

The influence of the essence on human biorhythms.



There is no living organism, starting from the most primitive forms and ending with the actual person, that does not have an essence.

Every person during his life noticed moments peculiar to the peak of physical activity, when an incredible surge of strength and energy was felt, working capacity, endurance increased, in a word, a person could "turn mountains". And vice versa, whatever he did - everything fell out of his hands, laziness "rolled" and nothing worked. The same periods of rise and fall were observed in the area of mental mood. Positive emotions - feelings of happiness, love, joy were replaced by gloomy feelings. At such moments, apathy, indifference, anger and resentment prevailed. Not spared the waves of activity of human mental abilities, which were reflected in the manifestations of memory, thinking, generation of new ideas, creativity.

Who and what controls this process? No matter how many people lived, thousands of years ago or today, throughout time we had to deal with periodically recurring manifestations of the human psyche. Or does the human body itself control mental activity, or is it an inherent quality of a natural phenomenon? Many bright minds of mankind were engaged in solving this issue. Relatively recently, by historical standards, a little more than a hundred years ago, there was a theory that human life is subject to biorhythms.

The theory assumed that a person has three multi-day rhythms with a period of 23, 28, 33 days, which determine the level of his physical, emotional and intellectual activity. For the first time, European researchers spoke about the existence of biorhythms: the Austrian psychologist Hermann Svoboda, the German doctor Wilhelm Fliss, the teacher Friedrich Telcher from Innsbruck. Based on the results of their research, a sinusoidal curve was compiled, the upper half of which reflected the peak of activity. The lower half, being an exact copy of the upper half, reflected a decrease in biorhythm activity. The high and low points were considered critical days. At the end of the 20th century, the doctrine of biorhythms reached the peak of popularity. We began to make calculations starting from the birthday to determine the biological phases when we should expect records or on some days we should be careful to avoid accidents. However, the further away from the birthday, the greater the error in the calculations due to the fact that although biorhythms have an average frequency of 23, 28 and 33 days, but each person has his own unique cycle and can vary plus or minus one day, in addition, during the life of the cycles may have a slight deviation in one direction or another. At the same time, relative to the average value, we can talk about the constancy of biorhythms, this is their peculiarity. After all, the number and duration of cycles are characteristic of many people and do not depend on race, nationality, social status and places of residence. Academic science has rejected the theory of "three biorhythms" as untenable, specifying writing in the category of pseudoscience. If the scientific community has put a "cross" on the advanced idea, and we already know what modern science is, then there is something in it. But then came to Earth a Man with a capital letter, the great Russian scientist Nikolai Viktorovich Levashov. He not only confirmed the existence of biorhythms in the human body, but also showed and proved in his writings that specifically affects the properties and qualities of biological rhythms. Before continuing, for the sake of what this article was started and tell about your vision of the topic, I would like you to carefully read an excerpt from the book by N. V. Levashov "The Last Appeal to Mankind":

The essence of man... It enters the fertilized egg at conception and leaves the developed physical body at the time of its death... Throughout the life of a person, the entity goes through different stages of its evolution and developing, it affects the physical body in which it is located.

The essence of man has a foundation formed by three bodies:

etheric, astral and mental. In any person, each of these bodies of essence can be more or less developed or in its infancy. But, there is one pattern:

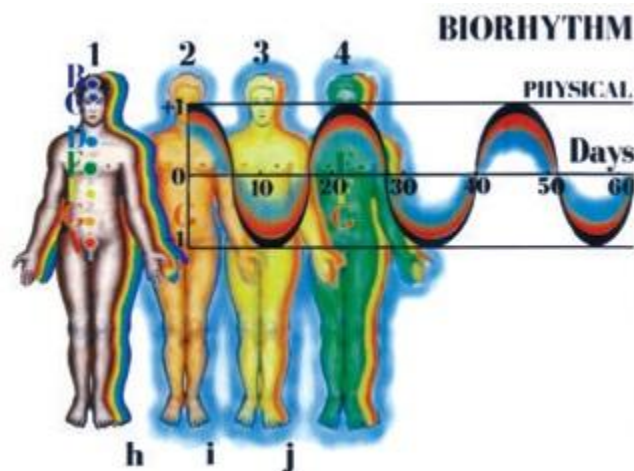
1) a full-fledged astral body can develop only after the completion of the development of the etheric body to a certain level, when the qualitative barrier between the physical and astral planes of the planet disappears;

2) a full-fledged mental body, respectively, can develop only after the completion of the development of the astral body to the level when the qualitative barrier between the physical and the first mental planes of the planet disappears.

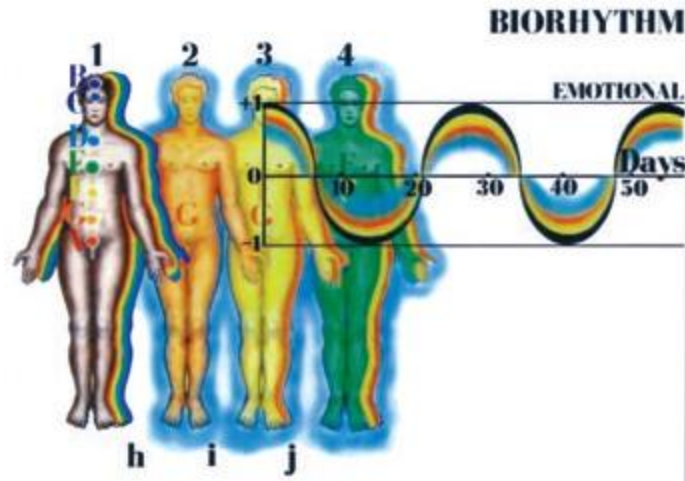
At the moment of conception comes an entity that already has its own qualitative foundation structure. And this is manifested in the behavior of the child from the very first days of his life. The qualitative structure of the foundation of the entered entity is only at a certain point of its development in a **given** physical body. Because only in the presence of a physical body is an entity able to actively develop.

Each body of the foundation of an entity in the process of its development can occupy a dominant position in this foundation. But the mental body, for example, begins to develop last of the foundation bodies and therefore begins to influence the qualitative structure of the entity much later than other bodies. In addition, most people do not have time to develop their mental body to the point where it can become dominant in the foundation of the essence.

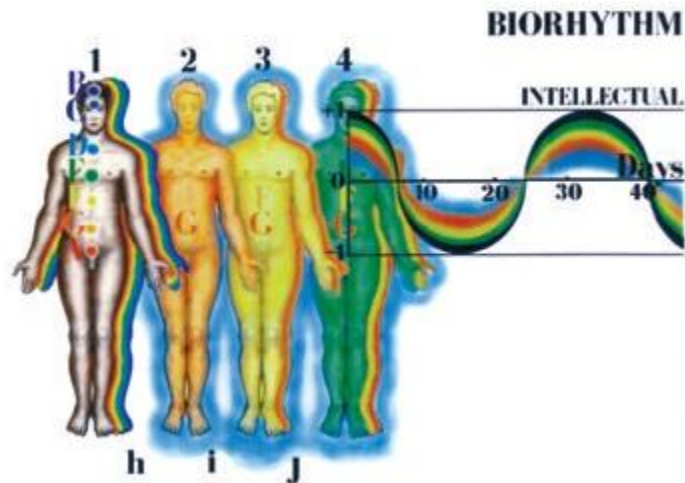
And if the full cycle of activity of the physical body of a person in most cases is **twenty-four hours a day** (a daily cycle of changing activity and rest, during which the physical body restores its potential), then also each of the bodies of the foundation of the essence has its own cycle of activity, and different for each of the bodies. Now we have come to understand the nature of **human biorhythms**.



The full cycle of activity of the human **etheric body** has a duration of **twenty-three days**, it affects the physical activity of a person and therefore it is called - **physical biorhythm** (see Fig. 114).



The full cycle of activity of the **astral body** of a person lasting **twenty-eight days**, affects emotional activity and is therefore called - **emotional biorhythm** (see Fig. 115).



The full cycle of activity of the **mental body** of a person has a duration of **thirty-three days** and affects the intellectual activity of a person and therefore is called - **intellectual biorhythm** (see Fig. 116).

It can be seen that there is a relationship between the complexity of the organization of each body of the essence foundation and the duration of the full cycle of activity of each of them. The more complex the structure of the body, the longer the full cycle of its activity, which is understandable. Further, each of the other mental bodies, if a person has them, also have their full cycles of activity, with more and more duration.

The second mental body has a cycle of activity lasting forty-nine days, **the third mental body seventy-four days**, and **the fourth one hundred and ten days**. Thus, the biorhythms of each person affect his type of temperament. Also, the type of human psyche is influenced by the frequency of activity of the bodies that make up the foundation of the essence.

From the above passage, it can be understood that the biorhythms accompanying a person directly relate to the vital activity of the entity. In addition to the physical body, which periodically needs rest to restore activity, each of the essence foundation bodies also periodically rests. When a huge amount of energy is wasted, the system cannot remain active indefinitely. The exhausted system is shut down at a certain phase of the cycle to restore its potential and to rest. But the system needs time to fully recover.

Complete cycles of activity in the process of successive development of the entity bodies have different durations. Duration in ascending order begins with the etheric cycle of 23 days, then the astral cycle - 28 days, the 1st mental cycle - 33 days, the 2nd mental cycle - 49 days, the 3rd mental cycle - 74 days and ends with the 4th mental cycle with a duration of 110 days. The duration of cycles increases in ascending order from entity structures with a simple organization to more complex structures. In addition, it is not difficult to notice that as all the bodies of the entity are present from the etheric body to the 4th mental body, the relative duration between cycles of activity also tends to increase. Let's put the data in a table.

Table 1. Biorhythms of the human body essence.

Тела сущности/Essence Bodies	Продолжительность цикла активности в днях/Duration of an activity cycle in days	Отличие продолжительности циклов активности в днях/Duration of an activity cycle in days
Эфирное тело/Etheric body	23	
		5 (=28-23)
Астральное тело/Astral body	28	
		5 (=33-28)
1-е ментальное тело/1st mental body	33	
		16 (=49-33)
2-е ментальное тело/2 nd mental body	49	
		25 (=74-49)
3-е ментальное тело/3 rd mental body	74	
		36 (=110-74)
4-е ментальное тело/4 th mental body	110	

In the last column, you can see that the duration between the activity cycles of neighboring entity bodies varies significantly. If from the etheric body to the 1st mental body there is a constant with a difference of 5 days between the cycles of activity, then between the 1st mental body and the 4th mental body there is a geometric progression between the cycles of activity of the conjugate bodies. Progression with a square base:

$$16=4^2, 25=5^2, 36=6^2.$$

It is reasonable to assume that such a progression should lie throughout the cyclic series of activity of all the bodies of the entity. There is a certain pattern for increasing both the duration of the activity cycles themselves and the duration between these cycles. This is logical, the more complex the structure of the body, the longer the full cycle of its activity.

The complexity is due to the fact that the bodies of the entity, starting with the astral body, have many intermediate states. In the system of entity bodies, a step structure is formed with sublevels, which in turn are determined by the number of primary matters that make up the entity body. In the astral body there are two sublevels (lower astral and upper astral), in the 1st mental body there are three sublevels, in the 2nd mental body there are 4 sublevels, in the 3rd mental body there are 5 sublevels, and in the last, the 4th mental body - 6 sublevels.

Based on the laws of harmony, let us assume that there must be a difference between the cycles of activity from the etheric body of the entity to the 4th mental body of the entity with the progression of squaring the number. What will come out of this can be considered by entering the data of the duration of cycles in the table.

Table no.2. Theoretical (reference) biorhythms of human bodies with an ascending algorithm.

Тела сущности/Essence Bodies	Продолжительность цикла активности в днях/Duration of an activity cycle in days	Отличие продолжительности циклов активности в днях/Duration of an activity cycle in days
Начальная точка/Starting point	19	
		1 =12
Эфирное тело/Etheric body	20	
		4 =22
Астральное тело/Astral body	24	
		9 =32
1-е ментальное тело/1st mental body	33	
		16 =42
2-е ментальное тело/2 nd mental body	49	
		25 =52
3-е ментальное тело/3 rd mental body	74	
		36 =62
4-е ментальное тело/4 th mental body	110	

20=19+1, 24=20+4, 33=24+9, 49=33+16, 74=49+25, 110=74+36.

When comparing the data from Tables 1 and 2, differences are found in the duration of the cycles of activity of the etheric body and the astral body. The actual cycle of activity of the etheric body is longer by three days than the theoretical cycle of activity of the etheric body.

At the same time, unlike the theoretical cycle of activity, the real cycle of activity of the astral body is already longer by four days. In both cases, it is more correct to talk about the delay of the activity cycles of the first two bodies of the entity. Then the question arises who, how and for what purpose influenced the cyclical development of the etheric and astral bodies of the entity, artificially producing a delay of an average of 3-4 days.

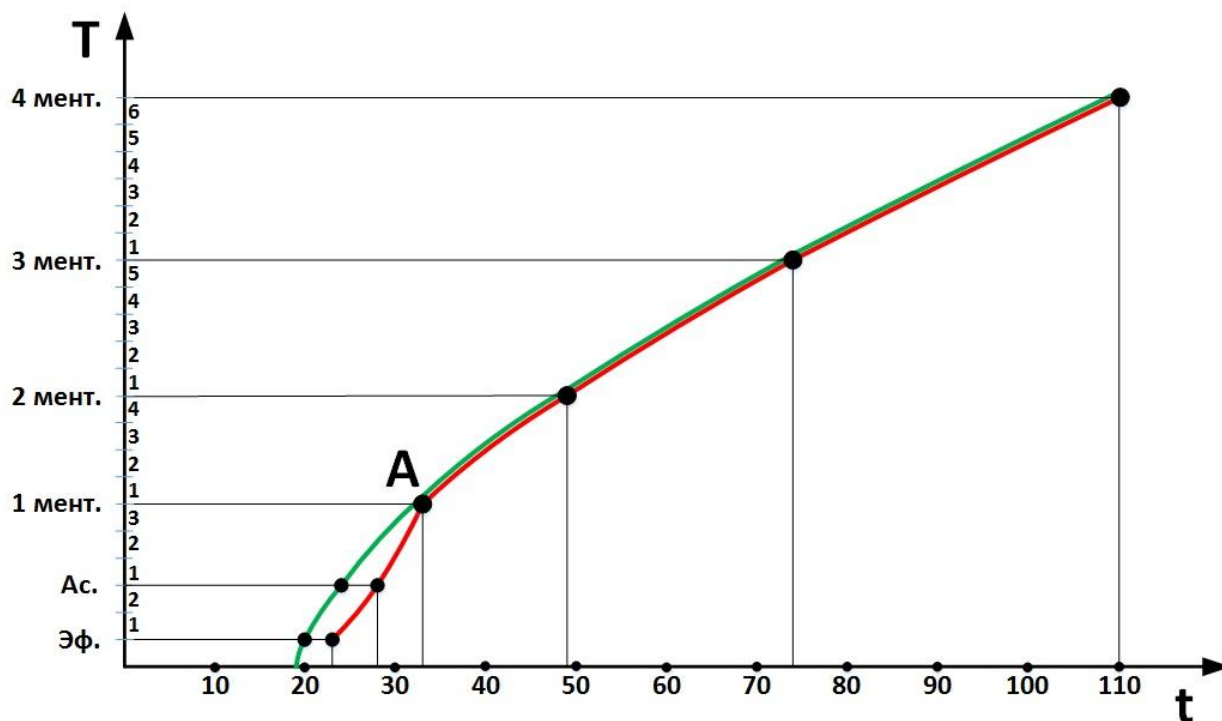
Even in table 2, a new term "starting point" appeared in the top line, more precisely, the initial cycle of 19 days. Regarding the characteristics of the number 19, I recommend reading articles (1) and (2), a footnote at the bottom. The cycle of 19 days did not appear by chance, based on the laws of cyclicity. $19=20-12$.

First, I will again quote an excerpt from the book "The Last Appeal to Mankind": - The qualitative structure of the foundation of the entered entity is only a certain point of its development in a given physical body. Because only in the presence of a physical body is an entity able to actively develop.

Secondly, you should pay attention to the illustrations of the biorhythms of the physical, emotional and intellectual (see above). It shows a sinusoidal curve from a combination of colors. The human etheric body consists of one primary matter G and is marked in orange on the cyclic curve. Accordingly, the astral body consists of two primary matters G, F, which are marked in orange and yellow on the curve. Finally, the 1st mental body consists of three primary matters G, F, E, the colors on the curve - orange, yellow, green. In addition, in all the above illustrations, there is a blue color as a complementary and accompanying background for all bodies, as well as on the cyclic curve. I assume that the blue color represents the protective psi field of a person. The protective psi field in the absence of entity bodies as a starting point from the physical body has its own cycle of activity lasting 19 days. Depicting the activity cycle of the protective psi field, the sinusoidal curve would look from a single blue color, framed by a black stripe.

In continuation of the topic about the protective psi-field, I will express a "crazy" idea about the existence of a cyclical biorhythm in 19 days, provided that the entity stays outside the physical body. Imagine a person during a lethargic sleep with signs close to biological death - life processes are minimized, breathing movements are performed 4-6 times a minute, low body temperature, pale skin. This condition can last for several years. Under these conditions, the essence of a person is outside the physical body and continues to maintain communication at the minimum available level. Physical, emotional, and intellectual biorhythms relate to the bodies of the entity. If the entity is outside the physical body, then in fact this person remains disconnected from the processes of interaction of life biorhythms. What remains is an empty body with a protective psi field and which, I think, retains a single biorhythm of energy protection lasting 19 days. When the essence returns to the body of a person who is sleeping in a lethargic sleep, all biorhythms resume. Perhaps at the initial stage, there will be a desynchronization of biorhythms with reduced amplitude and increased cycle duration.

To clearly confirm the presence of a connection in the cyclical nature of human biorhythms, I will give a graph where the ordinate axis shows the levels of the entity's bodies together with the sublevels and the abscissa axis shows the complete cycles of their activity.



A graph of the cycles of activity of bodies of the spirit.

T-bodies of the entity (etheric, astral, 1st mental, 2nd mental, 3rd mental, 4th mental) with qualitative barriers between sublevels;

t is the duration of activity cycles in days.

The graph of the red curve shows the relationship between the activity cycles of the entity bodies during their full development. The frequency of the cycles: 23-28-33-49-74-110 (in days from table number 1). The point "A" indicates the maximum level that a person can reach. As you can see on the graph at point "A", the red curve has a break, changing the direction of the deflection - first it was a concave curve, then it became convex.

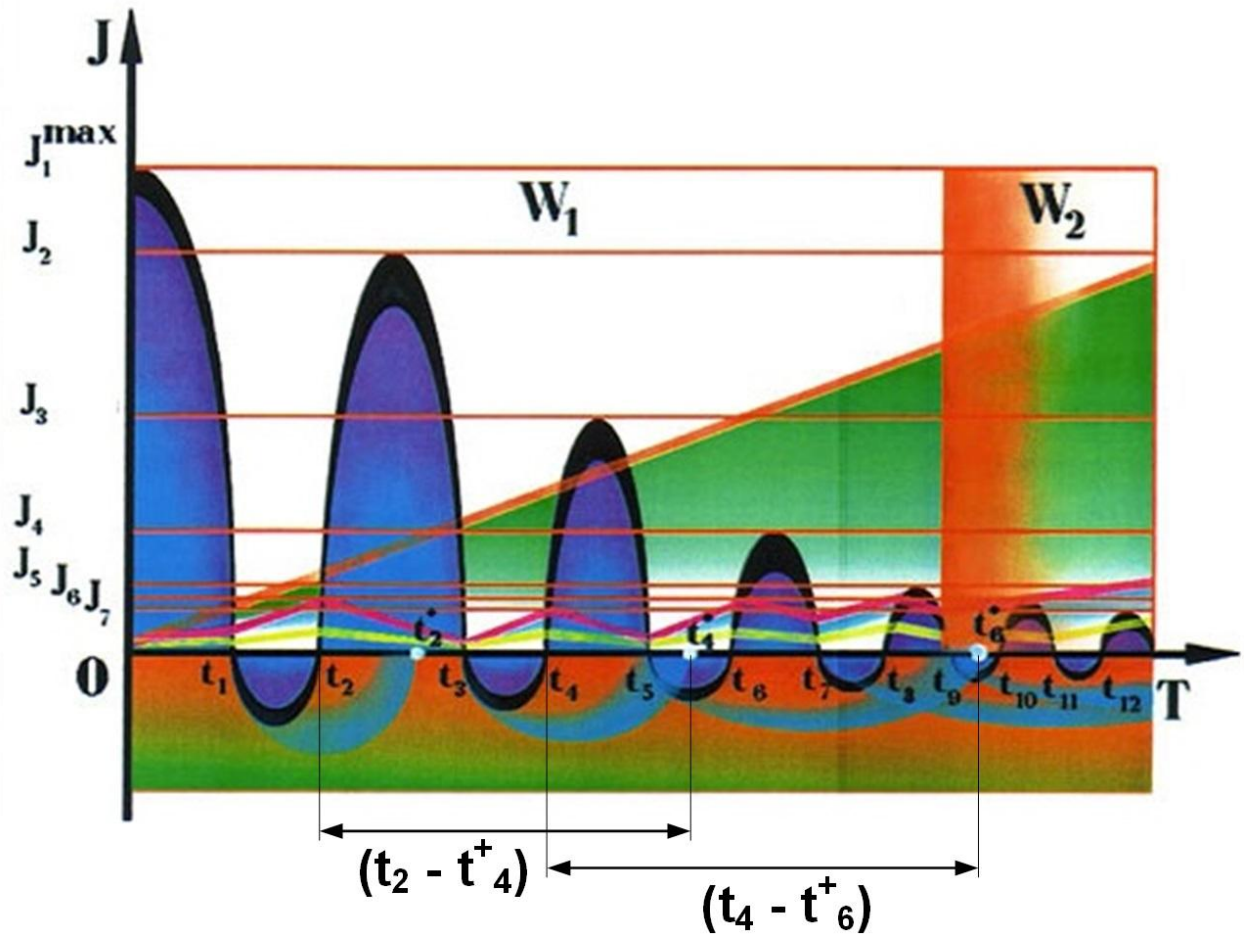
The green curve is made up of points taken from Table No2. The points are supposed to correspond to the cycles of activity of the entity bodies according to the harmonious series n^2 in the difference of days between the cycles.

Then, what prevents a person from consistently developing the bodies of the essence to reach the biorhythms corresponding to the harmonious green curve?

Once again, in this case, the physical biorhythm would have a duration of 20 days, and the emotional biorhythm-24 days.

I will try to assume that with the duration of biorhythms in 20 and 24 days, the amplitude of biorhythms would be higher. What will it lead to? Practically, most people on the planet are limited to the development of essence bodies up to the 1st mental level. For those who have been able to reach full development, there is an almost insurmountable barrier to entering the 2nd mental plane. A person is not able to change the duration of cycles, to compress and decompress time segments, he takes cyclicity as a given, as a certain order defined from Above. To approach the harmony of the periodicity of cycles, it is necessary that certain conditions develop in the planetary system of the Earth. Apparently, when there are favorable conditions in the life support system of humanity, the human biorhythms will shift towards 20 and 24 days according to the harmonious series of cycles and then everyone will have the opportunity to overcome the qualitative barrier to enter the 2nd mental plane in order to improve the Mind on the basis of the evolutionary construction of the bodies of the essence.

To demonstrate the dependence of the amplitude on the duration (frequency) in the activity cycles, let us take as an example the illustration of N. V. Levashov "The human immune system".



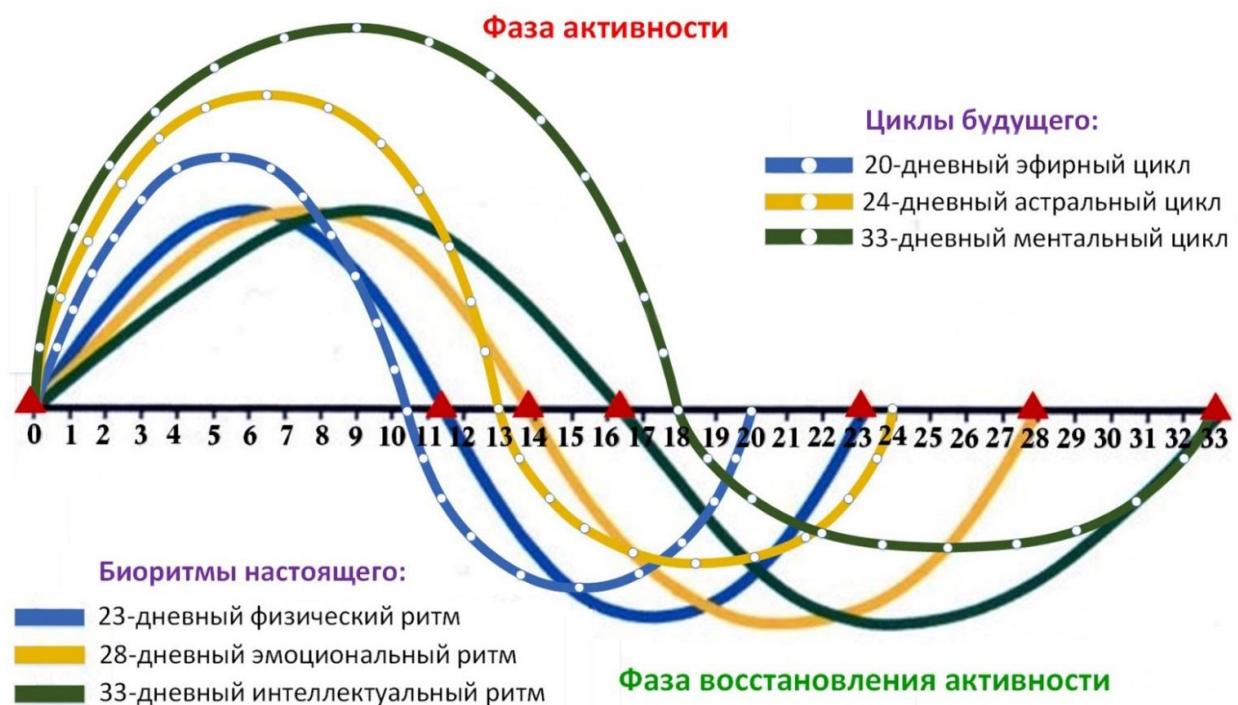
The illustration shows the mechanism of functioning of the system with phases of activity, recovery, followed by attenuation of the amplitude of bursts. Consider the second and third bursts with the full period from the point to the point of the beginning of the activity phase. The third period is longer than the second period ($t_2 - t_4 < t_4 - t_6$). The amplitude of the third burst is lower than the amplitude of the second burst. The dependence of the magnitude of the amplitude on the duration of the period is observed. The higher the burst amplitude, the shorter the period duration. In addition, I noticed from the illustration that the higher the amplitude, the period of the activity phase relative to the recovery phase increases. This means that recovery will take less time than during the period of active wakefulness, and the activity of wakefulness will be at the highest possible level.

Again, let's go back to the combination of shifting days downwards "23→20" and "28→24". In this scenario, the physical and emotional biorhythms of a person with periods of 20 and 24 days, characteristic of the activity cycles of the etheric and astral bodies of the entity, will acquire a new qualitative state.

With the ability to realize a high potential during the active functioning of the etheric body, a person will physically become stronger, more determined, and will be able to cope with diseases more easily. The period of rest and recovery of lost strength will be reduced, passivity, lack of will, fatigue will appear noticeably with less symptoms.

When the astral body of the entity functions at the maximum amplitude with the realization of a high potential, a person will have an incentive to show positive emotions, to do good deeds, to desire to love and rejoice, to accept a good undertaking with optimism, to meet the morning of a new day with inspiration. The manifestation of negative emotions during the recovery of wasted mental strength will be minimized and may completely come to naught.

On the graph, I will show how the biorhythms of today and the biorhythms of the future will approximately look.



Фаза активности/Activity phase

Циклы будущего:/Cycles of the future:

- 20-дневный эфирный цикл/20-day ether cycle
- 24-дневный астральный цикл/24-day astral cycle
- 33-дневный ментальный цикл/33-day mental cycle

биоритмы настоящего:/Biorhythms of the present:

- 23-дневный физический ритм/23 day physical rhythm
- 28-дневный эмоциональный ритм/28 day emotional rhythm
- 33-дневный интеллектуальный ритм/33 day intellectual rhythm

Фаза восстановления активности/Recovery phase

A few words about the human protective psi field. Not only does the physical body have a protective psi field, but the essence bodies also have energy protection. Anyone who has an idea about the immune system of the body becomes clear about the connection between the immune system and energy protection. And this connection is coordinated and controlled through the Brain. About the integrity and density of the protective field shell gives the method of diagnosing the aura with the help of photography. The more evenly and richly the aura is displayed in the photo, the better the immune system a person has. But what methods make it possible to increase the protective functionality of the immune system, what means do you use to protect yourself from the outside from surrounding infections and negative influences? One clue out of many can be found if you turn to New knowledge.

As a result of death, the protective psi field of the physical body begins to collapse. When it is destroyed, all the potential accumulated by the body is sharply released and an energy surge occurs, which opens up for some time qualitative barriers between the levels of the planet - the material spheres. An energy channel is formed through which the entity begins to rise to the planetary level that corresponds to the evolutionary level of the entity. The amplitude of the energy surge depends on the level of spiritual and moral development that a person has reached at the time of death. The higher level a person has reached during life, the higher level of the planet he attains after death.

This means that the amplitude of the energy surge is affected by the potential of the protective psi field of the physical body accumulated during life, which in turn depends on the level of spiritual and moral development. To the question "How to increase your immunity?", if you do not look for an answer on the information resources of the Internet from the point of view of "horse literacy", you can learn a lot for yourself from the above passage and draw the appropriate conclusion.

Let us summarize what has been said, limiting ourselves to simple words within the framework of the idea of biorhythms through my understanding, which may not correspond to reality.

- The energy biorhythm of a person is 19 days, that is, the biorhythm of the protective energy shell.
- The physical biorhythm of a person is 23 days, which in the future will shift towards 20 days.
- The emotional biorhythm of a person is 28 days, which in the future will shift towards 24 days.
- The intellectual biorhythm of a person is 33 days, which in the future will maintain a cycle of 33 days.
- The amplitude of activity in these biorhythms will increase in the future.

- The amplitude of activity recovery (rest) will decrease in the future.
- The duration of the activity phase relative to the duration of the recovery (rest) phase will increase.

Dmitry Kharyushin.