way 10 years ago, when I was finishing school. After that, I had lots of readers. And I have lots of offers, and they said: 'Alexandr if you want we can help you to correct all mistakes and make the book without any grammar or punctuation errors.' I was also offered to translate my books into different languages, and I said OK.

They translated it all and corrected my mistakes, so I published them all clean and nice, but all my readers started to complain because all the atmosphere was lost from texts.

The text was empty, no one felt anything like before when they've read my drafts. So I made a decision if my readers liked that exact atmosphere in my books and yes, the text with mistakes, then I'd better leave it as it is.

And it will be my style of writing, and the book should be with mistakes, and it helps people to pay attention to certain words, on certain passages in text, on meaning, because the text is hard to read and you need to reread it, and it steals the reader's attention, so this is a feature.

Alexandr Korol

Introduction

The book called 'The corridor' because 'corridor' is the specific state of being and a person will get into that state when his habitual social world falls apart, and his attention frees. I mean that with one foot he is in his usual world and the second foot is in the 'corridor.'

It's easier to get to know this person when he is in such a state because he sees things that he didn't notice before, he has lots of free attention. So let's say an adequate person who is busy in his own world and everything is ok in his life, his attention is fully occupied. This person is busy with his social life, and he is completely in it.

When this person falls out of this world for whatever reason he 'appears' in the 'corridor,' then this person can suddenly see other people from different social strata. This person will be suddenly interested in life purpose and in self-development. At this point, this person is in 'corridor,' he can come across someone like me and find this book 'The 'corridor.'

I've decided to name this book this way because I am in this state now and writing this book, being in this state for more than 10 years, as well as all my posts in social networks, are written in this state. So if you've found this book and you hold it in your hands, then you are in the 'corridor,' it means you are in the moment of 'corridor.' It's like a reset, re-evaluation.

After reading this book you will understand why you are in the 'corridor,' you will realize in what world you live with one foot, and whether you should go back to your own world or move to another world, in another 'room.' The purpose of this book is to let you look at your life from outside.

What is this book about? This book is about what people are, what moves them. Why are there bad people and good people?... Why are there lucky ones, and there are those with no luck in their lives? Why are there happy people, and some are unhappy?

All of those things I explain in my book. Hence if you want to find out the cause and effect and find a clear explanation of everything that's happening with you, with your relatives and in general understand the purpose of life, then this book is for you.



Chapter 1 Frequency

(meaning of 'frequency,' worlds, dimensions)

13th of August 2017

-Tell me please, what are 'frequencies' for someone who has never heard about it and had no chance to study what you do?

-Let's take an example of a guy who grew up, let's say in the outskirts of Moscow or St. Petersburg. It's his native city, he is not a newcomer there, well let's say it's Moscow or St. Petersburg. He lives in a family which is lower middle class or lower.

Let's say his father is not in the picture and his mother works at the market, and she goes to church every Sunday. And let's say his name is Roman. So this guy is Roman, he is 28. And if we take his life as an example, as if you are a director or play writer and we want to show Roman as a character in a movie. So what would this guy look like? Well, he would not be wearing any expensive clothes. And I have associations about him like he would be wearing sweatpants, and some sneakers...

So there are some subcategories for people. And he probably would belong to some subculture, let's say rap or rock music fans. Or most likely he would listen to electronic music, let's say like a pirate radio station like Therapy Session.

So he would look like some rapper, but not really. Well, let's say by circumstances he went to a high school but didn't finish it, and he didn't go any further with his education. He started to work as a loader helping his uncle and then has some side jobs with friends at the factory painting wood. In his free time, he smokes hashish with his friends. So here he is this guy, and that's how he lives. He lives in an apartment in an old building that stinks of cats' piss. He has known all his neighbors since his childhood.

Well, here I painted you a picture of this kind of life. And we take another guy... let's say Eugene. And he is also 27 - 28 years old. And so it happens he lives in Petrogradka, it's the center of St. Petersburg, well, we can say it's a center, yes? If we talk about St. Petersburg now. And this guy is wearing trousers and classic shoes. He doesn't wear shirts, but under a suit jacket, he wears a sweater of some sort. He wears classic shoes.

He has a haircut but hair is not short, a bit on the long side, the funny one, and he is not skinny but has a body. He is very charismatic and smiles all the time. He drives a Porsche Cayenne. And his father gave him two tractors and two concrete mixers, and now he rents them out. So that's how he makes his income. And he has enough money even though it's not too much, but everyone thinks that he is well off, and he earns maybe three hundred thousand rubles, or four hundred. And if it's a low season then around two hundred. So he has money, he dines out often, he is known in some places, he does not have a private life but has a lot of girls around him, and he listens to Radio Monte Carlo.

Here we have two different strata. Those two guys are the same age and in the same city. But the circumstances come together in such a way that they have different lives. Those two are very different people.

And what is the difference between them? So the first guy Roman, if you would make a 'mold' of his lifestyle. 'Mold' is what surrounds you. Then we have his music preferences, food preferences, clothes. When he goes to bed, what he is afraid of, what he dreams about, and who he is friends with. And it will be the complete opposite of the second guy Eugene. So Eugene has completely different values and the rest. The most interesting thing is that there are many different worlds like that, I call them 'frequencies,' a lot of them. A lot.

And all of them are different, and we can take as an example someone from the same strata like Roman, but someone who makes football bets, and his name is Vladik. He makes football bets, he has a car, let's say Mazda 6. And he makes bets and always watches football games, he plays football as well; sometimes, he smokes a hookah, he does not use drugs because he likes sport. But sometimes he gets drunk with vodka. So here we have this character Vladik. All those characters are different, and those are 'frequencies,' different worlds. And the point is that none of those worlds will ever cross with each other. Those are parallel worlds. But.

Here is one big 'but.' If we take now Roman for example... Let's call it 'frequency' '3', so we can just compare it, 'frequency' 3. So for Roman, it's a whole world, he is not just on 'frequency' 3 but also on the second dimension. I will clarify now, this Roman has friends around him, someone is on a higher level, someone on lower. Let's say in the first dimension. And Roman in his world '3' he is in the second dimension. And in the world of this guy, there are people on the '3rd', on the '4th', so higher than him, and he also wants to be higher but within his world '3'. So the highest level will be let's say '11', so the 11th dimension of world '3', meaning 'frequency' '3'. Let's say some bandit driving a Land Cruiser 200 comes to Roman and asks him to transport drugs from point A to point B. Let's say, to the Kolpino area.

And for Roman, this kind of guy is high level, because this guy has a car and apartment, but he is still from the world '3'. He doesn't look like Eugene, Eugene is a cool guy from the world '3' from a higher dimension, let's say 11th

or 12th. But he is a really cool guy, but still in a deceitful, criminal world '3'. And he would have criminal dealings with police, and he would have a car and an apartment.

So it turns out that on every 'frequency,' in every world there is someone higher or lower than us. It's the whole world. And people who live in this world, on a certain 'frequency,' let's say on '3rd', they don't even realize that there is the world '4' , '5' , '6' even exists. They don't realize it at all!

Those other worlds don't exist for them. They know that there is world '3', and they think that they see all the world, they see only their world. They only understand that someone is lower than them and they don't want to get lower and that someone is higher than them and that's where they aim to. But it is their limitation.

And there are many of those 'frequencies,' many of those worlds. If we take Eugene as an example, who is from 'frequency,' not the '3rd', but from 'frequency' let's say '7', it will be a completely different level. So this Eugene, he developed on 'frequency' 7'. And he has some men and women who are authority for him, they are more rich, more successful, happier. And there are also negative people in this world '7'. And if you look at the lower dimension, the first or the second, there are also very unpleasant people out there, but they are within limitations of the world '7', it's a frame of 'frequency' 7', where this guy Eugene lives. Those are 'frequencies.' But there is an interesting thing. It's not like I see it all, but I can give you all the details of a certain world, and I will do it now. I just witnessed the world '3' because I used to live in it.

And so it happens I have an unfortunate event after which I started to see other worlds, other 'frequencies.'

So it happened that the world '3' fell apart for me. But let's not talk about me, but better look at the example of Roman. So if something unfortunate will happen in his life, he will go into himself, and his attention will turn off from his world.

So he will be in an altered state of mind. And when he walks on the street, he won't follow the usual route of the world '3', where he used to walk, but he will turn into different streets, where he has never walked before because at that moment he is lost.

And in this state, you can come across me. I am not from the world '3'. But he can come across me because he is off, temporarily detached from his world, I mean he is in a 'corridor.'

The 'corridor' is significant, I even have a page (a book) devoted to this topic. So. When he is in this 'corridor.'

When he is in the 'corridor,' when people find themselves in the 'corridor' those are the ones whose world is falling apart. But it's not yet destroyed, and they have not yet started building it back, and they don't see a new world, where they can get to, and there are always two reasons for it: either a person only temporarily fell out of his world, because something bad happened in his life, or because his old world came to an end for him, because he can level up now, he can go on higher 'frequency'.

And so it happens that I lived in 'frequency' 3' and due to different circumstances I came to other 'frequency.' When I left home, I started to meet different people from different strata, and I saw all those different 'frequencies', and I knew that when I talk to one kind of people while I am in the 'corridor' I have one kind of destiny, and one sort of thoughts and everything is different.

And I mean everything. Sort of a soundtrack of this life. I mean as if I live in a completely different world, where lives a different Alexandr. When I talk to a different person I was immediately in the different world, I started to see it, feel it and live in all those different worlds. All those 'frequencies' I started to see that they are all different, that there are favorable ones and not so favorable.

And there is also this 'corridor,' where everyone can get into.

The 'corridor' is when a person without his own 'frequency' when he fell out of it. So this is what is 'frequency'.

-When someone is born, does one choose 'frequency' himself or is it just random?

-Human, when he or she is born, appears on the 'frequency' which was deserved, by fate, by destiny let's say. So the family that lives on a certain 'frequency,' let's say on '3'. The child that is born into this family...

The child that is born into... apologies, here is the situation: if I answer you about how the child is born, I mean, the uniqueness of this book, at the point. Because when I am answering you about how the child is born than there is one type of information. And if I am talking about whether the child is given a certain 'frequency' than it's other types of information and one contradicts the other info. So if we talk about 'frequency,' then the child is what?

He appears on the 'frequency,' and no one asked him to choose, he cannot control it. But what kind of child is it? Let's say it's a biological creature, in any part of the world. And it turns out that he is born in a certain country, in this family, in this part of the city, and those are circumstances which will play a child in his life. So he is born on 'frequency' 3, then that's it - he only communicates with people who appear on 'frequency' 3.

- What if someone decides to change his 'frequency,' and this person subconsciously came to this concept, and he wants to change it completely, so it is a requirement that something terrible should happen so he can fall out of his own world? Or can anyone do it somehow in a more natural way?

- I will give you even better information. Let's take this child. When a child is born, the point is that he doesn't really 'stick' to the 'frequency' in the first years of his life, until he is the age of 10 or something. So the child, and we witnessed it all ourselves, he has friends and schoolmates. So the child is still choosing. While he is living in certain conditions, while he goes to some activities, to some school, he comes across different children who have their own 'frequency' from their parents, the 'frequency' they radiate. So this child can get into the wrong 'frequency.' And why, let's say they often show in the movies similar situations when a child was under the wing of his parents with family values and views, and then suddenly he starts to misbehave.

There is a conflict immediately, the child doesn't listen to his parents, he doesn't like anything, he doesn't want to accept them. Why? Because he saw another world, which wrapped around him, and he started spending more time not with his parents but in another environment. In this environment, especially at school, a university like an example he has friends, acquaintances, there is certain fashion there, other things, and he sees it all and gets on the different wave, and he starts to listen to the music his

schoolmates listen to. He starts to eat what others eat, he walks on those streets his friends walk.

So there are elements that wrap around him and sort of suck him into this 'frequency.'

So there is a 'frequency,' and you can get into one, you can really do it if you approach it scientifically and do it. It depends on...

Well if you imagine a scale, so if I give someone elements of 'frequency' and it will more than 50% of things from the world '3' than you will be in the world '3'.

Now you are in your world, and I start to take the things from your world away, and the number of things will be less than 50% and more than 50% of things from the world '3', you will move on to the world '3'.

And it turns out that this child, that's why he is still a child that he is not wrapped around by those elements, he didn't yet grow into those elements of his parents 'frequency.' It's like a rope pulling. At school, he is around his friends and surrounded by certain things, and he connects to those elements, and he possesses other values and has other thoughts.

And parents feel as if they are losing their child, that he is different. And this is the exact meaning of 'frequency.'

And then about choosing the 'frequency.' It's like they say 'show me who your friends are,' and there are many series now on TV where they show how a girl or a boy gets mixed up with a wrong crowd, and the end is sad usually.

So someone gets mixed up in a wrong crowd. We don't talk about destiny now. Let's look at the surface now if the child is friends with right people and let's say he will choose a sports team of biathlon in a school or hockey than he will have a better life than if he would get mixed up with the wrong sort of people and he would play football. That's it. Because that boy who played hockey he would know already from a young age that there is Canada where the mentality is very different. It changed his mentality, and he looks at life differently. His taste and perception changed, and he is noble.

When you look at this child at school, even during the first years of school...

You looked at this boy, and he is like from a movie. Because all his clothes are different, and he is very neat, he is different. And if a boy would go to a cheapest or free sports classes somewhere on the outskirts of the city than

he is among criminals or low-level people, and therefore he will become them, because of all the elements around him.

And the longer he is there, wrapped around low 'frequency' the more chances he will die of an overdose, as an example. So there it is.

-So it turns out that change of 'frequency' can be achieved by changing things around, like clothes, food...

-Yes, all the elements.

-What if we can change all the elements forcefully, will one change the 'frequency'? And if yes, how long will it take to change?

-Yes, that's right.

And the timing, there is a question. I mean you need to destroy his world.

There is no long waiting, nothing to be done here.

I mean if you think about it everything is about money, yes, so you spent money on someone to surround him with noble things, that's not a problem. You can do it within a day.

But to remove all the connections, all the connections he has to his old world, there are too many, not necessarily physical connections, it could be social networks. So you would spend more time, if it's forcefully done, to take away the elements that feed his own old world.

And it turns out that to change the world of someone without his consent is not really possible.

One man of authority in St. Petersburg told me once long ago. He said:

'Alexandr it is a delusion.' They can delusion you. There is a rule if 5 times you force your will upon someone that on the 5th time you can influence another person. I studied it all, and it turns out if I, let's say, meet with someone personally, and I say that I will do everything how you like it.

So we meet at the time someone else likes, at the place of his choosing, we will sit at the table that was chosen for me than I will be in the world of the person who invited me. So those 5 elements are enough. As well as all the troubles that this person has in his life will influence me as well while I am in

this world. But I can also take you into my world. So I would want to meet you I can tell you: 'Let's meet at 11 p.m. in this restaurant'.

And when we sit down, I will say: 'Let's change the table.' And when we order something, I will advise you to take my kind of tea. And that's it. You are mine. You will even feel differently. You won't control the situation at all, you won't be able to leave either, as well as you will look at your own life at a different angle as if you would be wrapped around by my world. It works 100%. It's a real proven fact, it's not an illusion.

You can check it yourself. And how it works. But it's temporarily of course.

-Temporarily because a person will return to his own...

-Yes-yes. Half an hour is enough. Nowadays it works as well with social networks, it sucks you in, or when you come back home, you are immediately in your own world.

-Low 'frequencies' like you described in case of Roman above, or higher one as with Eugene or maybe even high, are all 'frequencies' have a power to attract, or maybe lower ones are taking you over more aggressively?

-What do you mean by 'frequency' taking you over'?

-Well, this world '3' and there are certain elements in it like this bandit driving Lexus...Or there is a higher world where the intellectual people are, and there is a specific goal in it.

-Are you asking which world is more powerful?

-Yes.

-Ah, ok, all right. Then I will tell this way, let's say my acquaintance from Rostov telling me now: 'Alex I've read your chapters, and you said there about some important people and that they are so cool. And about the future and all. Listen, I have an uncle, and he controls everything in Rostov. He has a huge mansion, 5 stories up and down, so. And you want to tell me that he is not on a high 'frequency'?' I say: 'No, he is not.' 'Are you crazy?

Because he is from the world '3', but from the 12th dimension.
And it turns out that even if I am from the world '4', he would be no one for me.

That's the whole point of 'frequency.' Because his world is dumb, I mean, it's the same like some bandits. Like in those series you know, they show bandits, and yes they look cool and all, but they are in their world '3'. But if I am from the world '12', even if I am not on the 12th dimension but on the '5', doesn't matter, so from my world '12'

-What if the person from the world '3' wants to move up further, will he needs to go on the '4', then on the 5th and so on, Or he can jump to the 8th in one go?

-First of all, a normal human can never decide anything consciously. Then he cannot jump anywhere at all - that's the second. So if we talk about how all of it operates and what are humans than we talk from my point of view. So if someone from the world '3' wants to move to world '4', it's not going to happen, simply because he doesn't know anything about worlds, and he would not even bother to listen to our conversation. I mean this knowledge was given to me, that's true. How and why we will discuss it later.

But to imagine then someone from the world '3' would wake up one day and be in the world '4' that won't happen. Because he thinks and sees. And his thoughts are from the world '3'. Do you get it? That is proof. He cannot understand or see the world '4', it's not possible.

Only if he would have a guide, only if someone from outside would lead him to it. Even if I would want to take someone to the next world, it will be challenging for this person mental-wise. It's not possible for anyone to have it easy. It's actually so painful that imagine that person who believed all his life that cats are good and dogs are bad and that he needs to help his mom, and now someone says it was all wrong. It's like losing your mind. It's like losing all values and all world view in one go.

It's like realizing that everything you believe in is a lie and false, an illusion. Because in the world 4 everything is different. And when he appears in the

world 4 everything for him will be madness. It's like in the world '3' you get a punch in the face and in the world '4' you get paid for the same thing. It's crazy for this person, he will go mad. How is it possible he would think? And the point is if someone wants to do it himself, by himself is not possible.

- Well, all right, but what if there will be something external, like an accident of some sort. Or maybe he would meet a girl from the world '4' and fall in love. Can she be that external factor that can pull him out of his world?

- And how the guy from the world '3' would even mention the girl from the world '4'?

- Maybe they would meet on schoolmates event for example or via their common friends.

- Those worlds don't cross. Even if they see each other, he will disgust her. Of course, he might like her because her world is higher, but she won't stand his world. Also, their views are very different from one another. And they won't be able to talk about anything.

That's exactly how it happens usually. Let's take some serial for example, like The Law of the 'Stone Jungle,' friend meets another friend and one friend has an older sister. And of course, the sister won't talk to the friend of her younger brother. It's a sister, and she is older, and she has different values, different interests, she goes to a night club with guys of her age, she doesn't need someone so young.

That how it happens. I am just giving it as an example of crossing worlds. I mean those crossings happen of course in real life. They know each other's names, but they won't have the slightest idea why they hate each other so much. But there is exactly this reason.

And talking about who can get where it's like you said the growth happens. It's better to ask a question whether the person from the world '3' will remain forever in the world '3' or not. Yes, - this is the first. The second is, he is in dimension '4' in the world '3', the next step would be dimension '5'? Yes. That's how he develops in his world, and he goes through this world.

So if he lives in this world '3', there are possibilities that he can get into another world, how other people get there if I talk about it, then is it possible at all?

You can get there only because of unfortunate events - this is the first. Due to drugs influence - that the second, some drug addicts have it sometimes. So we have it, drugs and unfortunate events. Those unfortunate events for me are circumstances. It turns out that when a person lives in his world, and he finishes it and needs to go to the next level, we all grow by nature...

Than nature makes those circumstances. So why sometimes someone's world falls apart, because he cognized his level '~3'. Because he realizes that he is done here, and his attention stolen only by the elements of his world. So if he is in the world '3', then all elements with number '3' will take his attention.

But when it happens that everything under number '3' does not attract his attention anymore, simply he is not interested in certain music, a certain crowd of people.

He looks at his girlfriend with whom he spent last five years and thinks she is ugly and weird, something happened. And at this point, all elements from the world '3' fall apart, and new elements of the world '4' attracted to him. That's how it happens. It means he grew up. It happens by nature.

- So it's a natural thing, right? Organic so to speak.

- From the position of this guy it's not conscious. It is just a phenomenon of growth.

- So he will go to the world '4' let's say, on the first dimension, right?

- No. He will go to... I need to add something here, I say that he develops because he cognized the world '3'. There is a moment which is hard to explain. When I was in Russia and I was developed at '5' let's say. So the world '5' and '5th' dimension. I didn't pay attention in which world I was I just knew I was in the world '5'.

I can say that the meaning for the world is a sort of your social and financial standing. To understand the dimension, it's your real social standing, your social status.

When I moved to Thailand, I was afraid that I had to start all over again, from zero. Because I don't know people there, and I don't know the language, and it's a different world and everything is different. I didn't pay attention whether Thailand is at a high level or on low. It's just another world. And I was there. And what was nice when I discovered it, and even later when I was in Europe, I saw that I was still on the '5th' dimension. So all people from the '5th' dimension attracted to me. So it was world '5' and '5th' dimension. I need to elaborate some more, and it turns out that even if I will be in the world '6', '7', '8', '9', '10'. Dimensions, I mean this world, when it finishes, it does not actually finish, it's just dimension is finished. So it will be like different flows in development. So the dimension and 'frequency' those are different things. Just different stages of development. So the 'frequency' is like the quality of life, quality of person's taste, and dimension is a financial part of it. That's a good explanation.

- But how is it possible to have a high quality of life with low financial dimension?

- Let's take an example, my friends S., the figures are just for comparison, let's say he is from the world '8', so it's higher than that of Eugene I was talking about before. So we take world '8' as an example. And his social standing is on '3'. So you would understand that this person would earn maximum 50K rubbles a month, he wouldn't have an official job. Depends on his mood. But if there is a concert he likes, he will be there always. And he starts to save up money way in advance. Like now there is a festival in Finland, and he is there. Or he has friends in Costa Rica, and he will buy a ticket and fly over there. So he looks like a poor guy. And he is from the world '8' but dimension 3, but he's visited many countries, he wears expensive clothes. He dresses like me, he surfs, and skateboards and he went to Bali. And if we now take someone from the lower world, but on the high 'frequency,' I mean this guy from the world '3' who drives Land Cruiser, he went only to Egypt, do you get it? There is a difference. He went to Egypt, bought a golden toilet sink and two counterfeit hookahs. And that boy C. from the world '8', he does not have any

hookah, but he has things with signatures of celebrities bought from ebay. So he has this crazy taste as if he is... I don't know how to say it, it's just a quality he has, this world, high 'frequency.'

- So you can determine 'frequency' of people or objects also have 'frequency'?

- Well, if I am from the world of this C. guy, and if I take objects and elements from this world and give them to you, then the quality of your life will be much better. So your 'frequency' will be '8'.

-For a short period of time as well, right?

-No, if you do it willfully, then why for a short period? It's forever.

- And the number of worlds also limited like the number of dimensions, or it is an endless thing?

- I say that... Look, I am on top now, I am now in the world 12/12. And when I got there, those people there, they don't have a certain image, certain way they dress, yes? It turns out that the top level is not about finance either, money is unlimited there. I mean there is no place for money there. It's just 12 variants of a good life. That's how I see it now. There are just 12 variants of a good life.

- Equally good?

-Those are just in a different cover. It's the same like you can show now a super happy, super rich guy like in the movie 'Ex Machina,' so he lives in a hi-tech house, makes robots, does sport with his programmers. And you can see also some surfer who does other extreme sports as well, like one Americas actor, so here has everything included as well. And the third person would be a traveler with a backpack who is conquering yet another mountain. So these are just different directions. But those people are all at high 'frequency,' they have high intellect, they see each other and understand each other, and they cross each other's roads. And you can be anything at this level. It's like classic things on a high level, and they have the same

elements: cars, music, food, but the food is the same for everyone. So that's it.

And if we look at the traveler type, he has 'high 'frequency' touristic clothes.

- So according to your observations, all people are equally divided by all 12 worlds?

- Oh well... do you remember that pyramid often used in presentations. You can imagine it. So it's the same here, a mass of people on the bottom.

- So you are saying that the majority of people are on lower worlds and those are on top just got lucky, or they were born there, or the ones who climbed a long way up? So we have only 2 options then?

- There are many examples when. I even can say in many cases those ones who are born on that 'frequency' at the end they are lower. I will explain, if the child is born and he is rich, and what would he do with this money? This is not the high 'frequency'. It's like an echo. So it looks like he got the finance element but 'frequency' can be lower. So he is on the 12th dimension moneywise, but the 'frequency' is lower. So that's about the ones who are born on this 'frequency'. So in 99% of cases, they are not there.

And in many cases people who are on high 'frequency' those are the ones who came from the bottom. That's it. As if it's only possible to get there from the bottom. So the person should come from dirt, like millionaire from a slum, the people who were outcasts.

Then they come to high 'frequency' and there they are, individuals, and unique.

- And what about downshifting, when a person has everything - the status and money and probably good taste. But he consciously stops this lifestyle and moves back to slum, or to some poor regions in India... How can you explain that?

- Look I will explain something before I answer. The main thing is not to get confused about what is high 'frequency', it's not always about money. This is very important, and everyone mixing it up, there is always a thin line. Even if you ask me now about a millionaire, it's a stretchy idea. Understand that nowadays some drug addict photographers who photograph nude girls and sell them via the internet, right? He is a millionaire. He can be taken for millionaire because he has 2 million a month. And there is a millionaire who earns 100 million and doesn't leave his house at all, and he didn't see a world and everyone hates him and he sits somewhere and works on PC on some stock market.

Those are different characters and you need to consider that. So don't judge on the amount of money, money is not taken into account. And yes he is sort of millionaire, and he went traveling, so he was in some bad world that's why he decided to travel. Down-shifters are people from a very low 'frequency'. So downshifting is a low 'frequency'. Very low. So the person will fall even lower.

They thought why to rent an apartment in Russian, they are also newcomers in St. Petersburg or in Moscow and they were renting an apartment, of course, so they thought why spent the same money here when they can do it in Asia. So they did that, but they are degrading there, this country of very low level, the death rate is enormous, people are drowning every day, I was just recently asked about it, why it's happening. So people get into the water flows and drown, and they are in a coma in the hospitals, and everyday something bad happens there.

So it's awful, and the point is there is your downshifting, for people who sold everything. And I have a friend who was on a very high level, he earned pretty good, he had an apartment, a car, and he sold it all and left for traveling through Asia. He became vegetarian, he was a real man before, who could punch you in a face if you say something wrong, and there he became like a wimp, who eats veggies and fruits, he spent all his money on this traveling and now he is as low as Asian rice. It's a very low level.

- So it looks like this series where you've mention before, where is the world '3', so if you watch this series than you will be...

- Not series exactly, I gave it as an example of bandits there from some city. There were bandits friends of the main character. So those bandits are of low level. It was an example of lifestyle, not that the series of low level.

- Can you evaluate the series somehow?

-Of course, each element also relates to certain social strata, to certain 'frequencies'. And here is the thing, I mean I do it that way, for example, someone from high level, lets say 'frequency' '10' and dimension '10', he can just, well he understands that lower level don't see him, and the ones who are higher also don't see him. Take this into account as well. So this person on the level '10' and dimension '10' he can watch this series and nothing will happen to him because this series is only 5% of all that influences him. And 95% of elements are from '10/10'.

That's why this series won't influence him. And if I give him for example not just series but other elements that influence him, so we have a series which 5%, right? Then we put on sort of scale. So the person from '10/10' we will place him in a low-level apartment that will be 10%, and we will add some person from this level it will be 40% and add some other elements of the low world for 20%. And that's it. A higher level guy will be taken over by the lower world.

And we talk about series and the level of it... I will add something more, there is a combination of elements. So one element like this series not just relates to the world '3' but can be related to the world from '1' to '5'.

- How come?

- It's just the element and it exists in all of those worlds.

- The same element for all of them, right? So this element has some sort of field of influence?

- Funny thing is that in combination with other things one element will influence in different ways in different worlds. It's hard to explain. Better if I will give you an example, because I tested it all, just imagine that it was tested

on thousands of people and for an extended period of time. Therefore everything that I give is tested and tried. So when I give information my goal is my further development. The goal is to decode what I decode. And I came across such thing as music and what is music actually.

And there are people from 'old 'frequency.' So there are many of those 'old 'frequency' people. It's a critical subject to discuss. Can we talk about it or we are out of schedule?

- I think we can, of course.

- Good. So there is an 'old 'frequency.' This is the main issue, the problem with priority #1 on this day. So what is an 'old 'frequency.' Those are kids, girls and boys of the same age as you and I, who are born in families and they are under the influence of those families. And those families consist of parents, grandmothers, grandfathers and other relatives from 'old 'frequency,' from the old era, with old fashioned values, old fashioned views. And we are connected to it even though we are young, but don't mind me, I am 26 now. It's like in the movie 'About a Boy,' there is exactly an 'old 'frequency' shown, so in the movie, there is mother hippie, and she has a son, and the son goes to a school where he is bullied by others, because of the way he dresses. And his mom doesn't understand that. And the character Will Freeman, he is this young and free guy, who has money and everything is good, he met this young boy and decided to help him, buy him clothes, and take him to his 'frequency.' He bought him sneakers and started to give him advice, and gave him a player with modern music. And because of that, the girl falls in love with this boy, the girl was on a higher 'frequency,' on more normal and modern 'frequency.' And the boy was a blockhead.

Even I caught sight of those blockheads in 90th -2000. In the 97th I started with school. I saw and witnessed how hard it was and how hard it is for those people now, those are my schoolmates and other people all over the country. Those were guys from conservative families, the people from USSR who were... So everyone else had a fashion of some sort. Like, wear some fashionable scarf, or some modern shoes, or a sweater. Listen to Linkin Park, but all of it was not given to those kids whose parents were on 'old 'frequency.' Those were complete families where parents are old, especially

when parents were old, and all kinds were retrograde, they were bullied and beaten, they lived on the outskirts of the city, and they have never even been in the center of the city. Even if they have ever visited the center but maximum 3 times in their life. So. Those kids didn't achieve anything at an older age.

And those kids who had young parents or young sister or brother, they are sort of pump them up. So when I was young, my parents told me: 'Alex listen to Prodigy', - and they turn on the music video on MTV. I remember this moment, and I was shocked. And they say: 'It's cool!' And I say: 'OK.' And then I said to my schoolmates: 'I was advised to listen to Prodigy.' And they say: 'Did you parents advise you that? Mine would kill for that.' So there you see the division of layers, and the point is that there are lots of people on 'old frequency,' who wear old fashioned clothes and listen to old music. Old and Russian. It's terrible.

Those people as if, I showed it before, they are on an escalator and it goes down, and it will be over soon. And they are standing on it, and this conveyor will be finished soon. And you need to stand up and get yourself to higher 'frequency,' which is actually now. And those who are current and modern they are the future.

So I've advised those kinds of people to listen to specific music, it was a band Moderat. It's electronic music but it's very modern. And because this Moderat music was the only element in their low world, it played as a negative element. I was in shock, how is it possible? Why? And it played negatively because poor people listen to music like Armin van Buuren, Tiesto, and similar music. So it's terrible music. And the point is they started to listen to this new music, and it made... I mean if a rich guy would listen to Moderat it will make him even more modern, and it plays like an element of high 'frequency,' of high level. And if this music will listen, Roman, this guy from world '3' then it will strengthen his world '3' as if I gave him to listen to 'Drum N Bass.' That's how it works. It's like alchemy. Interaction of elements is different. I can give you another example, I think I describe this story in one of my books, or maybe not... So my friend took my iPad to have a look. And he saw lots of print screen of people my age from Facebook who died in an airplane crash, and he asked why I have them. I told him that I was interested

in what those people eat, listen to, watch, and so it happens that all the elements were exactly the same. From all the things they had in common the main was that they've listened to Russian pop music. Didn't they get fed up of it?

Of course it's only one from a hundred elements which you need to consider, but all of them were listening to pop music. And the thing is that when airplane that was flying to St. Petersburg crashed, I've collected the list of those people and I said to all of my acquaintances: 'Check what things in common all those people had.' And they did and told me: 'Alex, it was exactly as you said. Every second person had this and that, and they did this and that'. Here you go.

- Are there elements that bring an opposite effect, for longevity and happiness? Maybe some music you can advise?

- Well, I am an example of this lifestyle. I came from a very low level. I was born in St. Petersburg. My family is a normal family with no particular money. And so I am from the lowest level, and who I became is due to my work. And how I am now, and my level is achieved because what I write in my books, I use it for my own life as well. And only thanks to those elements I live in New York now. So my experiments brought me here to New York... The main thing you need to consider is if the guy from world '3' earn more because his dimension '12' and he earns more than me he won't live in New York. He won't even know where I live. If a person is not mentally there no matter how much money he has some countries won't be in his reach. The person on his 'frequency' he travels to different countries and they are 'open' for him. Let's say Canada, Australia, Japan, Island. So. Those countries are where everything different, it's like a different world. And in this world no matter how much money you have you won't have thought even to visit those countries as if you would have this mental block. And all the achievements I've measured based on countries I that 'opened' up for me. It's like an indicator of the level of your development. That what it is. Now please repeat a question.

-What if they won't advise you to listen to Prodigy, would you be at the point where you are now?

-That's not the point. Let's look from a different angle on all of it. Let's imagine that all my surrounding when I was young was from 'old 'frequency', and when I wanted to give up, of course unconsciously, there were circumstances, for example when I was just about to go and play chess with my schoolmate Fedor like everyone else did, then the circumstances won't let me do that. They didn't let me have other variants of life. It's not as they made me an outsider exactly, but I could not define myself where I was, and it was from my childhood. I could not place myself, because the society was always divided for me: it's either poor kids or rich kids. And I was in between. From one side I was dressed good because my parents were young and modern so I could be friends with rich kids, from the other side I was from a simple family and I had friends from poor families as well.

I could never judge them because of how they looked. So I didn't place myself anywhere, and I still cannot place myself. The closest people for me, no matter how others judge me on my maternal side, the closest ones are tramps.

These are impoverished people, totally simple... Maybe I am balancing all the time. So it's not because of parents or anything like this. It's a bit different. There was a sequence of events that didn't allow me to stick to something permanent. For example, if I would be set to go to some sport or something. Always something happens that I won't make it there or I won't stay there. Or if I started to get used to my school and schoolmates, something happens and I am moved to a new school. Those circumstances are made a sort of, and I don't know by whom, it is just a coincidence of nature, but that's why I am not defined anywhere.

They won't let me. And so I went to many schools. And circumstances were always different. But I don't even have schoolmates like everyone else that I keep contact with. I was in one school for a couple of years, then in another school for three, etc. Then I left my home, and when you do it, you disappear for everyone. And new life again. And no one remembers me. And that's how it works. And if let's say I will settle now, or my girlfriend says: 'Let's not move

again and live here forever', - and the society will start to suck me in. That's it than this person (my girlfriend in this case) will be pushed out of my life by circumstances.

And if someone will infringe on my freedom, I beg him or her not to do it, because the system will destroy him. That's it. I know that the next day he or she might get into a car accident so he or she won't take me to the ownership so he or she would not take me to his/her world. So they won't let me define myself.

-Let's get back to 'frequencies,' what you talk about, this knowledge that you pass to people, for what kind of people this knowledge meant for?

-They meant for people who don't relate to any worlds. I don't divide people per world. It meant for people who... I mean there are people, which we didn't consider yet, there is 'corridor', there are people who go into it, there are people who bear world '3' which were born into, as I was born in a certain world, but I've run away from it and started to build something for myself, traveling through all of them, looking for my own world. I was looking for my place, I thought: 'Ok, the world '3' is not mine, I will be in the '5', but it didn't work there either, and in the '7th' and in the '6th'. I tried due to circumstances, it never actually worked. And the point is that there are people, they have families, children, jobs. Of course, you need to live somehow, but they are never satisfied with life. They are not deep into it for 100%. They are in their life only 50%. And another 50%, they are in the 'corridor.'

Those people can see all other worlds, without understanding how to get there. But they do understand that the world that they live in is not theirs. And those kinds of people find me, the people who are in the 'corridor.' Turns out that every person who lives a full life doesn't matter in which world, '3' or '10'. And if his life is full he won't think about the purpose of life and about spirituality, he will never get into the rhythm of 'corridor,' and he will never see my books or me. But if his world starts to fall apart and he won't be in his own world completely, his attention and his consciousness are free, he will find me.

-Let's give some explanation of the term 'the 'corridor,you used it several times already, so people need to understand what you are talking about.

-'The 'corridor.' So there are '12' worlds, '12' dimensions and there is 'the 'corridor.' It's a separate 'frequency.' For example, if the man's dog dies, or relative dies, or something else happened, you will be in this 'corridor.' I call it 'the 'corridor,' it's the world 'with no mind.' 'Frequencies' are the world 'with the mind,' it's mind, society. It's the certain 'frequency' of mind.' There are certain settings, you are sort of like robot. So the person lives in his world '3' and there someone who are lower than him and someone who is higher, and all of those dimensions, it is his whole world. But the 'mind' is a limited society.

And there is the world 'with no mind.' And this 'frequency,' this 'corridor' which a person gets into, this is the world where all genius people live. When you start to contemplate, when you feel with your guts when you see yourself from outside and all the world from outside, then there is a process of reexamination in your life. You are conscious. It's a certain level of consciousness. This 'frequency' with no mind' is 'the 'corridor.'

And in this 'corridor' there is meditation, energy, everything about it... on this 'frequency' you can percept everything that is not social. Everything that is informal, everything that is 'with no mind.' Person percepts everything like in this movie, in this 'frequency.' And turns out that if you are closed, and you are on limited 'frequency,' 'frequency' 3', you cannot see anything but 'frequency' 3'.

And when you are in 'the 'corridor,' you can see all worlds. You can come across people from the worlds '3' and '4' and '10' and '5'. That is 'the 'corridor.'

-Why can you get into it only if something bad happens, and this 'bad' should be death always, or it can be anything else?

- Of course, it depends on the psyche of the person, considering in which 'frequency' he is and what values he has. Actually further on except

'frequency,' we need to talk about attention. And at this point attention is in use. Anyone has 100% of the attention.

There is his soul, consciousness doesn't matter... So if his attention is stolen by something, then attention is connected. Where does it connect to? Well, his wife, children, job, debts, football, mistress, etc. Whole 100%. And when something is taken from him, let's say his wife that 20 % that were on his wife gets freed. And he doesn't know where to apply it. And this free attention, due to this free attention person gets into 'the 'corridor.'

Can it be achieved without unfortunate events? Sure. There are other ways to approach it. Love for example. When a person is in love, love turns off his 'mind,' 'mind' is the society. Connections are a certain 'frequency.'

When the connections are broken due to some actions: from drugs, love or unfortunate events or some special techniques, from the influence of someone like me. Then his 'mind' turns off, those connections are off, the attention freed and here you go, you get yourself miracles.

- So it looks like someone gets into the 'corridor' and if he doesn't do anything and it's temporarily and those freed percentages of attention they will be filled in again with something, and he will get back where he was, isn't it right?

-Sorry, can you repeat that?

-Well, let's say some guy and his wife who takes 20% of his attention left him, so he is in 'the 'corridor' now, and he won't use this situation in his advantage he will go on living as he is, not paying attention to anything, and that 20 % will fill in with something and he will return where he was? Or he will move on somewhere higher for example?

-Exactly, or it will be filled in and exactly what happens with people, 'Groundhog Day.' They even can give up everything, but then everything is the same again, only the cover is different. This is the fact. You can give up things a hundred times a year, being in any world, and you will be surprised that you still remain in the same world '10'. His new wife is not Lena but Olga. Or it can be even not a new wife but his boss who is making fun of him the same way as his wife did. So the elements which played the role and influenced him in

the world '10', even if he gave them up, they will appear again under a different cover, but they will still influence him.

So the cover has changed like an illusion, but the core remained the same, and he didn't open anything new for himself. When a person has 20% free attention it's highly unlikely that he will open a new world, more likely that will get into the lower world instead. Most often what you should be afraid of? That people go lower. It's a weakness, attention is free and due to that attention goes into all the weird adventures falling lower and lower. And if this person lets say went into himself, and during this unfortunate event his friend from lower 'frequency' calls him, they will go for a beer. And then the friend offers him to join him somewhere, and there you go, you are dragged into lower 'frequency' already. That what can happen. So the possibility that person will go down to the lower 'frequency' is much higher, you should be aware of it.

When businessman loses his money, or he has some unfortunate events, how does it happen? Someone will stay strong and survive, and someone caved. His world is destroyed when one brick of 20% was taken away, the most important not to through away remaining bricks. But better yet not to make any moves. Many people whose world falls apart trying to finish it themselves as soon as possible, without understanding it even. So the wife left - minus 20%, he decided to rent a cheaper flat.

So he gave up the apartment of world '10' and rented something from the world '5'. He didn't want it, and he didn't realize it. And instead of eating right he ordered pizza, and this is the element from the world '3', even lower. And that's it, he started to kill himself. That's how self-destruction starts just because one brick was removed from his world.

-While in the 'corridor' can anything be done to go up the world?

-Yes, most of the genius people are there, but it's rare, as we know, because there is a pyramid. And it turns out that people with high 'frequency' are rare, of course, there are exceptions, like most of the geniuses, those are the ones who lose everything or have similar experience and went into high 'frequency.' I can give an example of one Russian producer, and his destiny

reminds the fate of many such characters including myself. His destiny doesn't let him close up and turn on his 'mind.' They won't let him turn on his 'mind.' They don't let him go into society. As soon as he starts to get comfortable with something he has some events that ruin it all, and he has lots of those events. It's not because he does something wrong, or he is on low 'frequency.' No, genius people have it another way around, till the moment they realize that they need to do what is required by nature and not resist it.

That's it. I was fucked up so many times, and for everyone is the same, people came to me to ask why is that and I advised what to do. System fucked up till the point you realized that it's better to do it on your own accord than resist it. So it wants you not to be bound to anything. The conscious human is exactly the 'corridor' if the system will want you to be conscious so you would be in this 'corridor' so you would be 'with no mind,' be a creator. And if you would want to have a permanent place, to sit and go nowhere, and if you would talk to a few people or if you would want to have a family. And all of it will steal your attention, they will destroy it. But if you understand: 'Give me everything, and I won't pay attention to it, and the possession of it will be just a fact, but I will have free attention in creativity, and in a way I needed', - then all will be fine. And I had this agreement, and I have a particular rule, I cannot be in one place for more than a month, so I won't be bound to any place. And with the rest of things is the same. Every day I meet new people, etc. And for me not to get old, so I won't get this 'mind.' I cannot get used to anything. Stability is forbidden to me, it's very bad.

- Stability is bad, and you should not get used to anything, is this for everyone?

-No, I apologize, I went to a different way here, it's about 'corridor.' So, of course, everyone lives on their own 'frequency,' even if it's bad, but he has his own world and his own consistent things. But there is a world with no consistency. This is 'the 'corridor.' It's something different. I wish we could finish this book on this topic. All I do now should be a conclusion of this book. I chose the 'frequency,' and this 'frequency' is 'the 'corridor.' This is the main point.

And this world does not relate to any social strata. And in this world, to remain in this 'corridor,' there are certain rules so you won't move to any other 'frequency.' To remain in this world 'with no mind,' to be in a state of contemplation and freedom. To see all worlds.

-How can someone determine his own 'frequency'? Or someone from outside can only tell this?

-It used to be like this when topics which we discuss today, and it's very good that you understand it very well. And you know when I give the information I always feel how well someone takes it in.

About changing the 'frequency' I talk about it with everyone, and of course, they all want to change it. OK, start with simple things: get to know your own world, make a mold of yourself. So you need to pay attention, forcefully. It's better of course if you do it under guidance because we want quality. But in a nutshell, I can advise: 'Pay attention to everyone and everything around you, everything you do and write it down.' And if I would need to elaborate then a person should watch himself day in and out for a whole week. Till the details like on which side of bed he sleeps. What color his socks are, is he has a ring tone on the telephone, which social networks he uses. What brand of mobile phone he has. All of it determines the level. Because in those 12 worlds and 12 dimensions everyone has its own destiny. And when I look at the picture of someone, I can say: 'He has this car, and he has those things, and he watches hockey.' And when I meet this guy in person and ask him about things, and he confirmed that he has this kind of car, and watches hockey, everyone is in shock: 'How did you do it?' 'He is a copy of a friend of mind, they are from the same 'frequency.' That's how it works. So it's straightforward. If a person has elements of low 'frequency' in his life then the thoughts are also of low 'frequency.' But there is another point: if I change elements to elements of high 'frequency' then he starts to think differently.

But you can come to this change also through thoughts. I told people: 'You can become cool because you developed yourself inside and everything around you becomes better quality.'

And if you surround yourself with better things, it will change you from the inside.' These are 'frequencies,' we are looking now on development, not

through meditations and spiritual development but another way around - the material approach. If you surround yourself with elements of world '10', you will be on the level '10'. You can also develop yourself using certain techniques, and you will see all elements of world '10'. This is the time when you get into 'the 'corridor.' Or let's say person turns his 'mind' and he is in the 'corridor' with my help, and if I give him some keys like: 'Listen to Moderat and wear this and that', - then he will change, as if his DNA changed and he will attract people of this 'frequency', and he will choose only music and movies of this 'frequency'. He will grow this new world around him.

-So to move to a higher world you need to get into a 'corridor,' or you need to change your thoughts to high-level thoughts, or to change things around you. And if you do it all at once, the transition will be faster, right?

-Yes.

- How long will it take, on average? How long does it usually take, a day, a week, a month, half a year?

-You can't even imagine how subtle this philosophy is. Of course, I can reply you, but the mind of people will be shaken again. I know how the world is, and it's very complex. But the point is if you say now: 'If you take someone how fast can you..',- you don't even know how subtle everything is. I can do it that way, depending on which 'frequency' I will send the request.

So I will start to look for such a person, and this person will appear in my life. I don't know how to explain it better.

There is no such person that lives badly now, and if he won't meet me, he will keep living bad. But if it's his destiny to move on to high 'frequency' at a certain time then he will be there in a certain time.

Therefore, even if I request to meet such a man to help him to move up, I will get the man whose time has come to move to a high 'frequency.' It's incredible but true... I've mentioned this so many times. But what to do then? It turns out there is a destiny, and it's very important, it's a very important subject. There are people who have a destiny and the ones who don't. It's important. And people who live in different frequencies and if they are closed

and they just live their lives in those worlds, they are like zombies, they have no destiny.

They can die at any moment, so they live by their 'mind,' they rely on themselves only, and if they don't manage the wheel, they will crash. And if the person has a destiny and he is a bit 'with no mind,' so a bit in the 'corridor' - those people won't fall asleep behind the wheel and wake up and avoid a crash - those people have a destiny.

They are connected to 'the 'corridor.' People with a destiny they call the angels, or not angels, doesn't matter. The point is if you are driving a car and cannot manage the wheel and if it's your destiny not to crash, no matter what you do you will crash. And if your destiny is to live further you can drive with your eyes closed and nothing will happen to you. But of course, you should not check this theory.

And here is the same story: you don't understand that my destiny is counted in, I am a person with destiny. And no matter if you want or don't, this book must be published, and it will be. And if in my destiny planned for me to embarrass myself and get shot like John Lennon then I will get shot. But if I have to be a celebrity by destiny no matter what you do this book will make me a celebrity. I was told that it was sort of a 'draft' run, sort of a demo version.

And all my books were like drafts when I needed to prepare. Now I need to be an official in society, where I will have perfect books, education - should be all neat. Now it's happening.

-If a person can make a mold of himself, for example writing down everything that is happening to him, aiming to create a complete profile of himself, can this person also make the mold of another person as well? Like his friends, his wife, and to use it somehow?

-Almost impossible. Of course, everyone has different professions and different possibilities. And of course, talking to you or for example with directors, they are close to me in spirit, they know somehow how to express character and show the character, how he should be dressed, etc.

So some people of specific occupations can do that. But a normal human won't pay attention to many things. He will be still in the world '3'. And when

he would look at his boss, he would only mention the elements that are closer to the world '3', which are more familiar to him.

But he won't see 90% of elements which are different from his world because he doesn't have those elements in world '3'. He simply won't see them, he won't pay attention to them, he won't see for example that his boss doesn't wear socks, and this is important.

And it's funny how I caught people on those simple things when I told people to change elements and make molds but people didn't pay attention to underwear for some reason. I say: 'You are trying to get into a higher 'frequency' world but you are still wearing old socks with holes, are you crazy?'. You need to change socks for high 'frequency' socks.

-So all elements should be of high 'frequency' and there cannot be unimportant details?

-If you start to surround yourself with elements, there are just elements with less influence.

So you need to understand which elements have a stronger influence. The strongest element is human. So it's easier to find someone as a guide. The human is the strongest element, and I have real experience in it, when I was on super low 'frequency', when I made my first video in a white shirt, in front of the board, in 2010. Wearing this shirt I've met a girl, but I had a goal back then... I was on low 'frequency' but at the same time I was in 'the 'corridor'. I was conscious. So I've chosen a girl from SPBU, the most social and material person who reminded me of an actress or the girl who looked like from foreign country because I thought it would be a higher 'frequency' for me. I found such a girl, met with her and asked her for a date. She's met with me. Even though our frequencies do not cross, but I am a good psychologist. When we met, I asked: 'Do you have friends'. She said: 'Sure'. 'If they would meet me what would seem wrong to them, I mean how should I look so they like me?' So she told me that I have awful shoes, that I squint my eyes all the time, and it's better if I would buy some nice glasses like Armani. And I bought them back then. And she advised buying clothes from brands, something bright. She gave me an example of what her brother wears. I said: 'Ok, what else?' Well, -she said 'Better if you don't say what you do, they won't

understand, it's like a sect'. I asked: 'What sounds cool for your crowd?' She mentioned a few things.

So what happens next? What did I take from it? I've never wanted money, and I had 1000 rubles in my pocket. So I earned some money because I had a need for money at that point, and I bought all the clothes and other things. I started to date her and met new friends, and asked them as well, what they eat, where they go, which places they like to visit. And I started to go to those restaurants they liked, and other places. And through this girl, she was my guide. I got into the material world.

And that was my base. But I did it because everyone was complaining that I am like an outsider. I mean I looked weird, with long hair, dressed weird, I was writing books and they thought I was in a sect of some sort, I didn't study and I didn't work, they thought I was sick. And I was offended back then.

And when I started dating this girl and through her, I acquired some taste and thoughts. As if from her I got their worlds, the thoughts from her world. I am this conscious guy, esoteric and started to feel and think that those were not my thoughts and it was not my head anymore.

For real when I've connected to her world I started to think like them. I liked the music they liked. When you get into their 'frequency' you start to like it all. And attract those things even if you don't want to. It started to grow around me, those elements. I watched a series that they watched. I went to Finland because her parents have a house there. All these clothes, going out, friends, their jokes, and those have always been weird for me. But I went so deep into this world that I started to lose all my abilities, but then circumstances formed that I was left alone and opened up. And I became like an "alien".

So everything is real.

-So it looks like if we take some punk and make him live in a house of a super rich guy (like some dot com tycoon), this punk will start programming apps for a smartphone?

-No. This is a mistake to think that.

Those are skills and trained abilities. Look, we won't talk about what a smart person is, it's a very complex topic. I will elaborate now, let's say someone is

passionate about collecting butterflies and he will tell us all about it, and about all types and he will say some smart words, but it doesn't mean this person is smart.

Of course, if you or I will spend so many years studying butterflies you would also talk about it, everyone can learn smart words. But he can be from very low 'frequency', and he can be from any 'frequency' and any dimension, so he's chosen some particular field of activity. And here is one 'but', some punk won't even think to study butterflies, this is the fact. But anyway.

And even if you put this punk in the environment of a dot com tycoon he would still need to learn things. He will simply acquire a different view on life and different values, and it will influence him. Of course, considering if he won't hold on to his old world. If he will submerge into a new world and a new lifestyle. If this rich guy wakes up in the morning and goes for a run in the forest then this punk should do the same. If they eat the same food and listen to the same music. If they will do things together then, of course, this punk will change, even his facial expressions will change.

I have a separate topic on the subject of 'frequencies' and I have facts and prove why for example when a man and woman married they start to look alike. It's a display of 'frequency', one of the indications.

Because if you are on the same 'frequency' it will be visible on your face.

- But there won't be one 'frequency', right? they are the permanent quantity of 12 dimension and worlds and 'frequency' will be somewhere on the crossing of '12/12', right?

- At this point yes. And what I believe in is my thing, I believe that all those worlds will end and only will remain, this 'corridor'. There will be in the world. But it's my personal belief, maybe it should not be in a book. It's a very specific subject.

Or maybe I should mention it. Because this is what I stopped at right now. I opened all those worlds, attention, 'frequencies' and I was proving it all, talking about it, using it, and I saw the world '12/12' in all its manifestations. I found all high 'frequency' points on the planet, I saw real-life people on this 'frequency', who are super rich, etc.

All of them listen to the same music as I do, they dress as I do, and everything is perfect there, I am there, I am connected, it's my biggest achievement. And what is the result? It's a simple, material world and nothing more, where people are limited, no matter how good or bad they are.

But there is something very different, this 'corridor' - the world 'with no mind', who doesn't depend on time or place, where you moved by something, something, we've heard about those kinds of people a lot.

All of the genius writes, artist, inventors, etc. And I've chosen that world. I've surrounded myself with the elements of this 'corridor'. And I am going deep into it to stay there. I am collecting element of my world 'with no mind'. And I am abstract from the social and material world.

-And this book that you are making now can it be the element of 'the 'corridor'? Can it?

-Of course.

Look, the situation is that I am evaluated differently, all those theologians, psychologists, esoteric people, they ask me, or as they say not for help but just to look at me.

And I will tell you when I am telling you all of it I am underestimating myself on purpose, I think it's a right position for me, I don't like ambitious people, it clouds my perception. If me, this goof, could figure it all out then everything is at the end now. If I am, a good, living in New York now, that this is at the end already. Let's say what is open for me and what is reachable for me as if I gave it to people. And it turns out that it's real and I take now everything that was not reachable and give life-hack on it. All that was hidden from people and they lived in illusions and didn't know how it all works, and because they are almost ready for it I just found out about it earlier. I am just telling them what they will achieve. The time is coming for it. I feel it that society, this old world, all levels of society they will end.

People cannot live within limitations, they don't care about things and all of it, more and more people 'with no mind'. You can see it on TV as well. There was one comedian he made a video together with his wife, at their house, something funny it was. But the internet was shocked for some reason. Why he did it? Because all worlds come to an end, they feel it, that they are getting old, and they don't know what to do anymore, they all go into mad things. They start playing fools.

-It means that all of them are on 'old 'frequency', right?

-Yes, but of course they are from certain times, they are adults, and they took some niche and had a talent, so they are not empty. It turns out that from one side they are in their life and from another side, they are in 'the 'corridor'. They are a bit open, so they are a bit 'with no mind'. And all those 'with no mind' they bound themselves to all 'old 'frequency' worlds, and they see now that new world is close at their heels, and their world coming to an end. And now the ones who won't disconnect from an old world they will do with it.

And those who will move on to a new wave, like prima now started to wear jeans and everyone is laughing at her because old 'frequency' women wear dresses, golden jewelry, long nails.

And I have a book dedicated to this topic. This is the most topical subject now, old and new 'frequency', this is what old generation lives through, including governmental administration, all the politicians, celebrities, and businessmen. Someone gets old, someone becomes modern, like one famous actor.

He was connected to an old 'frequency' but he left it he son helped him to do that. And thanks to his son he is now connected to modern time and he appeared again on the public. That's how it happens.

And those who moved on to a new 'frequency', accepted new values and a new concept of rules they all now in power. And now there is major reconstruction happening in society, the subject of 'frequencies' old and new is very topical.

And the next topic will be when you don't care about all those 'frequencies' and there is a world 'with no mind'. All those topics and all my books the order of it is very important. I did it not from 'mind', I didn't read any books about it, I didn't listen to anyone. It's a step by step guide of my personal development. And through this, I opened and cognized the world, how it's built, as well as people. Now I am at the stage when I am not on high 'frequency' and there is no old or new world, but the 'frequency' 'with no mind'.

-So someone can be on the 'frequency' of the higher world '10' and on dimension '10' but he can still be on the old 'frequency', and he will fall then, or he will remain there anyway? The world when it develops will keep its high standing or will it go down?

-I think that there should not be only one pattern applied to it. When I talk about old 'frequency' and about new 'frequency' I would not apply it to those 12 'frequencies'. I would just set it as a fact that there is an old 'frequency' and a new 'frequency'. It's like a separate world. There is an 'old 'frequency' person and you need to look at it as it is, there are no more worlds, no more 'frequencies', and there is just an 'old 'frequency' person. But who is this 'old 'frequency' person? Who is this girl of 20 years old who has fake hair, with fake nails wearing a dress, who wants to have a bold muscleman boyfriend and she listens to Russian pop music? It's an example of the old 'frequency'. New 'frequency', a modern one - it's a girl, who is 30 years old, but look at that, money is not important, the same as age.

A girl is wearing sneakers, jeans or trousers, T-shirt, no makeup, with short hairstyle, natural or transparent nails, and this is considered a 'high 'frequency' person, the highest in the world. And if she is like that everything is included for her.

-And what music does she listen to?

-Those people can be modern, but they are still in society. And society can be different of course, you understand, there was a music video recently, they

had a video, something with melting ice. And this modern, high-tech girl won't listen to this kind of music. It's an example of a type of person in this case. But the girl with long hair will listen to this music, about melting ice. A modern girl will listen to my playlist. And my playlist consists of popular music but not pop. This music you can hear in soundtracks to movies or some videos, on the backstage of models from New York or in Australia.

This music is listened to in high countries.

And higher than the USA is Australia and Canada, and all the countries that are individual sort of, like New Zealand, etc. Those countries are higher than the US. I am going to Canada now to confirm this theory, I always want to confirm in practice all my theories. So I got a visa now for Canada to confirm that it's a higher 'frequency'.

From my observations, there are countries that have a split on high and low 'frequency'. And all high 'frequency' people they prefer...High 'frequency' is mostly Nordic, cold countries. And if we look at our world you can see that there are no poor countries among cold countries, most of the poor countries are to the South. And the north is of a very high 'frequency'. So if we take the US - Australia and Canada, then Australia is warm, then Canada is higher because it is more to the North. And people from high 'frequency' asked me how to educate their kids, and I always gave them an example of hockey, because of acquaintances from high 'frequency' (I have one acquaintance who is a hockey player), he was in Canada from his childhood. And of course he is filled with this, he looks like a Hollywood star, his face is proportional and eyes are normal, he is different. It's obvious.

-So if high 'frequency' countries are in the North why Russia is not among them, we are at the same latitude as Canada, and we also play hockey, and the USSR used to be the best in this sport?

-I don't evaluate it in this way. Look even the fact that I told you that Asia is low frequency. But of course, there are exceptions...

Asia is low frequency because most of the countries in Asia. But there are countries which are very developed, Singapore is very high 'frequency,' I mean highly developed. But I think it's low 'frequency', because there is downshifting. And noble and high 'frequency' people won't live in Singapore.

I've looked at this country close enough. The same is about Russia. And Russia here at the moment, I didn't say I've chosen the 'frequency' per country, but statistically Nordic countries are nobler. And further on, I am also predicting it now cataclysms where there will be more problems and where there will be less.

When I looked at the map, and I was asked what will happen and where, so I was drawn to, not even to the US because I've chosen for now to live there, but I am drawn to Scandinavian countries. I like their mentality, their energy, and I am not talking about the weather or people. But 'frequency' and energy is the best in Sweden, Norway is very cool, and Denmark. The 'frequency' there is very high. But the funny thing is that Sweden, Stockholm are on the same line with Canada. Canada for me is like heaven. And I will check it further as well. And talking about Russia, I was told to leave the country, so I left. I planned to leave in September to travel around and to break my rule and stay in Russia for three months outside of the city in nature, it's nice in summer in St. Petersburg. But considering that I like rain because there are no people and it's my time.

But I was told not to stay and that everything will start earlier, that I cannot stay till September and that I need to live within a month. And I had to leave before the 21st of July, as they told me that everything will happen earlier. What will happen? I didn't know, I left, and I am waiting now if I was told to leave. And this person who told me to leave he said that he will take the main blow on himself, that's why he won't leave anywhere.

And I don't know what it is about. But this subject is not about frequencies, just a story from my life, how life makes me do things. Why I have chosen to live in the US is a different subject, and I would need to dedicate a separate chapter for it. Imagine when I came here for the first time I felt as if I were home, considering how many countries I've been to, everyone is so kind and dressed like me, and listen to the same music and behave like me, I was in shock.

But I found an explanation for it already, we grew up watching the same American movies, the ones that are more modern, and it influences our psyche, it influences our material and social development, and on our 'mind.' And it turns out it stuck with me, and when I stepped out outside in Russia, in US people are open, kind, no one says anything behind your back, it does not exist there. No one smiles at you artificially. Everything is very structured there as if I created this world. Yes, they smile at you when they meet you because they know your reaction, your mood is better immediately. They won't ruin your day with a dispirited face. Imagine you wake up in the morning in Russia, and you go to a restaurant where they are rude to you. Hostess starts looking at you with angry eyes, and you feel like dirt.

And here is another way around, even if you are of low 'frequency', you come to a restaurant and feel like a king. They are using psychology in a very smart way. The law works here for real. For real it's like my country. But a terrifying thing is, as I understand due to circumstances, what you've said about Russia... Russian I mean St. Petersburg it's like Atlantis. What they think is sacred in Israel, is actually here, there is Ancient Greece, and there is the Alexandrian library - there all are in St. Petersburg. The point is that there will be changes, and after all, I will be able to come back to Russia. But for now, I need to leave Russia. I don't know what will happen, but I believe that in Russian will be our future, but it will be much later. But for now, it is what it is.



Chapter 2 Frequency

Continuation (mold, society, material world)

24th of August 2017

- Last time we stopped at the point when you talked about whether someone can determine his own 'frequency', his world, and that one can start to make the mold of his life. What do you need to do with information, do you need to show it to someone or what to do next? So what would be the next step?

- Let's clarify something: so the main question is what someone has to do to change the 'frequency'?

- Yes, to start with.

- I think the first thing you need to understand what 'frequency' you have now. Yes, to find out where you are now. The first step would be: The person when he is on his own 'frequency' he sees and hears, and perceives his complete world only, so the first step is to see his world from the side, you need to make a mold. He needs to write down everything what he does, what surrounds him, everything that he eats, music that he listens to, etc. But the best effect can be achieved if this person would turn off his 'mind', his thoughts.

How do you do that? There are many ways to do that, millions of books were written about it, there are some meditations, Vipassana, and other techniques, so the person would have a rest from everything around.

Meditation is the same as surfing or fishing, when you're being turned off from all external factors, without a mobile phone. Or to go camping will also help to turn the mind off.

And in this state of relaxation a person should analyze his life, if he will start doing it being in a society completely it will be very stressful, he won't see all details to make this job of making mold more productive and effective. This list of every little detail that surrounds you, everything that he does, eats, and everyone he talks to, even on which side of the bed he sleeps, and it's better done in a sort of altered state of mind.

-Ok I understand. But let's say he went camping and started to watch himself for several days or a week.

-No, you don't need to watch yourself. I will explain: let's say someone got back from the office, and I will ask him: Write me down everything there is to know about your Mondays, - doesn't matter which day it is, but we take Monday as an example, and he will write down only 10% of what has happened. But if he goes for a massage first, then he will remember 40%. So he will remember more, you know. If he goes camping or finishing today from the morning till the evening, and in this state, during finishing, he is

turned off from everything. No one disturbs him, no one calls him, no wifi, and in this state most of his attention is free. And because of it, he will remember all the details. That's how it works.

-I see. And the mold can be done in free form? There is no checklist or something like this, or questioner so you can get some feedback after?

-Well, I didn't make one, I have some common things only. Of course, when people asked me about it, I helped. But I was coordinating it; I would say: Pay attention to this or that, or pay attention to what you do when you just wake up, and what you eat in the morning, when do you take shower, how you wake up and when do you leave the house.

How long it takes you? Pay attention what haircut you have, what you drink, what you eat, what cutlery you have, yes. If you on the internet, how do you use it?'. It's just paying attention, well yes, it's watching yourself in details, because it's very interesting when you count in all the details he will feel the difference if he will ask later on about same details someone else. Also, I would give one more advice about it, if you are making a mold, there are two steps: first you make a mold of whatever comes into your mind, but than you will know that you didn't count in all the details.

And the second step, to figure out what you've missed you need to ask someone else questions like what food they eat today, what kind of toothpaste and toothbrush they use, etc. You will feel the difference immediately. For real people don't think about it but everyone has different things. And suddenly you will have a creative process here, and you will start asking this person more and more questions which you didn't ask yourself and forgot some details in your life, for your mold.

-Is there some sort of indication of how detailed this mold should be?

-There is no fault if you forget some details. Of course, you won't be able to get all the details. What you will get from this exercise is a realization and reexamination of all your life, when you make a mold of yourself, and then you will talk to someone else. Asking someone else questions, you will get

very different answers, and you will know that everyone has everything different. And if you talk to the third person. And after that you will see some consistencies, I mean the one person who makes the mold he will see himself. And why? Because everything he does it's not his. A person doesn't control it, it happens automatically. It's a display of the development level of a person, a display of 'frequency'. When you will make your mold and when you will see it, it will shake you up: you won't really know why you do this or that. For example why you don't have any black clothes. I was talking to a girl, she is an artist. And I am telling her: 'All your works are gloomy and dark.' But she could not get it, she said: 'How is it possible? I don't agree, look at them',- and she shows me some characters which are kind and cute. I say: 'They are dark, and you are dark'. It's a manifestation like psychologists normally indicate this, it's a manifestation of your world and your 'frequency'. And she still doesn't get it.

I showed her an example of a few light pictures. And then I elaborate: 'If you take red color, shades of red, some percentage of black added to it, meaning dark color and some percentage of light color. For your paintings, all have all seven colors, but in all of them, you've added dark colors. And no light color added - everything as if on lower shades as if in every color you've added 20% of black'. And it's gloomy! It looks like they paint a Cheshire cat from 'Alice's Adventures in Wonderland', they make him dark-blue, in a dark-green forest. The same pictures she has.

And when she realized that she had an epiphany, she was in shock, because she didn't pay attention to it, she was just painting, she didn't do it on purpose. And then she says: 'I don't even have anything light in my wardrobe.' And now she knows herself, and she can do it herself.

She was listing things for me that she doesn't like sunshine, and she likes everything dark, etc. But she has never really known it before because she did it automatically. And everyone who lives on a certain 'frequency' is the same. And what he does, chooses, eats, watches - it's his 'frequency' that decides everything for him. And he does everything automatically.

That's it. And when this person gets an opinion from outside, then he starts to realize it. And starts to cognize it, and sees himself as if from outside. He realizes what he is, and he realizes that he had never controlled it really, he

didn't decide anything, it didn't happen on his own free will, but he thought that it's from his heart, of course, no one advises him that, but something is wrong. That's it.

-But if this girl asked for your advice doesn't it mean that she is on a certain high level. She has some consciousness or at least an intuitive need in your advice. She could not have been from the world '3' for example? So she could be at a high level?

-For people who are open there is a scale of minimum and maximum. It is what I wanted to talk about as well (I even wrote a note to myself about it, not to forget), so what we need to consider here except what I explained about 12 'frequencies' and 12 dimensions, there are 'sub-frequencies'. Also, I wanted to talk about with no connection to the current subject, about certain separate 'frequencies'. For example, I've noted that there are worlds where people are loners, for real there is a world where people live alone.

I know those elements and because of those elements people are connected to 'frequency' of loneliness, and if I take those elements away and give them elements from the world of family, they will have a family. There are many aspects like this one.

About this girl I will explain: an open person can be on low 'frequency' as well as on high 'frequency'. That's the point. If a person is not adapted in society, and his material part is not developed at all then this is a person from low 'frequency'. So I would say that this girl somewhere on '3', not even, most likely on '2'. That's her level. But she is open. I will repeat what I said previously, there is an open person and he lets himself be who he is and he does what his soul wants.

And he is socially active and goes places, and everything is good. And there are others, they are also open and conscious and they have free attention, so they found my book and read them. But they are in themselves. They are sitting in four walls and don't talk to people, like outsiders, but because they have free attention they can see my books and me.

-It's very interesting. Can you please elaborate about the 'frequency' of loneliness? Maybe a bit more details about it. Maybe you can give an example of elements which are on this 'frequency'?

-Yes-yes-yes-yes, I will give examples, of course, there are many nuances. It's one of the worlds, it's like a code, you know. Let's say '472' - it is the world of lonely people. But '433' is also a world of lonely people but with different elements, sort of in a different cover. I will give you an example of one of them, because people are of different ages, and people are different. But let's say there are generations.

There are people born in the 70s, 80s, 90s, and 00s. And I will talk now about people who are a bit younger, well not older than 35 years old. Ok, let me give you details and then I will explain what it is. I will give all examples of a girl I think.

-Yes, please.

-Because those questions I got were mainly from girls, so I figured it out then. I just simply ask them: 'I want to make a mold of you so I need to ask you a few questions'. So what those girls do and what kind of girls they are. First of all, they wear leather jackets. They drive in a very active, aggressive manner, it's one of the indicators, yes. From my observations, they are: what else - they listen to mainly club music, electronic music I would say. Something like radio Monte Carlo. What else? They dress, they wear something like leather jackets, and one of the variants like leggings, heavy shoes, sort of military heavy style shoes. What else? They are: well they are bitches, not like one in dresses, heels, makeup style, but more of a 'rock' girl, glamor girl. They drive Porsche Cayenne, etc. Those kinds of girls they are. There are different types as well, some of them have money some of them don't, but it's not important. All of them do the same thing, and the feeling you get from them is like freezing cold. They look at each other and imitate each other, there are plenty of girls of this type on the internet.

Those people are very dependent on society. Those girls have lots of complexes, they always look at what clothes someone else is wearing and they want to wear the same. Like CHANEL bags, leather jackets with studs from a famous brand like Yves Saint Laurent, leggings or skinny trousers or ripped jeans, shoes, electronic music: What else: they like smoking hookah or something like this: they constantly talk to their girlfriends in the restaurant.

So what else. Also, they are always by themselves. They don't have anyone close to them, and this is a big world, where everyone looks at one another and imitates one another. Those girls go out at least three times a week. They spent half of their time on the internet, on social networks, messengers and other chats. And of course, Instagram': those who are a victim of plastic surgeries are also included in this category. They like to take care of their bodies, they go to sport and SPA every day, because they have nothing else to do.

And if they have a dog then it's like a rat, those little dogs like Chihuahuas. What else': Well there we have this type of girl. Man is also a similar type. The same. Like this singer with an alcohol nickname, this is the guy. So that's him and all the girls from his world, all the girls that surround him, but this world is a bit more of a show-off. I will just give you examples so you know what kind of people. And even if those people have relationships it's an absolute mess. It's not a relationship.

They date for one-two months or maybe three, with cheating and suffering, etc. Those people have no families. One month of dating does not count. They are just trying, but they get tired of it and they don't talk about it anymore. Those are club people, party people. Those people spend lots of time in a gym, they take selfies there all the time, victims of the sport. They are victims of fashion, they have lots of complexes and they want to imitate each other. And the point is that I call this world a train station, like society, and all of those young people get there sooner or later when they are students.

I talked a lot with people who suffered in some of the up-scale universities. People from UNECON and I looked at them in detail, just imagine that a simple guy or a girl comes to study there. But everyone wants to show off there, and they talk about who their father and mother are, and the rest of people want to be like them, and they have lots of complexes. And to be able to show off as well they get into debts or talk to people, so they want to look like the rest. Who drives what car, who wears what. This is a bad world. And the point is that a person cannot stay in this world forever. When I talk to such people I ask: 'Have you notes that one of your friends that you have known for a long time just disappeared from your life, and then appeared in three years again, you have seen him by accident in some social networks,

but he is not in Russia anymore, but even if he is in Russian but he doesn't come to the place he used to, and he looks differently.

And he has a family or something like this!'. Everyone replies: 'Yes, yes, we had one friend and he disappeared from our crowd, and now he doesn't even want to know us even.' What is this? Those people are loners, they are lost, who couldn't find themselves, they don't know what to do, they are no one really. And they are bored, they feel unhappy, and once a month something like this happens to them, and they talk heart-to-heart with me and I always listen, and so it happens that some of those people leave this kind of 'frequency'. It happens under different circumstances, and he finally starts to live and be happy. And he is shocked about how he used to live before and of course, he doesn't want to return back there, and the same way he perceived me when I was in that world.

But I was in this world not because I am like this, but it was a phase for me because I've met someone like this, so I got involved and I was in that world when I saw all those people, and I saw this consistency, they are like robots there. And I also saw that some people left this world, and then I saw that they had a completely different life. That's it. So this is a cold world of loneliness.

-So it looks like those people who were initially on 'frequency' of loneliness and then they disappeared and after some time they had families, so because they disappeared who have changed their surroundings and started to meet new people, and personal influence has 30%, on 'frequency', so they changed it all artificially with one simple action, or maybe not so simple.

-No, there were different variations, look you asked how to change 'frequency', right? We can touch on the topic of children as well but a bit later. And so it happens when I was researching who are those people who were in this crowd and left this crowd of lonely people. Those are the ones who left, and it was not clear how they left. Some have found a job in other countries, it was always another country for some reason. If this person would stay in Russian then they cannot get rid of this type of 'frequency'. They saved themselves by leaving to other countries. Then they came back but they have never returned to the same crowd. Those people who left to work or to study

in other countries. Or because of love as well. Because love works like this: a man or a woman appears who is not from the crowd.

There are certain stages when frequencies can cross. And it happens that someone got into a different 'frequency' by accident. Well, it happens because of unfortunate events, stress, they meet some girl, they wait and wait. So her boyfriend left her or something else happened and she falls out of her rhythm and from her stable world, she is in herself and that's it!

Therefore at this moment, anyone can meet this girl, from any 'frequency'. She sees them all, and all of them can see her.

That's what you can consider as well in regards to 'frequency'. When a person is in depression or he is sort of inside of himself, he is visible for people like me, and for all social strata. And when everything is normal again in the person's life he disappears again. Went into his own world. At this moment when someone is in the 'corridor', at this moment he can meet with someone, and most often in those circumstances, people would meet each other, and this person was stronger than 'frequency', so other people would be taken on a different 'frequency'.

-So it looks like the change of 'frequency' happens only through 'the 'corridor' in any case. And how can someone understand, I mean the one who wants to change 'frequency', how to understand that you are in the 'corridor'? Are there any indicators, or elements that can be used as a trigger for example?

- To understand that he is in 'the 'corridor'?

-Yes!

-Ah, it's easy. It is like a map of the world everyone precepts something, music or movies, yes it is a good reference point. And the 'frequency' of the 'corridor' I call it 'with no mind', there is certain music and movies in it. And I've also mentioned when I was on this cold 'frequency', on 'frequency' of loneliness, I could not listen to my music that I've listened to before. I was shocked: how is that possible? I would put on my favorite movie and I could not even concentrate on it, I cannot collect my thoughts and to actually watch this movie. I could not gather myself together! And with music, it plays in the background, and I cannot concentrate on it. Sort of: 'What rubbish?' And I

want to turn on some active and cheerful music. And in the 'corridor' everything is more creative there. And if you are in the 'corridor' everything looks very pretty to you. And you can see what you have not seen before. And if I need to give you examples. Well, I don't know, for example, the movie 'Donnie Darko'. It's sort of a 'classic': Based on movies and music you can find the audience, I mean people who are open, creative people, in the 'corridor'. So this movie 'Donnie Darko'.

This movie is not standard, informal. If a social and material person would watch this movie they will think it's a very sad, slow, long, dark and boring movie. Only the one who is contemplating can perceive this movie with his guts and he will feel it. This movie 'Donnie Darko' is one example, yes. From the same categories of movies, there is one... 'Gainsbourg: A Heroic Life'. This movie is something special, if you are on a certain 'frequency' you won't be able to watch at all.

Only crazy ones and creative people like directors, writers, photographers can watch this movie. Only them can see this movie.

-So I can just turn on this movie about Serge Gainsbourg, and if you can watch it then you are in the 'corridor', right?

-Yes, yes, it's one of the indicators, y-yes. It's more': look, we are talking about 'frequencies', and 'frequencies' is more like worlds. And if you want to talk about how to get there, that is a subject already, like I have a book 'Attention control'. This is the attention, even bigger than that, it would be easier to draw it schematically. So there is 100% attention. Hundred strings of your attention connected to figures '3'.

And imagine that around me there are many objects, and I am a human, and from me those strings are connected to those objects on 100%. People, job, and the rest. And if we cut now all strings - and we see that 40% of strings cut. So 40% of my attention is free and it is not connected to anything, not to any everyday tasks, and because it's free then I say that it's a conscious person for 40%. And this person is open for 40%. It's a lot actually. Most of the time all open people, or creative people they are on 10%. Well, let's say a person has 10% of attention free. And that 10 % is not used to connect to something in his world which is 100% of his attention. So this 10 % he can mention my book.

He will be able to understand me, he can listen to our conversation for example and understand it - this person is open. And the point is the person who is closed for 100%, and he needs to make a mold he needs at least 10% of free attention.

That what I was advising, go fishing, meditated, vipassana. Vipassana is for 20 days or 10 days sitting in silence, then the attention is free. And using this 10% a person can watch himself and everything around him. That's the point of attention. The more you have it free the better. And what happens next, he will realize that 90% of it attached to three, to the elements of world '3', and he starts to remove his attention from '3' and change it to '5'. But first he needs to see all the threes, then realize that there are other worlds exists, and surround himself with elements of world '5', that's it.

-Can he change everything to world '12' for example, or you need to go step by step going through '5', '7' and then '9'?

- In general, anyone can do it if he will manage to turn off from his own world. The most complicated thing is to turn off elements of your own world. And of course, as strange as it sounds you need money. Money to make it reality At this point I am in New York and do the same thing. Except that I have a certain level of conscious, and many percents of free attention I am still on a certain level in society. I still have a base under my feet. Anyone has it, there are people with free attention, I call the also 'creatures', people who do it in the 'corridor' but still, they have to have something for yourself, right?

There are open people and see such people: when a person is open, he has a psyche, like a cosmos, but he lives in poverty. And I am telling him: it's not your world! You can choose any world and live there. Imagine his attention is already free. And I am telling him: 'Change those elements and everything will be given to you. And they will offer you a job and you can do any job of any level, and you will have huge salary..' There are people who are always open and conscious, but there is a cover as well.

They've chosen for some reason to live with a cover of poverty. And there are people-'creatures' who can choose the most material cover and live in it. And the point is I am open and it turns out I can rent a super cheap apartment in Brooklyn, old and awful apartment with old furniture and live in it, and I will be

on this 'frequency', I will wear terry shirt, furry one, checked, and some trousers, also checked - and that's it! It is immediately a 'frequency'. People will start mentioning me, and I will start to listen to strange music in the hype, I will use old fashioned LP player, I will turn on The Beatles LP, and will enjoy it. I will go to flea markets on Sundays and will buy myself Burberry coats for 50 bucks. There is such a world.

Well, I can be in any world, today I was walking around such places. All those second-hand shops and those markets how they call it, don't work on Sundays.

This is a different world. And here in New York, I have a certain level. I was searching for certain 'frequencies' - social strata, and found all those regions and found the one which is the best. And I am there now': And to be there, I had to': I mean because this is a certain type of apartment it requires different furniture, not my taste and music is different. I for some reason I want to listen to Moby, and my appearance should be different as well, I am changing my clothes as well now, so I am completely connecting to it now. Also what is happening: I am disconnecting from everything that is old, from old 'frequency', and connecting through new elements to a new world, for example, elements should be of blue color. House, area, apartment - those are strong elements, and let's say some person. And that's it!

I will be drawn to different food, different thoughts will come to my head, everything will be different. And now since I moved to New York I have a different diet and different image, and completely different surrounding and communication to people - everything is different! That's it. I did it. But I remain conscious.

- One more thing I wanted to ask: when a person watches some content, like this movie you advised, does the way he watches it influences him? Like he can download a pirate copy, or go to some anti-cafe where there will be a night show with this movie.

-Wait-wait. Can I first say something? Look: about this movie. What if I can turn off my attention from everything else, yes, this is meditation for example. I can gather my attention in one spot, I can turn myself off from 'frequency', any 'frequency'. It doesn't matter if I am not in the world '3' or world '12' - it's

like a room, you know, like a transition. So. Beautiful expensive couch or just old and stinky - doesn't matter. If I will turn on the movie I will perceive this movie from 'frequency' '3' or from '12'. But if a person is open, there is one thing though: if someone 'with no mind': Person 'with no mind' he can be in any world. So. It's just a state, yes, but there are some 'buts'.

So I will turn on the movie and I will perceive it somehow. Let's put it that way, if I turn on any movie from any world I will connect to a specific 'frequency'. For it's enough one music composition or one movie to connect to specific 'frequency'. The point is if there would be an experiment - if I take some person, a celebrity of some sort, who I knew personally.

I could just look at his picture and if I then go out and where I would want to go, my thoughts at that moment will be the same as his. As if I become him. And I walk in the city- I used to live in the center - I would meet him.

Once, twice. I walk on the streets at the same time as he does. So. It might be a bit too much for the audience, not for the public this information meant, but the point is in the approach and how to find for example criminals, etc. Because if you can go into a meditative state for real, to free your attention and sync with this person than you will feel and behave like him. Because he doesn't exist - it's just a shell. Any person.

But he is connected to things, and if you connect to it, you will want the same things, you will think the same thoughts, etc. Therefore it's one of -also topic not for this conversation - this one of those things I do when someone asks me about someone showing me a picture. I haven't done it for a while, and recently I did it again and people were shocked: I just gathered some people and they showed me pictures of different people and I can tell anything about this person. But if you look at it scientifically there is nothing extraordinary about it, you can learn it, and I can do it because I am not closed, I am open.

When I look at a picture I start to feel what this person feels. And if I have some vulgar thoughts - then this guy is vulgar. If I want to lie, and I am freaking out -then this person is like that. If I look at someone I am connecting to this person and I look as if through his eyes. And when I was young I was photographing people on the streets, and I had some clients as well, and so I was just saying to people: ' Oh, you have pain there, and there. You thought about it but you are afraid. You are this and that.' But people didn't

understand how it is. so you can connect like that. But it's a bit much, and we need to limit it. Or to split into parts. The subject is 'frequencies' - those are worlds.

We can talk about worlds, molds, etc. but if we want to talk about how human operates and how to connect, that it's about attention and attention control.

-And this book that you are working on now, what 'frequency' will it be? Can you know it in advance?

-It? It will be more or less your 'frequency'. That's what I thought about recently, this book will not be my 'frequency', it will be yours.

-Why?

-Because you are making it. It's for your world, you know. It will be of your world, and if you are connected to my personal assistance, then it will be from his world.

-It looks like a versatile system...

-There won't be my 'frequency' in this book.

-But you said you have no 'frequency'. You are in 'the 'corridor' all the time, right?

-There won't be 'corridor' either. The funny thing is, look, I can take a camera now, find cameraman and in front of the board or walking on the streets of New York talking about some topics. But why I don't do it? It does not work. There is an explanation for it, and those genius people can confirm': if we will gather those open, creative people they will confirm that it won't work. What doesn't work? The video will be lifeless. It will be just information, something learned, like prepared, as if I speak about something I was told to talk about as if it was planned. It will be planned video, and it will be lifeless. It does not matter what 'frequency' the video will be; it will be only for those who want image and information.

And if I would want to pass on my feelings, and while they are listening they would dive into my state, it should be life video, and it turns out if I do it myself, I just turn camera on and make video by myself, without knowing what I will talk about, and I just talk and talk, and if there is some specific topic pops up than I elaborate on it. But when I talk, I don't talk with the use of my normal voice; I talk with my internal voice.

And when someone would watch my video his mind 'turns off,' and he enters the meditative state, and he feels everything as if he lived through the experience, the same with my books. Why don't I edit them? I have them all edited! And I have them all translated... Into French, German, English, the first five books, because I wrote more after that. And all books were edited and corrected mistakes, and that's it - when you read it, it's just a book, without mistakes, with punctuation marks, etc., and it's just information.

And if somewhere there is no concrete information or not super interesting information, yes, it's about 'frequency,' how to do what, but it's not interesting, because a person doesn't feel anything, he doesn't experience any emotions.

And when you read my texts with mistakes, it steals your attention, that's the point. Then all those dots, why do I need them, I pass on the intonation this way. And when you read the chapter, you dive into it! You sucked into it, that's it! The uniqueness of the book!

And what we do here, in this book, is an official book, you know: what we do now, many people have done as well. People who create unusual, well, take for example Yoav, he made music video "Club Thing" on purpose, he walks there in a club, and this composition is more pop than the rest of his music, he needed to get into rotation on radios, etc. The rest of his music is spiritual. So this approach used by many, who make strange series, movies, maybe write books and': I don't have exact names, but to manifest themselves in the society they make more social material work. People see it, and later on, they find the rest of the work of these artists, for example. That's it.

-So it is, sort of, the first point of contact. Not to scare people off with an unusual format.

-At this point, you are a guide for people. You will follow all the rules of this social-material world so that the connection will happen.

-Let's return to the main topic. Twice today you have differentiated subject of 'frequencies' and attention control. Why you did it, obviously those two topics connected?

-But why talk about attention if we talk about 'frequencies' when I have not had an opportunity yet to tell you what is it exactly. That's why.

-Ok, what else we still need to know about 'frequencies.' Something important still left?

-You can consider': I am simply listing the elements of what is old 'frequency' and what is the main issue with it.

Old 'frequency' - when a woman has long nails, nail polish, artificially long hair, they use make-up, wear dresses, wear heels on the beach, we still have those. This is all an old 'frequency.' All those men who think that you need to be bold, fat, huge and brutal. This is also an old 'frequency.' Old 'frequency' it's gold, shiny things, rings, earrings, crosses, chains, everything with leopard, I mean clothes, it's also old. What else?

Those people only talk to each other, they like to chat with the old generation, that's why they have limited thinking and no possibilities to earn money. They are blind, they don't get it at all, that now is the 21st century, and those people who work for 30K rubles in the office somewhere in the factory, and they have no other possibilities. They have limited thinking, they don't get that there is planet earth, but they still will go to a park close to their home. And swim in the lake next to the house, and they don't go anywhere.

Those people are unsociable; they live in their small region all their life.

This is an old 'frequency,' it's a rough food, I mean all this traditional Russian food. I mean if I am pulling out someone from this 'frequency' I forbid this kind of food. I am listing now what should be forbidden for someone who wants to get out of old 'frequency,' so he would feel something modern. He needs to listen to foreign music. And to get to modern 'frequency,' he needs

to read my book 'Aurora.' So I am listing here things. So here you go, an 'old frequency.'

-What about 'frequency' that is moved forward by society? We see certain movies in ads. And ads have wide coverage, many people can see it. So it influences people. Those movies in the cinemas, normal movies, are they...

-Wait, I need to interrupt you. I need to add something here. There is something that I came across, for example, there is a music composition of that 'frequency,' and then it comes to a wider audience, to society and it changes 'frequency' of this element. As if it gets vulgarized. Consider that as well.

And it turns out that you don't need to know what 'frequency' the element is, you need to see what 'frequency' people who use this element. You need to see whose attention attracted some element, movie for example. It's very obvious. That's why there is a world of all those people with complexes, social-material people who always worry what other people think about them, they are trying to be the best, so for them, for example, this 'La-La-Land' was produced, and everyone wanted to watch it, it's sort of fashionable. And I said: 'It's a bad movie.' It doesn't happen that a person from a bad world would say that this movie is bad. This kind of conclusion I make for myself. So, what else?

What was popular recently? Ah, there was some song, Spanish I think, everyone listens to it - but it's pop music. And there are people with pop music, social-material - this is a society. It's the same as, well I don't know, like clothes, I have more examples about women. There were those shoes, sort of sneakers with a heel. This is a very low 'frequency,' they are terrible.

If I wanted to kill someone, those people who died in an airplane crash, they were wearing these kinds of shoes. That is a low 'frequency.' Except for those shoes, there are hats, sort of animal ears, and those with a peak; those are from the same dimension. It's a certain kind of world. There is this world and that world. And I can take any person from the street and tell him where he will go and what he will do, what he eats, what music he listens to, who he knows in the city, for example. I did it a lot when I was in a company with

people, and when I was introduced to someone new, I would say: 'And you know this one and that one.' He says: 'Yes!': How do you know?' And I see him through and through, because of the way he dressed. This is the fact.

-So it looks like all media products which have wide coverage, and are very popular they are automatically on low 'frequency,' because people who use them, listen to them or watch them are on low 'frequency.' So logically it looks like The Beatles, Rolling Stones, those are low 'frequency,' because everyone was listening to those bands, and people who will watch '50 shades of gray' as well?

-Not exactly. Not like that. I will give you a good example now. Something that we didn't consider yet, but it should be considered. I have a note, a chapter, it was very popular and offended all people, especially social-material people, all those close people, they were offended. They directed my attention to it in my spiritual book. When I listed, let's say like in a school, like grades from the first to the ninth. It turns out that those dimensions, 'frequencies,' don't matter; let's not stuck with terms.

So there are grades from the first to the ninth, when someone wants to become super cool. So the ninth grade would be when a person wears Dolce & Gabbana on his chest when he drives a Bentley, he has a golden toilet and the rest. And the girl is two meters high with size 4.

So this is the ninth grade, which people reach and who have lots of money and they look so cool. And all of those who are lower they look at those rich guys and want to be the same.

The interesting thing is: Everyone goes through the same, I went through it as well, I had a golden Vertu, all those golden things, a golden watch, brand clothes. But it's not a point - it was just to show off. But the interesting thing is when you went through all of this, but there is something further! And no one knows about it, because it's not really visible.

Why are those nine grades visible? Because they precisely show up in such a way, with those things, and after there are grades that are not visible like that, people who went till the ninth grade they don't see it, they don't see people higher than them.

But there are those - those higher people. There are 10, 11 and 12th grades - and those are people, for example, I would be cycling in the city, and my bicycle is broken, and some dude comes up to me and helps me to fix it, and he would be dirty all over, but he would be the richest person in Russia. Those people exist. They look very modest, and they listen to a different type of music, they have a very different lifestyle, you won't find them in social networks, not in common places or parties. Everything they have is different as if they are individual, separate. And when I discovered that I was in shock. And of course, I got there, to this level. And I don't know how you see me, but people who I talk to, and I talk to different worlds, to see how they will react and percept me. And when I talk to someone from Moscow, the one with high material level, he is not dumb; he has a good education - he said immediately that it's obvious that I am not a simple guy and I am very different. And self-sufficiency is also obvious, and I am very different from other people. They see that I am higher than those show-offs, who have golden chains on the necks. He sees it but he cannot explain it, he doesn't understand what exactly is the difference. He sees that I don't photograph the same way as the rest, as an example. And he saw my social networks, and he sees that I don't try to show myself from a good side, and I am not ashamed to be myself. It's very notable, and he sees: 'Wow, what a dude, he probably doesn't care much about anything.' He feels it, but he cannot explain it. And people who are lower than this guy': For real, recently I've advertised something, and people react on me like this: 'He is homeless.' People think that I am homeless, tramp, some young dude, I mean no one understands.

Everyone percept based on their level, right? And all 'frequencies' see the same things differently. And all the frequencies that are on the Internet think that I am 'lout.' No one realizes that I am an earnest guy, but they all think that I am a loath boy. They are all laughing at me: 'Who is this hairy dude?', 'He needs to cut his hair!', 'What the hell is he talking about???', 'What for a T-shirt is that!'. They fu*cking don't get it, that this T-shirt is a hundred times more expensive than those dudes who is authority for them and wearing sweatpants for 1K rubles. They don't get it at all.

They don't get that the one who is in Rixos hotel in Sochi on holidays, it's complete rubbish compared to traveling to Island, they don't get it. That's it. This is what they call perception.

-Can it be that there are certain low 'frequencies,' those worlds, and levels-dimensions, where a person doesn't want to be thought anything at all. You know, some people say: 'I know everything, I don't need to be told what to do...?'

-Those are all of them from one to nine.

-So your advertising wouldn't work for them in any case, for example, ads for your book, because for none of the book the ads would work for those levels?

-The interesting thing is, the CIS mentality. Of course, for everyone it's different, but such a mentality, among all people, if we talk about low social levels, not just on level 3, but for everyone. And of course, those people see me and say: 'Who is he? Why would we listen to you all?' All of them: 'Why him. ' - it's like a challenge for them, they think they know more than I do. 'Why is that he is better than me?' That's it! And the same for every person in the country. I definitely need to write it in the book, on every page. It's a glitch, it's a huge mistake, because if we take now...

Do you know what is interesting? For CIS countries and other similar ones, especially for people with this mentality, when they create a certain product, more often than not they create a story. I mean they say: 'It was created long ago, some art for example, and it was passed from generation to generation, and the art of creating whatever there is, etc.' And the funny thing is when people listen to this story they believe that it's a unique product.

And when I say that I want to give you a technique of some sort that asks me: 'Who are you?'

So I need to tell them a story as well. But I won't do it; it's low. They don't get it; it's automatism, just complex. They don't understand that whatever is produced was created by normal people.

That's why I cannot be on of them. That's a funny thing. No one would believe that I became a writer. They have this set up in their heads that it's not possible, that he will be someone. So they all have this block, they think that not I, not them can be someone. And if someone says now: 'I am great.' That's it, everyone will attack you.

-It means that it can work out locally as well if someone is trying to achieve something...

-I can tell now: if you would take this audio recording, if you save them all and then invest millions on PR and ads, and if some public figure will notice it. The mentality in Russia is on edge now; it will collapse. That's happening now. First one person will confirm my words. There are many people in creative fields, they will confirm as well. And some famous actor will come out and say: 'This guy tells the truth.' And the other one will be brave enough to say something. And that's it! It's an example. I will explain now what was boiling down in me. What I am talking about there is nothing wrong with it. But I am not the only one who faces it. It's a nightmare, really, people incapable of accepting anything new. For real people are not ready to accept new things. I wanted to rent an office in St. Petersburg. I was looking at the most expensive offices! The most luxurious business centers! I have rejected the possibility because they think I have 'questionable business activities.' Are you insane? I brought you money! I am ready to pay the rent for one year in advance! But people prefer to lose money and be afraid because I look weird to them.

-They are afraid that they cannot explain to themselves, right?

-Well, simple really, people don't believe in themselves; they don't believe they can create anything, invent anything, they don't believe in other people. When someone tries they say: 'Everything is created already before you, fool.' And they will break all your inventions. The people's reaction when something new comes up if they cannot connect it to something, to explain it somehow, to name it, then it won't be accepted. The interesting moment here, those who know, world leaders, people who create, they consider all mentalities,

and many products created with names that are connected to something else.

They mix it with something already known, and slowly prepare people to the new product. I don't know exactly how it happens; I don't have an example now. The point is I've already talked about it with smart people.

-Let's get back to 'frequencies,' we talked about old 'frequency,' we talked about 'frequency' of loneliness': Are there any other characteristics you come across more often than indicating a certain 'frequency'?

-Old 'frequency,' 'frequency' of loneliness.

-Many the 'frequency' where there is no money or poor health?

-The most interesting thing is, that this 'frequency' is the reason people don't have money, you should understand that this is an old 'frequency.' Issues with health and money is an old 'frequency.' Old 'frequency' deprives you of everything. I mean': no new ideas, you don't know anything, you don't get anything, and you don't even notice it. You are very narrow-minded, you see everything narrow as well. If you have a friend from school and you are still in contact with him, and you don't understand that you can find new friends. And you don't get that friends appear due to certain circumstances, and to find friends you need to go, for example, to some courses.

That's how people come in contact with each other. Let's say in the US people talk to each other on the streets. I don't even know, but I walk around, and people talk to me, and I talk to people. But it doesn't happen that we exchange our contact details and stay in touch. Sometimes people meet at weddings; this is an interesting thing.

When all relatives come to a wedding in the US, statistically many new couples meet each other at the weddings. And in Russia, it also happens.

When will we find someone? When we have all elements of society. There are 'frequencies' that we get into. At school than there is one 'frequency.' Then someone went dancing or takes drawing classes, or sport, etc. Doing those things person start to surround oneself with people and after this keeps his own 'frequency' for the rest of his life. And most interesting is most the people they keep the same friends or same kind of people around them. I am

always surprised by that. Of course, I should not compare myself with other people. I like to refresh things around me, refresh crowd around me. Once in three years, I change everything: I delete all contacts, I change my number, I disappear from all people. And I start meeting new people. This is a very useful tactic, write it down.

This is one of the main rules, so write it down. You need to ask me more questions about it later on, about those rules that I live by. You cannot get used to things. This is a huge issue of old 'frequency.' When people want stability. He lives in the same place, he has a friend, and he only talks to this one friend.

This is bad. So you took all your attention and made it busy with the same thing, and you won't anything new come into your life. And I always through things away, and with free attention I look for new things, people go through me. That's it. I change apartments as well, and other things.

-Again we came to the subject of attention, right.

-You can say that, yes.

-Than I have a question. Based on your observation, most people in Russia don't have free attention. Is this the worst situation that can be?

-Those with free attention normally are creative people. It doesn't mean that they do art, or anything creative. It's just a free person with free attention, this is a person with 10% of free attention, and for some reason he is': You know all people even on low 'frequency', and on high 'frequency', let's say they talked to someone, or write to someone, or watched a movie. Imagine all those 'frequencies' and imagine that all of them are divided.

There are people, a small percentage of people who sit now in silence, as if they are not from this world, even though they are in the same routines like the rest of people, they have normal jobs in the bank or kindergarten or anywhere else. But this person sits till 4 in the morning and watches videos about pyrokinesis, or about telekinesis, or someone reading a strange book. So the victims of fashion wouldn't even mention anything until it becomes public.

And for this guy, because his attention is free, he reads the book which is not popular at all, but for some reason, he decided to read it.

And those people with free attention are like this. And I call those people -creative. This person with free attention and if he is also with 'no mind.' He lives in the society, but it didn't swallow him - he doesn't sleep. And he can have family and children, and everything else, but he still feels incomplete, not satisfied. He is not interested in all of it. He is not interested. Of course, he works, because everyone is like that. It's better than to die anyway. So he lives. You need to make a family - so he did. But he doesn't care about it. He has different values, not human values. Not primitive values. He doesn't want money, he doesn't want a family, he doesn't want a job, but he does it anyway because of society, but something is missing.

And those people find me. Those people with one foot in the 'corridor' and with the other - in a social-material world. Please repeat the question':

-Now I have a question to clarify what you've just said. Is it possible that people who don't feel satisfied and they have 10% of free attention they find not you but alcohol for example? And it calms them down. Is it possible?

-No. It's possible that alcohol is a part of their life, but they find me. It's not a substitute. I am telling you their attention is not closed. It's free. There are certain stages of development. And it's very complex. I will explain: there is a human 'mind.' He develops it, he cognizes things automatically, what is good, what is bad, he cognizes social and material world, he cognized of those games of life, study, education, friends, enemies, everything. But there is a certain stage of freedom from society. The people whose mind is 'boiling' who have twenty educations, who've seen all the world.

They feel nothing, even my books they understand 'with the mind' only. They feel nothing, and they can understand only with their mind, the mind is very flexible, but they feel nothing, they cannot calm their mind down - they have insomnia, they are boiling': Those people': They are, I know, I will have a meeting with this kind of people. I have a friend like that, not exactly but very similar to what explained. She is from Sweden and lives in Boston so that I will meet her. And we debate a lot. She is from very high material and social level, she is one of the smartest people which I've met. I don't have a lot of those.

So I have her and one other guy from the US. Those people are people of 'mind.'

Why? Because you cannot control everything with your mind and the next level, it's like firmware. The system 'with no mind.' 'With no mind' it's not like you remember things without mind and do it by memory, but it's when you have conscious and attention without limits, with no bounds, and you don't need to remember anything or forget anything, you just take it and then it's like an archive. You connect to it and remember it.

You don't remember, you connect and play it. And the point is that there are people who don't want to live 'with the mind,' and their inner 'I' wants to get out, to free itself, their soul, conscious. They want to feel with the heart, listen to the heart, and this is your inner 'I,' this is your conscious. Someone has it on 5 and 7%, someone on 10, someone on 30 or 40. And those are genius people who created something; those are the ones with free attention. Those people look weird for others, and people don't understand why: I don't get why there is a stereotype in Russia that a rich and genius person in the world looks like a homeless guy. They don't get that in reality; those people are on top. I saw them! They look very different from the rest. They are very peculiar, they have their diet, not like the rest of people, they all have their oddities. Some of them are passionate about something like puzzles. He can do mosaic puzzles, the dude of 50 years old. He is doing 1055 pieces. They are all as if not of this world. Geniuses. Those people are 'with no mind.'

There are few of them. You can mention it as well. When a person doesn't belong to any social strata, he lives not by his mind, but 'with no mind,' you can see those inconsistencies, the same is with me. I look like a biker, with tattoos all over, and I am a nerd. People don't even know what my lifestyle is when they see me in real life, but I can write for hours, at night I can write forever. And if I write-write-write I don't need anything else, I just write. And no one knows about it, and the point is that all geniuses have this inconsistency.

Someone can be a biker and a priest at the same time. That's how it works. Talking about the attention that 10 % of attention of creative persons is a 'corridor.' What was the question? Can you please repeat the question.

-Well initially there was a question if there are people with no free attention at all? Are there many of those people?

-There are not many who have free attention. People who don't have free attention at all, closed people. There are 95% of closed people, and there are few with free attention. There are people who... who... who simply with open attention but didn't realize it yet, not once. Let's consider it differently. There are 10% of people in Russia that have free attention. People who don't sleep, who are not closed, people who are conscious. Among them 8% of those who don't understand what is happening to them.

They don't understand what his soul wants, this inner 'I.' They have not done anything from the heart; they didn't realize, they are afraid to listen to music that they soul wants, they are afraid of things because they look at the society and they do things differently. They suffer through life and live like primitive people, and to this day they are looking for an answer, who they are, and they find me, and they are in shock.

So here you are. Some people didn't realize their heart desires even a little bit. It's important to realize, to materialize it. And there are 2% who didn't close up, who remain like children. They haven't connected to society completely. They also see everything clearly, etc.

But they started to listen to their inner 'I.' And started to realize it, materialize it, they started to wear what they want, how their soul wants, and not how parents or friends tell them to do. They behave how they want.

And those people allow themselves to be who they are, and that's why their attention is free, and one of the examples is me. I would also suffer now': If I would not have this courage, if I would dare, then I would suffer now like my readers. I would live like anyone else, I would study, have friends, and I would be shy to talk about those things which we discuss now because others always belittled me. I would stop talking about it.

And that's it. What then? 'Why do all of them humiliate me and tell me that I am talking nonsense? I thought I am better, let them think that I am a fool, but I know I am not wrong. Why must I listen to music and everyone is laughing at me. 'Why are you listening to the piano?'. I didn't like electronic music when I was at school.

So I knew I had to choose. Either I will listen to others like everyone else, that traded all, people suffer because of it. Or you lose the opinions of those people and your surroundings, and you won't be an authority, but you satisfy your inner needs. I've decided to satisfy my inner needs. And they kept humiliating me and put me down every single day. But I didn't give up, and that's why I have this divine, and that's why I have results. When the rest of the people gave up, I haven't.

-Why do people want to receive appreciation from society? Why the aim to get approval from others, ideally you would need to think about yourself first, logical, right?

-No, that's not it. I will explain: there is no such thing that you want to depend on opinion. I didn't depend on my opinion. It was 2011 I think. I called my friend and told him: 'Listen, - I just left my home at 17 - Listen I have a situation here. Someone said I am an idiot. Because I don't have a relationship, I don't have a job, I don't study, and I have long hair, and dress like an idiot.' I said: 'Why is society against me?' I've mentioned that everyone is telling me about it, but I don't touch anyone. I like it that way. I said: 'I rent an apartment here, I write books, and I like it. It's happiness for me, I photograph, write books, and what if I don't want relationships now, or driving license or study, or buy a car, and I don't want to dress like the rest or listen to the same music like everyone else': Why they pick on me, what the hell they want from me? Why can't they accept me the way I am?

And this is a fun part of society and mentality: they cowed each other. They want to look the same; it's their automatism. And if you don't look like them, then you are an outsider. And everyone is picking on me. They say I am weird. Weird-weird-weird-weird-weird-weird, incomprehensible': People who know me are ashamed of me, they don't take me places with them!

They lie to me not to take me with them. Imagine the friend of mine didn't want to take me to visit his friends because he thought I would embarrass him.

Awful this society. And now this freaking friend is begging me to meet him and wants to come to stay with me in New York. Everything changed. So the point is everyone was picking on me: 'What to do?'. Force myself to have a

relationship, start to wear clothes they like, study and hide the fact that I am writing books - everything in which I have no interest at all, or what? Or to be myself and they won't let me be. What to do? And then for two nights, I tried to figure out this problem. I made two personalities, two columns, and wrote down my world and their world which other people want to see, and I would wear this mold, cover.

At this point information about mold was open for me, when I surrounded myself with elements I was suddenly in society, and I was shocked, even my thoughts changed. That's how I discovered 'frequencies.'

-If it's not a secret what have they replied to you?

-I will try to remember now, we talked about a painter as an example. So we discussed it, and I told them: 'Let's say a painter is making paintings of bridges and he has no money, and he is much happier than people who have lots of material things.' Back then I was against everything material. What did they reply to me? Of course, they have supported me. They say: 'Of course if you like something then do what you like.' And then I asked very emotionally: 'What to do so everyone would leave me alone?' Well: 'Then you need to do what other people do as well.' So I had support. They have not told me to ignore everyone or nothing like that. That's it.

-I understood that everyone has a choice all the time between short-term benefit when you behave like others wants you, and long-term advantage if you stay on your way and do what you want to do?

-I will give you one great example that I mentioned in another book. About a girl, imagine again, CIS mentality. It's a fictional example, well, not exactly fictional. I had plenty of acquaintances like that. So I have live examples of these people. A girl. Painter. And we, the society, tell her: 'What's your painting?' 'Art, I want to be a famous artist one day.' And we are: 'Ha-haha, do you know how many artists are there? You won't have a chance, and you need millions to become a famous painter: 'Also the way you paint no one will like it.' So we tell her that. And then she shows her works to her parents and relatives. And they say: 'Good job girl, but. You'd better paint still life'. She said: 'I don't want to paint still life.' Well if you want to be famous, you need to

paint similar to what is in the Russian museum. Those you need to paint. And if you won't do it, you will never be a painter'. So everyone picking on her and say: 'You don't paint right. You use wrong colors and wrong paints types, and you must paint on a canvas and not on T-Shirt'. Everyone condemns her, and everyone wants to give their opinion even though none of those people is an authority.

And the choice is as follows: either she will become like the rest and will do what other million painters do. Or she will be an outsider. It's either you sell your soul and society accepts you, or you become an outsider, but you live for your soul.

That's what people go through. And that's the way famous people became famous. And a lot of artists came to talk with me. And musicians as well. They ask: 'I am writing music, and I paint, will I earn it?' I say: 'No.' 'And why?' Because there are lots of people like you. And you all do the same thing. You are on a low 'frequency.' You won't have any coverage'. I say: 'You can paint something with your 'mind,'

And if you do that then you need to look around, make analysis and make the best thing. This is how you do it 'with the mind.' And if you want to make it a masterpiece then you need to do it 'with no mind.' To create something on a 'frequency' 'with no mind.' Why rich people spend millions on paintings, etc. I always give an example of icons and places of Power': They radiate a certain code, the 'frequency,' which is higher than society, higher than 'mind.' The 'frequency' 'with no mind,' this 'frequency' of genius, and only on that 'frequency' you can create something. Why can someone not make a masterpiece painting? Because if he is in society '12/12' in 12 dimensions, and he is in it completely, any idea that comes to mind, it will be the same as everyone else. It's a limitation of the world '12/12'.

But if you turn yourself from society, and you are in 'cosmos', Universal Internet: you take it from inside, from your inner-self, the ideas, then the painting will be unique, perfect, the only one like this, genius. And the task of the inner-self is to materialize. Everyone does it through their art. I materialize it through my books.

-Does it happen that a person does what his soul wants but doesn't achieve success? And he remains unnoticed. Is this a possibility?

-No, not possible. If the person does it for real 'with no mind,' from inner-self, it will be genius. Not possible that he won't be recognized.

-All right. But what if... If a person is a genius then he must have...

-There is one great thing. I don't know how to attach it to the subject. We need to touch on the subject of destiny. People who don't have any free attention, they don't have a destiny. They have no Destiny! And 100% of people whose attention is completely 100% spent on society, they are closed, they don't have a destiny. This person relies upon society and himself only. Only he can do everything; only he can achieve something, that's it. Nothing more, no faith in God, no miracles, and no-one helps him, he doesn't have guardian angels, etc. And those who are open at least on a 5 or 7 or 10 percent they have a destiny. This is the thing. And this world is this 'corridor,' the world 'with no mind.' And those people will open their inner-self and materialize it if they paint one picture, two paintings, there is a destiny for them.

And what is destiny? In some strange way, you can meet an artist, to meet him by accident. Miracles start to happen to you. You don't even need to try. In the world, in the world 'with no mind', on the 'frequency' 'with no mind', there are different rules, they are not human, and people that you think about as masons, aliens, etc. and angels, those are those people, those people are of very high level, of this world 'with no mind'. They have different rules there. The world 'with no mind' is the next stage after a human. And those people are connected to the world of 'no mind.' And those people who are not connected to society but to world 'with no mind,' and who is open and who could realize it in themselves, they are all geniuses. And those who rule everything, they know, this is that 'frequency.'

-So the world 'with no mind' is possible only for those with free attention? The more, the better?

-Yes.

-The conclusion is that everyone needs to aim to free more of their attention?

-Yes.

-Then there are certain possibilities to do that. What steps can we take in that direction, if someone realized that 100% of his attention or close to 100 taken? What can you recommend to do, except fishing, that you've advised earlier? Maybe some books?

-Here is the point. Temporarily you can free your attention with any technique recommended by any religion or spiritual group of any sort. I also have techniques like that. But to develop yourself to the point: Look, 10% of free attention is always there. So it is there, and that's it. But person closed for 90%. And someone deep in a society, and his attention stolen, and 10% is free. So the tasks are as follows: so the person cognizing society, material world, and all of it that steals his attention. And the more he cognizes it, the less his attention is stolen by it, and the more attention is free. I want to explain the difference: not about humans but attention, we need to understand it so that you can ask the right questions. So the person is with 10% and a person with 90% those people look alike.

You won't mention any difference. But if you ask them what the difference is, and I will take let's say a cigarette and will put it out on my hand, and this person will react immediately. He won't be able to control his emotions and reactions. This guy with 10% of attention if the nude girl will come up to him he will react again. He will either get scared or will breathe heavenly and get aroused. And some factors steal the attention of a person.

And the point is when a person has 90% free attention, this person won't get provoked at all. His attention won't be stolen. If they call him and tell him: 'Your dog died.' And he will say: 'Ok.' And the person who has only 10% of free attention or just a normal human who is closed very easy to hypnotize with those things. Well, how does it happen? If someone would talk now on Skype,

normal closed person and if someone would tell him that his dog died, that's it': I would be lost. I would forget who I talked to and what about, and what was yesterday, and what my plans for tomorrow. I would be completely unsettled because I don't understand what the dog is, what is to die, I don't understand anything.

And the point is that you need to cognize everything so your attention would be free. This is a real conscious. All those spiritual people who are trying to be conscious, they don't even understand what is this to be conscious for real. If I tell the closed person, this spiritual person who wants to open up to go to a brothel and buy time with a person there and they would sit out there naked and talk for an hour, it will be a big step for that person, for his mental state. And if I tell this person, the one who is my guinea pig for this experiment, I ask him to tell me who annoy him, and he will tell me, and I ask him to write to this person while I am there, controlling it, otherwise he won't have guts to do that. But if he will do it and send the message, he will free himself. And his attention will get freed. Those are like blockages so that he will be freer. It's the same simple examples. I am asked different questions. And here is the topic, social topic. Boy-girl. Let's take a boy and a girl as an example. They are young around 17 or maybe 15-16, they are very shy in front of each other. And after 20 years they can sit on a toilet in from of each other, and they are not shy anymore and walking naked in the apartment. But years ago they could not do it! So this edge in blockages disappeared. And the task is to erase everything completely. You need to understand everything on the degree that your subconscious and attention would be maximum free.

-So it should be everyday work, what if you stop and you would get back to the low percentage of attention?

-No. If you open up your attention completely for 100%, it's forever. Those are just circumstances, let's say. Yes. Circumstances that influence our mental state, yes. If some guy is angry and making jokes. It's his psyche, it's... Our psyche can be programmed and formed due to circumstances. And if this guy was bullied at school then he will have a different psyche today.

And if I would lend money, twenty times when I was younger, and they never return me that money, and I would have a poor family on top of this, and I tried to work but it never worked out for me, and I lost money three times, and when I played lottery and played poker, and I had debts, then I am afraid of money now.

So this is my psyche now, and I have this blockage, that's how it formed. And if someone went to a children's summer camp and he started to perform on a stage, and they told him that he is great, he will be a leader. This influences our psyche. And the point is that you can write an algorithm. For each person is different, so he would be ready mentally and you need to know the consequences, and only really good psychologists can know that we don't have those in our country': If I give you a list of elements, what you need to do, and those will be against your perceptions and your values, non-standard, abnormal. It will break your 'mind'. It will break your comfort zone completely. But if you do those 10 actions-elements, you will be a different person afterward.

-It's not possible to do it by yourself.

-The human himself won't be able to give it. Look it will turn off your mind, how I call it. Human is the 'mind.' You won't be able to imagine yourself anything. Let's imagine I am the 'mind.' I cannot use my mind how to turn off my own 'mind.' 'Mind' will protect itself, and he won't offer that, you understand, even if you can imagine something for yourself it won't be strong enough. That's why you can get advise from outside only.

-Can the person change his mind? I mean he received all algorithms, and you have probably had those situations. He has everything, and he knows that the results will be wonderful, but he cannot get over himself to do it.

-Yes, very often. It's just human': So you would understand for a person it is like I don't know how to kill myself. This is what turns off your mind. And 'mind' is like a robot with settings, fears, principles, and stereotypes. And imagine that I destroy them. And I will say:'Listen, you need to say that and this, and I don't know tell your girlfriend what you don't like about her. It's a fear for him. And you need to meet with your father and talk to him and ask

him about his first sex experience.' This is not normal, and you see it is exactly conservatism, right?

This old generation of people and our conservative country. 99% of kids are shy to say to their parents that they have a girlfriend or boyfriend. They are just shy of it. And it's all covered up and wild, it's awful. Those are blockages. Because people are holding more and more inside, they hold the offenses and aggression.

And I think it's right to say everything as it is. I don't like your music I will tell you that. If you offended me somehow, I would tell you about it. You need to do it'. And get sick because of that and suffer because people close up and they have a million blockages.

So to be open and to be conscious, and your attention would be free you cannot hold those mental blockages inside.

-Is it a key here - you don't need to be liked by everyone?

-Yes, you need to accept yourself the way you are, if you are fat than you talk about it. If you like cartoons and you are thirty years old, you talk about it. And anyone needs to do it, from childhood. And if a person has this lifestyle than he is open, with a normal psyche, healthy person. And if you suppress everything, hiding, then he doesn't live at all, he is not appreciated, he is trying to live somehow, but it doesn't work for him. Everyone is suffering like that. People live now not in their skins.

-And if the person started doing it only now, and from his childhood. How long...

-No, I have strict... It's a pity we didn't have a right route on questions. We moved from 'frequencies' on this subject, and if we touched on this topic, yes, if a person didn't start this lifestyle from childhood how to remove all blockages, principles, stereotypes, to free his attention. It's simple. It works like that, and a person needs to do a technique. To turn off his 'mind.' 'Mind' is all his blockages.

And if this person meditates, I call it Opening the channel, so the person turns off his mind using any technique, and in the state of 'no mind.' So it is a

more or less conscious state, in a sober state, for some time (it's a temporary state) for two-three hours.

Depending on how long it lasted for him before, and in this state, he can scroll his contacts or in a social network to go through friends list and pay attention to who attracts his attention, and what people disguise him or he would have some negative feelings.

You need to write those people down. In the same state, you can stand in front of the mirror and look at yourself and look at what you don't like in yourself, hairstyle, clothes, etc. And you can do the same with your apartment. And with music and movies.

And the point is that when a person is open when his inner self is open then everything he likes it's his. And if his soul responds to something, then you cannot make a mistake or doubt it.

And if you make a list and he will surround himself with those things he will feed his inner 'I.' And the second list with things that annoyed him, he needs to throw away those things, it will make his 'mind' weaker. That's how it works. I did it in this state myself, and other people did it. It's a very good technique. And also you can watch yourself at this state as well, you can ask your inner voice what you want to know. The funny thing that thoughts that pop up in your head are not genius thoughts but they are silly thoughts. Like you would remember that you wanted to dye your hair blond when you were young. And you need to write it down. And if you do it later on it will open you up for an extra 5%.

The same theory was in the movie 'Captain Hook.' They showed that there is a dream, and they showed the openness and closeness, there are kids who are in an imaginary world and they never get old, and they have miracles, and possibilities because they are open. And they showed how old this main character. And why? Because he lived by his 'mind', in society, and he didn't feel anymore, he didn't see and contemplate. And the point is that everyone has a dream. And this is something that you can do for your soul.

And if you do it, your soul will be feed. When people find me, they have free attention. When they read my book this attention gets wider and wider, and their 'mind' is off, and they are in shock. That's because they didn't get confirmation.

As if they got something from their world as if there is a Superman and there is a stone from his planet. And it falls on your palm, and he is twice as strong, that what person feels when he finds something for his soul that suffers and asks for food. And people react like that on me, on my books, on my music which I advise and on all my recommendations, they become life again, because their soul is clogged, and almost dying, and then they find me and start healing their soul, their inner world.

-Can we recommend to a reader to look into their memory and remember what they wanted to do when they were children: what they have dreamed of?

-Yes, and do it! Yes, you should start doing it! It can be something silly, and the most interesting thing is when you start doing it your mind will be off, his mind will be on, when he thinks: 'OMG I am 55 years old, I have two kids and the rest. Dancing? Really?' But no. If you like dancing you must go and dance. What is the problem? People go to a gym at an older age even. And you need to materialize your dream. Those needs of your soul. There are moment under different circumstances when a person 95% closed and only 5% open and with one foot in the 'corridor,' yes. My potential reader, he can get drunk for example, and the next day because of hangover his mind is off. And he feels so good because of that. And he feels his inner 'I.' And his 'mind' with all negative emotions and patterns is not working at all. And in this state, even in this state... it's the same as euphoria. The feeling of Love. And in this state, you can mention what your soul wants. And if he will write it down and will execute it, then yes. You need to write down things every time you are in this state under different circumstances, what your soul wants.



Chapter 3 Who is Alexandr Korol?

Personal story

27th of August 2017

-What kind of questions do people ask more often than anything?

-The questions that they ask me?

-Yes, what they ask you usually? Questions about yourself?

-What they ask me... Well they ask me if I am happy, I am asked about it very often. Really, very often. It happens that people are lost, and they meet me in

real life, or I reply them in social networks, and they are in shock because I am rarely there. And I ask what do you want? And if the person doesn't know what to ask, he asks if I am happy.

And the reason is straightforward why they ask me that, people don't understand my lifestyle, and they don't understand the emotional responses I have in my books for example. I always emphasize some words and sometimes I use rude words and common examples, so the readers' attention is concentrated on what I am saying. It's not because I have some emotions.

And if I need to write a chapter for example about how to become modern, and show people the reason why they cannot find friends, or job, etc. And this is the problem of old 'frequency.' And when I say for example: 'this country, or those people, who are conservative and afraid of everything, and talk about you behind your back', everyone starts saying: 'He is bad!' And they think I am an angry person, as if this is my usual way of thinking, but in fact I did it on purpose for this particular chapter. I present it like that so that people would feel the contrast and they would understand how bad it is this old 'frequency.' I give them tough and rude examples, and then I give them good examples as well, how it can be, and I tell them how to do it.

And when people read this chapter, a lot of people ask me: 'Alexandr, are you happy at all?' And I say: 'Yes.' 'I would not say that.' I say: 'Why?' 'Because you don't like people at all, looks like you are not calm, is everything all right with you?' I say: 'Yes, everything is good with me. I am just like this eccentric politician, I show off, but it doesn't mean I am mad and shout at everyone at work.' So this is the first question if I am happy.

-How did you come to do what you do now? How did it happen? At what point your life turned you towards this job?

-Ah, how did I start? It started in my childhood, and I remember many moments which I've mentioned in my books. I am just... I was a child-psychologist, that's how it was. For real, I saw how children lied when I was at school, and how teachers lie as well. I saw it in such degree that it looks like a copy of the movie 'Catch me if you can.' They showed young Frank, and he said to a girl: 'You don't do it right, you need to fold the note, then they

know that you are absent.' There was something about fraud or something. It doesn't matter.

The point is he paid attention, and he said to a girl: 'It's a note on A4, and it looks too neat, you need to fold the paper otherwise they will think you've just written it.' So he gives her a hint. I gave people tips at school already about everything, and I saw all their flaws. I could not communicate with my classmates. I wasn't interested because they had very primitive views on everything.

They haven't had that connection of cause and effect, in their heads, they haven't had a sober perspective on the future, and what they want. It was very primitive in their life as if their thought was like cuttings — no beginning of any ideas no end of them.

So someone could say: 'I want to open a night club.' Every second guy told me that. And when I asked why he wants that, they could not explain it even, because they didn't know. It was just fashionable, cool. They were talking about something and didn't understand that it won't bring them any money. They didn't know what to do to open a night club. They didn't understand how it works at all.

And when they ask me if I would open a night club, and I would reply that if I could have the opportunity, then I would instead open a healthy food store. And they looked at me and 'fie!', because it's not cool, it's not fun. I say: 'But there is money in it!' I had different reasonings. In the last grades, I ask my teachers: 'Can I talk to a psychologist.' Because I was interested in psychology, I thought I could find common ground with them, but then I realized that psychologists are primitive. Even with the psychologist, I wasn't interested in talking then. They were very primitive, and it was an ignorant person with a set of blockages and limitations, etc.

And when this understanding of psychology manifested in me, I was explaining to my classmates what they feel towards others, why someone lies, and what happens with someone. I felt all those issues and always talked heart to heart with people: 'Why did you hide it?' or 'Why if you want it you haven't done it? And why did you go somewhere you didn't want to go?' I always felt it and asked questions.

The initial manifestation was simple: I was asking questions.

Then there was a big transition to the main subject when I left my home at 17. I had a graduation party, and when I got back from it, I packed and left my home. When I did that, of course, I did it 'with no mind,' I didn't think about it, I just did it. And when I left, I had no plan where to go, how I will support myself, and what will happen to me. I just left.

And when I was walking on the street people called me and asked me where I am and what I do, etc. Back then I had lots of friends. I don't have it now like that. Around twenty people called me that evening. And I told them all that I left my home, and they all invited me to stay with them. So I started to live with one and then with another friend and then with the third.

And then I rented my own place. So I started to live alone, and I've mentioned that I feel other people. I started to mention that I feel the energy on my palms. It started when I left my home, and I was in a bit of a depressive state of mind, and I was listening to music, and I went into a meditative state. I didn't know that it was meditation, but I was listening to music, closed my eyes, and I felt warmth above my head, and my body got numb.

And when I open my eyes the feeling disappears. Then I closed my eyes again, and I realized that my breathing takes my attention, and to feel more I hold my breath and I went into such a state that it felt like five minutes but when I open my eyes it was very bright in the room even though it was a night. And I did it during the night at 2 or 3 am, and when I opened my eyes, it was morning already.

And this state I was in it changed everything in my life, because when I went in this state, it was like a dream, or meditation if you need to compare, right? In that state, I asked questions, and I got answers about myself, and who I am and what I am. And when I woke up the next morning, I began to percept differently all world around me. I don't know even, as if I was grown up already. I became empathic because I didn't know how to call it otherwise. I posted descriptions of my state on forums online, and if someone sat next to me with a pain in his knee I would feel his pain, I was in shock. But I got a lot of confirmations about it.

There was an incident in the hospital where I had an examination, and I was sitting at the doctor and they brought a woman in, and I said to the doctor: 'She feels that and this, and she has this and that.' And my doctor asked: 'How do you know it?' I said: 'I feel it.' 'What do you mean you feel it?'. I

feel people. What they think and what they feel. She is in shock. And she looked at me skeptically and said: 'I will check it out with this woman.' And a few days later I was at the doctor's office, and I talked to my doctor, and I feel as if I can hear myself volumetrically. It means that someone is listening to me, And I realized that doctors all around are listening to our conversation. And my doctor tells me: 'I talked to this woman and what you've described is all correct, who are you?' And she was in shock, and she asked: 'Will you talk to my husband please?'

And so you would understand I didn't write books back then. I only had a diary about my life. It's called 'Why people are losers.' And I've met with her husband and then she said: 'I bet I will see you on TV someday, you are very special.', etc. And it was a confirmation for me. I wrote down all the confirmations in my diary, and this diary now is a book I called 'Answer,' the first one, it was a sort of draft which I published on the Internet. That's how it all started. It was a period when I could run away from someone because I could not bear the pain they had.

I had this empathy. And I felt people and knew what they thought.

There was an incident once, and I was studying at the university back then. And it's a live example, you can confirm it with people. We went into a shop with two dudes, no matter their names. And I feel like one of them thinks about how to not to pay for anything. When we got back home, they call me to a kitchen and say: 'Why are you sitting alone in the room? What are you doing there?' I said: 'I am talking to someone, I am telling him all about him.' They say: 'Tell us about us.' Well, I feel people, you wouldn't understand.'

And one of them says: 'Never mind, just tell us.' So I told one of them that his a murderer and to another one, they didn't want to pay in a shop. And the one who is murderer he started to cry, and the one who didn't want to pay was in a shock, at the end he admitted that he thought about it. And they started to ask me how do I do it, how I know it, how is it possible. And the guy who I called a murderer he was attacked when he was young, and while he was defending himself because he was physically very fit and did sports, he killed the attacker by accident.

And he was saved by his relatives from the prison, and no one knew about it but the limited circle of people. It is shocking for them. I didn't know how it looked like, the murder and all, I don't know material things. I just felt it

because when I looked at the pictures of killers on the internet, I remembered their scent. Their energy.

And when I was traveling by metro, for example, I always saw killers. They have similar energy. And I was afraid. Because I was brave enough to talk about it out loud, my confidence grew, and I started to tell people things straight forward. No matter where I was, in a metro or in any public place, I talked about what I've heard, or felt, even negative thoughts towards me. If I saw that someone didn't like my jeans I could come up to this person and ask: 'What did you think about a second ago' 'About nothing.' 'No, you walked by now and thought about something'. 'I haven't.' 'No, you walked by and looked at my jeans, and you didn't like them?'. 'what are you talking about?'. I say: 'Tell me I am right.' Him: 'Yeah, ok.' I asked: 'And why?' 'Because my friend has the same, blah-blah-blah'. So I was pushing like this for confirmations. And my faith grew and grew and grew. That's how it started. And further on it's a long-long story how it all developed.

-I am interested in how you can read someone from the first glance. Like in your book you've described, in 'Aurora' I think, how you talked about your teacher's daughter. So to read the person you need...

-Uh-huh, it was not in 'Aurora.' It's in the same book 'Answer,' those are the stories. When I was studying at the university that was one of the incidents. When I got a pass on the exam because I talked about our teachers and students, who they are and what they are, as well as about this teacher who gave me a pass. Then she showed me a picture of her daughter and asked me if her daughter needs to live separately from family, or better is she stays with them for a while.

-Uh-huh, in 'Aurora' there is the same story.

-Yes, possible, if I touched this subject in there.

-So the question is...

-What was the question then?

-First of all, can you explain how does it happen? And the second is, don't you need to see a person? Or the picture is enough? Does the picture have the same energy, the same mood? Can you see a killer on the picture as well?

-Yes, in reality, is possible. But not necessary, the picture is enough. There is no such thing as a picture having a certain energy. It's too mystical.

How does it happen? Well... you just look at someone. You know it's easy to learn to do it. But a person needs to break their stereotypes, principles, you know it's a state of desperation so to speak. Imagine that it got stronger for me. I was like that. But it got stronger when I left home.

What does it mean to leave home? It's the same as if you would lose everything. AND you won't call anyone, or write anyone. Like you are on a deserted island for one day, second day. And your attention is not stolen by anything. And you are as if bare, it's a sacral language, often mentioned in religions as well, everyone comes to God bear. Bear not literally, of course, and it means not bound to anything. And only if a person not bound to anything then he is like a mirror.

When I look at the picture, then I... don't have a feeling, I don't have a mood. Mood and emotions come from 'mind,' and when there are thoughts and connections, then you would react, that you feel inside. And when there is no connections and no mood, then you feel nothing. And when you are together with someone in a room or when you look at the picture you start feeling, I don't know, something. Angriiness for example, or heaviness, or depression or confidence or aggression. You feel it inside of you. And when I mention that I am angry and stressed.

And then I look around to see who is in the room, and I will come up to the person and ask how he feels. And he would reply: 'I am angry and stressed.' I say: 'I see.' And as soon as I am out of that room I don't feel it anymore, and I feel good again.

If I think about someone, I start feeling this person. Only think! That's how strong it was. Back then. And I couldn't control it yet. So I suffered because of that. Since I felt it so strong I could show some tricks, I was showing off some tricks. Try to imagine: young guy, handsome, 21st century, Internet, social networks, Vkontakt 2006 or 2007, right? So. I was talking to people, and I was photographing back then. Of course, girls want to chat with me. And I could go to VK and scroll through people's lists, and suddenly I start feeling

someone, very strong feeling, and I would feel as if someone is crying. Then I would write to this person: 'How do you feel today?'

And she would reply: 'I am all right.' And I say: 'Are you sure? Are you crying now?' And she would say: 'I am, how do you know?' That's it. And those were confirmations for me. I had a friend, singer, she was not very famous, but locally she was.

And there was an incident. She dropped a cup or something when she was at my place. And she left and was driving home. And I feel that she is thinking about it. I called her and said: 'Stop thinking about it.' She asked: 'How do you know what I am thinking about now?' It was so strong that if someone would talk about me I knew it and I would call that person and ask: 'Who are you talking to about me?' I had this mad empathy and sensitivity. But to have it there were many 'buts.' You should be alone, for example. You should have a high percentage.

I mean to have those abilities at all. You need to give up a normal human life. You need to live alone and spent more than 50% of your time with yourself. You need to surround yourself with elements which help to concentrate your attention. Not disperse it, some elements disperse your attention, and there are ones that concentrate. If you turn on some dynamic music, it will disperse your attention.

But if you will turn on music by Yann Tiersen, there is that piano, and it will concentrate your attention on yourself. And the more you listen to that kind of music that concentrates your attention on your inner self, and if, let's say it's also night time, like now at my place in New York. If you are alone and listen to this music and you bound to nothing, you have no chores, and you don't need to go to work tomorrow morning, and you have no debts. You don't have those mental blockages, then... You would be a super psyche. You will be able to feel anything.

-It looks like anyone who can free their attention and who will listen to this music and have no debts will also feel everything? So it's available to everyone or not really?

-Available for everyone or not? If you will listen to music and free your attention. There are many 'buts.' This system, this world is very complex.

Look. If I take a group of people, and I will advise them how to feel, right? Everyone who will come to me will get the result. And I will explain why. Because people who wouldn't be able to get the result they won't find my books or me. They are on a different 'frequency,' in a different world. Do you understand?

-Yes.

-The situation is like that. But now I need to explain further. It's more a technical moment, from one side I think that information that I am giving you will help to unmask all fake psychics because I am telling you now the details that they wouldn't know. If you ask them a question, they won't reply as I do, and it means they are fake. There are nuances. Why I said for example that everyone would get the result... Because everything that I do, my books are on a certain spiritual 'frequency.' And only those who are creative, open, sensitive people will come to me, they already have a potential. There won't be a single person who is primitive. He simply won't hear me, and he will never come across my books, and he even won't want it. But if I will present my information not on that 'frequency,' and will start to advertising in a supermarket for example, and make it more social-material, than I will attract more audience, a big audience.

Why do I have a small audience? Because if I attract random people, they won't get a result. They are from a different world. That's the feature of my filter. I mean the point of the filter I have. And I will gather people who are, apologies fappers, and lack of self-confidence, who want only women. Instead of figuring out how to do things they want to ask me for advice. It's terrible. This is low. I am sorry for those women who would have to meet with them. And if I won't do the pickup videos.

Because I don't need this audience, it's unpleasant. This audience if it will be attracted of course they will know me since I made this bridge to myself through a certain topic. So I've created a reason for them to notice me. And when they know me, they will want to read my books. But they will only know me because their attention was stolen by pickup strategy. They will find out other information, and of course, they will want to learn how to read people, but it won't work for them. They are too primitive.

And I have a very strong filter. That's why I have a cover, the way I present myself to people, it filters out who don't live by the truth. Consciousness and spirituality - this is the core, this is a formula, it's inside, it's not tangible, it's like an energy code. And I attract a certain type of people, and we develop this code. If I will have a pretty cover and talk about nonsense, it will be a beautiful cover like I am flying in the airplane and talking to a prime minister, and we drink tea together, and of course, people will get attracted to this, they will see this cover. But they won't understand, they only understand one thing: 'It's so cool, I need to write to this dude.' And why would I need those people?

And they will ask me: 'Teach me magic! Teach me! Oh, you can't? Fie! You can't do anything!' Why would I need people like that?

I need someone who will feel something and understand something. And he doesn't care about the cover. There is a rhythm, the 'frequency' of people who live by the cover, and they have no soul. They only can express the cover artificially, a mask, and they believe in people who wear masks. It's the world like that, society. And there are people who live from inside, by heart, by feeling, exactly what I do.

-Among those who live by heart is there anyone who can understand your information completely? Maybe because of internal settings there are many skeptics, people with principles that won't let them believe in the possibility to have those skills?

-You see you are asking me if I meet skeptics, but I don't meet them. That's a funny thing. So what if I made a book with mistakes in it and published it? And only a spiritual person will read it because he is interested in information. And Why? Based on my personal opinion. If I am interested in something... Let's say, this subject of Ahnenerbe. I was curious what kind of organization Hitler had, right? And if there will be some documentary in the Russian language and in bad quality, I will watch and watch. What if I see something is in there. And I will watch this bad quality wider again and again.

I won't complain like those people do, that I want only in 4K and it shot only on mobile. A person needs information and not 4K, get it? That's why I don't

have skeptics. Some people are by accident came across me, I don't get them. And it from 'mind.' There is a fashion to be spiritual. And it happens that in the Internet people who do yoga for example, or meditating for 300 rubles on the mountains, and thinking they are enlightened, they come across my info.

That's it. They won't understand anything, they would comment that I am a loser because they got angry that I am self-confident and there are many positive comments about me. And that's it. Yes, those people sometimes appear. But among my acquaintances, there are no skeptics. And among people who read my books.

-I want to clarify something, those people who came across your books by accident, right? Can you look at them as if they made the first steps in spiritual development? Maybe that's why...

-No, no, no, no. Those people who do yoga for 300 rubles. Those are normal people of 3rd 'frequency', on a low level, who subscribed to a girl with tits. And she had 400 thousand subscribers in Instagram, and he saw that this girl meditated, who doesn't do it in reality, she just advertised something. And this a loser from 'frequency' 3' also tried to meditate. He sits and listens to the sounds of nature, wrote about it that he did it. He saw that everyone said: 'It's cool bro'. And he realized that it's fashionable. He is not spiritual, he is from a very low level. They just read about it but they don't understand anything. Because they talk about it doesn't mean they are on a higher level than those who can never do anything.

Many people are conscious. And they have never meditated, and they have never read a book about it. They are just developing in life due to circumstances. And those people climb mountains or dive. They talk to scientists. They train their discipline and their will power. They combine rhythm time of world and family. They work with their time rhythm by themselves, and they don't know about it. Those people are more developed than anyone who saw that yoga and meditation are fashionable, and that's why you need to do it.

-Uhm, I see. And what about creative people. Some of them have a fear of losing their inspiration, and they would lose their talent. Do you have those feelings sometimes?

-I know that artists, writers, and other people are afraid to lose their talent, and it's a fact. But the most interesting thing is, why I am laughing now because of all of psychics who are live by it, they are also afraid. They are scared. Or they say: 'God gives, God takes away.' Also, they say if you would buy material things for yourself that God will take your gift away. I hear it often. Those are real fanatics of esotericism. But I know how it all works. That's why I am not afraid. It works differently. This is exactly on a subject of 'frequency,' why talent suddenly disappears or lost if someone does something wrong. Like, buy material things. Because he goes to material 'frequency.' And he goes to material 'frequency' because he does social-material things. He acts differently, surrounds himself with different things and turns himself off from 'frequency' where all the miracles happen. This is about creative people. Many of those asked me for help. Those people who had crises in their lives, and so their path lead them to me. Because a creative person who loses the talent is the one who stopped following the lifestyle he had before, when he was on a creative and open 'frequency,' where his talent was flourishing, where his inner 'I' was satisfied. When he started to suppress the needs of his inner 'I,' when he started to do what if not from his heart, when his freedom was taken away. Let's say he got himself a girlfriend, or he has debts. And all those routine things take his attention away.

That is the problem of creative people. I am creative myself, I understand it perfectly. And I know how it is to be a creative person when you madly feel everything. I know how creative people get into a bottle, and they take offense about criticism, and how hard it is for them. They worry, and it's hard for them to tune up and hard to turn off from everything if this person is an actor.

Those are closest people to me. The closest people for me are tramps, closest people, creative people. Most of them, of course, are actors. Actors in theater or movie, those are tramps. Those people 'with no mind', they feel so much, they know, they understand. We feel each other without words.

-Do you have a mission, so to say? Is there any ideal result in this world that you want to achieve and you do everything for it?

-Do I have a mission? Yes, I have a mission. For me, let's say, circumstances... Let's say I am turned on, let's put it that way, while I was writing my books and wrote down my thoughts, I worked on myself, right? And I developed myself of course. And in my book where I give information for many years, I didn't write them just for people.

It works a bit differently. I did it for myself. I was developing myself, I was asked many questions, and I was polishing every topic I touched. For me, it's exciting when someone asks me a challenging question, provocative question. And the cool thing that I was never asked a question that I could not answer to. It never happened. And my self-confidence is really high because of that. And today my situation is like that, and I was training sort of, I was getting experience, it was sort of demo version, then I need to appear publicly. I have a plan for this book to be published.

I need it to be published all over the world, and it has to be in bookstores. Further one there will be a documentary movie or some series of movies in good quality for social material people. This documentary where I can present my information. And then when I will make the movie and book it should be translated into English.

And then I can give information. This is the plan. And of course, I need to present myself. Because I am, people don't consider it, and my readers as well. I am telling them: 'Don't judge me by the cover. I am developing as well, and I do experiments, and I let different people close to me. It doesn't mean they are my friends. I dress all the time differently. Sometimes I am bold, and sometimes I have long hair, sometimes I am skinny and sometimes fat. I am not bound to anything, and this is my job to develop myself.

And I want to present them myself, real me, so I am looking for a photographer in New York now, not even one photographer, so they can make a picture of me, real me, what is inside of me. And my task is being in a pretty cover to present myself to society. This is my goal for the next year.

-But it's a goal, not a mission. Do you want to present yourself for what exactly?

-Is it a goal and not a mission? And for what?

-Yes, you talk about worldwide scale, not just Russian, but all over the world. And what's the point of it?

-It's very simple. I am... You see my mission is. I don't think about it. I don't have goals like other humans. There is an explanation for that. And it is real, like nature, it is 'with no mind.' I mean it's I am. And if I would be a person 'with the mind,' then I would have a mission, I would set a goal that at 20 years old, or in 20 years I will be a president and change the world. This person believes in himself. And this person takes all his tasks on himself, and he will follow them. This is 'mind,' this is society, there is nothing creative, nothing spiritual, etc. I have it differently.

I am talking to you now, and tomorrow I will go for a walk, and the woman will come up to me and say: 'Hello, Alex!' And that's it. I have goosebumps. And I will say: 'Hello.' And they will tell me to follow her and I will follow.

And where I will go and what will do I have no idea. I live by those rules. I live like this wherever circumstance take me I go, and it's the most interesting thing, people don't see me in the right way, right? I want to explain people, to show them, everyone thinks that I am what they see in projects that I produced, and many people do the projects. And I didn't plan any of it. It's just happened.

The same with the name of the book, I was reading the article, and they talk there about some path. Let it be then. Let it be a path, who cares. I didn't plan, and I didn't think. I just wrote a chapter, and when I was writing it I didn't know what I wrote already, I just post it without reading. I've read my own books several years later after I published them. I didn't even know what is it in them. I don't care really. I leave it as it is. That's my attitude towards everything — the same with information. People were waiting. What question they have asked the most.

This question was asked many times: 'Alexandr when your information will end? Where do you get those topics from?' They don't understand where all

of it I take from. Some people follow me for many years. And they are shocked, there are so many books I wrote already, and there is no end to it. And they say when it will be finished. Where do you get it all from? And creative people ask me where do I get inspiration? I don't get any inspiration, and this is my life as it is. How did I discover attention control or 'frequencies,' I just started to see it. If you take one of my books, on the subject of old and new 'frequency,' right? This book is about the future, 'Aurora.' How did I write it, I just started to mention that people who have everything right, they are modern, and all of the people with problems, they are on old 'frequency.' And the issues they have because they are bound to the old generation, to old values, to everything old.

And I saw myself walking on the street, and I can see girls of the same age but one of them in her twenties looks like she is forty, with fake hair, on heels, and she is scary and super tall. And the other girl of the same age looks like she is eighteen. She has no makeup, with a short hairstyle, no heels.

And they are the same age, and they are even born the same month. But something is very different. And if you ask them questions, then one has a boyfriend a bandit, and she never went anywhere further than Kolpino. It's a small city near St. Petersburg. And the other girl she says: 'I am planning to go to Australia, we have an interesting project here. And we are meeting there with a group of friend from all over the world'. Those are different worlds. Mad contest. When I started to see it, I started to share this information. That's it.

- I have a question. When someone starts to live 'with no mind,' he goes with a flow so to speak, or he controls the process sort of?

-You have asked the question if someone lives 'with no mind' whether he goes with a flow or he can control the process. There is a thing. I will explain. 'With no mind' - it's like living with a mind but on a different level. You also think things through, but you don't have 50 thoughts as people have from external factors, which you cannot control, and you don't understand where your desire comes from. People who live 'with mind' it's a very primitive level, when the person... You can see it in women a lot, when she sits now and TV is

playing on the background, and there is a dog in a movie, and she says: 'I need to buy a dog food!' And that's how her thoughts formed.

And she would walk on the street and sees a girl with a bag, or let's say dressed up people going somewhere, and she thinks: 'Ah, my birthday soon, I need to get myself something pretty.' That's how they think. They see something, and they think about it. It's bad, it's very primitive, and it's very obvious when I gave this example and people commented: 'Ohh, you talk about our relatives, about our friends...!' Everyone has someone like this. That's it. And 'with no mind' it's when you have on thought... its like inner voice, you know like in the movies, a narrator voice on the background, especially in documentary movies, and he thinks: 'Hmm...

Where should I go? Shall I go there or another way? Don't know.' And when you have such thought, there is only one thought, like an inner voice. And when you don't talk to yourself. It's like an internal dialog with yourself. Internal dialog is good, and it's useful. They say it's mental, this internal dialog. It's nonsense! Society likes to spread rumors. And this internal voice. You need to talk to your internal voice. It makes you sober. It's a more conscious approach to your life. And a person who lives 'with no mind,' yes from one side he worries less than a person 'with the mind,' but he makes better decisions because he reasons with himself.

Let's say if I should explain it in a primitive way - he uses 'mind' only when needed. Not when your mind is the enemy, but when it's needed. It's the same as if I am 'with no mind' will decide that I want to do something crazy! And I will go swimming in the river next to my house. And I will start undressing, and I will think in order not to discomfort people I live my underwear on. So my 'mind' will turn on at the right moment, but it turns on not like a blockage but like an alarm: 'Alex, think about it, don't go extreme, you will provoke people.'

This is how it works. From one side person 'with no mind' goes with a flow, but at some point, he holds off. Of course, you should understand that if you are in a police station and you need to report something, and if you tell them that you are talking to aliens, they will ignore you.

That's it. You would need to hold off at that moment. And when you are at a job interview, and they will ask you: 'what are your hobbies?' You should not

say that you go to swinger clubs. It doesn't mean you lie, but something you just hold off.

Because all people from different social levels and they all have different values, for some it will be madness. That's it. There is a limitation. But for the rest, you go with a flow, till the point when you sit at home and don't plan to go anywhere, and then someone calls and invites you to go out.

And you don't think whether it's good or bad, you just...

You live by your feelings. And if someone calls you and asks you: 'Let's go out?' And if you feel doubt in your soul than you say: 'I won't go.' You didn't really think about it, and you don't care where to go. And if someone calls you and tells you: 'Let's go out.' And you have a pleasant feeling, and you don't care where to go and with who, you just go. And you always listen to yourself. If you have feedback from your heart, then you need to do it, but if you feel unpleasant than you don't. That's it. You live by your feelings. I can walk in the street, and I will see a restaurant, and I will feel warmth in my chest, something pleasant in my body, it means it's my restaurant.

And if I walk and feel. Even if I walk with a friend and he wants to go to a cafe. And I feel a bit of discomfort, my friend can beg me to go in there, but I won't go, no way I will go in there. It's one of the rules in the world 'with no mind.'

- So the mind, consciousness in life 'with the mind' it's a dictator, which rules the life of a person, and in life 'with no mind' it's sort of a helper, that helps to solve little problems to stay adequate?

-Person 'with no mind' relies on his feelings, a person 'with the mind' relies on his, let's say experiences... the stories of bumps on his road, he relies on his experience. With his primitive understanding. 'Mind' is understanding. Let's say there are people who... How can you check someone for example? If he is open or closed. A closed person is a material person, with 'mind,' or is he a spiritual person. You can simply say to this person: 'Let's go for a walk tomorrow, let's meet at one p.m.?' And if this person says: 'Let's!' That's it. He doesn't ask where we will go, for how long and why. It's a spiritual person. But another person also said yes, but he will ask - why? and what to wear? and for how long we will go? And if he needs to take something? Then this person wants to think through everything, and he is a coward, this is a person

of 'mind,' without faith. The person 'with no mind' - it's a faith, the person with faith, the person 'with the mind' he is a coward and has no faith, he... he relies only on himself, he always worries about everything.

He always wants to understand something, to know something, he is afraid of everything, and if he doesn't understand something then he rejects it immediately, he argues and avoids it.

This is a limitation in the first place. This is the world 'with the mind'- this is not a development, it's a degradation, I would say.

-Why is it always like this happens that those people 'with the mind' and they don't develop and reject everything new, they are always the first ones to announce themselves as world experts in something? I mean he always knows the answers to every question and if you try to tell him something he interrupts and says - I know that, don't tell me anything. Why are they so sure of themselves among those people, and at the same time they earn 18K rubles a month, working 24/7?

-Oh! This is a good question! Good question... This is the situation that I had, as I remember. Once I had this situation. When I left home, a year later they tell me: 'Alex, what can you know?' I can answer any question! They say: 'Alex if you think you are so smart, why are you so poor?' That's what they told me. But I understand that people like you said people 'with no mind' who earn 18K rubles a month, and they say they can answer any question. From one side it's a real fact. It's a fact. But the answer, so you would understand. It's a very complex subject to discuss.

Do we need to figure out first who can be considered as a smart person? You see there are brilliant people, nerds, who did masters in something, and they wrote a lot of works, but they wouldn't even have 18K rubles! But the only 5K, you know. Or they would have debts. And they stink, and they are sick and lice in the hair. And they're smart idiots, who hardly finished school but they earn millions. Who is smart here then? Also, you need to consider, let's say, scientist, he is smart because he understands digits, calculations, and he's read lots of books, and he considered as smart. But he is not adapted to society at all. He won't be able to deal with the police for example. And he doesn't know how to meet people, and he doesn't know how to talk to

people, he doesn't know outside world at all. And from one side he is retarded, but he is considered smart.

And another way around, there is some Moscow dude, and he earns 500K rubles somehow. He drives a nice car and goes to a gym. But he is a complete retard, a lout, he smokes hookah and dates some chicks who came to Moscow a week ago. And how do you take it? He has all those things, and he is cool, and he goes on holidays to nice places, and our scientist is eaten by lice. Because this young dude is more or less adapted in a society. He is smart in his own way, more in practice than in theory, you understand?

That's the difference. I hope it's more clear now. And we can return to the topic of a person with 'no mind.' What is it exactly 'with no mind'? Why did I say back then that I can answer any question when I haven't seen a world at all? I haven't gone anywhere back then. I could answer any question because I had information as if it's a view from the outside.

This is a philosophy! People came to me, where did this information come from? I didn't have it. It was because of the questions from people, because of my readers I found the information. How was it? Well, someone would just ask: 'Alex can you please tell me about... how a person operates in this world?' And I say, you have a body, you should also understand that I didn't read, I haven't read at all, I was 18 years old. So I said: 'Human has a body.' 'Ok, go on.' So: 'Look, you say it's your body?' He says: 'Yes.' 'So if you say it's your body than it means it's not you?' And this dude: 'Wow, sort of.' Then I explain further: 'Look, I think that body is just a shell, your name and surname is just something that you have due to circumstances, it doesn't matter. And you have your appearance, and a body is your shell. And next to it you have a soul.' He says: 'And?' I say: 'I think that human is a combination of body and soul. Right? But who you really are is your soul. And the point is that people don't see the soul, it's like a mosaic made of values, knowledge, puzzles, everything. And the point is if we exchange bodies now, and my should will be in your body... I will behave differently. Because all people who don't see soul will call me: Hey, Maxim! But I am not Maxim. I am just in your body. But they will think that I am you. But I will be different, and I don't want to talk to them, because my soul will have my interests. I won't talk to them, and I won't watch football as you do, I will change the hairdo, and will grow my hair because I like it and that's how I did it in my body.'

And I will stop with sport and will be fat. And you Maxim in my body will cut the hair and will start playing football and will go to a gym. Do you get what I am saying?' He said: 'well, yeah.'... That was my thinking! I didn't read anything. And even if a person is not developed in the social and material world, he can pay attention and think. He can.

And I always thought that way. And why. What is the moon? It's a reflector for the sun. Because if from our side there is no sun there is a moon who give a bit of sun. That's it. Why I haven't disappeared, and I said that way about the moon? I paid attention, and I've noted people were saying 'Let There Be Light!' A person appeared in the light. The end of the world - the end of the light. Interesting, it turns out that light, light... light... that light is sort of a project! This is my thinking. And it looks like it projects, we project, as long as there is light we exist.

That's why there is a moon, and it's a satellite. It's just my thinking. That's it. That's why they can give answers. But! Those people 'with no mind' and with a salary of 18K rubbles, they cannot say about some cool state in the US, they don't know any material things.

They cannot tell you which car is the fastest. Of course, they can analyze it, calculate it if they read which engine is in the car. They can analyze. But they cannot, like psychics, know how much money some dude earns. They wouldn't know about it. That's it.

-If someone wants to practice to live 'with no mind,' he makes the first steps, is possible actually? And he would realize that everything in his life reflects with negative emotions in his heart. He feels how uncomfortable his work is where he spent the last 17 years, and it's uncomfortable for him to be with someone, or to live in an apartment where he lives. Will he lose enthusiasm at that point? If the person realizes how bad his life is will he want just to leave it all or start drinking for example?

-No, no, no. If someone was always in his daily routine, and in his job, and with family for 17 years and then he is suddenly on the 'frequency' 'with no mind', then yes, he will see that everything in his life is wrong, and he doesn't like how he looks like, and that he lives in awful conditions, and the job is

awful, and how could he bear it all for so long, he looks at everything with sober view, and he will look at everything negatively.

When a person in the world 'with no mind,' he doesn't feel negative, he will see it, but he won't feel it. He will look at everything as if from outside, but he will feel good. And in contrast with his feelings, he will feel how bad it is outside. Yes, that can happen. And then he will go to the world, and he won't like it any longer. And maybe he will quit his job. That can happen as well. But to start drinking because he sees how it is now, nooo!

A person won't do it. First thing is if something like this happens the certain measure of adequacy exists. Of course, there are those who are completely crazy, but those I ban normally. And you can see people like that, and they write something like: 'Alexandr I will come to you wherever you are!' I blacklist those people immediately. But those who read my books are normal and adequate.

And this person will understand that he is in the world of 'no mind' and he will realize that bad things are everywhere around him, and he will feel happy in his soul that he is now in the world of 'no mind.' And what he will start doing at first? For example, if someone will tell him: 'Fetch me that or this!' He will reply: 'Fetch yourself!' And then he will be scared: 'Did I say it out loud?' As if he will have more faith and self-confidence. And he will be more resolute. At this moment and in the next days he will fight with everyone because he is opening up.

Fighting doesn't mean being rude or anything. No. He will start telling everything straight forwarder, whatever he was holding in before and only had thoughts about. He will tell everything straight forward to everyone: to husband or wife, to friends, to colleagues, to an employee, etc. Or he would do something like: 'Go to hell everyone, you were laughing at me because I wanted to go fishing.' And there he goes, fishing. So he will also do this, but within limits as well.

On Monday he will go to work again, as usual.

-It reminds me of the movie 'American Beauty,' the plot.

-I haven't watched it, can't say. But I will consider it.

-Yes, the plot is one to one. The main character in there probably went into 'frequency' with 'no mind'.

-Oh...

-So, now I can understand it. I have another question. Last time when we talked you said that when a person lives on 'frequency' 'with no mind,' then events in his life go with a flow as if events happen by accident like musician meets a music producer by accident somewhere. But if he would live 'with the mind,' he would never have met this producer, but here they crossed each other's path'. How does it happen? When is a person on 'frequency' 'with no mind' does it attract certain events?

-I hear you, I hear you. I will reply. I will explain. Look. Yes, when a person lives by his 'mind,' or he paints something - he will never have a genius idea because he is limited already. Of course, people usually don't understand it, and they think they are free, but anyway. So this person lives on 'frequency' 5 in dimension 5. He paints a picture, one idea, the second idea, the third, and he is depressed, no inspiration... Or something else. He is in limitation of 5, and he creates this picture.

And no one likes it, because he is one among millions, he is the same fool, who can only make the same like everyone else. What does it matter what is in the picture? Even the level of presentation is the same, and it's the same on 'frequency' 5 for everything. And of course, he can 'with the mind,' the world of mind is very active, but it in decline, and this is the world of fraud and no soul, without a core. I mean fraud. Of course, someone from world '5' can sell his picture to someone who is in the world 5. He can. If he will advertise correctly, if he will invent a story, or present it as not his picture, then he can sell it.

This is the world of traders, the world of fraud, fears, cowardice, this world 'with the mind.' And in the world 'with no mind.' I want to mention if we talk about art it can be applied to everything: paintings, music, writing, etc.

So if artist paints a picture 'with no mind' it will be on 'frequency' 'with no mind', it won't be a society, it will be on the world level, something unique, that will cover all frequencies, but if there will be music for example, and low

'frequency' people will listen to it. Thank it's bad music. There are many 'buts.' But people go to the Hermitage for example, and they look at paintings. Because its classics, you know. Like something that everyone wear. It's like an official suit. A sales guy can wear a suit, and the person from Wall Street will wear a suit as well. Did you get it? The suit won't place you at a certain 'frequency,' a suit was worn in all times. So when a person creates a piece of art 'with no mind' it will be multi-faceted. And everyone no matter of the level in society will find something in this painting, so the painting will be very volumetric so to speak. People mentioned the same effect in my books.

Someone reads my book at the age of 15 and then at the age of 20, and he sees completely different information. Because his focus changed for the past 5 years. This is how it works. When people watched 'Avatar' movie, everyone saw something different in it.

Some mentioned the surroundings, and some saw the story about energy, etc. And the person 'with no mind' and he painted the picture he doesn't have to try, he will meet some rich guy who will buy his painting, by accident, or he will meet someone in a museum, etc. In the world 5 however you will never meet a successful, rich artist, he doesn't exist there. But in the world 'with no mind' you are available for everyone. In this world you don't attract something, rather you are not limited to anything. You can walk in the shop and meet a famous actor. I had it several times.

When I just moved to New York, the father of one famous actress said hello to me at the entrance of apartment building where I live. And the other day there were shooting a movie on the ground floor of my building, and there was an actor from 'Breaking Bad,' the bold guy in the glasses. You see. You can cross path with anyone when you are not limited. Because if I would be limited and I would be for example a football player where I would always be? On the football field. Logical. And when you are everywhere, you can come across some interesting people. And you are always in the right place at the right time. Zero limitations.

-That's why lots of musicians are playing in the subway or on the streets. They are technically good players, but they are on a lower 'frequency' that won't let them move up on the social ladder? And if they would change the 'frequency,' they could become successful?

-Yes. However, they are bound to their 'frequency.' You should be free from it as well. It's a big difference. It's a thin edge, look.

You are talking about people who play in the subway for example. From one side they are creative people. Why they don't come across with genius people, and they don't know me for example?

I don't say that I am a genius, but it's just a question why they don't cross my path, considering I am ubiquitous? Yes. Because he limited himself in his world. Next, to be creative, this person pretty much glued to his 'frequency.' And I mean he is glued to the 'frequency' 2 for example. He is sitting in this subway at the same time every day, which corresponds to 'frequency' 2. And if he would be 'with no mind' and when his friends would tell him: 'Let's meet again in the subway at 6 pm'. He would reply: 'No way.'

And that he would go to the end stop of the metro and stepped out on the street, where he could meet me. Because at that moment he would be in the 'corridor.' And at that moment he would do something 'with no mind.' Not for stability, not automatically, do you understand? And only when a person acts like that, then that's it, then we will come into your life - people like me.

-Can it happen that when a person on 'frequency' 3 and plays in the subway, at some point, he decides to do something about it, and instead of going up in level he goes down on 'frequency' 1?

-But there will be a transition anyway... If he is on 'frequency' 2, he cannot just drop on 'frequency' 1 by accident. He would transition to 'corridor' first. That's it. How does it happen? From one side 'corridor' is a dangerous state. I said some time ago, that every one of you, at least once a day or once a week, given a chance to become like me.

Something happens to you, or some choice pops up in your life, for real once a week. And it's like a task, setting - like life hack in our game. Once a week everyone gets an opportunity, but every time everyone declines it for some reason. It's always a different opportunity, of course, presented in a different way and from different people, or some situation, but person anyway behaves the same way, his own way, from his 'mind,' based on his principles. And every week he declines the change to open up! This is unique! And if someone says to his friends for example: 'Come over and stay overnight with

me!' And that's it, and his life might change forever. Imagine that. I will explain now. If an artist plays in the subway and he is on 'frequency' 2, to get into 'frequency' 1 he has to go through 'corridor,' and this is a state when you are 'with no mind.' The world 'with no mind' when you live there you go with a flow, you trust everything, and whatever comes into your head you agree, no matter what the circumstances, whatever you get offered, you need to agree.

This is the world 'with no mind.' And 'the 'corridor' is the world of almost 'no mind,' but for the time being. And it needs to be separated, because 'corridor' is beyond any rules, not like the world 'with no mind,' where you can trust everything. 'The 'corridor' when you start to see and feel, and all worlds are open for you, but you don't have the experience yet, and you don't understand anything, you turn off from your world. And it can happen that someone from the world '1' can come up to you and take you to his world. And at this point, you can get into a bad world. But some rich guy can also see you, the one from the world 12 dimensions 12. On 'super high 'frequency' and you can get into it. This can also happen.

-But if someone walks to work on the street, he has never walked before, and he will be in the 'corridor' in some way?

-I don't understand the question. What do you mean by walking on the street and...

-Someone goes to work every day.

-Ok someone goes to work every day, and.

-On the same road. And one day he...

-That's good! Wait. So someone walks to work every day by the same route, even if he has three routes. And sometimes he walks on the left side, and sometimes on the right side, sometimes he goes by tram. But we understand that there are another 10 routes which he doesn't see. Ok. And then what happens? New road?

-Well, yeah new road for example. Or he saw that they are renovating road and he had to go around, so he walks on a different road where he never walked before.

-But it's the world of circumstances anyway. If they renovate a road and he turns on another street, but on his 'frequency' there is a renovation, this will be the same 'frequency' and the same people but just on another road, but everything is still in his world.

-But what if he will decide himself not to walk on that road.

-But he won't decide it! He thinks in limitations of his world, and he cannot just decide to walk on the street with a different 'frequency.'

-But let's say he found this book, read it and decided.

-It's impossible, even using my book he won't be able to see other roads. I checked it and tested it. On Marat street, there is a hotel and a bar. And once I've met with someone there, and when I talk to someone, his 'mind' turns off usually. And when this guy went out of the bar, he was shocked that he saw all those buildings in a new light, he walked those streets every day, and he didn't see them, he walked on the on the side of the road all the time. You see those are details that can change everything.

And sometimes one person says that some street is so nice, and the other person says about the same street that it's awful and there are only homeless guys on it, and criminals. So it means that in different time this street is different. Do you see? Also, every 'frequency' has its own time. If I am on a high 'frequency,' I will come to a restaurant at a certain time when... I don't think about it, it happens accidentally, but I am always in a restaurant when there are good waiters, and good food, and never any trouble, and no bad people. But since I am not bound to frequencies, I can talk to anyone, from any 'frequency' in this restaurant. That's it. But they say: 'Come on. It's an awful place!

The waitress is bad, and this and that is bad'. I say: 'Hm, strange. Next time you go, take me with you.'

And next time I go there with people and indeed everything is like they said. And I realize that I have never go there on the weekend day at six in the evening. That's a funny thing. And it's not possible to calculate it all 'with the mind.' You see. But there are worlds where frequencies can come across each other. Or let's take Skype as an example.

What is Skype and who invented it? I don't know how to express this information. I didn't formulate it yet. Ok, some guys created an app for iPhone, It's not super popular but in a certain crowd only. And when I looked at those guys, I saw that it wouldn't work and told them about it. And why I am so sure about it? Because the 'frequency' is not the one for worldwide. And this app won't be worldwide. And Skype, he created by people who are on worldwide 'frequency.' And it covered all levels of society. Everyone uses Skype.

There are certain products used by everyone. And there are crosses. And there are some places like this restaurant where frequencies can cross. It could be even that there are people from high dimensions, like people come there for business lunch, all the top-managers.

And I will never see them because I am for example a student. And of course, there can be other worlds in this place. So people walk the same streets but in a different time.

-Can you please elaborate on this example with Skype. Is there an app for high 'frequency' people for example? Or for people 'with no mind'?

-Good question. More often those apps become popular. You ask if there is an app used only by high 'frequency' people. Let's take me as an example, but I will also become popular. It's one of my goals. And my popularity will attract many different people from different strata.

And we also need to take into consideration the cover of the book.

Information is serious, and the cover is pretty, and the book will be on shelves, and if I advertise it, there you have it a philosophers' stone. If you consider all the details, then every level will be happy, and everyone gets what they want.

And of course, it happens a lot. For example music band The XX, they started in 2006 I think, but I will find out about them officially in 2008 only, and I was waiting for them in Russia. Or YOAV. They had even printed my picture in a

newspaper and wrote an article on the same day when there was his concert. YOAV didn't become pop music. But The XX became pop. And their last concert in Prague I didn't like at all. And what is pop music?

They vulgarized themselves. They used to make music from their heart, from a garage, and it was so cool. And then a couple of their soundtracks was used in the movie, and low-level people found out about them and started to listen to it. And then DJ got to it and started to make remixes for radio.

And they play in clubs, and some prostitutes used music in their videos as background music. And that's it, and music is vulgarized. What happen? How is it possible? They lost their talent. How? They are closed up.

Because they are not in their comfort zone, they lost it, they went against their soul, against their will, only for the sake of orders. A girl from the band wanted to leave even. And the band almost fell apart. They argue a lot between each other, and that's why the concert was bad.

All people felt it. All their work moved to commerce only, and their music now 'about nothing.' Let's take another example. Radiohead, Thom Yorke - he didn't vulgarize himself, he remains the same, and he is famous, but he didn't turn into pop. He won't play with some losers. He is by himself. Or Massive Attack is a unique band. For example, Beyonce she is everywhere, on every radio station is her songs, but Massive Attack you won't hear it there. Rarely. And it turns out that Massive Attack is not on public, they are worldwide, and they are wealthy. I all worldwide people they listen to Massive Attack. I was watching once an interview with one very popular producer, and he said that he is listening to Massive Attack. It was wow, all my acquaintances were amazed and happy, they were saying to me: 'You were right!' Because I am telling everyone to listen to Massive Attack. They didn't sell themselves to society. They haven't become pop.

I have one more example of 'frequency' change. There is one dude, Rayan, from the 'Low Roar'. His first album is very cool. And then he got himself a girlfriend and started to live in Poland, and I felt low 'frequency' from him. And he announced his new album, and I realize that it will be folk crap. And his new album comes up, and it's a folk crap. I knew it beforehand. And why? Because he is on the 'frequency' of his girlfriend, his relationship dragged him there, and he thinks that he plays from his soul but he plays now from that low 'frequency,' and his album is not successful.

-Many rock-band produced the worse albums when they stopped with drugs, alcohol, etc., they've decided to deal with it and went into rehabilitation, they went to a different 'frequency.' Right?

-True. For real it's true. Those people who... they have their feelings, their internal world, their soul in the first place, and not their mind, and they have no rules, those people who are powered up by trash to do something out of the ordinary, they feel their internal I much stronger, it all expressed in their music. And imagine it's taken away and put into a cage. Like a lion in a cage. Naturally, if you break the wings of this person he will go crazy, will get sick, that's how it works. I don't know this information as you said. But if it's true then it's a confirmation when person limits himself he doesn't feel anything anymore. He is not at his place any longer, and nothing is according to his own rules. He doesn't feel himself anymore. He creates music based on his memory, because he has experience already, so he makes music but against his soul. His music is not alive. He didn't put his soul into it, because his soul is in a cage.

I have the same with books. I have the same with the interview. If it would be like this with the interview. And I would not be in my comfort zone it would not be alive. And now I have it another way around. It's my time now, and it's night, I am alone. And everything else. I am talking. But if I would be told to do it during the day, and there would be five people sitting around me, and they would be talking at the same time. Nothing would happen.

-So to remain on the 'frequency' of pure creativity, and the result would remain actual for a long time, you can advise musicians when they come to a radio station, and they are told:'Remove swearing from songs,' they should not do that. Right?

-Well you see, there is a 'but.' One thing is to remove one word... The whole song won't fall apart. If musician will be told to do this and that, but he will say 'No,' and producer will say:'Dude, do you want your album to be sold out and people would come to a concert?' He will say:'Yes!'Do you want money? 'Yes' Than remove swear words or change them to something else'. Will he go for

this demand or not, but because of that, he won't lose himself. The musician will lose himself when he is told: 'Sing about love, not about war.' Then it will be the end. Because they told him what to do. No one can create something on purpose. He needs to do what he wants. It's the same as I would want to write a book about animals, and how to take care of them. And they would tell me: 'What are you talking about? What animals? The most popular subject now is cataclysms and war.'

Why would you want to write about animals? Are you crazy? Write about how to survive in this country and where to move, and how to invest money.' And here is the choice for me. I either do it artificially, and I will lose myself. The scary moment is not what information or whether I will write information. But I will behave. Because you can lose yourself completely.

That's why my goals are not about money and not people, but my state of mind. I care about my psyche, that's why I am against drugs, and I am against medicine. That's why I am saying: 'My life, my consciousness, my soberness.' You should not interfere in it, and it's the most important thing.

As well as my state. And if I want to continue writing books and talk to you, and answer your questions, and if photographing powering me up... than when I will wake up and no matter the weather outside I would need to go and photograph outside. Because it will feed my inner-self.

And if I will deny this feeding, if I deny myself this by drinking, if it will become more important for me, and if I will deny myself movies, then that's it. I will feel dissatisfied, and I will doubt and depression. And I won't be able to create. The same for musicians, writers, anyone.

-Does it concern people of non-creative occupation? Like an office worker. He also needs to feed his inner I, how he can determine what will feed his I, how to formulate it, how to recognize it?

-Let's take a different approach. I've heard the question. Look. If a creative person will lose himself. A creative person already has something for his soul. And you cannot deny him that thing. Because if you do, then his soul will be sick. And he will lose inspiration, creativity, etc., you cannot limit him, etc. But if the person is from the world of 'mind,' who works in the office, there is nothing to deny him, and if you deny - then nothing will happen.

There is another 'but.' He can get himself something to improve his efficiency. It's a rule as well, and you need to make yourself a 'present.' I was also busy with material development. But there is one moment, a person lives in society, pays his mortgage, loans, buys groceries, and goes to work and home, and work and home.

Year after year he doesn't like his job more and more. And he will get sick. Because he didn't make any present for his soul. Not for the soul exactly but even for himself.

The point is once a month he needs to spend 10% of his salary on himself, give himself a present or go and do something crazy, make a party for himself. It should be done, and it's a must! If we take statistics... I am a sociologist. And if you look at vlogs about business all of them there are creative people, who earn lots of money, 1,2,3, 6 million, and none of them have apartments - that's first, they always change places where they live - that's the second. They have, I will explain now. They cannot save money, and they cannot deny themselves everything otherwise they won't have money. All those money they spent on themselves, on their soul, to make holidays for themselves. I talked to all of them, and it's a fact. The most interesting thing is that I am one of them. I don't have anything, all the money I spent to satisfy my needs.

- And if the person from the world of 'mind' has a hobby. Let's say his wife said: 'Where are you going to spend money, our child needs new shoes.' And he cannot put aside not just 10% but anything. And it happens every year. What result will it bring at the end? Will this person have issues with health?

-Yes, yes. If a person will bear this for long and maybe even will start drinking, his psyche will fall apart, and the sense of life will be lost. First, the purpose of life will be lost, and nothing will be interesting for him, then he will react to everything very aggressively. He will be aggressive, and he will be quick-tempered. Then he will... either start using drugs or alcohol. And he will

get sick. There are exceptions if someone really has no money, and he spent everything on his household, and he cannot even buy an ice-cream for himself. What to do in this case. Well... I don't know how to say it.

One weekend he can instead of eating meat save some money. And don't drink beer but instead do something for himself, for his soul. And it will be worth it. But people don't believe in it. He should understand one thing, he has now 2K rubles, and he can buy shoes for winter for example, but it's better to spend his money on his soul, to do something pleasant. For his soul and not for his 'mind'. And he will be satisfied! And the circumstances will make his life much better. He will have pleasant circumstances so he will be able to have money, and for shoes and for the rest of things. You need to believe in it.



Chapter 4 Who is Alexandr Korol?

Personal story (continuation)

26th of August 2017

-I am recording now. Can I clarify something if I may? You didn't have a stable life all the time. At what point your life became more or less stable?

-It became stable recently, a year, maybe a bit longer a year and a half, my mood doesn't change anymore, the state is the same. I have an explanation why it happened a year and a half ago: I've learned not to lose this state. Before that, I was searching for how to switch quickly from one state to another.

I will clarify now. There is spiritual development, and there is material development.

And I could be in one extreme or another. Because if I want to do some household chores for example then I need to turn on 'mind'. And if I want to write a book, I would not be able to write a book with 'mind', so I would need to switch to an inspirational state of mind. So I was jumping back and forth and it was hard and problematic. If I would need to write about spirituality and if I was in the material world at the same time, I would have to spend a week preparing for it.

I was preparing my state of being out of respect to my readers. And I used different keys to turn off my mind and open up my inner 'I'. That's how it went on. A year and a half ago I've learnt how to turn off my mind and also I've learn how to get back quickly, and I was able to combine it. I've decided to stay in the state of 'no mind' and I've decided not to control anything in reality, in life, so I don't jump back and forth anymore.

What are emotions, and why I don't have them? Emotions are games of mind. And why someone has thoughts? Because of organs of senses. Through the senses person perceives the information. Any information provoke thoughts, so the thought is born and thought brings emotion, and it's bad. In this state you cannot be spiritual leader and guide. It's for primitive people, and I've learn to turn them off so even in a crowd I can be in a state of meditation, I can be like this among people who don't believe in spirituality at all. There can be loud music playing, I can do anything but I am still in the state of 'no mind', when I don't have thoughts and that's it.

And during this year and a half I always have warmth in my chest, it can be stronger, it can be weaker depending on the situation. But when I start talking on spiritual topics my whole body is 'burning'.

And when I am in my everyday routine I feel it less.

-If we talk about state of 'no mind'... we all need it really, then we... then person will develop being in this state and he will still reach his goals? Why haven't we developed yet to this point and people still in a state of 'mind' as if they rule the mind, intellect?

-I understand your question from one side, but from the other side, I don't get it. You are asking me why God didn't create perfect people to start with.

-Well yes, or why we haven't evolve to that degree that we can be in state of 'no mind' from the start.

-Look I give you an example, I always refer to serial 'the Method'. I am watching it for the third time already, but of course I cannot advise it, people are closed, with 'mind'. Especially for those who are sensitive, they will look at all these blood and guts and serial killers, it won't be good for them. This is a very gloom series, but I watch it because of psychology, and the main character uses his own method, and he is very close to how he approaches people and how he figures out everything. At the beginning of serial he got an intern girl, his student so to speak, he could have just told her 'this works that way and that works this way', but he didn't. And why he didn't explain her? Because it's hard to express in words how he's learnt what he does. And he teaches her in practice and there is not much theory, the person needs to feel it himself, to live through it. He creates absurd situation for her, he grabs some woman in the garden and starts 'raping' her, just showing an example to his intern, and he breaks into apartment to some stranger and behaves like a loser and he just walks around the apartment as if he is an owner, and his intern she is terrified and she doesn't understand anything. He provokes people, for his intern those situations were like madness and craziness, but when she started to live through all those situations and she got into circumstances of his life, she grew up and she became like him. I will explain now, there is AI - the consciousness. And there is 'with no mind', the primitive human, the robots who live in a society, primitive people who live 'with mind'.

What is needed that he becomes conscious, he would face the situation and he didn't know what decision to make. And he tries one way, another way, third way. He tried all possibilities and they don't work, but he needs to try all of them so he wouldn't have to try them ever again and to come to a final solution. That's how AI should be created - by error and trial, and error again. Everything should be recorded and tried again and again, then the solution found, OK. That's how the AI should develop, they should have this algorithm.

And the point is the system cannot create a person with AI, that person would be unique and conscious, and not by 'mind', he should shake his mind on maximum.

A primitive person 'with mind' who is he? He is the one looking at everything with the pattern, he looks at me and sees long hair, yes I see, then if I have a beard that he is an adult, everything is based on the pattern. So I am with long hair and adult, I am wearing green shirt, and his brother also wearing green shirt and his brother is a sportsman, and he thinks I am a sportsman as well.

That's it, no more variations, he is very narrow minded. And the point is, the developed person he 'bend' his mind so much that he doesn't percept everything so primitively, but he percepts all versatile of possibilities and knows all advantages and disadvantages, and he is unique in this way. I don't know even how to explain all of it. I will give you an easy example now: crow doesn't know that there is a scarecrow in the garden, he will think it's a human, but us, we don't say that it's human, we know it's a scarecrow. Why animals think that that's a human but humans know that it's not. Why is that.

-Because of different level of perception.

-Exactly. Because we consider more details and we understand that just a shape is not enough. Crows consider one size of an arm and they think it's a human. But we see that there is a different material, it's not live. Let's go further, I've meet primitive people. In real life I am wearing a baseball cap and some bum wear the same cap and says he has the same. I say: 'Are you kidding me, look how different they are, the cap peak is different, different fabric, different quality, the type is different, everything is different.' So primitive people say 'big black car', that's the indication of low level of development, they all see us on such primitive way, me, you, everything around. And the more you develop the more detailed world you see around you. And you see this difference in everything, and that level we all need to reach, we can't reach it in one day, you need to free yourself from material world, I mean he is thrown here so he can live through all of it.

And when he is on level zero everything steals his attention, whatever he comes across already won't steal his attention, it's free. And that's how it

happens, and the task is to cognize material world so nothing can surprise you anymore, Nothing should steal your attention, not positive things not negative things. And this is the goal, and if you pass it then you are unique, you are open.

-So it's like computer monitor, where you need to use certain resolution and primitive people see everything pixilated'... And the more person develops the more details he can see, and they don't pay attention tot he rest, is it a right thought?

-No, I will explain in a different way. If you come now to my place, and when you live an hour later, I made this experiments with people who read my books, some time ago. I do that: we sit at my place and we drink tea and talk and we leave the house and I will ask you a question:'Do you remember what I had on my kitchen counter?'I do'. And you will list me things that you remembered who are familiar to you, who are open to you in your world and your attention will not focus on things that you don't know, and half of the things you won't see, like a painting for example, of course, you know that it exists, but you don't care about it, your attention won't be caught by it, you won't even remember that it's a size of a wall.

So when people came to my place they what is in their world, it was like psychological test, each representative of their own world saw things from their own world, and other objects they haven't even mention, because there were not known to them, and they haven't stole their attention.

Every person's attention is limited and if I have 100 objects one will see 10 of their own world, and the second will 10 of his world, that's it. In order to see all 100 objects a person should be 'with no mind', otherwise if you are limited by world '5' you will only see objects under number '5'.

-That's why a normal person won't be able to make a mold of high 'frequency', because he cannot focus on those things that important for high 'frequency'?

-Exactly, if a person is on low 'frequency' he sort of sees it, but when he will try to make a list he won't want to consider those objects. He understands of

course that there is an object, and he physically sees those objects but he will lean to his own world, and the rest he won't consider. And it turns out that when someone is in the world '5' and in the fifth dimension, he is a normal person living in society, and his mind is on, and he walks on the street, it's a long street with lots of restaurants, shops, etc.

And if I ask him to make a list of places he saw. And a week later I will ask him again to make a list of places. I can direct your attention. We can walk on that street and I would show you places which are not in the list. And you: 'Come on, aren't they on my list?' You can do it again and again but he won't see those places that I see, they don't steal their attention, he doesn't see them. It's like a secret door. Why people who are interested in UFO, those fanatics who are searching for aliens, masons, why people don't see them? They don't hide, but people don't see them. There can be a door in the house, and you passed it by hundred times but no one had a desire to open it and walk in, no one will pay attention to this door.

And if your mind is off, then you will start to see - it's shocking when I started to walk in the city and see things that other people see. People love it when I walk with them on the streets and show them things. Why? Because I lead him not he leads me, and they all say that it's as if they are first time in the city, those ones who live there for all their life, they have never walked on the street that close to them.

-Does system stimulate people to develop, so they would go up to a high 'frequency', to be in the world of 'no mind' or it slows them down? How does it work?

-If you want to talk about how it all build up then I need to re-phrase the question. Our world, our life, the city we see, country, state, this world is a labyrinth. The planet is a labyrinth. And when we are born in this labyrinth than we just'... Ah, we have a mosaic inside, this mosaic with a list of pluses and minuses, and person starts to do something in the world, routines: study, work, personal life, the rest.

And the interesting thing is that if someone obsessed with personal life, other with a football, for the five year period they will get the same experience, they will cognize the same things. Let's say love and loneliness will be cognized with a cover of personal life or with a cover of football, as an example. And

philosophy, qualities, values that person will gain sooner or later he will cognize through circumstances.

Those circumstances physically expressed as your boss for example, or your wife, or your mother, bother, doesn't matter, the result will be the same. The point is person appears in the third, the fourth and the fifth and that's how development goes. And of course it's comfortable to say that someone creates those circumstances but it's not true, no one does it. Labyrinth that you live in, you just react on it, depends on your level you have those puzzles and you react on everything. And if your soul on '4', '5', '6', '7' then when you are outside you look at women and red cars, and that's your focus of attention, that what steals your attention.

This focus will remain till you will cognize something, when you cognized it then your focus will be on something else. And the focus of attention what moves people, what someone pays attention to. He thinks he chooses it himself, but no, it's a level of his development. So the development is inevitable. When the child is born what he sees that's where he walks, sort of like an insect when it sees the light. Light is on insect is flying towards it.

That's how the human lives, he flies while he is attracted to a lamp, he lives through circumstances, and then boom he cognizes this lamp. And after that he see a green lamp, even though it was on before but he didn't see it. He sees green lamp and he flies to it, and flies around and around till he will cognize it. That's how development goes, no one does anything, it's just a labyrinth and people developed on different levels and they react on something that they haven't yet cognized. And that's how it happens. I am saying now that the majority of society develops this way. Those are people of 'mind', and there is a next level when the person cognized this labyrinth, when nothing can catch their attention, and those people become creators, they have high values, to say it in simple words. They are not moved by simple things, they are not afraid of a dark room, they won't feel happy because of chupa-chups, they have very different values, they are not moved by money, and they are not afraid of people, he doesn't care about people's opinions, he doesn't care about appearance.

No fears, no self-doubt, he is free of it. None of it exists for this person, nothing can provoke him, nothing can steal his attention, that's how person can develop, and in this state it's a world of 'no mind', in the world of 'no mind' there are different rules, different level of life and there are millions of people like this. I mean a lot of people who live like this, they are open, 'with no mind,' they don't pay attention to it because they don't know how to call it. I always try to find a name for everything, because there is nothing in our world that is not named, so I am decoding, and people will confirm you that it's a different level, when you realize that there are people of society and there is you, different.

And you hear your inner voice, you listen to your feelings, and your inner warmth, and if you walk on the street and warmth become stronger than you should walk in or come it to someone. And if the warmth is less than you should not go in that direction. And there are people like that, I call them conscious, people who are part of nature, people with 'mind' they are not connected to nature yet. Abandoned minions who walk and hit the society, they burn and have problems. And people 'with no mind' don't have problems, the percept them as certain circumstances.

People 'with the mind' they hit themselves on everything, and those who are free, 'with no mind' they listen to their inner voice and act, create, make something, and they live among the rest of people. We all see them, but since everyone is judging by the cover, the difference is not obvious.

-Are there people who don't develop at all? They live their life without developing. They don't want to develop, or it doesn't work for them?

-People who live and don't develop exist. But I can't say they don't develop at all. They do, but they are on a level where development goes very very slow. For us, it doesn't look like development at all. But on a primitive level, it is... What is development?

A person is in the circumstances, through people cognizes himself and therefore free yourself. And cognize means accept, understand, give answers, an explanation of why someone holds on to something.

What is the real issue? People don't understand each other. Each of them is on their own wave, everyone wants to change each other, no one accepts one another, only conflicts, arguments, and misunderstandings. And on a

primitive level if we can imagine a family who lives in a small village where there are no young people because they all left. People live there, and they develop, why not, they develop, but on a very low level, they know for example that you need to loan money to your neighbor.

They have their own action there, I give you examples of domestic life, but this life develops them as well. They connect to people, this person knows where he needs to go, they have their own problems and situations, holidays, achievements, but on a very primitive level. Why do I say that every human is developing? Because even if a person doesn't do anything, the people of 'mind,' in society, those people don't develop consciously, it's not their goal. That's why they live in illusions, and they develop through those illusions. Those people live through emotions, friendship, enmity, and other things, but in reality, it made that way so they would move forward and develop because of those situations - it's a hidden development path for primitive society. All of them develop. And the point is a baby develops already by watching his parents arguments and conflicts. And because he sees that some child gets beaten and the other one is loved - this is a development. Some analysis happens in him, some evaluation. He starts to weight advantages and disadvantages, it's social development, sociology.

A person starts to see those different variations of situational consequences, and he will realize: 'This dude was bragging and was mean and he got killed after school, so I should be modest.' So the boy who sees this situation will make a conclusion because his friend was killed. This develops, anything develops, and this makes this boy different, but even he will do nothing with age he will change anyway because age influences psyche. And 10-15 years later he doesn't want the same things that he wanted when he was ten.

-Just to clarify, those people in a village, they know some things, and they develop slowly. This development goes by dimensions, but they still live in their own world three for example so they will go up as well? I think it's dimension...

-No, this is a development of mind. At first in a world, the mind of the person develops. The mind becomes more volumetric, more flexible. A person starts to remember what is good and what is bad. For example, I saw that this boy is

loved and I start to think why is that, and I would ask him about it, but he would say he doesn't know. And then I look at the boy hated by everyone, and I would compare: 'The boy that loved do this and that, and the boy hated by people he is quiet, and shy,' so I make a conclusion that to be quiet is not a good thing.

-I see. I like the way you give your answers. It looks like I can ask anything and you will give an answer immediately. Where do you get the knowledge from?

-Where do I get this information from?

-Yes, all this information.

-Real life experience'... Where from the information'... Information, when you turn on the 'mind,' because I saw the world, and I live in our material world, I live in our modern world, and I live 'with no mind.' Because I live 'with no mind' I looked at everything, and I saw all variation. People with 'mind' they see only one variant, but I saw all of them. And because of that, I could compare all the advantages and disadvantages, I pay attention. How do I know for example that this person will like this and that, and that he wants certain things, and if I will tell him something new he will be upset.

I started to dissect this world a long time ago, I've mentioned that people are in repeating patterns. And then I realized that people are the same, they are different of course by following the same pattern, sometimes I thought I've seen the exact same person because they are repeating. And when I talk to a person about his likes and dislikes he thinks I talk about him. And many people were asking me to tell them about them. And I did. but I told them about someone I knew because they are from the same 'frequency.'

-But why people ask to tell them about themselves? Do they want to check you, or they are really interested? I would assume a person would know himself, at least some basic information.

-People are funny creatures. And why? Because many people who had an opportunity to talk to me and ask me questions. They asked me very primitive

questions. The one you've mentioned, people ask me to tell them about them. They really ask it for a show, for fun, and they are happy about it. That's why they ask, they don't get it, they make a fool out of me.

And if I tell them who they are nothing will change in their lives, but they won't ask me what to do to change their life, it's too uncomfortable, unpleasant, they are lazy. It doesn't occur to them to change something in their life. I will even tell more, the person who asks me question cannot even formulate it well because otherwise, he would know the answer, logical. And how can I explain the development if this person asks a primitive question which keeps him on this primitive level, the questions for change won't even be born in his mind so he could open up? That's why some time ago I said to people: 'I don't want to answer your questions anymore. Better you call me, and I will tell you what I want to tell you.'

And it went like this, for example, a person from low level would call me, his mind developed on '1' for example, and he is not smart, and he is no spiritual, such outsider sitting in four walls, and he is 30 years old and he has no job and no family, and I tell to this person: 'You should not read my book anymore; instead you need to watch a funny movie and listen to cheerful music', and I give him a list of music, and I tell him that he cannot sit all night long but instead he needs to live by schedule, and before 11 am he must be out of house and come back home after 6 pm only. And it doesn't matter if he has something to do or not, he must be outside from 11 am to 6 pm and not to stay in his apartment'... Knowing all his pluses and minuses, and knowing that he is misbalanced, I just see it. When I give them information without question, I give them what they really need.

They won't think about it, because if a person on a primitive level he won't think about the smart question. And he won't ask a question which will bring him to a higher level of development. I mean to development in general - person asks a question based on his level of development if someone won't come to a doctor and said: 'Can you please advise me an ointment?

I have acne because I've eaten too much honey', he won't do it. He will say: 'Advise me an ointment' And doctor can't just say: 'Here it is.' He will tell: 'Apologies but why do you think that ointment will help you? Acne on your face because you have issues with the liver and you need to treat it, and if

you don't you will have acne.' The doctor understands it, but the normal person won't know it. Patient.

I have the same, some dude asked me: 'Alexandr I want to leave my wife, I have problems in life because of her.' I ask: --Why? What your wife has to do with it? Where it comes from? What problems do you have? -I wanted to do my favorite activity from childhood, but I don't do it. -And what's the problem, do it. -She prevents me from doing it. -Well, you are talking to me now, but instead, you can do something you like, what did you do two hours ago? -I was reading your book. -For two hours you could have done what you like, I don't see an issue, and if something takes your attention or disturbs you, it means you cannot interact with people, because you are sitting on each other's necks with your wife.

Then you need to be in a separate studio, workshop or office, and if you want to do something alone send your wife to some courses or something. Or someone is asking me: 'Alexandr I need to learn attention control urgently.' I ask: 'Why?' 'I want to become a great musician.' I say: 'Ok, but what attention control has to do with it? If you want to be a musician'... your 'frequency' is old, you need to level up on 'frequency,' change your taste and quality.' 'No-no, I want to keep listening to Russian rock music and be a great musician.' I say: 'You won't be while you listen to this music, it's a different rhythm, different world. You need to clean yourself up, change clothes, then you will be on a different 'frequency.'

And while you smoke cheap cigarettes, no one will want you. Sit and wait when a brick falls on your head because you attract only that.' Is this answer will satisfy you?

-I got it, but if someone wants to talk with you. Does it tell you that he was conscious enough to try to change something in his life? And he was looking for someone, an expert, in this case, you, who he can ask questions to?

-No-no-no, wait a minute, you are talking about a person on a completely primitive level. There are levels and sublevels, those are different things. A person can be from the lowest level, from the worst city in the worst country, and live in an awful apartment, but his attention will be a bit free, and the level is a social standing, the social strata of 12 worlds, 12 dimensions and he has 1/1. But his mind, attention, and mind are not for 100% in household

routines but for 95% and 5% of free attention, this part 'with no mind,' so he is looking for something and feeling something.

That's why he came to me, but also the person from 12/12 who is super material, who has everything will also come to me and see me. And he would be different from anyone else why? Because he has free attention because he is not completely glued to society. He is not in a household completely.

-But how the person from 1/1 can see you at all if you are in the world 'with no mind'? How his attention would be caught by you?

-Wait, when someone is'... You asked how he could see me if I am in the world 'with no mind.' But when I am in the world 'with no mind,' everyone can see me, and I can see everyone.

-I got it now. So the world 'with no mind' accessible for all worlds and dimensions?

-Yes.

-I see.

-There is one nuance of course'... Let me explain the nuances. If I would be on the 'frequency' of 'no-mind' and I walk on the streets which are in the world 'with no mind' no one who is closed will meet me.

We won't cross each other's roads. But if I go to a mall for example, then everyone will see me.

And more often when people met me by accident on the streets and recognized me, you see when I am zero no one will see me or meet me. But if I met with someone I know, it's not him comes up to my level, it's me who goes down on his level so we could communicate. We can talk on his level, or on your level, we are now talking on your level. I've mentioned it long before, when I was a child, if I talk with someone on '5' then I talk with a language that

will be understood on the level '5'. And if someone is on '10' then I am more elaborate, I talk about my life. And if someone developed well, I feel it. When I meet with someone from level '7', I am in a world 7. And I walk on the streets of world 7, etc.

And at this point, people from world seven will recognize me. How do all those people know me, and how a person from 1/1 can see me, I've created a platform for it. I presented myself in social networks in a different way, I've created social networks pages to show myself to society. I came down to people. I also called my information in different ways with different examples. I gave spiritual examples and social material examples, to cover all social strata.

-In what age have you realized that you are different from the rest of people?

-When I knew, you mean? I always felt it, but at first, I thought that everyone lives and feel that way. I was like that in a kinder-garden already'... I just talked to a teacher and discussed with her the children, I told her how silly they were, back then. I even told her that there are them and I am, and I am not like them. And later on when I was 10 or 12 years old, I came up to a mirror and looked at myself, and I know that my relatives in the room. There are them, and there I am, there are people, and I have a friend Maxim. I realized that everything is circling around me, I've connected to a movie somehow, and I am the main hero in it.

And all the people around me, all friends and enemies and relatives they are all extras in my movie, like in any movie. And then it suddenly dawned upon me, how is it extras? What about Maxim, he is my friend, and he is also the main character but in his own life. And I am one of the extras in his life, one element, a circumstance that happens in his life during his childhood. And imagine that I thought about it when I was 10 years old. I was shaking, I was so conscious at that age. And then I saw how people are different from each other, I saw that each child has different parents, and families are different, and I saw it by groups already. I don't understand why people don't pay attention to it at all, but it doesn't matter.

I was always watching on people's reactions, who reacts on what and how, and I always asked people what do they think, how they see me, how they percept me, it was important for me. And when people told me how they

percept me I was shocked'... I saw myself differently, and people see me differently, so I had my own philosophy when I was 10-12 years old.

-What do you think about it in general? That you percept everything differently and that you see the systems and groups, do you think it's a gift or punishment or something else?

-At first, I thought it's a punishment. I was suffering, and most interesting a lot of people remain at that stage, but I passed it through already, and they suffer. And it was really hard for me, Imagine if you have different values, and someone gives you a present, but you don't bloody need it. You talk to your schoolmates, and all they dream about is to pinch a girl's butt, and for me it's madness. Not madness as mad, but it's boring for me, not interesting, I couldn't understand it, it would be the same if they would offer me to pat the wall. Why? What will it bring to me? I had this approach. And then further and further'... why it was like a curse, like a punishment. Imagine if you are different, and there is a saying even about it, to be different is to be alone, it's a fact.

To be different is always to be alone, you are conscious, and you cannot have fun like everyone else, because it's not fun for you at all, it's not interesting for you at all.

And when you have no interest, and you have different values and different views on things. And you feel everything, you see how people lie to each other, and you want to talk openly, but they are afraid of something, And it feels like you are among loonies, you say one thing, but they hear another thing.

For real people like zombies, and I was constantly shocked by this consciousness, and it was very hard. And then you can't have a friendship, and personal life because everyone has it in a primitive way, everyone wants to own everyone else, but you cannot be someone's property, you are free. But they don't understand the rules of life, and they live by strange rules which don't work. And they suffer from it, and they want me to live by their rules as well. That's what I've lived through and one of the things that helped me when I left home I changed people like gloves.

It sounds rude, but it's not like I betrayed someone, no. For everyone in my life everything is inclusive: money, presents, help, they have it all from my side. But at some point, I say 'goodbye,' and for people it's mad. Why is that, show me the document where you have rights on me. People cannot let me go, and I feel it's too much already all my attention. And I want to go further, I want to meet new people, that's why I know there are lots of them, why do I need to stick with you? It's silly. And people suffer from it, and when they found someone when they were 10 that still friends with them when they are 30.

Well, keep sitting on the Internet, look at how the world is changing in front of your eyes, and you do not dare to change anything in your life, maybe this is a curse. And then this curse turned into bliss, like a stage of development. It was hard back then when I was writing a book, and I am on spiritual 'frequency,' but I didn't know what it was, it was connected with when I am alone and writing everything was good in my life.

As soon as I was closing up and turn on the 'mind' and went into society to have fun I wouldn't feel myself anymore, I couldn't feel my creative voice, that's it. Immediately I had bad incidents in my life. So I could open up again, that's how it went for me. And I was afraid, and I tested it many times, and I couldn't change this, I was not allowed to be closed. I was open, and many people like me, open people had the same and it was scary, I was alone, and I looked at everyone, and I wanted to be human. But I couldn't even be a human, I had to force myself, so I will like all material things. And then of course experience, knowledge. 'How? What? When?' I've learned the rules of the world and nature, and I started to cognize them.

And when you know, those rules system won't touch you anymore. And all problems disappeared completely.

I've learned to control everything, how long I can be in the material world, and how long I can be in the spiritual world, and how long I can talk to someone so it would not be a problem. I've calculated it all, and my life became perfect. And then I've learned to live in the world 'with no mind' and to be in the material world - this is complete bliss! That's it. Also, society doesn't understand: you write a book, and they all humiliate you, think you are nuts, no one respects you, they don't value you. They have stereotypes.

And when I was younger no one took me seriously. 'Who are you?' I didn't have money, so they say 'who are you?', people don't care. Now I don't have to prove anything. It's disgusting but true, I say the same things as 10 years ago, but back then they said: 'You are too young' and 'You have nothing.' That was a hard time for me, I wanted to grow up faster, so they would take me seriously. So now I don't suffer, I understand that I have cognition that people don't want to recognize me as a philosopher because they have stereotype mind and an image, that philosopher is an old grandpa, who lived for hundred years.

And if I am not hundred that they won't recognize me as a philosopher. It's primitive thinking if I am twenty-six and not hundred, then I cannot advise or know anything if I haven't seen live. It's a society that exists now. And the funny thing that for me it's just starting. I know that my time is coming, and I am waiting for it, I am happy. I always have a stable mood, positive. And I don't feel it as a curse, because I found an explanation for everything, I know why I was born this way, I know what time is now. My time is just coming, and all conservative people will suffer, and I will feel good, I am just waiting, and in 5-7 years there will be my world.

-There is another way to be recognized by people and no need to live till hundred, you need to die young, and tragically, then they will recognize the prophet.

-Yes-yes. That also happens, but there is one moment. I am talking about recognition: thinkers, philosophers were always there, they played a certain part in peoples life of that time. Let's take some examples: Stalin, Hitler, Peter the Great even around them there were people like me, I cannot even do that yet, I am waiting for that kind of job because I am still young, but in a couple of years they will listen to me.

-You think about your future I guess, do you see children in it?

-I haven't thought about it. This is one thing that makes me happy and other people unhappy - I don't plan anything at all. I don't have it. I have a very conscious view on what you are asking. Imagine that some guy during the first year in the university told me: 'Sash, we will be friends forever, and in ten

years we will do this and that.' But imagine then I am very conscious about it, and I cannot tell him the same thing as other people, so I tell him: 'What if we won't be friends.' I was like that, people thought I am depressive and negative all the time. Because I always deny things, but I cannot just say: 'Sure thing.', because if I say that it will be a mistake, because it won't happen. I understand that it won't happen, it's not possible that it will happen. So I don't plan, as they say, 'make plans - God will laugh at you,' that's why I don't make mistakes any more like other people, I don't approach life like others. I don't have this like I need to have a family - and I will have a family. I am in New York now, do you think I planned it? No.

But people plan things like that, they learn the language, save money to move to a country like that, but 10 years ago I didn't know that I will live here. It's just circumstances, so in any moment, tomorrow, I can't... maybe tomorrow I will have many friends around me so I cannot say that I will never have friends. It's not for me to decide anything, and I don't decide.

Because I know I have a destiny and time. Time for everything, time, when maybe tomorrow something happens to my health, and I will be in a hospital. It can happen. And it's silly for me to say that I will never be ill. Actually, I am afraid to say that if I say that then the system will strike me.

-So the destiny exists, everyone has it?

-People-minions, who are in a labyrinth and who don't develop 'the mind' they have no destiny, they're... there are a lot of them, and they can die any moment, and it doesn't matter, new ones will be born. They are extras, sooner or later there will be conscious people among them, and they will rule the once who is unconscious. That's how it works.

-But if someone was a minion, and then he took steps to become conscious will he have a destiny then?

-Yes.

-So it looks like it's in a dormant state, non-active and then it manifests?

-It manifests when you are turned on, plugged in. What is Destiny? Destiny is when you are connected to the 'frequency' 'with no mind.' There is like a thread and this thread connected to a 'frequency' '5'. And everything with digit 5 exists around you, and all the thoughts come from it, and ideas, everything under digit '5', and in time the person will connect to 'frequency' 'with no mind' then he will have a destiny where are no lists, no limitations, there is just a destiny. You are connected to this flow, and you are like nature, like snow, like rain, or wind, and many things unclear, and you cannot calculate it or plan it the way you want. I will also add the conscious people, in the world 'with no mind' they are like nature, for real. I would say they are like whether - you can predict it.

The person 'with the mind' is easily predicted, he is a primitive robot, I mean the person 'with the mind' can easily live by a schedule, they can wake up in a set time, go to the same job. So the person lives and develops, but primitively develops his mind, if we talk about people with 'mind.' And people 'with no mind' they are for real as the weather, those people never sit in one place. Those people cannot have two lifelong friends.

People 'with no mind' are like the weather. Let's take a look at the weather for the past 25 years in St. Petersburg and compare it. It was always different, and no one could predict it. This is nature.

When a person connects to this nature when his mind is off, and he becomes the same, he can be this or that, and here and there. As if he doesn't belong to himself. Not in a bad sense, another way around - it's good as if his mind disappeared and his subconscious disappeared, he just wants and does, he sees, and he goes.

And that's it, he doesn't think about consequences, he goes with the flow. If he got beaten than it should be that way, it's a different approach. And if he found the money, then it should be that way. And what he will do with that - whatever comes to his mind, he won't doubt. 'Maybe I need to buy an apartment for my mom' - then that's it. He just lives, 'with no mind,' 'with the mind' there is always stress when he finds the money he will think how to spend it, and then he will get cancer because his mind will be boiling, that's the situation.

-All right. And people from extras how you called them, who wake up at six in the morning, and go to work five days a week, and on Friday they drink beer, can they be sincerely happy, for real?

-Not a single person from society, with 'the mind,' can be happy. Their happiness exists, and I will tell you what it is their happiness. All worlds, all twelve worlds, twelve dimensions, the world of minions, society, the world of 'mind' where people of 'mind' live and develop their 'mind,' and people from the world '12'- they are really cool.

And there are bad people from the world '1', they all tried this happiness, but there are no happy people in the world of 'mind.' It, happiness, is temporarily. For example, the person is happy that he will go on holidays in a week. How this happiness expressed, and how it works? What is happiness? Happiness is when he bought a ticket and his flight in a week, and he has never been anywhere before, a ticket to Island and he dreamed about it since childhood. He bought the ticket, and it influences his psyche, on his 'mind' than next day he goes to work, and his boss doesn't annoy him, and he is not annoyed with his job, and walks fast on the street'... Even so, not fast, but he walks on the street and doesn't mention any issues, he is as if in love, because his attention is stolen by this situation, and with his attention, he is in Island already.

And this state of stolen attention for the time being, while a person moves towards his goal, or wait for this goal which is close or far away, then a person feels happiness. When a person reaches what he wants the happiness disappears.

The interesting thing is a person feels happy when he is waiting to go to Island and he bought a ticket and when he arrives there. But the next day he feels less happy already. I've tested it already, I have lots of examples. It's 100% true, this information. I checked it in real life. And happiness in the world 'with no mind' is different.

You are always happy there because you have 'no mind,' no thoughts, your attention is always like that, as if you plugged in as if you always 'flying to Island' as if you are always in love. That's how it feels - the feeling of warmth, you feel good, and that's it, all the time.

-But then you can cheat the system, using this logic. For example, if a person is happy while waiting to fly to Island. Let's say he is happy for the time being when he buys something and waits for it. And then he is in Island, and he doesn't feel happy anymore. But being there he for example planned to buy a new mobile phone, when it is launched. And that's it, he is happy again. What if you can put some triggers for yourself, the goals you want to achieve, then you can be happy all the time as if in love?

-Yes, but it's a wry situation. It's the same as '... why it's wry what you have described? It's the same as I say: 'Listen you want to buy an apartment, but let me advise you apartments all over the city which are free, and you will always have the place to stay as you wanted.' And you will say: 'Are you kidding me? I would need to move every day with all my things. From place to place?' That's how it looks like. From place to place it won't be constant happiness. Yes, of course, it works. But you need to understand you can give anyone something to be happy temporarily.

And it's not just a new iPhone, not just holidays in Island, but there are many situations which can steal attention, and he will turn off from all this solid routine where he lives.

-So it's a sort of paradox, from one side the person can be happy if his attention is stolen by the goal he wants to achieve, and then he will be happy in a sense. From the other side if his attention is free, then he will move on to the 'frequency' of 'no mind,' and he becomes happy if his attention is full'...

-No-no, when I say the attention is stolen it's a concentration in one point. My topic on attention control, what is it about? I draw and show, let's say a hundred threads which a person connected to in everyday life, you think about debts, about something else, etc.

And every situation has a level of importance from 10 to 50% as an example. And if I show him something higher than 50%, something with 60% than his attention turns off and all those threads are broken from everyday life situations. And then attention gathered in one point then the person disconnects from his 'frequency.' And if attention was stolen, meaning that you take away one of the situations, and in this meditative state person feels love and he turns off from all everyday tasks and routines, from his

'frequency.' He turns off because of love, and in this case, Island is love, but under different circumstances, his attention is stolen, and he is there already in Island, he bought a ticket, and his all attention is there.

And at this moment he turns off from his 'frequency' and connects to a 'frequency' 'with no mind.'

-Will he be in a 'corridor' then?

-The 'corridor' is when you are with one foot there with another- here, it's different in this case. When a person has a bit of free attention, but he is still bears and lives in a normal material world, and everything does in his own way. And world 'with no mind' is what I was talking about, it's a bit different. World 'with no mind' is when your attention turned off from your own world.

-So if a person wants to develop and he came to the point, let's say after reading your book, then he needs to take steps in that direction. To get a result he needs to move on to a 'frequency' 'with no mind,' or he needs to be in a 'corridor' and move along to meet people from higher 'frequency'? Which direction do you need to think to take the first step?

-If a person found my book, or even yours. Not on yours of course.. on our book. If will come across this book he will be in the 'corridor.' Man! Think about it, the person who has everything good in life, why on earth he would need to read this book? His attention would be busy.

A person who would be attracted to this book would have free attention. And if he has a bit of free attention, he will be in the 'corridor.' It means that person will find the book he will be already in a 'corridor.'

And also it happens that person is not in the 'corridor' and something bad happens in his life. He will get into 'the 'corridor,' and because of that he's found my book and started to read it. And then his life is better, and he goes

back into routines. When he left the 'corridor,' he won't be able to concentrate on this book. That's how it happens sometimes. When the person is in the 'corridor' his task is to leave it. But anyway'... At this point, for today I am interested, and I am busy with spirituality.

But if we talk about book and materials for this book, then the person who comes across this book and he is in this state, you can ask him what he really wants. Because there are people who don't want spirituality: 'I want money.' And I say: 'What a nonsense.' I say: 'Why?' - I always check, I am a skeptic - Why? Who said that? Where does it come from? And I will buy this shampoo and check if it's bad or good. And I will compare and make a conclusion what is bad! Because people even cannot explain it.

And why people so dumb, especially in Russia, is someone says: 'Don't talk to this person, he is a loser- and everyone believes, and they think this person is a loser. They don't even ask why he is a loser, but no one talks to him anymore. They just decided that and that's it. And the same with me. Some guy says: 'He is a cheat!' What? And in what? Can you at least explain where do I cheat, what did I do wrong? So I say: 'I like to walk my dog and listens to classical music' And a person replies: 'He is a cheat.' In what? I don't get it. What? What? What? I am'... where is the cheat?

And someone else sees this comments and writes: 'I won't do what you said because I've read that you are a cheat.' Are you completely nuts? Imagine I come across this kind of situations every day, and recently I had the same, when I contacted some people and wanted to help them, to give them money, and they say: 'Ah, we've read one article and sorry, but some guy wrote about you, he said you are bad.' I say: 'All right.' And I replied: 'If you want I will pay them now, and they write bad things about you as well, does it mean you become bad?' But people percept it that way, if someone calls you bad you become bad. And it turns out you can make bad things out of anything with only one word, it's a disgusting, unconscious country.

-Haven't you thought that the key here is that people are afraid of something they don't understand, and if Alexandr Korol doesn't wakes up at six in the morning and doesn't eat oatmeal before he goes to work, and doesn't get drunk on Friday evening in a bar, then it's something strange, and it means bad.

-Wait, wait, there are many funny contradictions of those people. You say that if I don't wake up like everyone else, and I don't eat oatmeal like everyone else, then it means I am strange'...

-Not strange but unknown to them, foreign to them.

-Wait. wait. If I am weird and unknown, then I am bad. OK. Then let's look further a bit: when I came across this problem and started to do what you've listed, I started to behave like a human, I tried not to provoke, to get accepted, and people accept me. Aha human, and then look he is human, and what he can say, the same people they are telling me at first that I am weird, like outcast, and unknown, and I look strange and I behave strangely, and I talk strange, and I spend time in a weird way, and I have no friends and my pictures are weird.

So I start to take pictures with people, I wear modern clothes, and I showed that I have everything: a car, an apartment, and everything is very social and material, and the same people say: 'How he can be spiritual, look at him, he is just a young dude.' I say: 'People I love you so much!' They all need it.

-What if a person is not ready to accept something new, and in his case, nothing will work, or you are not focused on those once who cannot percept you, and you don't try to prove him anything?

-Actually, I am avoiding people who are primitively percept anything, it's not like I am avoiding them on purpose, I just present myself in such a way that it filters out those kinds of people completely.

-Let's return to your biography, you used to work for a few organizations, I mean you woke up and went somewhere for a day of work?

-Yes, I did work. I worked in a production center when I was eighteen, I was among creative people there. Then I worked in the center of modern art, I was developing it. Then my last job was in a church, it was interesting.

-What kind of experience did you get working in a church, and are you a believer?

-Experience in church and if I am a believer those are different things. About experience in a church, I saw that it's a normal company like any other company, there have the same bookkeeper, helpers, employees, people who perform certain tasks, and people receive their salaries. It's the system, and of course, those are the once who are performing services, I mean priests who went to theological seminary. I was just a hired employee there. I didn't perform any services of course.

No, I was in a structure, I was an employee, a helper, and there are many like me in a church. Of course, I didn't light candles there, but it was open up to me, the structure I mean, I saw that normal people are working there, with their own values, weaknesses, etc.

And because of was working there I've read the Bible, I study Icons, and I had a conscious view on it, some people are afraid to talk about a church, but I can talk about it freely. Why? Because I have a conscious view and cognition of church, and it's not negative, I will say'... it's the 21st century, and of course normal people are working there, and the priest is not an alien, of course, he lived the same life like anybody else, he could have been your schoolmate. He is a human, and why would you blame him for being human, of course, we all have different destinies, someone went into politics, someone became a rock-star, someone became a priest and went that way.

And he is a human and human has a quality of 'mind', and normal human can make mistakes, but some people are very aggressive towards priests. But it's silly, any priest just carries what he was given. They all hand over to each other certain things, like books of prayers, some rules, some religious holidays and when a priest was born he wouldn't know that he will be a priest when he was a child. They live by canon, they follow the rules, and it's important to respect those rules, otherwise, the church will fall apart. And of course, when some priest breaks the rules, of course, it will raise anger from the church first, not just from society.

And what the church gives? A church is an ideology. There are many religions, and this ideology helps people to live when people are born they don't know who to trust. What to believe in. Not everyone has everything good in life, so they come to a church, and the church says: do this and don't do that. There are certain rules, and they give basics of how to live in this world. Maybe

someone is not interested in church, and someone doesn't believe. The church is for certain strata of society, and people who go there it helps them, that's it. And those who don't believe, but they should stay silent and don't touch those who do. Am I a believer or not? I am a believer, and those people who go to church, I visited many churches, many times. I always go to church, and I see that there are not many believers in it.

-Can you please explain that?

-Well, people often come to church to get help, like to sell the apartment well, or not to be cheated. And how the primitive person thinks, he doesn't know, where he would go, he goes to church, lights the candle so he would have a good deal. Other person got punishment for his sins, and he runs to church. The third one came because it's fashionable and cool. So people do it from their 'mind', just to tick this off in the list as 'done,' or because of fear, because they are not conscious, that's it.

And that's why the real believer is something different, is he is a believer he is a unique person. I will explain my understanding of faith, because when a person has faith, it means you are connected to something sacred, to the world 'with no mind,' when you feel happy, the faith is happiness. It's when your attention gathered at one point.

And when your attention spread on routine, everyday things, and you have bugs in your head, then you don't have faith. When you have faith your spirit is so strong then you can stay in the freezing cold when it's -30, - 40 and you don't feel cold, that's the faith. And whatever happens in your life it won't shake you down, because you have faith. I know what faith is, but those people they think that they believe.

If you ask those people, if they believe in church or not, for them it's just a word. If you ask a primitive person and he will say:'I believe,' and some say 'I don't believe,' and if you ask the believer:'What is faith for you?' He won't be able to tell you, he will just say:'You asked me if I believe in the church, so I went there the other week with my mom for baptism.' They think if a person doesn't believe he won't go to church, and he doesn't like the church and afraid, and everyone says they are believers, but it doesn't mean that they

have faith. It means that they don't mind the church, that what our society means when they say that they are a believer.

-So it means it's not necessary to go to church?

-What do you mean not necessary to go?

-Well if a person a true believer he can be on a 'frequency' 'with no mind' and it will be enough, so there is no need to go to church physically?

-I would say it's another way around. Why would those primitive people go to church at all? There won't be any use for them, they are closed, and it won't influence them anyhow, they won't feel anything. And the open person he needs to go to church, it will resonate with him. When I come to church I don't feel my body, and there is buzzing in my head as if I am being irradiated, that's what I feel.

It's for real in church, and I have a connection. And when a closed person comes to a church he has so much dirt in his thoughts that he doesn't feel his inner self, he lost it, and there is no difference if he is in a church or anywhere else, he has no business being in church at all.

-Have you thought who gave you those opportunities you had, which is much bigger than for most people? Is it from God? How do you explain it to yourself?

-Who gave me opportunities?

-Yes, all of it, who gave you those, where it all came from?

-The interesting thing is, if I talk on a human level, I mean on a social material level, the answers are as many as worlds. I cannot call it anyhow, but you can say I was born that way, and because I was born that way the circumstances were made up for me. From the other side, there is another version: the circumstances made me that way, it's a more primitive explanation.

But it works for material, closed people, I mean a boy was born, he played in a school theater, everyone supported him, and now he is successful, and now

he achieves a lot. And the other boy also played in a theater, but he was humiliated, and complexes form in him, and he is oppressed, and closed, and he is in prison, that's how circumstances make people, but there are many 'buts.' Circumstances made him that way, or his soul is that way? And because of his soul, he created circumstances? And that's why he is in this 'frequency,' but he didn't deserve it? Is it his destiny and he was open, and it should have happened that way? There are many 'buts,' that's why there is a rule for all of it what is beyond the edge, and this question is beyond this 'edge,' there is no name for it.

People like me should not name ourselves anyhow, because if I give it a name all my talents and abilities will vanish because I will limit myself, I will deny myself, I will make myself a human. That's why people like me we don't call ourselves anyhow, and every person limited with their level and by dimension will see us differently.

Someone sees a devil in me, someone sees an angel, for someone I am a someone smart, so depends on the person's 'frequency' each of them sees me differently. In every world, each of them sees me differently because in every world there is a different understanding of everything. And I am like a philosophers' stone, like a diamond, something multifaceted, versatile. I am not defined, and that's why there is no definition of who gave me that information.

It just exists, and here is another moment, I often say there are many people like me. And when I say that I don't mean that people do the same thing as I do, that they are busy with sacred deeds like I do, no. I mean the way they open, the experience they got, and of course they don't know any confirmations and how it all works, etc.

This is the job that I did. I've chosen that path to figure it all out in details and study it all. I am developing, and I've chosen that path, and I've met open people on my path, and I am like a boss to them, and I was telling them: you are this and that/ And I told them who they are, because they didn't know, but for some reason I was given that knowledge of who they are, why something happened, why he closed up and lost a talent. I know the cause and effect, and rules of this world and society. I was given all information, I was born a baby, who didn't close up and didn't get old.

I remain this child who sees it all with a sober view, and because I was so conscious and sober I have so much experience, I've collected so many examples and facts and confirmations because of personal experiments. Because I was working on myself hard, and all my lifestyle devoted to self-development.

-You are 26 now and did you open up all the possibilities already, or there is more?

-I am not yet open for 100% yet, it's not a maximum possibility. Information will remain, I mean I am saying the same things as 10 years ago, but back then it was hard for me to explain this in normal words. I didn't have a sufficient vocabulary, I didn't have information to compare, and I didn't have examples from real life or movies.

That's why it was hard for me, and that's why I dive into the material world, and my philosophy and spirituality was confirmed by those situations, where I took part or saw. And it became easier for me to give information to people year after year. And the audience of my readers are growing, that's how it happens for me, and as for me I am still developing, and I like it, a year ago I was completely different, and in half a year I will be different again. I mean to this year-end you won't recognize me anymore, I am restructuring now. I am growing, and well, I mean'... it's hard to explain, it looks the same, but small details are missing. And for the past 2-3 months, new abilities are opening up, extra bonuses. Well, I know now that I will have soon'... I don't know how it will manifest, but I am ready to speak with illusions with people. It's hard to understand, people certainly won't.

What does it mean to speak with illusions? I will explain, someone asks me a question:'Alexandr is it important or not to go to places of Power, or to do some techniques when I have my birthday, or before it or after?' If someone asks me that question then by the Masonic rules which I suppose to follow, I would need to say:'Yes, you do this technique only in your birthday.' I would need to create an illusion of importance, now or never.

When you make the value high you create an illusion of importance, and the person takes it more serious, and the result will be better. But for me, it's cheating, if I do that or say that it's a lie for me. Circumstances hinting me for

the past half a year that: 'Alex, this is cheating, you should not do that, it's bad. This person asked you for help to open up.

And he cannot cheat his own psyche, help him to cheat it because he is asking the result.' And I say: 'it's cheating, better have no result, but I won't lie.' I am a bit slow in it, this is dumb, it's a blockage, similar blockage I had 10 years ago. When I was afraid to take money, when they gave me money for work, even when I was photographing I was shy to take the money and thought I don't deserve it. But it's low, and there are many people, and all of them have those blockages, and development means that there should not be any blockages when there are no edges.

Why I am different from people because of all of what they fear I don't. Why are they afraid? Because they don't know that they are allowed and nothing will happen to them. And when new information opens up, it means you can do it. Many poor people think that to be impudent is bad, and in the world of people like me, rudeness is good, because it's not a lie, it's not a felony, it's not a rule breaker.

You are a human, and you want to ask something from your neighbor, and you call him, and he is asleep. And if you really need something, he won't die if you wake him up. Of course, you can be impudent to reach your goal and wake him up, and people with low values they won't be dare to do it, because they are afraid that neighbor will do something to them. They even don't know what they do, they have this reaction that they will offend him, that he will be angry, or unhappy, but when you are more developed, you know that your neighbor is like a pigeon. It's just a man.

Why do I always say 'like a pigeon'? Because we don't remember pigeons: 'Oh I saw this pigeon a month ago.' We don't distinguish them, those are just birds, the same with people. It's an indicator of development, for me all people like birds, I don't care is it a Peter or Vasia, is he poor or rich, healthy or fat, I don't care, I need something, and that's it.

-Alexandre, to wrap up today's session I have a question: is there any issue/task that you are wrestling with for years and cannot solve it?

-What you've asked it's the world 'with the mind,' and in the world 'with no mind' it doesn't exist. I don't wrestle at all, I have it in such a way that.. let's say I talked to my personal assistant and said I want to make a documentary, and

I asked: 'Help me with it, I will pay you.' I want a movie, and further on if there will be a movie or not I don't stress about it, I don't wait for anything, and certainly, I don't lose sleep over it! I just want a movie and if it is supposed to happen then it will, and if I need to make steps in the system, I will write to a director, or ask people I know to look for a director.

And then I would know how much money I have and at which date I will have this money, and then it will go with the flow. This is my approach, and I don't wrestle, because it's stressful, and you are closed, and you don't feel anything, and you get sick. I never wrestle: if something didn't work out, then I don't need it. It's not up to me, and it's not my fault, it's destiny. This is a philosophical approach, and it works.

-I think I didn't formulate the question correctly. I will try it again: is there any question an answer on which you cannot find by yourself? Maybe you don't know something about the world, or in those topics, you discuss in your book there is some information missing from you, or is there anything that you feel you need to know but cannot know it?

-I can assume that I don't know some things, apart from people like everyone found their niche: one became an artist, or scientist, or politician, or businessmen, someone didn't realize his potential, and he is just open and works as garbage men, there are many people like that. But I know there is the one who really knows everything, I didn't reach this level yet, they exist, and they know about me, and I know that only time separates us. Yes, I am separated from something that doesn't yet exist, but it will, and it's a matter of time. And those who are like me, not open like me but who knows how it all works. This information is not open to me yet. I was taught by circumstances, some characters in my life, who appeared in my life and they told me that the most important thing in my situation is patience and there is time for everything.

And I know the time will come when I will influence Russian, I mean on the country, I will be something like president advisor. But I will be, it will be like that for those who have economic power or power to make a decision on art, etc., I will influence those people: on culture, on everything.

As if people will ask me for advice in certain circumstances and I will be like a friend. This will be in the future, only now my generation is still being born'...

my generation, I mean our, the people who are born the same year, and we will be in power soon, and I will be like a brain in all of it'... I will say what to do, not publicly. I know it, and I am waiting for it. I know I cannot run in front of the train, it cannot happen today, but I want it, and it will happen later.

What else. I know that I am not yet recognized and I know I will be a public figure, and everyone will know me. But I need to wait. What else, in my psyche there are 2-3% of blockages remain which will disappear and it will be an unreal and more open state.

And those blockages I had them always they give me the possibility'... I don't know, to remain a little bit of human and talk to you. But the time will come, I don't know when it will be, like a harmonic convergence, in 3, 5, 7 years or maybe in a year, when those blockages will be off, and I will be different, I will grow up and the only limit I will have it's time. But there is no such thing that I decide something or solve something, there is an exact timeframe like it might be in 2020. And no matter what I do 2020 will be when 2020 will come.

-Thank you. We are done for today.



Chapter 5 The Corridor

27th of August 2017

-Today let's talk about the 'corridor' in details. I have a list of question. And let's start with the most important thing, of course. If someone knows what are 'frequencies,' how would you formulate what is the 'corridor' exactly?

-'The 'corridor'...'The 'corridor' is... let's imagine that there are 'frequencies,' like parallel lines, like parallel worlds which don't cross with each other and they have scales. And they divided my lines - those are dimensions. And there is one extra line, not parallel but vertical line and it is 'the 'corridor.' This line - you can call it 'frequency' as well - is when a person is not completely submerged into society cell, and this person is not completely

connected to his 'frequency.' Yes, there are 12 frequencies, 12 dimensions, meaning this is a social-material world. And every person in one of the strata, and each of them in their own world. And when this world is falling apart in some circumstances, for example, some stress in his life.

And more often this person - he is connected with his attention and with his thoughts to everything - and when something is taken away from him: someone died, or his private life fell apart, or he got fired - something like that, he goes with one foot into 'the 'corridor.' Because those connections that he had half of them vanished, and his attention is free from them. It's when the attention is free from everyday life when the attention is not on his everyday life.

This free attention is a state of 'the 'corridor.' 'The 'corridor' is when a person has some percentage of free attention as if he is in himself a little bit. This person at that moment he is available for everyone and many things become available to him. Because at that moment this person is not in his own rhythm, as if he was kicked out of his rhythm. And this person can walk on the roads that he'd never walked on before.

And this person, let's say, was always in a busy social life, and because he went into 'himself' sort of (in quotes), then this person decided to read his messages in his social networks. And suddenly he would reply to everyone. While he is in 'the 'corridor' he sees things, and he pays attention to things, he is a little bit free. His half attention is free.

And he is in 'the 'corridor' it's a temporarily 'frequency,' temporarily state where a person exists under certain circumstances.

And then he either returns to his own world when everything is OK again because he found a way to make his attention busy again, yes, he found a new job, or new relationship, and he stops feeling his inner self again, and he is submerged into everyday routines, and lives like that like zombie.

Or he is in 'the 'corridor' until his world falls apart completely and he will surround himself with new elements to get into a new world, on a different 'frequency.

'The 'corridor' also can be in a state of transition. People get into 'corridor' not always during unfortunate events, when he loses something, but also when someone grows out of his world. At some point his attention that 100%

connected to the social-material world it becomes free because his attention is no longer stolen and focused on everyday routine.

This person would suddenly won't like his job anymore, or family or friends, or something else. And at this point, he goes into the 'corridor,' and until he breaks his world apart, all old things, because it doesn't feed him anymore, because it doesn't steal his attention anymore, a new world won't start. And when he rejected everything in his old world, then he will be in a new world, in a new 'frequency' where he starts to surround himself with new things, stability... And that's it. That's how it works.

-Can you please explain in details when someone grows out of his 'frequency'? Does he grow into a higher world? And it looks like a person can do it himself, unconsciously. I mean he lives his life and then suddenly he is in the 'corridor.' And he doesn't understand what is going on, right?

-Well, people don't have an understanding of 'the 'corridor' in general. Of course, when they are in the 'corridor,' they don't know that. And let's do it step by step. The first question you asked about when someone world falls apart, and if we look at it from the point of view of 'frequency,' which 'frequency' he has.

When I said that he goes into 'the 'corridor' when his world falls apart he then goes into a higher world, but will he go into new 'frequency' or into a new dimension? Can be both. I mean either one or another. It can be either new dimension or new 'frequency.' 'The 'corridor' can also happen when a person disconnects from linkages. Every person is defined always, and he submerged into a certain environment. And when this environment falls apart, he will get into a new one.

Or he can stay in the same 'frequency' but he will become a higher level, or he can get into a different 'frequency.' There are many possibilities. And the most interesting thing is that he can get on a higher 'frequency' and on the lower 'frequency.' And on higher dimension and on a low dimension. It's not in the order. It can be a jump up in two for example. But it's only if he gets into a 'corridor' during unfortunate events. But if it's by nature, then it will be next 'frequency' in order.

-An average person in the world of 'mind'...

-Apologies, can I add something. You see the person who is in a certain environment, in social strata, on the certain 'frequency,' what steals his attention. Those things that he is interested in that worries him that provoke his reactions. Let's say it's a world '5'. And he is in the world 5 and all that in the world 5 provokes his attention. Because he didn't fully cognize the world 5. And at some point when someone cognizes this world completely, it becomes boring for him, and it doesn't steal his attention any longer. He doesn't like the things he used to like. And there are more and more things that his attention is not captured. And the person goes into a 'corridor.' And then he goes into a different world which steals his attention. So if some things are not interesting for him other things will be. It's a process of growing up. And when he surrounds himself with new things, and he submerges into a new life. And then he will cognize the new life and goes into a 'corridor' again, etc.

-Can the person cognize and grew out of the 12/12 world?

-Can someone grow out of world 12/12?

-Yes, And go into the world 'with no mind' automatically and forever?

-Yes, but it has a different name. I mean it's hard to name somehow. I will tell you what, there a world 12/12. It's the highest 'frequency' there is. This is the world of super cool people, there is no division in finance anymore, who is higher who is lower, as I said below the dimension is an indication of material status, and 'frequency' is an indication of level, the quality of everything. So the world 12/12 where all 12 variations are perfect. It can be a dude who wears a suit and listens to classical music, and he will be from the 12th world and on 12th 'frequency.' And there is a traveler who is somewhere in Yellowstone in a tent. He is also super free and super high 'frequency,' that's how it manifests. There are different directions and variations, and there are 12 of them. And when someone is free from social and material he goes into the world 'with no mind,' and he can be in any world. Those worlds become available for him. When someone lives in the world '5' then he doesn't see any other social strata, he cannot percept them, he lives

in his world among his own. And what are the takes for a human? To cognize all worlds. To become unique, he needs to absorb all worlds. If he can cognize all worlds, he can cognize all people.

And when person cognizes all people's qualities, all levels of people, all people's worlds, then he is free from it, and he becomes 'with no mind.' And in this world 'with no mind' you don't belong to any social strata, you can be on 'frequency' five or on 'frequency' 12. You are just there. Because you live among people. You can be anywhere, and you see everyone, you can do anything. And there are different rules out there.

And people 'with no mind' you cannot predict them. When I talked to such people I told them: 'I cannot say anything about you.'

And I had this question, a huge question: how is it possible I cannot say and see anything about those people? And then I realized who they were. Well back then I used this term, so I could at least determine them somehow.

I called them 'creatures.' It's a wrong word of course, but they don't belong to any social strata. They are 'with no mind.' And I could not say anything about them, because the person is sort of from the world 5, and all elements he has from the world 5, and his clothes are from world 7, and he talks like he is from the world 10, that's it. The values and where he lives from world 3, and everything is like that. As if it's a falsity. It's the same as a homeless guy would come up to you, and he says he is homeless, but he dressed more expensive than you are.

And you realized that there is a glitch in a matrix, something is wrong. And they are strange those people. It can be like a super rich guy would stand in the market and sell fruits. And why he does, it is unclear. There is a glitch, he doesn't belong to anything, and he has loads of money, but he wants to be a salesman. He saw a movie, and he wanted to be a salesman. And it's against human logic, and it's not 'one plus one equals two.' It's not working anymore. It's the same like there is never 365 days in a year, sometimes there are more, sometimes less. It's the same here, unpredictable.

And unpredictable it always lives, it's natural, that's why you cannot predict it. This is the world 'with no mind' and a person 'with no mind.'

-And where is this 'frequency' 'with no mind' compared to 'the 'corridor'? Or relative to 'corridor.'

-I would ask a better question: what is the difference between 'the 'corridor' and the world 'with no mind.'

-Yes, that's better.

-Yes, it will be more correct to ask so that people won't mix it up. The 'corridor' is a temporary state, when a person, he can be even depressed a bit, and he still thinks, and he can doubt, but there are moments when he is alone he feels his inner self. His attention is free, and it's like creative expression.

He watched a movie, and he is completely in the movie, he hears the music in full volume, more saturated. He can find a calm time for himself since he is not rushing anywhere, he is more relaxed, and he can find time accidentally, to read all my books in one night.

And then he will sleep for an hour and go to work. So when a person is in 'corridor' but it's for the time being. The world 'with no mind' is something else. The world 'with no mind' is when a person lives free of society, and it's not by accident, but he is always like that.

The person in 'corridor' is with 'mind' anyway, but he is a bit more conscious. It's a man who is a bit more conscious about everything because he has free attention. But it can close down. So the person gets into 'corridor' under certain circumstances, and when a person is in 'corridor' they are open up a bit, more often people who got into a 'corridor' were really close people. I will explain when someone's attention completely consumed by work, personal life, entertainment, and he lives in this situation for three or four months, it means for three or four months he doesn't pay attention to his inner self. He doesn't feel himself at all and lives like a robot. And it's bad.

He ruins himself from inside. And only because of that, if a person lives that way the system programmed in such a way that it will create unfortunate events in his life.

So if I need to give a philosophical answer to this, let's say someone crashed the car, and if you look at this situation from the higher level, like angels or masons, than there is an explanation, the stress was created in a person's life so he would turn off from everything that he was linked, I call it a cupule, so

when he would be able to be inside of himself for a bit. I mean he would need to feed his inner I, to feel his soul, because for several months he was in thought, in his mind, in society. And that's why bad things happen to people. And when I was in this 'corridor' I had the same unfortunate events in my life, and then I realized how it all works, and how much time I can be closed, so I won't have anything bad happen to me. That's how I got rid of all the problems in my life. And if we return to a question about what is 'corridor' and the world 'with no mind', then the world 'with no mind' is the world where you live according to different rules and values than the person 'with the mind.' the person 'with the mind' is anyone from society in any social strata, any 'frequency', and person 'with no mind' live by different rules. This person avoids stress, a person who always listens to his inner self, if something is unpleasant to him he won't do it, he won't force himself to do it. This person pays attention to things, That what this world 'with no mind' is. This person who won't strain himself, and he believes in destiny. If you are in the world 'with no mind,' everything is different there.

Everything is beautiful there, volumetric, saturated life, you don't need to force anything, and for those who are in the world 'with no mind' have a destiny. There is a fate in the world 'with no mind.' 'the 'corridor' is a temporary state, it's like a different psychological state, and in the world 'with no mind' a person is with destiny.

-So it means that the person who is in the world 'with no mind' he won't be able to use 'the 'corridor' because from his 'frequency' 'with no mind' he can connect to those ones he is interested in at that moment?

-Well yeah, a person in the world 'with no mind' he sees everything, he is conscious, and he understands. It's the same as'... I will give you a real example, primitive and everyone can see that, but it's a good example. We know that there is a center of the city, and there are outskirts of the city where there is a criminal neighborhood.

We do realize it somehow. And a person is able to see this difference not just in neighborhoods but in 'frequencies,' in worlds, in social strata, in people. He

sees all differences. He understands that he can go there and there, he knows where people more closed, and when more open, where people are more creative, and where more material. He knows it all, and he can be on any 'frequency.'

-And the person from the world of 'mind' when he is in 'corridor' one way or another'...

-No, the person 'with the mind' cannot be in the 'corridor.'

-When is turned off because of some events in his life? So he was with 'mind, and then something happens.

-Ah, 'mind,' 'with the mind.' I thought you asked about 'with no mind.' Yes, the person from the world of 'mind,' OK he is in the 'corridor.'

-Yes, so he is in the 'corridor.' And from there can he go into 'frequency' 'with no mind,' or he will get into matrix '12/12' anyway?

- I am a bit slow now because I need to reply to this. I usually give answers based on my experience, yes, but can I do something like this for a person. If someone by himself can do it. Himself?

-Is it possible in theory?

-Ah, in theory. In theory. Yes. Yes. In theory yes, because when some topic is not yet completely worked through, I need to find examples, words when I could not name it I even called it differently. At the beginning when I didn't write so many books, I said I always live in 'the 'corridor,' and it's my world, you see. And there is no one in this world by me, and this world is beautiful. And that's why I see all worlds and everything. And the only people who can get into this world who are at least a bit open. That's why I called it 'the 'corridor,' because along the 'corridor' there are many doors, and every person is in his own room. And when he falls out of his room, he would be in my world, in the 'corridor.' And at this moment I can see him, and he can see me. Only being in the 'corridor' he can hear me, see me, read my books.

Or when I come into their world, they can also see me. That's it. And when I always lived in the 'corridor,' meaning in the world 'with no mind,' and when people met me I advised them the right way, sort of. I helped them to let go of their old world, which they just left, and I showed them a new world, where they were aiming towards.

And if a person falls out of the world 5 and I tell him: 'Let go of this world.' And as I said I saw all the attachments, and I said go into world 6 and explained how to get there and how to let go. And I was in the 'corridor.' And this 'corridor' from one side can be called the world 'with no mind,' but I separated it on purpose because the 'corridor' is a temporary state of being.

That's why. And it's better to say that if you are in the 'corridor' forever than it's the world 'with no mind.' But all in all the term 'corridor' is a state when someone's world falls apart for the time being.

But later on, he will get out of it. It's a temporarily internal state when for example someone is depressed, and he sits home and feels everything in a different way, and perceives movies more saturated. This is the state. Or if he goes out and sees things around him in a different way. But later on everyone goes back to everyday routines, problems, and all their attention stolen by the surrounding society. And those ones who didn't get into 'the 'corridor' but into the world 'with no mind' almost all of those people went into it by nature, they didn't get through the 'corridor', and they went front the world 5, then 'corridor', world 6 then 'corridor', world 7, and the went through all worlds. And when they cognized all worlds it means you cognized social material world, and if you cognized it then nothing steals your attention anymore, and you will stay in this 'corridor' forever, meaning you will be in the world 'with no mind.'

-Do you have these statistics, maybe from you experience talking to people, about the path you just described, when a person goes from world 5 to 'corridor' and further on, till the world 'with no mind'? How long does it take? How long to go through this path, will one lifetime be enough or not really?

-I went through this. But about my acquaintances, I didn't talk to anyone who did the same. I haven't had this experience yet. I had experience when people were in the 'corridor,' yes. I have an experience bringing people to the

'corridor', because people wanted to open up, to try techniques with energy, to feel their inner self, to listen to the hears, because people didn't feel anything, they were closed, and I told them how to create the state of 'corridor' artificially. This is the way to open, free yourself, to free more attention, consciousness. I did that. And I am saying now that I didn't have this experience, because I am busy now with ways to get people into the world 'with no mind.' How it was. Initially, when I appeared I was in the 'corridor,' I was in the world 'with no mind,' I was like that from my childhood. And I could not get into any other world. I saw all those worlds but I was in the world 'with no mind,' I was born that way. I wanted to get into any world, and it didn't work, I've done everything I could. I forced myself, but it was not satisfying at all.

And to talk to people if I am on my own 'frequency,' in the world 'with no mind' is not possible, there isn't anyone there. You are all by yourself. And there are lots of worlds that you see. And you come and go from one to another, and I did that, I walked through all the material and social worlds and lived in them on purpose.

So I could at least communicate with people somehow. And now I've decided that I don't need to close up and live in human's worlds, I would rather take people into my own world. That's it. I want to take all people into my world 'with no mind.'

-I see. In your book 'The 'corridor' you first wrote that you went into the 'corridor' when you were a child. But maybe back then when you were writing a book, you didn't yet formulate the term world 'with no mind.' So what did you mean then when you went into 'corridor' or to the world 'with no mind'? It means then if you were always in the world 'with no mind' you were never in the 'corridor' then?

-You can call it differently, remember I talked about how the first time I became'... well how I became like this, those attempts when I looked in the mirror, and I saw myself, and all people around me like extras. and the friend I had was in his own world, those conscious views, this is 'the 'corridor,' it was the 'corridor.' I was still tie up in the material world. I submerged into it, but then something would happen and open up again. And then again: as soon

as I am too deep in society, something would happen again. And nevertheless, I was always in the 'corridor.'

And then when I left home before I was 17 years old, I forced myself to be a human. To be closed up and to be in some part of the matrix of society. But it didn't work for me, and it was hard for me. And when I left home, I remained in the world 'with no mind.' And I cannot close up anymore. I cannot just stay in one room, on one 'frequency.'

-So it's another way around for you, you temporarily go into some 'frequency,' but not in the 'corridor.' And you are always in the world 'with no mind.'

-Yes. Yes. Yes. This is an excellent example. People they are'... yes, a very good example, I talked about it long ago. I used to like alcohol, and people were surprised, why I do it. And I told them:'I am closing myself.' That's it. And I explained, I am in such state, you people are fast yourself, you eat raw food, or you are vegetarians, or you do some practices, listen to some melodies, or something relaxing, so at least you can feel something, to open up a bit. And for me, it's another way around, for me to be among you and to be adequate, so I could actually put words together, I would need to drink a bottle of whiskey, and I don't get drunk. That's it. I wanted to blunt myself a bit. I tried to close up since my childhood.

When I didn't know what is happening to me. And it didn't work for me.

-If alcohol is closing you, and it's known when something bad happens in person's life he would start drinking, do they speed up their return to their own 'frequency' where they were or lower?

-Yes! It's an excellent question. I will elaborate. What is the right way? I will formulate now. When some person is closed and in his life, something happens, and at this moment he starts to feel his inner self. Actually, he starts to feel himself what he really is. And for people, this state is no pleasant, unknown. And people instead of accepting it and remain in this state - what would be a correct way to react on this state - they try to stop it and return back. They are trying to forget themselves.

They start to listen to funky music, and to switch their attention to something, or eat more, or to drink alcohol, so they won't feel something real, which they

had open suddenly. This is bad. People are afraid to open up. But when something happens, and you open up, you need to make this state stronger. This state the person is.

When he opens up. And when he is open, he will be in the 'corridor.'

That's it. While he is in the 'corridor,' he will see all social levels. And he will have an opportunity to leave his world and choose some other world. It's a chance to free yourself. At this moment a person really leaves the matrix into the 'corridor.' And all world is open to him.

Of course, we don't consider that the person doesn't know what it is, and he doesn't have enough experience and he doesn't know how to use it. So this person can drop down to some awful world, to connect to wrong people, and to go into different 'frequency' - into a bad one, which he will see. And he can also get into high 'frequency,' and his life would change completely and he will be cool. And all of it can happen because of the 'corridor.'

And you get into the 'corridor' because of life events.

-Alexandr, if we take alcohol as an example or simple food - they close a person, and he returns to his own world, what can open him up in this case? How can someone make his time in the 'corridor' longer?

-Then he should have a maximum of elements of the world 'with no mind.' The elements of the 'corridor.' It's all the same, the world 'with no mind.' But the 'corridor' it's like a rented apartment, and the world 'with no mind' you own apartment that you have bought. That's it. And in the 'corridor' when you are there, you need to follow the rules which I have in the book 'Nameless,' and what are those rules? If it's music, then it should be calm music. Better piano music, classical music - that's the first element. If you watch movies, then it should be drama or psychological thrillers.

Spiritual movies. It's a must. You cannot watch comedies or action movies. You should also avoid big parties or crowds. It will make you closed again. And because of that people start drinking alcohol, and you are closed fast. You need to alone most of the day. Even if you have a big family you need to wait when they are all asleep, and you can sit alone till 4 am, write something, listen to music alone, nothing wrong with it, you can sleep later. It's like

holidays when someone can be alone. It's good. This will help you. What else? Creativity.

You need to do something creative. You can go to exhibitions, to read something about creative people, to watch documentaries about creative people. All of it will help.

You should dive deep into physiology and esoteric. Many people in this state go for it. How does it happen: someone lives a full life, then something happens, and his attention is free, and he goes to the Internet, and while attention is free he reads psychology, esoterical articles, and he comes across me.

That's how it usually happened. I do ask people about it. That's how it went. And there are those who are always open a bit. The life in this 'corridor,' but in the way that 95% they are in the material world, and a bit of their attention is free. And when the attention gets stronger, they lean towards spirituality, to feed their soul with something, when it doesn't open anymore. When it almost closed they even forget that they were interested in psychology and esoterics.

-So when someone is interested in psychology or esoterics, it means the person had free attention?

-Not always. Not really. There are people'... When it's fashionable than person make it with his mind what is in fashion now. And if now esoteric is in fashion, than people read all of it with their 'mind'. They percept it differently, they understand it differently. Also, they read books by people who also wrote it with their 'mind'.

And they talk to each other, to satisfy each other, but it's not an esoterical world. They vagaries this subject completely.

-And is someone went into 'corridor' often after some events in his life, or by nature, and if he goes into the world 'with no mind' once and will he get back? I mean if once he goes into the world 'with no mind' can he return from this state?

-No, it won't be possible to close up again. Well no, I mean... we talk about spirituality, yes. And I need to find the right words, figures, terms to name it somehow. So don't faultfinding me on this, please. I might say it a bit unclear now. But you know. If someone is in 'corridor,' it means that from hundred cupules connected to 'frequency' 5 one is free. So it was freed.

And this one freed cupule made his soul a bit open, so he has free attention now. And he can see other frequencies, and maybe find my books. And there are people from the world of 'mind' who is closed from one side but only for 95%. But 5% is open.

This person lives in the society on the 'frequency' 5, but he always has 5% open attention. He is for 5% 'with no mind.' and on 95% with 'mind.' And this person is always like that, and he cannot close up. If he opens up, then that's it. I can help to close him up artificially. Because they suffer. And this guy lives in the world 5, but nothing interests him: not family, not job, and he bears it. And he has this 5% of free attention.

And he asks me: 'Alex, can you please help. I want money, I want a family, and I don't know what to do.' And I answer: 'You are feeding your 5% somehow. If you stop doing that then you will have material things, you will like your family, money will come to you, but you will be a slave, you will be completely on this material 'frequency,' on 'frequency' 5'. And he asks: 'What do I need to do?'

And I say: 'Don't read anything spiritual. No esoterics, you need to love time and live by a schedule. Don't be alone at home, always be among people, always be busy with something so that you won't have free time. You need to watch all active movies, positive movies, and you need to do sports.' And when this guy starts doing it all, active, positive, and sport.

And that 5 % disappear. And goes into the material world, and he loves it more and works with pleasure, and he starts earning money.

That's how it goes. And there are other people who say they don't want the material world. And he thanks me for the fact that he had only 5% and after my books, he has 10% of free attention. And he feels good, and he wants to feel open on the whole 100%. And he asks what to do to turn off from the material world, and become someone 'with no mind.' I tell him about all elements of the soul. And when he starts doing everything from his heart and not from his 'mind', he opens up more and more and more. That's it.

He goes to the state of 'no mind.' But he has 'mind' as some percentage. And a percentage of mind and percentage of the inside world. And he goes towards freeing from his 'mind', to be complete 'with no mind.'

- I want to clarify something. What if this person had 5% of soul and 5% of free attention and closed it completely, and he has zero of free attention is this the way to poor health? Will he have issues with health soon? Right? When there is zero percent of the soul.

-Yes.

-So when a person closes himself because he wants money or something else he is killing himself slowly?

-Not exactly. When someone asks me on this subject, and there were many people who did, I say that he should go into the material world in the extreme, in such extreme that he would forget about his soul. And then he asks:'Can't I once in a while to read something or meditate?' I say:'Never!' And why I say that? Because when he will do it, he cannot do it on maximum, he will never be able to close up completely. It's impossible. He does it artificially. And by nature, he is closed by 95%. but 5% is free.

And I offer him an artificial way to close up. And if he can hold it artificially, then he will be in the material world. But it will always be back and forth. He is open and will be. It's not an issue really. But once a week he will miss and remember how great it was to meditate.

And he will have this time alone with his soul. And at any point when he is alone, like sitting in the toilet and he goes to bed. It will get out. It's like some emotion, that can be suppressed. But because of it he will feel bigger, he won't feel this pain in his soul, and he will be more focused, and he will understand:'hold on! and do your things!' and he will do his things. When he just came to me, he was a wimp. And I help him to suppress this whining of his open soul because the soul is asking for something, but he wants money, but he cannot get rid of the soul. That's it.

-Just to clarify something. How is it possible that there are so many people whose attention stolen for 100%, and for the soul, there is zero or close to

zero? Like some guy has a wife who is constantly nagging about money, and they don't have enough, and he doesn't earn enough, and she goes on and on. And he has not free attention, and he is completely in the material world, but he is not getting rich anyway.

-Yes, it's a low 'frequency,' and that's it. Low 'frequency,' low dimension, and nothing more.

-Does it explain it all?

-This is just a man, yes, there are no secrets in it.

-I see. I want to summarize. There are three ways to get into the 'corridor.' The first one is to close up so much that the system will kick you bad. The second is when you willfully make your world fall apart. Like you left your wife for example, and you are free. And the third one is when you grow out of your own 'frequency.' It's a natural order of things.

-It falls apart itself...

-Yes. So there are three ways to get into the 'corridor.' Or is there other ways to get there?

-There is the first way that you say above when...

-To close up completely.

-When someone has... Well, the first and the second variant are the same. When something happens in a person's life. He lost someone for example, or he got into a car accident, or his dog died, he goes into the 'corridor.'

-Is there a difference?

-What else. Well, some drugs will do it, and that's it.

-Is there any difference between the first variant and the second? Can you please elaborate? I mean here the person can close up unconsciously so the system will kick him or his life just went that way, and the system hit him. And the second variant he will destroy his life knowing where it will bring him. I mean if I know what I am doing and I do it.

-You've mentioned it very well. I will add to it now, but I am not sure if it should be in the book. But here I need to warn everyone, I hinted so many people, but I've never said straight forwarder that this is one of the ways to get into the 'corridor' - to do something completely crazy, something out of the ordinary, something very unusual. Something that puts you into a shock. And it will turn your mind off. And it will turn you off from everything. Like you can say something like: 'That's it. I am leaving forever'. And you would leave your mobile, money, and just slam the door and leave. And then just walk for five hours straight. And this is cool! Some other artificial things... well you can do it to someone artificially. Even with a conversation, you can take someone into the 'corridor.' If you will start talking candidly. People have certain fears. And if you start talking about something, sort of behave inappropriately. Like wife would say to her husband that she had vulgar thought about her boss, and it happens very often with her. If you talk about something super candid. Or if a child talks to his parents like that, it will turn their mind off. And it will bring a person to the 'corridor' - something very shocking. That's how hypnosis works as well. Gypsies are always talking about death, money, and sex. Something that steals attention. And when they talk like that person's mind turns off and he is in the world 'with no mind.' And he is new to this world, and he cannot collect his thoughts. And he gets robbed. It can be done artificially. But someone cannot do it to himself artificially. But I can do it easily.

-But what if someone goes camping, he leaves his mobile at home, and he goes with some people there, no relatives around him. Will he turn off from his world, that steals his attention. Will he?

-We talked about it already. It's not enough. Not enough. The best is to do it via accidents.

Or when someone is screaming, like for real, he is screaming and fighting with someone, and the person will be in shock. And he doesn't feel time or anything else after the fight. And this state is the 'corridor.' 'corridor' is when you completely lost the ground under your feet. And when you just go fishing, yes, you will be calm, and you will feel yourself.

But it's a very small percentage. Talking about this question what man needs so he won't have unfortunate events in his life if he is a very material person and always in his 'mind'. If he will be a bit with himself if he will go fishing for a bit. So you need to be alone for some time.

Then you won't have issues. But the 'corridor' is much stronger. 'corridor' is when you completely out of anything: you will get into the 'corridor' is when you went fishing, and then went to pee and got lost - than it will be the 'corridor.' It's really cool. Because you go left, you to go right and everything seems the same. And that's it. Your mind is off.

-I got it. By the way, you talk about to be with yourself. We haven't yet mention computer games. It also happens when someone dives into the game and forget about everything else. And it feels like you went into the mountains alone. So you sit alone, and no one is around. Does it help to be with yourself?

-Yes, computer games... But it's not the 'corridor'. I will explain again. For a person not to burn out, and not to be in an active material and social rhythm, so he wouldn't boil every day after work - to calm down and balance himself, to do it willingly, a computer game will help. Because it's a really different rhythm, which is very hard actually, because person all day being active, and here he needs to sit and click something. It might be hard for some. But if you force yourself to do it for an hour a day, it will be very useful. It was tested, and many people did it. I actually asked them to do it. And it really works.

-I got it. Let's return to the 'corridor.' A person who reads this book and he knows what the 'corridor' is, I mean the theoretical understanding about it, how he can understand that he is in it? Because it's not necessary to have some events, maybe he just grew out of his 'frequency.' And if there are some elements that he can note and realize that he is in the 'corridor.' At least something.

-Well, I had answered this question already when we talked about what is 'with no mind.' This is exactly the 'corridor.' How someone can understand that this is it. First of all the movies he liked and always wanted to watch, in his own world and rhythm, he won't be able to watch them anymore, and he will want to switch to something more spiritual, creative.

A person won't be able to bear active music, when is in the 'corridor.' He doesn't want to be in a crowd, this fuss, in public places. He would want to be alone.

This is an indication of the 'corridor.' It's the same as I am sitting here now. When you are sitting alone, with no bright light, but with some dim lighting, and in the night - this is the 'corridor'. 'corridor' it's when your active friends call you and say 'We will drop by now', but it's too hard for you, so you say 'No' to it. You don't want to talk. Not like you feel bad, another way around, you feel good.

That's it. As if all the people will ruin your state because you would need to listen to their conversation, and it's too noisy. It's when a person avoids everything active and noisy. 'corridor' cannot bear it, I mean the person in the 'corridor.' He would want time alone. This what the 'corridor' is. And of course, in the 'corridor' he starts re-evaluation.

When a person is in 'corridor' in 95% of cases he looks at his life as if from outside, and he sees everything, that it's not his, and he is unhappy about it. He looks at it and: 'Why did I buy this red bike, I wanted a black one?' And he starts to see with his heart, what is not his. He realizes that he wanted a black bike but society influenced him, and he bought a red one instead. ANd when he is in the 'corridor,' he is sorry for what he did when he decided with 'mind.' The person in the 'corridor' remembers his childhood, the happy moments when he was open - it means that he started to look at his family with his soul - he is sorry that he has a family like that because he wanted a different one. That's how it happens as well. The same about his job. People look at their appearance, and they are unhappy about it because they want to look different in their heart. And by 'mind' for the authority of some people they started to look differently. And how everyone looks at all things around.

-At the moment, I need to say something. From the very first interview if you feel that I've asked already some question, can you please answer it anyway, because you reply differently. And I see it.

-All right.

-I mean that you explain the same ideas differently, and for the reader it is a good thing.

-All right.

-The next question. For someone to get into the 'corridor,' he needs to turn off attention. What is the percentage of free attention one would need to be in the 'corridor'? Let's say from 100% you would need a minimum of 30% and this guarantees you to go into the 'corridor,' and at 25% it's highly unlikely. Or is it an individual thing?

-No, there is no certain percentage to get into the 'corridor,' there are no certain limits losing which you can get there. It's not about percentage, and there is enough... If you turn off completely'... let's say... You are in everyday routines, but you get into this reserved state. It's a shock. It can happen from anything, and one thing is enough. For the person to get into the 'corridor,' I don't know, it's enough if someone is visiting me at my place, and I cut out my finger, and he sees it. He will be in the 'corridor' from the shock. He turns off from time and space at that point. And this person goes into an altered state of mind. At this point, he forgot that it's actually later and he planned to go somewhere, and he forgot what was before, he is in shock. This state of shock is the 'corridor.'

-What actions should be taken if someone wants to go one 'frequency' up? And he knows now how it all works, with the 'corridor' and he wants to go through levels and to the 'frequency' 'with no mind.'

-I will explain it in a different way. I got the question. I am just putting myself in this person's shoes. So here I am some guy, who wants to get into the

'frequency' 'with no mind.' It means to open up completely. That's what I say. So if someone closed and he is in the material, social strata now, on some 'frequency,' and he wants to be free and be open.

What can he do? He needs to find a way to turn off for some time, to get into this 'corridor', to turn off his 'mind' and do it in different ways: meditation, some other techniques, or have a stress in his life or do some strange things and actions, which will turn off his mind, and it will give him an opportunity to feel his inner 'I'. Because if you feel yourself and when you feel faith inside, and you are sure of yourself, then you percept material world in a more simple way, and you go through it faster as well. And if someone can get into the world 'with no mind' when he finishes going through all 12 frequencies, social material frequencies, and my advice is, even if he doesn't know about frequencies. There is another solution. You can just make a list what worries you, what you fear and everything else that steals your attention.

Everything that steals your attention doesn't let you be open. And you need to make this list. And if someone has thoughts and his attention is stolen, let's say he wants to buy a new car, it means he needs to buy this car. And if something scares him, he needs to face this fear.

And he needs to cognize everything and live through the different experience. Everything that provokes him, offense him, everything that he reacts on he needs to cognize it. You need to face all of it. And to have it easier, so you can cognize it easier you should do it through the 'corridor.'

So someone got into the 'corridor,' and when he is there, all frequencies are open for him, and you need to find everything what you see and what your life, and what steals your attention, and what you want or don't want and get into it. While you are in the 'corridor.'

-And if the person in the 'corridor' won't do anything is there a possibility that he will go into higher 'frequency'? If he is in the 'corridor,' he is more visible to people of different 'frequencies,' and he meets his old friend who is on a high 'frequency.' This friends took him with him and advised him something, and there you go he is on higher 'frequency,' and he didn't do anything by himself.

-There are many many cases like that, yes. And some guy who is in the world 5, he is not wise because he is in that world 5, but he thinks he is smart, he has some principles and stereotypes - those are blockages and limitations. He is limited with thinking of level 5. And when he is in the 'corridor,' he finally replies and talks not under '5'. And that's why he doesn't avoid meeting with his friend. And only because of that when his friends offered him something which is not in the world 5. He accepted it. And of course, he opened a new world for himself, what could not have happened otherwise, because he was limited by world 5.

-I see. And statistically, a person after some event in his life, when he is in the 'corridor,' how long he will stay there? You say it's temporarily, but is there any time frame - several hours, days, weeks?

-It's an individual thing. It depends on the situation and on how strong the situation is. It depends either it's a cat died or a human. Those are different things. I give you tough examples, but that's why people get into the 'corridor.' There are some people whose dog dies, and they don't care. And he will forget it the next day. Do you know such people? Yes. And there are others, whose dog dies and they will think about it for year or two. And he can be in the 'corridor' for two years. That's the interesting thing, even though I tell you that it's temporarily, but it can be a day or a year - depends on the situation.

-So the example with a guy whose dog died and he didn't care. He won't go into the 'corridor,' right? It's not a stressful situation for him.

-Yes.

-All right. And the one who was thinking about it for two years. Can we give a minimum time frame here? For example, if he gets into the 'corridor,' he will be there at least for a day.

-Minimum till he goes to sleep. Sleep also helps to close up.

-Ok, it's logical.

-Till he goes to sleep. It's from personal experience and from the experience of people I know. There are stories from my personal life, when some material guy who had some stressful events in his life, and when he experienced the 'corridor' for me it was sensational. And I begged this guy: 'Don't go to sleep! Don't go, stay like this!' For me it was like celebration'... that person hears and see everything, and I can talk to him, and he feels it all. A person is open. And then two-three days pass by, when he went to bed and woke up it was still OK. But two-three days later.. On the third day, he has closed up again.

-I got it.

-Everything, material people, meetings, that's it.

-Ok. In your book 'the 'corridor' you wrote this: 'Angels are not in heaven, angels are in the 'corridor.' What did you mean by this phrase? Can you please elaborate?

-This is my old way I used trying to explain things. In principle, I understand it that way that, there are many religions, right? AND all of them are trying to explain the same thing, but it's with a different cover. The same I see when people talk about secret societies, masons, or aliens'... For me, it's all the same. All of it is human to me. To be more precise - highly developed human. And that's why they say everything is created by.. Everything made in God's image, blah-blah-blah. A human made in God's image, but it is just a human. But he is highly developed. This human is 'with no mind.' I think it's a man 'with no mind.' And that's why when I didn't divide what 'corridor' is and what is 'with no mind,' back when I described the 'corridor' as the world 'with no mind.' So the ones you cannot predict, who are not visible to people, because they don't belong to any social strata, etc. Those highly developed people are angels. That's it. Those ones who people think that they are angels, those are just'... well. They are highly developed people who live in the world 'with no mind.' You can meet those people only when he opens up, and when he is in the 'corridor.'

-Can you make a mold of this human?

-Mold. No. I told you, the person 'with no mind,' he has. You cannot predict him. He is there. Of course, there are certain rules and lifestyle, and if you follow them, you will get closer to this world. My readers who are learning from my information. And those people who are not closed, but they open on some percentage. Those people are a little bit in the 'corridor.' A little bit. I mean they are a little bit 'with no mind.' I mean 5%. And those people'...I am helping them to get into the world 'with no mind.' I am telling them not to do certain things, and they would live by the rules of the world 'with no mind.' And I give them a mold of the world 'with no mind,' so they can get into it. But there is no such thing in this mold as for frequencies, sort of eat this and that, and you will be on that 'frequency.' No, it doesn't work like this. In the world 'with no mind' I can tell people 'be yourself.'

And if they ask me 'what we need to wear,' I will tell them:'Let me show you a technique so you can open up even more and you will ask yourself this question.' Everyone is an individual there. Persons cannot make a decision from 'mind,' he needs to feed his soul with my keys, to feed his inner self, and he needs to listen to his inner I and realize it. And the more this person will listen to his inner self and realize his inner 'I,' the more he will be in the world 'with no mind.' And the society, links to society will get weaker. And if we take...

I know people from the world 'with no mind,' I've met such people, there are many of them. And all of them are spread all over the world, and those people don't know each other at all, this person 'with no mind' he is by himself, he is alone.

As if he is in his own world, and people for him like I said before, like pigeons, the same as for me. And he is in his world, and I am in my world, by myself, and we are... we are all over the world, and we are... I don't know, we were never friends and never talked. But because I spent time, I mean my life studying all of it, that's why I found those people, and they didn't do it, that's why they don't know each other, but it was me who pushed through to them. And if I will make a mold form those people it won't help, because it's not material things that will help in this case. If I take as an example one person 'with no mind,' and what they eat and what they wear it will be all individual. But here is one common thing.

There is one rule: how to get into the world 'with no mind.' It's a separate subject. There are certain rules: what you can do and what you cannot do, to go into the world 'with no mind.' There is my book 'frequency' of Mind' everything that is in it you cannot do, you need to study this book, and you should not do any of those things I described. And the book 'with no mind,' I mean the book 'Nameless' it is with a list and information that you need to follow and do, so you can feed your inner self, to go into the world 'with no mind'... that's it.

-Well, for example, the person is in the 'corridor,' and he receives a recommendation to listen to his inner 'I' to start with. Can he mix up his inner 'I' with some habit for example? Like he was wearing a jacket for twenty years, and he will mix up his inner I with his own thoughts. And his thoughts tell him: 'Go to get drunk', because people in the 'corridor' they start drinking, yes, to close up from the fear of the unknown, because they will think that inner voice recommended them to go and get drunk.

-No, when a person is in the 'corridor' he still has some percentage of 'mind,' the memory remains of course, and when a person is in the 'corridor,' it feels like he is sick. And when you come home to the state of the 'corridor,' you cannot even gather your thoughts to make something to eat. You want to watch a movie, and you feel bad, and you know you need to go to the sport, but you realize you don't want to go - you feel bad, not physically but mentally.

And at this moment a person can suppress it, it's like self-preservation instinct, and the person will want to get drunk, that's it. And when we talk about when I can close someone artificially, and he knows what is it with him, he doesn't reject it, and he knows and accepts it.

And then there won't be a desire to drink, and he will be open, and he will feel weird, but with joy, and not with fear and sadness, but with joy. And at that moment she will come to the mirror and look at himself and think: 'What an awful died hair I have.' The girl might think that. 'I burned them so badly, how could have worn those yellow-green dresses. I need to get rid of them'. And further.. she opens her social networks and looks at contact list: 'This is my friend that I know since I was 15 and I don't talk to her for the past 5

years, I need to call her now.' The soul is just, you know when someone's inner 'I' opens up - it's like a different focus.

When a person is in the 'corridor,' meaning this person is 'with no mind,' he goes through his contact list or his friend's list in social networks, he tends to lean to people 'with no mind.' I mean he leans to people who are good for his soul, the people from his heart.

And when a person is closed, and he is social and material, he leans towards people with 'mind,' that's it. And this is the first test what is yours for real, and what is not, which things and people that are from 'mind,' and which one from the heart. Because of that as soon as a person is in the 'corridor,' he starts writing and calling everyone who he hasn't seen for a while. And the interesting thing is, this is a really cool example I want to mention it in the book'... when a person in this state he starts calling and writing to people he hasn't talked to for a while.

And he talks with those people, and then he disappears again for a year, and those people mention it of course and ask:'Listen, why do you appear in this time and then vanish again.' And this dude would say:'You know, when I feel good I don't need you, and when I feel like crap, I can only talk to you.' This is a clear confirmation that a person is in the 'corridor.'

-Yes-yes. Exactly what I've asked about. Indications of someone being in the 'corridor,' and that in the 'corridor' you want to call people that you haven't talk for some time, it should be like an indicator.

-Yes, this is a number one indicator.

-You've also talked about issues with health. When someone feels physically bad, and this can also be a trampoline to the 'corridor,' this transition through sickness, can he get into the 'corridor'?

-Yes.

-So he gets sick or something else?

-Actually, someone gets into the 'corridor' from his psyche state. Even if I say now to someone you are sick and you will die within a month, he will get into the 'corridor.' But it's not because something is wrong with his body, it's from psyche and because he got this information.

This is also an indicator of good movies'... that is'... what is a beauty of the world 'with no mind' and 'corridor' in contrast to 'the world with no mind,' take the movie for example:'The Bucket List.'

Or another movie 'Knockin' on Heaven's Door', or there is also a movie when he told a woman she would die soon, don't remember the name of it. All those people when people are sick, and they start living to the fullest because this blockage they had from the 'mind' is off and they are in the 'corridor.'

They became free. And they start doing things from the heart, it's like a limitation for fear: that you are no one, and if you spend money you won't have any, and if you say to that person that you love him, he will tell you to get lost. And all of it disappears, when a person knows he will die soon.

They showed it in the movies that the person starts to live. The point is when someone turns his mind off for real he feels the same way, and he starts to live. He becomes brave, and he does what his heart wants.

-And if for example, a person living in the world 'with the mind' and he watches this movie 'Knockin' on Heaven's Door.' Will it shake him out? I mean can it make him sober if he watches such movie?

-It depends on the state of this person. If someone got wasted and the next day woke up with a severe hangover. And he can't even think straight, and he will watch 'Knockin' on Heaven's Door' there is a possibility that he will feel his inner 'I' and he will open up a bit. Because he is already in the altered state of mind, he is not adequate: he can't gather his thoughts, he has no blockages, no plans for today. Plus the movie itself can touch his soul. No, every movie does it or not every book, especially people who closed up. When a closed person watches this movie he will remember that there was a bank robbery, there were shooting and some jokes. For the person with a bit of free attention, this movie will work like power up. So this movie 'Knockin' on Heaven's Door' for those who want to get into the world 'with no mind.'

-Does it mean that the movie was made by people 'with no mind'?

-Yes-yes, of course. All the movies which are the category for the world 'with no mind' made by people 'with no mind.' There is no other way.

-There are few movies like this, in percentage from the total quantity of movies, is that because there are few people with 'no mind' or is there any other reason?

-There are what they call pop and commerce, and there are real movies, yes. And commercial movies that are made for a wide audience of people. There are more of them.

The movies that for the heart there are less of them. There are fewer people watching those movies, even though 'Knockin' on Heaven's Door' known by lots of people, but it's still in a shadow sort of. The same with music. And if we take another movie 'Angel A' it's not material the same with 'Knockin' on Heaven's Door,' actually, it's not even US movie and not British, I think it's European movie. It's a low budget. And there is another movie '1 + 1' it's also the same type, it's a private production I think.

Also, all those movies which are really made based on real events or biographies of real people. There are many of them actually. You can find them as well very easy. For example the list of key movies: 'Interstate 60', 'Amelie,' 'Knockin' on Heaven's Door,' 'Angel A' and if you search for similar movies you will get more of them. Like 'Meet Joe Black' - something like that one, and movies a bit about angels and a bit about life, a bit about love, with philosophical character.

There is a similarity among all of them, as if angelic something and something surreal, surreal I think. This is a world 'with no mind,' this surreal world, and it's for real like that.

A surreal world the world 'with no mind,' because in this world all miracles, paradox, unusual events like in 'Interstate 60', this movie is the world 'with no mind.' It's like the 'corridor,' and there is something interesting in this movie, the guy realizes that a father gave him a car which he wanted himself, red

color car and he witnesses some unusual events, this is the world 'with no mind.' 'Interstate 60' is an excellent example of the world 'with no mind.' And when it began you have this magical life.

-And watching that movie will help to free attention or if the person in the world of 'mind' he won't understand this movie?

-Well, here we will have percentages. If someone is closed in social and material world of 'mind,' he will just watch movies, three times in a row won't be enough, it will be a weak influence. There should be more elements to influence the person. You should limit the elements that feed his mind, those routine everyday things, and he should have a maximum of elements from the world 'with no mind' around him. Just a movie is not enough, and he can pray, for example, meditate, or to go to a service to the church in the evening. If you put it all together than it might help. You can really go into this state 'with no mind.' If you turn off your mobile and internet for a weekend and just be at home by yourself.

Watch movies from the list 'with no mind.' listen to music, walk alone, no Internet, no mobile, go to churches, etc., come home, meditate, watch the movie again like 'Pay It Forward'. Then watch 'The City of Angels', then 'The Prestige' or 'The Illusionist,' then yes, then a person more or less will start to feel his inner 'I.' And start to think about how he lives, that he lives not by his heart, and not the way he wants.

-Just to clarify doing all of the above will he get closer to the world 'with no mind' or to the 'corridor,' because it's not the same.

-I will tell you: there is on 'but,' that... Where does he get closer to? No, 'corridor' is when... 'corridor' is when a person in a stressful situation, that's it. This is just a state, and this is a person who temporarily turned his mind off. He turned his mind off, but he remains on his own 'frequency.' He just starts to feel his heart, as they say, 'follow your heart,' he feels.

And when he gets into this state he feels, but there is one consequence: when a closed person in the material world of 'mind,' in the world 5, for example, he starts to open his inner 'I' because of some techniques, music, etc. At that moment his focus of attention changes completely, for only a day,

but during this day he can destroy everything that in his life now. How does it happen: you open up, you come to your boss, and the boss made fun of you, and for the past five years you didn't react, and now you open and yes, you percept it with your heart, not with your 'mind'. 'The mind' blockage is removed, and you reply to him: 'You are such a 'this and that," and you got fired.

Then you have a husband or wife, and you open up and see that your wife is ugly and you don't want to talk to her anymore.

That's how it happens, and the interesting thing is that those people who get into the 'corridor' once a month by accident. They say: 'Alex, everything goes ok and cool, but month'... month goes by and I wake up again and look at everything and realized that it's not what I want, it's not the mind, I don't like any of it. And as soon as I want to change things, the next day I wake and everything is normal again.

And then another month go by, and I like everything, but then again this state like I am 'inside' and again I don't like anything, what is it?'

-So it turns out that the person gets into this state when he is in the 'corridor' like you described, and there is a chance that person gets scared, because he got fired, got divorced or moved somewhere - those are earnest steps, if the person used to live in the world 'with mind' on schedule, and for him it will be even more stressful. So this is a question actually'...

-No-no, I understand, no, here is the situation, it just happened often when someone under certain circumstances begins to listen, he.. under certain circumstances his mind turns 'off' and hearts is on, and his inner world, his inner 'I.' And if he is in this state, the longer he is in this state no on purpose, but because of circumstances for a day, two, three. and the more he is in there, the more it is possible that his world will fall apart.

Because this world is completely contradicted himself, and if the person is in the 'corridor' at this moment he can destroy everything material that he held on to. His soul will want it. He will be so keen to do it, and in a day or two this state will pass, and his mind will turn 'on.' And he will think: 'Omg, what have I done, how could I have destroyed it all,' many people go through it.

-In this case when someone destroys his life as it was. Than this shocking state passed and he returns to the world of 'mind.' He looks at all of it, and he needs to build it back, from ground zero, it will be stressful for him, and he will get into the 'corridor' again. Can it be like that?

-I understand what you are saying, and it's not going to be a stress. I am talking from life examples. I don't know anyone who would destroy everything, and then closed up and was sorry with his 'mind' about it, he won't open up again because he destroyed everything. A person gets into the 'corridor' more from a surprise, from the shock, and in this case, he did it all by himself because his soul wanted it. 'With no mind' person lives here and now.

He wants to feel if he needs to do something or not, he won't think about consequences or about the future. In the world of 'mind' is when a person lives by his mind and thinks about future and he wants to have security and assurances, he calculates and fears, and he wants everything to be profitable and right. And when someone in the world 'with no mind' he won't think about consequences and future, he can do lots of things: argue with everyone, say goodbye to all his friends, leave his business partner. And the next day this guy thinks: 'What have I don't... I've invested so much money into it, and because my partner didn't invite me to watch football I told him to get lost, I was so wrong.' That's what can happen.

-I see. So there is a world 'with the mind,' yes, where a person lives, and there is the world 'with no mind' where he can get into temporarily. In the world 'with no mind' a person starts to live here and now. And how he can plan anything, things that cannot be solved within a day. I mean for example someone wants to buy a car, and he has no money yet, and nothing can be done about it, and he cannot solve it now. What should he do in this case?

-If someone in the world 'with no mind' he cannot plan, because he is here and now. It's a state in the world 'with no mind,' and you have no stress. There are rules there if you want something but you would never do it forcefully, and if you go to a shop and the door is closed then it's not your fate to go to this shop. And you forget about it because tomorrow you will

want something else because every day starts from scratch. You don't live by memory, by your plans, in the world 'with no mind.' And if you don't get enough when he comes to the ship. And if the door is closed than he will knock, and he will find a telephone number, and they will call and ask: 'Where are you? Why is the shop closed? When it will open?' And he will go to the next shop, and he will follow his goal and push his way to get what he wants - this is the world 'with the mind.' In the world 'with the mind' he is like an obstinate donkey. And in the world 'with no mind' all is different. In the world 'with no mind' you just wake up, and you have no plans what you want to do. You woke up and depends on what will happen tomorrow, and it's for real like that. I am talking to you know, and I have no idea what will be tomorrow. I have a plan to contact some people tomorrow at nine. But I told them that anything could happen and maybe I won't be able to contact you tomorrow. I always say that to people. Because it doesn't depend on me, I don't know what will be with me tomorrow, and maybe I will wake up sick tomorrow. Maybe tomorrow I will wake up, and someone will call me and ask to go for a walk, and I will go. And maybe no one will call, and I will stay in bed all day, also can happen. And maybe when I go to a bathroom, I will see some advertising on TV, and it will remind me of something, and I will want to go somewhere. It's like this, and you live by your feelings, by nature, you just react to what is around you, and you go with a flow. That's it.

-What is...

-It's cool, there is no stress, in our case, our interview it's not like I am very stressed. It's super easy for me, and if something happened now, I would not have contacted you today. If we talk now than we talk, and if not then not. If we talk now, it means the world 'with no mind' is needed. You live by your destiny, and the destiny makes you move around, for real.

-Then the world 'with no mind' is a very high level of development, and people are trying to get there for years, but it's not for certain that will be able to. And homeless people live in this world since they have no plans, they live as they live, if they can get drunk, then it's good, if not then he goes somewhere, etc. Do they live in the world 'with no mind'?

-Yes-yes. But not homeless but vagrants. The life in the world 'with no mind.' But as I said the person in the world 'with no mind,' we lose it, and it can manifest in different ways. He can live in the world all by himself, and he can take this spot and be a vagrant.

And he can be on 12/12, and it's his personal choice, the lifestyle, the cover he uses but based on a state of mind and psychological level, etc., this is the world 'with no mind.' The interesting thing is I won't talk about Russian vagrants, I mean about the homeless as you said, but if we talk about vagrants, I had the most interesting talks with them, with vagrants. With some vagrants from St. Petersburg, old women, and men, they talked with me about theology, about Peter the Great and Peter is the 'stone.' They told me everything, and interestingly I am in the US now, and those are the most spiritual people for me.

Yes, of course, they are not material or social people, they don't know much about society, but they contemplate, they feel, they have a very sober view on things.

-I see...

-So they were, they were like my representatives, those vagrants. Los Angeles is the only city in the world known for those people, they are all with those boards, and they are all tattooed, and vagrants walking everywhere, they have perfect conditions for life there. And in New York, there aren't any, and in Los Angeles there are plenty, they walk around with sighs like 'Elvis is alive' or something else, you can call them God's Fools.

-So it looks like...

-And they are so literate, and the dude who is on stage in Russia is ten times less talented than those vagrants in Los Angeles. That's it.

-Those people 'with no mind' as you said they'd chosen this life of a vagrant, but in any time they can consciously move to another 'frequency,' right? On their own will.

-Yes. At any time someone like me can take them to any other world. And the funny thing is they won't resist like people who are bound to their own world. If I would come up to the vagrant and take him into my social material world with no problem.

But if I take someone from the world 3, it won't be possible. This person won't be able to get rid of his elements from the world 3 like hookah and silly TV series, fool. People are fools.

-Just to clarify. You've mentioned already hookah several times like element of low 'frequency,' but the hookah is a more complex thing than just a pack of cigarettes which you can buy anywhere, where it will go then?

-You've reminded me of something. Look, when I was asked about frequencies, and what kind of frequencies there are. There is one then we need to discuss, it's very trendy now, and in Russian, there will popularize it, it's unavoidable. Gays and lesbians, this minority or how they are called - this is a certain 'frequency.' I have a clear explanation for it, and why they are like that, I have many people asking me about it. So this is a 'frequency' where people chose to be vagrants'...

Who are those vagrants? Those are people who don't want to live with 'mind,' with stress, because it's painful. And they want to feel their soul, and they gave up and accepted this lifestyle of wandering around. The same is with gays and lesbians, those are people who want to be free, to feel their own 'I', to be themselves, but when they try to have a normal, conservative family and when they try to build relationship with a person of opposite sex, this person limits their freedom: they try to set rules, limitations and the world with 'mind' starts to absorb them.

And it's painful for those people and hard, because those people are open, creative, kind, etc.

They've chosen this path because of a hopeless situation. It's not right, but it's trendy now, but it's not right naturally. Further on it will lead to a situation when people will be by themselves, but for now, they've chosen this path, they became people of non-traditional sexual orientation. Because this 'frequency' exists because of those people, they go into it by accident, and anyone can get into it if you apply this mold in your life. There is mold, and if I give it to a man or a woman, their orientation will change. That's it. Returning to your question now, can you please repeat?

-Yes, I just asked about hookah that you've mentioned so many times...

-I will explain about hookahs. I like statistics. And I want to call myself sociologist.

And actually I can make myself study sociology, it's my favorite subject. I want to be sociologist more than psychologist in fact. According to statistics, miserable and bad people smoke hookah. Of course, there are exceptions, and if I smoke hookah now, nothing will happen to me. Because it's a small percentage and it won't weight down the scale, and I won't get into the bad environment. But most of the people who smoke hookah are miserable people from low 'frequency.' People will be more hot-tempered. It's bad, I mean if hookah was used in high 'frequency,' by good people, then I would smoke it myself, and I would advise people to do that. In my system everything is simple, I have no personal claim to anyone, but because I know statistics that this world is not good where people smoke hookah, I forbid it, that's it. And all the people who have issues, who have car accidents, or get into horrible troubles, etc. People of the same age as I am that smoke hookah. This is one of the elements of unfortunate 'frequency.'

-I see. Well, it would be logical now if you could mention one element from high 'frequency,' maybe people eat or drink something on high 'frequency'...

-An element of a good 'frequency' is rowing. Statistically, the richest people in the world do rowing. Plus it came from England. And the third reason is that all universities where they have rowing are top quality and students are from good backgrounds.

And if your child goes there, he will be among good people, and people won't have a thought to bring their child to rowing classes. The people who do rowing are unique, so you put your child in a unique environment, because when the competitions will start than the child will travel a lot, as well as hockey also helps, but rowing is better. Rowing is in the first place. What else'... what else.. What else'... Some countries like Japan, Australia those are also positive elements. I've noticed that those people who are nobler are the once who traveled a lot, or whose parent is a foreigner, or someone who lives in two countries. They are of high 'frequency,' they are nobler.

-I have a question immediately. Traveling to new places and in general new things will free attention?

-Yes-yes, of course! Change of environment and especially a new world it is very good. One of the rules of the world 'with no mind' you need to change environment all the time, there should be no stability, you should change everything all the time, and you should not get used to anything. In the world of 'mind' people live by their habits, they traveled once to Egypt, and they keep going there every year, they used to it. It's bad, and it's not development, it's degradation.

-So it turns out if a person gets into the 'corridor' then maybe it's better to travel somewhere to make this state stronger.

-When someone is in the 'corridor' I always advise the following: first of all try to forget everything that is usual in your life, I mean places that you go to all the time, people that you know already, they won't go anywhere. And the second is everything that life will offer to you at that moment always say 'yes,' to everything. Agree to anything that comes your way. Because when a person is open for the time being, this 'corridor' offers so many opportunities and you should not lose them, you need to say 'yes,' to catch it and you won't lose the chance to get into higher 'frequency.' Where you can stay later on.

-I got it. The last question for today, there was a question in the 'corridor' book, and there was pretty much a manual what you can take being in the 'corridor', the mold of successful person, I mean you come up to a person on high 'frequency', ask him questions and make a mold of what he is, and use this mold for yourself. Does it work since you wrote this book?

-Yes-yes, if the person is in the 'corridor' in this state, you asked me a question: 'If the person can choose a better world and how you can make someone get there.' I said it's impossible because he doesn't see any other world being in his own world '6'. But when he is not in his own world '5', but in the 'corridor' he can make a goal to see which world is the best and he can come close to it, and he can look at it and make a mold, yes, or ask someone from higher 'frequency'. And yes, he has a big chance if he will pull it off, to get into high 'frequency.'

-All right. Thank you, thank you, Alexandr.

-You are welcome.

-We are done for today.



Chapter 6 Attention Control

7th of September 2017

-Hi.

-Today I want to talk about attention control. Let's talk about basic understanding. What is attention control, what do you mean by it when you talk about it or write about it?

-Basic understanding of attention control... Oh wow... Ok, I will explain. Actually, I was busy with it when I tried to figure out where the thoughts come from. People who are interested in spiritual development they all talk about

turning thoughts off, they say that the flow of thoughts is in the head, blah-blah. And just to turn off thoughts, it won't work. And I needed to find the reason, the reason, and consequences. For me, the thought is a consequence of something. And when I was figuring out the consequence of what the thought is, I found out that we all have five senses. And those senses is how we percept the information, and this world where we live. And because of those senses and perception of things our thoughts are born. And if those organs turned off, then we won't have any thoughts. But also probably many people heard about it, when someone losing eyesight they start to percept sounds, smells much better, yes, the other sense gets sharper if other sense is not working correctly.

There are many facts of that effect, this is an indicator of what attention is. Everyone thinks that attention is us, this is conscious, this is our 'I,' our internal 'I,' which spread on those five senses.

And the point is, and also the confirmation, that the same way hypnosis works, yes, the attention of the person is stolen. And you can through those five senses you can cognize and control attention of someone. And how to control... for example through the smell. If we take liquid ammonia, then your attention will appear, and you will be awake. His attention concentrates in one spot - it gathered together because of sharp smell. Also, you can steal attention if you are for example, in a lecture and there will be a very unpleasant smell and you will be distracted all the time. And he won't be able to concentrate and do tasks, because the smell will take his attention. But it can have a pleasant smell as well. When you walk along the bakery, you know. Or something unpleasant. The smell of rotten stuff. Or the smell of fish. It's very unpleasant, and through it, you can influence someone. Steal their attention. The smell. So five senses. And we took a nose as an example. And I think we need to accentuate it. Now we can look at eyesight.

Also the sense. I was talking about it, I think. When someone is at the lecture, and then suddenly someone nude walks in and walks along the lecture hall. It will be a strong distraction. He can even forget what he was writing. Or what he did in this lecture or on an exam, or elsewhere. Because it will steal his attention. Swindlers and gypsies use this trick a lot. Money or paging money, especially in public transport, takes attention.

Something nude or provocative. If there are women with no underwear, with no bra. And if something can be seen through. Then it will steal attention, and he cannot control it. And I have an explanation for it as well. I was writing a complete work on it. I don't want to tell you for whom, but I made it for some serious dudes in Moscow, and I showed them how people can be controlled. All because of attention.

If we talk about eyesight, then blood also takes attention. Blood, money, and nudity. And those things take the most attention. If we talk about hearing, the sound, and how to control attention with it. Gritting of chalk on the board, sharp breaking sound of the car steals attention very fast, crying of the baby, mourning of woman. And the sharp sound of a firecracker.

There are more sounds that steal attention. Broken glass, when it breaks. I did a lot of social experiments for myself because I am a skeptic, I needed confirmation, and for people who asked me, they wanted to learn. And it all works, and there were accidental moments when we walk on the street, and there is a sudden sound of car braking sharp and all people turn around to see. All of them! They do it automatically. So what else...

-Tactile.

-Tactile, tactile, yes, tactile. And taste. Taste. Let's start with taste.

-Sure.

-Taste when something is sour, it steals attention, something unpleasant, bitter as well. So there will be an immediate reaction. About the temperature of food, I don't say now. Temperature is more about tactile sense. Through temperature you can also influence someone, you can make them go out of the room, to influence him if it will be too hot or too cold, the temperature is a powerful influencer. Burn also steal attention.

And the pain in general. Pain is a concentration of attention on the body, I can talk a lot about it, why we feel pain at all. It's a sort of automatic restoration of the body when the person gets hurt, it's a built-in function in our bodies, so the person would pay attention to a certain spot, and it will heal faster. That's how it works. And all those massages, acupuncture, other warming up things is just an illusion, just a cover.

The point is in the concentration of attention to the spot that needs healing. Acupuncture also is a concentration of attention. If I take a clothespin and put it on the person's back then because of pain his attention and consciousness will concentrate on the back. And back will have all attention and recover fast. It's a bit of esoterics here, but the same attention and it works that way. So you asked about attention.

-Yes.

-I am telling you things a bit in chaotic order. But the last thing I want to say, and give you a live example. When a man, well I won't use smart words here, just a street jargon: when a man can't get it up, because of work or other stress, it means his attention stolen completely. His attention is stolen by stress, situations, and there are many psychological blocks, and attention is not on his body. When a person's attention stolen by overloaded lifestyle than he starts using the attention that reserved for his body. Our organs also working and it's attention as well. But we cannot control it, it works by itself. And people who get sick, by some awful diseases, including cancer, those are people whose attention stolen by something, and they have a deficit of attention for their body. That's why they have complications. Therefore if a man wants the problem to be solved he just needs to turn off attention from things and move it towards his body, then all will be OK again.

-So if we talk about five senses and how the attention gets stolen, the effect is temporary, right? I mean if someone hears a car brake sharp, they turn around to watch, and in two seconds they forgot about it and live their lives. The attention recovers again, right?

-I love this subject so much, the attention control. I will explain. Yes, I've forgotten about this topic already. No one asked me about it for a while. Yes, if someone hears brakes screeching, or someone runs along, or a person sees blood, then his attention temporarily stolen. Of course, it's temporarily, and it recovers fast. But it was just an example. What steals attention for a long time? This is... This is psychology already. The person's attention can be stolen for a long time, not whole attention but partially. For example, completely it will be stolen because of some accident.

Like someone calls and says that your friend died, and his attention is stolen, and it can be for some time. And he will be in the state 'with no mind.' It also depends on his routines and everyday life. If he has lots of business meetings all over the world.

And even if he lost someone, then he... his attention recovers faster, he will be connected to society again, because his life is very busy with things. And someone lifeless intense and there is nothing in his life than he can live for a very long time with stolen attention. His attention will be in this situation all the time. And it can last for a year or two. People asked me those questions. How to fix it.

From one side it's easy from the other side is complex. In theory, it's easy. How does it work: a person's attention is stolen because the importance of the situation equals 20% and the attention holds on because it's higher than his life. And to let go of your attention he needs to get something higher than that 20 %. It can be love for example, or a lottery for 700 billion dollars, or something else, aliens for example. Something that will free his attention from the situation.

As well as some esoteric things like Vipassana or anything like that. Then attention will get freed. There are other cases. Sort of support for an Orthodox Church, I want to explain something in modern language to the rest of people. There are deadly sins that people talk about. And of course, I need to know how they should be read in which order and how many there are, I know they do exist.

And the question is why they called deadly? And if someone sins then this act is of super high importance, and the percentage of the attention to this sin is stolen forever, till his death. And it turns out that person's attention is stolen by deadly sin, then his life is pretty much finished. Of course, he will keep living physically, but he is not needed any longer.

Because a person came here to open up his attention, his attention is always connected to something, and his attention leads to situations, yes. If something enticed him or scared him, the attention is growing, and the person is developing.

This attention is consciousness. And if a person commits a deadly sin, that's it. There is no point for him to live here. Because we all came here to develop our attention, but his attention stolen by deadly sin.

His destiny is finished: this person won't have any destiny, he is lost. He can die tomorrow, or he can die in 90 years, but he is not important for anyone anymore. You can do anything with this person, and you won't get punished by God, or by the system, he is no one. No one. And that is a deadly sin. This is if... This an answer to your question about what steals attention for a long time.

-If a person's attention is constantly stolen by one thing, then in time his attention will less for this thing? For example, blood steals attention. But if a person works in ER, he sees lots of blood, and he won't care much after a while.

-Wait. Let's. I got the question. Of course, blood is not a very good example. I will explain. Of course, all examples that I gave was about five senses, and there are standard things that steal attention, for many people. To many people what I've listed steal attention. Why is that? Because it's unknown because it's forbidden. And therefore I am coming close to your question now. What if a person works in the ER and sees lots of blood, and of course he reacts normally on it. It won't steal his attention.

And it won't influence him. Naturally. And I also need to add that those things that steal our attention are the indicator of development level. Depending on the level... the attention is focused on certain things. What steals his attention, what attracts his attention those are indicators of the level.

And naturally if someone is on number 3, there are certain important things for him, that will steal his attention. There is a list of those things. And naturally when he will develop himself and will get into level 4, then he won't be afraid or attracted to those things. A live example we can take when a child is afraid of a dark room or some toy we told him will come and eat him. And he is happy with chupa-chups or something like that. And at this stage of development, his attention is attracted to those things and influence him. But a child grows up, and his values are changed, and his attention attracted by other things. The point is nothing should steal your attention. Then you are unique.

-In an average person in our time. We take just a normal person how much percentage of free attention is free? On average.

-People don't have free attention. Those people who live in society, and those people we consider normal people their attention is always busy. Busy with anything. Issues, or no issues it is always occupied. But there are people with free attention. What kind of people are those?

-Yes.

-Those are the people who are... Of course, there are many examples... Let's take clinical death. Person experience a clinical death, or some stress or other events of such kind, when his attention turned off from society, and then when he returned back his attention, meaning his consciousness won't be able to connect completely. His attention will be free for some percent. Because of that he sees and hears more. And there were rumors that some organization is watching over those people.

There a good example with children with autism. There is no movie where they show just a child being the only autistic. Most often they are shown as geniuses. They have a malfunction of attention. Their attention cannot focus or rather cannot be spread proportionally on everything around, in the material world. Their attention concentrated on one point. They are in themselves. And their attention always concentrated on one thing. (Knocks). And he hears only this sound, he doesn't see where he is, or what is happening, he hears only the sound. He becomes the sound. That's how it works.

-And if attention is freed and it captures by something unusual, can he feel uncomfortable about it? Is it not a comfortable situation for him? Because if blood and nudity are all over the TV shows, and people are watching them. Is it done on purpose to artificially steal attention?

-Actually... It was a long question. What is it about?

-The question was that maybe people want some events to happen subconsciously, so the attention is stolen by something? And that's why they watch TV shows.

-No, of course, people don't want their attention to be stolen. It's a bit different. Of course in politics and in advertising and in all of it they use psychology, I would say. But of course, psychologists don't know that. It's psychology for me. And they all know it and use it. And any person who is connected, except advertising, with movies knows what holds... steals attention. They teach it in movie schools, and in a theater. They teach actors so they can control their attention. To feel good on a stage. Besides that, they are taught to control the attention of the audience.

You talk talk talk and then - what just happen?! The actor behaves like that. With a clear accent. Then the pause, then he talks again. So they are... no. Naturally, everywhere. But everywhere its own direction. Everywhere the subject of attention is worked through, and they teach it. In every organization, in every environment.

And people who watch TV of course, when they show something unknown, which steal attention, it made in such a way, so the attention is gathered. And then they show advertisement, and they earn on it of course. That's it. Attention control. You can even follow me how I control attention. But I have a different approach. I think if I will be real, life, chaotic than the more attention I will steal from everyone.

-Why do you do it? Why do you need to steal the attention of other people? So they can percept your information more clear?

-Hah... Why steal attention... Well... On TV they do it for commercial profit. I do it for different reasons. From childhood when I talked to different people, I felt something unpleasant. When I... Imagine someone sits in from of me, and I am telling him something or talking about something, and I realized that he is not with me. I feel it. And I realize that he is not with me.

He is floating in his thoughts and thinking about something. He worries about something in his head, and he is not with me. He just says: aha, aha, aha, and I was offended and annoyed by it. Let's say I was unhappy about it. And of course, I wanted to gather his attention.

And at first I talked to those people, I would say: 'Where are you? Hello? Wake up! What are you thinking about?' or I just stopped talking. But then since I like to do experiments and I am interested in a practical approach. And I was always ready to sacrifice my reputation so when someone didn't pay attention I could just through the glass against the wall.

Then his attention would be concentrated! And so much he would concentrate... he became 40% more productive, and then we could talk about what we planned. Only after I smashed the glass against the wall. And it's a fact... Those kinds of examples I used to do from my childhood, I wanted to direct someone's attention to me.

Because I felt when person floats in his thoughts. But I was pleased when I saw that they used the same examples in the movies. There was one US president when he came in... When he had lectures or speech he often made jokes before he started, he would say: 'Today I killed someone.' Like grandma or mother. I don't remember who was it now, which president.

But the point is, my readers even told me about it: 'Alex he does just like you.' You see. I was not alone in it. And in limited circles people understand it.

-So when Nikita Khrushchev during UN assembly was hitting the tribune with his shoe. He also shook up everyone, when everyone was talking calmly, and he attracted attention.

-Exactly!

-Let's put it that way. Knowing all of it how someone can control his attention? I mean to control it in such a way that external conditions and events wouldn't influence you. How can it be achieved?

-Can we split it into two questions, please? The first one would be can someone control his own attention? And the second one how not to get

annoyed? Those are different things. Because if I talk about attention is one thing. And how not to react on irritations is the other.

-Sure, two questions, starting with...

-All right, let's start with attention control.

-Yes.

-A person, he can... he can... Let's put it that way, he can take of his attention and make a list of things that provoke his attention, and steals his attention, and worries him, and what he wants and what irritates him. And the most important, that immediately pops up in my head, it's really topical. The most important is an irritant. It means that there is something he didn't cognize. He needs to cognize it. And he needs to face this issue, to this fear, to this irritant. Or if your attention is stolen by bicycles, then he needs to try it until he gets fed up. Otherwise, he is not free. Otherwise, it will always steal his attention.

From one side it's good that his attention is stolen in real life. And why? Because he is, it's his way of development. Many people talk that they don't know how to develop, and what to do. It's clear here. If you surf TV channels or the internet and your attention is taken by birds than you need to cognize them. That's it. If every time you surf the Internet, and something irritates, let's say some show, then you need to cognize it. It doesn't mean you need to go to this show.

The problem is not in the show. Most likely people in the show irritate you. It means you don't understand those people. You need to understand these people, to talk to those people. Or to talk to the people who watch this show. You need... to dive into it, because it steals your attention, and it means it's your weakness.

That's why when a person really understands something, it won't steal your attention. There are many examples. Because of a man... I am giving you examples now of what steals attention..., and I don't know... Your neighbor walks the dog and this dog poops under the windows. He doesn't care. But

someone will care. There is a difference. It's the indication of development level. It's a level of their attention.

The indication of what steals his attention. And people of a low level they, for example, can scarify friendship, family, career because of some illusionary conflict. One looks at others T-shirt, make fun of it, the other got offended, and they had a fight. Why does it happen? Attention! Because it stole their attention! Appearance steals their attention.

And if it wouldn't steal attention, they wouldn't have cared. I can walk now on the street, and I don't care that some boys make soap bubbles. I won't even see them. But I will see something else. I do mention some people. And everyone should think about what you see when you leave your house? It's important, and you need to cognize it.

So the answer to your question is yes. The first step of this answer is you need to make a list, to pay attention what steals your attention. The second step is simple. You need to turn off from everything. What are the options? One of it is: a person's attention is in society. It connected to everything. One of the techniques which I gave to people to sit alone in the bathroom, in the darkness, in complete silence. For an hour. Without movement, without mobile. One hour, two.

While a person sits there alone, his attention is somewhere anyway. It's a dependence. Many people have conflicts and arguments because they don't know how to use up their attention.

Everyone has attention on something. And the point is, just imagine the whole person's attention is on mobile, Internet, job, and some other things, and other things, and more things. And then he suddenly closes himself up in the bathroom for two hours, in the darkness and in the silence. Everything will start to reset in his brain. Very much so. Because his attention gets freed because not all of his senses satisfied. Attention gets wider and wider, and he doesn't know how to use it up. All thoughts were glitching: one memory, another memory, memories from childhood, some angry thoughts, some past vulgar thoughts, etc. All dirt gets out. And that what happens, who is a primitive person from a normal, material world, real world, from his world. And if he will do it, he will see everything. The first thing he will realize how dependent he is from his attention. How unconscious he is, and his attention

is stolen in himself. And if he will do that every day or every other day, or at least once a week then he will learn to control his attention.

The technique is simple, there is nothing complex about it. People whose attention is stolen by society and everyday things, those people cannot sit for too long in one place. Those people whose attention is stolen. Those people are social, material. The people whose attention is free they can sit for five hours in a room and they will be calm. Because their attention is gathered in one spot. Those are creative people.

They can sit and paint for five hours straight. And try to do it with a material person, a socially active person whose attention is always elsewhere. He will stand up twenty times! To drink, to go to the bathroom, or something else. He will imagine a million reasons not to sit. He will nag and complain, and he won't be able to sit.

Those people who cannot sit calmly need to learn it. And if I would see this information somewhere in the book or on the Internet, and I would be in shoes of such active, material person I would make myself sit like this for a month. Because if I sit alone every day for two hours, I will become five times stronger. Five times stronger! It will have a perfect memory, complete concentration, I won't react to anything and will make conscious decisions. I will see the situation from outside. For real! A person will be sober! And when a person lives with stolen attention in society and everyday routines, he lives like he sleeps. He lives automatically. And the second part of your question, yes. 'How to control attention?' Where we started.

The third option. I will quickly add now. The third option, well he won't be able to do it. It can be done through people like me. If you give something to a person that will steal his attention. To create unfortunate event artificially, something like that. To show him the importance level of something comparing to everything else.

That's how it happens with people very often. If I meet with someone. And the person lives in his own world of gadgets, let's say. I can describe his whole world: how his people behave, how he thinks, what worries him, what he wants. What happened to him and what will happen.

And that's it, he is in shock. His attention is stolen on me. I didn't say anything special. But in this state he gets free. His attention is freed from things it has been connected all the time. It's very helpful for him, it's good.

Because if a person's attention is always fully used, he is in the same state and in the same conditions all the time, he spends on society, on people, then system created unfortunate events. So the attention would turn off for a time being, and a person would go inside of himself. Otherwise, he will burn out. That's why problems created for people. And if you cognize this topic, and if you look at this life and give yourself a break on purpose then you won't have any problems at all.

-Does system needs... so the person would remain... well so he would function normally, yes, as a part of society, like... individual?

-System, the system needs so that the attention would widen, open up and wouldn't be provoked on anything, and that person would cognize everything. That's it. But people are creatures of habit, automatism. And system always destroys automatism. Every person likes what? Stability!

-Yes.

-That's it. Does it work? Better not to change it. That's it - I moved in here and I don't want to move out. Here is my best friend and I don't need anymore. Yeah, right! The system does 'boom' and everything is destroyed. And he asks: 'Why? What have I done?!' 'I am such a believer! I am so obedient! I don't swear, I don't drink, I don't smoke, and I behave so well! Why do I have those problems?!' That's why. Because he doesn't know the rules of life. That's why you have problems. Problems are not punishment. Those situations created on purpose, to push him out of conform zone, otherwise, he will rot. Because his attention we take and put in one spot.

-I want to clarify something about what a person needs to cognize when his attention is stolen by something. You said about dependence/addiction already. If someone's attention stolen by alcohol. How can he cognize it? This is the road which will never end. He will drink himself to death. What can be done here?

-Good question. I will explain. If someone's attention... is stolen by alcohol, it doesn't mean he needs to cognize it. To drink until death.

-Yes, exactly.

-I gave an example earlier on about the show, if it steals the attention, if it irritates you, it doesn't mean you need to go to this show to cognize it. You need to cognize people who watch the show or people who take part in this show. The same is with alcohol, you don't need to cognize the alcohol in the sense of drinking everything, you need to find out when did it start in your life, what people usually drink this alcohol? What does it give to you? You need to analyze, dig deeper. And you need to solve this problem. This task. It's live levels in a game. And we go one by one. And is person conscious and he can solve this problem and find it, that it simply takes his attention, that's it. He won't drink. Why? He will have enough information which we take in ourselves. He will go into a subject of attention control, and he will know. Because if we would gather all examples, there are many examples of why people start to drink, then attention gets freed. One of the reasons why people... many people behave in what way? What people get addicted? A person has 100% of the attention. That 100 % spent on life. Personal life, job, debts, friends, and I don't know, maybe football.

-Yes.

-But next to that 100 % there is 20% of the attention. That 20 % of attention goes into a body because our organs won't work by themselves. So I am saying.. So this person wants to concentrate on work. He spends 20% on work. Because the rest of attention goes to his personal life, football, thoughts about debts, etc. And if only 20% of attention goes to work, his work will be worth 20%, here is the explanation of many questions which asked: 'It's strange.

Why my life is so-so, and work is so-so?' Because persons spread his attention all over! Because you need to learn to distribute. If you want to achieve something you need to put 100% into it and not just 20%! And if you give it only 20% then the result will be for 20%. If you have a goal to build a career, then stop talking about your private life!? No football! No friends! Why do you need it all? 100% of attention to your goal! Business and work. Just keep doing it. And when you achieve it, when you reach a certain result then

you can turn off your attention from it, for the time being! Because if you turn off your attention completely, then it will collapse. In time. You turn off your attention and pay 100% of attention to your family. Build it, achieve your goal. 100% attention will bring 100% result.

Do everything like that. And many people make mistakes because they don't pay enough attention, and less attention means less result. And 99%... if you give someone money to build a business, it will collapse soon because he pays 10% attention to it. And the rest of his attention on some useless things. And some people sacrifice their health. They used up the received attention that means for their bodies, but they achieve a lot. There are plenty of successful but completely sick people.

-Yes. So if someone turns 100% of his attention to his work, he will be punished by system later on? Because he doesn't have free attention and he concentrated on one thing only.

-Wait. No, a person won't get punished for putting 100% of attention to his work. It's a question of time. Every week or every month you need to have a break... It's important. You need a break. And if a person doesn't take time for a break... Look! I will explain it differently. There are several cases. One case is when a guy for a month, whole month his attention on one thing only. For example on work.

Or for example on work, family and debts. So if his attention on one thing and he doesn't turn it off, and he doesn't think about anything else, all attention connected to one thing. It's the same if you turn on a TV and won't turn it off for a month. The system will shut him down. And the system will create some events in his life to shut him down. For Sure! It was tested.

The system will create an, even so, this guy would disconnect and feel himself. You can test it yourself. You need to feel yourself. The other thing. The second reason is good. Someone can have much attention and not use it. He is busy with everyday things, he lives, and still too much attention.

And because he doesn't spend it, there will be stressful situations so he would spend his attention. It's hard to understand for people, but if you go deep in this subject, and people would think a bit about it... If someone stopped doing things, be active, work and sits on his butt and does nothing

then he will have an unfortunate event, because he doesn't spend his attention.

There will be given events so he would spend it. Why they say the higher the mountain the further to fall, yes, there are more problems out there. Then...

It's a fact. The more attention person has, conscious, the more complex obstacles in his path. With me also happens something once a year, I am developing. Those people who read my books they won't be able to survive it. So hard it is. This is... I won't say what it is. It could kill a psyche of the person. You would need to be prepared for this. And the point is everyone has his own limits, the level of psyche, the level of open consciousness and perception of understanding of the world, yes.

The point is someone will see blood, and he won't care, the other one will faint. The point is I am given situation when a normal person would faint. That's it.

-So if 100% attention needs to be concentrated on something that person needs at this moment, right? I mean if you want to achieve something in anything you need to focus your attention completely. And don't think that your attention needs to be freed? Right?

-You need to strive for it. Let's formulate this question differently. What do you need to strive for?

-Yes, all right, yes.

-Let's. What you need to strive for in attention control? You need to strive not to forget that you have attention and your task is to remember about it at all times. Because attention is consciousness. Consciousness is you. It's your energy, it's you, your soul, let's put it that way. I won't be stuck with words here, but it's your soul.

And if you put all your soul into everyday things, into routines: you go to work every day, you talk to the same people, you do the same things every day, then in a month time you become unconscious. All your attention is stolen, you do everything like a zombie, but you don't understand it. That's why the

system makes unfortunate events for you, so you would go into yourself and feel yourself.

So you would think about life! So you would wake up and see yourself, like in a mirror. Finally, you would wake up. And what needed is to make it yourself, not the system would push you to do things, but do it yourself. And if you take a break for your attention, then first you won't have any problems, and the second you will be conscious, and you will recover yourself like this. It's like a reset.

A good example is if you would turn on your PC or TV and won't turn it off for a month it will burn out. It needs a rest as well. And you need to take this rest for your consciousness, for your attention.

You need to do it on your free will it's one of the stages of consciousness. I mean on the first stages of consciousness you need to understand that your attention needs a break. And those people who don't understand it, who walk their path unconscious for them every week an event, unfortunate events. It saves their psyche and consciousness.

They don't get it, they stay in themselves for a bit, and they connect again. Their attention connects to the same things. And till the moment system hits them again. And every month is the same. You need to avoid it.

-The person who lives with no mind, how is it for him regarding attention control? How does he spend it? How often he has broken? What does he do with it?

-When the person is the world 'with no mind' his attention is free. Conscious person and person of the world 'with no mind,' yes. If we talk with my terms. This person whose attention concentrated in one spot. The attention is here and now. His attention is not stolen by thoughts, he doesn't have any. It's not stolen by past thoughts, thoughts of future plans and because of that person 'with no mind' has no plans. A person has one whole consciousness. He is here and now, he percepts everything as is. He has whole consciousness. Everything is... all right with this person. This person won't have any troubles. Why does he need them if his attention is free? That's it. This person has different responsibilities in the world 'with no mind.'

A conscious person needs to make his attention busy with things. That's why the attention, consciousness is free, there is lots of it, it's like energy. And to keep your sanity, you need to spend it. In the world of 'mind' among unconscious people, they live unconsciously. Certain situations are created, pleasant or not, and everything steals their attention, steals and steals, and a person just lives without any control over his life.

That's it. Of course, he takes part in his life, he thinks he is smart, he solves problems, achieves something, but all of it is the work with attention. And the person in the world 'with no mind,' I mean a conscious person, he has lots of attention. He needs to spend his attention.

And it won't be stolen by unfortunate events. He needs to go for example and study something new. I don't know like painting, or singing, or fighting, you need to do it, because you need to use your attention, you need to spend it. That's it.

-I understand. Let's return to the question I asked before. How not to be provoked? Remember we talked about how the attention gets stolen and a person should not react on it. Is there any advice about it?

-The question is what to do not to be provoked?

-Yes.

-It's not possible. The question is what to do so your attention won't get distracted.

-Well like this example with gypsies. How not to react to them.

-Wait. This is a level of your social and material development. Everything that person didn't cognize in society will steal his attention. But if he leaves society. Let's say in meditation, that's how that's the way. A person in meditation, a person with 'no mind,' the person whose attention turned off from society through certain techniques, this person attention won't be stolen. He is turned off, but it's only a technique he didn't cognize it. He can be in it, he can be in meditation. But in any case, he will be back in society, in the material and social world, and some things will steal his attention. I will explain differently. If you take someone as an example. Let's say some guy.

And this man's attention stolen by women, he didn't cognize it, and it will always steal his attention. No matter how we would try to explain him in theory, he needs to cognize it himself. He needs to cognize it on such a degree, to the point that he would know how woman build. He needs to read books about it, why opposite sex exists, etc. He needs to cognize it. That's it. And the point is if he does meditation and turns his attention off everything social. He will go into himself.

And in this state, he feels only himself. In this state, a person cannot be irritated. He won't react to fireworks, or anything else. He sees everything very clear, and he doesn't have a fright, instincts, etc. And if a topless woman will walk by he won't care. It's a temporary state of altered consciousness. But he cannot live in this state. He went into it through the technique.

It's not his level of development. If he goes to work the next day he won't be in this meditation, he will go to work like a normal person, with 'mind,' with attention, which he will concentrate on something. And if a topless woman walks by it will attract his attention.

And what I have cognized, my level is that without meditation I am in meditation, and anything can happen, and nothing will touch me like in any other person. I won't react. I won't react not because I try to bear it, it's impossible to bear and not because I control myself, no! It's because I cognized it all, just thinking about sitting with a piece of paper. Not physically but I cognized it thinking about the philosophy of life, how it's constructed, how it all works. And that's it.

-And here is a domestic example. Since we talked about it. You cannot protect yourself against gypsies on the streets. And following your logic the person who is in the social world he will react on them, and they can rob him, right?

-Good question. You know... Good question, it's like a separate article: 'How to protect yourself from gypsies?' There are fewer of them on streets recently, fewer than in the 90s. Real gypsies, they can confirm to you, they will never come up to someone like me. Otherwise, they are not really gypsies but some losers.

Why they won't come up, because they always see and feel someone with consciousness, whose attention is clear. They won't come up to anyone like this. They come to people with 'mind,' in one of the cells of society. They can say: 'Your dog will die, your mom will get sick,' and that's it, a person gets scared, his attention is stolen by words because they whisper, and that's it, he is robbed, and he is: 'Why??' Because of the attention. And why does it happen? Hypnosis.

A person who has never been 'with no mind' it's an unusual state, and shock. And person lives by thoughts, he lives in his conform zone. And he has fears, that steal his attention. And if I will whisper in his ear it will steal his attention; therefore his thoughts turned off, and he is in a state of trance, in shock. That's it.

You can do anything you want. How to protect yourself from it? There is no protection. You are weak, your psyche is weak. It cannot be controlled, it's like nature, if you show a dog a bone, that's it, it won't be able to control itself. And the same happens with conscious of a person. You show something, and he has one reaction, you show something else, again the same reaction. So people have something they react on.

-I got it. yes. So if a person will develop he will get to a certain level when gypsies won't come up to him?

-Yes. If someone gets to a certain level, gypsies won't come. And even if they will come up to him he won't be in a myst, he will just say: 'Hello.' She says: 'Give me a coin,' and he replies: 'You give me a coin.' And that's it. She will be in shock because instead of fearing her and giving her a coin he says: 'give me two coins.' So she realized that she cannot do anything with him. Nothing.

-How does it happen? The development will through what exactly? You've mentioned some things, like to sit in the darkness alone for some time and turn yourself off. Are there any other techniques?

-No-no-no, I can add how to develop your attention in a better way. I would... When I discovered this subject for myself I was more interested in things that provoke. It's my opinion. And if someone wants to make his psyche stronger, to shake his psyche in a good way, so the attention won't be provoked on

some nonsense, because if you react on something, then you are weak, you are not conscious. So, of course, you need to watch horror movies, make yourself if you don't like them, watch arthouse movies, or go to strip club, perform on stage - get over this fear, meet policeman and ask them to put you in detention for several days.

Something completely out of your comfort zone. Those things are very useful, and the point is the system, I want everyone to understand it, yes, so if you are twenty now be prepared that you won't be able to run away from it, around forty you will be shocked by things you cognized. Everyone cognize it. Lost of relatives, a funeral of grandparents, car accident, something else. Those events are given to everyone to open up consciousness, the attention. And the point is if you are scared now to wait for it, it will be given anyway, no matter what, it's unavoidable, and it's better to do it on your free will. Willingly do it. Like, go yourself to a funeral. Don't be afraid, don't avoid it, don't reject it. Go to a graveyard. If you are afraid of a church - go to church. Those are important moments. If you are afraid of policemen, get to know them, be friends with them, talk to them. You need to face your fears. And I am talking about fears because they steal your attention.

Besides fears some good things also steal your attention, you need to do them as well. Go for it. But also... I have a recommendation. There is a good example in the movie 'X-men,' when Magneto, he is... His strength was growing when he was angry. He had this psychological key when he remembers how his mother was killed. It helped him to concentrate his attention. Everyone has those keys. You can remember some accidents, and angriness, then your attention will concentrate more, or love. Charles Xavier was teaching him that. He said: 'Don't be angry, you can be stronger if you wake up love in you.' That's it, love and anger is opposites, and this is something that can be accumulated, concentrate your attention in one spot. This turns off your attention from external factors. And it can steal maximum attention and gather it at one point, because of that person feels enormous power. Also the attention influences so much... sport. In reality, persons devote his attention to the body. But there is nothing physical. A person created a pain effect in certain muscles, and his attention concentrated there. And that's why the effect takes place.

That's how it happens. When a person has an issue with health, the attention and health are crossing here. The health issues connected to his attention directly. It means his attention doesn't reach this point. Because you need to pay attention to your body. I did some techniques myself, and I advise people as well, you can simply stick something on the spot on the body. Like some sticker. There are chakras, right. And if I will put a sticker on my forehead. What Hindus do it? If I make a sticker, it attracts the attention of other people, and my attention goes into it. And because the attention concentrated there, charka will turn on.

With this attention, when I had this topic open for me, when I wrote a book in 2011, I proved all extra skills, any of them, with the attention. Everything is built on attention. All religions, all of them.

-You said that love takes 100% of the attention. But it takes all attention to itself. How someone can transform it? For example, I had a goal to build a business. And suddenly I fell in love, and 100% of attention was stolen. The business will be ruined?

-Yes. Because you will forget about it. Many people forget and drop everything when they fall in love. But there is another point... Love is... Look when I say you need to gather attention in one spot, it doesn't mean it's elsewhere. Why it was gathered, Because of love. Thanks to love the attention is stolen. So if we draw a sun. All its rays connected based on importance from 10 to 50. In the end, love appears and it will be 80%. And all attention concentrated on 80%. But when it concentrated it doesn't mean stolen in there, it means concentrated in one spot. Person 'with no mind', he is disconnected from everything.

A person is in the state of shock. And with this attention, he can go anywhere. He can direct it to business or to creativity. A person in love can write a genius book and become worldwide known.

-I see. Ok. In the Attention control book, you gave example about children. Children have much free attention. He can be attracted to anything, he can

draw and then do something else. Then something else. When a person grows up everything changes. So the question is the older someone is the less free attention he has? If he doesn't do anything about it. And at a certain age person won't have any attention at all? Or how does it work?

-Very good question. I didn't analyze this topic. Yes, a child initially... he doesn't have any connections. He doesn't have levels of importance. And his attention is free. It's a unique state, I am trying to help people to achieve it at their age now, adults I mean. They have the same associations for this state: Like in a childhood - happiness - childhood.

All feedbacks are similar. What happens, his attention is completely free. If you give him Lego he sits and plays with it. He doesn't know how long he sits. And you come back to him and he sits in his room and plays with lego. And you say: 'Let's go to have lunch'. He says: 'I want to play more'. And you say: 'You are playing for five hours already'. And he doesn't understand because there is no time in this state. When your attention concentrated in one thing you don't feel time. Time and space also steal attention. And a child's attention doesn't concentrate on it.

And he cannot say time, he is so free. And therefore he doesn't live through the issues of society, because he is not in it. His attention is not there. And he feels good. He watches cartoons, plays with some toys, and with his parents, and he goes for a walk and he doesn't mention the road, and how long he walks. He just walks.

And if he gets lost he stands and doesn't know where to go. And if he is in the car, he doesn't evaluate anything, if the street is good or bad. He doesn't have those issues of adults. He is happy.

Then a child becomes connected to society. He acquires values of everything. And he is growing up. And I always advise to watch this movie 'Hook', they've shown it very well there. So. When a person grows up, if we take stages of adulthood, in the students' time till 30-40 it will depend on people of course, but this person is in a certain state, that he is connected to society.

And system helps him - nature helps him and gives him a lot of problems, to make him be in himself a bit. If you pay attention to yourself because you are too deep in everyday tasks. And that's why people live so short, and that's

why people are unhappy, and they suffer, and they look bad. And everything is bad. That's it.

And in time for some people even from thirty years old, old age started for them already. What is old age? It's when you are done. It's when your attention will never be free. When a person cannot become conscious anymore. He won't be able to re-evaluate anything. He is so used to his habits and everyday routines, and nature tried to help him, but he feels so comfortable than he cannot live without it. And if you take it away from him then he will go mad completely. And this is old age.

When a person doesn't feel his attention anymore, and when his attention completely stolen than a person gets old. Gets old psychologically. I have many readers who wrote me and apologized and said: 'Alexandr I am 60 but it doesn't matter'. I say: 'I understand'. There are people who are 60 years old and those people are children inside or like me. There we are - children, this is our common trait. That we are free, we are not connected to things. We can percept it all like children, without evaluations and patterns. It's very important. That's it.

-What about the parents? Can they help their child? To slow down the process? How to make a child remain a child for a longer period? I don't know how to formulate it.

-I won't be able to answer how to make a child remain a child. And why? Because there is no way one person can control other person's life, it's silly. No, there is no way. I will reply in a different way: there are artificial keys. Which ones? You won't need to sit in the darkness for two hours a day to turn off your attention from all connections. There are other ways which make people happy and more conscious. What are those? Fishing, surfing, extreme kinds of sport, walking, all this will turn off your 'mind'. The extreme sport will turn off your 'mind'. It's really useful.

And even artificially circumstances will help a person to relax from anything else.

-What about intellectual games? Like chess. Can it be used?

-Well you see, the chess is... You know if my 'mind' is powered up and I am completely into social life and I am a businessman, and if I sit to play chess with you my attention won't be stolen. I will try to play chess with you and at the same time, I will control the work process in my head.

That's how it happens in 99% of cases. The real chess players attention is stolen for 100%, but it won't work for normal people. You see the chess won't steal your attention but surfing will, it's unavoidable there because you will be drawn if you won't concentrate. That's the fun of it. You stand on the board and waves and you follow your instincts, you follow the nature, and 'mind' will turn off. This will help to any fool. And chess won't, a person can sit and think about anything. And there is no motivation to play or win, he will just sit. Chess won't help.

-So the sitting in the darkness and in silence this is the easier solution because for surfing you need to go somewhere, to take holidays, etc.

-Of course, of course. To sit for a couple of hours in the darkness is the easiest way. But it's a simple option from a technical point of view, it's easy to do. But to make yourself sit for two hours - that's a hard part. It's a hard task for someone. For this person, it would be easier to go fishing for a weekend. The effect will be the same. His 'mind' will turn off from the external environment, and attention will be concentrated on a body, and he will be healthy. Everything will be OK.

-What if... As I understood correctly he needs to go fishing alone? What if he goes with friends and takes alcohol...

-Of course, if he will go with friends than his attention will be on friends, and he pretty much goes fishing in his comfort zone, and if he takes his mobile then fishing won't help at all. Even if he has a mobile with him than attention will be stolen already. Internet and mobile take attention. People are addicted. If you take it from someone he will be sick, I'd say.

-But it will be good for him?

-Of course. If a person will make pauses in using mobile and Internet he will prolong his life for many years. And success is guaranteed.

-That's why many people grab their mobiles as soon as they are awake, to see what's new out there?

-All the people when they are awake grab their mobiles not because it's interesting but it helps them to gather their thoughts. When a person wakes up he is still absent, misty, and he needs to activate himself. And he looks at the mobile and his 'mind' turns on. This is like a contact. I will explain on a real-life example, I am afraid... well not afraid but I forbid myself social networks. And because people are interested in my lifestyle, I don't have any notifications from social networks, and I don't surf social networks, I use social networks on schedule in the certain time and for a certain period of time. You cannot be there for long, otherwise, it will influence you, I am trying not to take mobile in my hands for a few days. And that's why I am unique in this way. And because of that, I receive lots of new information. And because of that I more attentive and conscious, and I have a very good memory. And if I wouldn't take a break than I would be as dumb as other people.

-Why the Internet steals so much attention? How did it happen? What is in it, that it has such influence?

-It's very simple. Well yes, Internet nothing special, right, but why it steals attention? The Internet is a tool, but there is the whole world in it. That's why it takes attention. And it's not like Internet unique and that's why it steals attention, but the content of it is. And what is in there? Are there tits? Yes! Is there envy? Yes! Is there money? Yes! Is there blood? Yes! Everything! Is there something funny? And it steals attention.

All psychological creations are in there. And the Internet was built that way which source will steal most attention. They are fighting for attention. Bloggers, social networks, and all companies, who gathered more attention. And everyone lives someone else's life, and attention is gathered by some strange character, to some bloggers or some websites, some resources, etc. And they live their life. And it's comfortable.

Authorities are very comfortable with it. Because whatever will happen, I don't know. Kremlin falls apart, and no one will mention it, because there is a new show aired. Cool! Celebrities without underwear - that's it! That's how it happens. Society is like that.

And the most interesting thing is that nowadays it happens by nature, I don't know exactly, but I can judge by people who read my books, the quantity of people whose attention is not stolen by silly things is growing. The quantity of conscious people who are not provoked by this dirt grows more and more.

And the time is when even material and social people in Russia, they are self-sufficient boys and girls of 20-35 years old, they have played enough in everything, so they are not interested.

Not cars, no money all of it is not interesting for them, their attention dashes around. Where to go? And it's cool. It's good. While people suffer. I am waiting when everyone will come, not all of them, but some percentage of people will come to the point when their attention will be free.

-In regards to fights for attention which happens on the Internet. Do I understand it right that you also do the same? You post your chapters on the Internet, and you have people who are waiting for it, and they read it as soon as a new chapter is posted? So it means those chapters steal attention as well? And what they should do in this case? To watch it and then leave the Internet or it doesn't matter in this situation?

-No, I have it a bit in a different way. It's hard to explain. The person who is with 100% of his attention in society he won't see me. Don't forget it. This person maybe had something bad in his life, and he has this 20% of free attention. And he doesn't know where to apply it, and at this moment his attention catches my chapter.

And when his attention on me than interesting thing happens I made his attention even freer. I hook his attention and steal even more of his attention. I free up his psyche and shake it up. It's the same like someone's attention is

free a bit, and he starts to read about aliens in my book, and I will tell him: 'Cognize tits as well.' And his attention is open even more, and he is in shock. That's what happens. I break the society with my book. I break all principles and stereotypes, illusions, fears and priorities, the intentions of primitive society, I break them down by my examples, and just with my book. And the person reading it he has lots of illusions, he is in the middle of the book, he is turned off, and his attention is freed even more, and afterward, this person writes me feedback: 'Alexandr, I feel so strange! I don't know when I felt like this for the last time. I think only in my childhood.' Here we go! You see, again about childhood! And for real, again and again, person associate it with childhood. That what I do.

-So if I read your books it will help me free my attention, right?

-Yes, everything is built on this. My books and I, for maximum freedom of human attention.

-And if someone in a social world and works at the bank, and every day he commutes to his work, and he has free time and free attention during commuting. Can he, for example, during this time, read your books on a way home after work day? Will it be better than if he wouldn't do it and would listen to music instead?

-There is one thing when a person makes his attention busy, or he directs his attention somewhere where it can open up attention even more.

Those are different things. If a person lives a normal life and he commutes every day to his job. He has free attention. And this attention, there are many details you see, he can spend it on what he wants: for example to watch movies while he is in the metro, or to listen to music, or message someone. Those are primitive things that make his attention busy, that's why people do it, it's hard to be in a closed box for a period of time. And that's why a person wants to make himself busy.

And what happens further: suddenly battery of his mobile is empty and he cannot use a telephone, and he is in the metro. And because he doesn't stare at the screen, he notes a big poster in the metro. And on the poster, it says: 'Dude! Change your life! Jump with a parachute!' And he thinks: 'Oh! Cool.'

And goes to school, or wherever, he looks up this place with jumps. He goes there and makes a jump. And his attention opens up even more. You see, my book is exactly that moment when a person with no mobile stuck in the metro. This is a chance for him to see my book. And if he sees it, it's a chance that he will be visible, because with my book I will guide him. I will tell him: 'Look around, think why do you read my book, maybe your battery is empty.'

And he will react: 'Aaa, he reads my thoughts! He knows what happens to me!' This what my book is. Many people make an analogy and say that it's like in childhood, they say I expressed their thoughts and views, and all their desires, and all their worries, as if I know what is happening to them.

-So this dude with an empty battery that came across your book, then he jumped with a parachute, and his attention is more open, and more and more...

-He becomes more conscious; therefore he can see more and percent more information, he sees the core. When he was closed, and he would go to the bank, for example, he would just come, work and go home. There is his boss, and there is him. And when his attention is free, he comes and looks at his boss. He sees how the boss is dressed, he sees that he talks and who he works with, he sees there are different positions in the company.

He starts to see it all and evaluate, and he understands that there is a chance to go one step up. That what conscious means. When a person's attention gets freed, he starts to see what he hasn't seen before. That's it.

He sees opportunities that he can meet with any celebrity, he can make his own show, he can create his own mobile phone. Opportunities. The more free attention he has, the more opportunities person can realize and see. He percept more and he percepts everything with volume, and he sees all people, all world. Everything!

-Free attention, is it possible to lose it? If someone did techniques and got his attention freed. And he writes you feedback that he feels as if he is in childhood again, but is there a possibility that he will be dragged back and he will forget this state?

-If a person has free attention and he says that everything is good with him that he feels like a child, he can lose it if something will happen in his life with higher importance level. Don't forget about deadly sins. If someone is very open and free with his attention but he committed a deadly sin, that's it then. His whole attention is stolen, and he will lose his sanity. He won't be able to hear me, nor you.

He won't hear anything. He can talk to you, but he is not with you anymore. All his attention is stolen by this situation. I will give you an example, what is infidelity? Infidelity is the same as murder. If a person was not faithful than that's it. His attention won't be on his family for 100%.

His attention is stolen forever, he will remember about it every day, or every week, he will remember it forever. His is conscience-stricken. It's not really conscious, it's not a fear but just... Psychological blockage. That what it is a deadly sin. That's why you should not lie, it's forbidden. This is the most important rule. People gave up on themselves when they lie, they literally burning themselves. It's really bad. People talk about me that I am a cheat, they spread rumors, but I am laughing.

Because I am scared to do that, I am really scared to lie. Because I know what it is and what it worth. I don't feel so good otherwise. I won't be able to feel so cool if I would be a liar. Because of the fear of waiting that your lie will be discovered. This is an awful weight on shoulders, it's a sin. It's terrible to live like that. Imagine that whole country lives like that. It's terrible! All Russia lives with this weight, with the stone on their souls.

And when people meet me in real life they say:'Alex, I feel such light energy from you! So light!' Of course, I don't have any fear, I don't have evil in me, I don't hide anything. I have maximum lightness in me. It's a state of completeness, stability, everything is good. And of course, when I sit with people I feel the heaviness from them. It's terrible. How they can get rid of this heaviness.

And now every second reader of my book, they will get freed, they will admit what they've done. Why do religions talk about repentance? It's not for nothing. If a person goes for confession. When he repented, he is conscious about it, he admits his fault, he talks about it. He gets free from this psychological blockage. So religion helps a lot in such cases.

-All right. I have a couple of questions to clarify a few things. The first one is: What to do or not to do if a person is conscience-stricken? For example in the world '3' it's common behavior to cheat on your spouse, well... like dude goes to prostitutes or something like that. And he is conscience-stricken now. What he should do?

-Very good question! I will answer: if a person doesn't care even if he goes to prostitutes then he doesn't care. It won't steal his attention. He grew out of it. There won't be a punishment for him. If a psychological person doesn't care about that he won't even pay attention to it, he won't mention it. And yes, his conscious is fine in this case.

-So the deadly sin can influence you only if you admit that this is a deadly sin. Is it correct?

-No. Deadly sin works not because you admit that it's a deadly sin. In this case, if we talk about deadly sins, like 'Thou shalt not commit adultery', it concerns all people. Or it's not a human anymore. In the example above, when dude when to prostitutes, if he is indifferent to many things, and in this case, he won't be able to forget. And why?

Because it will follow him all the time. Everything is about it, in the movies they show a lot of cases like that. Life will remind him about it all the time. And he won't be able to get free from it.

-What if he went to confession? Will it change the situation?

-No, it's easy to admit it.

-Admit it you mean tell your spouse?

-No, confession will be also a deadly sin, if you go there and it's useless. It's about a level of importance. If a person on such level when his spouse is important for him and he committed adultery than it will be a psychological blockage. Because when he admits it to his spouse it's like suicide for him. Therefore it's a psychological blockage. There is only one solution here, but in

most cases, people are weak to do it. One solution to go and confess to your spouse.

And yes, you will lose this person, but then you are free! I think it's better to free yourself. Doesn't matter the rest! If you admit it you will be stronger, and husband and wife will be on a higher level. Because you will be a higher level. What is there to fear? I think you need to admit everything and move forward. -You are talking now from the point of view of person 'with no mind' who cannot be bound to people. Is it correct? And if people live together for 20 years, and the common household, and three kids, etc...

-Exactly, naturally if someone has three kids, household and all of it, he is weak and he is suffering and he rots. And all because he's hidden his adultery. What would I do if I would be in a situation like that? I would admit it to my spouse. Truth.

I believe in truth. It's true. It's better to admit and be free than kill yourself like that.

-I got it. Returning to your book on attention control, at the end of the book, there are interesting thoughts on instincts. When you say to a person don't pay attention to money that he sees, he does it anyway. He didn't cognize which material program steals his attention. Instincts - what do you mean by them, are those initially build in human instinct, or something special? In this example was about money.

-No, no, no. Nothing special, instincts indicate the level of development, instincts are a reaction. What is instinct? It's an uncontrollable reaction on something. And the lower the development level, the more primitive things he reacts on. Clap, whistle, tits, that's it attention is stolen. The person who is more experienced, who was taught, he doesn't care. Even if they will butcher pigs in front of him he won't react, he can sit there and even his breath won't change. It's cool.

Only those people can say that they are busy with self-development. Because if someone says that he is the same as me I am laughing. I can just ask him: 'Cut my finger'. And the funny thing is, I don't care about my finger, but he will be scared to cut someone else's finger. That's how people are weak, I am not scared for my finger but he is scared. That's how weak this person is. And

weak psyche can be played with. It's a success factor, psyche of a human. That's it. What was your question again?

-We were talking about instincts.

-People have an automatic reaction, that's it. He cannot control it. The more experience psyche he has the less instinct. If he went through many things in life the stronger his psyche is. No matter what you do, nothing will worry him. The more primitive person is the more instincts. That's it. Many philosophers divide people into stages of development: stone, plant, animal, human. Those are specific Psychological types of people. The stone - he doesn't understand anything.

A plant is like a vegetable, lives his life, and doesn't understand anything. An animal is with instincts, somewhat human but like a robot with limitations and instincts. Human is a conscious type, and an angel is the step further up. It's a hierarchy. And it really exists.

-Is there a chance to fix the situation on a top level? I know that you can leave, but in general... Is everything lost already?

-No, nothing is lost, everything will be for better. In the end, it will bring good times. It was a hard time but we survived it, I was born in it. All poor people suffer, feeling of resentment. My relatives and I were there, I was small back then. And there will be new generation only, from 2000, they are all fresh and adequate, they grew up on the Internet. Russia has a future.

-So it looks like government institutions know how to control attention? Using TV, media, etc. And people are absorbing it?

-Not really, but yes. I won't say that authorities control the whole attention of people, only in some situations. But I can say that political questions were raised in all times and in all countries.

Movies are made by order of government, especially to entertain people, so people wouldn't kill each other. Events are created for a certain purpose.

Especially unfortunate events, to distract people from something. That happens, yes. But not that often. There is no certain concept to control people's attention. No. How does it happen?

When there are hard times in a country. It's not people's fault. And when I say that people are bad or rotten, I say it because I compare it with good people. But if you go deep into it, of course, it's not people's fault. I have no claim towards people. They are victims, it's just times like that, change of authorities, change of generations, change of everything.

People who worked in factories and believed in government, in pensions, and then suddenly everything fell apart. And people took all the authority, all the factories were in privatization. People work on low salaries there, they don't raise them to pay, almost no food, almost no production. Everyone survived the best the could.

And no one cares about zombifying of anyone. I know it for a fact that there is an organization that controls social movements of any sort, so people don't fight with each other. The control it all. Something like: 'Guys let's do a political meeting, but we need to coordinate it'. And the guy offered it from a very serious organization, and he creates an illusion that something is happening. And if someone goes out of control, they simply remove this person.

Many years they do it. And there are many people with those social movements. I give you this example not to show that they are bad. They are good. They watch over the order of things. Professionally I like how they work. Almost everything they can I've described in the books.

Of course, there are different people there, good and bad. But to look at how it all organized is very interesting. I always like all sort of spies around the world, those people with a different level of training.

-Alexandr, to wrap it up for today I have a question. Now you were talking about serious organizations. And you call them people with lots of experience. So they don't react to external irritants. Can a normal person be that experienced so can match up the level of those organization?

-To do it on purpose is almost impossible. I can talk for ages about it, like develop yourself and that's it. But it's not the same. I can say that agents are developed through special schools, that's a fact.

Only by accident can it happen. Yes, by accident. I mean if something bad happens in a person's life, some line of events, circumstances, which distort his psyche, then yes. He will become cool. But he cannot do it on purpose, a person himself won't be able to make himself get to this level. It's impossible, it's very hard. Also, he cannot create events to break his psyche, it will break his 'mind.' He cannot do it. Someone from outside, someone like me or some teachers, or some accidental person.

But a person cannot lose everything, becomes an orphan because of circumstances, it can either close him up or open him up. And if it will open him up, then it's cool. And further on he will be super attentive, with super memory, superconscious, yes. And if he won't spend his attention on some useless things, on some poker, and he will start changing his life on an everyday level, here is your agent.

-I got it. Thank you! I will stop the recording now.



Chapter 7 Attention Control

Continuation (capture of attention)

9th of September 2017

-Is there anything we haven't talked yet in regards to attention control?

-You mean in general that we haven't touched on some details about attention control... it's more about, not just attention control, it's not about 'how to achieve something,' there are few options how to achieve.

But to understand, in general, to understand, you need to be conscious about it, and we need to look at more life examples, where attention control can be used. Like I gave you examples of sport or medicine. When you concentrate your attention on a certain point you will heal it, right? Or if we take Hindus, they put a dot on their forehead to concentrate attention, or in some other religions, right? And there are examples of attention manipulation, and maybe we can talk about it as well. The more examples on this subject the better, but I have listed them in my book, I was collecting them, I cannot list them in the same order. I am not an autistic person to give you the same order page by page. Attention control. You need to take the list from that book. It would be easier for me. I can give you all of it in details, and remember all those subcategories, and I have a lot of live examples. It was like this: I am sitting in the cafe, and I see the example from life 'Oh! This is about attention', and I write it down in my draft. And there is one example when I was advising people in real life.

And everyone can try it himself. We were sitting with people somewhere, and it was a fly on the table. And I just took it with two fingers. And they are in shock, how did I do it, and I told them how, and they tried themselves, and it worked.

People are in shock. And I say: 'This is the attention control.' And what I did? With left hand I created vibration faster than the movement of my right hand: I just moved a finger of my left hand. Tuk-tuk-tuk. That's it. And their attention concentrated on it. And right hand I was moving slowly, and I took the fly. You can try it yourself, and there is nothing extraordinary about it. But it's attention control. The more I give examples about it the more people realize it, and they will pay attention. It was also a good step to cognize this topic.

-At the beginning of the book, you have an example, when you count sheep when you try to fall asleep. Is it an attention control?

-Yes, it's a good example. Yes, to count sheep is a good example. I think everything that is my book should be taken to be a part of this book. And if it won't be enough, I can give you more.

About sheep, I will add something. The fact is if a person cannot fall asleep and he focuses his attention on counting sheep then he will fall asleep. But

the point is not in a sheep, of course, we know it. Knowing how this formula works 'how attention works,' you can invent lots of other tricks for yourself, which will work the same way.

-Of course. And it can be used for any situation if you need to focus. Can it be interpreted this way?

-I would say that. I want to give you an example, and some man told me that, he gave me this test in a sort of esoteric way, he said: 'Alex, try blood on your tongue.' I asked: 'What?' He said: 'Well, someday if you have an opportunity to try the blood with your tongue.' Of course the same day I did that. I tried, and next time I meet this man and I say: 'I tried.' He asked: 'And? Did you understand?' I asked: 'What should I understand?' He asked: 'What happened to you?' I say: 'I felt weird as if all my thoughts disappeared, something changed psychologically, a bit of a shock.' He said: 'That's it.' I say: 'What it?' 'It's not like this for everyone, those who have the attention they can open up like this, it makes their attention stronger.

You checked that's who you are.' So what happened? I felt my consciousness, my attention, my inner 'I,' and thoughts disappeared. The blood is the key. If a normal person would try it, and if ask him to do the same, his 'mind' will turn off, there will be no thoughts, and his attention concentrates in one point. For some time.

-Ah... I see.. yes, yes...

-Contrast. Contrast. Apologies. Should I go on? If we talk about it, the contrast shower is also attention control. When people jump into an ice hole, it's also an attention control. It's not for nothing they do it, it turns off everything, it's like renewal, it's for real, they do it in many religions, but present it differently. But if you decode it then smart people didn't invent it for nothing, it's not just a tradition, it influences people.

-So if someone will take a contrast shower, he will be more effective in life, right?

-The person will be healthy if he will take a contrast shower, and he will make himself sober, he will be more clear. You need to do everything to concentrate, to stimulate, to gather your attention.

Many people start their day with prayer. Prayer is also a concentration on a certain rhythm, they read the prayer in a monotone voice, and their attention concentrates, and 'mind' turns off.

-But if someone reads the same prayer every day, he can do it automatically, right or not?

-Yes, if you read it automatically, then it won't work anymore. Also about prayer, there are more things like that'. What else do they do? Here is life example. I was in the police, met with some people I know, and we sit in the office, and they asked me: 'Alex, can you please step out, we need to talk about things privately.' So I left, then came back and tell them: 'You know I would do it differently so you wouldn't hear what I am talking about.' If I am somewhere with many people, and I want for example some Ivan not to hear what I need to say, I need to put his attention at work.

And I give them suddenly a task, to find something very fast, in five minutes, and I will pay him for it. And he is completely busy for those five minutes, and I can talk about him anything I want, and discuss him with people, and he won't hear. And then I ask him: 'Ivan, how is it going?' And he replies: 'Wait, Alex, I need one more minute.' He doesn't even hear anything, and he doesn't get it, this is an attention control as well.

-Do you remember how this subject was open up for you? At what point you realized how it all works? In childhood or later on?

-The attention control opened up for me in 2011. I remember it. Clearly, it happened after many, let's say after any esoteric, well, not because of books. Attention control opened up for me after meditation, after places of Power. After practice, which happened at my place, when I noticed that I feel something between my palms. I've noticed that when I look at the glass of

drink the taste changes. And some other strange things happened. And naturally I thought that it was autosuggestion, but we checked in many ways: and in laboratory and people who checked were professors, with degrees. And it all worked, and at first, I called it some sort of energy, because I don't believe in miracles then I realized it's all because of attention. And then I've noticed how many people are completely inattentive. Of course in different countries the situation is different, I am in New York now, and people are attentive here.

No matter where I was, people remembered me. He remembers my name, and if I walk and look at someone, he turns around and looks at me. So very conscious, with attention, of course, there is 'but.' So about attention control, I just started to notice a lot of things. I am very attentive in general. I had it manifested early on, but I didn't know how to explain it, but I... I started to notice all the details... I was renting a place, and I came home and see that someone was there, it's not like I felt anything, I just see that placemats are in a wrong position. And I am very attentive to details, I know I always do them my way. And I see that they lay horizontally and not vertically. And it's a shock for me.

I started to look around, and I see that a mug is in the sink, and not on the table. I never leave mugs in the sink, and it's not the rule of my world. We all have our things. And I know if my mug is dirty I clean it and put it away. So I called to a landlady and asked: 'Who was in the apartment.' She said: 'No one was there.' I say bluntly, and asked why? So I tell her in a very tough way that I know that someone was here.

And then she admits that her son came by for a minute to check if the roof was leaking. So it turned out that her son was checking the roof and he needed to stand on the table, that's why he removed my mug. Well, the point is that I've collected those examples over the years, I even had telephone numbers of all people who can confirm that. And I always have witnesses if something I've noticed or mention, someone always can confirm it. And my attention is so high that they say I have a special feeling. But I immediately feel the difference in the person's rhythm. And if he has a bad or good mood, that's how strong I am, even if person's thoughts are changing in a positive or

negative way, if I can come to some place I feel that something is wrong. And I don't do it on purpose, with 'mind,' I have it from my birth.

-Can it be some special skill that anyone can develop? Is it a given gift or it can be developed?

-Of course, I have a clear explanation of why I have this attention. It's the way I live. I always felt when I was about to lose this conscious state, this sober state of mind, and I felt it since I was a child. When it was noisy crowd, active music, silly videos, and everyone was watching it, this active chaotic rhythm, this fuss, and when I was influenced by it even a bit, people are always in it, and I felt like I become dull, and it was scary for me, as if I am losing myself. Because I felt my inner self, that's it...

And they have lost it already, that's why I was avoiding all of it. In general to be super attentive, superconscious one of the rule is the right percentage of the alone time. Alone I mean, not loneliness as people think. People associate the word 'alone' with something bad. I will say it differently. You need to be 50% of the time with yourself, even if you have 50 kids, and if you have an extremely active life, with lots of people around, but 50% of time should be devoted to yourself. You need to stay alone.

Did you get it? And there should not be any messaging, etc. You need to be alone with no mobile and no Internet. Walking is ok, you can do sport but without music, no movies, you can sit and draw something. Or it can be something else creative, or you can go to museums, or something, where you don't think with other's people's thoughts. And if you will live like that, you will be very attentive. Your lifestyle is important.

-And if someone tried to go for a walk without mobile and he feels that he is itching almost and he really wants to look at his phone, and he can automatically take the mobile out, does it say that his attention is captured already?

-Of course, if a person is aching and he forgets and takes the mobile then it's a bound, connection, automatic action, it's bad. He can think that it's not important, but I can say that it hinders 20% of his quality of life. If he would

work on this task than he would have 20% more happy life, and it would be better with his health, and with work and with everything else.

-Now you gave examples of events that steal attention and influence a person negatively on attention, like big loud crowds of people, loud and active music, and funny videos. Those are elements of entertainment? If we celebrate something together with friends, and we laugh, and dance music is playing ideally it should make our mood better, we think it anyway, but it's a negative thing, and it influences attention? Is there a consistency in it?

-No, not like that, not everything that makes you better disperses your attention, I just said that any emotion no matter good or bad disperses your attention. Your attention is stolen on.. on reaction, and you cannot control yourself, it's like instinct. And you should avoid anything that provokes your emotions, but it doesn't mean you have to live without emotions completely. I've never been a supporter of extremes, and of course once a month you can have a break and celebrate something, or you can do it on Saturdays, one Saturday of the month. But some things make people dull and disperse their attention, and some people surround themselves with only those type of things. They even choose friends like that, so they feel comfortable around them.

It's more comforting for them not to hear their inner voice. They don't want to think about the purpose of life or something like that. They want to be dull and dumb and not to be conscious, and I've noted when I was at school or university, there are people of this dissipated rhythm.

And it was tough for them to be around me. They said they felt something like depression, and it's not depression for those active and dissipated people, even their reaction on music, when I put something classical they say: 'Who died? Please turn it off it's awful!' They will be furious. For real.

Some people live in this dissipated chaotic rhythm: they like to talk fast, they move very fast, they always have friends around, they like to talk on the telephone, they watch TV shows, and all movies.

They always fuss around, they do lots of things, they are incapable of doing nothing, it's hard for them. This is the rhythm, and some people want to feel

themselves on maximum. Those people like to be alone at home, and they like to walk alone or listen to music, calm, classical music so that they can feel. Everything that concentrates attention on yourself: movies, dramas, especially psychological dramas, that concentrate your attention even more.

For example they spent their attention on food, it's like addiction from food, and many people who nervous when they start feeling their inner 'I,' they eat a lot to close up. For real they eat hefty food.

Many people close themselves with cigarettes, why for example in many movies they show people want to smoke after 'bed' scene. Because in this moments their 'mind' turns off, and they are in a rhythm 'with no mind,' and their attention is concentrated, it's sort of small meditation, and that's why people want to stop feeling their inner 'I' and start thinking again, to gather their thoughts, as they call it, and they smoke. That's how it happens.

Many people after theaters or movies want to run and smoke quickly, and why? If the movie was very emotional, or the play was very emotional, there is an exchange of energy happens. And all of it is emotions, concentrations of attention, then after the person wants to smoke badly.

-Ah wow...

-People who smoke those are the one who cannot be in an open state. Those people who don't feel good when they feel their soul, their inner 'I.' They close up, and they like to live by their thoughts, they feel better that way.

-You can say the same for every smoker, right?

-Yes, for every smoker. They ground themselves down. From one side it's not always bad, it's sort of a balance. But it's better to substitute it with something else. It's a very good tool. It's the same as... I will give you an example. While talking to you my mind turns off, and the main accent goes on me, on my life, when I talk. And during our conversation, I don't have any thoughts, and all attention is on myself, this is an open state. And if in this state they tell me to do something routine, household things and ask me: 'Alex, can you measure the heights of the wall, to put a wardrobe in.' I won't be able to do it, and it will be hard for me to dull myself. And to dull myself, I need to eat some heavy

food, or to talk to a material person, or to turn on some TV show. Something like that. And many people do it. Many people who have addictions do the same. And when people, for example, arguing a lot, when they have constant conflicts, hysterics, that happens because their psyche is disturbed, there is no balance between 'mind' and 'no mind.' And this imbalance manifests itself in arguments, fights, screaming, etc.

-You've mentioned already several times heavy food, can you please explain a bit more about it? Do you mean fast food or something else?

-Heavy food is heavy food. People understand it well enough, of course. I will list it up, sure. Heavy food is bread, pasta, sausages, minced meat. Everything like that is considered heavy. All food and dishes from the Caucasus, all Ukraine food, all Russian food. A person will feel differently after such a heavy meal, and it influences your psyche. It influences the energy and your attention. How else is it connected? I mean the food. At first, I could not understand why there are people who eat gourmet food. And now I got to this level when I understand what kind of people are those, and I've met those people, and I also want to do the same. At this level, you feel your inner I so much, than any heavy meal, like a sandwich with ham and cheese will make you close up - that's how it feels on a higher level. And those people, for them...

They feel themselves so strongly that they cannot eat this food, because it's so heavy. For many people who are used to food like this, it won't be understandable, and it will be strange for them. And I didn't understand before. You can reach such level of development of your consciousness that if you eat a sandwich, you will feel really bad psychologically. You won't be able to think straight, for real, and that's why people eat light salads and light food only. And most people eat whatever. The heavier, the better for them.

-So it turns out if someone drinks coffee made by barista it will help him to concentrate, and if he drinks Nescafe it will dull him?

-No, what coffee has to do with anything, we talked about food.

-Ah, so food and drinks are different?

-Well, every drink... I have a certain perception of it, if we talk about attention, yes, sweets or alcohol or any drugs - it's more like a medicine, and I said it many times in my books. Initially, those are like medicine, and it's more for person's psyche for certain situation when you need to remove stress, or to go into a state 'with no mind,' so he can remove any limitations. Back then I gave an example why before warriors went to a fight they would smoke a pipe, or why Chinese did certain ceremonies. In reality, all those ceremonies turn off your mind, to be on the same wave, to make a decision and to look at the situation not in an excited mood, but in a different rhythm. It was accustomed in many cultures, but no one knows now why young people are not interested in it at all, and no one says about it, because it's very -very important.

-Well, when someone reads your book his attention is gathered together, right? He is concentrating here, right?

-Good question. When someone reads my book, you see, you can work with attention here, you can influence a person's attention with words, of course. And with information. And this is the most powerful tool. And of course, if I give examples, or facts which will break the concept of a world view that person had than his mind will turn off.

And it will steal his attention, and it will gather in one spot, he will be in an altered state of mind. He will be in the state 'with no mind.' Yes, it will happen, and people experience that with some books. It depends on the subject of the book, and everyone will react differently on the certain subject. Someone will be touched, so my books are built on this. But also they are built...

I have a very philosophical approach to my life, and I study myself, and I still do. And if there is a destiny, yes then my appearance should be this way, and my name should be like that, and I need to be in myself. And if it happens so that I don't know Russian very good, I had C- at school, and if I write this way that it is the way it should be. And then it's strange. It's the way it suppose to be, then it should not be fixed, and many years ago, 7-6 years ago I had enough connections and money to make videos of any quality, and I could

make book, but I didn't do it, because I came to this conclusion in 2011 that it's supposed to be that way. And then I knew that it's true.

Several years later when someone changed my book, and corrected all my mistakes people were complaining that book doesn't work anymore, it turned out that people's attention was stolen because of mistakes, where there were no punctuation marks, with those dots, I gave a correct accent on things that needed to be accentuated, and passed over to my readers the emotional state, and they felt it when they read my books.

And this is what it is, it works. I also worked with attention. I have a certain principle, so people would apply their patterns and labels on me, so their attention won't be dulled. So I had it so smartly done in my books, that people will think I've manipulated it all, you can't find a fault in it. Every mistake has a big meaning.

-I got it. All right, let's say someone reads your book and his attention is stolen, and he is focused on it, what he needs to do in this state, or this is the result already and his life will be different now?

-I will reply. If a person found me, then his attention was already open a bit. Then he feels himself already, and when he reads the book, he will feel it more and more. And his thoughts will turn off, and stress and all psychological blockages will turn off as well, and he will feel his inner 'I.' He will feel very good, and some people start crying. Some people cannot sleep after that. It's a good shock for them, like love. Certain people feel this state, but of course, in time this state of being is lost. If you go to bed, you will wake up like a normal person, etc. But! He wants more because it feels like his home. It's happiness as if he remembered himself when he was a child, happy, carefree, with no problems. And this person wants more of this, and he read more books. And he asks for more information: 'Alexandr, where can I get it?' And they want anything, any advise, where to go, where they can feel like this again, that's how a person is depended on it. I will add one more interesting example.

Do you know who maniacs are? Maniacs feel the same what I just described, someone felt this state 'with no mind', and when he loses it, and when he opened up, and... when maniac kills someone, he feels this, and when he

loses the feeling he wants to kill again, because he needs to feel it again. This state like meditation, this altered state of mind, this shock, this state of trans, it's really cool. A person cannot live without it, and it's the only way he can get it.

-Yeah... But do you see your destiny, your mission, because you were born in Russia? I will elaborate: during our conversations, you talked about the country, and people here are less attentive than in the US for example. Is it a coincidence that you were born in Russia, and you talk in Russian mainly, and for the Russian audience, and you are trying to help people to get out of it? Is there a purpose for it?

-But of course, this is the whole point, of course, I asked myself how do I need to look, what surname I need to have, in what family. And if I need to know Russian to be able to talk more clearly, but I need to be without education, so I can say everything in simple language, that it suppose to be like that. And the most interesting thing is it was always confirmed, that I am not in Russia now. And why I talk about Russia, of course, I need to talk for a Russian audience. Why was I born like this, and where am I now? Then I need to feel this contrast. And with whom can I share it? Than with Russian people, then the future is for Russian people, then they need to receive this information, then they need to know that there will be big changes, and they are waiting, for real.

And everything is changing now, and all this conservative culture will disappear, that's why the old generation like victims. The country will be healed from all of it very soon. That's why, yes, I am talking now, and give you examples, Russia - USA, I was born in Russian and I live in the USA, but it has nothing to do with countries. I am human of the world. And I know there is human and there is planet Earth, that's it.

And if a person doesn't feel well in warmth than he can go to cold.

That's how I approach all of it. I don't own anything, and no one will be offended if you will go someplace else, to a more expensive place, to a better

restaurant. I can't help it if there is cleaner and food is better, I don't have any complaint.

I pay attention to things, and I check everything on my own experience. I don't believe in rumors or books, only my own experience. And from my own experience, I know where is good and where is bad.

-Just to clarify something. What do you think this situation in Russia, people are absent-minded, not attentive, was it the influence of Soviet system when there was no private property, and everything was decided for you, the job was given to you, etc.? Or it doesn't matter what system is there but we, Russians, are just like that?

-No, no, not like that, if you give Russians the same conditions as in the US, Russians will be stronger. Russian happened to have bad conditions and was not because of Soviet Union, but because of perestroika, when people were thrown into poverty when there was nothing in shops when there were bandits, everyone was stealing from each other, lots of people in prison. When they poisoned old people to get their apartments for free, and it was done everywhere. When you were a witness for all of it, when people got killed, and people died from drugs, it's not nice at all. And they still cannot recover after all of it.

-I see, yeah.

-Cowed times: everyone was scared, they don't believe in themselves, nothing is possible. There are people who are 20 years old, and there are more than 50% of young people who have the same thoughts, to go to work for 400 USD. They are... you see the Internet is there for such long time, but they still live by the old concept, because they live with their parents, and parents are old and imposed this belief system on them, and children are suffering. Parents don't understand that they make their children suffer. And it turned out children are suffering, getting sick, parents are sick and suffering, a mental hospital.

-In this situation it's better to live separate from your parents, right? To be free.

-Yes-yes, if a child at 18 starts to live alone than everything is possible for him, even to become a president.

-Let's talk some more about attention control. You said about smoking already that people close themselves up by it. Knowing it is it possible to get rid of this habit? Or you need to have the strong will power or something else?

-It's not about will power, even though they talk about it, and of course, it's useful, but not in my case, not in my information. I don't have will power, it works differently. If they tell me: 'Don't smoke', - I won't listen to anyone. If they tell me it will kill me, I still won't listen to anyone. If they tell me it will make you dumb, I won't listen to them. I need to cognize it myself. I will explain: there is no such thing as a person wants to get rid of cigarettes, not just he needs to force himself and stop, no.

He needs to cognize it, to be conscious about it. He need to draw a scheme, make a list of things that he spends his energy on. Let's call it energy, people can imagine it easier than attention. Energy. And he has some understanding that 20% he spends on something. And let him evaluate everything in percentage, make a list with priorities, what is more, important what is less important. Maybe his health will be in the first place, maybe his personal life. And when he sees the list he will know if he wants to be better, and he needs to look at this list all the time, and sooner or later he will think: 'Should I try and not smoke for a week?'

And that 20 %, when he won't smoke for a week, maybe he will feel bad psychologically, but he will feel stronger. And from experience when a person makes a trial, and he is 50% ready to quit completely. And he needs to really compare, and try. Of course, you need to have some will power not to smoke for a week, but there should be a trick: 'Why do you do it?'. I have an example, and I don't remember what it was. In the summer of 2011, or in 2013, I received a lot of gratitude emails from wives, husbands, fathers-mothers of those people who attended read my books.

Back then I still picked up telephone calls, and when they called they asked: 'How did you do it?' So what happened is those people who read my books, everyone told them: 'Behave yourself, don't swear, don't drink, don't smoke, do sport, I don't know, respect your wife, etc.' Everyone was saying that to them but of course they didn't do any of it. But I got through to them. I will explain how.

They came to me through esoterics, and they read my chapter about masons, keys of heaven, energy, etc. So they came to me, and I said: 'Ok guys. If you want all your meditation work, the first thing you need to do is to follow the rules. You cannot provoke society, because if it influences you - it influences you psychologically, you think about it, and you lose your energy. You need to make yourself as a cool guy, sort of be your own producer then everyone will leave you alone, and all techniques will work.' Everyone says: 'Yes-yes-yes-yes, what do we need to do?' I say: 'Ok, clean yourself up, change the way you dress, go to work, smile.' And all of them! All of them did what I said.

Therefore their relatives are in shock, how did I manage to make them quit drinking, and start working, and make presences to them. But that's what I did, that's it.

-If it's not a secret why you stopped picking up phone calls? You said earlier: 'Back then I was still picking up calls.' Why did you stop?

-Well, it was... My uniqueness is in the fact that I have no secrets. The more I am sincere, and the more my attention is concentrated, apologies, I need to digress from the subject. What else can concentrate attention? If in front of me there will be a person of the opposite sex, and I just start talking about something about myself, or about her, but better about me. I tell her an intimate situation, and her mind is off immediately, and a person goes into an altered state of mind. And because I talk sincerely, I always hold people's attention.

There are many people who wanted to repeat me, the ones who envy me, they wanted to be cool, but it's not possible. I didn't do it with my 'mind'. I have a certain way I communicate, and I am like this by nature, I am sincere. And the more straightforward I am, sincere, it's a power, that's why there are no secrets and your questions about calls.

Why I don't pick up call anymore, it's simple. When I opened the topic of attention control, I stopped it. I made a list of things that steal my attention, and the Internet was on this list, social networks. And then I realized that phone calls, and some people. I also made the list of people who take my attention the most.

And when I had this list, I realized I want maximum attention, and I was curious to see what will happen to me then. And doing those kinds of experiments, I put a ban on social networks for myself and gave the management of social accounts of mine to my team. Of course, when I have time I look at them, I read comments, sometimes I do it for an hour. And since then all my phone calls answered by my team. The only calls I made was to call to the bank and call a taxi. That's it. Why else I don't like phone calls, if you talk on the phone like we do now I have all my attention on you, but if we would have dialog in a messenger than I could do lots of things in a meantime, that's why I don't like talking on the phone. I preferred when someone sent me a message and when I have free attention I will read it and reply, and I percept this message in right circumstances, and in a right state. It's more comfortable than to talk to someone when it's busy around. And if the dialog is long then... I cannot do anything else at the same time. And when I have a dialog, I don't disperse my attention, and I won't do anything else while I message. Since then I had lots of bans. I know how my attention spent. It's like this option in iPhone when you can see how much percents of memory you spent on what.

I can figure out that I spent too much on certain 'file.' In a certain situation, and I think why this situation is given to me: I didn't spend enough attention, and I have now unpleasant situations one after another. This how all of it is controlled, I mean attention, you really need to understand it.

-What if you talk to someone, and the person is not busy with anything else, and he is deep into the conversation, is it bad? From the point of view of effectiveness, if you concentrated on a conversation, then you can reply...

-Ah, it's me not him. He can concentrate on anything else, that's one. And if someone talks to me while driving, he can get into a car accident. I am talking about my conversations. It's not even funny. Why? Because when a person

drives he controls things, he is in his own world, he has his own attention, thoughts, etc.

And when I talk to someone he goes into a certain state, it's like as if you've found out you won a million or when someone dies. If I don't talk about everyday things of course... It's not very comfortable. But sometimes it's another way around. when I want to talk, and I know that a person's attention is stolen completely because he is with friends somewhere, and he talks to me, and he is on 5% into a conversation. Why do I need it? It's easier for me to say: 'Call me when you are alone, ok?'.

-Ok, I see. Well, I understood why the once who envy you could not copy you. But what about your readers if they decide to apply the information to their lives. To make it more productive, effective, and this attention control, it can be applied at a workplace for example?

-Well, of course, someone who read my information can apply it, but what kind of quality he will get. Of course, it depends on a person, because even with attention, you see. It's like someone found out that: 'Aha, I need to read a prayer in the morning, once a day, one hour in the toilet alone, without a movie, pay attention to inner 'I'. And a person is free at 9 pm, he comes home, eats at 10 pm, and at 11 pm he goes to bed, and to give himself alone time he sits for 3 hours alone, writing something for example. If he does that, of course, it will be useful. He will be more conscious, and he will see more clear everything. That's it.

-I got it. Let's move on to the 'frequency' of 'mind,' or we still need to talk about attention control, something important?

-I have a question. I told you that I could not remember all the examples from my book on attention control, will you copy them here, or you will write only examples I gave you now? If you will take examples from there, then it's enough. Because I gave an explanation, and then for people to have more understanding of what is attention, they need more examples. The more examples, the better, and all of them in the book.

-We already took lost of examples from here, most of them. Then when I will re-read the text and if anything else will be needed we will take it from the book.

-Good. Then we can talk about 'frequency' of 'Mind,' but I need a minute for a break. Because my dog poops in the room and I need to clean up. I will call you back.

-Can you give some explanation of this term? Considering that person knows what 'frequency' is, and what is the world 'with no mind.' So what is 'frequency' 'with the mind.' Is it something everyone lives in by default?

-No, well...By default, it is better not to say that otherwise, people will think why do they need it if they live in it anyway. No, 'frequency' 'with the mind,' even if the person lives with 'mind' it can be developed. Person is... it's like this term 'smart' - it's when he can do something, and the one who can do many things he has more experience, by 'mind'. 'frequency' of 'mind' helps to develop this mind. 'frequency' of 'mind' is a rhythm without inner 'I'. This feeling of inner self on 'frequency' of mind - this nagging which prevents someone to be successful on 'frequency' of mind, successful in a material way.

So nagging prevents. What is nagging? There are many people who cannot develop their mind, they cannot live by a schedule and earn a lot, and they cannot be friends with anyone, to connect and communicate, and understand those rules, that you need to look decent, and be ethical, etc. People cannot do it. Those 50/50 who have this inner 'I'.

Those people suffer, they want money and parties, but their soul is nagging, it's fretful, that they want this, and they don't like that, and the work is bad, and a person is wrong, and everything is wrong. And this person tried to do something but you need to go against your soul, and it's uncomfortable. Therefore for many of those people who want to be social adapt, develop, have money and friends, you need to push down your inner 'I.' Therefore you need to avoid what feeds your soul, and surround yourself with things that feed your mind. 'frequency' of mind is a world of all people, things, rules that

you follow and you have thoughts, and they are right thoughts, you develop your mind and you get experience and become very smart.

-Ok, then logically would be to ask what feeds the 'mind'?

-The mind' is feed by elements of the world of 'mind.' To start with you need to be friends with time and space. 'Mind' should always understand. A material person should always mind the time. It's the most important element. You need to have watch everywhere, and it's even better to have an alarm every hour. And you need to control time, and it's very good. For people... What this 'frequency' of 'mind' for? If someone wants money, they need to be on 'frequency' of 'mind.' If a person follows the rules of 'frequency' of mind, then he will have more money. If someone wants to have more friends, and be accepted in a society, than you need to be on 'frequency' of mind', therefore you need to follow the rules.

If someone wants to travel the world... and all the possibilities, and if you want to have a car, apartment, etc. - this is 'frequency' of 'mind.' If you want to be healthy, like many people think what gives health - mind also gives health. Because only 'with the mind' you have power. It's punctuality, discipline. 'frequency' of mind', one rule in a 'frequency' of mind is discipline, not to have this nagging, to force yourself, doesn't matter if you think it's nice or not, you must eat it because it's healthy. It doesn't matter if you had enough sleep or not, you must wake up at the same time because you need to go to work. And the point is many people who are lazy, who have this laziness, they need 'frequency' of 'mind.' 'frequency' of mind' is to be collected person, who can control everything, he can solve any situation.

This person won't give up, who if he needs to buy something in New Year's Eve and all the shops are closed, he will figure out how to get what he wants. This is 'frequency' of mind'. It's pushing, quickness, it's adventurism, this is 'frequency' of mind'. What do you need it to develop your mind and to be on this 'frequency'? First, you need to make two lists: what is forbidden and what needed. Let's start with a list of what needed.

You need: to wake up on schedule at the same time every day, and you need to have a habit, it's good for 'frequency' of 'mind.' You need to have the same time when you wake and go to bed. It can be that you go to bed at 10 pm but

doesn't matter what time you will fall asleep. Then you need to wake up at the same time every day and have breakfast at the same time. Everything should be on schedule. It's a must.

You need to be able to find your way around. You need to know how to use a map. You need to study where you are. It's important. 'frequency' of mind' is when you are always interested in many things, you need to widen your horizon. You need to feed your mind. You should be able to understand things.

The more your mind knows, the better, the more comfortable you feel in this 'frequency.' Therefore if you walk on the street and you know how it all works: shops, people - who they are and what they are, what are all those companies. And if you don't know it, then you don't feel good anymore. Therefore if you want to feel self-confident, and control everything, then you need to know lots of things about lots of things. That's why development of 'mind' is always be interested in everything: who is the owner of a shopping mall, how much rent costs, which companies rent space there, what are the salaries of shop-girl, you need to know everything. He needs to see everything in everything then this person will be demanding, he will perceive this social-material world with a clear mind, with no illusions. The more developed the person's mind, the more money he will have.

Money is not because someone got lucky to get a job, and someone wasn't lucky enough, it depends on the flexibility of mind, and how much it developed. The more you know with your mind the world in the 21st century, the more you have a chance to earn money. You need to follow the time, and you need to be fashionable, in trend, you need to be social and material if someone from some small village came for advice I would say watch all TV shows, where they discuss all trendy topics in a humorous way.

All shows because they talk about new things, trends, etc., who achieved what, all celebrities, actors, humor.

This 'frequency' of 'mind' is good. Traveling, if you read about it or in the Internet magazines you can read it, it will widen your horizons, and if you read news you always know when a new gadget will be launched, and how much it will cost, and there will be a new DJI Pro, and now there will be a new iPhone. You need to know all of it. What happens where.

You need to be interested in the news. You need to visit places, for people on 'frequency' of mind forbidden to stay home alone; otherwise, your soul will nag. That's why you need to be among people all the time, and you need to talk to people and never stay alone. Also on a 'frequency' of 'mind,' you need to go to parties, birthday parties, sport, you need to try different food, it also widens your horizon. This is 'frequency' of mind.

Clothes. You need to take care of your clothes, and you need to look stylish, and modern, it influences person a lot. If you need to level up your 'frequency' of mind and material standing so that money will be attracted to you, you need to change gadgets and clothes. If you have something like HTC, you need to buy Apple. If you have Acer laptop, you need to get Apple. If you have clothes from a local market, you need to change it to at least a mass market like H&M and Zara, if you have a bit more money than Massimo Dutti. And if you have more money than you should buy brands. And if you grow out of brands that you can order something personal, so you would have everything of maximum quality, and that's it, 'frequency' of 'mind.' You need to always look at those who are better than you, competition, you need to find out why they are better, and you need to present yourself like them, to be better, and than someone will be better than you. AND this fuss, this is all material, social development, where everyone is circling. I can't say that those people are happy, but it's a stage of development, which you need to go through, and it needed for everyone, because it steals your attention, and you need to cognize it and free yourself from it, you need to speed up this process, to try everything, then you won't have to do it anymore.

-What else is forbidden on a 'frequency' of mind, besides to stay home alone?

-Ok, what else? Psychological movies, dramas, all monotone, melancholic music - all of it is forbidden. Loneliness is forbidden. What is good is alcohol, cigarettes, the funny thing is that this is associated with material worked, drugs are forbidden because it turns off your mind, it will glitch. You need to be friends with your mind and not turn it off. What else...

-I think to live in a rhythm.

-No, I will tell you now. Esoterism, meditation, and everything spiritual is forbidden. What did you say?

-I said that on 'frequency' of mind you need to live in a rhythm and wake up at the same time.

-Of course, sure. You should not break your schedule...And the most important rule is you need to improve the quality of everything. That's the purpose of the life of all people 'with the mind' and on 'frequency' of mind. You need to make yourself better and better, and because you are better, you will have more money. And the biggest mistake that people make is when he used to earn 50K rubbles, and now he earns 500K and instead of stop buying H&M he bought 10. It's not a development. Instead of buying something with the better quality he bought crap quality but a lot of it. I say it in a rude manner because I am his teacher and I want this person to grow, but instead, he deprives himself of opportunities because he wants to make stronger his low 'frequency.' If he managed to earn 500K he needs to secure this, maybe he won't have this chance anymore... So he needs to change everything now: instead of 10 H&M t-shirts he must buy one T-shirt for 50K. This mistake is made by lots of people!

Those people who've heard me and corrected their mistake they have their income on several zeros more. Much more. And the quality of life is everything. Because people cannot control it, they have old principles. And when income starts to grow, then you need to make a quality of everything more. And when you have a higher quality, you have more money. That's how it works. It's a rule of the 'frequency' of mind. You need to look at the levels of society, I mean you need to know who is on top. Who is the authority for you? In 'frequency' of mind, you should have authority, and you need to create one. They say 'don't create any graven.' But on 'frequency' of mind, you should. And you should copy him in everything, and become like him. This helps in social and material development.

-I have a question. Is there another side of it? So far it looks very good on this 'frequency' - money, health, confirmation from people around you, friends

accept you, you become an authority for them, and the quality of life is better. Are there any disadvantages?

-What a beautiful world with 'mind'! I will explain what the difference is, the pluses and the minuses of it. Plus is that it's a standard stage of development, material development, social-material development. Spirituality is after all of it. You know if you believe in reincarnation, and when they say the soul if young or old, I don't believe in mystics, but nevertheless. If a person doesn't really understand anything in life, then he needs to develop in society first. He cognizes all that around what steals his attention, he doesn't know it, he didn't try it yet, let's say it's the say as learn to walk. Then when he doesn't have to think about it, he can be spiritual.

And he cannot be spiritual, to be free, and really feel free psychologically, until he will cognize material life, and it happens by itself. I cognized it all, I mean I went through this development. I am from a normal family, I cognized all material life, and now I am at the point when I don't need to work anymore, and it's not important anymore. But there is on 'but', I don't know how it put it all in one book, how to explain it to people, how to get through to them: the mix up things, there is a thin edge, there are many people on low level who didn't try to find themselves in a society, they didn't try to live like human, to make family, to find job. It didn't work for them, and they closed up, hide, and started to look for help in esoterics.

Those people said that they are spiritual. It's not true, and it's a mistake. They are on the first level of development, on a primitive level. They are on a bottom, it's this low, first 'frequency' and first dimension. And yes, their mind if off, because they cannot turn it on, they are dumb, they cannot even make themselves to study, or to find a job, or to get a passport. That's how low they are.

And many people cannot make themselves to take a shower, dress up well, or accept the set of rules that you need to follow to be in society; instead, they started to look for something in esoterics, and think of themselves as spiritual. There are many people like that, and I tried to humiliate people like that, filter them out, so I don't have them around me, because I had a lot of people who thought: 'Oh! We will be here'. But I told them: 'First, cognize material.' You won't get spiritual without material. But when a person has

already cognized the material world when he is tired of 'mind,' he became... he knows the material world, he cannot turn the mind off, and it's like groundhog day for him every day, etc.

Then he needs to turn off his mind, and then this life is not interesting for him anymore, he doesn't know where is a different life. And there is a transition to the world 'with no mind' that I was talking about. Yes, there are advantages in the world of 'mind,' you can control everything, your soul is not nagging, you don't have a weakness, you can have a family, you have friends, you have a job.

All advantages on the 'frequency' of 'mind,' but you do it not from your hears, you on such level when you know what good and what bad just watching people. And you just observe. And because of that you start to avoid everything that negative, you surround yourself and do only things that are positive, and what has a positive influence on you, and because of that you grow in the material world, and you achieve success and cognize social and material world.

What are disadvantages on 'frequency' of 'mind'? You live like a robot, by rules, you don't feel anything, you have no soul, I would say you don't have a destiny. You live by yourself, and you fight with the rest of people with 'mind,' you compete with them.

This is the world 'with the mind.' The world 'with no mind' is when you feel yourself, and you feel everything, you can see everything, you don't care about material things, because you don't need it anymore. That's the point. And no matter how many spiritual people I've met on my path, those who wanted to argue with me, to compete with me, we have this difference between us, I am in the world 'with no mind.' I cognized the material world. And those who think that they are spiritual cannot even move from St. Petersburg to Moscow, for them it's a catastrophic event, it's unreal, and everything is complicated with them, and they cannot talk with people, they can only do it in the closed circle of friends.

A developed person is the one who can understand all people, material world, completely. That's the point. And the real person 'with no mind,' who is spiritual, for him the material world, he can see it through.

-Why is it hard to express this though in a book? I think it's crystal clear.

-People don't understand. People... How is it crystal clear? Maybe you understand it from your point of view, and in the situation that we are in now, for you, it's clear, for me it's clear, but not for people. Look, just imagine the person with the following perspective: he thinks that authority is bad, a church is bad, all who drives expensive cars they stole it, women who dress in pretty things are frivolous women.

They react like this, they percept the world like that, including me. And suddenly they read my book about spirituality, about the purpose of life, and philosophical views, they got enormous psychological protection, and the first reaction they have that they are special. And this Peter guy, who is 30 years old, he is lazy, he lives with his mom, he makes a conclusion that he is special, he is different, he is an indigo child.

That's his conclusion. His self-confident from one side, but his low 'frequency' manifests in silliness, in a primitive way, and this low 'frequency' remain with him. And he won't go to cognize material world. Dude, you are not spiritual if you cannot travel to any country of your choice. You cannot earn any sum of money, and if you would want to enter any place they won't let you in, you are not developed, you cannot be spiritual. A spiritual person can do anything. That's it.

-So you should look at money not as opposed to spirituality but a stage of development you need to go through?

-On the 'frequency' of 'mind' all people who earn money and earn a lot, they depend on them, it influences them, it's one of the reasons that move a person forward. A person moves forward because of money. Money manipulates people. And sometimes nature closes the income. And sometimes gives a lot if a person is active so that he can work further. People on 'frequency' of mind' they live for reputation, for money for all of it. And in the world 'with no mind' is different: money is not important there, you don't look at money from the point of view of how cool you are, you don't have this measure there, on the 'frequency' 'with no mind' you accept yourself the way you are.

And if I have 10K in my pocket or 1 mil, my mood won't change because of that. And there is no evaluation of money if you have it or not: if you want a bike - you want a bike. It costs 50K, and you just earn it. Some get it in a day, some in a month, some in a year. And none of those people would think that they are defective, they think: it's supposed to be that way then I need to have a bike in a year. And on 'frequency' of 'mind' people worry about money, he even cannot feel comfortable if he doesn't have money.

I gave a task to people once, and I asked them to take the maximum amount of money with them and to keep it in the pocket and never spend it. And people took 100K rubles and kept it with them all the time, and they felt a hundred percent more self-confident. Yes, they knew they had a task not to spend it, by psychologically it helped them a lot. Without it, they felt very weak. People are very scared of things, and they don't feel comfortable without money. And when he has 100K in his pocket, he knows no matter what happens, and he will be fine. This psychological confidence can be achieved with this key.

-And if we take the example of a bike. If the person in the world of 'mind' wants a bike, what he would do?

-A person on the 'frequency' of 'mind' wants a bike for 50K? Well, what he would do? He will search for a cheaper one. Maximum cheaper. Even if it's in Japan. No matter where but he wants it 5K cheaper. It's the first rule of 'frequency' of mind'. They try to save money. What else? Then he starts to look for options on how to get a bike. Everyone does it differently. Girls sometimes post a picture on the Internet with a bike and write: 'I want that.' Everyone has their own way. What does this person do? They try different options how to get it. Someone takes a loan and then pays back by parts, someone sells things and buys a bike. Someone earns.

On a 'frequency' of mind, things motivate people. That's how it's built. I always told people how nice it is from one side to have this temporarily happiness because a new iPhone launched. It motivates them to work. And person 'with no mind' he doesn't care if there is a new phone, if he wants it he will buy it, he won't go crazy about it, or don't sleep at nights, like a person 'with the mind.' A person 'with the mind' he really wants this mobile, or new jackets or

a car, and it really makes him work harder. Like a donkey and a carrot. The sweeter the dream, the more motivation a person gets.

-Can it be that person lives his life and never reaches the state when he starts asking a question and moves on to 'frequency' 'with no mind'? He just feels comfortable the way he is till the end of his days?

-I will explain it in a different way. 'frequency' of mind' let's divide it into 12 levels. And this 'frequency' can be low level and can be high level. I think we need to talk about since we started. 'frequency' of mind' is a social and material world, from low to top levels. The lowest world can have many variations, one of them is when a person wears a cheap suit, cheap shirt, scarf, and a woman wears a dress and heels, has hair extensions, fake nails, and those people think they are cool. They went to Egypt on holidays, and they wear golden jewelry. This is a 'frequency' of mind.

This is the lowest one. People from provincial cities look like that, and There are many people like that in Moscow because they all came from small cities. That's why I like St. Petersburg better, it is the city with higher 'frequency' in Russia. And further on, the next level of prices and brands. The primitive person on the lowest 'frequency' of mind he thinks when he has money he can see the person of high 'frequency' of mind', by his thinking it's the person on Mercedes or on BMW. Or if someone in an expensive sweater from some known brand than he is cool. People understand it that way. It will all end soon, and if we talk like at school from 1st to the 9th grade, this is the 1st grade, what I've just described...

The 9th grade is a person wearing gold and brand clothing, and he drives expensive cars, he has the house, he has a golden bathtub. And it considered top level, the 9th grade. And there are 10th, 11th and 12th grades.

Those people cannot be seen anymore. A person from the 1st grade or 2nd or 3rd he can still see the 9th grade. But the last grade he won't see. This level when you buy Bentley and clothes and think you are cool. I am talking about Russia now, and in Russia it's cool.

But there are world brands, on the level of the world, and the interesting thing that in Russia there are people of this grade as well. But it doesn't mean that this person is not Russian, no, those people are not bound to Russia,

most of them left the limitations behind, and most of them don't live in Russia anymore, they live in two countries. Those people avoid brands, and it doesn't mean they don't buy them. If they come to expensive shop they ask to give them clothes with no brand indication, with no prints on T-shirt, for example, they consider it as vulgar when something is written all over your back. The person on maximum 'frequency' which cannot be seen, the grades after the 9th, those are 10,11,12 they wear clothes of extra quality, and they buy T-shirt not for 50K but for 150K, and nothing is written on the T-shirt. And minimalistic trousers and everything is very humble and minimalistic, and everything is very natural. And they won't have a huge golden house. And if it's a car, it won't be a provocative car, because those people of high 'frequency,' they don't see the logic why you need to buy a car that can be stolen, and police will stop you every single day. They try to be humble, and they buy for example Volvo, to be less visible, a family man.

Those people avoid everything related to pop culture, and they won't go to a night club or restaurant. And if they will go then, it will be a modern restaurant in a day when it will be fully booked and where bandits were visiting it... They don't go to such places where ladies come to be picked up. There are such places in the city. If we talk about St. Petersburg there is a restaurant with a certain atmosphere, and it's very expensive, this restaurant where you go there are no apologies. And some very popular restaurants in Moscow they are bad. And for us, for people above 9th grade, it's a shame to be there. For us the people from 9th-grade percepts as a grade of gypsies. Those people are very proud of their iPhones. I went through this as well. I know it all too well. And the point is that this 'frequency' of 'mind' divided from the lowest level to the highest level.

The highest level of lifestyle was given as an example in the movie 'Why him?', they show they IT guy, how he dresses, how he behaves, what house he has, what he does. Also, a good example is in the movie 'Ex Machina', where is also IT guy lives in nature. Those are people of more or less high 'frequency.' And all of those people...

So people really don't get it, and they cannot determine one from the other, let's take a watch for example... I don't wear a watch, but I used to. And why?

I've overgrown it. And if I come to a certain company of people now, they will think that I am poor because I don't wear a watch. The point is that I am on such level that I don't need it anymore. I don't need to show off, because I can earn in a day the amount they were saving to buy a watch. And I don't care about their opinion. And there is level, it exists, of course at first I just found out about it, then I got into it.

And only then when I became like that, I had an opportunity not to see those people. And you won't be able to see people on high 'frequency' if you are not one of them, it's impossible. And each person sees me through the reflection of his own world. And for them, I am not cool. For him, the cool dude will be from the world '7'. And me I can come by scooter, and it means I am a fool for them. I mean if I came by scooter than it's silly, shameful and it means I am a fool. And if I have a huge, massive car than I am cool. This is the perception of someone from the world '5'. And a person from world '9' he thinks that Subaru is bad, and the car of X-class is cool, there is more space in it, so his butt is ventilated in the salon because his ass is big and fat. Everyone has their own needs.

-Is it necessary to move up from the 9 to 10,11,12? I mean is it required to go all the way up? Or someone can jump from the 6th or 7th to the 10th?

-From the 1st to the 9th-grade people only see those worlds, and they need to go up to the 9th. It's impossible even to explain to them that to jump over it is not possible. It's like instinct. And get free from instinct you need to play enough on the grade 9. And I took into consideration all the details, and when an acquaintance came to me, a long time ago, ... He was a guy from Krasnodar. So I talked to him about material development: 'What to wear.' So he wore a shirt, brown belt, and classic shoes because I said that black leather is poorer, and brown is nobler. And I explained to him how he needs to approach everything. He opened a confectioner, so he was very stylish. Very modern, and he looked good. And when we walked on the street people thought he is a cool dude, and I am like a poor beggar. That's how he looked, by a perception of normal people. And if he comes to any shop, they will hug him and kiss him, and they will respect him and talk to him. And if I come in, they make a wry face.

Here is one of the examples, a funny one, I came into the expensive shop in sports trousers, and there was a coat, not too expensive, around 100K, if you want to buy an expensive coat it could be up to 300K. So I wanted to try this coat on, and I asked a shop-girl to bring me my size, and she says 'actually what I wear now you can't wear a coat.' She told me that. People who were with me thought I would kill her.

Even security guys came by, and I even didn't have a chance to say anything. I say: 'Are you insane?' She says nothing, and my friends: 'Let's go out of here,' so I left, and everyone wanted me to go, and not to react. I could easily scare the hell out of them. So why did she react in this way? She is primitive, and she has complexes, problems, issues, she is oppressed. I came by, and she has stereotype thinking, and I am wearing sneakers, ripped jeans, in some t-shirt, with tattoos, how else would he react? How does she know that I am the richest client of hers for the past year? So she was rude, she expressed her unhappiness.

Naturally, she is unhappy in her life, and she decided to throw this all on me. But it's not right, why I always make a comparison with the US if I come in wearing whatever I want for everyone I am a respectable man.

The interesting thing is that they see the difference in people as I do. They know who I am, and they don't care how I look, they feel it. They see it in my eyes, on my face, I don't know.

And talking about 'frequency,' you asked how to get on level 10,11 than I say the following: first, you need to get enough, you need to buy the best, you should have enough in such way that you won't have this that you need to buy the best. You need to get to the level when you really got enough of it. And then there will be the next step. When you realize that all is bad, and you feel ashamed, and you give it all away and hide. Not on purpose of course, but you create your own exclusive world, where everything is noble and with perfect quality.

-Is this why Steve Jobs always appeared in public wearing jeans and turtle-neck, and he didn't care?

-Not, it's not it. Steve Jobs is a different story, and you can confuse people with it. No, Steve Jobs is a scientist, he is a good example of a scientist. What

is a scientist? It's a person who can wear the same jacket and fall asleep in it, and his attention so filled with ideas that he creates, and he doesn't care about clothes. This is the situation.

And the second thing why Steve Jobs is like that, you should not forget that people always perceive everything from their own perspective, but American mentality is very different from Russian. In the US it's not custom to pay attention to clothes. It's simple there. People don't mention it, but if you look at movie characters, you will see that they wear simple t-shirts, simple trousers, normal clothes.

And no-one dresses to impress anyone. It doesn't exist. In the US the only people who dress up are newcomers, immigrants, from south countries. I see them driving big cars with loud music on, they dressed vulgar, with golden glasses, etc. And the same people in Russia. Americans are very humble. That's why Steve Jobs wore that kind of clothes because it's not custom there to show off. I talked to Americans, and they don't understand why people worry so much about clothes... The same with restaurants... In US they value quality and taste.

And our people can wear what is not comfortable, but fashionable, go to a fancy restaurant where food is bad, that's how it is in CIS. And everyone suffers from it. But soon it will change.

-From the point of view of 'frequency' of mind how bank credits should be treated? Is it bad or not, should people use them or not always?

-There are many life hacks in terms of money, how to move up on 'frequency' of mind. And on low-level people take credits in the bank, and it's really bad. When you have no money, you should not take credits. It's forbidden! It's a trap. I've tested it, and in 90% of cases it's bad, for example, you had everything stable in your life with income, you had a job, and you earn 50K, and then you decided to take bank credit. And as if Murphy's law at work you don't get your payment.

And as if it made on purpose that you would have those debts, and percentages and you have some other unpredictable events, your job is ruined, everything else, and you drowning in this hole. Bank credits made that way, and it's a trap. You can use bank credit only if you are on top material level. Many people of high-level use credits.

But many people on low level doesn't know it, because they have money. No, for many people it's uncomfortable to take their money out of some company, and many people invest in something. It's easier for them to take bank credit. It's easier for them to take credit and pay in small installments of 40K than to give 10 mil in one go, for example. When you are on the level where you have those 10 mil, but you don't want to spend it now, then it's easier to pay 40K a month. Then you can do it.

You can take only credit if you already have the amount to pay it off.

-And does it matter for what you take bank credit? For 'frequency' of mind. I mean if someone wants to buy a new toy, a new mobile, and someone needs to develop their business.

-It doesn't matter what someone takes bank credit. I will repeat again: if someone has 1 mil already, but he doesn't want to spend it to buy a new kitchen for example then he takes bank credit, so he pays bit by bit. And the point is... if something will happen he has this 1 mil and he can pay it off with no issues. It won't be a psychological blockage for him or stress. And if someone takes 1 mil credit for kitchen and counts on paying it out from his salary of 150K, he will be paying 100K, and if something happens to him, it will be a complete disaster. You should not do that. And there is a complete idiot who takes bank credit for holidays, and I was shocked when I found out about it.

There is one rule in the world of mind, and there is no conscious, that's it, conscious. And if you suppress everything from the world 'with no mind,' and suppress your soul as well, and you turn on your mind, then you won't have a guilty conscience, it won't disturb you, and you can achieve a lot. I know a lot of entrepreneurs in Moscow, especially after training of some sort, where they use life hacks how to earn more money.

And one of the life hacks is: make a pretty package for your idea, create an illusion that it's a successful business, sell out the franchise, and people will work for you, and you don't have to anymore, you don't need to develop it, they will do it for you. There are lots of franchises like this in Moscow, and lots of people who saved up to buy a car or apartment and they gave that money to buy a franchise.

And they got under the illusion that it's a successful business, but in fact, this business was created yesterday with the help of training companies, also those young guys they present themselves as young entrepreneurs and promise you to develop you. I know it all, but they don't show it in the news, no one talks about it. And with my attentiveness, I see how it all works. And the person with 'mind' is able to do something like that, and he can cheat you. It's not a real cheat of course, but it is.

A person from the world 'with no mind' won't be able to do that, for me it's like a crime, I would be scared to walk on the streets after that, and I would be waiting for someone to kill me. And a person from the world 'with the mind' he doesn't have conscience, nothing can punish him, he has no destiny. He can sell and buy anything, and he can find some small city web designer and order him websites for 10K and sell it for 100K. There is your business. But my conscience won't allow me to do that, but many do that, a lot, it's their way to earn money.

-What if a young entrepreneur after the training is really motivated to create a business, and the franchise is only one way to make business bigger. Even if the business doesn't work anymore, but he still believes in it.

-Believing or not has nothing to do with it. There is nothing strange about it. Someone just decided to make umbrellas. He made a website, made pics with a girl, made PR, advertising: 'buy a business with umbrellas, earn money, we have sold already 5000 umbrellas, blah-blah-blah, pretty website, franchise sold already in 10 cities'. That's how they like to do that, to write down all numbers. It's a lie.

They also have feedbacks made up, etc. And they advertise investing the last 100K. So they spent 100K on umbrellas, which they bought in China, made a label, I mean tags. And on the remaining 100K, they've advertised. And people start to write them. Two people bought a franchise for 300K, and they will get 100 umbrellas, and instruction how to sell, and some landing page. Everyone is happy. Those guys who sold franchise they used that money to advertise more, and they got more clients..., And it turns out if the person invested his last money he will work for real, and pays a percentage on the franchise. And someone lost it. And in 99 people, they hide it, and those people lost their money.

-I see. Can we talk about a couple of more question... In the book 'frequency of mind' you talked about the importance of order, not only schedule but order everywhere in your house, on your table. Why is it important?

-Well, it's a discipline. On the 'frequency' of mental discipline should be in everything. It's your friendship with your own mind. The mind should always know, understand when something will be finished when something will start. You need to control it all. It's important. It's a 'frequency' of mind.

On the 'frequency' 'with no mind' person doesn't care, if he is told: 'Come, visit me' or 'I will come to you know.' He says: 'Sure,' and then he is offended that guest didn't leave on time and he wants to sleep. In the world 'with no mind' person is weak, he can, without thinking say: 'Sure, please come in any time', and than he will sit with guests for five hours and will be afraid to say that it's time for them to leave, and then he will get offended and will stop talking to those guests completely, and they won't know what happens. This is a person 'with no mind.' And person with 'mind' is a bit different, and he will say immediately: 'You can come for an hour max, and if you don't leave I will ask you to leave.', that's it. This is 'frequency' of mind'.

-And why person 'with no mind' is afraid to ask people to leave? He is 'with no mind,' why does he care if he says: 'I want to sleep, goodbye everyone'?

-He is trying to avoid stress. A person 'with no mind' that I gave as an example, he won't say anything not because he is afraid, but because if he says something he will feel negative from people, he feels a lot. And he understands that if he says something that a person will feel awkward because the person will try to argue or to prove something.

And person 'with no mind' doesn't want any stress, and he is avoiding any conflicts and arguments. Of course, there are people 'with no mind' who doesn't like to adjust to anyone's habits, then he can say it straight forward. For in this example it will be in this way. Because in this example the accent is on 'frequency' of mind, and the person on 'frequency' of mind always knows when the meeting will be finished. And person 'with no mind' never knows it, and he can sit and wait and wait for five hours, and then he realized that he missed a day. That's it.

-And one more question for today about social networks, there is one thing that people don't think about usually, I mean that page in the social network should look neat and nice and filled?

-On a 'frequency' of mind, the most important thing is cover, your cover, the way you present yourself is where you need to start. It's cover. Even if I give to someone, lots of life hacks how to talk to people, how to do business, how to get a job... But if someone is ugly and stinky nothing will work for him. How does he plan to communicate with the outside world? He won't be able to. So he needs to have a beautiful cover.

Your presentation, it's your order in social networks, you need to start with the Internet, you need to start with social networks. And of course, you need to have pictures. It's like as if you would be a producer for a politician for example. You need to be a producer for yourself. And it should show all your sides, your pets if you have any, how you go somewhere, that you have a family, etc. A family person is important.

Then what else? All public holidays that you visited in the city, etc. It's all window dressing. Charity is a very low 'frequency' because only filchers work there. You just don't know it. And my readers ask me often: 'Alex, why you don't do charity?' Because this is the truth, you just don't know it. So you need to create an illusion. We collect money for this poor boy, look how nice we are, here we go to the football game, and here we give flowers to girls. And it used to be fashionable to go to church service. Many went there just to make a picture.

This is a social and material world. If there is a new movie in cinemas then you need to watch it. Now in New York, there is a tennis championship and if my goal is social development then I need to go there.

To show up, take pictures, to show how cool I am. This is social. What else? Also, you need to understand that everyone has a different level of development, and for some low-level people it's cool to make a picture with hookah, on a bonnet of some Subaru... Different values. And of course, if you want to present yourself in a super cool way, like a politician, you need to be pristine so that no one would complain. You need to have formal clothes, so no one could say that you belong to a certain subculture. No vulgar clothes.

Pictures should be without any girls or alcohol if you are a man. If you are a woman, there should not be any naked parts, etc. It's all bad. You should be maximum humble, appropriate, noble, etc. If you follow those rules, then you will be all right. The most unique cover, the image is the style of aristocrats, you can satisfy any level of society with it, it's more of English style.

So if you are a woman then its turtle-neck, beret, coat, cloaks - those kinds of clothes. No heels, can be trousers, boots, sneakers of noble colors. Of course no hair extensions, glasses are ok, they win over people. Even if your eyesight is ok, you need to wear glasses.

For men is English style is good, suit but if you buy a black suit, you look like shop-boy. For 10K. It's a fact. So no black suit, and it should be with a big check, in different colors: jacket in blue checked material, trousers in brown checked. Brown shoes, heavy boots are better, it is also an indication of character. They should be with a round top. What else? Better not to wear a shirt, it's too official, and you need to be more simple, and not to wear a tie. Also turtle-neck, jumper, sweater. This is the style. No one will complain. No matter where you live in Dubai, or Africa or US or Russia, everyone will respect if you dressed in this style.

-Great, we are done for today. Thank you.



Chapter 8 Nameless

The concept of the world 'with no mind' and distinction of the world 'with the mind.'

11th of September 2017

-Today I wanted to start with a clarification, to readers will understand. So we have this matrix 12/12 with dimensions, where all 'frequencies' are. And 'frequency' 'with no mind' how does it relate to this, where it is in this matrix, so I can understand?

-The 'frequency' 'with no mind'?

-Oops, apologies.

-It's not there.

-The 'frequency' 'with no mind' and 'frequency' 'with the mind' where are they in this matrix?

-No worries, I got your question. This matrix I use it only to have some image, understanding, schematic image, so it's easier for people to imagine. And yes, if we talk about the whole world than it's a matrix, yes, society, material world and it's divided on cells 12/12. If we talk about 'corridor' than it's not in this scheme, it should be drawn as one line, like example, if we talk about the world 'with no mind' then it's a separate world, it should be... It's a separate scheme, which can be with separate interesting partitions in it, sub-partitions, depends on what you want to determine, or explain or compare.

That's why in matrix 12/12 there is no place for the world 'with no mind.' I just divided like this the world of 'mind'. And the world 'with no mind' you can imagine like a circle, for example, divided by 12 part and every part is good, but in a certain aspect. As I said there can be the world 'with no mind' and it will manifest in a person wearing a classical suit for example, and someone else is traveling and lives in a tent in Yellowstone park. That's it.

-If someone is not on 'frequency' 'with no mind', then he is 100% on the 'frequency' 'with the mind', right?

-Of course! Yes, of course, if a person is not on the 'frequency' 'with no mind' than he is on 'frequency' 'with the mind'.

-Yes, then I have a question. So every person automatically lives on the 'frequency' with the mind', so the majority of people are on 'frequency' with the mind'. And last time we discussed that this 'frequency' where people

achieve success, develop in the material world, and where money is and connection and social acceptance.

Why there are so many people who didn't achieve anything? They are on the 'frequency' of mind, and they can live all their lives, on schedule, wake up every day at the same time, but no development happens for them, and they don't achieve any financial success, etc.

-Ok, let's look at it from a different angle. 'frequency' of mind' and 'frequency' with no mind'. Ok. It's like two... it's like two religions. For real, or like two countries with different rules and law systems. And the world of mind had its own laws which limited by laws of nature, and people live by them. And it's a certain concept 'what is good and what is bad'. And the point is that this world 'with the mind', it goes there from lowest to the highest level and the difference is only in quantity of rules people know. Some know more rules than others. That is the development at its core.

And naturally even those people who are on level 1, in the first grade, on a low level they develop, but the development happens on a different level. The development doesn't consist of how many houses you bought, but development occurs inside. It's like an operating system. There is OS Pentium1. This is the world of mind. And this system develops. And every stage from 1 to 12 grade. It's like a level in a computer game. And when we look at the examples and compare of course we compare material things. Whose jacket is better, whose car is better? But it's not a point of development! Not in a better car or in a better coat, but the indifference of world perception in the heads of the people. They have a different approach to health, parents, friends, life, money - to everything. And this different approach.

The more different your approach is, the more and complete it manifests in your material life. And the point is if we take people from the lowest level, 1/1 or 1/2 those people don't develop from the material point of view, the concept of life-changing. Those people on this level they are on an edge with criminality. Those people often die in car crashes, because they don't feel the limits. People who got into bad crowds.

And therefore they often killed for 1K rubles of debt. Those people who get drunk and knife each other during family parties. Of course, I am talking about it not to scare people, and why talk about negative things at all, right? I

just want people to see how it is, in this world. This is the world 1/1. And I present a more attractive picture. The picture they want to achieve. And yes, the salary is 10K, and they argue every day. Yes, you can't do anything, you don't understand anything, and you have lots of debts and lots of bank credits. But it's all because a person is not developed enough. Because he has the wrong values, wrong priorities. And yet again he is weak, and he loses control and gets drunk. And he misses his job. And he gets arrested because he hits his child. Yes, this is that world, and those are events there.

Those conditions are given to people not because it's punishment, but because they didn't cognize it yet, because they don't understand that they cannot do it. They create those conditions.

On the level of their development. When persons grow out of it, then he has less harmful situations. And if we take a person from the world 5/5 he has lots of problems like a person from 1/1, but they are a bit different, of course, he won't get killed because of 1K by drug addicts. There will be something different. His friends will shot him from a rifle. And in the world 9/9, it will be again different. There you rent a Ferrari for a holidays and crash it and died in car accident. That's the negative things on this level. But it's everywhere. Depending on a level you live on you have your own types of negative events. So don't judge on material things. I mean there is always a conflict with a system and people. In the world 1/1 there are one level of conflicts, and in the world 9/9 there is different importance of conflicts with the world and people. And when you go through all 12/12 worlds, than you have no conflicts with world and people. You get freed. Because your mind doesn't disturb you any more, people don't annoy you, you don't get angry with people, you don't get angry with laws, you don't get angry with religion.

You understand everything, and you have explanation for everything. You know in what condition the planet Earth is. You know it with your mind. You know what is happening with world leaders. You know why wars happen. You realize that the president is a normal person, and he doesn't steal money because on that level there are different values. He cares about different things. And the person in 12/12 he knows how foolish he was when he was in 3/3 and thought that country leaders are thieves. And they only want money.

That's it! This is the truth of life. People, you know... They cannot share it. How it is at first to see world 1/1 and then 12/12. Because in the world 12/12 they don't bother anymore, they do different things, they have different values, worries and direction of life. And they won't talk to people and tell them about this path and how the people on lower level are wrong. I do it because of what I do. If my self expression would be not through books, but through pyrography or movie making, then I would be expressing it through those mediums. That's it.

-I want to talk in details about how people on a 'frequency' of mind go through this path. For example: there is 'old' 'frequency'. It is also in the world of mind, where people cling on stability, and reject all changes. How do they change at all and can they go through this path? Is there any chance of it?

-We haven't touch this subject. There is certain timing when person's development is finished. It is hopeless for some. Of course people don't want to hear it from me, that they are hopeless, but there are a lot of them. So many. And it's connected to old 'frequency', of course. Those people, they have children even, they stopped with their development at 25. And for some it's 30 years old, and some 40.

But for most people the development stops with age. When person surround with all stable things, and he doesn't want to change anything, and he has his own truth of life, and he doesn't derive any lessons from life anymore. And he hits the wall. That's how it looks like. And there are many people like that. And they go 20 times to some country and 20 times they will get robbed and they lose friends 20 times, and they still don't understand that maybe you should not go to some country anymore.

Of course. And those people reached a dead end, I would call hibernation mode. A person can closed up being 25 year old. Why I say all the time about

25, because I really have lots of example of people of that age who have so many fears, complexes. They don't believe in anything, they have their own concept of life, and they sit in one job and afraid to leave it till the end of their days. And the only thing that can help those people is unfortunate, stressful event,.

Maybe by accident, not by destiny, but those people are within a hairbreadth of death, because those people without destiny, with nothing, all depends how careful this person is. And if clinical death happens, or operation or lost of close relative, etc., that person can disconnect from his comfort zone for time being. From his connected world. And you won't be able to connect back so tight as before.

So the attention gets frees a bit. And with this attention he finally can evaluate his life with sober view, and he understands that he has a groundhog day every day, and he will try to find a solution. And those who are conservative they will be simply surviving till their end.

-I see. All right if we look at 'frequency' of mind and 'frequency' with no mind like different religions, in theory, in your book 'frequency' of mind' you've recommended once in a while move from one religion to the other. What do you need to do that?

-Well.. I didn't use those words there, you mixing it up. I only gave you one example with the word 'religion'.

-Ok, let's not use this word anymore.

-So I was saying that you need to move from spiritual 'frequency' move to material 'frequency'?

-And than back again, yes.

-I will explain why. Because every person who are on 'frequency' of mind', I talked about it before but in a different context, I will explain now. Any person who lives on 'frequency' of mind', by nature, and because of the way human being made, cannot live by mind 24 hours a day.

In this case nature will create unfortunate events, and maybe also pleasant situations, depending on which level the person is. It's necessary that person would feel his inner 'I'. He will still live and follow material development, but once a week or once a month he needs to feel his inner 'I'. Those people who surf for example, or they go fishing, or they do something else. It's needed. If a person doesn't do anything at all, and lives 'with mind' 24 hours a day then he will have bad events in his life. So the person could... Or someone gets sick, or something else, so the person could calm down, and his mind would turn off for time being, and he would give time to his inner 'I', to his soul. It's impossible without soul, only 'with the mind' to think about work 24/7. You can go mad. Or you can get sick.

And there is a time to have a break. If person does it on his own free will, let's say for primitive people on level from 1 to 5 they have bad events in their lives, because they know no limits, and they are still growing towards it. That's why they often have troubles. And those from the world from 5 and higher they have less troubles. Figuratively speaking. It doesn't matter what level it is. And after certain level there are no bad events anymore. And why? Because person knows that he needs to have a break, to have a rest from material people, from material world, from everything.

-And why do you need to shift back? I mean if someone already cognized the world 'with no mind' and he lives from his heart...

-Wait. I know what you are talking about. I will explain. All information that I give is from my personal experience. I went step by step, and all topics that we discuss I didn't come to know in one go.

I decided to explain every topic one by one. No. I had it that way, that I went into extreme and cognized the material world, like everyone else, they are in material extreme, and then I went to the world 'with no mind', to extreme of it and I cognized it as well.

Then I came to the point that you can be in both. I will elaborate now. Of course when I describe one world I have to reject the other world completely. Look if I will tell you now that 'frequency' of mind is the coolest 'frequency' in the world. And world 'with no mind' is bad. And you will ask me: 'Alexandr, how come? When we talked about 'frequency' 'with no mind' you said that it's good.. And now... Exactly! You are on this side now. Got it?

Those are different world. They don't cross. Those are parallel worlds. And when I am on a side of 'mind' I will defend the world of 'mind'. And when I am on the side of world 'with no mind', than I say that the world 'with mind' is bad. And you need to consider it. It's a rule, it's important. Like devil and angel. Seriously. This is how it is.

And they show in cartoons or in movies that above the head of a person there are devil and angel, and person is always has a choice to make, to listen to his inner 'I', or to listen to subconscious, meaning what was imposed on you by society. And you think: should I satisfy society and go against my soul, or to listen to my inner 'I'. Than society will shake you down, but your inner 'I' will be stronger. That's how person goes through development. And people often faced with a choice.

-The choice should be done individually, no advise will help here. Does it depend on what he need from life?

-Let's return to your question now. Can you repeat it?

-The previous question was: why do you need to switch back and forth from the world 'with no mind' to the world of 'mind'.

-No, no, no. You asked this one afterwards, I remember now. You said why when you are in the world 'with no mind' cognized everything you need to return to material world.

-Yes, that's it.

-I will explain. People when they open the world 'with no mind' for themselves, they want to go to extreme. It's the first stage. It's not right. Person wants to go to extremes and say: 'I don't want anything, hell with all of relatives, friends, family, work, clothes.' This is a primitive level of spirituality. Wild. There are many crazies like that. I wall them that way. On the top level of the world 'with no mind', that's one level we didn't talk about. From one side I presented you the world 'with no mind' as something unique. And the world 'with no mind' is almost the same as world 'with mind'. There is also a bad and the best parts of it. That's it.

The state 'with no mind' very connected with material world, with material manifestation. Look, I will explain. Let's take the most primitive version of the world 'with no mind'. A person on the 'frequency' 'with no mind'. He rejected everyone and everything. Vegetarian, vegan, etc. How they call themselves. He doesn't want anything, he doesn't want to talk to anyone, no emotions, and he calls himself spiritual.

This is bad. This is bad level, very low level. I like to give people examples to pass this information in the best way. Only this year... When someone advise me something I don't look at anything on purpose, but circumstances brought me to this movie, so no one could impose it on me. The movie is 'Little Buddha'. And they showed there very well what I came across, how I lived through it like in this movie. When he went to be hermit with his pupils, all was good, people followed him, action and all, but at some point he started to eat rice. And there was a girl walking on the shore. He washed himself, and started to eat rice. And pupils turn away from Buddha. Like: 'Are you crazy?' And that's it, they part their paths.

And Buddha remained alone, and pupils stepped aside. But Buddha knew that his pupils were wrong. He took rice because he knew that that spirituality doesn't mean you have to be a pig. He realized that there is no need for extreme... that you don't need to clean yourself, not to eat. It's silly. And nothing is wrong in the fact that someone gave him rice, and why he cannot accept this food and eat it. They showed it really cool, because it is like this for real.

Those religious, spiritual fanatics was really jumping on me. They were shocked because they've heard of me, that I am like I am, and that I really understand the purpose of life, and that I am super special, and I was called an indigo child. And then they were shocked that I can afford material things, yes. My behavior, talk to material people, and I look very material, and talk about material things, and do them as well.

For them it was shocking, they were shaking from anger and was reacting in a very negative way. They said: 'You are a cheat, liar, how can you say that you are someone.' But I even didn't say things like that. But they thought about that I am special, and went into extreme, and then they have complete disappointment, that I am a devil. This is their mistake. They are mistaken because of extreme.

They are on a very low level, because the person on high level, this person lives by rules, let's return to this term now, of religion - the world 'with no mind', he lives by different rules. He has complete set of rule in a complete world. They are not given to normal people, who live in the world 'with mind'. And person lives by them in the world 'with no mind', on the very high level, he can be anyone and do anything. He has different values, he can make movies or to be a boxer. He can be anyone, and do anything...

That's how he is spiritually strong, so much he is 'with no mind', and material world doesn't irritate him, it doesn't make him angry, it doesn't influence him. and he can exist in this material world and he won't reject anything, to feel himself. And he can be completely in this world, because it doesn't disturb him. This is the level you need to aim for, spiritual level.

-Well, now it's completely clear. And out he 'frequency' of mind, let's say there is a phrase: if you are so smart why are you so poor? And I've read many book when some guy even though he works hard but didn't achieve any success. I mean no one in society admitted that he is successful. Does he develop in this case? By reading books. Or not really? Or he is not very adapted, but he knows a lot.

-I didn't get the question.

-Those people who know a lot but they are not very active, they read a lot but they don't develop? Are those people follow their path? Or they are standing still? Do they need to do something else to develop?

-This is also extreme. People who read book it's extreme. The thing is there are many people like that, I've met with those people.

And we talked about me and them, and there are people who are very scientific, but in reality they cannot build their private life, they don't have normal relationship with relatives, no money, lots of issues, but yes, they've read many books! Sooo many books.

And I am talking about people who I don't even know where they are. They go to every single poetic meeting in Moscow and St. Petersburg. They read all the literature, even something translated specially and they are on every possible forum talking to people.

They are bookworms. I talked to such people. And it was so funny, I would give them some life example and they reply: 'Oh it was in this book, it was a story about... ', -that's how they talk. But. What's the difference between them and me? I receive all information through experience, all those example that I give. I came across different situation in real life. I make conclusions. I was analyzing situations, connected cause and effect. And practiced it all, cognized it.

And people like those once, I don't know how to call them, they are theorists. And they've read a lot. But they have zero practice. Complete zero. It feels as if they don't even know what they read. And they remember everything. And when I tell them something from life, philosophy, they can find a story to apply it to. And they tell me about it. But it needs to be cognized. And they haven't. As if they've learnt it all by heart.

All information that I give I've cognized it. And there are people who give the same information by reading my book. They will just retell it. Those are different things! That's it. If I will read books now I will twice as good. For real. And why? Because I have all knowledge but I don't have words sometimes to pass the information correctly. And if I will study some science I will be the best. That's it. And those people who read a lot they miss the part that I have. They don't have consciousness. They need to turn off their mind, and they need social adaptation, they need to get out of their comfort zone. That's it.

-If books give two percent of development, how many percent gives the place that you live in? I mean the apartment, city. Which countries and cities are the best for development in the 'frequency' of 'mind'?

-Let's do it in a different way? I wanted to start conversation myself actually, when you asked me a question about 'frequency' of 'mind', I am like a computer, you ask and I answer the way you ask. And then I thought I would call it differently, than the information will be a bit different. And let's call this topic simply material development. I devoted many years for it - that's one. The second I've advised many people. Personally and through books, etc. And I've finished it just recently. I had like four hundred people now learning from me. And I would prefer to explain

now step by step this material development. Because answering the question about 'frequency' of mind won't give you much information.

And you asked what is the 'frequency' of mind and I reply, and there is nothing more to talk about. And we will talk about the process of material development than I have lots of information. Shall I tell you about it now?

-Yes, of course. Please.

-Good. Perfect. Look. Material development and where to start with it, the first thing is, since you asked about cities, let's start with it than. Cities influence people a lot. The place where you live, surroundings, people all of it influence you. Influence the quality of life and development. And that's why if person born in a small town, in Russia, for example, and if he would go suddenly to Moscow, he won't be able to get job fast and money.

There are million cases when people did like that, it's silly, they didn't think, and there were sleeping on the street, and starving, and than they went back to their city. Of course you should not do that. Of course you should aim for a big city. Because there is nothing for you in a little town. But first you need to cognize your own town.

There is a thin edge when people overgrown their own city already, but they are afraid to leave it, because they think why would they, right? It's not accustom in their town, they live there and they know everyone. And person has good job, he developed well already, and salary is good there as well, like maybe 150K rubbles. And it's a big salary for a small town like Pskov. Let's say he is a very good engineer, at the only factory in Pskov. And this person has no more to do in his town.

Of course you should leave, move to a bigger city. If person from Pskov would move to St. Petersburg it's really good. To St. Petersburg or to Minsk, in Belarus. Those ones who cannot handle St. Petersburg should go to Belarus first.

And if we talk about Russia in general than you should go to cities with millions people, big cities. I can't say that Moscow will be on the first place in this list. But I like St. Petersburg and Novosibirsk, and I like St. Petersburg because of people's mentality, their are more or less nice people compare to

the rest. And in Moscow there are not many people from St. Petersburg or Novosibirsk like in other cities. That's it. So you should change cities of course. So I listed you places, let's return to material development, where you need to start. First thing is your appearance. Your appearance is the most important thing and the first step you need to take in your material development. Because an appearance is manifestation of a person. Manifestation of it's level of development. If he wants to be on a higher level, it's like a tribe, different tribe won't accept him if he doesn't follow the rules and rituals. Because if person dirty and stinky, no matter how many languages he knows and no matter how smart he is, if he stinks no one will talk to him, no one listen to him. People always react on appearance. That's why you need to take care of your appearance first. You need to make hairstyle, clothes, you need to change it to a better level.

And of course when I talk to people it's easier for me to say personally what to do, than give general information, so watch channels for young people, music channels, look at the frontman there. how he dressed, that's how you can dress. Because they are more or less socially adapted. It doesn't mean they are rich, but they are in trend and on the subject. And if he will look like the frontman from a music channel, he will look more material and he will get accepted.

This is a good example, because when I was a child my parents told me, when I wanted to dress like my schoolmates, and I saw how they are dressed, parent told me: 'Look at host on MTV, that's how people on MTV dressed, you should do the same.' I remember those words to this day, and I often tell this story to my readers, but it's a fact. After clothes, since we are in the 21st century you need to take care of your social networks. You need to make an order there. You should delete all pictures and do the photoshoot and make new pictures. It's very important to have good pictures in all social networks. You need to have all social networks account there are. It's a must. It's good. And post all new pictures there.

-Can I clarify? Why all the social networks and not only one or two?

-Because when I give information I consider the timing as well, some social networks are in trend and some not. That's why. There is no point for me to

list them, while we talk there would already be a new social network already created. If I simply say that use the most trendy social network, maybe for someone it will be 'Schoolmates'. Where there are people who watch 'TV-3' or 'Ren-TV' about aliens, grandmas.

But it's also a social network. But he needs to know there are other social networks as well. He needs to know. You need to have them all. That's it. It's better to have them all. Further on about social networks. Social networks is an indication of development level, for real, you can see it in the social networks already. People write me everyday whose avatar is a drawing of some goddess, it's terrible, it feels like someone from funeral home is writing to me. Or they have a cat on avatar. Cat, or other animal. Awful.

Those people don't get it, they think it's not connected and it doesn't influence them anyhow. And they don't understand that they are all the same, they all look alike. Therefore you can make a conclusion that those people have the same problems, the same thoughts, the same lives, and all the rest is the same. Those people don't control anything.

They are unconscious, that's why their social networks profiles made unconsciously. And I said it many time that you should avoid talking to those people. If you have similar situation you need to change it. It's a must that you have pictures, where your face is visible. You need to have a real name and surname. Social networks are very important, it's a virtual world, where you can start your social and material adaptation, and be brave enough to talk to people, to cognize them, to express yourself. That's why I always say that first is your appearance - spend your first salary to change your clothes. Doesn't matter what brands, the most important is taste. And that photoshoot. Than social networks with new pictures.

Than you need to delete all your relatives from social networks completely.

-What is that?

-I will explain. Because people on a low level of development, in general, it doesn't matter on what level, but all in all: for all people, their psyche is distorted, they are all nervous, in depression, and everyone is irritated because everyone judging everyone. They all look at each other. They all try to please each other, and it's stressful. And to avoid it you need to put all your

relatives and friends in a blacklist. In social networks. You need to treat social networks like forum where you can go and ask people how to fix your acne on your butt. There is no need to have it publicly for your relatives. It's nonsense. Social networks is a platform for people you don't know. Through social networks you can write to your future employer, talk about job, and he will evaluate you based on your profile. You can share your achievements, your thoughts, poems with strangers. Social networks is a cover, it's like your passport. Even consulates of different countries check people's profiles in social networks. And the funny thing is that people who is in US now where I am, they have checked all my websites, social networks. And they evaluate immediately. And if your are bad there, than they will make a conclusion that you are bad. That's why you need to have correct social networks. And to make it easier without stress, without distortions, your relatives should not be there, if they are you will be afraid to post something. Even if you make new pictures and post them he will get lots of negative feedbacks and opinions, 'what is it with you? who do you think you are?' and all this bad, why do you need it really. That's why you need to block all of them. Because if they are your relatives you can call them, or message them, but not in social networks. It's silly.

Next. Next on development. Now everyone is suffering from old 'frequency', and the person should be in a center. In a center, in trend, you need to widen your horizons. Also it's forbidden to play games. Also I've said many times person would watch TV shows about traveling, world's news. It will widen your horizons. Those are first stages. Person is like in himself at this stage. He needs to know new music, movies, and all should be foreign, and maximum about social and material life. Something funny, about business, entertainment - all of it to listen to and to watch. It's advisable to avoid anything melancholic: no psychological movies, no sad music. Preferable you need to listen all fashionable music that is trending now. There should be this active rhythm. That's what needed.

That person should start meeting new people. The more new people the better. He should try to add new friends every day in social networks, and you need to talk to them, be friends with them. And create a reason to meet, if you want to meet someone you can become his client for example, or offer your services. Just find a reason to meet. You should create those situations,

it's a very important subject. It won't be able to give all the details, because it takes hours to explain how to do it, how to make contact with people if you already look good and your profile is good.

What is next. You need to be busy all the time. You need to find hobbies, entertainments, which are on high 'frequency'. You need to go to places where only noble and rich person would go. So those places are golf, tennis, rowing, but not to the places in the middle of nowhere, but it's preferable to go to expensive tennis court. What else, biathlon as well.

There are money in there and people with money. What else? For your psyche: people are all constrained, and you need to develop your psyche, and I always said to speed up your development you can go to actors' courses or psychology.

And of course sociology. This is where you need to direct yourself. The theater-studio and actor's course is the best. If you look good already they will accept you as a nice guy, and if you are shy it will disappear very soon. And you will have more chances to adapt in society. That's it.

Next you need to choose the job, it should also be done right. There are two options here. Either you take any job but it would pay very well, and using this money you can get better job or create your own business, or pay for your hobbies. Or if you don't need money but you need to go up the 'frequency' you can take job that don't pay well, but it would be on maximum high 'frequency' and interesting. If someone will go in some cool advertising agency as mail-boy than it can give you a lot. Because you will always see cool people there, from top companies, and you will know all trends, and all modern things. It will influence you very well. You should choose the activity where you can communicate with people. Some action, motion. Even if it's some sort of production, it depends of course. If you will sit in the office than it's not interesting, but if you sit next to your boss and hear all conversation about how they sell and buy things, than it will help. That's it. That's how you start your material development.

-I want to clarify something about surroundings. I got it that you need to meet new people a lot, what about the people you already know? Should you stop

communicating with those you know already? People from school for example, those who don't want to change anything?

-Of course, for material development you need to avoid old friendships, or to see them once in a while only. Because it will influence you negatively. You don't owe them anything, and it's silliness that you can offend someone, or if you are afraid to offend someone. Nonsense. You don't owe anyone anything. It's enough to see your old friend once a month.

You can meet him for couple of hours if you want. But all in all you need to talk to new people, meet new people. What else is forbidden? You cannot say about your plans to your relatives. Because they will suppress you..

No matter what you say to them... even if they don't say negative things, they will think negatively, and you feel that they doubt you. Not that they wish you bad. But it happens like that, for example a girl of 30 would go to her parents and say:'I decided to apply for vacancy, there and there and if it will work out I will go to work in Barcelona'. And they say:'Hmmm' and made a wry face, and that's it, you feel bad afterwards, and you try to react on it, but you feel the resentment. And you ask:'What's wrong with it?'. And they reply:'No, all is good'. But you know they don't support you.

But you feel negativity already, and because of that nothing will work. That's why you should never talk about your plans, about your intentions. It's forbidden. It's your personal thing. But when it happen already than you can tell everyone. Next. I won't say what is forbidden but I can say what is influencing the development, some life hacks in material development is traveling of course.

Wait, wait, I missed something. In material development the appearance is important, and all of it, but people always miss one thing. You should change socks and underwear as well. It's a big mistake.

Also the bedclothes, you need to change it to more minimalist, more adult-like bedclothes. You need to respect yourself. Respect not only in the way you look, but how you live, so first your appearance than your home. You need to clean your place. Than all gadgets you need to change to better once: your mobile, your laptop. Everything should be expensive, from brand, etc. Than traveling. You need to visit the closest country, foreign country. If you have never been anywhere than other city. Europe for example if you are

Russian, if you have a bit higher level, than you need to visit it, than you need to travel to new countries all the time. And you should aim for the maximum cool country, whatever you can afford. At least for a day.

Person who changed clothes, and did everything what I've described above, so on the second month he got his salary and he should not buy more clothes, but instead go for a day to Europe.

You can just travel to Finland. Back and forth. It will influence his development very much. If he had never been before anywhere. And then you need to travel to other countries. Traveling and meeting new people. Those are the most powerful keys of material development. And upgrading the quality of everything of course. That's it.

-From the point of view of material development what is better my own apartment even if it's not new, and not really fixed. Or to rent something, but something on higher 'frequency'?

-Yes, I will explain.

Of course it's better to rent. I will tell why. Your own apartment makes you too relaxed. For many people when they just started to figure out the material world, it's better not to have your own place. Because people get lazy and they don't work good anymore. And because of that people don't develop, and don't push themselves for better. Even though they can say it's not true. If you want more money you need to work more, that's it. It's a right attitude. That's why you should not have your own place, it's bad. It's better to rent. Of course it's better change it all the time. Stability is bad as well. So if you live somewhere for a year, you need to change to something different. Than again and again. If you have already your own apartment you can rent it out and rent for yourself another place. And rent something better. That's it.

-And to conclude this subject of material development, how does it happen that person realizes that he is ready for the 'world with no mind', that he is ready to figure out what it is there? When he is consciously developing of course.

-He will know it (laughs). How to understand that you are ready for the world 'with no mind'?

-Figuratively speaking, yes.

-I will say how: of course we discussed with you one world, for example the 2nd. And there are many, like additions, we can't consider all of them. I will explain. There is nature, yes, we have summer, spring, winter and autumn. I think that summer and winter like two worlds, opposite to each other. Spring and autumn are transitional stages. The same happens to a human. Person also connected to those seasons, with the same formula, and there is time when he has inclination for material development and the other time for spiritual development.

And there are transitions of course. For real. And everyone has it that way. I don't talk about it, because it confuses people. I can say only that people live in cycles... I cannot say if it's once a year, or in four years. When person starts to level up spirituality. If he is material person, yes, we talk about most of people and they are the society. And sometimes it's like a wave and they are inclined for spirituality. Someone can quickly get out of this influence. And someone stays there for a while and then returns to material world. But there are time when person lives in the worlds with a little bit 'with no mind', a bit spiritual. That's how it works.

And how to understand that person is in the world 'with no mind'? When it will be final sort of? Well.. If the person is the first time in the world 'with no mind', how he can understand it. Well at first you sit for example, or walk and no matter what is happening around nothing irritates you, nothing offend you, you don't lean towards anything.

As if you like completely by yourself. And from one side it looks like an illusion, you see the old concept and you just think that something is wrong. But you just don't know what to do with all of it.

And in the world of 'mind' there is too much action all the time, and that's why you react on everything. And here you imagine, you don't react on anything. You just sit there and you know, if you don't force yourself to move nothing will move. that's it. You went outside and there is some movement, and if you

won't go anywhere than as if nothing will be created, no problems will be created for you. And for real you just don't know what to do?

And for real you can just do nothing. From one side it's this crazy freedom from people, if we talk in esoteric language. But the person 'with no mind' is like an angel. Who is an angel?

This is the person on the level as an angel. What with wings? Because he can fly. Because he is free. That's what it means. Sacred language. And the person of that level, who is like an angel, he's been maybe in every world, in every 'frequency'. He knows all people, he understands, he can help anyone, and he can do anything but doesn't, he can and he understands but doesn't need it anymore, it's philosophy, why person in the world 'with no mind' given so much knowledge and he can do anything? Because he won't do it. That's the point.

That's the feature, than if some criminal thinks, or some bandit thinks: What if I had the same skills as Alexander, to see people, I would fuck up all the world. But that's the point. When you have thoughts like that, you won't have the skills. And when you have no evil intentions, than you don't need this world, than you give the skills.

Because you won't use them, your values are different. And with bad human values you won't have any skills. If you have high level values you don't want to do harm world, than you get this knowledge. That's it. And in this world 'with no mind' you have not thoughts about doing something to people, like cheating. Because you don't need it. You can do anything. It's the feeling. That's it, you like a hermit wandering in the world. You doing anything you like. And that's how you live.

-I have a question, I need to clarify something: people who live on the 'frequency' 'with no mind' they are happy all the time? Or how does it work?

-Let's... When we talked about the world 'with no mind' I told you that it's constant happiness. But today I told you that there is a world 'with no mind' but on low level.

-Yes.

-I think we should not confuse people. Because there is big 'but'. I will explain, I would like you record this information for yourself. So the explanation is as following - someone can ask me now: 'Alexandr, would it be good to change a car to a better one' And I will reply. And the other person will ask me the same question: 'Alex, listen I want to change my car for a better one' And I say: 'No!' And here is the confusion, right? It's unclear? How come? I am contradicting myself here. And many people who got confused and told me that I am contradicting myself. But with my attention and memory I cannot contradict myself. It's just people with their limited mind cannot understand it. Because it's multi-facet world. In the world of 'mind' you can change a car for a better one. In the world 'with no mind' there are different values. And the point is that in one world there are sets of rules of one sort, in the other world - the other set of rules. And if I talked to this guy, he has a strip club, I can explain things from a different perspective. From one side, the strip-club is bad. Because people who go there, they are degrading. Because if it would be for a strip-club they would solve their issues. Also I will say that strip-club is a degradation for those who work there.

Because people gave up, they started to look for themselves and went to work there, instead of a good work. Can I say that? Of course. But I can also say: 'You have your own strip-club! It's cool! Look at other people, 99% of them don't work at all, and you have your own business. You are a hero! And if other people say that it's a bad business don't listen to them, they are fools! And you make money, it's your business' Do you see the contradiction? And this contradiction depends on the fact that worlds are different: there is a world 'with no mind', and the world 'with mind'. And there are different sets of rules. That's it.

And if I will give you some example than I can say that's bad. And I can give another example and I will say it's good. So don't connect topics together. They are from different worlds. It's the same as I can say in the interview that strip-club is good. Because people who cannot turn their mind off they will go there and it will turn their mind off. As example. Can I say that? I can. It depends how you will use certain instrument. In what situation. IN every situation you need to consider that the world is multifaceted. And there are 12 worlds and twelve dimensions, and

there are 144 variations of understanding what 'love' is. 144 variations. And no one can understand what it is, because each of them say different things. For some love is instinct, euphoria when you are in love. For other one it's like a purchase - right and profitable.

The third one something else. Everyone understand love in a different way. And to answer the question what is the world 'with no mind', than this world is beyond the 'frequency'... beyond the cognition of material world. When you cognize the material world and you are in the world 'with no mind', than you are on the top material 'frequency'. Of course you are completely happy, material world doesn't bother you, nothing bothers you, you don't reject anything, for you everything is included and all is cool. But if we talk about when person gets into the world 'with no mind', there are spiritual people who live on the very low material 'frequency', on 1/1, and they've chosen this platform for some reason, and of course they live through all the issues and troubles of the world 1/1.

There are many people whose mind if off, and they can choose any cell of society, from one to the twelfth. And there are many people whose mind... turned off in certain circumstances but they haven't yet cognized all material world, and they cannot cognize it.

They sit in their primitive world 1/1 but without mind. Yes. Maybe it's easier to call them people in the 'corridor'. Maybe yes, than people won't get confused. So the low level of the world 'with no mind' is 'corridor'. And the world 'with no mind' is when person cognized everything already.

-Thank you for clarification. Ok.. Since we started to talk about the world 'with no mind'. I have a question: in the material development you've listed five stages, five steps. And in the world 'with no mind' when person cognized already material world is there further development? Or is it a stable state, is there anywhere to aim to after?

-No, it's a state in a process so to speak. When you are in the world 'with no mind', you are.. you sort of remember everything old: all rules you have and it's like a memory of past, not instincts. And inside you are clean. In your head you have those memories, rules, but you think about yourself, as if you are a

bad person, what if you need to help relatives. And it mixed with freedom inside, and you feel very great and free.

You feel your inner self, it's light and free. You feel that you are open, you are freed. And you see all worlds, all social strata, but because of old memories you think maybe I should have family, or buy apartment, or stay at home. And then: 'Hm..' inner voice of the person who is open 'Why do I need it?' And because he is conscious you can think through with your inner voice: 'Maybe you don't need it?' He says: 'But everyone does it.' But also when person is in the world 'with no mind' he doesn't understand yet what it is, and he doesn't know yet the rules of the world 'with no mind'. And there are stages of adaptation.

Adaptation in the world 'with no mind'. The first stage is the most unpleasant. Because he feels that he is different, and he sees people, and feels people, who think about what, who is lying, who is not, he sees all social strata, feels what he can do anything, any job, and that's why he cannot stick to anything. It's like a vicious circle.

And when it's open for you, you force yourself by your old memories to live like a primitive person and you suffer. Because when you are closed you don't think it's primitive, and when you are open person in the world 'with no mind', you have your own concept, with soul in the world 'with no mind' you live in the old conditions of normal person, and you want to live by old rules. I don't know, not one car you buy but ten, and you don't know what to do with all of them, or why do you need them at all, and this is strange dilemma. This is the first stage.

You just need to know about it, it will help.

There is no solution for anything, you just need to know it, it's not bad, don't be afraid. When person goes through it himself, I cannot help here. In the world 'with no mind' you need to be yourself. I cannot impose anything on you, I can only tell you things but each of you will have your own things, and it will be for good, and everyone will adapt.

And the further adaptation is happening. Everything that was imposed by society and things he still attached to and things that influenced him, all of it will fall off, or he will get rid of it, because he will know that he needs to get rid of it, and he will want it from his soul. And when person is completely 'with no

mind' he will start making order in everything. In himself, in his appearance, in his apartment: interior, things around.

He will clean up his circle of friends. He will start doing everything from the heart, and listen to his inner voice. And everything that is not right according to his inner Feng shui, he will remove from his life. And you see.. when material person has similar situation that he...

When someone in a future suppose to go into the world 'with no mind' but he is still on the 'frequency' of mind, he would have those moments when he will for a day or two falls into this state, as if he prepares to leave in the future. So he opens up and than closed up again. And when those people went temporarily into the world 'with no mind' the first thing they wanted to do is to make an order. It feels like you suddenly woke up.

And he sits among us for example and he asked:'why did you put things there' and he start to remake the order, and says that the light is bad, and changes the music. And he looks at himself and thinks what an awful clothes he has. And than he closes down and looks at what he did and can't understand why. And he is material again and everything is good. Those changes happen to people who is about to go into the 'world with no mind' in the next few years. When the person is completely in the world 'with no mind' at first he is scared, he doesn't understand anything, where to start, because the choice is enormous, he can do anything.

He doesn't know how to live because there are no limitations, or just drop everything and travel the world. So at first those scary things happen, because person is undetermined. So the first stage is indetermination, the second is making the order of things. And the third stage is when person just starts living. He tries everything and it feels like you are born again, but you do it consciously. You eat and realize that the food is different. You talk to people and see them differently. Even those who you already know. You really feel them in a different way.

And when you walk on the streets you, the same streets you walked before you know which ones are good and which ones are not. And in general open person in the world 'with no mind' he feels the rhythm, and 'frequency'. He feels it very strong. Imagine if you put three glasses of water in front of this person and he would see that this glass is on 2, and this one is on 5, and the other one is on 10, he feels it and sees it. And he knows if he drinks from the

glass on 2 and then he would walk on the street with number 2 than something bad will happen to him. And he feels this edge how long he should stay in a bad place. That's it.

Also he will start to see the same people like him. That what also happens. He attracts people like him.

What else? Well this adaptation, but also a constant fight inside between your old habits and your open inner self. You catch yourself on doing something and you know it's just a habit, and it's wrong. I will give you an example. It's the same as someone was in the invalid chair for 20 years, and someone throws ball at him and he says: 'Are you kidding me?' So he caught the ball and says: 'How am I going to throw it back?'

He forgets that he can run again. But in his memory he still cannot run, even though he was already running. That's the same feeling person has in the world 'with no mind' at the beginning. He still thinks that he is limited, like human, and he doesn't yet realize that he can do everything.

-So people living on the 'frequency' with no mind' they attract each other, they want to talk to similar type of people, right?

-Ah, not like that'... Well of course person 'with no mind' wants to talk to similar people, of course. But there is no such thing as they would meet up together, by the rules of this world those people by themselves. And those people, I just made a conclusion after I talked to someone, those people on a super high level they have no friends. Of course they have friends sort of, but not that kind of friends.

Of course they have people they can trust, and they can meet up once in half a year, there is some friendship. But those people either alone or with the family they've created, and that's it. They are sort of higher than other people, they cannot communicate with them. That's how it is in reality. Those people are creators, people 'with no mind', they create their own society, their own world. They travel all over the world, they try everything, and they gather the best things, and they create their own world and they live in it. And people look at them and they cannot understand who is this person. And people will never understand them. No one can understand something that they have not yet reached. That's it.

So the person in the world 'with no mind' can live in the mountains in a high tech house and yes, he can come across someone like him, somewhere in skiing resort, with someone from another part of the world, and they can talk, and they know that they are two top leaders with their own features, and they are both very individual. It's like two magicians would meet up and say to each other: 'Bye-bye'. And one will go to his cave the other one to his own, that's it.

-You are as a person who lives in the 'frequency' with no mind' and you can consciously move to any 'frequency' in matrix 12/12, do you have strong emotions? Do you have something like this in your life? Is there any shocks? Something that is common for people. Or you are closer to Buddha, always smile looking at things.

-I've answered this question already. When you asked me: 'Alexandr do you have the same mood all the time?' I said that yes, I don't have emotions, like people have, I have one state, it's like a warmth. It can be stronger it can be weaker. But it's a fact. It's when you are in the world 'with no mind'. But I can close up as well.

But I don't do it anymore. I went down to those worlds of people, and dove into it, and connected to their 'frequency'. And of course if I dive into the 'frequency' 5' than I start thinking like those people, and I feel like those people, and have the same fears like on 'frequency' 5. When I am among those people. The rules are of that world.

And that's the only way. And if I am on my own 'frequency', it's either the feeling is a bit less or more. For example today I've met the son of famous football player, he is a photographer. He was presenting his book. And I had warm feeling inside, and this state 'with no mind' got stronger. Very strong. And under different circumstances, when I would be for example in a restaurant this feeling is less. I mean my state. And I can make a conclusion that this boy, the son of football player he influences on my world 'with no mind', and.. a wick, how I call it, flared up, and when I came to the restaurant I close up there. And if I will stay there longer than I will be the same negative person. That's it.

-When we were planning to talk about nameless, and about 'frequency' 'with no mind' in general you said the following: 'The rule of creative lifestyle'. Can you talk about it now? What rule are there which you can share?

-Yes, in the world... World 'with no mind', before person gets into it he sort of have introduction first, as I said before, and of course he goes back to a material world. I had this introduction, and it happen like this: during those transitions felt due to which things I got into the world 'with no mind', and why I lost it again. And during those transitions I've make a list of things that open me and that closed me.

When I had full list I could stay in the world 'with no mind'. That how it went. Gift, yes, it happens consciously. A person when he gets into the world 'with no mind' he does it himself. He needs to do it by himself. Yes. And those attempts, accidental, those are happen by accident, without his knowledge. And he can get scared, and doesn't understand, and he goes through those stages. That's it. There are many things that forbidden if you want to get into the world 'with no mind'. And to stay there without thoughts, to remain in a state of faith, self-confidence, and warmth. Yes, there are. What are the rules? The rules... Well, first I give you what is forbidden.

-Yes.

-Forbidden. It's forbidden: to have a crowd of people, talks about everyday life, about money, discussions about people, cars, houses, household, arguments - all of this negative, material things, this is forbidden even to talk about it. You need to talk only about spiritual. If you talk about everyday life, than you are on the 'frequency' of everyday life.

Also you should talk about people, material people, only with spiritual people. If you need to communicate with material people than you should do it minimum time. I even put a stopwatch to be able to have only half an hour talk, because after I felt that I am getting into their 'frequency'. Than I could do that for two hours, not it's not important for me, I can be with material person and it won't influence me.

Also I had elements which gave me the strength.

Also forbidden: active people, active music, active movies, everything pop, everything that comes from people it's forbidden, like news, you should not follow by social, successful people on social networks, social networks also forbidden.

All of it should be avoided in the world 'with no mind'. You should not force yourself to do things against you hear, against your will, against your mood. If you don't want to go - don't, if you don't want to eat - don't'. That's it. What else... you can't force yourself to do things on schedule. You need to do everything how it's comfortable for you.

The same about food, time, and the rest. You should wear clothes you like, and not for other people. Everything that you do should be from your heart. So you need to start following those rules, and then there is a list of music and movies, etc. And then you will feel your inner I, then you make to make a mold, as I call it, of the world 'with no mind'. What else. Well I think that was the most important things that I've listed.

-And to live by schedule, to wake up in the same time...

-Yes, I said it's forbidden, you should not force yourself to do something on schedule. What you need to do: to be alone 50% of the time. You need to listen to melancholic music and classical music, also to watch movies like dramas, philosophical, psychological movies, you need to do something creative. What else... You need to cognize techniques which train your attention, and energy. Everything esoteric is good. In material world it's normal to have bright light. Like in a hairdresser studio. It's good. For high material 'frequency' bright light is good. And in the world of mind there should not be light from the ceiling, but there should be like floor lamp, like night lamp. Or candles. And the lights should be in the corner. Light and shadow.

What else in the world 'with no mind"... When person is more or less open he goes into this world, and there is certain time for it. There are also specific music and movies. If we talk about movies then I can name you a few like 'Gainsbourg: A Heroic Life', 'Donnie Darko', 'K-PAX', 'Powder', 'Michael' with John Travolta, 'Rain man'. Those kind of movies. And the music with no mind it's like TheXX, YOAV, Thom Yorke. What else. Ah! Something like Yann Tiersen, also. Ah yes! Half an hour before the sunset. This time is half hour before the

sunset - this is for people from the world 'with no mind'. When you walk and the sun is almost down, but not completely, and its on the horizon. And the light is sort of from the side. And light and shadows everywhere, and some houses are lightened, and some in the shadow. This time of the world 'with no mind'.

What else. Night. Alone, at home in the night. It will also influence in the good way. When everyone is sleeping, society is sleeping, you feel stronger. And of course you need to find people who are 'with no mind', creative people, to be even deeper in this state. So I've listed movies, and also there is American director. They've made a documentary about him 'David Lynch: The Art Life'. And if the person half open half closed will watch this movie his mind will turn off, and there is like cosmos, this will feed your inner 'I' and person will get into the world 'with no mind'. What else. Prayers.

Holy water, to drink. Icons that are active, antique icons. Church, service. You don't need to know details about service, you just go there, stand there and listen, that's enough. Some other religious strange things. I gave example on Orthodox religion but other ones also help to turn off the 'mind'. that's it.

-If person lives on the 'frequency' of 'mind' and he knows it, if he will start doing what you've listed above, to follow those rules of the world 'with no mind' will he speed up his moving into this world? Or he won't understand movies at all? What will be the effect?

-The person from the world of mind he won't be able to do and listen and watch any of above. He just simply won't be able to do it. It will irritate him. And it will make him angry. If only he will do it... well not really under my control, but if I will explain him and if he will force himself to do it under my control, than yes. Otherwise person won't be able to do it. It's the same as to try to cut off your own finger.

For material and social person is very hard. Even if he can do it than only for 1 percent. He will say:'So what? I drink it, I made a sip of holy water. Where is the effect? None!' And that's the maximum he will do. But it's not enough. He will do one percent and the rest is material, and there won't be any effect. And here you really need to forbid everything that feeds his material world. The world of 'mind', first he needs to forbid everything, and than he needs to

surround himself with elements of the world 'with no mind'. And then there will be an effect.

-I see. So you need to be consecutive here.

-You need to look at the scheme of scales. It really exists. Scales. I made up a picture today, I drew a person and he is like a stand, and on his head there is a stick with two bowls. And take the percentage and see where it should go - left or right bowl.

And where is heavier, where is 51% that 'frequency' is on now. And those percentages are elements. And if you need to make weaker the bowl which is leaning towards one world, and where you want to get into you need to make heavier. That's it. Whatever is heavier there you will be.

-Can you please tell more about destiny. You've mentioned several times that human in the world of 'mind' or on the low 'frequency' he has no destiny. And people who are on...

-Person with 'no mind' has no destiny.

-Aha, I got it. And it means..

-And person 'with no mind' has a destiny.

-What do you mean exactly? If you don't mind can you talk more about it. What is it? Do you mean it's a path of some sort?

-What is destiny in the world 'with no mind'?

-Yes.

-It's a feeling when person live, of course I am not talking technical or scientific aspects of it, but esoteric. I will explain. Person who is completely closed, who is in the world 'with mind', he lives by his mind, he is mind. And he does something in his life, he trusts only himself, and he has thoughts, subconscious, unsolved tasks. He cognizes something with experience, but

he has no destiny. He lives in the labyrinth of social material world till the moment he will cognize everything.

And when person freed than it feels like you mind disappears, this blockage, as if the conscious manifests, like a holy spirit. And as if your body is taken over by something. I don't know how to explain it.

Let me give you another example. It's the same like a toy car with remote control, but disconnected from me, and i am sort of driving it from above. But the toy car lost connection and it drives by itself, hits the walls, drives back, hits the wall again. And it drives like that and than suddenly the connection is restored again. And as if 'mind' is off and conscious is open. And I am connected to it. And the toy car feels the remote control, and I start driving it. And I am like a sort of angel above, when I drive it than it won't hit walls anymore, and I am guiding it.

That's how it happens with human. As if his body taken over like an avatar. It's a holy spirit appears, This inner voice that tells you what to do, and you are always secured, and all is included for you, and you don't need to calculate anything and you don't need to think. If inner voice told you:'Go there!' and you just go, and everything really cool for you.

The main thing is not to lose connection with inner voice. Because of this inner voice people with 'no mind' become great, they do what the can. And that's it. And normal people they don't have it, in religion, in Bible, or on the Orthodox icons when you look at picture of 'hierarchy' you see first normal mortal people, than other people, than again, and than people with nimbus. And higher up also with nimbuses, but they wear something different. And what is it? Nimbus is connection. The ones with connection they are with nimbuses. And people from the world of 'mind' they have no connection, they don't have Nimbus, no connection with cosmos. it's closed for them. And those who are open they have nimbus. That's it. Those with nimbuses they rule.

-Can you please tell me how this inner voice behaves, how does it let you know about itself? Are these like thoughts? How do you know it came from inner voice and not your own thoughts?

-Ha-ha-ha.. Inner voice... Well I am talking to you now, I don't have thoughts. Do you?

-I think that...

-It's not a trick question.. I am seriously asking you. I mean you are a human, tell me please.

-I am thinking about what...

-No, seriously, do you have thoughts?

-...I am going to ask you. Yes, I am thinking and analyzing at the same time.

-Ah, but I don't have any of it. I don't understand what I am saying, and I don't have analysis, and when you talk I don't have any evaluation of what you say. It's just, you said:'tell me about battery' and I will tell you about battery, I don't have any memory, no associations with the battery. I don't feel time, and I simply describe you a battery.

And I see also a pictures as well. I don't know how else to explain it. It's an inner voice. It just a conscious, I just simply talk and whatever I say I don't control. It talks by itself sort of. And the point is, you asked how do I don't mix up with some thoughts. I don't have other option, I cannot make a mistake, because I have only this voice, and I don't have other thoughts.

And even if I would want it, I mean there inner voice and that's it. And let's say someone thinks:'Shall I move to Rostov or not? Ok, no, If I will move there than... and that's how the process of thinking goes on. I don't have it. i have it in a different way. If person says:'Do you want to Rostov?' and if the warmth in my chest is bigger or small. If bigger than I say:'Yes' and if smaller than I say 'No'. And he say:'tell me tomorrow'. And couple of hours later I can ask myself:'Shall I go to Rostov?'

And I have a feedback, yes or no. No doubts. I don't have thinking process. So all decision I made they are not thought through. Nothing is thought through. Everything either yes or no. And if someone says now:'Alex, let's make a computer game about you.' And I just say: 'No'. And I said no, not because people are bad, or they don't need to make a game, but it's just an answer.

And people ask why. People have 'why' and I have 'no why'. That's the funny thing. I have no reasons.

And sometimes I help someone, and they ask: 'What for?' And I say: 'I don't have this what for. Just because! You just came in, in the right time. And I can help.' He says: 'Why? What do you want?' I reply: 'I don't want anything! It's just circumstance'. And that's how it works for me. And people always have secret agenda. The reason. I mean he needs something and that's why he does it. I don't have it. And this is the world 'with no mind'. You don't do something for something, you just do it.

-When you move to the world 5 consciously or to the fifth dimension for your own reason, have you had this inner voice? was there a link to the world 'with no mind'? Or you are there completely, but you come out of it sometimes?

-If I will connect to this 'frequency' than I will pay attention to this 'frequency', for example the world 5/5, I can walk on the street, or something, but I am conscious. I am conscious. But of course if I dive deep into the world, if I meet with people from that world, they will take me there completely. And if they will tell me: 'Let's go with use to play poker'. I will say: 'Let's' And my inner I will turn off. And I lose the connection, I will be completely in that world. I will connect to this 'frequency'. And I will have only knowledge and experience of my mind, but inner voice and destiny will disappear.

-Till the moment you will go to bed?

-Ah?

-When it will stop? When you go to bed? And when you will wake up you will be again in the world 'with no mind'? I mean...

-That didn't ever happen, when, well.. Don't forget, look, we need to consider something. You are saying now that I am super guru and did it myself. And if I

did it myself, of course when I talked to people and came home I disconnected from them even before I arrived home. I do it immediately. I will disconnect. Plus when you have these possibilities, why I said that person in the world 'with no mind' starts to make an order in everything - you are so much surrounded with your own elements, which no one has initially, that will make you sober again. That's the whole point, it's scary to travel between dimensions when you don't have those elements that can help you to return back, like in the movie 'Inception'.

And if at my place all my things, all my details, all my music and movies from the world 'with no mind', even if I will close now and get lost in society, as soon as I will be home I will open up again because of those elements. And if I don't have those elements when I open, and then society appeared and you sucked in there, because there are no elements to support you.

Elements influence you for real. Those are things, anything can be with a certain energy. And there are things with element of energy of the world 'with no mind'. The 'frequency' of this rhythm 'with no mind'. And the more elements the better. And there are elements with 'frequency', with speed of 5, from the world 5.

And if I will bring those things home, and I will get rid of my things, I will lose my own world. That's how it works. You need to realize your inner self on maximum, when you are open. It should be in material things. Car, house, people, things, music, movies, food, everything. When you write, you write but on the 'frequency' 'with no mind.' And the more texts like this you have, even if you close up, you can read it, and you will open again. When I could not hold this state, I was recording videos when I was 'with no mind,' and when I would close up, I watched those video.

-There is the question. People who have authority, the once you can see on TV in Russia or in the US, where are those people from, from the world of mind or 'with no mind'? What are those people in government?

-Funny thing is that today... I was never asked this question before, but the funny thing is that today I asked myself this question. I saw the family of a

football player, and I saw that all of the 'with no mind.' And I thought that it's strange. And I am a newbie in this world myself, not for too long, and I am still adapting here, on a good level of course. And today I had new information, that I was surprised that all of the 'with no mind.' And then I looked at myself, I am the same.

And then it turned out that successful people, half of them anyway, even if they are material people, they are 'with no mind,' and the other half of them 'with the mind.' And the difference is very thin. Indications. And the reasons for action, I think. The reason for actions: based on what rules they live their lives. And if we take presidents as an example, we won't take someone in particular...Just a president who follows the rules of 'mind' and behaves like a pawn.

That's how it is, and no other way possible, he plays a certain part, and he is 'with the mind,' that's it. And there is one, who came to power, and for him is all included, and he hears his inner voice, and they think he is mad, he does something, and no one understands.

And he bends all the planet towards his goals. He can behave like a person 'with the mind.' But it depends what he wants, what values he has, etc. It's almost impossible to figure it out. People from the world 'with no mind,' politicians, actors, directors, and others they are in principle with no mind, but there are some who is 'with the mind.' You cannot differentiate, because anyone can learn to make electronic music as an example, he can copy it from famous DJs, and edit it a bit, invest in himself and make himself famous. Is it possible? Yes. And there are many musicians like that. And some of them for real. And to determine who is who, I don't know, maybe only based on preferences.

If there is a feedback that I like it and I am in the world 'with no mind,' then those people are also 'with no mind.' Those ones that I like I mean. And the other way around. And if people 'with the mind' like something then it's from 'frequency' of mind. That's it. It's one of the ways to figure it out.

But I don't know yet how to find out for sure. Because only today I've discovered it myself. And it's a fact that half of them, take this family, for example, they are all with no mind. And they have this inner voice, and they are conscious.

They don't even know that they developed. But they don't have silly thoughts, like other people. They have this inner voice. And they have those inner desires that they just realize in reality, and they have no doubts, and everything works for them. That's it. They don't ask themselves why they are the way they are. Only I ask those question, but they don't. And they see me, and I see them. But they don't why is that. I can just ask them: 'Have you mentioned why I stole your attention?' they will say: 'Yes.' But they don't understand why, and they won't be able to explain why.



Chapter 9 Old 'frequency'

13th of September 2017

-I want to ask now, do you celebrate your birthday, I mean is it a celebration for your at all like for everyone else, or not?

-Actually I had the same as with other people before I left home. Before I was eighteen, the last time on my eighteen birthday. And afterwards I tried to avoid everyone, I turned off my mobile, etc, I think at this day everyone

evaluates their life. I mean... this celebration associated more with people around you. Why it is like that because they congratulate you. At this day from eighteen years old I didn't celebrate, maximum what could happen if someone was around than they would say happy birthday. That's it, no celebrations or parties. And this year it happen that, I don't have friends really, but today I made a conclusion that I have some, I mean those are people who in spite of my development didn't filter out from my life. Those are of course also unique people, those people who grow and develop, because those ones who stopped they stopped, and a friend of mine came to to visit next city, and I've decided to go there and celebrate, and I give myself a present and go to Canada, no cakes, no parties, nothing like that. It's not really a holidays for me.

-For people in the world 'with no mind' they all have something like this usually?

-Not really, if we talk about celebration in general, than there is reason, imagine that you talk to me now and we know each other, and in five years time you would want to contact me again, but without a reason to write someone is not right, I mean people are conservative and they won't write just like that. But I am talking now about old time, how old generation thing, and if you could write me to say happy birthday you would have a reason to write, that's how people use this day.

People use birthday reason to ask something, etc. And completely conservative people, in 90s, before 2005 let's say, they were waiting for birthday parties to eat good. For real, I know many families like that, they talk about why spend money and buy something since there will be a birthday party soon and they can eat something there, instead of buying it. That's how Russian families in 90s approached food and parties. In different countries birthdays approached in a different way, but in Russia it's just to show off, and there was a fashion to celebrate church holidays as well, and some other celebration like 8th of March, 23rd of February, it's a reason as well to give someone, you know a present as bribe, hint someone about something, to show your interest, etc. Those celebration are needed for conservative, oppressed, closed people, the once who are free they have celebration every

day, if they want to contact someone they don't need any reason. And in general it's a useful tool for something.

-Since you start talking about it, so there is a new 'frequency' which will substitute old one, is it in the world of 'mind'?

-New 'frequency'? Yes, it's a mentality, this is... I can't say that it is in the world of 'mind' or in the world 'with no mind', let me explain in a different way a bit. Yes, there is a conservative world, material, closed, primitive, and in every age there were people, I mean like in Medieval time a woman could give birth in the market under the counter.

And now it's 21st century, we have different problems, and in all ages there were people geniuses 'with no mind', there were not victims of those limitations and if we talk about future, than of course it leads us to development, and yes now we learn to clean ourselves, so we don't die when we are 20 year old from infection. I mean the 'frequency' of future, which we talk about. It's 'Posthuman', the book 'Aurora' I have, it describes a mentality for future, and there is the world 'with no mind', or rather it's a world 'with mind' which slowly blends with the world 'with no mind'. It's something different, it's a world with different values, where people will realize that it's dumb to spend money on brands, and it's not wise to eat a lot or to cook different dishes, and 'to eat' means feeding your body, we don't put different colors of oil in the car, it's silly.

And now people do just that, and they mix the food in such way that they get sick. There will be an order.

The chaos that we have not because we cognize everything by trial and error and a bit wildly, people will know the system of money. When we go through it of course the clothes will be to cover out body only, and to make ourselves warm, to secure ourselves from external factors and not to show off or because of fashion.

And we will eat to feed ourselves... This will be different more or less modern world that we can feel now already, because it manifests through different people and in different families, in different countries, and there are many TV shows about it and movies.

Of course not everyone can afford it, someone who is in society, and he is a major in the army, what his future be? Of course he will be laughed at by his peers and he won't behave like they used to, if he won't go for example to hunt with them.

And people who get financial freedom, who could see different social strata, different worlds and different countries, those people can look at everything with sober view, and he can make a conclusion how unwise everything, and there are so many bad quality things and they are harmful. And when they look at it they change their lifestyle to a very specific one, but the right one. And this right lifestyle we will all come to it eventually. It's soon, I know we will see it soon.

-To make it very clear can you please talk about old 'frequency'? You've mentioned it already, but if you could elaborate please.

-All right, old 'frequency', besides listing of material things I can give you, I will also tell you how they approach food, and other things that are in their head, the way they think. What is old 'frequency'? Old 'frequency' is the approach to life, money, health, family, view on the world.

Those people don't know how to live otherwise, those people are surviving, they have instincts of survival, instinct to steal, instinct to extort last piece of something from someone, to get something for free, to get profit. This is a mentality, when parents tell you to marry a rich guy, and doesn't matter if he is ugly, most important thing is money. When mother is not interested in happiness of her daughter, but she is interested in having rich son-in-law. And than what?

Those children are waiting when their parents die so they can get their apartment. And families who can do anything to inherit apartment or dacha, when someone dies. The policemen who started their career with ideal and naivety and they thought that they need to help people and save people, but every day they are ordered to hide something or to frame someone, and the conscious breaking you, and you go to your superior to report but he said either you do what you ordered or you will be framed and go to jail.

And young policemen don't know what to do in this case. It's my thoughts, this is story from my personal experience. That what is old 'frequency'. Old

'frequency' is when young girl goes on holidays and walks on 15 cm heels on the beach side.

The values are different. It's when man to show his bravery and might thinks that he needs to fight. Old 'frequency' when you precept everything in a wrong way. If you are visiting someone for dinner, than you need to stuff yourself till you can't move. Because it's for free.

This is old mentality, wild, animal-like behavior. It's when doctors, or not just doctor, when people rob old people, by selling them something they don't need. It's when they lie to you about how something works for example. The lie you to your face. And if I want to buy something in US they will tell me that this thing is bad. And everyone tells the truth there. They just say: I wouldn't advise you not to take it, or not to eat it because it's really bad. Everyone in US tries to protect each other, the level of sincerity is very high there. Of course there are cheats and swindlers, but they are in low 'frequency' cities and states.

And my book with my opinions that I was writing saved me, I was expressing my views and dissatisfaction, when I was still at school, and the supporters I had, the readers of my book helped me a lot. That's it. That's why an old 'frequency' is... there are many details I can list, those people have completely different values, they all are trying to be liked by their peers, and because of that the lie to each other.

Those are people of lies, the hide things, they are being vague to everyone. They bear everything, they are unhappy with everything, with each other, with children, with parents, fathers, mothers, sisters, etc, everyone hold their anger, all their life. Everyone frame each other, they can punch your tires, they fight about little unimportant things, rumors, etc. It's terrible! All of it is old 'frequency'. Old 'frequency' is when they tell you: 'You are not a man if you don't drink with us.' And if you go now to a small town in Russia you will see it all there, this old 'frequency'.

-And is it only in Russia? And in US they don't have old 'frequency'?

-What's the point now to talk about other countries is I am more oriented towards Russia now? But to answer your question, of course there is an old

'frequency'. Of course. But it's not that much, and it's not an issue for whole country. It does exist by nature, and in the certain percentage, because there are people living in small towns who are unsocial, and they are farmers let's say, and they have old values and traditions. Those people are conservative in their own rules, who they had for generations. And when the time of Internet started, media, all of it, they don't really get it. Of course you can consider those people outdated, but even if you compare what views remained still to out views. The difference is huge, out people have traumatize psychic in terms of evil and survival. And if we take other countries, like US they don't have it there. Of course there were difficult time there as well, like racism. But it's a different situation and it doesn't relate to current situation. And if we talk about how they look like, Americans have never been so wild in terms of vulgarity, or something like that. If there is some fashion show, it made for fashion world. And celebrities wear normal clothes. They dress normal sweatpants and T-shirt. Yes they can buy expensive shoes, but it will be modest and invisible almost. And ours are like parrots.

And if we compare not Russia and US but some other countries, like Asia, or Africans they have it wild there as well. In Africa they still walk with machine guns. They still shoot each other there on streets. And everyone walks with weapons. Someone sent me a picture, when they meet you they give you a weapon and say 'You can't survive here without a weapon'. And everyone is with machine guns. That the time there. That's it. And in Russian we have our own.

-Is the process of renewal and transition from old 'frequency' to a new one automatic? Does it go by itself? Or people need to do something, to change.

-No, it's not by itself. It happens in the way, like now children who are finishing school, let's say a big percentage of new generation who are no one yet, it's too early for them to work for governments, they thought by Internet. This young generation with their mentality which is a mix from different countries, they see the world already.

Even if it's not a reality yet, but virtually. And because of that they have different values, different views compare to old generation. And this is a matter of time, during the next five-seven years old generation will disappear,

and new generation will be at an age when they be able to take positions in governmental institutions, it will happen very soon.

And new students grow up as well, and than there will be change for good, into a right direction. Because their won't work for pension for 20K rubles. And they won't try to scrape up some money to buy an apartment, it won't be that way anymore.

And I see that in the future the property how we know it now won't exist.

Everything will be temporarily. Rented. And nowadays people who are modern, if you look at bloggers and entrepreneurs who earn a lot, they don't have property. Well maybe 1% of them only decided to buy something. But 99% don't own anything. Not because they cannot buy, but they don't see the sense in it. Because if you rent when you earn a lot, why not to rent a place for 100K or 200K, right? And if someone lives in a small city it's even easier to rent. The same with a car. Why do you need a car if there is Uber, yes. In old 'frequency' when you buy a car it's a luxury.

But it's absurd to think if someone has better car than he is better in some way. In Europe for example, not in every country, but in modern countries and in US people choose comfort, and size of a car should be appropriate, universal, so person could park easily and don't pay a lot of tax on it.

And our people can live in a awful place and drive expensive car not even knowing how to fill the tank, this is old 'frequency'. And in the future it will be shameful to drive the car. I drove twice in my life. I don't drive.

And from childhood I knew I would have a driver, and I have it already for 10 years. Why I said it at all, because I realized that it takes too much attention, and it's a stress as well, and I had a choice either I am conscious or I am a driver. And why do I need to drive. And now it's time for Uber, and in future it won't be prestigious to drive at all. Why do you need all this trouble of parking, taking care of the car, if they can just drive you wherever you need. It's a future.

-What if after reading your book person realized that he is from old 'frequency', and his relatives as well on old 'frequency', and everything around him, and he is in this vicious circle and cannot get out. What can he do, what steps can he take to speed up his personal transition?

-Look. On old 'frequency', what you need to be afraid the most? The person's thoughts are wrong because of his living conditions, and because of people that surround him. Thoughts are broadcasted so to speak. Psychics call it egregor, I call it person connected to a wrong 'frequency'.

And therefore if you surround yourself with elements of old 'frequency', let's call it a 'frequency' C, than the scale will lean towards this 'frequency', and thoughts, values, views and interests will be from the 'frequency'. And if you remove those elements and surround him with modern element that he will go into modern 'frequency'.

And if person realizes that he is on old 'frequency' than I need to list for you the indications of it, so he will know what it is, and what are consequences of being on old 'frequency'. And than I will explain what to do. Indication of old 'frequency' is.. he doesn't have any ideas, nothing works for him, he cannot find a common ground with people... those people who cannot find new friends, he cannot meet new people, he can only talk to old generation, with people older than him.

And this person loves old Russian music, Russian movies, and everything old. This person supports relationships with his relatives. Most often. And naturally, naturally if you have parents why to turn around from them. I mean if you are interested in development. If your parents are modern, they are healthy, they don't drink, don't smoke, don't swear, they have no conflicts, no convictions, etc, they earn a lot of money, and they do a lot of things, and they travel the world, than of course you would be a fool not to keep relationships with them, you should listen to them.

But if your parents in the situation when they don't do anything but watch TV and go to work, which they don't like, and you visit and talk to them often, than you connect to their 'frequency', than you will never get out of it.

You need to leave them for a year. It won't be bad, because in a year you will bring them money and they will be proud of you, and you will help them, instead of sitting with them all the time and slowly dying there. They had their good times initially, but it's coming to the end for them, and they don't need to grow anymore, they are just live till the end. But when a child starts to write himself off to a pension like many people do, especially woman, they look like

their mothers, even older sometimes, because they keep close contact with their mothers. It's really bad.

Because of that 90% of woman suffer from it... that's why they are alone.

Their mothers are from old 'frequency', and this energy from them passed to daughters, and this old mentality from mothers, to survive, to be impudent, don't respect, to press someone, and get what you want, this is absurd, and you know this attitude: I am smarter than anyone.

This energy, those thoughts and behavior of daughter felt by men, and there will be no contact. This is the situation. And the most influence is by those who surround you, the people from old 'frequency' who surround you. You need to change it. Rent a separate place for yourself, find a job. It's better yet to move to another city. It's not bad, I didn't say you need to run away.

I think it's best to save money and go to study in England for three months. Or in some cool university, where they make movies.

I think it's really cool. Save three hundred thousand, anyone can do it. If you don't drink, and don't eat some awful food, then you can save money. Then it's freedom! When a person goes to England for three months he will return as a completely different person. And he will see Russia in a different way. And he will treat money differently.

He will be more kind and wise. It's a real exit. There are people who don't believe in mystics and esoteric, in something smart, etc, but it's the most primitive thing to do is to go to England for few months, and learn language. It will change your life completely. And it will change your attitude to everything. It's a life-saving solution! One of. There are many other options. So I said person needs to avoid surroundings, and old music, old movies, and traditions, everything Russian. It's bad. It's soaked in old 'frequency'. What else... What else... Of course your clothes must be modern, I said you need to dress like front man in modern music channel, you need to know trends, than you will be on this... you just need to live in modern time. It's important. You need to know trends, you need to understand them.

You really need to be on top of things, if there is a new presentation of Apple, you need to watch it. And not just for gadget but anything else. You need to understand clothes, cars, business, and all the possibilities how to earn money. You need to be interested in those things. I think it's better if you ask me question. Otherwise I will keep listing things.

You asked for indicators, here are indicators: person doesn't have friends and only talks to his relatives or old friends from school. He cannot work really. All his ideas are bad. He leans to everything Russian. He eats a lot, and mainly heavy food. Those people drink alcohol. And if it's a woman that he has burned blond hair or hair extensions. And if it's a man than he is almost bold and very muscly.

What else? Interior in the apartment. There should not be any wallpaper from 90s, not rags on the wall. You should really fix that or move to another place. You need to get out of old 'frequency', and it's better to have Scandinavian design at home, minimalism. Everything should be monotonous, and white light in the room, everything minimalistic. You need to consider those little details.

-Is old 'frequency' person can realize that he is actually on old 'frequency', to hear all of this information in general? Or this 'frequency' does not let person to hear new information?

-I can say the following, it's 50/50. And it's a good percentage, because when I started to write the book I didn't write too many details, I knew I had to give more. And when I started to give this info 50% of people said 'yes, it's about me'. People were really sad about it, since I gave life example even though examples were not about them. People saw it and they were so sad that even their protection did not work. And those people admitted that their live in bad conditions. And now they knew why.

They thoughts they are not wise, silly, or something else was wrong with them. And they realized that they are not the only once in this situation. And they realized that more than 50% of the country in this situation. Well 90%. All country. And it's not only people over 50-60 years old. But some kids as well, and young people of 20-25 years old, they are also victims of this. And this is the issue. It has to be solved. But another 50%. Another 50... Funny that from those 50%, 49% of them are women. They reacted in a very negative way. They say that they cannot accept it. They said:'What.. ?' They were complaining how can they no celebrate something with their friends and family, etc., etc. They really complained why they cannot wear dresses. Why dress well because I am trying to help people, and give maximum modern

lifestyle examples. I need to dragged them to extreme to balance. And I said don't wear heels. They asked me where to start?

Well if you are a woman don't wear heels, don't wear dresses. Makeup is forbidden. Hair should be natural, eyes should be natural. Eyelashes should be natural. Everything should be natural.

That's it. And than I talk about clothes - no blouses, not rushes. Everything should be minimalistic. Everything should be single-color shades. No chemical colors, no pink, all in restrained colors. And when they asked about office style. It's not an issue really, wear suit. Like a man suit, they have the same for women. Or classic clothes. I am against dresses that look like village dresses. But if it's suit skirt, and normal shoes, not heels, but boots, and turtleneck sweater, and jacket. It won't look terrible. And of course it should be minimalistic, not accessories like rings, earrings, pendants, etc.

For men I said no watches, it's bad. Now every modern person would laugh at those who wore golden watch.

Because it's like a gypsy. What else. Hairdo. It should not be anything wild. It should be a haircut. It should be quality haircut, proportional. If man doesn't have hair anymore than it's better be bold. And if you have good hair don't dye it. It should be natural. And if person getting gray hair let it be gray, leave it natural. What else? About food. you should not make a cult our of eating. You need to eat only to feed your body.

To feed your hunger. If it's provokes you, you remove it. And of course you give yourself needed elements to support body. You should be conscious about it. Also from modern time, you should not watch anything that makes your dull, everything that entertaining.

You should do everything with sense. What this movie gives me? It's a very good question. Everything should make sense, you need to see cause and effect. If someone tells you let's watch a movie, you don't agree immediately. But you need to know why you are watching it. Is it worth of your time. And if you consciously choose to watch movie it will influence you in a good way. And if you watch the movie because there is useful information, than you get this information.

That's why I forebode people to watch TV, and you need to watch only TV shows. Discovery and all maximum high 'frequency' shows, Discovery

Channel, Animal Planet, etc. What else. Widen your horizons, I said that already, you need to know what shrimp tastes like. Yes, it's normal. If you just eat those shrimps and stuff yourself with them, and spend time on it, than you feel bad, and than you eat healthy food as well, than it's silly. That's it.

-Can you please tell more about men's appearance and clothing?

-Well of course men's clothing should be restrained as well. If you wear trousers than in one color, and it's better not to wear black. Black is always dirty. Just simple colors. T-shirts, trousers, sweaters. In one color. Single-color sneakers. It should be maximum quality and in single color. You need to buy the most expensive you can afford. There is a brand Brunello Cucinelli, there is not a single label on the clothing. And not a lot of people know this brand. Everyone knows Dolce&Gabbana and Louis Vuitton. But quality of clothes from Brunello Cucinelli is much better.

All sweaters made from cashmere, and the rest of clothes is of unreal perfect quality. So you need to aim at those brands. But if we start with primitive level than it's Uniqlo. And in H&m you can find natural materials and not label or prints, in different colors, preferably in natural colors. Nature colors in stone color, brick stone, wood. Those colors are good.

Every piece of clothing in single-color. And if it's sport clothes than the principle is the same. And maximum quality.

-You said it's better not to wear watch. What about Apple watch... Are those once high 'frequency'? Will they help?

-Future depends on... Future of people, this new 'frequency', the choice is based on what will bring you. I mean you act consciously every time. And of course if you want to do sport and it will help you to measure something, and Apple watch will be as a tool, than you can buy them of course.

But if the reason that you want to buy because someone told you that they are cool, or because you want to be modern and they say buy Apple watch. This approach is much better. Than if you found out about this watch and you know what they do, than you need them. It's a wrong approach.

-I see. If there are many young people in Russia on an old 'frequency', than they can live their own life on this 'frequency'? This process of renewal can it lasts for decades?

-Old 'frequency', what is old 'frequency'? This 'frequency' is where all elements with code 'C', I mean old (first letter of Russian word for 'old'). I named it by number, but this one I will call 'C'. And it turns out that an old man, or even not old, but it can be young man who is on old 'frequency', he exists there as long as something feeding him. While those people like him exist, it means that he can still listen to something - it's a whole world. While all elements of this world exist. Food, clothes, entertainment, movies, music.

All of it feeds his old 'frequency'. Why old 'frequency' artists still perform?

Because they have audience still. And this audience can listen to music of 20 years old. They stopped at that time. And all this time they just live.

And if you live in a modern city, where everything changes fast. Generations of course and some parts of the city remains the same. And when you live in a small town, those are old 'frequency' places. The children who could leave from those small towns, they left to study in big cities, and the town becomes old, because only old generation remained there. And year after year they slowly die. And at some point this town won't exist anymore.

There are many cities like that. In CIS countries. And they won't disturb the renewal process. They don't matter. Does it matter if this city with 20 thousand people? All of them are old 'frequency'. It exists.

-Form the other side the old 'frequency' will be finished completely, and cigarette industry won't exist anymore, because people of new 'frequency' will be conscious about health? They will come to conclusion that smoking is bad, and they don't need it. And there won't be any bad habits? Is it correct thinking on my part? Or is there a mistake?

-Not really. There won't be unconsciously smokers. People will smoke by conscious choice, cigarettes will exists but they be called differently. It will come back.. or not.

Whoever believes in it. I believe that it will come back. I think it will come to where it started. I think, my view of the world is as follows, there was a

conscious world before, but it collapsed for some reason, and there was one science, philosophy, and it was split into... 'mind' tried to understand this philosophy. Society, those degraded world split it into different science fields, primitively limited. And also they forgot, I said it once before, cigarettes are medication. The same as alcohol. etc. Including sweets. And people will realize that this is medication, they will want to use it as medication. And they will know how to use it. Cigarettes, alcohol, sweets. And it will be forbidden like normal food. I mean like entertainment. As food it will be just forbidden.

-All right. Can you please give a practical advise for modern young person in Russia? He can live for example in a big city, and he has no way of not communicating with his parents and they have rags on the walls. He lives with his parents. And he tried to earn some money, and he goes to university but there are also old 'frequency' professors. I don't know how to formulate the question correctly.

-Of course i have an advise, I also lived with my parents. I mean I lived with my grandparents. But the situation is that someone is connected and someone is not. And this bound, it... it shown very often in movies, there are children who are connected, and it's not simple, it's a physical thing even. And with whom the child spend the most time to those people child connected psychologically. And they always show that a boy connected to a 'frequency' of his parents.

He thinks about them all the time, and he needs to be at home in time otherwise his mom will be angry. He lives by his mom ruling. And this boy is picked on at school the most, because he feeds the old 'frequency' from his mom. In any class you can see those kind of kids. And there were kids whose parents maybe even older by age, but they let their son be, and don't touch him. And he is on his own 'frequency', on modern 'frequency', no matter where he is connected.

Because everyone goes where? To some after-school activities, sport, it helps, of course when you live with your parents, naturally when you live with your parents you disconnected from them when you are doing your things outside.

The coolest thing is for child as I said is hockey. Imagine a kid goes to Canada for team practice sessions. His mom's old USSR 'frequency' won't stick at all. Because a boy went to Canada. and he will see different people, he will try different products, he will wear different clothes. And then he will travel to different countries.

Like Stockholm in Sweden. And then to other country, and that's it! He is different person. And his taste will change in anything, he won't wear weird clothes, he will wear modern clothes. He will have different views on everything. That's it.

That's how it works. And you need to choose sport, or other activities which gives you an opportunity to go abroad. It's good. And if you choose a job then it's better to work for international company, not Russian. It's useful. So you could travel abroad for work.

-You've mentioned hockey and rowing as well as good activities. Can you also list activities of old 'frequency'?

-Karate, Boxing, all martial arts, almost all. Because they are all poor. Of course you can find something privately owned, something that low 'frequency' person won't even find. I mean old, low 'frequency' person won't find it. On modern 'frequency' you can do wushu, or tai boxing. It's more or less modern. But it's entertainment. It's an element. Better to forbid all martial arts. Football as well and to play football. What else? If you are a girl don't do any acrobatics, all those old fashioned schools. And music! Don't do any music schools. I will explain: there are many 'buts', that I don't usually explain to people. If I would be in US then I would go to learn to play guitar. But in Russian it's better not to do it. Because it's immediately Russian rock music. Immediately low 'frequency' and all of it... On a subway passage the play guitar for 100 rubles, with homeless. Don't do it.

-But to play guitar with homeless is it closer to a world 'with no mind' or not? Something detached from society, on its own wave...

-You judge by a cover. Homeless person doesn't mean the person 'with no mind'. It's not it. Of course the world 'with no mind' is the world 'with no mind'.

What is the world 'with no mind'? It's not when you have nothing and cannot do anything. The Word 'with no mind' is when you have millions in your bank account, and you are not ashamed to go and learn to play guitar. In the metro passageway.

This is the world 'with no mind'. That's it. That's why when some reader from the city In the Middle of Nowhere will see this information that we discuss and make the conclusion, that Aha! he is from the world 'with no mind', because he played guitar with his dudes, and smoked weed, no, that's not it. He is a loser. He should be ashamed.

And I am ashamed that he is in Russia, a Russian citizen. That's it.

-I see. For a better understanding of old 'frequency', is there any grades inside of this 'frequency'? Is there high 'frequency' people on old 'frequency'? Is it possible at all? Is there any levels inside of it?

-Of course some of them developed. Who are those people. Well half of deputies of all kind. Those dudes who are in entrepreneurs, they are all over 50, not young, there are many young people there now, and all those old dudes. Who are they - result of 90s, bandits who adapted. It was an adaptation back then. In the 90s those dies who could not transition to a new 'frequency'. The point is those people are remnants of 90s, they are on old 'frequency' but with money. Yes, they have golden bathrooms, tanks and helicopters. They have even a castle in Italy.

All old 'frequency' Russian like Italy. If you go there you will see them, those fat huge guys, and women with hair extensions. They buy Armani, all over the chest. And they live there.

They have lots of money, but they are ugly, old 'frequency'. Nothing fits them, nothing suits them, everything is ugly, they are vulgar gypsies. I give example of those people like in the movie 'The Visitors', it's a French movie with Jean Reno, and there is a character Jacquouille, who ate fish with his hand, and he was stinky, and he was collection all gold, and there was a lady, red-headed. Those characters look exactly like old 'frequency' people from Russia.

-So if all those people who are in government, and in business, those are who on old 'frequency', and the live there till the end, that old 'frequency' can be successful in the world of 'mind'?

-Those people, it happens that they found me, couple of years ago, and they nag how bad it is for them, and how they want to cognize Internet, and they want me to help them, and how everything is falling apart in their life. I am talking about people you see on TV in Moscow and in St. Petersburg. And that's why it's funny when you see some pop-stars from 90s trying to get into YouTube, and somehow save themselves, it's really funny. And everyone feels it now. People who are more or less conscious, they would not be celebrities if they would not be conscious, but they are in old cover, from old times. And they see new time now, and their view is sober but they realized they are bound to old times and it's too late to change anything. It's funny times now. Everyone see it what we talk about it. It's not news, maybe some very young people, who didn't yet adopt in society they don't see it, but those who are on top in Russia they know. And some of them are more or less modern, but most are almost finished.

-Alexandr, can you give me at least one example of a Russian celebrity of old time, the one who would realize in time that something is changing and adapt to it, but would be now of new 'frequency'?

-Yes, one Russian popular actor. He had a crisis, he was on old 'frequency', time was changing but he could not understand, and his son helped him. Of course his son didn't do it on purpose, but the son is young and it would be not wise not to be modern. Also his partner, also an actor. He disappeared. All of the people who disappeared from TV feel really bad now. She remained in old times, she probably performs for 10K someone in small towns. She dropped behind. Who is modern, who is modern, who didn't fall behind, well first he did than he changed, one famous musician. Those who didn't fall behind... The ones who conscious and adequate. I don't know him personally, once he by accident dropped his luggage on me in a plane, and I've heard about his son who visits theaters often. I mean poetic gatherings.

Someone said he's read my books, but I don't know. He is conscious. He is cool, I am sure we can find common tongue with him. One is a rock star as

well, he dragged him out of old 'frequency' as well. Two years ago he was still stinky if you look at him. But they made him change his clothes and all. Because his wife is friends with one famous woman-entrepreneur. She has huge shopping malls with all brands, etc. So he cleaned himself up, started to talk to young people, he wears trendy clothes, by New York measures, and by world measures. Also there is one Russian director who makes music videos. It's a good example. Only one thing: he lives in Miami. It is considered an old 'frequency' place, and all Russians go there. Who else? There is one Russian journalist lady, she is more or less in trend. Otherwise not a lot of people.

-If a person from new 'frequency' will come to outpatients' clinic for example, and there are old 'frequency' people there, how should he behave? What is general strategy in behaving with old 'frequency' people? Does it make sense to try to change them somehow?

-It depends on what is your situation, and what is your goal, if we talk about certain process of communication of people in social, material world...

-Yes.

-In social, material world the rules are that no one cares about your inner 'I', you need to live by rules and be adapted. And of course if you will talk to general, you need to talk to him like with general. And if they say America is bad and Russia is the best, than if they are mistaken as you think don't tell them that, don't offend them. You need to be politically correct, considering there are big problems coming our way. Why?

Because it started, I hope it will be a fast change, because new generation is adequate. But the situation is now that there are governmental outpatients clinics, governmental hospitals, and they are all suffering, there are not a lot of young people who will come to work for little pay in those dirty places. If you make a research of those situations you will be terrified. If you want to see old 'frequency' go to any police station in Russia in any outpatients clinic, not privately hold. That's it. Everything will fall off, and fall apart, all dirty, terrifying, with awful colors, it's a nightmare - it feels like, I don't know, the chair was ripped out of concrete and then glued to concrete again, and an

old lady sits on it who is ready to beat you down because she forgot that you were in front in a waiting line, and she stands up and screams at you. And she is really ready to kill you, and she runs at you, and some dude holds her down and the fight begins. That's what our children see in our clinics when they bring their grandparent there.

-Where will it all lead? To you have a forecast on this situation? Well if young generation won't come to work at such places and old generation will retire, what is waiting for us?

-There are several options, I have an analysis. If you analyze it you will have two options. One is: the government will change fast and there will be more or less modern people, than young people can make a different order there. They will invest in it, for real. The second option is: nothing will change, nothing will develop in the government, and those who will come there will be young in age but they will be the same conservative, and then all young people will go to commercial clinics.

And commercial clinics will win. Everything will be commercial, and no one will care about pensions, or about governmental support. People will use only private establishments, they won't care about being taxed, and in general they won't care about the government, they will reject it completely. That's how it can happen.

There are two options: or the government needs to change, or it will be weaker, so much weaker than they won't be able to do anything. How the government can go against young people? They cannot. It's not a joke when I say every time that if this year they will air the same old TV shows on New Year, people will protest.

There are so many new things, new generations, those children who went to school, and who is finishing schools now, there will be more and more of them.

And people on top won't take any actions for change than crazy changes will come. There will be more and more people leaving the country, the government doesn't talk about it much, but people are leaving Russia.

-The process when old 'frequency' fading and new comes up will win at the end. Is it a cycle of some sort? Will be there a day when 'frequency' that is new now will be old?

-I can't say. I don't... I can only assume that it can be like that, but I am skeptic, and I don't believe in miracles. I can only talk about what is happening now, what I have tried already, and I am taking part in the process of transition from one to another, I am a witness to it, and I can talk about it. What will be in the future I cannot say.

Maybe it will be the last 'frequency' there will be, but I cannot guess, I can make a mistake, and I don't want that.

-I see. Then another question: when a new 'frequency' will be a complete reality, what should happen? Is there any trigger, event, a measurement that we can use to say that yes, a new 'frequency' is now. Or it can take years? How can we follow this process to understand at what stage are we now?

-New 'frequency', if you are in it, it will be easy for you to find common ground with anyone, all people will reach out to you. You will always have ideas, you will have a purpose in life. People on old 'frequency' they don't have a purpose of life, it's like they just live there and then die.

They have no rhythm of activity, and when a person is on a new 'frequency', it's the same as people, you know old 'frequency' was new before. And those people were active and actual. When you get into new 'frequency' you become modern and active. And the first thing is activity: you listen to music that trendy, and you like it, new music, you watch movies that launched this year, you don't like old anymore, you talk to people easily, and even with those who are younger than you. You have a million ideas that you make a reality, and it works: you walk on the street and people look at you, and you want to become better and you express yourself somehow. You are alive. Life is moving! That's how a person feels when he gets into a new 'frequency'. When you are on old 'frequency' it's like you are separate and the world is separate.

That's it. And if a person doesn't have money at all, of course, people have a different situation, but if you have real issues with money...

To get into a new 'frequency' you need to move to a bigger city if you live in a small town, or in a new big country, or to a new house. It doesn't matter if you rent or buy, doesn't matter where it located. So it should be new fresh house and new fresh apartment, a car, clothes should be of maximum quality and minimalistic, you should not follow anything political, it's silly... You need to be interested in the Internet, IT. The Internet is a future or other science in a modern format.

-Do you know about old 'frequency', what we call now old 'frequency', when did it start? Was it twenty years ago or after WWII, how long does it transition and how long it will remain?

-There was a 'frequency' of the 90s which is dying right now, this is an old 'frequency', but it was modern at some point of course.

-I see.

-And this 'frequency' is old now. Those people who watch 'Brother', 'Brother 2' or 'Brigada' (RussianTV series from the 90th), yes, those people are still alive. What I mean is: that time which they've shown in the movies, people remained at that time, they are alive now but they live in that time in the past, they listen to the same music they live in the same apartments, they have everything the same. And it's old 'frequency', from the 90s. And now, everything new is a new generation, those who adapter on the Internet. There are people who are born in the 80s and they adapted on the Internet. But the majority of people are born in the 90s. Imagine the guy who is born in 2000, he is 17 years old now.

-Yes.

-He was born in 2000, and he is almost an adult now, he pretty much grew up in social networks.

-Sure.

-He has all the gadgets, games, skateboard, modern clothes from childhood, compare to my childhood for example. and of course many families they went to foreign countries, and those who have never traveled anywhere there wear all grey. Those who are born in 2000, were born in everything bright, with gadgets and social networks. It's of course completely new generation. They don't watch TV, they are educated in social networks and on the Internet. Those children traveled all over the world.

Those children who earn already more than the old generation. They earn 200,300, 500 thousand compare to old generation people with 50K. And some young guys earn millions on the internet. And old 'frequency' people they try to do the same, but they don't understand what to do. This is what new and old 'frequency' if we talk about the transition. Internet influenced a lot. If we would not have internet in our country than the only thing that would influence would be movies, foreign movies of course.

That's it. And Internet it's sort of a weapon. What actually happens? It's an evolution, and the Internet influenced the whole world, on people. What is happening on the internet influenced people.

-I need to clarify something: so if we look at times when 'Brigada' series was produced, the end of the 90s, back when this series was new, and people who liked it used to be on a new 'frequency'. But at the same moment old 'frequency' could be considered as 'frequency' of the 80s, who could not accept this series...

-No. Everyone accepted 'Brigada'. We are now in transition, back then there was no transition.

-Ah, That's it, yes.

-We are in transition now, but it doesn't mean that transition happens every ten years, no. Back then 'frequency' was the same for everyone, we all lived through times with bandits. And my grandparent lived through it and saw it, all those criminal gangs. And how they extort factories, and farms and all of it, we all were there. I was also on that 'frequency', I was born in the 90s.

I remember the times when casinos were popular. I saw how young people were breaking into cars and stole car audio equipment. And there were lots of things, people were put in jail, people kill each other, it was everywhere, on TV, on the streets. And we all witnessed it and live in it, and then time started for what? Time of import. That's how it started, they start to bring foreign good to the country.

First, it was second hand, some goods. Movies, music everything influenced us, people became more modern, and everything slowly moved to a new generation. The strongest transition happens for those who traveled abroad. They were the most modern.

I had all the elements of it, my grandfather was a captain and he traveled a lot all over the world. So, everyone has its own story, who is more or less modern, and of course the age influence as well.

-If this book that we are working on getting into the hand of people from old generation who will decide to try to do something so they can get into new 'frequency', and you gave an example of Russian actor who managed to become modern. Can you recommend something that they can do to change? Maybe they can ask their children? Or they can realize something?

-It's too late for advice, it's too late to help them. I will say what can be done: the first thing is to sit with a piece of paper and pen and to abstract from what is right and what is wrong for time being because everything is erroneous. Because the person lives with old settings in his head. And look at what is modern in life and start doing it, in spite of age and everything else. Because on this old 'frequency' people have set in their head that if you are a man or a woman of fifty than you are done with your life. It's absurd and it's silly. Many people at this age start a new career in the US. And in our country you are written off, you are no one and no one needs you.

I have an example, one of my acquaintance he is almost fifty, and he runs marathons, I told him that he should also run abroad. And he travels, runs marathons for money he saved when he has holidays. And it's good. Also, you need to manage your money well.

You need to go dancing for example or play tennis, or golf, learn languages, to learn English is never too late, I know that people of that generation don't know it. Traveling influence a lot, and not traveling in Russia of course, but somewhere in Europe, or in the US, and if you travel to Europe than do it in more civilized countries.

What else? Sport, you need sport. We have also an issue now, you can see if man or woman over fifty they are chubby, not sporty at all. Because people from old 'frequency' they are not active at all, they are...they have it in their heads that you need to stay home, sit at home, not to move anywhere, not to do anything, and not to take care of yourself, not to care about your appearances.

Those people eat their problems away, those are fat people. And it turns out you should not be fat. If you want to be modern you should do lots of sport, run marathons, go hiking, and you need to connect with people, you need to communicate with people. It would help to take part in some group activities, like go hiking together, cycling together, it will be very helpful especially for people of age, they need to communicate with each other, change of scenery, change of city/country, it is very helpful. I think a person of old 'frequency' needs to visit all active places.

Some courses, I mean group courses and not lonely training. And they are also narrow-minded, and they need to ask for help from someone younger, who can advise some activities, because a person from old 'frequency', their thoughts are from old 'frequency'. He would not have thoughts what to do if he doesn't understand that he can go somewhere by house exchange for example, like Airbnb.

People in old 'frequency' they have no understanding that how some stranger will live in their apartment. People in old 'frequency' don't understand that foreigner have a different mentality, they won't steal anything, and even will fix things for you. And Russian person is afraid of everything.

-Would it be correct to assume that people in old 'frequency' cannot let anything new in their life, and they even avoid everything new?

-Yes, they are afraid of change. Those people who are afraid to move, they are afraid to go to a city center, they are afraid of restaurants. And till this day they think that a taxi is a luxury, they think you are a bandit who stole money and now you can afford to take a taxi. For real, those old grandmas they percept it this way.

And if someone lives in outskirts of the city for them to go to a center is awful thing, they don't get why they need to go to a restaurant, it's expensive and they can cook at home, and they don't know that sometimes it's cheaper to eat in a restaurant than at home. Old 'frequency' person has a very wrong approach to a lot of things. They think that everything is bad.

-It's interesting, you talked about people of old 'frequency' and that they don't take care of themselves and that's why they get fat. Can you please clarify here on the thing? By default, every woman wants to look attractive, and a man as well, why they don't see it in a mirror? How does it happen?

-No, there is a woman on old 'frequency' living in the Rostov region, she grew up in the family of a long-distance truck driver. Her brother is in prison, and this woman, I mean young girl, is 29, and she goes to a nightclub called 'Perl' and works there as a waitress, she did two abortions, and her boyfriend borrowed money from her and disappeared.

That's how she lives. She dyes her hair black, and has hair extensions, she wears dresses and heels: the dress is of light green color, heels with strasses bought on the market for 300 rubles, Rostov is just an example, it's not far from Rostov, but she is sort of from there. But she never goes to a city, because 'what's the point?'. And she has the same girlfriends, who look like her. Why does she look like that? Because her friends look like that.

Because her girlfriend from school, who works in an outpatient clinic also dresses the same way. And the men she is dating they wear leather jackets and they are bold. And if someone in this city will wear long hair he will be beaten to death. It's like a tribe and she lives in this tribe, by the tribe rules.

The point is if you want to change you need to move somewhere where it's different, where you can be different. That's it.

If you live in a big city but in the part where are people like the ones I've described then you need to move to a different part of the city. Where people

are modern, look at how modern young people dressed and do the same. This is an escape.

But naturally, they don't understand it. They don't even understand that they look funny, and if you ask one of those chicks, apologies for that, which actress she likes best she will name you a few, foreign actresses, and she would tell you that she wants to look like her. But the question is why she doesn't dress like her. If you look at the actress you see she appears like a normal modern woman.

But this chick looks ugly and old fashioned. It's a glitch of people. And for example, a dude with a mustache like Hitler had, with a bald patch, wearing ugly glasses and stinky old grandma sweater in his thirties want to date a decent girl, and he shows me an example of such girl, I would say: 'Look at the boyfriend she has'. And her boyfriend is like this famous actor. So I ask this stinky dude, do you see how her boyfriend looks like, and I ask him: 'Does he has a mustache?' He says: 'No he doesn't.' I say: 'Shave your mustache off, go it?' He says: 'ah, ok.' I say: 'Do you see what kind of white T-shirt he wears?' Yeah. 'Why don't you wear this ugly checked shirt and you hand like sticks?'. 'And do you know what music this actor listens to?' - 'No' - 'Well find out and listen to the same music. What do you listen to?' 'I listen to 'Decay' band'. 'Think about it. How you can with your mustache and you 'Decay' band can be liked by the girl you like?

Don't you see you are from different worlds?' 'I see now.' 'Well get into her world, if you will be there you will find a girl like her, and if you are not in the world of mustache, do you know what kind of girls in your world of mustache?' 'No, I don't'. 'Have you watch famous music video 'drug addict Paul', there was a fat woman and he asked her 'are you going to eat me?' 'Yes, I've seen it'. I say: 'Well this woman from this music video is from your world'. 'Aaaa... you are talking about my girlfriend now, yes?'. I say: 'Yes, yes. About your girlfriend, she the only one you had, who wants an American actor, and you want some actress, but you are surprised why they don't want to be your friends'.

Here is the issue of social strata, those frequencies, you can easily move to another 'frequency'. I have another version as well... do we still have time?

-Yes.

-Five minutes.

-Yes.

-I will explain. I have an even better version, look, we need to touch on the subject of God's Fool. I looked through the book. There is no separate book about it. We will make an addition to add missed books, which are 'Answer', 'The Path', 'God's Fool', etc, and it's easier to do it as an interview with questions. Answering the question I will have a book like 'God's Fool' because I am talking about my own rules, and where I get information, and where I came from - this is very important. Why I am, for example, is different from other characters, who are teaching people how to live. Because I have a real biography, who I am.

When someone knows who I am, how I became like this he will value my information and he believes my information. Because most of the other writers just give you a book like 'frequency' and tell you to live by those rules. But they don't know who is this author as if he is just a writer, but no one knows his history, and where did he get this information. I have a history. And I have secrets, which I didn't mention in the book, but this secret is a rule, that human, in fact, can be anyone he wants. Anyone at all.

Look this dude with a mustache, you can imagine his lifestyle in general. You know it for sure that he does not live in a skyscraper in Singapore, logical right?

-Yes.

-That's it. You have an understanding of it. And this understanding many people have as well. There is nothing extraordinary about it, there are directors as example who make movies and series, they need to show a certain character, they don't make mistakes in showing character correctly, they are very smart in choosing what kind of clothes character wears, what friends could surround the character, what parent he would have, where he should live, what kind of social issue he would have.

And it's easy to take apart this character to see all details. So look this character, let's call it 'world of Peter,' 'world of Vasya,' so this 'world of Vasya,' and the point is that he is in this world, in these conditions because he looks like and behaves like Vasya. I will explain: how I can do, let's say I am making a movie, do you know Jason Statham?

-Of course.

-Imagine we are making an action movie, directed by a famous director and we take as the main character this Vasya, we remove a character from "Revolver" and instead we will use Vasya, but the rest of the movie will remain the same. People will see that it's absurd because it's not possible that this skinny dude, wearing an ugly shirt, who has a mustache Vasya is Jason Statham. It will be really funny. The laws of nature are ruined, that's the fun part, laws of nature. Little bunny cannot be a killer like a bear. It's not possible. I will explain further: so it looks like there are no prohibitions, if we take Vasya, make him get some muscles, shave him, and change his clothes then this world will appear for him, the world of this director. Here is your life hack.

The system, let's say masons don't prohibit you from being cool, but you cannot be Vasya and be cool, you need to have at least cool cover, to get on a stage. If you look, think and present yourself as a clown, you will be in the world of clowns. If you start to behave as a super agent, the secret super agent you will get into that world. If you consider this formula, this life hack than any person, even from the lowest 'frequency' can be super cool, you just need to consider this rule, and that's it, nothing more, it's a secret.

The same when Vasya wants money, what he needs to do so the money will be given? First, he needs to be complimentary with it, not to violate the script. It will be really weird if we watch a series about truck-drivers and the delivery truck drives along and then suddenly Harry Potter steps out of it, it's funny, right? It's funny because Harry Potter associated with English forest, castle, campus but not with Russian lorry truck, or with Chinese cat, etc.

Those associations are the rules of the world, and you need to comply with them. And if a person is poor and he wants money he needs to become a character, then he will have money. The system will give him money.

-So you need to make a mold of a successful person, and then you can have money, right?

-You need to play a role, like an actor, you need to live it. You just need to re-embodiment in the role of someone, like an actor. And to make it true, you just need to take actor's course of some sort, ask a director or scriptwriter to help you with a mold. Good example, to get some inspiration, watch Russian series 'Apostol.' There is one brother who is a nerd, and his twin brother a bandit. And this bandit dies, and they needed him, so they make a nerdy brother to change: they took his glasses away, made him tattoos, make a nerd into a bandit.

-I have one question to clarify: if Vasya is poor and he wants to be rich, he saw how a rich guy looked like, and he changed his clothes, but his thoughts still remain as he is still poor...Will it prevent...

-Well...

-... the process of re-embodiment?

-Of course, it will. You need to have thoughts, ha-ha-ha-ha.

-But he doesn't know what thoughts he needs to have, he had never lived like this before.

-A human cannot control thoughts, they are just coming, he needs to surround himself with elements, so his thoughts change, that's the fun part of the mold. Mold will work. Mold is when you just changed your clothes, or you started to brush your teeth at the same time like high 'frequency' person. Mold is when you did all of it, you've connected to this 'frequency,' and you have thoughts like this other person. You have thoughts of this new 'frequency.' And if this dude Vasya will change his appearance and he will know at least couple of things who does the character he wants to be, and he will behave like this character, then he will think like this character.

You will see the same people, and people will notice him as well, he will start having the same ideas, and will not want to go on working in KFC anymore. He will have thoughts about how to do business, where to find initial money to start a business, something like that.



Chapter 10 God's Fool

15th of September 2017

-The question I want to start with. The book 'Answer' why you don't have it anymore on your website? It mentioned there, but it's not available anymore. Is there a reason for it?

-Yes, there is a reason. The reason is not a secret, all know it, my readers I mean. The situation is as follows: I wrote a diary, and this diary became a book. I didn't really plan to make it public, yes, to publish it. And in this diary, I've mentioned some peoples' names, and I didn't want to make a book out of it. Because it was my diary. I didn't want to have claims from those people,

that I've published the book, so I've deleted it. And I hinted them if they want they can look for it on the Internet.

There were fifty copies on different websites, and they are still there. So no one can have claimed, there is no point to hide it really. Who wants they will find it. Out of respect to those people whose names I've mentioned I've removed this book from my website. I was eighteen back then.

And of course, I didn't think or planned any consequences, that it can be wrong, or unpleasant for people. I've written many personal things about myself.

-By the way about dairy. In your book 'God's Fool' you recommend everyone to write a diary. Why is it needed? In which format it should be done to make it effective?

-Well. Diary. Why I do it? It gives the opportunity to look at your life from outside. It gives you a chance to feel your inner 'I.' It gives you'... well... It makes you pay attention to your life. It makes your life more conscious. Person trusts the diary, he can see that many people live automatically, you can see that you make unconscious steps.

And the next time you won't do it. Also, you can see what mistakes you made. In some things in some parts of your life. You can also find patterns. In 2 or 5 years, you will see that you have troubles only in the autumn. But in the Spring, everything is all right. Or some people cheat him, and he does the same. It will help you soberly to evaluate your life.

Also, it will help you if you have free attention to immerse in time that you had, it's like a butterfly effect. Of course, it won't happen like in a movie. But if a person will collect the days when he felt excellent, then he will find out what gave him this state. And after reading it, he will be on this 'frequency' again. That's why to keep the diary is very good. Also, he can see all the negative situations in life. He can collect them and find a pattern of behavior, and realize what prevents him to live good. Or to remove it from life completely to make life better.

-Diary is a sort of document. The book that you cannot just write but you need to refer to it, to read it sometimes. How often?

-It's afterward. Don't think about it at the beginning. Diary is needed to spill out everything that worries you. All situation that happens to you today, you need to spill it out in a diary.

Because while you are doing it, you are a re-evaluation. It's already a good thing. The more you do it, the better. Of course, a diary is a useful thing in general. It's not like you write it for a month and it will help. It can help like in a year.

-Those diaries... to wrap up this small topic. Do you need to write it privately so no-one will know? Should you not give it to anyone to read? Or it doesn't matter?

-It's the most important thing I think - you need to write it secretly from anyone because even if you have this thought that you will show it to someone, you will write carefully. And it will sort of blockage, you will not share all the information. And if you write for yourself you know that no one will see it, and you write very sincerely, everything, who irritates you and what you really wants, and what you did. You need to keep your diary that way. And can use later on as a key, if you keep such diary, and don't tell anyone about it. If someone would ask me for advice on how to open up, and he has lots of thoughts, and it's a chaos in the head. If he wants to open up, to get to his inner 'I,' I would advise him: 'If you have a diary, publish it. Send it to all your friends.'

That would be cool. But if a person would know it in advance, when he starts to write a diary that in five years he would need to publish it - the diary won't be real. Because you don't say that you need to publish it. Write it secretly, it's very useful and needed.

-Can you please tell me more about yourself? I mean you have many books on your website. The book 'Answer' was published in 2010 I think, so you are busy with it for a long time already. How did you come to an idea that you want to write? How your creative process goes on? Can you talk about it in details?

-How did I have an idea to write?

-Well, yes.

-I was just writing.. yes, I was just writing. I was writing in a paper journal, and I didn't call it a diary. I disagreed with a lot of things in life. Naturally, it was in my childhood. And let's say I didn't quite understand why my relatives could argue, or why neighbors fighting with each other at 3 am. Or why the boy lies to a girl. Why girls offended a boy and went out with a bad boy.

When I saw something that I didn't understand back then, I had my own view on life, and my own values, and my own moral values. I had some understanding of moral values and ethics.

It was by nature, no one taught me that. And it was in me, some sort of nobleness. And I could not understand why other people don't have it when I see that they behave like pigs. I was offended, and it was unpleasant for me, and I was unhappy with those people. And at some point, I've started to write about it because of the state I was in. I was at home, in the evening or in the night, everyone was sleeping, and I didn't want to sleep, and I don't understand why Peter said bad things about me or lied. And I wrote: I am this and that, I did this and that, and Peter is bad, he lied.

And I also remember that Misha lied as well about this and that. Why people lie at all? Why do they do it? Blah-blah. That's it. I was writing it for myself, and I wrote as if I was addressing someone, some audience. For it was as if I 'write a letter to God.' Or I write a letter 'why there is no justice in the world.' My diary started because I saw a lot of unfairness and I didn't agree with many things. That's why I wrote my diary.

-Can you tell me how it happens? Do you feel a mood to write or you have a certain time?

-When I write books? Because I wrote my first book as dairy. The same happens for my other books. I look at people, I look at life and when I come across some situations and when I discover something for myself, or if I meet or come across paradoxes than I write about it. That's it. I saw today, for example, I had a conversation with French people, and I saw that don't make nice jokes. And they offend people with the jokes. And we, for example, talked about it, and during a month I had lots of situations like this when people

offend other people by making jokes. I don't know why it happens like that. It wasn't like that two or three months ago, but this month as if devoted to one subject. And many situations about it.

And when it happens, I start writing about it. And I have a new chapter. When I write I analyze the situation, I am trying to find out the reason, and I talk to people who became victims. Maybe I remember stories from childhood when I had a similar situation. I analyze and compare.

And I find out that people make jokes when they have a certain mental state. Many people do it for different reasons. Most of the time it connected to attention.

Someone likes to provoke, etc. It's instinct. But they like a reaction of people. And then I prove at what kind of people those jokers won't even joke. And at what people they make jokes all the time. And if you should be offended if you have a similar situation in your life. Why people get offended at jokes. Why people who became victims of a joke they are always annoyed, and they don't make a joke at those who won't be offended. And here is the topic of conversation.

And two months later a new topic opens up for me. For example, I realized that everyone lie. Why they lie? And I analyze this subject as well. Then let's say an old 'frequency' is open for me. I came across this topic. Because this issue is a problem of this day. And there are people of old 'frequency,' for real, and a new generation, and it's visible. Everyone try to understand it. They cannot express what they see. And I start to analyze it. So some life situations when people cannot find an explanation I find it because I want to understand it all, everything has an explanation - the cause and effect. And I explain it briefly. That is how my books were written.

-Let's return to the book 'God's Fool.' Can you formulate in a few sentences what is it about? There are many topics in this book, can you maybe unite them somehow. Is there any formula?

-The book 'God's Fool' it is, how can I say it'... it is a base, why does it call this way? People are trying to be someone, someone tries to be himself, but you cannot satisfy everyone - people, society. Also, people are afraid to express themselves, etc., and you can use this life hack, you can become God's fool.

Because if you are a God's fool no one will judge you, you can do anything you want.

And when I am relaxed, I will say: 'Let me be a fool now.' I call this book that way, so I don't have to follow any ethics and not to follow any rules of society. To satisfy society. I talk about the subject freely without any censorship, I talk about things that other people don't talk about. And I also talk about esoteric topics, because if you talk about an esoteric subject you need to package it, officially, and decent.

So the society would accept it and government as well. And if I won't package it officially and pretty, but I will talk straight forward about magus of some sort they will send me to a mental institution. It's in quotes, of course, it will be a reaction from some part of society. So I presented by foolishness in this way. And if you are a God's fool, you can talk about it all. Sort of 'believe it or not' game.

Maybe I am making fun of you, and maybe I told you the biggest secret of all. It's a book and a game, where I talk about the different world: about the world of magus's, magicians, God's fools, messengers, etc. And I tell people that they do exist, and there are rules and skills, etc. That's it. It's a revelation without censorship, because how could I have done it otherwise? I could use rhetorical language like I am in seeing the world in digits and in pink pictures and people, and around me sitting the pigeons. I can talk like that. But I don't, because you need to package it in a nice way to society would accept it. In a more decent, understandable way, with life examples, which are familiar to people. So people would understand. And if I will give information without any package how I really see it, that they gave me keys of heaven. And then I will rule the world soon.

Here it is without censorship. But who will understand, right? There are magus's, highly developed people who rule everything and I am one of them. There is an old generation, and I am new. I am given everything now, and further on I will rule it. But people will never know it, but people like us exist. Here it is without censorship. So that's how without censorship I tried to present everything in this book 'God's Fool.'

And someone would read it and thought it's crazy talk and fairy tale. But it's understandable, the book called 'God's Fool.' From another side maybe it's true. Literally, as it is.

-All right. About the world of magicians we will talk, but before that, I have a question: why do you advise people than? I just want to understand, if everything without censorship and you will rule the world, and you are a new generation of mage, right? And you have knowledge that you were passed on and your power is growing. When you rule the world, of course, you will make it better for everyone. But why do you share this information with people? Why package it and explain in details?

-Exactly. Why do I have the book 'God's Fool' at all? So I would get a question like this one. Without cover, without censorship, we could talk about it. And if we proceed with this topic that I am a great mage in reality, why do I help people, there are rules that people don't know. Those rules are for mages, the rules of the world, of nature. The ones who know those rules can rule. And those rules are unusual, specific, persons' mind cannot comprehend it. And your question from your mind sounds how? Why I help people if I am such a great magus? You don't know one thing, all those people suppose to receive this information.

And if they would not have met me, they would get it in another way. And my task is to play this role. I took this niche. Why do I do it? I will explain. Because it's my personal practice, my personal development and that's it. Why? Of course, people receive their own: exchange, there is nature, here no one can offend anyone.

It just manifests that way, because I am talking behind the scenes. Of course, people's mind won't understand it if I will start telling this to people. People, because of their weakness and silliness will make a conclusion: Ah! he does it for himself! Who is he? Loser! What it has to do with anything? Did I drag those people out of misery? I did.

Do they feel better and healthier? Yes. Did I give them everything? I did. And naturally, I am not hiding the fact that I am not sitting on my butt like an idiot and make it a charity case. I decided to help. And of course, everything is connected, naturally what is happening to them happening to me as well. It

gives me something as well. And it gives me fast development because I need to polish those worlds.

All those social strata. That's it. Beside that I am working out those social strata, I can say that I study language as well. Why do I practice this language? As anyone who needs to rule, I need to know any language, the language of all people. I mean not a foreign language like English or French. But the language of social strata. And if you know all social strata, a mentality of all people, then you can rule them all.

-I see I see. A mentality of all people, all social strata. Do you mean that when you went through all of the frequencies of different worlds, you study how they live? Do you mean that?

-I work it all out in proactive. Let's say I see social strata of some sort. One, the second, the third -I see it. And when someone asks me for help, and I see that this person is from a social level '5' I cannot know without practice all the elements that in this world. I know it only a little bit because I saw it. But when I start studying it, I study his whole world. I correct all his mistakes. I know the issues of every world. Like a programmer, and every person like a website.

-From what 'frequency' you have people more often?

-People come to me from all social strata. From any 'frequency.' But only when their attention is a little free. As I said before: if a person has some free attention than he can see me. He can percept my book, my information. And if he has let's say 10% of attention free. But if he has 100% connected, it's like a microcircuit to his world, where he lives, that that's it. His attention is there, and he sees nothing else. He is in his limits, he is closed.

-I see. It's clear. But a person comes to like to mage, like practitioner. You say there are some rules in this world'...

-Wait. Wait. Wait. People come to me not because I am practitioner or mage. People come to me because I wrote many books. Because I have a good

reputation and helped people. They come because they see my profile in social networks where I smile and because I traveled the world. Because I am successful and I know a lot.

There are many reasons why people write me after my books. And the person sees all of it also wants to receive the right direction from me. And I give it to him, and he gets the result, and he talks to people about me, and new people come. And I am not a magus or magician. If there is someone who comes and says: 'I am a magus, I am the chosen one, and saint,' etc., I tell this person to get lost. And I tell him: 'I am a devil, I am bad, leave me alone,' and I put this person in a blacklist. I want him to have a bad feeling about me so he wouldn't concentrate his attention on me. And why I ban him?

-Yes.

-Because a person should never lose connection with reality. I don't need fanatics.

Those are people who walk on the edge of the knife. They are so religious and fanatics in their life, and I will tell them that their parents influence them in a wrong way. They will run away from their home.

Why do I need those inadequate people? I have certain specifics, I mean my books are more about spirituality, about a soul, about life, about the purpose of life. That's why if someone is too fanatic of something, I ban them. I won't let them near me. I don't want them to go to extreme and lose their mind completely. Most of the time I tell people like that: 'Guys, yes, I am a mage and all, ok. But you should stop with esoteric completely, listen to your parents, find a job, learn English. Save money and go fishing to Finland'.

That's how I say it. And they ask: 'Why? I was waiting for so long to meet you, angel'. I say: 'Angels told you to do so, clear?' He says: 'Yes, yes, yes!' And that's it. And a person goes on with his life, and returns to the family, get a job, etc. That's how I do it as well.

-I see. You read people very well, I mean you see who is who. And when you talk to someone and give him recommendations. Can you see if this person

will follow the advice or not? Or maybe he will forget about it? Can somehow predict it?

-Of course, my answer will be 'yes.' But there is 'but.' In 99% of the time when I talk to someone I know if he is hopeless or not. If I can help him at all. And if he will follow my advice or not. I mean my recommendation. Of course, if I know the person won't follow my advise it doesn't mean I will not tell him anything or deny to help him.

No, I tell him that I know your psyche and I know you won't do what I say. And at this moment when I am telling him this, that's why I win by being straight forward, and I explain to him why he won't do it. I explain to him why it will be hard for him. And I give him examples of his weaknesses, etc. And he asks me to give him recommendations nevertheless.

And sometimes I play with psyche of the guy to make him to concentrate. If I don't do it I know, he won't follow my advice, but if I do, I know he will. It's different. Sometimes person said:'Alexandr I will do whatever you will tell me.' And I say:'No, you won't But I will tell you anyway.' And he says:'For real! I will! Tell me!' And I say, no you won't. But I will tell him of course, how can I fight the fact that person called already, but his 'mind' is going crazy. And he is in his limitations, and he doesn't hear me. And sometimes I help a person to concentrate, and he takes my recommendations seriously.

-I don't remember if I asked this question, but just in case I will ask. What is the most common question, or a problem that people ask you to help to solve?

-The most common? Oh, in 99% it's a set of questions. The issues are the same: they don't like their life, their family, their relatives, their parents or wives or husbands. They are not satisfied. They are not happy that they don't have common grounds, or interests. Everything is dull or unclear for them. They live, and they don't know why.

They don't like their work, life is boring, no life purpose, everything is lost. So just ordinary, primitive life but person is not entirely in it. Let's say someone unloads boxes every day, then comes home, he is busy with kids, then cooks something. Then does something on a balcony. And he has something every

day and no time for anything else. All his attention is busy with all of it. And he thinks only about it, and he has thoughts to start with.

And some people also live in a simple social world. They have jobs, but when they commute to work then think what is it all for, why he lives at all. Who could he have been if he would not have met his wife? Those kinds of thoughts come to his mind. He has this internal dialog with himself.

A person comes to his job being in himself. He doesn't talk to anyone, he does his tasks and comes home. And he doesn't want to talk to anyone, he sits with his mobile and watches something on the internet. He watches movies, listens to music.

As if he is waiting for something, he lives his own life. He is physically there, but mentally he is not in it, not in his life. 99% of those people find my books, and find me because they find the answer of who they are and what to do with it. How to live further. They don't know if it's normal or not. Because those people have a big question. At the beginning then don't know that something is wrong with their life, that they are alone in it or it's not with just anyone. They don't know if it's normal or not. They have no explanation, and they don't know whose fault is that.

Many people say to me: 'I want to run away from my husband and child.' Or: 'I wanted to leave my wife and husband, but I read your chapter where you said that we should not do it. Not I don't know what to do, so I decided to ask you. Can you please help?' And many people want to run away, to leave, something else. They are on edge. And when they are in this situation life bring them to me for some reason.

And then I can calm them down. When a person is already in an extreme situation at this moment, I come in and say that he should not do that.

-If you start talking about it, can you please explain why you should not run away from your wife if you don't love her anymore? And there is someone you love. For example.

-Because this is the difference between people and me, they cannot look at the situation from aside. They are in the situation. Something like if you don't

like someone you need to run away, and they are bad. But not always the reason is in it. And because I see a different reason, the real reason from aside, I can tell them and support them. Of course, I cannot support his decision in leaving because he is wrong. He diagnoses everything in a wrong way. And I see how it should be right. And of course, if someone has issues with family or job to run away is a wrong solution. The problem is in him. And if he will solve this problem, then he will love his family and job. It's a fact, that's how it is. That's why I say it.

-All right.

-I will explain. People have this quality when they don't want to understand and solve the situation once and for all. So they won't have the same situation again. People are very primitive, and if they have the issue they want to run away, and they will have the exact same problem again. And again. They stay still instead of developing. And of course, if you have a problem with a family and you run away the problem won't disappear. He will have more issues but now without a family. It will be worse for him. ANd the first thing I say:'Stop, stop, stop!' Don't rush into anything.

That's why if I see the solution, I cannot agree with his decisions.Can I please... Can I give you a direction? Look: we went through all books. I told you about all of them, it's cool. The once which are informational, practical, technical, what can be done, etc., etc. But I want the books 'Answer', 'The Path' and 'God's fool' to be like an interview. So we would have an ending of the book. And besides what is the difference between me and other esoteric, psychologists who write that they have an education or they lived to a Buddhist monastery for ten years. And they wrote their book. But no one knows who was this person earlier.

Most people hide those facts, and in reality, they don't have the history. I have history, and that's why people read my books. Because of this history, people come to talk to me. It helps them to look at everything in the right way. Someone, for example, will read my chapter, where I talk about how I look at the world, how will he react? In the majority of cases, if it's a simple man, material man,he will think that I am some youngster, his peer, or younger than him or older, not important. Modern or not modern - some social,

simple guy. Laughs, hairy and talking about something how cool he is and how everyone else is louts. But his natural reaction will be aggression. But if this dude would read a book how I left my home and what happened after, that I didn't have a childhood, and I didn't appear on the Internet three days ago, and I am like this my whole life.

And what I talk about are not jokes, and everything is real when afterward he finds my new book he will know who I am. And a new book that was published was done not because I want to be cool. I've never done anything because everyone does the same. I've never written anything on the subject that was trendy or popular. It's not the way I write. I write books from my real life, from the time when something happens to me when I open something for myself.

And if people don't understand it I don't care, I don't write for them, I write for myself. On more or less understandable language for people. But I don't really care if they like the topic. That's how it is.

When I wrote a book 'Aurora. Posthuman', about the future, it was less liked than this topic in 'God's Fool.' Because people like more magic and mystery. But it doesn't mean that I will write only about it because nowadays there is no miracle in my life. And on this day people suffer on those frequencies. And I need to teach them to live in the 21st century... And the situation is that people suffer.

And everyone has relatives, and friends, and people I know, that's why I write about it. I write at the same time when something happens. That's why I think we need to tell people who I am. And I think it's important information. I don't know if we take the esoteric side of it. The first book I wrote, 'the Answer,' it was my diary. What happens after?

People started to ask me questions, and I replied them in my diary. And people were curious what is it in this book 'Answer'? What it is 'Answer'? Because I was looking for an answer of who I am. Because when I felt people and saw them through. I didn't understand who I am. Because I was looking for an answer, I called the book 'Answer.'

And further on people start calling me differently, they call me an indigo child. And people asked me lots of question. What is my opinion on that or this?

They liked how I look at things because it was not a view of adult or person who reads a lot, but a child's specific view and with the truth.

People thought I talk truth. And they started to ask me the question: What is a soul? what is human? What is God? And who rules us? And I answered them, that's how it started. Then the story went on. I told them that some unusual people told me that I am special, and they talked with me in sacral puzzles. They talked about the keys of heaven, etc. And it was for real.

Those are real events. What happens to me, all those people came to me and told me that I will be very rich, and I will be popular. They told me that in the times when I had not one cent in my pocket. And it all came true.

And because of the advice of those people I am in New York now, where I live. And all the information given to me - they gave me, I think. They guide me. And there is someone who rules it. All this information, because of it, people value my information.

They understand where it comes from and who I am. And if I would not have those answers, I would like a normal person who would see how it's cool to write books about life purpose. That's it. That's why those kinds of books no one reads. And mine are popular.

- 'Answer' and 'the Path' were written a very long time ago. Since then your story went on further. So logically if you would tell your story from the start with your own words. From the beginning.

- All right. I will tell the story. And of course, I will try to make it as short as possible. Here it is. When I was seventeen I left home, and when I leave home at 17 I went into nowhere: I live at my friends' homes, and then I moved to another friend, and I had this state when I was lost in time and space. I've never experienced that state before. It was as if I was looking at myself from outside. I had this state of shock, without thoughts, the state 'with no mind.' And of course I didn't understand what was happening to me, and I thought maybe it just worried or stress.

Or I was scared because I didn't know where I will live, etc. And at that time I started to feel people. I didn't even realize it.

When I talk to someone, I felt that this person is kind. And I felt what he feels towards me. And I can tell something to him and feel how he will react. Not just saw his facial expressions, no. I just felt it in me. I am talking about something, and suddenly I feel that he worries. I talk about something else, and I feel that he is interested and sympathizes me. I felt it so strong that I asked people: What do you think? What is thinking right now? And people answered and for me, it was a confirmation, that I knew it correctly. I felt something, and I didn't know what it is and asked the person and understood: 'Yes, that is what it is.' I always tried to find some cover for everything. And I started to write on websites and forums that I feel people, and if someone.. let's say I am messaging with someone on the Internet. And if he cries, I feel it. I don't know how. And if someone lies, I feel it. I started to write about it.

There was a group in V Kontakte, don't remember the name of it. So I was writing there about what I am. I asked what it is with me? And they wrote me that it's empathy. I was searching what empathy is and reading about who are those empathic people. And it developed so strong that I could walk on the street and someone had pain in the leg, and I said: 'You have pain in your knee.' He said: 'Yes.' I felt the person, if he had pain or if he was cold, I could just say: 'Your little toe is cold.' And the person was in shock because indeed his toe was cold. And I felt it. And I have a lot of witnesses from my friends.

From this moment I am what I am. And because I felt a lot and I didn't know who I am and what it is. Back then they told me it is empathy, people wrote a lot to me. I wrote in my diary all of it. And people started to tell me that I am an indigo child. They looked at my aura or something. I don't believe in it, I don't have any aura, it's a nonsense. But nevertheless, they said that. So I wrote it down in my diary.

They told me that I am an indigo child. Further on I started to meet new people, and since I can't hold my tongue I told them what they think, and why they've met with me, why they talk to me at all, and what they like and don't. That's how I talked to people. They asked me how do I know it. And I said I feel people, and how I see people and I knew it before we've met. And the person starts to show me pictures of his friends, and I started to tell

about those people on pics. It's not like I am telling him what car person has, or where he works or how old he is.

But I am talking about the psychological state. And if a person is active, I even start talking fast as he does. And even his body habits, like waving of hands, etc. And I am telling that he likes to lie, and he behaves that way and this way. And I've described this person. And let's say this person is poor and the other one is rich, and that one is always sick, and the other one always cries, and this one is angry, and he fights with everyone.

And people were in shock. It was 'wow' for them. Today I can do it even better because I've learned how to describe it better. I didn't have enough words back then. 10 years later I have lots of examples, and I can give them when I describe something. But that's how it all started.

People started to write me in social networks, they told me about chakras and other things like that. Someone says: 'Do you feel, do you know the chakras?' I say: 'No.' He says: 'Imagine the flower, which is opening up in your chest'... I say: 'What?' But I didn't like to listen to anyone of course. But in the night when I was listening to music, I thought: 'I will try now, maybe I will feel something.' I closed my eyes and thought about a center of a chest, and I felt the warmth. Vibrations, and pressure, and tingling, it felt like a heavy cat is laying on your chest, who lays there and breaths. And it's warm from him. And I felt it. Then my palms were warm as well. And I put my palms in front of each other, and I feel resistance, like a magnet - plus and minus. So I wrote about it on the Internet: what it was, etc.

People of course in shock: 'Wow, tell us, show us.' And someone says it's cool and it's energy.

And further on, I told a lot of people about me, and the situation happens that I was in some sort of depression. I was at home, in the night, I was listening to music, and it was not simple music.

And while I was listening to it, I start to feel something above my head. Warmth and twinge. And when I closed my eyes to feel every sound of melody, I started to feel it stronger, it was like pressure above my head, like a helmet on my head. And I realized that breathing distracts me. So I put the music track from the start and held my breath, I closed my eyes and felt

something, as if my head and shoulder covered with something. Something heavy, as if I am in some sort of gel. And as soon as I take a breath, it stops. So I listen to the track on repeat, trying not to breathe and I sit with my eyes closed. And I am trying to feel this on maximum. I don't feel my body anymore. And I forget, and it's in such a way that I forget that I am in the apartment, or anywhere at all. And I get into the state as if I fell asleep, but I am conscious as if I am inside myself and I hear my inner voice. And I don't hear music at all, it doesn't exist.

And it was in the night, someone at 1 a.m. or 2 a.m. When I got out of this state, it was morning already. When I was there I was talking to someone, my imagination called it that way.

Actually, people describe it differently, but it's just a cover, imagination. Everyone sees something in pictures, or something, I have it as voice. And this voice telling me that I can here not to live but work, I am an angel.

You should not understand it literally. It's just called that way. It's just circumstances. And I came here to work. And when I've heard it, I've seen all my life till 23 years old. And after 23 I didn't know what will be with me. But I've seen that everyone will talk about me.

And when I am 23 everyone talks about me and I feel really good. That how it happened. I was always sick, I always had colds, migraines, I had a full list of sicknesses. And after that, I stopped being sick completely. I don't have headaches anymore, and I don't get sick any more at all.

I've changed a lot after that, I started to look at everything differently. As if I returned from this as a completely different person.

And since that moment I realized that I am not a simple guy, that I am special. But I was very young. I was 17-18 year old, and I talk to different people, and I didn't hide ever of what I am.

And if someone asked me about something and they asked where I came from, I said: 'I know everything. I am an angel. I know everything about anyone as if I lived my life of anyone.' And people said: 'What the hell are you talking about?' And if a person didn't react that way than they asked about someone, and I talked. That's how it went on for me.

And all the events I wrote down in my diary. And how this story developed? I kept telling people about everything, and I told it to a friend of mine. And she

said (of course I wanted to be supported) that she believes me. Of course, I felt it that she believed me. I always felt when people said: 'Yes, yes, I got it.' But I saw they don't understand it, they don't believe me, etc. And here I really felt that person is in shock, surprised about what I said. And this person was older and had more authority. And she said: 'Meet my mom, she is also unusual. She is the same as you are'.

And I've agreed to meet her. And I've met her mom, and she told me that I am unusual, that there are no many people like me, that I am a 'golden' boy. And that I will have a very tough and not a simple destiny.

She said I need to write a book, and I shared with her that I am writing a diary. Make a name for a book and make a book out dairy. That's how I made my first book. Then we talked with her, and she said that all is OK, it was very important for me to get this support, that I am not crazy and not mental. Next day she called me and said that I should not talk about myself all over.

Did I ask why? 'There is one man, and he was very interested in meeting you, he needs people like you.' I asked: 'Who is he? And what do you mean 'he needs people like me'? 'He is one of us. He has abilities, and he is looking for people like you, he is interested in people like you, etc.'.

And she said that he is '... sort of helping people like me. And it was really cool for me to know that. I thought: 'Than I am really special. Then I am not crazy, if some dude got interested in me, then I am a chosen one.' It was really cool for me. My self-confidence was over the top.

And somewhat half a year later I called this woman and if she could introduce me to this dude. I want to be with them. She asked: 'What do you mean? Why do you need it?' I said: 'I am bored among people. I cannot. They all want the same thing: cars, houses, and money. And nothing more, I have nothing to talk about with them, everything is primitive. I want to be with my own kind'. Finally, she said she will talk to this dude.

And another half year later she asked: 'Do you still want to meet this guy?' I said: 'Yes.' She said: 'Ok. I will ask him when you can meet.' So I've met with this guy. He told me: 'Alex, what you can do now is nothing. In the future you will be able to do much more. You can't even imagine the skills there are.' And the ability to move a table with will it's a nonsense. It's complete nonsense. I

Подскажите, said: 'Well how else? You can't change the world with it, and you cannot heal a man with it. What's the point? You will be a clown.'

All conversation with him was as if he was manipulating me, I mean he wanted to direct me. And he guided me away from those tricks so I wouldn't do them. Then he asked what I can do. And what is it this state I am going to?

This is a meditative state I went into, and I didn't feel my body. And I hear the inner voice.

And how I feel people and energy, all of it I told him. And then he started to tell me strange things, unclear in regards to '... he's mentioned some famous book on esoteric, that it was a team of people, they've collected all information and did this project. And that he knows one Russian psychic, and he knows all other people.

People all over the world with all sort of abilities. And he's met each and every one of them. And he knows everyone in the world, each of them specializes in their own field, and that's what he does. And to me, he told me that I am a stone and I need to become a diamond.

I didn't get it: 'You just remember it for future' I said: 'Ok.' Then he asked: 'Can you go into this state if you get information about everything out there?'. And he asked: does philosophers' stone exist? I said: 'Yes.' He said: 'Don't rush. You can answer this question later, you can call me and tell me.' I said: 'But I am sure now, it does exist.

What we talk about how it exists. What we don't talk about it doesn't,' And he started to tell me that it exists in East, where people were looking for it all their life, but they cannot find it, and if you find it you can rule the world and be super powerful. I asked: 'Why are you telling me that?' He said: 'Alex, it's for a future. All right?' I say, OK. That's it. And we said goodbye to each other. And not a word about a job or any organization. He gave me his business card, and that's it.

After that, I wrote my book 'Answer,' and I've published my complete diary and people started to write to me. I just talked to people. And more people started to write to me. And the first person I talked to was... he was a psychologist at St. Petersburg University, he was a pick-up-er.

And we were sitting in the cafe, and I told him about all the people, what I can see about them, and he asked: 'What am I thinking about now?' So I told him

that. I told him: 'You are thinking now 'How the hell he was studying for so long. And this youngster, a boy knows more than I do'. He was in shock. People came to me from all over the world, of different ages, different occupations, people who worked in the police, and generals, and army people and doctors. And all of them came to the place that I've rented for 20K a month.

Or to the cafe downstairs. I talked to them all.

And what happened next? The most interesting events started to happen, this woman, the mother of a friend of mine tells me: 'Look, Alex. There is a woman. She lives in the Pskov region. She is a keeper of keys.' 'Of what?' 'She is sort of waiting for a boy, a chosen one, who she can pass on the keys.' I say: 'And what? Why are you saying this to me?' 'Why not? Maybe it will be interesting for you. No reason.' I say: 'All right, I see, ok. Thanks'. And naturally it stuck in my head, I cannot think about anything else but about this grandma who is supposed to give me the keys of heaven. I am telling this to all the people I know, and they think I am mad. They start saying that I am going insane and I need to be saved urgently.

And I am telling them that I don't talk to anyone, and that's just me. And no one believes me. Because no one understands where I get this information.

And a couple of months later I call my friend and tell him: 'Let's meet tomorrow.' And he said: 'I cannot, I have issues with my health. And my mom found some grandma, and I will go there tomorrow.' I asked: 'Where are you going?' He said: 'To a Pskov region.' 'And what is the name of this grandma.' He answered. And I say: 'But this is the grandma I was talking about, the one who suppose to give me the keys of heaven.' He offered me to go with him. And we are going there the next day. She lives in a little old house. And in the room, there is a table, with lots of icons. And icons hanging on all walls. And my friends sit on the chair, and I am next to him. And she started to talk to me rudely, sort of: 'Why you came here for? What do you want? What problems do you have?' I replied: 'I don't have any problems.' 'What do you mean you don't have any problems? Why are you here at all?' I say: 'I am an indigo child.' She says: 'What???' I say: 'What 'what'? I am an indigo child, and I came for keys.' That's it. My friend is hardly keeping from bursting out of laughing, and this woman: 'You are the devil!

Go away, what you are saying.' I say: 'Wait! The woman you know told me that you are the keys keeper'... And I thought it's you. I don't know if it's you or not. I am not a simple guy, I don't know who I am, but I can tell about anyone. I feel energy, and I feel your icons, and I know how it all works', etc. The point is I am telling her everything about it, and she listened to me. Then we talk about her daughter because she was building the church. And that's it, we said goodbye, and nothing more was told about anything. I say: 'Russian will have a good future.' e said: 'Are you sure?' There will be hell in Russia, terrible events. First should come destruction before it is better. And I say: 'I don't know, but I believe in a good future.', etc., etc.

So I step outside, and she sent my friend to pick up some herbs. And she comes up to me, points towards the sky and asks: 'The keys of there?' I say: 'Of there.' 'Ok, but don't tell anyone about it.' 'Ok.'. And at this moment my friend comes back and hears all of it, and he is in shock. He is in the state 'with no mind' immediately. I mean he had a whizz in his ears, he doesn't understand anything, he is in shock. And I told him: 'When we come back you need to tell everyone that I am not crazy, you will tell what you just saw.' He turned on loud music, and he didn't say a word all the way back. He is in complete fear and in shock.

We came back after all of it, and I know that it was not for nothing. And soon they will pass me over the keys of heaven.

And what happens next? I still keep writing the book. And I am writing about how different people come to me, and there is one person told me: 'Alexandr, I don't want you to tell me what I am.

But I want to know how you became like that.' And he started to ask me about how I see people, etc. I say: 'I don't know how.' And he goes into details, every month he asks me something, and we came to the point of this technique. I called it technique. The one I used when I went into this state while listening to music. He asked about all the details of these techniques, how I sat, what music I've listened to, etc. And I told him.

And when I came home, I've decided to repeat it. And I went to this state again. It's an unreal state. And I described it in the book. And people started to write me: 'Alexandr, this is real meditation. Only a few people in the world

know it.' And this woman who told me about grandma, she mentioned that to meditate like this only she can do it and few other people.

That's why she is interested in me. And this meditation like other people do, it's not meditation at all. The real meditation is like in 'Avatar' movie, when you leave your body. As if you leave your body. Of course, you cannot really leave your body. But psychologically it feels like your consciousness connects to somewhere. And people from all over the world started to write to me with requests to advise them that. That's how I had the technique of channel opening.

And then I've recorded the video on my last 5000 how it happened. About my book 'Answer,' how I see and feel people. And this video went viral, and my telephone and email were bursting with messages. At some point, a friend of mine called me and said: 'Listen, I have someone for you, who wants to know your technique, let me bring him to you, and you will give me half of what he will pay you.' I said: 'Ok, cool.' And we met with this friend in a cafe, waiting for this person.

And when we enter the cafe, I look at everyone, and I see a woman. And I have an intense fear towards her. Normally when I look at someone, I feel them, as if inside of myself. And when I looked at her, and I feel nothing, as if she is a devil or something. We sit at the table, and this woman starts to interfere in our conversation and makes jokes. And I started to think how much I should pay to my friend. And she just says: '10%'. And I am in shock. I don't understand anything, and she started to scream: 'Internet, sex, money,' and other things. I react: 'Yes, it's all in there.' And she tried to distract the attention of my friend, And when he turns out, she shows me that he is with horns. She just shows on her the horns with her fingers. He sort of devil, with horns. And then I asked her what her name is? And she said that her name is N. and her husband lives in America, and before that he was working in some serious organization. And she speaks in Russian and then switches into English. And she draws some puzzles on a piece of paper.

She gives me this paper and says: 'Solve it.' I don't know what that is. She says: 'You are an idiot.' And she writes something more on a paper. And I am in shock. I forgot to mention that before I realized that she is not just a woman, I asked her: 'Do you know about the keys?' And she interrupts me: 'Of heaven?' I say: 'Yes, how do you know?' 'I know everything!' And my friend is

laughing at her, and she tells him: 'You should shut up; otherwise I will turn your heart out (for a minute or a second) you will remember this fear for the rest of your life!'. In the end, she gives me this paper and leaves. I have this meeting recorded partially. So I have those facts. And this friend is still alive, and well, he can confirm. And after that I run home, in shock, what to do with all of it.

I started to solve the puzzle with my friends, I had people helping me. And we were sitting all night trying to solve this puzzle. And then I remembered this dude I've met before. I called him the next day and asked if we can meet. We've met, and I showed him this piece of paper with a puzzle. And I told him about grandma from Pskov region, and about messenger woman. And he said that it was given to me by people who know. And I asked: 'What do they want?' I don't know what they want. But if they have given it to you. Then you need it. If it's a puzzle, you need to solve it.' 'But I don't know how to solve it, I tried all night.' 'Let me guide you.' He asked. 'What do you see here? Tell me. This puzzle is for your mind'. He meant that no one else will be able to solve it. Only me. What I will think than what it is. Don't be afraid.

What do you see here that what it is? I say: 'Well, it's'...' There was a stone on the picture, and words TOTI EMUL ESTO.

And on the left: Stranger and on the right Oldman and the road. I say: 'Well, it's a place.' He said: 'Yes, the portal.' 'So what?' He says: 'Don't you know what it is?' I said: 'No.' 'You need to enter it and take maximum information from it.' And he lists the places like this one. Sphinx, Liteyny Bridge, there are many of those places. And I started to look for this place. Finally, I found it. It was a church of Peter and Paul. Further on is no point to tell about, it's all in the books. It's a really long story. But I think that a short overview of this story should be told. What? How did I get all this information? Ok, first came N., then L. and this guy told me: 'Do you remember the philosophers' stone? So you made it already on the map of the city'.

When I solved it all. He and messengers told me that soon I will have a business because I cannot make it without money. How else I suppose to change the world, without money? So money will come soon. And how I end up in church, and I found complete matrix on icons.

And after this 'initiation' many things happen in my life, and all my life changed. But people who are skeptics, they knew me from that time, and they know me now, it's hard for them. People still cannot believe it. They explain it like this: 'Alex, for everyone their own. It inspired you, and that's why you are successful.'

Someone inspired by women, and you are inspired by homeless people who you talked to. And every time you meet a homeless person you have a lot of money and a lot of ideas suddenly. It powers you up.' 'No, they gave me all of it!' 'What are you talking about? Those are homeless people. They were like that, and they will be like that.' That's how people look at it. In reality, those homeless changed my life. Thanks to them I am what I am. With information and opportunities.

So this dude, last time I called him on the 12th of September, on my birthday. He gave me the last directions and told me that I made a mistake. I should not be bound to any city or country, that this is a mistake, then I am on a certain stage. It should not be that I just stay in New York and that's it. I should be everywhere. I should be in any country, And I should not wait for definition, because it's a binding as well, it's bad.

That's why I advise people not to be bound to anything, not to live automatically. He said that the country is also binding. I said: 'I got it.' He gave me this information. And that I should follow the instruction I gave him. So what I do is his instructions. I need to make a book in the right way, to publish it and become a writer.

Then I should present myself officially. And I should go into the world market, in the US. Not in the US exactly but to English speaking countries. To the whole world. That's what I do now. It's my real story. And in general, I can announce it this way. Those are real events. And if someone wants something, I can give them complete proof of everything, I can give names and surnames of all people, I have video recordings, pictures and audio recording as proof of everything.

- Do you have further plans after this book? Do you know what will happen next? Or you don't know yet? Or someone should give you direction?

-I will interfere in many events in the world. I will be public, and people will know me. Who are those people? If we take history. Who influenced leaders? Women.

They did so the war would start, conflicts of some sort. And the point is that every leader had an advisor, some character behind the scenes. And I will be such a character. If you look at history, those characters were always presented as cheats. People like Count of St. Germain, di Cagliostro - those people were at the French court, or English court, and at the court of Russian czar family. They took part in everything, they gave advises. I will be like this. Next time someone wants to be a president, they will come to me, and I will make him a president.

-You don't want to go into politics? Isn't it easier to make it yourself? Or not?

-No, no, I am above all of this. I am a mage, like the rest of people like me. I don't want to be in authority. I will always be in shadow. And if I will be public then it will be like Massive Attack, right? Or like Thom Yorke. They are people of the world, And everyone knows them. But they are not Beyonce or Michael Jackson, they are not pop. It's underground. And I will be like that.

-I have a question. Do you have enemies? From your history that you just told. Some key people helped you one way or another. Are those people friends or neutral viewers. And is there anyone against you? In opposition?

-There are people against me who don't know me personally. Fanatics, who just read my information. And at some point, I got so fed up of them, that I said: they are fools. It offended them, and they started to create pages in social networks from some grandfathers or grandmothers that I stole money from them. Those silly things I had a long time ago when I was younger. Because I was younger, some audience I had was a bit specific. I didn't have the filter yet. Also, I was on a low material 'frequency' and all dirt stuck to me. And when I started to filter out those people, then I began to give more complex information. And I've avoided any esoteric subjects. Also, I made a price higher. And all the crowd disappeared. From the latest events, I know that there is a guy who make videos about me, that I am filcher and cheat. My assistant told me about him. And I am saying if I am a filcher

and a cheat I need to be in prison. But I am still here. Sue me. That's how it is with me. Well, some people envy me. They call it hype. Some people on the Internet on that level. But I don't have anything like that in real life, no one look for me, or threaten me, and I don't have any conflicts with anyone. Because I don't have friends, I don't have close relationships with anyone.

I have everything strict: 'Hello, your question, here is your answer, goodbye.' And that's it, and the person won't be able to contact me. I don't talk to anyone on social networks, and I don't talk to people over the phone. The only people I talk to are my employees, my assistant and you. And the only conflict we can have because we overdid our conversation. And it will be finished soon. That's why people who got offended - those are the one who've read my book, but they don't know me. From one side they liked my book from the other they envy me. And they are in a rage. There are my enemies.

-I got it. Do you have a fear that you won't have enough time to do something? In general? That you won't have enough time in life to do everything? Do you think about it?

-No. Those are fears of people 'with the mind'. People of 'mind' are trying to be better than others. They look at how everyone does something and they want to make the same things better, they are trying to be on top of things. Yes, they do it, and sooner or later they won't be in time. And I am creating. I am part of nature, I do everything 'with no mind,' nature guides me. It's impossible for me to miss something. My script is written to the end of my days. So I don't bother or worry. My tasks are not to leave my path. But I won't. What is to leave the path? to close up, to forget, to make a goal to buy a house, and sit there, playing games.

But even if I think about it, then the bus will run me over, it's a hint: 'Alex, go to write a book.' I cannot even physically be a human. I will be punished if I will start living like a normal human. So I have everything strict. The only thing that this dude taught me, he gave me the advice to be patient - it's very important. Patience, and why?

Because patience doesn't mean to bear something but to believe in your destiny and everything will be all right. But if you are a man 'with the mind' you don't know this. You want everything fast, and life will hit you for that because it's not a right time.

That's why he told me never to rush anything. I could also last year to make a goal for myself. For example to publish a book or something, and worry about it, etc. I had it like that: they offered me to publish a book, I said OK. Then they said: It won't happen. I said: OK. Now it worked out to publish a book, and I was told: Publish - and I publish.

Now it works, and it's OK. I don't have anything now about the movie, I was supposed to make good videos. I wanted to make a documentary. But the person disappeared, and only wrote to me today than on the 25th he will come to New York. And if he would not appear, I would not make a movie. I don't stress myself about it. And if we meet on the 25th, then we will have a video. And if he won't be there, there won't be a video. I don't knock on closed doors. It's the rule of the world 'with the mind' to knock on every door. And in the world 'with no mind' everything is decided already. You go with a flow.

-So there are people whose advice you listen to? And you do what they advise you. What is the percentage here of your own decisions? Do you also think for yourself what to do or where to go? Or you do things based on advice from higher people? How does it happen?

-Why is that? I almost always do things that I have positive feedback from, as I said, this mood, this warmth inside. I never do what other people told me. Yes, there is an exception. If I ask my inner voice, there will be information. Because this voice is the same everywhere. But it happens that this voice comes from circumstance.

That's the funny part. If someone under certain circumstances will go into the world 'with no mind' then everything he likes exactly the same as what I like. What he wants I want. And no matter what you ask the answer will be the same, I give the same answers. Because information is from there. And in this world, there is only one inner voice. And no matter what this dude says it will be similar to what I know. We have the same source.

-I got it. At the end of the book, we need to have a few classical elements. I need to ask you if you want to do the same. For example, you can mention how you want people to contact you. Or what will be the next step after people read your book, what would you recommend. Which direction to move further in life, or if they want to know more about who is Alexandr Korol where should they look for you?

-Of course, I want to do it, I mean I don't know how publishing house will take it, because I made the information a bit informal. Information will be like you write it and how it's done by a writer. But I want to mention in this book that this book is for publishing. And originals, the original drafts. The drafts which pass all emotions, and here is just information. This is a very important moment. What else you need to consider? You need to explain that I am not in social networks. It's important. The situation is that I am registered in social networks because otherwise, people would look for me anyway, and they would add fake people. And for an audience not to get into fake accounts, I ask my employees to make an account in social networks. But I am not there. But there are my social accounts. So please explain that I am not on social networks. The only way to contact me is my official website and email address.

-So there is an email address, but there is no point to write you in social networks. right?

-Yes, yes, you can contact me via email, because I don't visit my social networks accounts. And everything that's published is done by my employees.

-Sometimes!... Rather often authors write gratitude, thanking someone. If you want to do it of course, who would it be?

-To thank who? No, I won't do it. No. What you need to consider in the book: you need to mention that people came to me to ask questions about my books. But if it will be mentioned in a story about how I live, how I write my books, and I publish it on the internet, and people read it.

But people write to me every day on social networks. And they need to know that they can also write to me. I am not on the moon. And my wish is to write in this book that I am not some kind of arrogant, successful person, I am a normal guy.

I can be in the metro now. And if you see me, you can come and say 'Hello.' And I am trying to be closer to people. And if you have something to tell me, you can write to me and tell me. It's for real, it's true. Because lots of people think they cannot write to me. I don't want them to think that.

-I wrote it down. One thing though. All that we talked about was based on that book.

-Look, you can write it down as well. I am also for being straight forward and true. You can write that this book based on all the books I wrote for the past 10 years. That this book was written with your help, officially. And the drafts. Also, I want to mention. There are many people, and some TV shows about psychics, they are based on my information. Many people taught by me. And some of them steal my information. There are many psychics you sell my information as their own. And this is important to mention.

Those books, this information even if you know it, this information is 10 years old. And if you saw the same information before it's possible that it's mine and someone stole it. AND if you see something like that, please write to my email. BEcause Alexandr has never read a single book, and everything that he talks about that's how he sees the world. And whatever is similar by some other authors, or familiar than he stole this information from Alexandr.

-Or he can also be a knowledge keeper like you called it in the world 'with no mind' and got it from there? Or it's not possible.

-No, it's hardly possible. Because I am the only one who has this role.

-Yeah, I see.

-Why then I am what I am? Why there is a need for more like me? People like me exist. Like this man, I talked about. And everyone in their own field, in some structure. And a writer who helps people the only one.

-At the very end, the person who has read your book, who didn't know about you, and he has read everything. He got the information. Can you give him the final advice? Sort of final message.

-Only one?

-Well, not. Just something.

-All right. You can write that this is only 1% of the information, and if you want more than you need to look for it on the Internet. In my drafts. I left the 'keys' everywhere. If a person is not very good with the Internet that's his motivation to search for further information about me. Because when the book will be published there will be much more information. More books. Even if they book five years from now, all further information will be online. That's my message.

Conclusion

If you are familiar with my information and you've read the book till the end, I advise you to find my drafts in my social networks - all books and diaries which I kept for 10 years.

There is no point writing to me on my social network accounts, my employees are dealing with them and posting there, but I am not there. You can read my new chapters, which I publish on social networks. If you want to leave a comment you should write to my email address, that you've read my book.

And the last thing, if you've read this book, can you please google 'Alexandr Korol' and if you find a forum or website, please write a feedback about this book. And if you ever want to support me somehow or help just write feedback on how this book helped you, and what this book gave you, and why it was useful for you. I would really appreciate it. Feedbacks will help, you can write them anywhere, in any social networks, websites, and forums. Make pictures with a book, tag me on social networks, and recommend to people. If it helped you pass it to another person. Spread this book as instruction for your life, like a life hack.



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