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# 1. Introduction

**« Everything I know about myself is just a story I've made up. Everything you know about me is your own version of that story. And only the sum of all the perspectives of those around me comes close to the truth of who I really am. But in the end, no one truly knows not even me. »**

What is this book about?

This is a book of reflections on who you are and what truly belongs to you in this world specifically, what you can control and what is beyond your power.

We like to think we shape our own thoughts, but are they really ours? The wisest ideas have already been spoken before we simply repeat them.

The rules of the world we live by weren't created by us, yet we follow them.

The knowledge we rely on was discovered long ago and is constantly being debated by others.

Even our own bodies, which we use every day, function on their own, without our control.

We didn't choose where, when, or how we were born. And we don't get to decide when we leave.

So, if all of this is outside our control, then who is the one asking these questions? Where do they come from? And who inside us is answering them?

This book doesn't claim to have all the answers. Its purpose is to make you think even if you disagree.

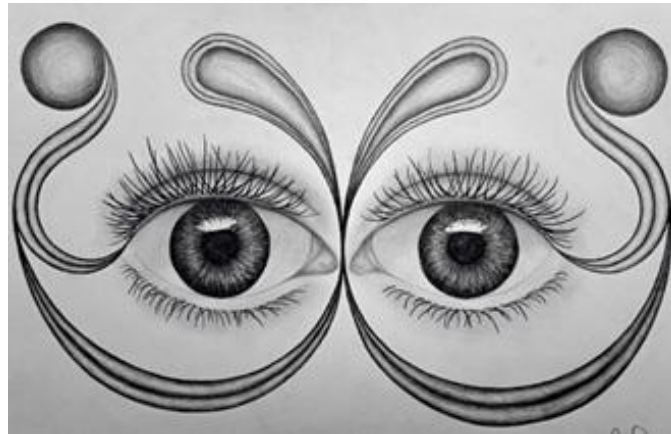


Illustration. This drawing — and all the others in this book — were made by my own hand. The ideas came from that other world... the one where our thoughts live.

## 2. What Do You Know About Yourself?

Research shows that children between the ages of 2 and 5 ask up to 900 questions a day. By the time they reach school age, that number drops to around 100. This is how they explore the world.

But how many questions do you ask yourself today? Do you know yourself so well that you no longer feel the need to question anything? Or have you simply lost interest in doing so?

Let's try to fill that gap in this chapter with questions.

- **Who are “YOU” really?**

Each of us, from time to time, asks ourselves the question: Who am I, really?

- The “I” at home with family (son, daughter, wife, husband)?
- The “I” at work (leader, employee)?
- The “I” with friends?
- The “I” with acquaintances?
- And the most mysterious question of all the “I” that is alone with myself, the one that speaks to the other “I’s” inside me, unable to distinguish one from the other. Who is that?

Inside you, there are countless versions of “I.” From time to time, something within you decides which “I” should come forward to speak or reflect in a given moment.

If you believe that you control your “I’s,” you are naive. Each “I” is a product of your lifestyle and the thoughts that pass through you. Some of these “I’s” carry more weight than others, shaping who you are at any given time

The diversity of your inner “I’s” can be compared to layers of cabbage leaves, wrapping around the core your true self.

While the “I” at home, the “I” at work, and the “I” with friends are relatively easy to understand, the inner “I’s” are far more complex.

It can be difficult to figure out **who** you are actually talking to inside your own mind at any given moment. Sometimes these “I’s” interrupt each other, competing to be heard. Other times, they remain silent. And when they refuse to answer your questions, they leave you in uncertainty and confusion.

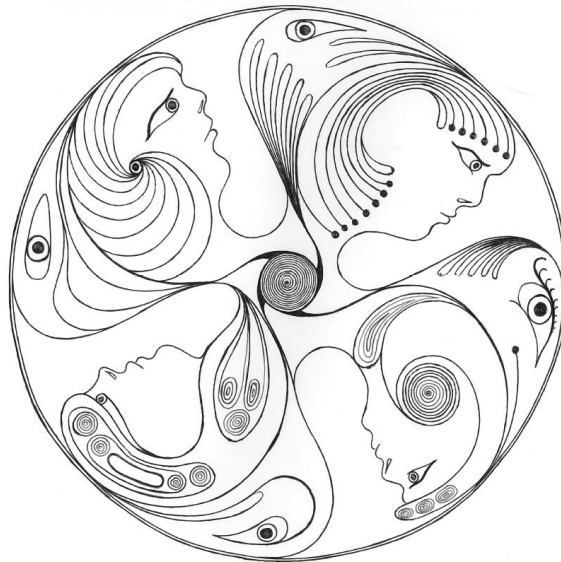
I can say from my own experience that I am the same person I remember being in my conscious childhood. This suggests that a certain core or mass of human consciousness remains constant over time.

In other words, this core serves as the life axis, onto which the restrictive elements of our consciousness our various “I’s” and their beliefs are layered and wrapped.

***“You live by the principle of “me and others,” “me and the world around me,” “me and everything else.” You’ve probably never even questioned why.***

***As long as you continue to divide the world into “me” and “not me,” you will never truly understand many of the processes shaping your life”. - Sergejs***

The core within you is beyond your understanding and consciousness. It is unlikely that you will ever reach your true self, if it even exists as a separate element.



- **What do you control?**

Can you influence the processes happening inside your body?

- How to digest food, keep your heart beating, or regulate your lungs?
- How to plan the growth of your hair or nails?
- How to transform light information received by your eyes into images and pictures inside your brain, in complete darkness?

- How does your auditory system transform sound vibrations into coherent sounds or speech?
- How does your body maintain an internal temperature of exactly 36.6°C (not more, not less otherwise, you get sick!)?
- How does your body mobilize its resources to fight viruses?
- Can you consciously influence the process of cell function and division within yourself?
- Do you know how to supply your organs with the necessary nutrients and create the right conditions for cell division?
- Can you control mitochondria, ribosomes, or the protective mechanisms of the cell membrane? If not who or what is controlling them?
- Can you direct the actions of the billions of bacteria inside and outside your body? The most fascinating part is not just whether you can control them, but the fact that all of this regulation happens simultaneously across different parts of your body, involving billions of microorganisms.

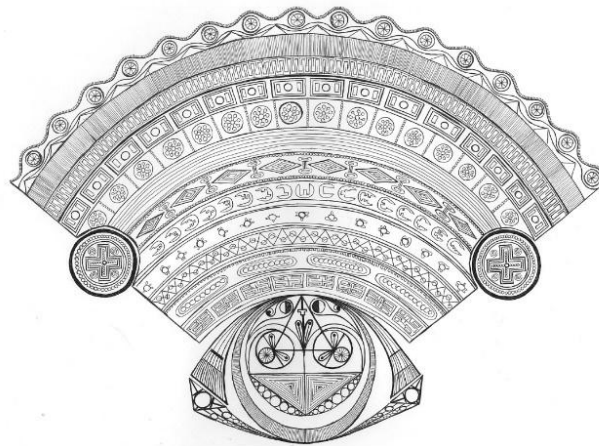
The answers to these questions, I believe, are quite obvious to you.

You do not control the processes within your own body.

Scientific research is gradually uncovering the workings of the human organism how individual organs function, the structure and mysteries of DNA, metabolism, and cellular processes.

Yet, there is almost no understanding of who governs and controls these processes.

If you are not in control then who is?



### • **Where is your memory located?**

Memory doesn't truly belong to you either.

You've probably had these thoughts before:

- I remember this, but I don't remember that.
- I knew it, but I forgot.
- I feel like I've heard this somewhere before.
- I have a strange feeling I've been here before.
- I remembered their name, then forgot it, and suddenly just like that it came back to me.
- I once knew the lyrics to this song or a poem, but somehow, I forgot them.
- I learned things in school and university, but soon after, I forgot most of it

Why do you think this happens?

There's a theory of short-term and long-term memory, and I won't dispute their existence within you. The

real question is: Where is your memory actually located?

Perhaps you believe that your thoughts and memories exist within the neural connections of your brain, much like data in a computer. Many scientific studies both confirm and challenge this idea. Each researcher approaches the question based on their own existing and acquired knowledge.

But the key questions remain:

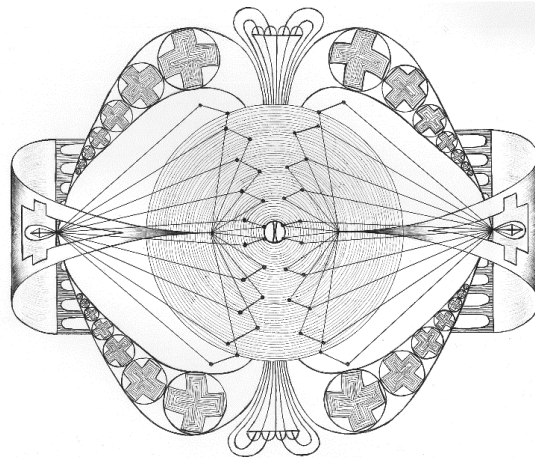
- Where is this “computer” and its programs actually stored?
- Who is controlling this computer?
- Who is creating these programs?

The answer to this question becomes even more complex when considering research in quantum mechanics and physics. Reading the works of Max Planck, Max Born, or Erwin Schrödinger is enough to make anyone question what is really happening around and within us.

Scientific studies on memory as a holographic consciousness suggest that each cell might contain all the information about itself and everything else or at the very least, has the ability to access this information instantly.

But the real question remains:

Where does this information come from, and where is memory actually stored?



## • How do you speak?

It seems like a simple and even meaningless question. After all, you were taught to speak as a child, and you continue to speak the language you learned back then. You speak the way you were taught, without really thinking about how the process actually works.

Try answering these questions for yourself:

- Where are the letters and words you were taught stored? For example, where exactly is the character “A” located?
- Where do words form into sentences? In your head or somewhere else?
- Why do your spoken words and the thoughts you write down often differ from the way you express yourself in conversation?
- Why does a story you told yesterday sound different when you retell it a month later?
- Why do the words you say sometimes fail to express what you actually meant? You only realize it after you’ve spoken.
- Why do people often misunderstand what you say? In other words, why do your thoughts become distorted when transferred through speech?
- Why is it that in some situations, words flow from you effortlessly, while in others, you struggle to form a coherent sentence?
- Why do so many people mentally prepare their response in a conversation before the other person

- has even finished speaking?
- And why do you sometimes find yourself saying, “I just want to be understood correctly”?

Now, let's take it a step further and assume you speak multiple languages.

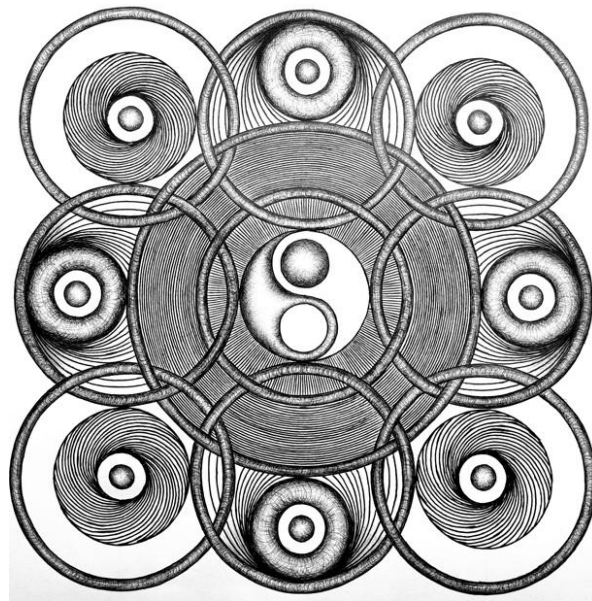
- Where exactly is your translator located?
- Why do you sometimes mix words from different languages while speaking?
- Why do some people naturally think in the language they are speaking, while others struggle to do so?

Linguists have identified 2,700 languages and 7,000 dialects worldwide. Where is all this linguistic knowledge stored?

Every conversation is accompanied by emotional color. Who decides how emotions will shape your speech and at what moments they will appear?

Now, you can try answering all the questions above for yourself and come up with your own explanations.

And you can also decide for yourself where all of this is actually located within you.  
Are you still convinced that the formation of speech and language happens solely in your brain?



- **Do your thoughts belong to you?**

You're constantly living with your thoughts, and they're always living with you. Scientists from Queen's University in Canada have discovered that, on average, around 6,200 different thoughts pass through our minds every single day.

This flow of thoughts in your head never stops. Before you even have a chance to fully grasp or think through one thought, another one rushes in noisily, pushing the previous one aside and insisting that it's the most crucial and significant at this very moment.

This is especially noticeable in women, who, unlike men, can simultaneously hold multiple thoughts in mind. Sometimes you catch yourself realizing that your thoughts are streaming past you endlessly, so quickly and relentlessly that you can't even manage to hold onto a single one of them.

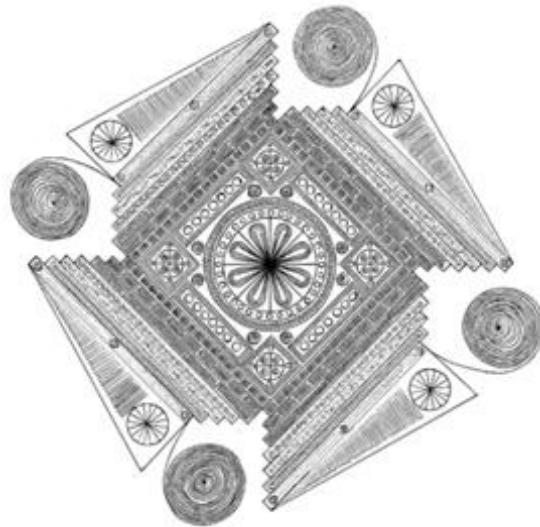
Occasionally, you even try to deliberately stop this torrent of thoughts. Just when it feels like you've finally

managed to pause the flow for a brief moment, another thought immediately breaks through, pulling your attention away once again, and the never-ending stream continues

- Do you control your thoughts?
- Do you control those moments and processes when thoughts appear and disappear inside your head?
- Are your thoughts truly part of you, or do they somehow not belong to you?
- Do thoughts reside in the gray matter of your brain, or are they located somewhere else entirely?
- Can you pinpoint exactly where in your brain or body your thoughts originate?
- How does your thinking process handle fragments of your memory?
- Don't you sometimes have the feeling that, while thinking, you're searching somewhere within yourself for the things you need as if you're flipping through different files stored inside you?
- And finally, can you honestly say that you remember each and every one of those 6,200 thoughts that crossed your mind throughout the day?

***A thought is like the wind it keeps chasing us, hoping that we'll notice and catch hold of it.***

All these questions lead you to realize that you don't truly control your thoughts either.



- **Do you control your emotions?**

We are dependent on our emotions and constantly under their influence. Life without emotions is unimaginable.

Can you really choose not to feel emotions like:

- interest,
- joy,
- surprise,
- sadness,
- anger,
- disgust,
- contempt,
- fear,
- shame,

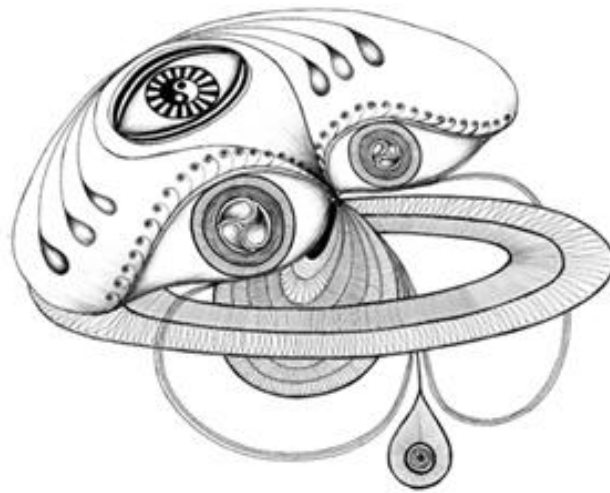
- embarrassment (shyness),
- guilt,
- love?

We are dependent on our emotions and live under their influence. Our life is unimaginable without them. Emotions often arise in the wrong place, at the wrong time, and are not the ones you need at that moment.

Countless psychological techniques try to help us manage our emotions, and sometimes they do work. But I've never heard of anyone—psychologists included—who's truly succeeded in fully mastering them, and it's unlikely anyone ever will.

Emotions continue to influence you, often guiding your behavior, subconsciously and regardless of what you do.

And even though you can hardly control your emotions, it's precisely because of them that you're able to live a full, rich life rather than just exist as a soulless being



- **Can you influence the laws of the universe?**

Even though you don't truly know how the world around you is built, you still live by its laws.

***"I derive the laws of mechanics from the laws of God," said Isaac Newton. In other words, God governs the world through laws.***

These laws operate regardless of your beliefs or the society you live in. Here are just a few that are universal for everyone:

- The **Law of Cause and Effect** — It states that every cause has its effect, and every effect has its cause.
- The **Law of Relativity** — All limits and standards regarding size, position, time, and motion in the universe are relative, not absolute.
- The **Law of Conservation and Transformation of Energy** — Energy can change from one form to another, but it can neither be created anew nor destroyed.
- The **Law of Universal Dependence on Energy Sources** — Every object and phenomenon in the world needs a source of energy to maintain its functional state.
- The **Law of Vibration** — Everything in the universe vibrates at different frequencies, and the higher the frequency, the more energy and light it carries.
- The **Law of Rhythm** — Everything in life happens in rhythm: the cycle of day and night, the



changing of seasons. These rhythms bring shifts in life situations, periods of success, and times of struggle.

- The **Law of Harmony** — The entire Universe is an interconnected, harmonious system.

The Karmalogic project, led by Aleksey Sitnikov, through a large-scale crowdsourced study involving over 100,000 people from dozens of countries, identified 54 laws of destiny.

Breaking these laws can negatively impact you, while following them, on the contrary, supports a more harmonious life with nature, with people, and with yourself.

You can't change these laws, and you don't have a choice about whether or not to live by them.

But knowing them can make a big difference and it's something truly worth understanding.

***Everything you think you know only proves that you actually know nothing.***

***Everything you see is merely your imagination of what you think you've seen.***

***Everything you hear isn't truly heard.***

***Everything you feel is just a tiny, enclosed world that prevents you from sensing reality as it is.***

***In truth, you see nothing, hear nothing, feel nothing, know nothing and you don't even stop to question it.***

***At times, it feels like the world itself doesn't want you to understand anything, because your knowledge is of no use to it.***

***Nature feels calmer, safer, when you know nothing at all.***

***Everything you know, everything you can do none of it truly belongs to you.***

This is what the human cell looks like.

Can you control the processes happening inside it?

If not then who does?

Who influences these processes?

And who plans them?

