

18+ *Viktor Ruksov*



*sexual
energetics 2*



Viktor Ruksov

Sexual energetics 2

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Аннотация

Do you have a feeling of sympathy for an unfamiliar man or woman? Are you both drawn to each other like a magnet? After a brief conversation, both of you realize that you are in love... You are bored and look forward to seeing you. Common situation? What happens and will happen next? What drives you? This book through the prism of sexual energetics will help you take a fresh look at the relationship between a man and a woman.

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Foreword

Why didn't Eve eat the fruits of the tree in the Garden of Eden?

Why were tombs made in the ancient pyramids?

Why are cats shouting in March, not dogs?

Why do small children taste the world?

Why do male penguins hatch eggs?

Why do not monkeys grow wiser?

Why do rape occur?

These questions are related to each other. Answers to them are united by one word – energy, and not just energy, but the energy of the reproduction of a new life or sexual energy.

The information presented in this book does not pretend to be scientific, but rather is a challenge for those who want to confirm or deny it. Metaphysics is intertwined on its pages with some areas of biology, chemistry, and physics; certain themes of the Old Testament are touched upon. The text contains practical recommendations on some issues of energy improvement and compatibility.

The description of the energetic processes occurring in the human body is built on concepts borrowed from the philosophy

of Taoism. Some terms are simplified, some are created on their semantic basis. The purpose of these changes and innovations is to describe the purpose of certain organs, systems and processes in terms of sexual energy.

While reading the book, I suggest you conduct a personal research. Once in a crowded place, find a man of the opposite sex, who will seem to you the cutest. Try to answer the question what exactly attracts you: the face, shape, legs or shape of any part of the body; maybe it's voice, gait or demeanor. Describe and highlight in priority order the three most significant features. This study concerns your energy compatibility.

Sexual energetic 2

(From the author)

Sexual Energetics 1, released in early 2019, was my first experience creating a book. Work period: second half of November 2018 – second half of January 2019. The writing process was like an insight: thoughts came to mind by themselves, and you had to concentrate on having time to type them on the laptop keyboard. This speed has caused many errors. It would be possible to order proofreading from the publisher, but at that moment – it didn't bother me at all. The purpose was to convey information.

Looking back, I can't understand where more than half of the ideas came from. The whole picture was assembled from

separate fragments, and they miraculously formed into a single whole. The materials for writing the book that I had before turned out to be either unclaimed or completely refuted by the new ones.

My passion for writing a book completely ruined my small business. Thus ended the 10-year marathon of entrepreneurial activity, consisting of ups and downs, and in the last 2 years – from the continuous struggle for survival.

The search for a job took 2 days. So, a few weeks after the publication of the book, I joined the team of the young company Aquadar. The new environment and activity associated with providing people with high-quality drinking water turned out to be extremely interesting. The cycle of collective relations and the new situation pushed the continuation of work on the book for a sufficiently long period.

The stay in the state of observation and comprehension of what was written continued until December 2019. It is difficult to say what exactly was the impetus for the continuation of the work, but approximately at the same period as a year ago, the book began to be supplemented as if from nowhere. Overlapping with my experiences, precisely those topics that were revealed superficially began to develop. Sometimes it seems to me that the book began to interfere in my life. It throwing up events and emotions associated with them where there was not enough information.

The 2nd edition has an English version created with the help of a translation program. It is supplemented by 2 and 6 chapters.

The rest of the material is edited and slightly modified. The English version is as close as possible to the Russian version, therefore it has a presentation form that is not quite correct for the perception of the English reader. Please submit all suggestions, wishes and comments on the polarenergetics page on Facebook.

Chapter 1. Energy Basics

Energy

Energy is everywhere, the sun gives energy to light, any material object possesses it, it is in the air and in the water, and it is inside of us. A man from ancient times uses energy, transforming it into a convenient form. Plants and animals use sunlight, as the main source of energy on Earth, without it, life would be impossible. The energy of the sun for us is the source of vitality.

The sun is in the active phase, it constantly radiates huge energy flows, which are delivered in the form of light waves to the Earth. The entire flora of our planet draws most of the energy from this source. Due to the plant world, there is a human and a large part of the animal world. Many animals, along with plants, are effectively enough able to use the energy of the sun and their life directly depends on it. When solar energy is low, they slow down all life processes to a minimum, when its volume increases – accelerate. Insects, reptiles, amphibians and some mammals are directly dependent on solar energy.

The fauna, which has adapted to existence in the conditions of energy shortage, is forced to obtain food for itself, using previously accumulated energy. Herbivores eat plants, carnivores

eat animals. Regular nutrition allows them to accumulate, store and quickly receive vital energy from stocks when a need arises. The digestive system will perform the function of indirect solar energy consumption. It, thanks to the diversity and abundance of the plant and animal world of the Earth, supplanted in humans the system of direct consumption of solar energy. This system exists, but is practically not used by man.

Since ancient times, people have learned to make fire, thus transforming the energy of the Sun, accumulated by plants, into a useful form. Any atomic structure is a clot of energy. In the past few centuries, people have been actively using the energy accumulated by plants thousands of years ago and turned into oil and coal. The modern world cannot be imagined without these sources, they have given people the opportunity to make a technological breakthrough and reach a qualitatively new level of development. The basis of progress is the invention of machines capable of converting natural energy into a form useful for humans. It was man who was able to curb and put at his service the energy of nature. Machines for energy conversion are quite complex systems, the same system of energy conversion, is the man himself.

Living beings inhabiting the earth, like machines invented by humans, are systems for transforming external energy into a universal form that feeds the organism. Life exists due to the presence of this particular form of energy.

How does the human body receives the necessary life energy?

In ancient times, a special kind of energy used by man was noticed in China. This energy was given the name – Qi. This is a special – a vital form of energy used to sustain life.

Qi is all around us; it is in the air, in the water, in matter. Qi can manifest itself in the form of Yang and accumulate in the form of Yin, seeking to achieve a state of equilibrium of the polarities of Tai-Ji. This property of Qi was the cause of the formation of matter. Solar, electric, thermal energy is a manifestation of Yang. The movement of air masses, water, electrons around atoms, any manifestation of life is also Yang.

The first source of energy for the animal world is the Qi of elements. Qi delivers oxygen in the air and in the water. The process of obtaining energy is based on its interaction with other elements in the process of chemical oxidation reactions. Of great importance in which, in addition to oxygen, carbon and nitrogen play. If you look at the periodic table, we will see their neighborhood. These elements have unique properties: they are able, to give and transfer Qi energy precisely in the form in which it is absorbed by plants and living organisms, to be together with other elements of the basis for building complex systems, including intellectual ones. Qi, as an elementary energy, can be of different density or saturation, and our body is able to use it only in a certain form. Oxygen, which is part of air or water, has the property of its transfer. Organisms that use this chemical element for life support have a system of organs whose work is aimed at its transformation. Breathing is the basis of life without

it, the existence of man is impossible. The energy of respiration can be called basic, but the volume of this energy is not enough, so a person, like all living things, needs additional sources of it.

Food is the second largest for humans and the first in terms of energy source. It is a trace element, plant and animal foods.

Plants and animals accumulate energy in themselves in the form in which it can be used by humans or other living beings. For its accumulation, the second most important chemical element for life, carbon, is often used. It contributes to the accumulation and conservation of Qi energy, giving it away due to chemical transformations. Combustion, fermentation, photosynthesis – these are processes associated with the chemical interaction of carbon and oxygen, as a result, energy is released. Plants and animals use in life and accumulate energy in the same form in which we use it. Consuming them for food, people use the elementary Qi they have saved. Any biological system is an energy storage device. Humanity is still using for industrial purposes hydrocarbons created by living organisms in the distant past.

The digestive system is a biochemical reactor, which is a complex in which, in addition to human systems, more than 10 thousand bacteria are involved, each of which has its own DNA. Food processing in this system takes place using chemical compounds synthesized by the digestive organs and the bacterial environment. This leads to the release of previously accumulated by other organisms nutrients that enter the body

and are converted into energy at the cellular level, ensuring its needs. Nutrients, obtained in excess, are stored in a special way for later use.

In Eastern esoteric traditions, the abdomen area is called the boiler. This is a place of energy conversion. If in this area, in any way deliver additional Qi – the body can use it. This principle is based on the eastern esoteric techniques of working with energy: Indian Yoga, and Chinese Tao. People who possess the skills of delivering the energy of space to their cauldron need less food and have more vitality.

The energy of space comes from the Sun, from space and is generated by the Earth. For a person, this is the third largest source of energy. The amount of Qi coming from it depends on the shape of the body and how it is attracted. A person has the ability to use energy from this source, but going on about the built-in bacterial system, prefers to feed along with it secondary Qi.

For the plant world, the energy extracted from this source is in the first place in terms of volume and value. Plants transform three types of energy: space, air, and chemical elements. The bulk of the spatial energy comes from the sun. Carbon is absorbed from the air. Chemical elements are extracted from the earth and air using water. The main process of energy production for plants is photosynthesis. The resulting energy is converted into thin Qi and accumulated by plants during growth.

Many representatives of the animal world have learned to be

content with small, some have enough breathing to sustain life. Insects can go without food for months, dormant, reptiles, amphibians and some mammals hibernate, during which all life processes in their bodies slow down to a minimum, during this period they use the energy of breathing and previously accumulated reserves.

Qi is a special energy that is easily assimilated and used by living beings, and all living beings are biological systems that consume it. The sun emits the energy obtained as a result of a thermonuclear reaction, but this form of it requires processing into a thinner variety suitable for consumption by living organisms. The light that comes from the Sun is not Qi – it is rather a vehicle by which huge amounts of energy are delivered to Earth in a concentrated form, where it is subsequently consumed. Qi is the energy released after the processing of light, easier for living beings to consume. The main work on the processing of light energy, make plants, they directly turn light into Qi and accumulate it.

Qi also comes directly from space, but this energy requires special methods of trapping, which are much more complicated than absorbing the concentrated energy of sunlight. This energy is dispersed in space, and its amount is small to fully meet the needs of most biological systems of our planet.

The existence of elementary energy is confirmed by modern scientific research. Modern physics has managed to catch a particle of this energy. If a person finds a way

to control elementary Qi, he will get unlimited possibilities, completely eliminating the secondary consumption of previously accumulated energy.

Separately, we should mention the water, it uses all living things. Water is able as a battery to hold Qi for a certain time and deliver it to the right place. Water is easy both to charge with energy, and to discharge. No wonder that fairy tales mention living and dead water. Living water gives off energy, while dead water absorbs it. Psychics and healers to use for their own purposes learned this extraordinary property of water. Studies have shown that water reacts to human speech, which is emotionally colored in a certain way. In the relationship of the sexes, water is also of great importance. It can transfer energy charge.

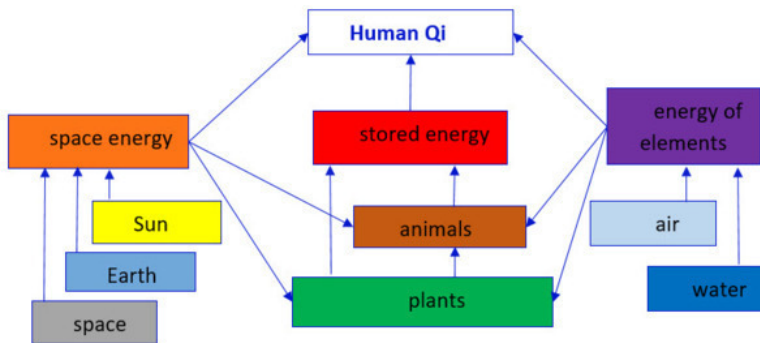
Water has the ability to capture and preserve cosmic Qi. Priests of Christian churches noticed this feature. They actively use water for various ceremonies. Probably, in a certain period (in the second half of January), the water is subjected to a powerful influence of Qi. The question remains open: where does this energy come from, either the planet itself radiates it, or the Earth falls into a powerful stream of cosmic energy. Without instruments capable of fixing Qi, it is almost impossible to determine. Water can receive both streams of energy that enter into the process of polar interaction. Thus, the water receives a pure, balanced quality energy of Tai-Ji.

If during this period water is put inside the form that

best concentrates energy, the water can accumulate a powerful charge, becoming literally alive. In this context, fairy tales about the return of a person to life with the help of living water look quite real. It is quite possible that water can somehow acquire the absorption properties of any free Qi. Once in a living organism, such water is able to take its Qi energy.

Speaking of forms capable of charging water, it should be noted that the unique properties of the pyramids have long been established. It is also likely that the domed form of church temples, like the pyramid, focuses energy inside the temple. Thus, all the rituals with water produced by the priests in such premises really have a powerful energy character.

The scheme of human energy supply



People and animals, unlike plants in significantly smaller volumes, capture the energy of space, so they need food that is

saturated with Qi available to them.

How does each of the sources contribute to the overall energy of a person?

– The distribution may be different. The approximately constant volume of Qi comes through the energy of the elements in the process of breathing. Volumes obtained from other sources may vary significantly.

The energy of Qi, being inside the energy system using it, can be accumulated and transformed into a more saturated (dense) form. People paid attention to this feature of energy back in antiquity. In India, concentrated and saturated energy is called Kundalini, in Tibet – Jing. The production of this energy is necessary for the continuation of life; bisexual species of living organisms especially need it. Jing can move through the body, using energy channels, providing the energy needs of all related systems. Practicing energy types of meditation allows you to feel the movement of energy, especially along large channels. One of these is the control channel that runs along the spine. This path of energy movement begins in the crotch area and rises to the crown. The capacity of the control channel is the highest, so everyone can learn to realize the movement of energy through it and even control it. The energy system of the body is constructed in such a way that a large amount of energy, if necessary, can flow along any part of it and in any direction. This feature explains how differently organized energy meditation systems work, for example, Yoga and Qigong. During meditation, the

brain indicates which way to follow the energy, and the neurons perceive the sensations from its movement. The Taoist thesis “Where the mind is, there is Qi” explains the ability of a person to control the movement of energy in the body and beyond by the power of consciousness.

The form

Plants and animals are able to absorb Qi directly from space, and some plants use this ability quite effectively. We are talking about evergreen conifers capable of surviving in harsh conditions. For example, pine and spruce are able to receive significant volumes of Qi directly from space. They produce enough energy for evergreen existence. Pine, spruce and other conifers are among the most ancient. The age of the oldest pine is more than 5 thousand years (Pine spiny intermountain grows in California USA). The age of spruce vegetatively propagated exceeds 9 thousand years (it grows in Sweden).

Perhaps in ancient times the space was saturated with Qi and all living things consumed it with ease, but over time the amount of elementary Qi began to gradually decrease and the flora and fauna evolved, adapting to the conditions of reducing the volume of free Qi. Plants, formed a special form and mastered photosynthesis, animals adapted to extract this energy from plants by consuming them for food and mastered the use of oxygen in the air or in water. Some plants have learned to effectively use free Qi space, which, thanks to a special form, can maintain a green crown even in harsh winter conditions. The form, for the free energy of Qi, is organizing. Pine and spruce has a pointed pyramidal shape, which attracts large volumes of Qi space. In the period of winter dormancy, this energy is enough

to sustain life. This form allows not only to survive in harsh conditions, but also to live longer than other trees.

Not only plants have the ability to capture and accumulate free Qi. Qi is located in the atmosphere of the Earth attract and accumulate clouds. The shape of the cloud attracts, and the water molecules retain Qi entering the Earth from outer space. A certain period of Qi to be in the cloud in the form of Yin, but with the approach to any object with a polarity of Yang, the accumulated Qi is converted to another form and manifests itself in the form of lightning.

Form organizes free energy. Any matter is a form of Qi organization, which is in the passive Yin phase, its transition to the active phase is accompanied by a dynamic burst of energy.

The form is the main energy tool for any living being. All plants and animals have a form, and their energy structure directly depends on it. In addition, inside the form there may be small forms dependent on it, which transform and accumulate the energy of another, more dense level. The compaction of energy is a process occurring everywhere in the universe; it led to the emergence of all material. Look at the variety of forms of animate and inanimate nature – the same diversity reigns in their energy structures.

People from antiquity noticed that a certain form affects the processes occurring inside it. According to one of the theories of scientists, the physical vacuum and material objects that have a spatial-geometric structure distort the linear structure of the

physical vacuum, which is a medium with a wave structure. The response of the physical vacuum is a change in its spin state, which corresponds to the appearance of torsion fields. All objects of the world around us are form-building structures that generate torsion fields. Man is also a complex set of torsion generators, from the cellular level to more general energy systems.

A special place among the variety of forms is occupied by pyramidal structures, which in addition to the impact on the surrounding space, the torsion fields generated by them, are a connecting link that perceives the cosmic torsion currents and the energy generated by man, the environment and the Earth. For example, the ancient pyramids were energy constructions and were built in such a way that they had the following properties: mummification, tissue regeneration, water structuring, they concentrated the cosmic energy like a lens and sent the seismic vibrations of the Earth into space. The properties of the pyramids were actively used in antiquity. In the modern world, the pyramids have lost some of their properties due to reduced energy flows.

The pyramid stands on the Yin base, which is the planet Earth. The top of the pyramid concentrates the potential of Yin. When approaching the top of the Yin system, it becomes the Yang in relation to it and transfers the energy potential to it. The top of the pyramid in relation to Yang active energy, located above it, is Yin and can attract and carry it through its structure. In the presence of Yang flow from space, going through the top of the

pyramid, inside its structure a ball of balanced polar energy Tai Ji is formed. This ball can be used, and energy in a special way to accumulate. Those who built them used this property of the pyramids to power their needs.

Why did they make tombs in the ancient pyramids?

– The tombs in the pyramids were constructed to maintain, with the aid of a Tai Ji ball, soul activity that left the body after death. Perhaps the souls of the pharaohs resting in them to this day periodically arrive at the pyramids for recharging, and unknown substances feed on their peaks with energy.

The effective work of the upper and lower forms is provided by the musculo-skeletal structure of the body. An important role is played by all the tissues of the body involved in the formation of the form. The greater the volume of the upper and lower forms in relation to the circumference of the press in the place of their contact, the more powerful the flow of energy they focus. Maintaining the ratio of forms provides a corset of the muscles and tendons of the abdominal press. The thinner the waist, the more powerful the flow of focused energy. If you add up all sources of energy, you can easily detect the relationship between the energy flows of space (the Sun, Space, Earth) and previously accumulated energy (plant and animal food). The more the energy system focuses the spatial energy flows into the abdominal region, the less it needs food. Masters of work with external energy flows are able to do almost without food, using the energy of the elements (air and water) as the base energy,

and the energy of the space as the main energy.

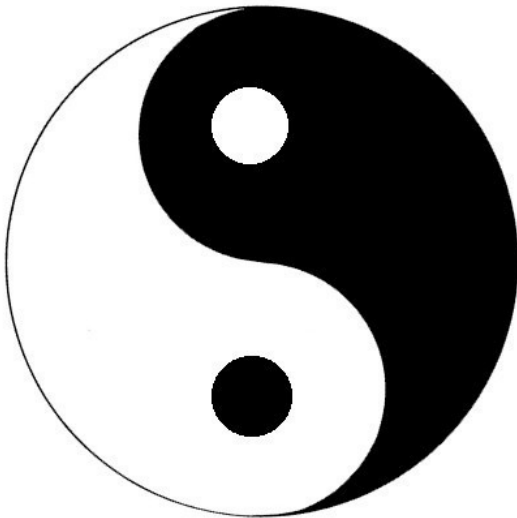
Increasing the waist circumference in relation to the volume of the shoulder girdle and hips leads to an energy imbalance of the body, the ratio changes in the direction of falling share of space Qi, thereby increasing dependence on food.

Comparing the forms of the skeleton of men and women, there is a difference in the ratio of the volume of the upper and lower pyramidal forms: women often dominate the lower over the upper, in men – the upper over the lower. This difference in volume maintains the strength of the polarity.

Chapter 2. Polarity

Consumption of Qi from several sources made it possible to convert it into a more dense form of Jing. The system of such a transformation is built on the basis of the energy of the elements, the accumulated energy and the polar energy of space and is located in the place of its greatest concentration: in the lower part of the body. The Qi to Jing transformation system is necessary to start a new life. With a higher intensity, Jing is able to create a powerful energy field needed to start a new life. Jing can accumulate and quickly be released if necessary. The intensity of this release is several times higher than the intensity of release of Qi. Methods of accumulation of Qi and Jing differ significantly. The body in the form of nutrients accumulates Qi and the process of its release is chemical in nature. Jing accumulates in special reservoirs and the process of its release is of an energetic nature and is based on the interaction of opposite potentials.

Polarity is two states of energy that can change. Polarities are attracted to each other and tend to a state of equilibrium. In Taoism, the polar energy balance is called Tai-Ji and is denoted by the corresponding symbol:



The essence of the symbol is that the polarities are one and each of them contains a particle of the opposite. The symbol of Tai-Ji shows the equal ratio of female polar energies – Yin and male – Yang. The state of Tai-Ji provides for the fusion of two polar parts of the high-intensity Jing energy: Ying-Jing and Yang- Jing. In the eastern esoteric traditions, the balance of polar energies is considered as an ideal state to which all life aspires.

Eden

27 And God made man in his image, in the image of God he made him: male and female he made them.

These words are puzzling to all who read the Old Testament. At first, we speak about one person: “And God created man in His own image, in the image of God He created him,” and then goes on: “He created them male and female.” Atheists laugh and sneer at this contradiction, they say whom he still created “him” or “them”?

The man originally created, was not alive, he was like God, and included both male and female principles. It was an energy substance that is in a state of polar equilibrium Yin and Yang. Speaking in terms of Christianity, at first, man was created as a soul that combined in itself a male and female principle: “man and woman created them.”

God himself is the same energy substance. There is no reason

to identify God the Creator and man in the flesh, respectively; the images of God the Creator in human form contradict the Old Testament.

The Christian concept of “soul” describes in a certain way an organized energy that does not have materialization and makes it possible to understand many phenomena that cannot be described using other terms.

Man in the flesh was created after the creation of the energetic substance or soul.

7 And the Lord God made man from the dust of the earth, breathing into him the breath of life: and man became a living soul.

To organize the energy substance required form. It was made “from the dust of the earth” or of elements on the surface of the planet Earth. The form or body of a person allowed holding the soul and receiving spatial energy. The form is the basic tool necessary for interaction with any kind of energy. Reproduction from the dust of the earth is a process similar to that used in the terrestrial plant world. Plants in the process of growth receive

essential nutrients from the earth. The creation of man from the dust of the earth can in its essence be analogous to the cultivation of a plant.

After that, life was launched: “breathing into him the breath of life” By these words is meant the start of the process of life with the help of breathing, as a way of feeding Qi with elements.

Before the start of the breathing process, a person was not a living soul!

The breath became the process that triggered life.

The first breath of a child at birth is the moment he finds a living soul.

The last exhalation before death is the moment of loss by the body of the living soul, which passes into its original state, approaching God.

Breath is life.

Modern studies of the state of clinical death confirm the fact that the soul has left the physical body and its existence beyond its limits as a rational energy substance capable of seeing and assessing what is happening and moving in space. Moreover, it is important that everything the soul remember. From this, it follows that the human mind belongs to the soul, which uses the resources of the living body to ensure its work during its stay in it.

8 And the Lord God made a garden in the east, in Eden; and there he put the man whom he had made.

The word “made” means the formation of a balanced intensive energy field of vital energy Qi. The word “a garden” refers to a complex of energy and natural conditions under which life can arise and exist based on external energy, without spending any effort to receive it. The locality of Eden was probably suitable for this purpose, therefore it was chosen for the making a garden. It was necessary to place a person there in order to adapt him to the conditions of life on the planet, which were more severe than in paradise.

However, being in paradise, possibly due to the gradual decrease in the intensity of Qi, showed that a person cannot be reproduced in one individual under such conditions.

Man was originally a system that produced a perfect cell, which under certain conditions could independently create a new life. However, in the real world, it turned out that a person in one individual could not cope with the continuation of life; therefore, it was necessary to divide into two individuals.

18 And the Lord God said, It is not good for the man to be by himself: I will make one like himself as a help to him

The words “it is not good for the man to be by himself” means that a person in one body did not cope with the process of reproducing life; he needed an assistant who was identical in his characteristics.

19 And from the earth the Lord God made every beast of the field and every bird of the air, and took them to the man to see what names he would give them: and whatever name he gave to any living thing, that was its name.

The process of the formation of animals and birds from the

land demanded incarnation or naming. This process is described in modern quantum physics. This is the first measurement necessary for the existence of the phenomenon. The name described the process and was a prerequisite for the existence of a new one.

Subsequently, the process of creation is deciphered in the Gospel of John.

The naming described in the Old Testament was a necessary condition for the existence of any phenomenon. The word was the instrument that made it possible to make a name.

Thus, the man created by God in His image took direct part in the creation of living nature.

20 And the man gave names to all cattle and to the birds of the air and to every beast of the field; but Adam had no one like himself as a help.

In the process of naming, an attempt was made to select a partner for man among the created living beings, but this was not found. Probably, the human energy system turned out to be

unique and could not be combined with one another; therefore, the person was divided into two individuals of different sexes.

From this point on, the name, Adam appears in the text of the Old Testament. The appearance of the name Adam is the reincarnation of man – as the carrier of a perfect cell into another form. The presence of the name Adam speaks of the complete loss of a person’s ability to regenerate through a perfect cell and his father’s status.

21 And the Lord God sent a deep sleep on the man, and took one of the bones from his side while he was sleeping, joining up the flesh again in its place:

22 And the bone which the Lord God had taken from the man he made into a woman, and took her to the man.

These lines describe exactly how a person was divided into two sexes. The person was put to sleep; they took a bone from him and raised the flesh of his wife. The man up to this point was a perfect bisexual entity; in him were both a man and a woman. After separation, the wife was brought to a man who lost a bone after this operation. The word “bone” can be understood to mean

a part of the structure, like DNA, that a person possessed after creation from the dust of the earth.

23 And the man said, This is now bone of my bone and flesh of my flesh: let her name be Woman because she was taken out of Man.

After removal of the bone, the man divided into husband and wife. On the basis of a more complex system capable of independently reproducing life, two more simple ones were created, which made it possible to increase the amount of energy necessary for the reproduction of life twice. The elements of these systems were similar. The man originally created by God, in the process of such separation, lost part of the perfect structure of the cell and could not reproduce life without a wife in the future.

24 For this cause will a man go away from his father and his mother and be joined to his wife; and they will be one flesh.

Under the words “joined to his wife; and they will be one flesh” implies the process of uniting the previously separated systems. The word “joined” means physical proximity to create one energy system similar to the one before separation. Integration into one energy flesh or entering into the state of Tai-Ji is a prerequisite for the reproduction of a new life.

As a result of the separation, the husband and wife became the carriers of their own part of the perfect cell, preparing each of its elements separately for unification. Their polar systems turned out to be similar to each other, being in a state of energy balance.

The energy identity of the husband and wife turned out to be a problem; they did not attract each other for unification into one system.

25 And the man and his wife were without clothing, and they had no sense of shame.

“And there were both naked” means to be in balance and harmony with the energies of Paradise.

The words “and were not ashamed” mean that their condition was completely energy stable, did not require any actions, they came in harmony with themselves and with the surrounding nature.

This state was good, but it did not allow the energy systems of Adam and his wife to see in each other the parts of a divided whole that required unification into one flesh.

The serpent who spoke to his wife probably knew the essence of the problem and saw its resolution, but did not have the authority to correct the situation, so he began to act on his own, for which he paid later on with expulsion from Garden.

The creators of man did not have a clear plan and the intervention of the serpent turned the situation into the direction of shifting the polar balance with the help of the fruit from the tree of knowledge of good and evil.

6 And when the woman saw that the tree was good for food, and a delight to the eyes, and to be desired to make one wise, she took of its fruit, and gave it to her husband.

After eating the fruit of the wife there was a change in polar balance.

The forbidden fruits that my wife tasted were the elements that brought her Jing out of Tai Ji balance. She probably ate enough of her energy system to acquire the ability to accumulate a large amount of Jing and acquire excess polarity Yin. Adam, who tasted the fruit after his wife, also gained an ability to accumulate, but in a somewhat smaller volume (perhaps the wife went too far with eating the fruit and Adam got a little). The small amount of accumulating Jing gave Adam the ability to quickly transform the accumulated Jing from the Yin phase into the Yang phase. This gave him the opportunity to periodically generate high-intensity Yang Jing potential.

Having gained the ability to accumulate Jing, Adam and his wife realized their nakedness. This means that they have experienced in themselves a special energy system, which previously did not have an overabundance of one polarity and lack of another. Jing's wife's generator acquired ying-jing's

excess potential, and Adam gained yang-jing's.

Life on Earth was created by the supreme divine reason, which created in the conditions of the incubator – Garden many diverse forms and adapted them to existence beyond its borders. For a certain period, the higher mind interacted with man in the process of creation, and in the future, for disobedience, man was deprived of the opportunity to promote the higher mind and was expelled from Garden. It is possible that human actions destroyed a balanced system and caused energy imbalance. The fruits on the tree of the knowledge of good and evil could be necessary elements that ensure the functioning of Garden. Without them, the polar balance of the system was lost and the level of clean energy began to decrease.

Up to the moment when the saturation of energy was reduced, the concentration of Qi in Eden was so high that life could be easily maintained only on the systems of respiration and absorption of the energy of space. A recycling system for secondary Qi probably also existed, but was used only marginally.

The process of creating life was not long; the further life on Earth went evolutionary way.

How was Garden planted? How did you manage to concentrate life Qi in one place? If people manage to recreate this system, they will be able to live without food in the form familiar to us. Creating energy systems to support life, a person will be able to explore outer space, colonizing the planets suitable

for this. In this way, the higher mind that created life on Earth acted.

Those hotheads, who decided at today's level of knowledge in the field of life energy, to colonize other planets, should concentrate part of their forces on creating a system capable of producing it.

In Eden, there was a polar equilibrium. Yin and Yang were in harmony and were in a state of Tai-Ji. Without Eden, an equilibrium of polarities and a high intensity of Qi were absent, which required a complex system of production, accumulation and transformation of energy. The system of further reproduction of life without Eden required the generation of high-intensity Qi (Jing) in a large volume. Within the limits of one individual, it was impossible to solve this problem. One individual could not accumulate in large volumes and in the process of reproducing a new life to maintain a high-intensity ying jing while simultaneously maintaining a high-intensity yang-jing, therefore complex systems were divided into two individuals of different sexes. Those systems that coped with the generation of a sufficient amount of Jing remained within one individual. Most of them are representatives of the plant world, who have a high ability to efficiently convert the energy of space.

Human polarity

Man is a dynamic oriented spatial form. Changing the position of a person relative to the Earth and the sky allows him to regulate the flow of Qi of space of different polarity, attracting Yang Qi through the upper form and through the lower Yin Qi. In the vertical position, a person attracts the maximum amount of Yang Qi space, in the horizontal – the minimum.

The redundancy of one of the potentials lies at the heart of heterogeneous reproductive systems. The diversity has arisen due to the impossibility by the forces of one system to ensure the production of the material necessary for reproduction. The more complex the system, the more energy it requires. The production of cells involved in the reproduction of life is the most energy-intensive process, the most complex of all processes in the body. It requires complex biogenetic work and proceeds with the absorption of large amounts of energy. The cells involved in the reproduction process, in miniature, accumulate a huge amount of information and store energy. The process of connecting different sex cells requires the attraction of a powerful flow of energy, which gives impetus to growth.

How does the polarity shift process occur? Children from birth to puberty have a balanced energy system, it has virtually no energy shift, but during puberty, an increase in the potential of one of the polarities occurs. This effect leads to a certain type

of formation of the musculoskeletal structure of the body, which is accompanied by the corresponding hormonal background. The growth program builds up the body in such a way that by the age of 13—15 years, the child takes on a form that increases the corresponding potential. The female type of figure attracts more Yin energy, and the male type Yang. The source of Yin is the earth, and the source of Yang is the sky. The essence of Yin is passivity, attraction, absorption. The essence of Yang is activity, pushing, giving. Yang polar energy comes from space; it is attracted and absorbed by the Earth. A person, possessing a certain form, receives both potentials. From what energy he is able, to receive in a larger volume depends his energy organization.

The formation of the male or female path of development occurs at the 9th week of fetal development. The presence or absence of the Y chromosome plays a decisive role; before this period, the embryo has a female physiological organization. However, the presence of the Y chromosome does not guarantee the male energy path for the development of body shape. Sometimes it happens that sex characteristics develop according to their own scenario, and the energy system – in its own way. The Y chromosome acts as a switch for the male development scenario, triggering the development process of the male type. If this switch is not, then the fetus continues to develop along the female path. Energy support for further development may be of a different nature, which leads to the formation of the

musculoskeletal form with elements inherent in the opposite sex, which affects the functioning of the reproduction system.

The Y chromosome triggers the process of primary (intrauterine) polar displacement and lays in hormones and the physiological structure of the body, determining the sex of the person. However, in cases of equality of potentials Yin and Yang, this does not happen and a person develops signs of both sexes, each of which turns out to be underdeveloped. The equilibrium state of the energy system is an exception.

The intrauterine polar shift has almost no effect on the overall energy system of the child and affects only the genitals. Until the age of 10—13 years, it is in equilibrium, but at the moment of life determined by the genetic program, under the action of hormones, the energy system shifts towards increasing one of the potentials. The second stage begins puberty. There is a development of genitals and Jing systems; the musculoskeletal structure is being transformed. In boys, due to the strengthening of the shoulder girdle, the polarity of Yang increases significantly, and in girls, due to the increase in the volume of the hips, Yin.

After puberty, men and women have a formed energy system, the shape of which attracts polar energy in accordance with proportions. In the human body in the navel is the main energy center, where these energies are mixed, forming an energy ball that feeds the entire system of the body. In the Tao system, the place of energy concentration is called Dan-Tien, in the Yoga

system – Chakra.

The energy ball formed by the upper and lower spatial forms in humans, as a rule, does not have polar equilibrium. Most men are dominated by Yang, and by most women Yin. The ball is located between two main energy channels: the manager (Yang), passing along the spine from the tailbone to the head, and the functional (Yin), passing along the frontal part of the body from head to tailbone. The ball is located in the center of the abdomen in the environment of the microbiota, which selects a part of the energy for its needs. The larger the microbiota, the more it takes on pure polar energy. The ball is centered between the channels and in cases of growth of the abdomen is removed from the Yang channel, thus reducing the flow of clean energy into it. The overall polarity of the body shifts towards Yin, which leads to a lack of Yang and has a negative effect on Yang polar processes in both men and women. So, for men with a big belly, the hormonal background changes towards the female side, the intensity of the energy flow in the genitals decreases, for this reason, the sperm nutrition is reduced. In women with a large belly, including during pregnancy, the activity of the Yang system decreases. Excessive Yin tends to increase, resulting in many women gaining excess weight.

Changes in body proportions during adolescence do not always occur in full. Thus, for some girls, the hip line does not expand to the extent that the Yin polarity prevails over Yang, while for boys, the shoulder girdle line and Yang polarity does

not develop to the level of Yin predominance. As a consequence, the opposite of sexual characteristics can be formed. Both sexes are subject to this. If this phenomenon contributes to the corresponding psychological atmosphere, the person is inclined to identify himself with the opposite sex. Thus, homosexual types of people are formed. Is this a norm or deviation?

– The existence of a conflict of energy and physiological component, suggests that this is an energy failure that can be corrected.

Prior to the formation of a stable mental identification with the opposite sex, bringing the energy system back to normal can rectify the situation. The correction methods are simple and are associated with increasing the volume of the area of the body, the polarity of which is necessary to increase. Moreover, of particular importance in this process is maintaining the proportions of the line of the hips and the line of the shoulders relative to the waist. Without an ideal tone of this area, a change in the size of the hips or shoulder girdle does not make sense. In both men and women, the correction of the energy balance must begin with reducing the abdominal area to a physiological norm.

In order to understand in time that the energy balance is violated, it is necessary to measure and compare the strength of both polarities. This requires diagnostic devices to measure the strength of the polar Jing. Instruments for measuring human Qi and Jing can be an effective means of determining the state

of energy health. Considering the fact that there are many energy channels in the human body, measuring Qi or Jing in a certain place will give an idea of their condition. If a weakening of Qi movement is detected at any site, it will be enough to restore the flow so that the body can cope with the disease.

Treatment methods based on diagnosing the state of Qi energy have been practiced in Tibet since antiquity, and such a treatment system as acupuncture is a clear indication of the effectiveness of this approach. Masters of acupuncture, based on their own and the experience of their mentors and using their energy system diagnose and repair damage to the energy channels, thus coping with many diseases.

Qi energy has the property of concentration and contraction to the state of Jing. This was noticed in ancient times in China and India, creating great practices of working with energy: Qigong and Yoga. Jing can be accumulated and used by the body, the sex center is responsible for its production and distribution. The mechanism of transformation of Qi to Jing is based on the transformation of body energy into a more dense form. This process takes place in the pelvic, where Qi is compacted in the Yin phase.

Jing density may be different and depends on the power of Qi flow. The better the condition of the body and the more Qi moves in the energy orbit, the more powerful its Jing. This energy is used for procreation, intellectual activity and for interaction with the outside world at the energy level.

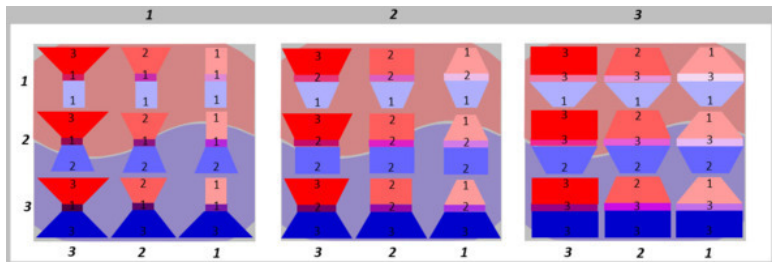
Masters of light meditations are able to direct additional energy flows of space into this area, which allows increasing its total volume in the body, reducing the proportion of secondary Qi.

In the process of life, the body wears out and loses the ability to absorb and recycle Qi energy. The lack of Qi in the body leads to a gradual decrease in the Jing reserves, up to complete exhaustion. This process is called aging. Death, resulting from this, in terms of energy, is the loss by the physical body of the ability to generate vital energy of Qi and its quintessence Jing. It can occur as a result of natural aging, and because of system breakage.

The imbalance of the energy system leads to disruptions in the systems for producing vital types of energy, which on the physical level manifests itself in the form of various kinds of diseases. A thousand years ago, Chinese medicine discovered this relationship and developed an approach to the treatment of diseases by restoring energy damage. If a human manages to artificially generate a Jing, he will be able to use it to restore damaged energy sites, recharge his energy battery, thus continuing his life.

I

27 types of human figures



The classifier is divided into 3 squares, in which figures are grouped according to the circumference of the waist in relation to the circumference of the lines of the shoulders and hips with buttocks (numbered at the top of the figure).

One square – the waistline has a clearly defined contour with relaxed abdominal muscles.

Two square – the waistline is drawn with tensed abdominal muscles.

Three square – the waistline is not drawn when the abdominal muscles are tensioned.

For clarity, the purple color of the waistline is depicted darker and more contrasted with a good proportional ratio of the waist to the line of the shoulder girdle and hips.

The line of the hips and buttocks is grouped in rows, the numbering of which shows their circumference in relation to the

circumference of the waist and shoulder lines.

One line – shows figures with narrow hips, and small buttocks, characteristic mainly for male figures, but also found among female ones.

Two line – the hips and buttocks are quite developed, but do not predominantly prevail in relation to the line of the shoulder girdle, back and chest, are equally characteristic of male and female figures.

Three line – the line of the hips and buttocks is well developed, characteristic of female figures, it is extremely rare among men.

The line of the hips and buttocks is shown in shades of blue. The darker, the more developed the hips and buttocks.

The shoulder line is grouped in rows numbered according to the ratio of their circumference to the circumference of the waist lines and hips with buttocks.

Three row – the line is well developed characteristic of male types of figures, but is also found among female ones;

Two row – the line is developed well or satisfactorily, equally inherent in male and female types of figures;

One row line is underdeveloped, mostly found among women's hearts, rarely in men.

The classifier has a horizontal wavy line conditionally dividing the figures into male (at the top of the table on a light red background) and female (at the bottom of the table on a light blue background).

All 27 types of figures are found in women. Among men, the

3rd line is almost completely absent, therefore for 95% of men only 18 types of figures are relevant.

Each of the 27 types of figures has its own unique energy organization. The numbers show the conditional relationship between the energy lines. The red line shows the power of polarity Yang: the larger the number and the darker the shade, the more powerful. The violet line shows the strength of the line of the energy center of the body. The smaller this number and the darker the shade, the better the energy center works. The blue line shows the strength of the Yin polarity, the larger the number and the darker the shade, the stronger the polarity.

For male types of figures, the predominance of the polarity of Yang over Yin is characteristic, for female types, the polarity of Yin over Yang is opposite. The central row of the table shows the types of figures that do not have a pronounced polar prevalence. These types of figures are equally common to both men and women.

The table can easily determine the degree of energy compatibility. If you add the numbers of the upper and lower lines of a man and a woman and they will be equal, this will indicate an excellent energy balance of the couple.

If these numbers differ by one unit, the balance will be good or satisfactory depending on the state of the waistline (the larger the purple line, the worse the balance).

If the difference is more than one unit, the balance is unsatisfactory.

With good compatibility of the red and blue lines, it is important that the purple line in value is as close as possible to unity. An imbalance in the waistline leads to an energy imbalance of the entire system, so it's rather difficult to assess how compatible the pairs with the triple in the purple line are. In this case, everything is possible, from perfect compatibility to complete incompatibility.

In the center of the squares are figures with an equal balance of Yin and Yang. The owners of such figures are perfectly compatible with each other and are well compatible with any other type of figures.

All lines can be adjusted by physical improvement and body weight control. Therefore, if you meet a partner with a body type with satisfactory or even unsatisfactory energy compatibility, do not despair, but intentionally develop those lines that require correction. If the purple line has gone to the side of the three, first of all, start by putting your waist in order.

Animal Incubators

Round, oval and egg-shaped forms are used in the animal kingdom to reproduce life. Eggs, testicles in males, the uterus in females, all have a spherical shape. Probably, Eden had the same form. This is a form of incubator.

The round shape is a structure balancing energy. An external energy source is needed to provide energy to an egg. In order for the mechanism of life or energy circulation inside the egg to start, it needs to launch the external Chi energy into its energy structure. In different animals, this process starts in different ways. Birds hatch eggs, forming an external energy field, and some of the birds are able to form a Qi flow under conditions, to put it mildly, unsuitable for hatching. For example, emperor penguins hatch eggs in Antarctic conditions. The eggs are provided with the necessary energy due to the vertical shape of the birds, which looks like a pillar. It is this form that allows you to start life in an egg in such harsh conditions, it provides them with a sufficiently powerful flow of Yang energy. The temperature may drop below -57 degrees Celsius. At penguins, males are engaged in hatching eggs.

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