

СТАЛИЙ РОЗВИТОК СУСПІЛЬСТВА ТА ЕКОЛОГІЧНЕ УПРАВЛІННЯ

ECOLOGICAL REBIRTH OF PERSONALITY

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Our health, longevity, aging are due to the programs inherent in the body by Nature and society. Is it possible to influence them with one's own will and reprogram them with new ones set by man? To become a co-Creator, correcting mistakes, errors, unwise actions? Can! The centuries-old experiments of yogis, experiments in this direction over the past fifty years, recorded in the form of new scientific disciplines - neurophysiology, neurobiology, etc., offer hope for a positive solution to the problem: reprogramming your own organism for healing, rejuvenation, longevity.

Any program is an energy-informational structure created on the appropriate carrier or in the appropriate volume of the object's environment. It has an informational content and energy basis with a certain action vector. Saying a verbal installation (mentally or aloud): "I want and I will always be completely healthy, young!" We set the body a plan of action, an appropriate image (a photo of yourself in youth) and fill it with energy/emotion. Algorithm can serve the following actions [2, 3]:

1 - to erase / destroy old programs in the body, aimed at aging, diseases, short life expectancy (70-80 years);

2 - daily, repeated reproduction in the field of consciousness of new programs (given below) and self-image in youth;

3 - constant feeding programs and the whole body with a stream of energy extracted from the outside in the rhythm of conscious breathing from the planet, Cosmos, nirvana, God, remembering that "breathing is energy, and energy is our food!";

4 - awareness of their actions and control over their implementation;

5 - optimism, emotional balance, forgiveness of past mistakes, focus on positive moral qualities (known, but not always performed);

6 - regular exercise, moderate food, daily douche, self-massage or massage, correct posture, gait, meditative exercises to gain energy, deep breathing with delays during inhalation and exhalation, volume attention ("look back, from above"), etc.;

7 - change of worldview, dedication (80% determine our health), conscious actions, monitoring / diagnostics.

Regarding the scientific substantiation of the volitional reprogramming of the organism. From the moment of his birth, all those who are not lazy are engaged in him: his parents, the "street", the school, the collective, the state, and the environment. A person is programmed / targeted for success, work, money,

power, career, but practically does not program for health, rejuvenation, perception of aging and death, as natural factors of life.

However, it has already been proved that human health is conditioned by its physical, intellectual, spiritual potential, conditions of interaction with the external environment. It is considered a core value, being the foundation of all other social wealth [4].

The social institute responsible for human health is the health care system, the scientific and practical basis of which is medicine. But - a paradox! - medicine is aimed at the disease, i.e. violation of health, and not on its preservation [1, p.20]. The health of people is steadily deteriorating on the globe!

The health of the individual is the resultant of four factors: 1) interaction with the environment (society, planet, Cosmos); 2) contact with oneself (psyche, morality); 3) biological indicators and human genetics obtained at birth; 4) the spiritual matrix (Spirit, Mind), I am the primordial. The impact of these factors on health, on average, will be: 1) 30%; 2) 45%; 3) 20%; 4) 5%. These indicators for each person may be different. Values obtained by the method of biolocation. Method biolocation A.F. In his works, Bugayev calls the expert-eniological method [2, 3]. He is known from the depth of the ages.

To control the process of rejuvenation using the biolocation method, the following parameters should be diagnosed, for example:

Current charge of energy; Biological age; The degree of overall health of the body (or each organ and system separately); The degree of harmonization (future events, subconscious, good luck, etc.); The degree of fear in biotel and the psyche of the individual; Degree of altruism; Coefficient of moral deformation; The degree of introduction into the body of new programs; The degree of protection against mental attacks (envy, evil eye, damage, etc.).

It is advisable to draw up and adopt a moral-behavioral code such as the following: Appreciate Life and rejoice in it. Be an optimist. Honor your parents, but be yourself. Respect yourself and believe in yourself. Be aware of your behavior, adjust it if necessary. From each we can learn something. Act according to conscience. Do not betray friends. Honor your enemies. Do not lie. Develop your skills, knowledge, capabilities, will. Set goals. Look at yourself before judging others. If you fail, do not give up. Do not get mad. You create your destiny! "A person needs not so much treatment as teaching how to live correctly" [7].

Psychosomatics is a system of knowledge about the interrelation of state of health and human health with his mental state, including the conscious and unconscious sphere of a person" [6, p.53]. In other words, psychosomatics is the biochemistry of emotions. All diseases, injuries are psychosomatic in nature. They are derived from our thoughts, emotions, i.e. our view of the world, which shows the wave nature.

Substance is standing waves; fields - traveling waves; thoughts and emotions are the same wave structures as atoms, cells. Therefore, the wave resonance manifests itself everywhere - "as it goes around comes around, so it will respond." Respect the World - he respects you. Emotions are energies, they become a resource of a person, if he owns them, like a master blade: either a person owns emotions; either emotions drive a person. Then he is their slave and can do a lot of stupid things. Emotions act on the body both negatively and positively: the emotion of fear causes vasoconstriction, constriction of the body,

pain; the emotion of anger/ aggression, on the contrary, causes dilation of blood vessels to accelerate the action; unwillingness to part with the old, greed - leads to varicose veins; offenses - to kidney stones; jealousy, desire to revenge, insult - to oncology. The most powerful destructive emotions are hatred, anger. The main positive emotion is love.

Thought is the most powerful medicine! It is necessary to learn to restore your health and youth with the help of consciousness, acting with mental attitudes on the cells and organs of the biobody. This is well described in the books of Liz Burdo, Luule Viilma, Louise Hay and other popular authors.

Thus, an increase in the flow of energy to the planet, penetrating the human body, requires adaptation and reprogramming of the personality under it. "Each of us has hidden capabilities, but most are sleeping individuals. A new scientific paradigm is coming, according to which we are the powerful creators of our life and the world around us ... Our strength is in knowing ourselves ..." [5, p. 9-10]. The author claims that "beliefs have a profound impact not only on behavior, but also on our genes... People must develop intellectually; knowledge determines not only human health, but also his whole life" [5, p.24-148].

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