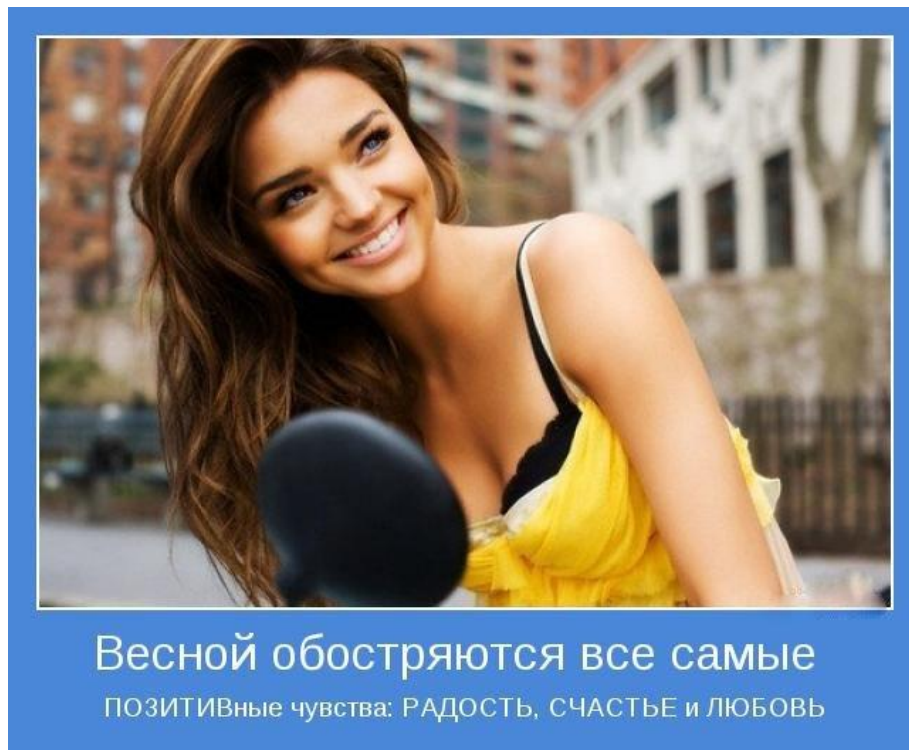


## 2.07. How to maintain a reference sense of joy

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Emotions, feelings... how important they are in our lives! And often we pronounce words without fully understanding their real essence. Each of us has experienced a sense of Joy, a sense of elation and flight. And strangely, many people attribute an increase in mood to the spring period, associating it with the dawn of Nature, its revival. And they also say: **"restructuring of the hormonal system."**



In spring, all the most POSITIVE feelings intensify: JOY, HAPPINESS and LOVE

However, you need to think. It's a strange thing: after strong bursts of positive emotions, vivid impressions and other sensations, a person feels empty.

Especially, it manifests itself in the morning, as a complete lack of sleep at night. And an absurd situation arises: a great mood and a huge surge of strength, and then - a sharp decline in strength in the morning.

Here, moreover, you need to turn on your Brain and start reasoning.

After all, all people are different, everyone has their own level of development and their own mentality. And everyone has their own "scale of values". Well, for example, what kind of joy can a maniac experience, having driven his victim into a corner and not leaving her a chance? Of course, He is Happy about this and experiences a wide range of emotions that resonate tightly

with the lower astral level. And at that moment - he is the happiest person. But, only in relation to himself. He has captured the energy of his victim and is RA-sulking.

Look around and think about it: after all, everyone has their own rainbow.

We can see a company of chirping girls, beaming and smiling. Turning on the TV, we can, for example, watch fights without rules, where the winner is incredibly happy with his victory, and the loser, if he is lucky and, on his feet, almost cries from the grief of defeat.

If we go further, we can say that the most incredible and already unique feeling of Joy was experienced by the people of the Soviet Union when fascist Germany fell.

Veterans and people who learned about the signing of the "surrender pact" experienced such Joy that it is impossible to compare with anything. And after all, this is also a Joy, a wonderful and very bitter feeling of a Great Victory!



Everyone wants to regain the feeling of those days when they felt "really Happy and Cheerful! However: one thing is missing, then another.

And here it is necessary to smoothly move on to a more global and fundamentally "qualitative" consideration of the true essence of the word "Rainbow".

As Nikolai Levashov noted in his book "Essence and Mind": **"all emotions perform the function of protection and serve for procreation. In fact, there are lower and higher emotions."**

The manifestation of higher emotions can include: Love, A Sense of Accomplishment, The Joy of helping other people. All emotions and feelings **are bursts and outbursts of matter corresponding to them, emotions, energy levels.**

**"Радость (Joy)" = " Ра дасть/Ra to Give" - to give Light. Illuminate, Enlighten.**

However, we cannot remain in a state of Joy all the time, because even with the most sincere and warm feelings, whether we like it or not, we spend our life force. Your Creative Potential.

And a quite natural question arises: if higher emotions bring such an incredible feeling of Happiness, Joy and peace, is it possible to be constantly in this state?!

If we take it from the point of view of modern scientific ideas and from the point of view of modern psychology, then - no, it is impossible. Because all these feelings will be short-lived and there will be very little benefit from them. Because, being in such a state, a person cannot concentrate on some things and is not able to Create. And even if he wants to, he will waste a gigantic amount of Life Force.

And that's why we need to look at it from the point of view of the Evolutionary Development of the Essence.

In his Writings, Nikolai Levashov clearly and step-by-step described all the stages and "evolutionary steps" of Man. He explained in detail the "anatomy" of Love, as well as why certain music causes a feeling of euphoria in one period of life, and negative feelings in another period of life.

In order to experience, or, if it is correct to say, to be in this state (Joy), you need to clearly define yourself on a number of the following questions, without an answer to which any success in this matter is impossible.

**It is only necessary to say that such questions can be asked by a fairly Developed and strong-willed Person:**

- 1) What do I still need to radically change my Life?
- 2) What am I willing to do to work on myself and what will I have to give up?
- 3) Is it acceptable for me to go against my Conscience? If not, then what should I do next?

4) What should I do to feel happy, Cheerful and how to fight for it?

5) And what will be the struggle?

If you are already asking yourself similar questions and persistently looking for a state of Enlightenment through Knowledge, there is something else to say.

As you have already noticed, instead of the usual word "радость/joy",- the word "**Радость**/Joy" is indicated here, exactly.

And this is not accidental. Because it is fundamentally important for many reasons.

Well, for example, try to pronounce slowly, as if intoning, two "identical" words: "радость/joy" and "**Радость**/Joy". Try to almost hum them a few times and watch your reaction.

I will say for myself that the word Радость caused me a great reaction. And there is another explanation for this. Namely, that such a pronunciation of a word reflects its real semantic load - "including" flows of matter from other levels. In particular, from the first mental level. From there, such a reaction (coordination) with a similar "literate" word.

Moreover, for example, there is a word, or rather IT WAS, - "**РаДовеление**". "**Исполни мое Радовеление/Fulfill my Joy.**" And now it has been replaced with a similar phrase: "**fulfill my order.**" And the difference is very significant.

**Радовеление - "I will lead to the Light" - if in a modern way - "fulfill the bright command with a Clear Conscience."**

Of course, it will be possible to find fault with such an interpretation, however, if you look objectively, you can really see the hidden deep meaning of these words.

Look within yourself, in your Essence, for responses to these Ancient Calls. They are everywhere and all around. But then, if you are not diligent enough, do not say that you did not know about it.

And then: The world is changing. In order to resonate with the many "nuances" of the revived Native CPS, it would not be bad to pay attention to this.

Read and Think, Develop.



The fulcrum of accepting and maintaining the standard state of **Joy**, constantly and daily, is to accept **Conscience and the Evolutionary development of the Essence**. The knowledge of Nikolai Levashov, the works of the RNTO and the Research Institute of the TSUS, as well as the unique technologies of support, called "SvetL", contribute to the fact that a Person is looking for answers to questions himself and develops himself as much as possible.

Due to the destruction and cancellation of the programs of the Ebrov Control System, many people are lost and cannot figure out how to live on. Life has become much more serious now, because it now makes different demands on us, People. And therefore, each of us needs to immediately, without waiting for a "miracle", engage in the Restoration of Man, Himself.

And this is a very Noble and ... A joyful thing. Because by "implementing" this process, a Person changes - because his scale of values and guidelines changes.

A person begins to remember with horror the incompetent drinking parties and gatherings at discos, meaningless "circling-circling the districts" by car and much more... which, to be honest, is not worthy of a Reasonable Person at all.

Of course, the process of Cognition and Acquisition of the "Gift of Light" - "To Give Ra" - Joy - is not an easy path. **We will have to work very hard and Think, Think, Think...**

However, when the slightest secrets of Nature are revealed to you, you will experience completely inexplicable feelings: delight, insight, goosebumps (a stream of information and memories).

The process of cognition will become a Joyful and Important Thing for You. Many people experienced the deepest delight when they themselves managed, for example, on the basis of

Knowledge not just obtained from books, to structure Water. And with its help To heal a Person. The condition of these People cannot be described in words: they are so happy and radiant!

The joy of Life will return to you: **self-development, the process of cognition and the desire to be Human.**

And you also need to fix your gaze on the saying: "Please God."

Gods used to mean People who could operate with matter. Those who have reached the Level of Creation. And indeed, despite all the abominations, despite those enemies and tricky tasks from Nature that they faced, they were and Felt Happy and Joyful. And there was a reason for this - THEIR Level of Development, Consciousness and the Level of Capabilities of their Mind.

And all because They perfectly understood and saw that the world is far from perfect, sometimes terrible, unpredictable and harsh. There are so many terrible diseases and human torments, injustice and grief around.

And only their ability to operate with matter (the Power of Thought) provided a chance to change many things for the better: to heal, feed, protect and much more, invisible to the "ordinary" eye.

That's why they were so Respected and Appreciated. And their Labors brought them an indescribable state of Joy. The joy of the fact that they solved another problem and helped, or maybe saved someone's life. And this, by the way, was often mentioned by Nikolai Levashov in his autobiography.

If we recall the Eastern proverbs, we can single out one of them: "**help yourself, save yourself and you will give a chance and hope to a thousand around you.**"

In fact, one can imagine Society and the Country as a community of neurons: one has become active on the basis of development and Creation - one will "pull up" to it, "connect with a neural chain" and the other.

It is always nice to communicate with a Joyful and cheerful Person. It gives you energy, hope. Develop yourself and share your Joy with others.

**"And it will come back to you all more than once" ....**



**I have the honor!**

**Vladislav Zhuravlev, Kursk**