

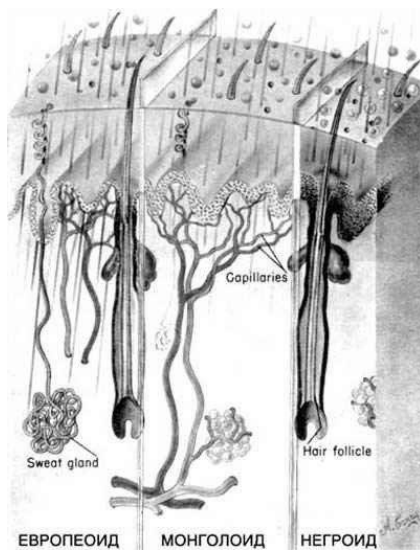
1.24. Pain during the recovery of the body. Reduction of pain syndrome with the help of "SvetL" programs

Author: [Bittner E.A.](#)



"Miracles exist where ignorance or narrowness of ideas flourish, where dogma and snobbery have settled."

Nicolai LEVASHOV



Summing up the results of the reports of users of the "SVETL" Complex and **in response to questions about the overloads of the lymphatic system** accompanying the recovery of the body, we came to the conclusion that it is necessary to clarify the mechanisms of the ongoing processes. **Summing up the results of the reports of users of the SVETL Complex** and in response to questions about the overloads of the lymphatic system accompanying the recovery of the body, we came to the conclusion that it is necessary to clarify the mechanisms of the ongoing processes. Explain what body reactions should be expected during recovery. Give some examples about the causes of pain and swelling. Give advice on how to facilitate the flow of processes accompanying recovery with the help of the "SVETL" Complex. In this article, we will slightly deviate from the usual format of our series of articles **"KNOWLEDGE FROM N_Chala"** and give information in the form of a question – answer.

1. The question is often asked: "Why is the action of the device felt only at the beginning, and then no sensations are perceived?"

Rarely does anyone realize HOW WE FEEL ANYTHING at ALL.

Everyone or most people know that when you go into a river or sea to swim, at first the water seems cold. And the higher the air temperature, the colder the water seems. The receptors of the nerve endings send the appropriate command to the brain, to which it responds by sending the appropriate commands to the skin cells, blood vessels and sweat

glands. But, after a while, the body "gets used to it", and the feeling of cold passes. It becomes pleasant and comfortable. Or let's remember another case – when the body temperature is high, chills are felt.

A person wraps himself in a warm blanket, as he begins to "freeze". So, he tries to equalize the temperature of the air (the contact medium) with the surface of the body to a more comfortable state.

No one thinks about what the temperature is, and in vain.

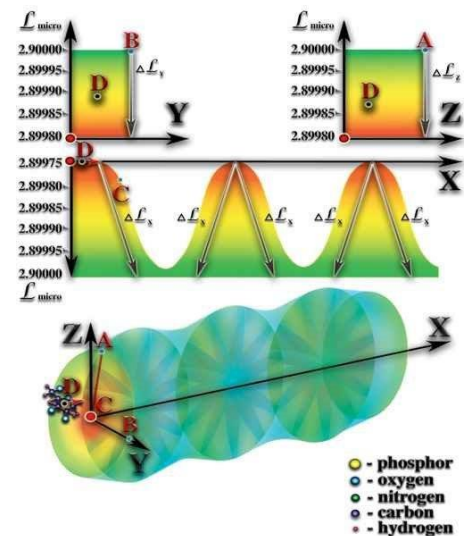
Temperature (from Lat. *temperatura* — proper mixing, normal state) is a [scalar physical quantity](#) that characterizes the state of [thermodynamic equilibrium of a macroscopic system](#). The temperature of all parts of the system in equilibrium is the same. If the system is not in equilibrium, then heat transfer occurs between its parts having different [temperatures](#) (energy transfer from the more heated part of the system to the less heated ones), leading to temperature equalization in the system.

This definition from Wikipedia does not provide clarity, as it introduces new, not entirely clear terms, ignoring the essence of the processes that are hidden behind these terms.

The concept of ENERGY is no less vague than temperature, but everyone is also used to this concept and takes it for granted. However, the Russian scientist, a theoretical physicist and practitioner in matters of healing, gave an UNDERSTANDING of the process that we habitually call ENERGY.

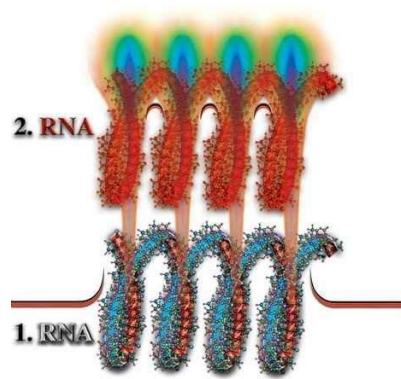
... "The whole point is that energy is only a property of matter and cannot exist without the latter! It's like the speed of a car, for example. The speed of the car can be more or less, depending on the power of the engine, but ... speed **DOES NOT EXIST** by itself, apart from the car! Speed is only a unit of measurement for moving a car in space!

Similarly, energy is also SPEED — **ONLY THE SPEED OF QUALITATIVE CHANGE OF MATTER ITSELF!** Matter passes from one qualitative state to another, and at the same time there is a change in the matter itself, as, for example, during combustion. And the more the initial state of matter differs from the final state, the greater the difference in properties and qualities between these two states of matter is observed! A person has learned to use these differences in the qualities of matter and forced these differences in qualities to perform useful work for his beloved. And for the convenience, again, of my beloved, I introduced a unit of measurement. There is nothing wrong with this, but we should not forget that ENERGY is a conventional unit introduced by a person!



And one more thing: you can only talk about energy in irreversible processes."

The processes of qualitative transition of matter are constantly taking place in the human body at the molecular level. These processes are described in detail in the books "Spirit and Mind" and "Heterogeneous Universe", so we will not dwell on this. We will only note that when the internal or external state of the environment changes, these processes either activate or slowdown, which manifests itself in sensations as temperature.



As is already known, qualitative transformations of matter occur when the DIMENSIONALITY of the SPACE in which the atoms that make up the molecular compounds are located, changes. If the dimensionality is beyond the limit for the integrity of these compounds, then there is a breakdown of some bonds and the synthesis of new compounds. In this case, "heating" or "cooling" occurs.

Activating the "SVETL" Complex for the first time, a person experiences activation of the flow of PRIMARY MATTER through all the "bodies" of his ESSENCE. This is how the processes of saturation of the Essence with PRIMARY MATTER are involved, not from the body, but from the psi-field generator. The body feels the rise of energy. This continues until the stable equilibrium of the entire system of a living organism – the FPT AND the ESSENCE - is restored. After that, a person simply ceases to feel the DIFFERENCE in DIMENSIONALITY that activated the movement of PM inside the channels of the entire human system. There comes a comfortable state that only the person himself can change by performing certain actions.

2. Why is there no painful sensations during treatment, but only a slight tingling, pulsation or itching?

This is the effect of anesthesia in processes that occur as a result of the brain's reaction to a change in the state of an organ cell or body system. At any deviation from the norm, the BRAIN reacts with pain. This is an indicator of the discrepancy between the established norm and the new state of the organ or system.

N. Levashov thought over how the healing process should take place, as he was convinced from his own experience that this "indicative" signal should not disrupt human activity, making him incapacitated. After all, pain greatly distracts attention. It interferes with concentration and creativity. And just to communicate with family and friends. Therefore, the "SVETL" Complex chooses such exposure parameters so that pain is not present during the recovery of the body. But this does not mean that the treatment is not carried out.

Let us recall the words of N. LEVASHOV from "The Mirror of my Soul":

... "Strange human psychology after all! When you want to make sure that a person does not experience unpleasant sensations, you are required to prove that you are really doing your job. This is equivalent to when, after surgery, the patient, waking up after anesthesia, asks if



there was an operation, for the simple reason that he did not experience pain during the operation. Is it really necessary to experience pain in order to believe in the reality of what is happening?! It always seemed to me that it was important for a person to have his health problem disappear without a trace, and if there was no pain at the same time, then it's just wonderful! Is it really necessary for a person to go through an "operation" without anesthesia in order to believe in the reality of the "miracle" that is happening?!

One day an elderly woman who had salt deposits approached me with a request. She was particularly concerned about salt deposits in the lumbar spine, and she asked me to get rid of it. She turned out to be very sensitive to my influence and I, rejoicing at this, as they say, "smacked" to the full "coil", more precisely, to the maximum impact power that she could withstand. At the same time, the salt growths of the spine "just" like melted "wax" began to

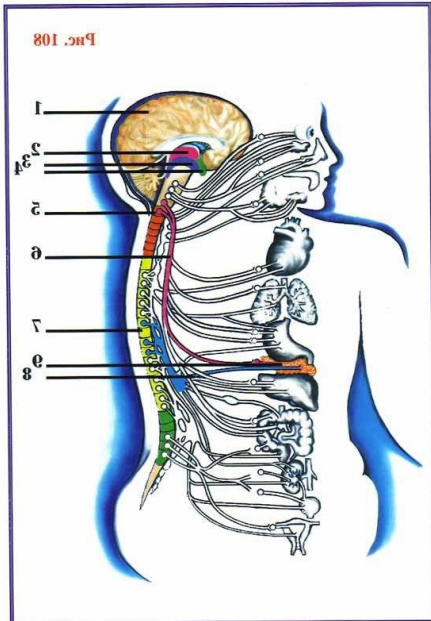


flow down along the spine. It took a few minutes, but after that, this woman was able to bend and unbend freely and move without pain. She was overjoyed, but a few hours after that, she experienced very severe pain, from which she was ready to "climb the wall." The fact is that after a few hours my anesthesia began to wane, but even the residual manifestations of my work were more than enough to make her feel very much pain. The reason

for this is that in order for the salt growths of the spine to flow down like melted wax, I accelerated the flow of metabolic processes in the areas of salt deposition by thousands of times, otherwise it would simply be impossible to melt these salts.

In principle, such an effect is not melting, it's just that a person with such a process feels like he is getting hot, and something very hot begins to flow down along the spine and at the same time salt deposits or bone calluses disappear literally before our eyes, the bones themselves become soft like plasticine and they can be bent and pulled almost the same as the plasticine itself. This is so subjectively felt by the person himself, but what really happens to a person with such an impact?

Behind the subjective feelings of a person there are quite real processes that a person does not think about, or about which a person does not know anything. In order to understand the nature of these processes, it is necessary first to understand the nature of the processes that led a person to such a state of his health. Salt deposits on bones and vessels occur, for example, due to the fact that in case of metabolic disorders in the body, the concentration of calcium salts in the blood and especially in the lymph increases, and when a critical concentration level is reached, their crystallization begins. And due to the fact that the speed of movement of lymph in bone tissues is minimal, the crystallization of salts begins primarily in the bone tissues of the body, which is the reason for the deposition of salts on the bones. Or as a result of a violation of the metabolic processes of the body, the chemical composition of the lymph changes, which leads to the fact that some chemical compounds from the soluble state pass into the insoluble state. The chemical compounds precipitated in this way settle on the bones and vessels. Most often, both processes occur simultaneously. Therefore, in order for these deposits to disappear, it is necessary either



to start chemical processes in reverse order or simply annihilate salt and bone growths. And in order for these processes to occur quickly, it is necessary to accelerate the reverse processes sometimes thousands of times, otherwise the process of resorption of salts or bone growths will take decades, exactly as many years as it took for these deposits or growths to form. Therefore, it is necessary to run reverse processes at a rate several orders of magnitude higher than the direct processes that led to the deposition of salts or bone growths. The brain reacts to such acceleration of reverse biochemical processes, by the reaction of pain. The fact is that the reticular formation of the human brain — this control "station" — compares the signals coming from organs with those that should correspond to the normal functioning of a particular organ.



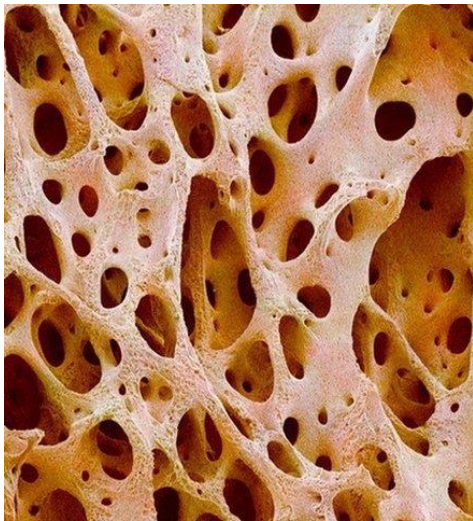
And if the signal coming from the nerve organ exceeds the norm, the brain reacts to an excessive or insufficient signal with pain and... begins to struggle with it. The brain cannot know that this change is positive.

In nature, any deviation of the signal from the control signal of the reticular formation is negative. And therefore, in order to return the state of the organ and the organism as a whole to a normal, healthy state, it is also necessary to change the reference signals of the reticular formation that arose during the transition to the chronic state of human disease. If the body is unable to defeat the disease, which happens in the vast majority of cases, in the reticular formation, the chronic condition is accepted as a new norm and the body does everything to prevent further deterioration of the condition and tries to keep the parameters of the diseased organ and the body as a whole at the level, if not optimal, then at least acceptable functioning. It's just that the brain, through the peripheral nervous system, tries to prevent further deterioration of the functioning of the body. And therefore, any deviation from the accepted "normal" state of the body is perceived in "bayonets", trying to return the body to this original state. This is the nature of organ — brain feedback and brain — organ communication. And therefore, when the reverse processes are accelerated thousands of times, the brain perceives this as a new danger and reacts to it with pain, and tries to return everything to the "as it was", despite the fact that the "as it was" state is a pathological condition of an organ or organism as a whole.

Let me remind you once again that the Brain, at the level of the primitive brain, in which the reticular formation is located, does not think, but only reacts to any deviations from the accepted "standard". In addition, such an acceleration of processes — even positive ones for health — is a very heavy load on the human body, and very often it is necessary to significantly reduce the intensity of exposure to a level that this person is able to withstand without going into an exorbitant mode. And that is why very often what could be done in one minute optimal for the result of the load, it is necessary to slow down to the level of the speed of the processes that this person is able to withstand. And very often, the process of restoring health, instead of one minute, is delayed for years, otherwise the load can simply kill a person or lead to the fact that organs or body systems, unable to withstand the load, may fail (for example, kidneys), which will lead to death. That is why during the treatment process it is necessary to focus not on what can be done, but on what kind of load a given person can withstand without his organs and systems failing. And only in quite rare cases, when a person can withstand the required level of load, it becomes possible to carry out qualitative changes in the state of the body in a matter of minutes, and others perceive it as a miracle, although it is not a miracle, but only a rapid passage of the necessary changes.

The same thing happens when working with bones, when bones become like plasticine. In order for this to happen, it is only necessary to understand the nature of bone formation and their growth.

Bone differs from cartilage only in that the intercellular space of bone cells is filled with calcium. With an increase in the concentration of calcium salts to a critical level, calcium crystallization occurs in the intercellular space of cartilage tissue cells and the formation of a solid base of the intercellular space, in the voids of which there are bone tissue cells, blood and lymphatic vessels, nerve fibers. This is how cartilage tissue turns into bone, it is thanks to this that a person (and not only a person, but any other living being) is able to exist, otherwise a woman simply would not be able to give birth to her child if the unborn child had bones instead of cartilage. Only after childbirth, the cartilage of the child gradually turns into bones, due to the saturation of calcium salts of the intercellular space of cartilage, which in this way turn into bones.

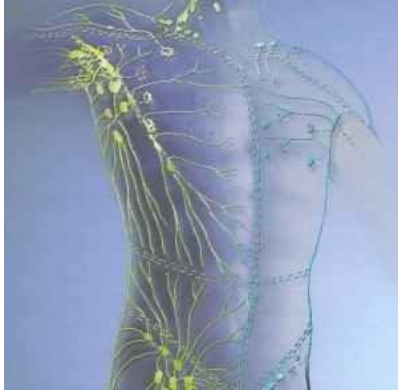


Thus, in order to change the shape of the bone and its length, it is necessary "only" to do the opposite — to turn the right bone into cartilage for the right time, grow or "remove" unnecessary cells, change their position, and then re-saturate the intercellular space with calcium and return to the state of normal bone. But how to do it is already a matter of "technique". As they say — sleight of hand and nothing ... fraud! It is necessary "only" to find the key, how to transfer the bone to the state of cartilage and back and ... have the right properties and qualities, the right strength, so that this becomes a reality and, most importantly... so that a person from such a load does not fall into a state of clinical death ..."

3. Why does edema occur during rehabilitation with the "SVETL" Complex?

From the very beginning of exposure to the PM generated by the psi-field of the "SVETL" Complex, the body begins to "sweep out" of itself the slags and toxins accumulated both in cells and in the intercellular space. In order for them to be able to move into the lymphatic system and be removed from the body, it is necessary to have water where the compacted deposits of toxic substances will "soak". After all, they have been compacted in cells for years, creating problems for a healthy metabolism.

With intensive purification from these substances, incompatible with the normal functioning of the body, there is an overload of the lymphatic system. This affects the condition of the skin and leads to a failure of timely cleansing of the lymphatic system.



Skin rashes or swelling occur. At the same time, ascites often occurs – the accumulation of fluid in the abdominal cavity.

For an example illustrating this complication, let's turn to the article by Barbara Koopman ["How some skeptics earn their money."](#)

The article is about the causes of Susan Strasberg's death, which occurred due to the fault of doctors who performed paracentesis (pumping fluid from the abdominal cavity). This procedure was recommended to be carried out periodically by N. LEVASHOV in order to pump out excess lymphatic fluid saturated with heavy toxins from the body. With damaged genetics, the release of heavy toxins is a common phenomenon. And in the treatment of a cancerous tumor, periodic release from this fluid is necessary. This surgical procedure must be performed by a qualified surgeon. But instead of a surgeon, two young doctors (residents or interns) started the case. As a result of their actions and a puncture of the diaphragm, Susan Strasberg **died of a pulmonary embolism** (pulmonary embolus — blockage of the pulmonary artery) before the ambulance arrived. The text of the article can be found on the website of N. Levashov.

The "SVETL" Complex does not allow excessive accumulation of lymph, as it regulates metabolic processes in accordance with the condition of a person and his physical activity. And if there are some aesthetic inconveniences (a slightly enlarged stomach), then there is no discomfort, heaviness and difficulties with eating. Therefore, surgical intervention for paracentesis is not required.

4. How soon should I stop taking medications when using the "SVETL" Program?

It is necessary to **gradually reduce the intake of medications, listening to your condition**. Medications only complicate the task of the Complex to restore the body and slow down the healing process. What this is connected with will be clear from the example below from life.

*... "Around the same time, Mikhail Dekhta asked me to help one person. This person turned out to be **Lori Nikolaevich Popov**, Candidate of Medical Sciences, epidemiologist. By the time we met, this man had been on disability for three years and eight months and was already on the verge of despair. His path to disability began with the fact that, as a result of prolonged and powerful stress, he earned himself the so-called ulcerative colitis, with complete ulcerative lesions of the large intestine and partial small intestine. **A typical therapeutic approach consisted in the use of strong antibiotics by the attending physicians, which completely destroyed the intestinal microflora, severely destroyed the liver and the immune system.***

When this happened, he was put on hormones — prednisone — because of which the adrenal glands almost failed. **Due to the huge number of one-time doses of various medications, he developed glomerulonephritis of the right kidney...** In short, as a result of such "treatment", by the time of our meeting, he, among other things, developed iron deficiency anemia, the immune system completely shut down, and the body was brought to complete exhaustion. Loria Nikolaevich, as a doctor, perfectly understood his "prospects" for the future, and it was not cloudless and rosy. In principle, he believed that he was doomed. But I was in no hurry to agree with him and suggested not to despair and give me the opportunity to take care of him. He agreed and... is still alive and well, and the next year he was completely removed from disability.

But, despite the fact that **he was completely poisoned by drugs**, I, nevertheless, asked him not to immediately stop taking medications, especially hormones. And I asked him to take them off smoothly, in portions. After some time, during which I managed to partially restore the immune system and metabolic processes of the body, I asked him to make the following reduction in hormone doses. **And so on, until hormones and other medications were nullified.**



Despite the fact that the drugs brought Loria Nikolaevich, one might say, to the edge of the grave, they could not be stopped immediately, the metabolic processes of the body, after taking medications for a long time, could no longer proceed without them. **First of all, it was necessary to restore the normal metabolism of the body without additional chemicals that entered the body in the form of pills and injections.** We should never forget that medicines are a set of active chemicals that, once in the blood, are carried by the latter throughout the body and, eventually, end up inside cells. Moreover, **once inside the cells, these active chemicals begin to enter into chemical reactions with cellular inclusions and their chemical content, while changing the chemical "picture" of the cell.** At the same time, in a number of cases, medicinal chemistry causes **morphological changes in the cells of human body tissues**, which sooner or later leads to new pathologies.

This is the cause of side effects from the use of medications. And very often the side effects from the use of drugs are much more dangerous than the problems that these very drugs are supposed to help cope with. A medical anecdote involuntarily comes to mind when a professor asks medical students: "... well, let's start treating or let him live?!". Medicines can bring a positive effect with all their negative essence if they are used for a very short time and do not create irreversible changes in the human body. In all other cases, medicines are poisons that kill a person faster or slower. And the example of Loria Nikolaevich Popov is a clear example of such destruction of the body by medications.

*Of course, the nonspecific ulcerative colitis with which his treatment was started is not a gift, but what he "acquired" as a result of medical treatment not only negatively affected his health, but also created no less danger to his health! As a result of the "treatment", the following was added to the nonspecific **ulcerative colitis**: complete destruction of the intestinal microflora, **serious destruction of the liver and adrenal glands, serious metabolic disorders of the body, almost complete destruction of immunity, complete exhaustion of the body and iron deficiency anemia!** As you can see, **six new problems** have been added to one problem, and in many ways even more serious than the original problem! And yet, the original problem - nonspecific **ulcerative colitis** - **never went away!** That's the way it is!*

After my work with Lori Nikolaevich, he had a complete recovery from both nonspecific ulcerative colitis and the rest of the bouquet. He not only recovered, but also returned to a full life and creativity. Almost sixteen years have passed since his recovery, he is already retired, but he continues to live an active life, and so far, he has not had any relapses of the disease. But this was years later, and when I started my therapeutic effect with him, he was convinced, as a medical man, that it was simply impossible to help him... when he quickly returned to normal life, he was not only grateful to me for his health, but also became my friend and follower, as did his whole family." [1]

In order to create "miracles", it is only necessary to learn to understand nature, comprehend its principles and learn to do the same, only using your mind and your capabilities. Then the bones will become soft, and much, much more...

Miracles exist where ignorance or narrowness of ideas flourish, where dogma and snobbery have settled. And if you "open" your eyes a little wider, think and try to understand what you have seen, many of the mysteries of nature will disappear like a mirage, a person will penetrate into the secrets of nature and will rightfully be called a reasonable person...

5. Why is it difficult to eliminate toothache with the help of the "SVETL" Complex?

In this case, too, there are different results. If there is no severe inflammation, but there is pain in the tooth due to a violation of the tooth enamel, then the pain is eliminated almost immediately. But this does not mean that you should not investigate the cause of this pain more closely. It is quite possible that the tooth is thoroughly destroyed. Then you need to take appropriate measures. If severe inflammation of the gum tissue begins due to hypothermia or infection, then pain is inevitable.



The complex makes it not so acute, and this allows the process of removing the infection to end without visits to the doctor. An interesting case on this occasion was described by N. Levashov in the book "The Mirror of my Soul" volume 2:

...*"Svetlana" earned" herself a very severe inflammation of the jaw, which brought her a lot of suffering. Of course, I worked with her, but the pus that resulted from the inflammation had to come out through the gum tissue, and this is very*

*painful. But it was impossible to allow the inflammatory process to remain in the bone tissue and continue to destroy the teeth and bone tissue of the jaws. When the pus accumulated close to the surface of the gum, Svetlana, in order to speed up her release from pus and pain, opened this abscess herself with her manicure scissors, without waiting for everything to happen by itself as a result of my work. Someone may have a question, why was it necessary to work with this problem, if the process of getting rid of the problem is quite painful? The thing is that **in the presence of inflammation, and especially in bone tissues, severe pain is always present in the active phase, but the pus formed as a result of this inflammation does not come out, but remains in bone tissues and continues its negative effect on living bone cells and surrounding soft tissue.** Therefore, it was very important to get the pus out, and, as it is clear, to get the pus out, I do not use a scalpel or other cutting tools, but force the pus out through the gums, where they envelop the teeth. This is the shortest and fastest way to naturally remove pus from the body.*

*So, sometimes it happens that **in order for a person to get rid of a particular problem, it is necessary to go through unpleasant sensations, such as pain.** But this pain does not last long, but only manifests itself as a **side effect of getting rid of a serious problem** and, as they say, "the game is worth the candle"! Although **in some cases, the side pain can be very severe, especially if the process of working with a person goes at a high speed.** After all, in principle, **pain is nothing more than a signal to the human brain about the activity of processes occurring in the body: the faster the qualitative change in the tissues of the body occurs, the stronger the pain signal coming through the nerves to the brain.***

Only under normal conditions of nature, a qualitative change in the tissues of the body goes in the direction of deterioration and reports serious violations in these tissues. And the stronger the pain, the more serious negative changes occur in the human body, and not only in humans. So, in some cases, when restoring damaged organs and tissues, it is necessary to accelerate metabolic processes hundreds, and sometimes thousands and tens of thousands of times. And the body reacts to these positive changes for it with the same pain, since in nature processes NEVER go in a positive direction for the body! In natural conditions, any changes in the state of the organs lead only to a deterioration of the body, and not vice versa! Therefore, the human body does not have "special" nerve signals for cases of restoration of damaged organs and reacts to any change only with pain. Of course, in my work I try to correct such "shortcomings" of Mother nature, but sometimes it is impossible to completely remove the pain syndrome without removing the process of restoring organs and systems of the human body itself. So, wanting to rid Svetlana of periosteal inflammation as soon as possible, I tried to do it as soon as possible, and, accordingly, this acceleration turned out to be very painful for Svetlana. When Svetlana came out of the bathroom one morning, I was surprised that she was holding her nail scissors in her hands. And to my question about what she was doing with them, she replied that she was already sick of the pain from the ripening abscess, and she decided to help it "a little" with the "breakthrough" outside."

GENERAL RECOMMENDATIONS:

In order to avoid severe pain or overload **when using the "SVETL" Complex** for recovery, there is a PSI GENERATOR intensity scale on the dashboard. Always install such a load that will allow you not to feel discomfort or painful sensations.

[1] <http://youtu.be/uv6Q5G7EZ1c>