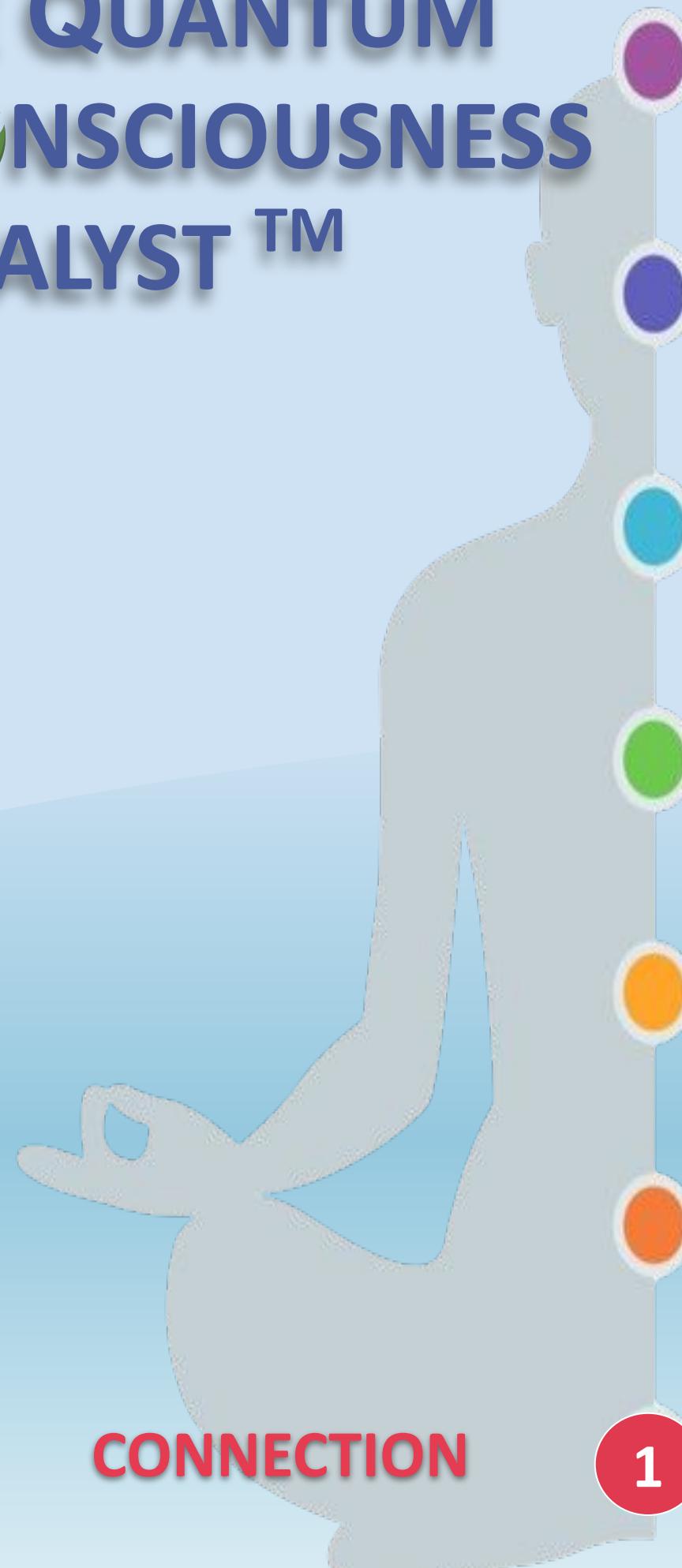


# THE QUANTUM CONSCIOUSNESS CATALYST™

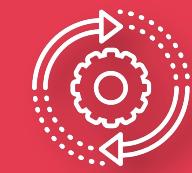


# THE QUANTUM CONSCIOUSNESS CATALYST™



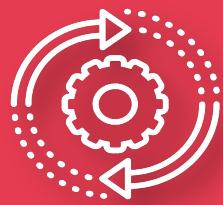
**CONNECTION**

1



**Positive V.I.B.E.S. Principles™**





Positive V.I.B.E.S. Principles™

THE QUANTUM  
CONSCIOUSNESS  
CATALYST™

V

*Vibrations*

I

*Intentions*

B

*Barriers*

E

*Electromagnetism*

S

*Signal*

*"Your frequency influences  
the reality around you.  
Vibrations deliver it."*

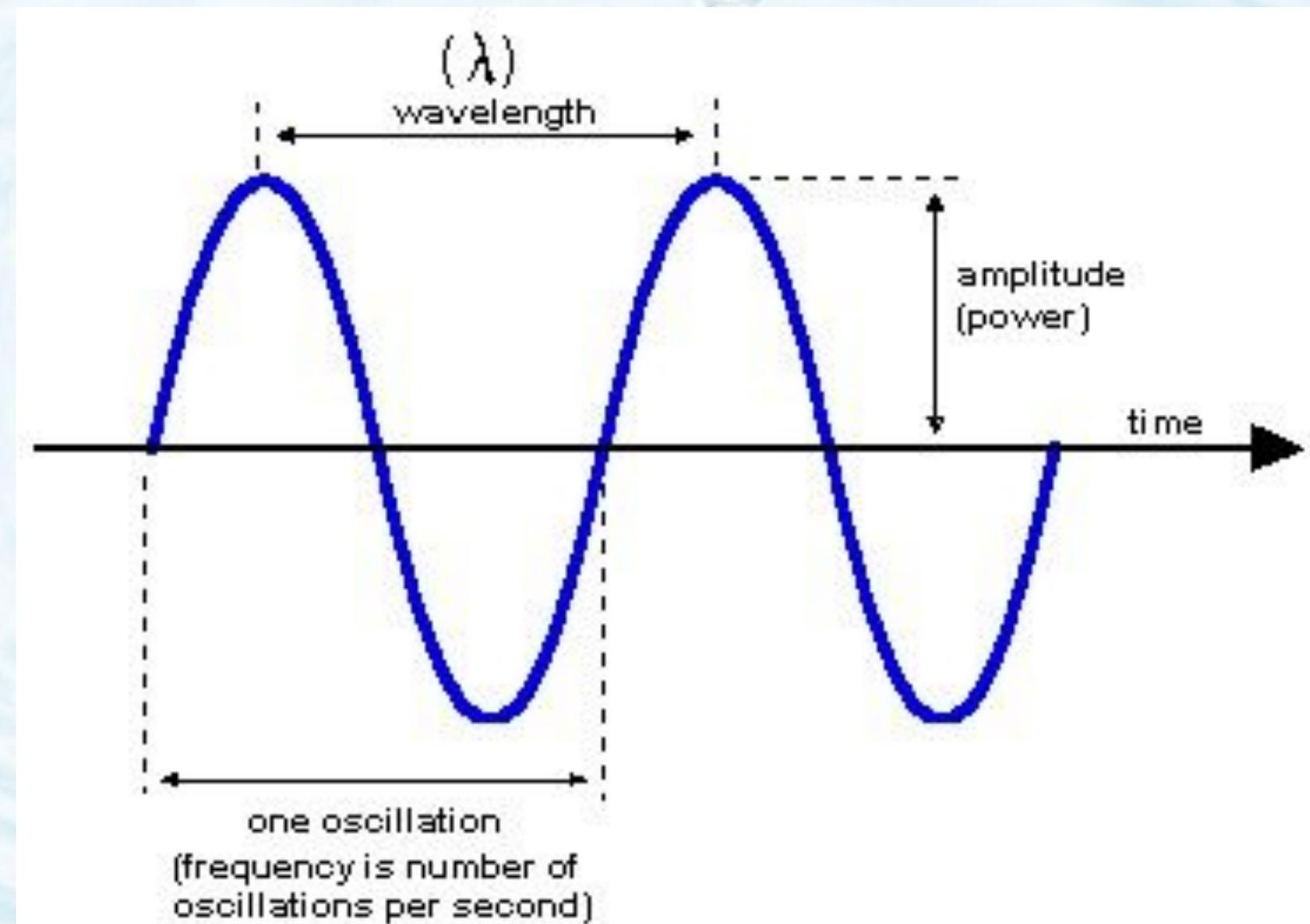
Malgorzata Witkowska





*“If you want to find a secret of the universe,  
think about energy, frequency, and vibration.”*

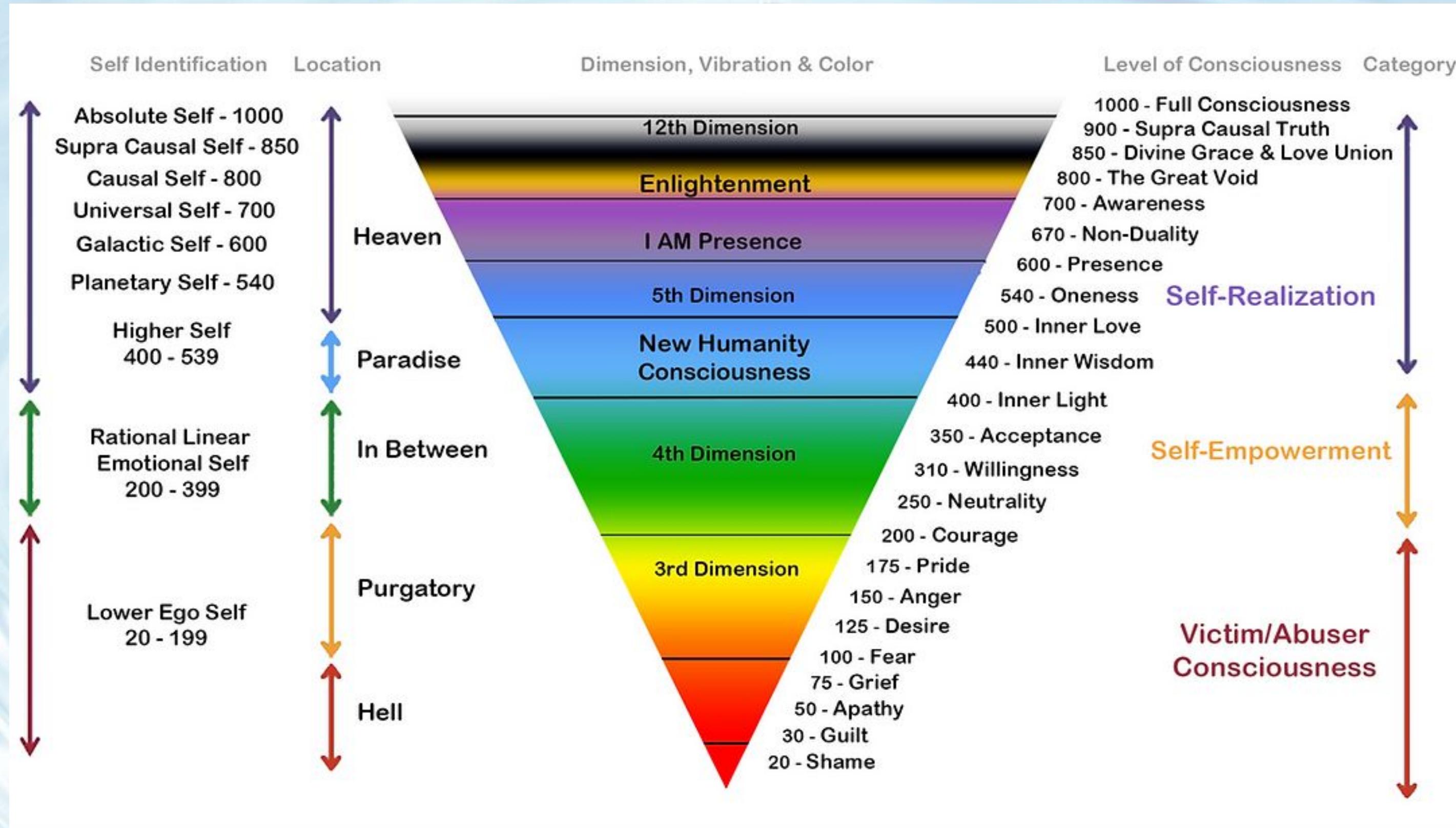
Nikola Tesla



# SCALE OF HUMAN EMOTIONS

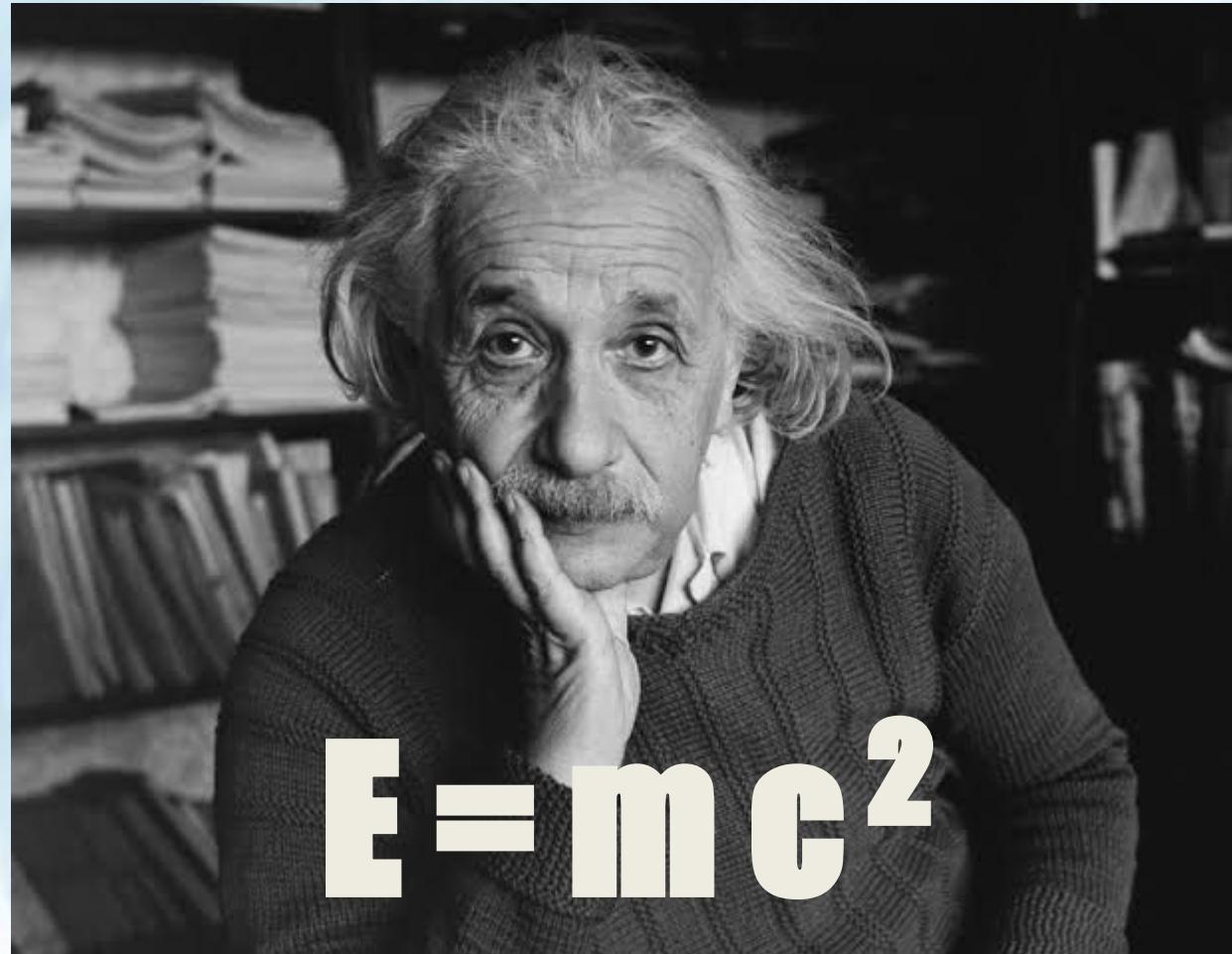


Based on Dr. David R. Hawkins “Map of Consciousness”





## PHYSICAL WORLD



$$E=mc^2$$

Albert Einstein

## QUANTUM WORLD

$$E = \underline{\hspace{2cm}} c^2$$

# THE OBSERVER EFFECT

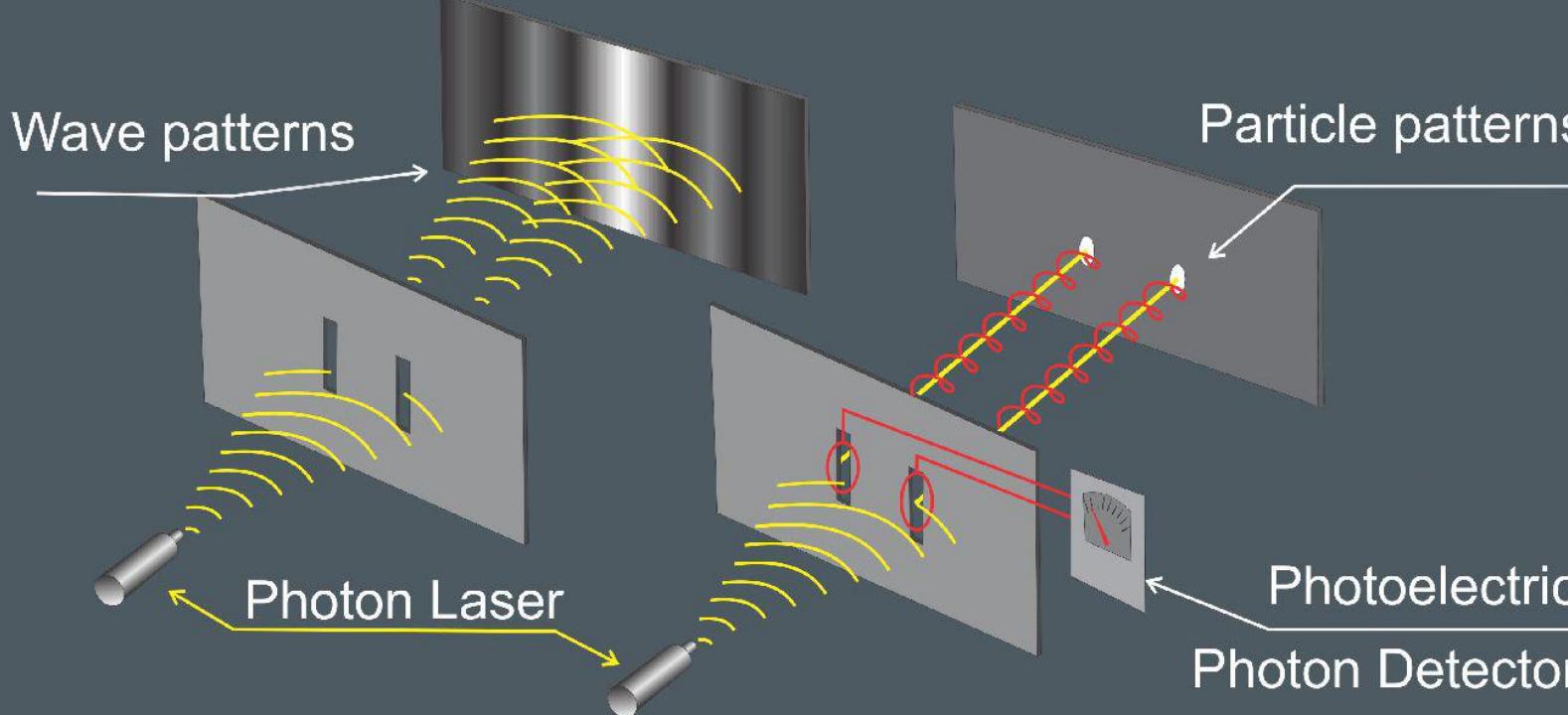


**Werner Heisenberg**

1932 Nobel Prize in Physics "for the creation of quantum mechanics"

**EMOTIONS CREATE VIBRATIONS,  
AND EXPECTATIONS COLLAPSE THEM INTO REALITY**

## Double Slot Experiment



**EMOTIONS**

**EXPECTATIONS**

**REALITY**

PHYSICAL WORLD

QUANTUM WORLD

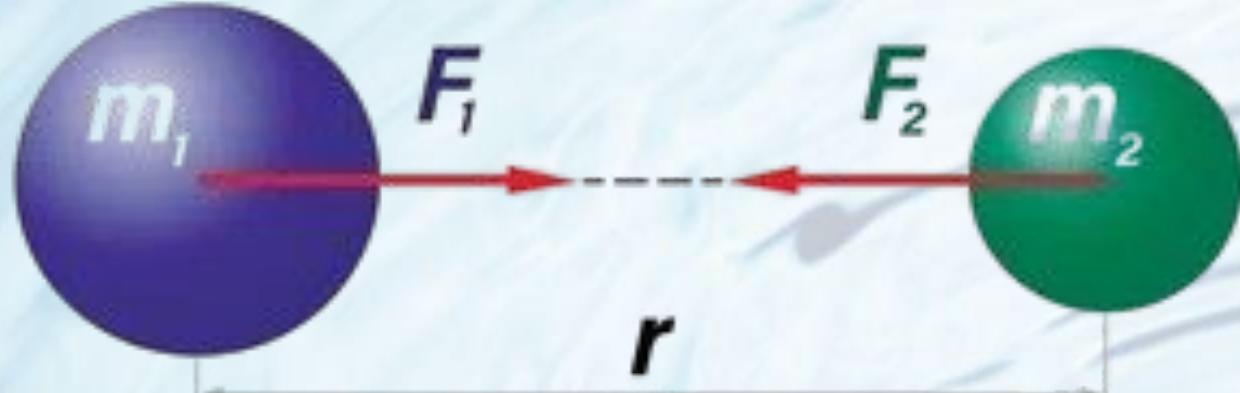
**VIBRATIONS**

**HIGH FREQUENCY VIBRATIONS**



## PHYSICAL WORLD

### Newton's Law of Universal Gravitation



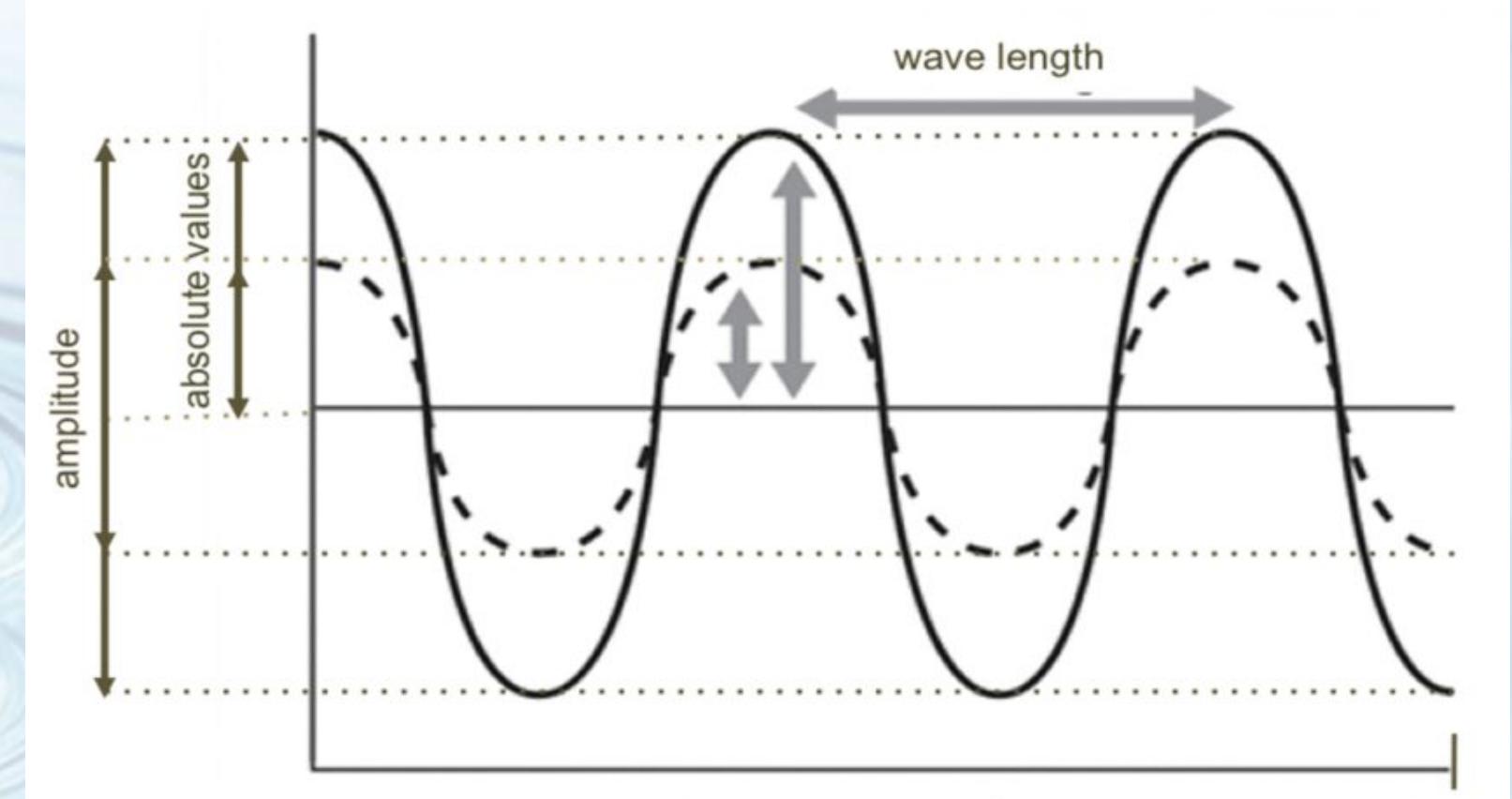
$$F_1 = F_2 = G \frac{m_1 \times m_2}{r^2}$$

- F - gravitational force between two objects
- G - universal gravitational constant
- m<sub>1</sub> - the mass
- m<sub>2</sub> - the mass
- r - the separation

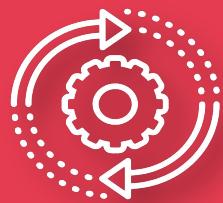
## QUANTUM WORLD

NO MASS

INSTEAD VIBRATIONS & FREQUENCIES



Two frequencies of the same length can influence each other and double vibrations.  
Constructive interference  
Resonance \ Law of Attraction



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*Electromagnetism*

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*Signal*

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the reality around you.  
Vibrations deliver it."*

Malgorzata Witkowska





Intentional means being aware of why we have an expectation and align actions with values, giving it importance.

## WORLD CHANGING SOURCE OF INTENTIONS

**PURPOSE**

**VISION**

**HEALING**

**CALLING**

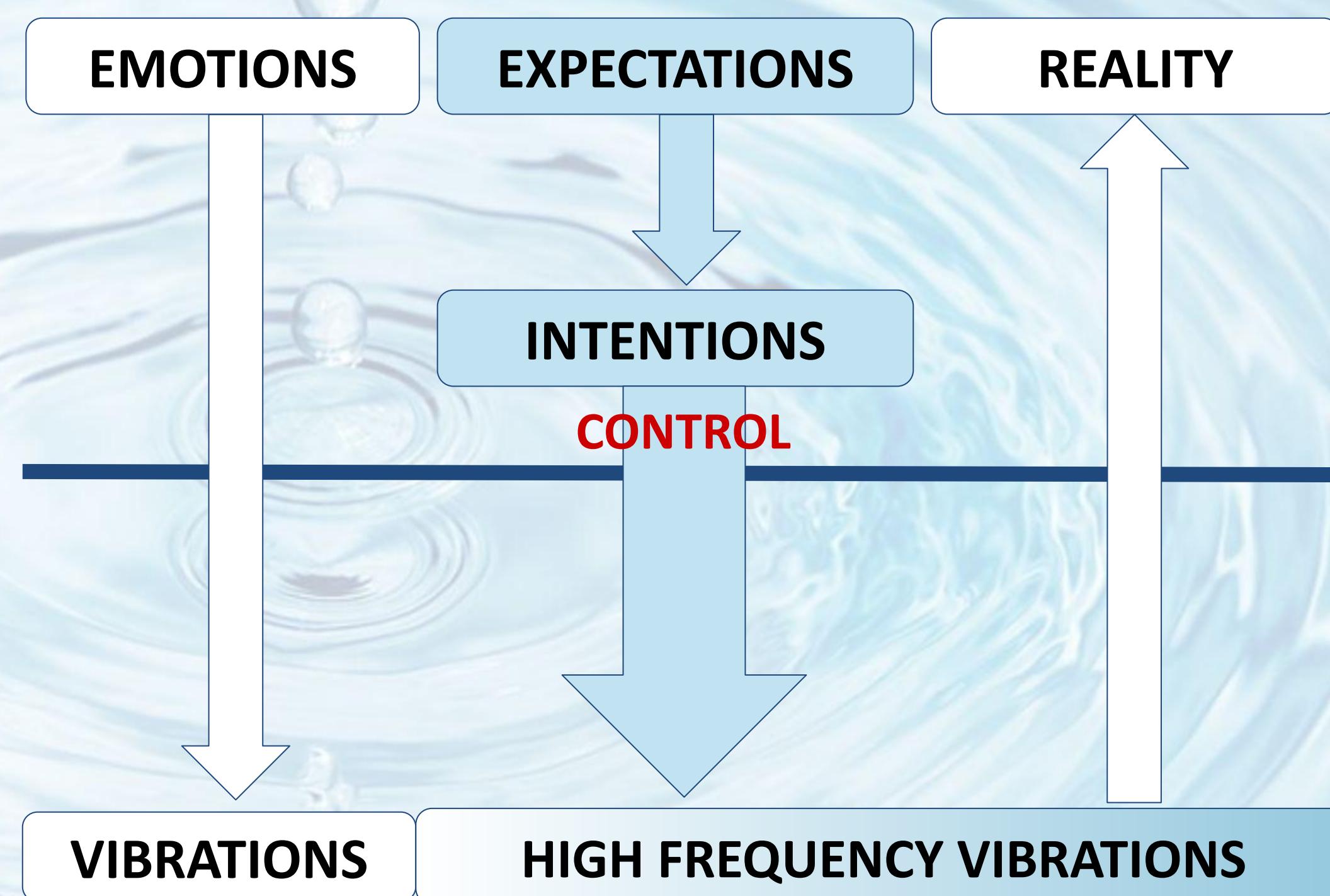
**RECOVERY**

**EXAMPLE**



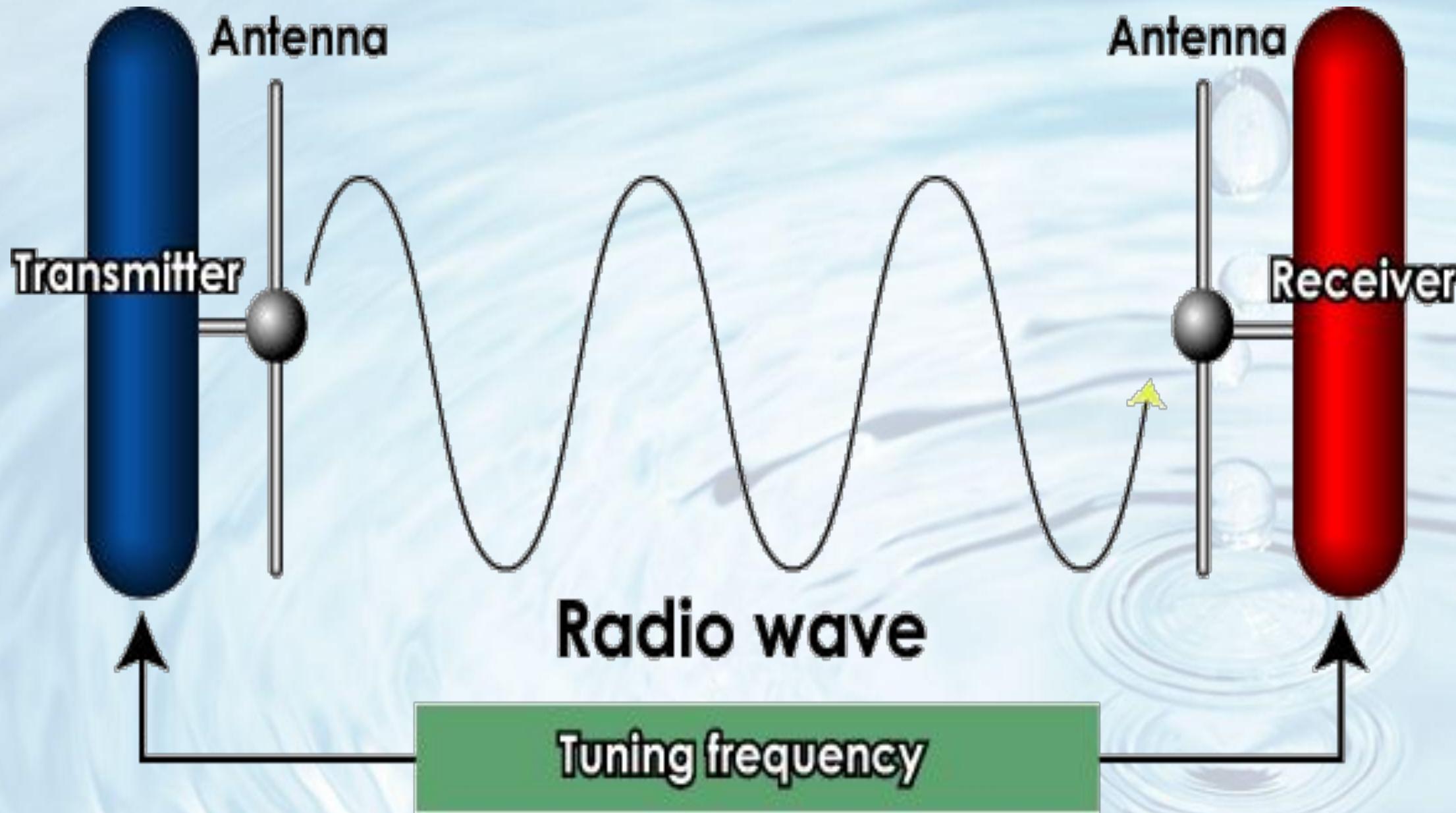


EMOTIONS CREATE VIBRATIONS,  
AND INTENTIONS COLLAPSE THEM INTO REALITY



PHYSICAL WORLD

QUANTUM WORLD

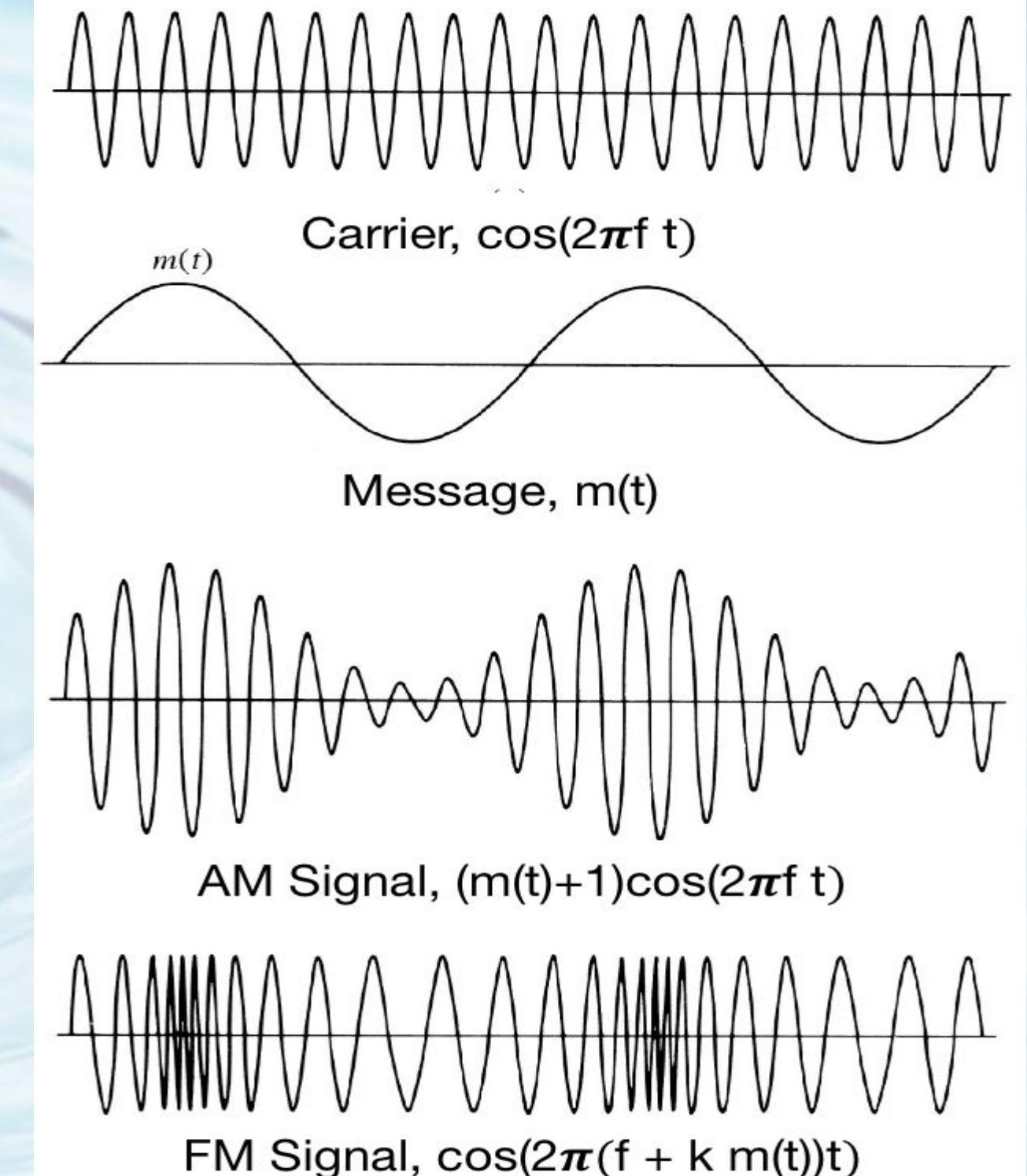


**Antennas = Humans**

**Tuning frequency = Carrier wave = Vibrations**

**Radio wave = Message = Intentions**

The **MESSAGE (intentions)** modulate the **CARRIER** frequency





## COMPASSION



## OTHERS

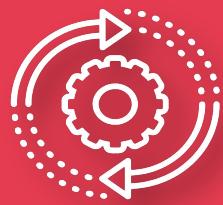
to recognise  
others' frequencies



adjusting our  
frequency  
and  
vibrations



receiving messages  
and  
broadcasting intentions



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*Vibrations*

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*Intentions*

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*Electromagnetism*

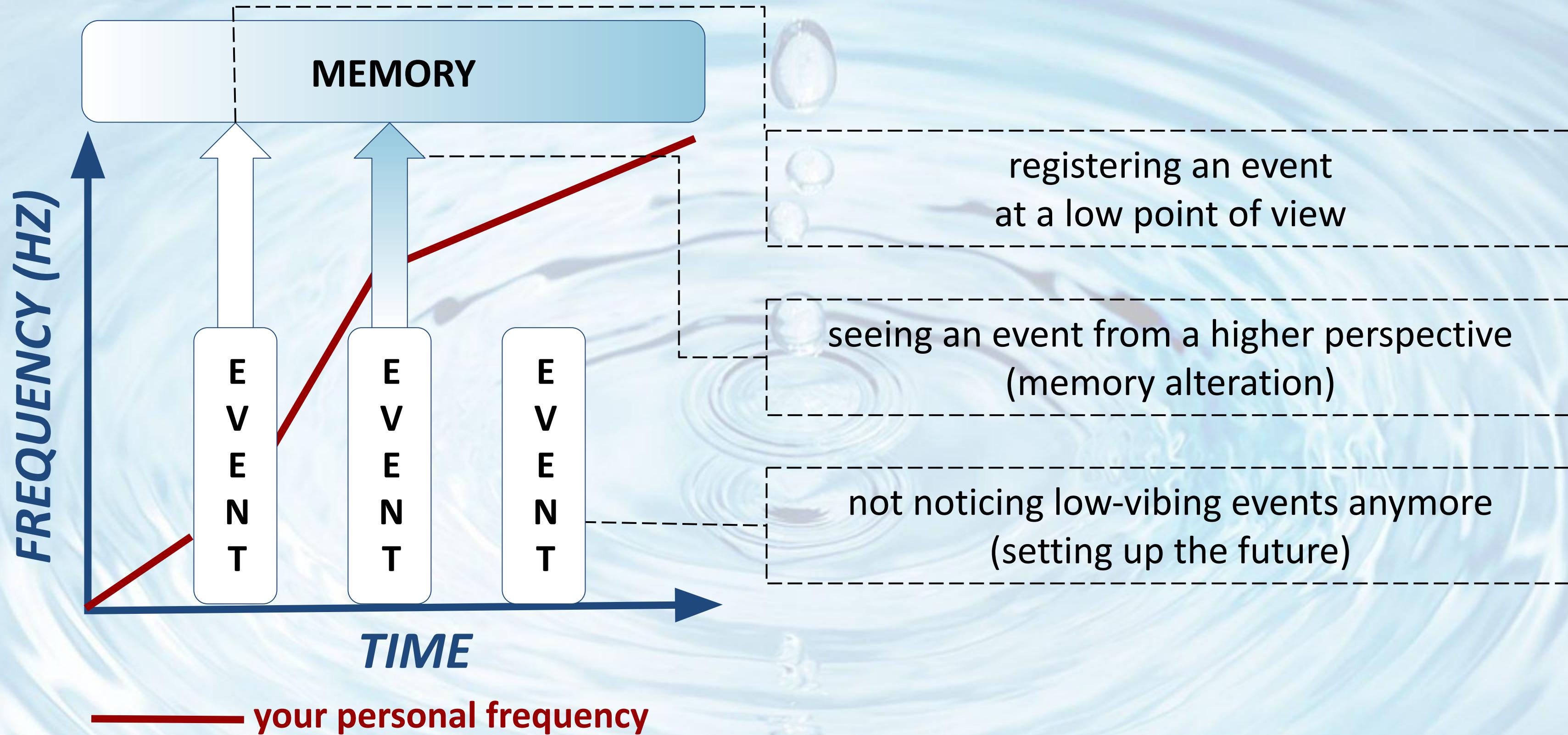
S

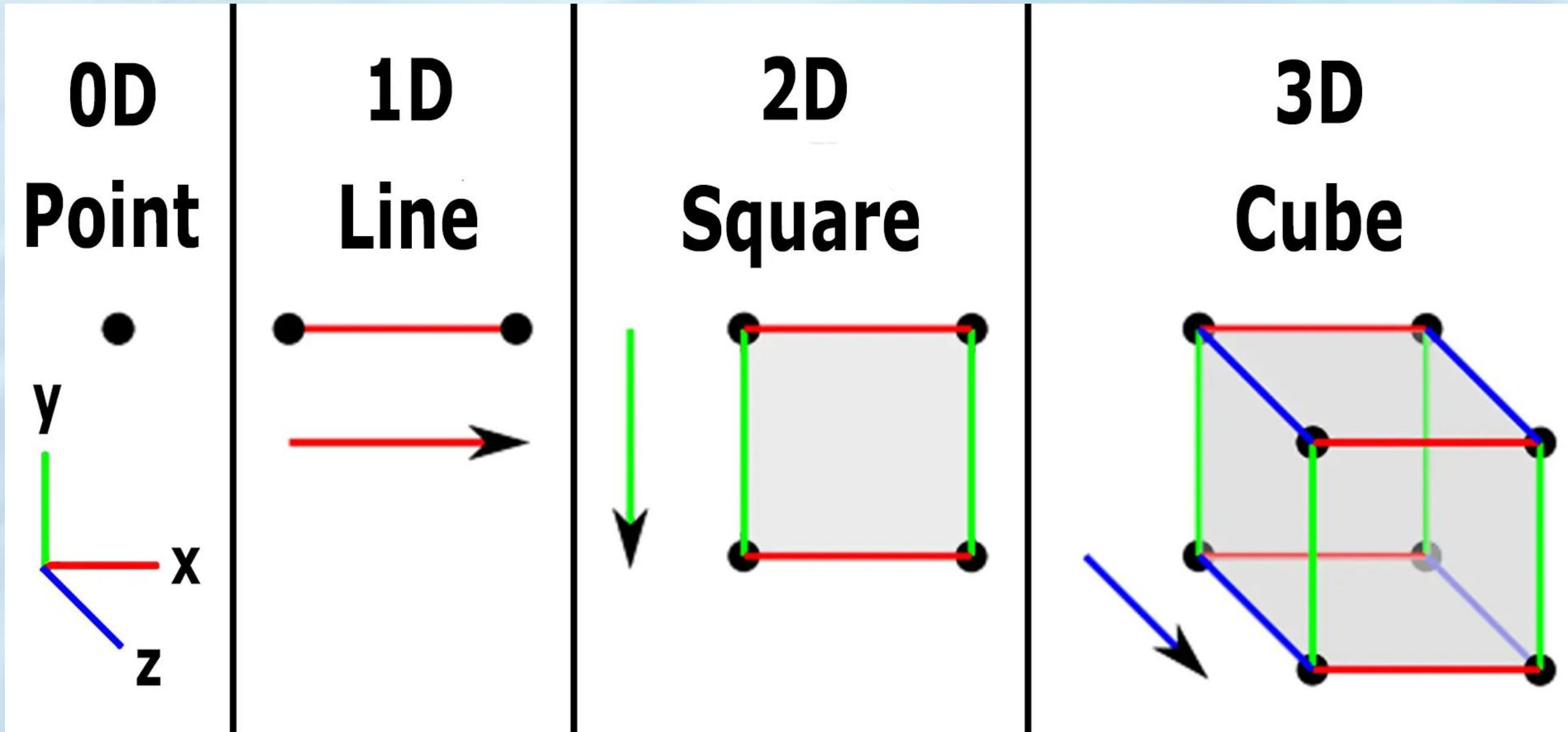
*Signal*

*"Your frequency influences  
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Vibrations deliver it."*

Malgorzata Witkowska







length

length  
height

length  
height  
width

**T I M E**  
**WAS and WILL BE**

length  
forwards/back

height  
up/down

width  
closer/further

**B**

# TIME TRAVEL



## QUANTUM TIME

## QUANTUM TIME

TIME

TODAY

PRESENT MOMENT  
DETACHMENT

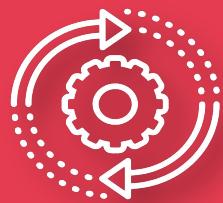
Alternative past  
Altered memory

Possible future  
Set up the future



## THETA BRAINWAVES = Present moment + Emotional Stability

FREQUENCY	BRAIN WAVE	BRAIN STATE
<b>Delta</b> (0.3 - 4Hz)		<ul style="list-style-type: none"><li>• Dreamless sleep</li><li>• Access the subconscious</li><li>• loss of bodily awareness</li></ul>
<b>Theta</b> (4 - 8Hz)		<ul style="list-style-type: none"><li>• Inner peace</li><li>• REM sleep</li><li>• Deep meditation</li></ul>
<b>Alpha</b> (8 - 13Hz)		<ul style="list-style-type: none"><li>• Creativity</li><li>• Flow state</li><li>• Focus</li></ul>
<b>Beta</b> (13 - 30Hz)		<ul style="list-style-type: none"><li>• Concentration</li><li>• Arousal</li><li>• Alertness</li></ul>
<b>Gamma</b> (30Hz and above)		<ul style="list-style-type: none"><li>• Multi-processing</li></ul>



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*Electromagnetism*

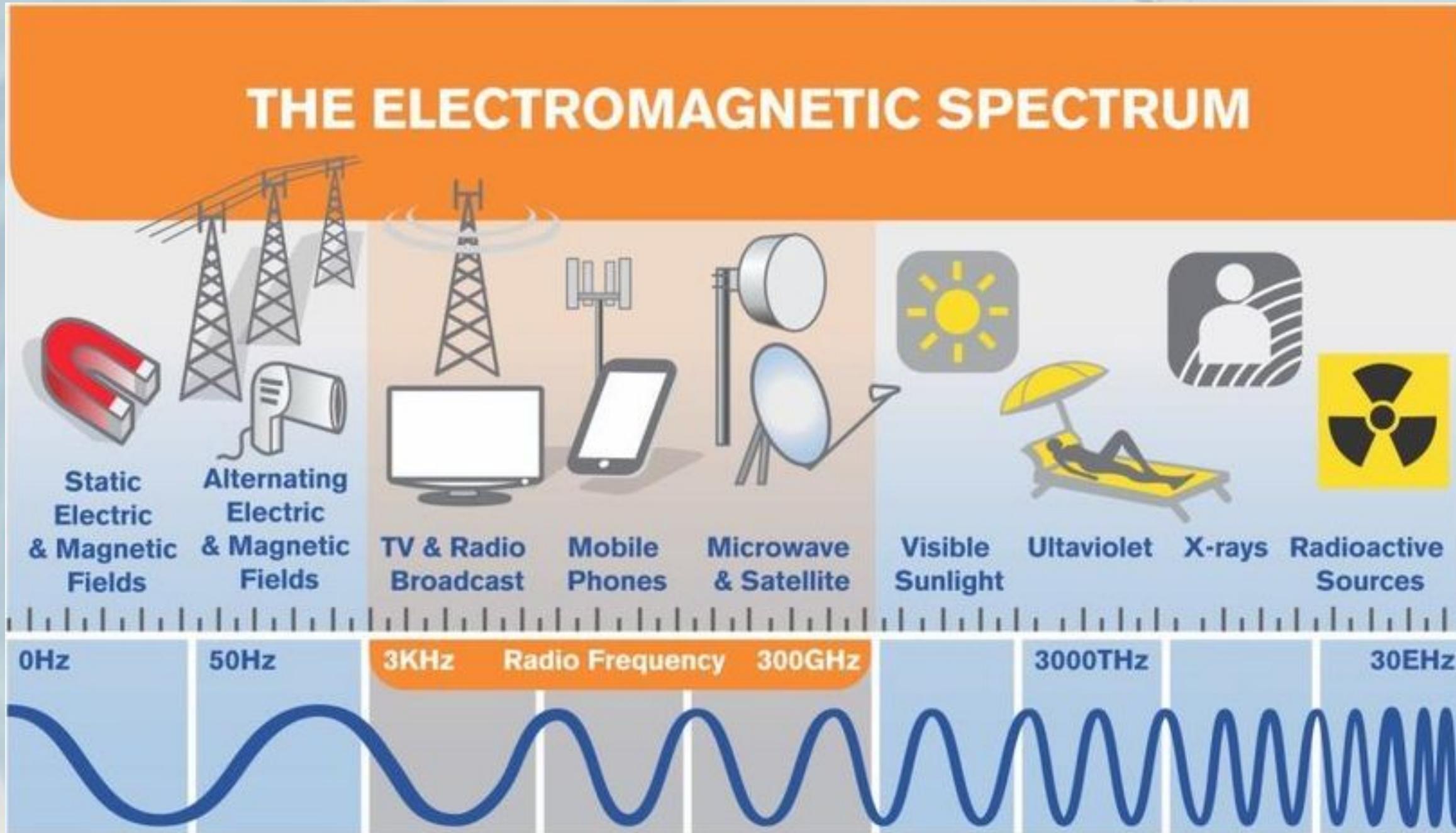
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Quantum magnetometers can detect electromagnetism of a human body up to 1 meter away from the body



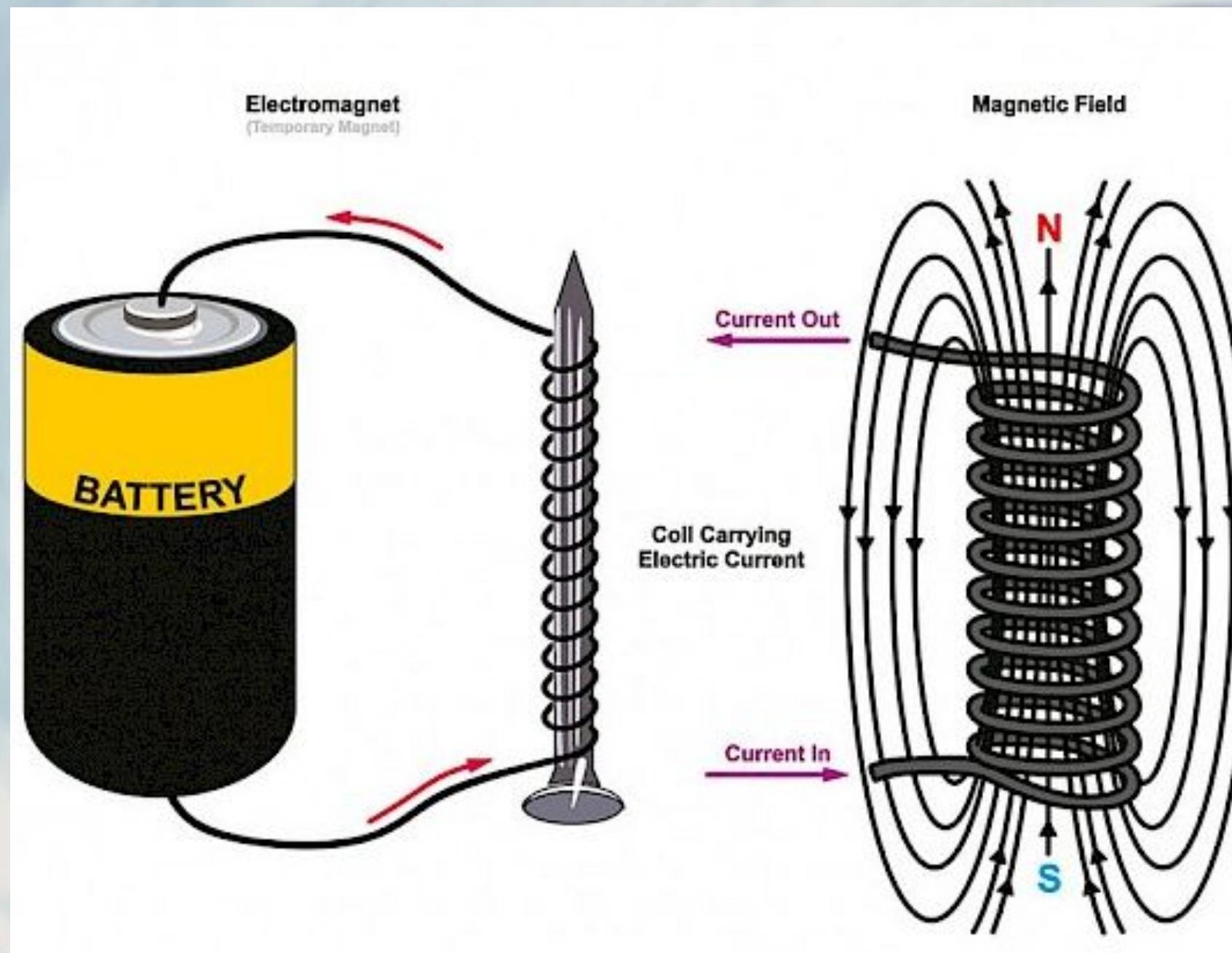
*“The day science begins to study non-physical phenomena,  
it will make more progress in one decade than  
in all the previous centuries of its existence.”*

Nikola Tesla

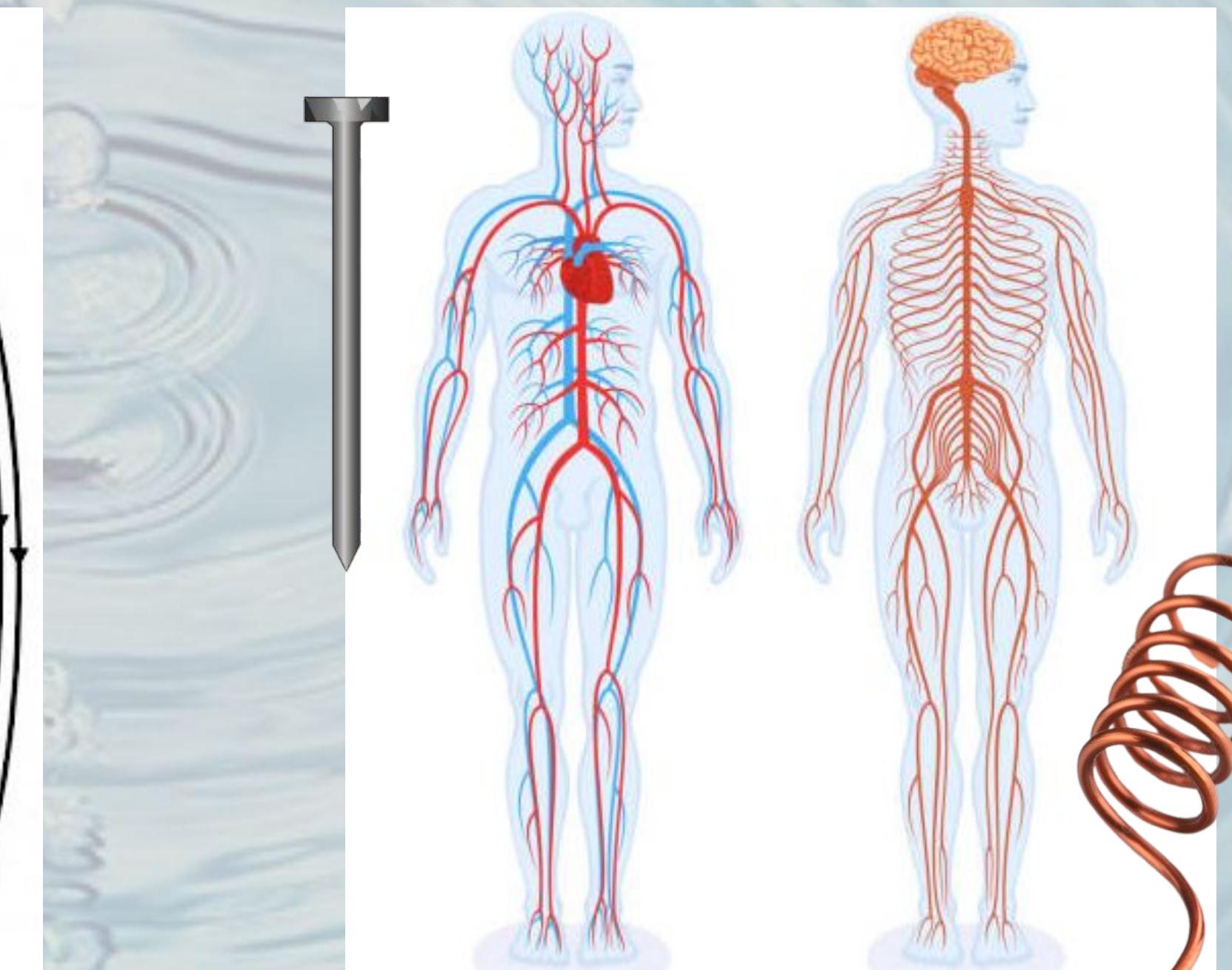
# ELECTROMAGNETIC FIELD



wrapped wire with an electric current around an iron nail; the electric field in the wire coil creates a magnetic field around the nail

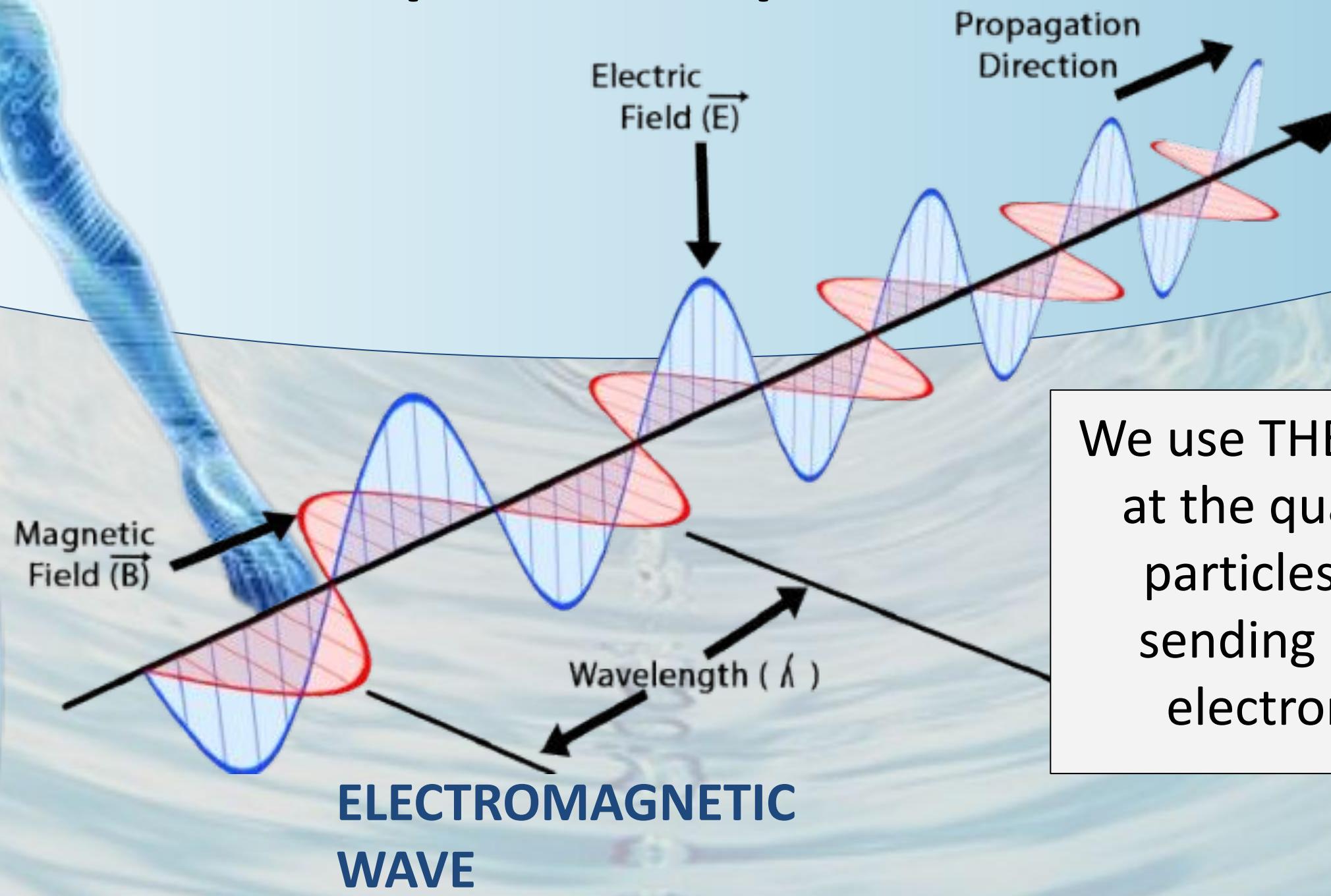


**the nervous system** generates electric pulses;  
**the cardiovascular system** requires iron to function

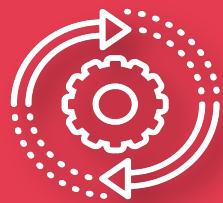




## THE QUANTUM FIELD All potential options



We use THE OBSERVER EFFECT at the quantum field for its particles to pick up state, sending our intentions by electromagnetic waves



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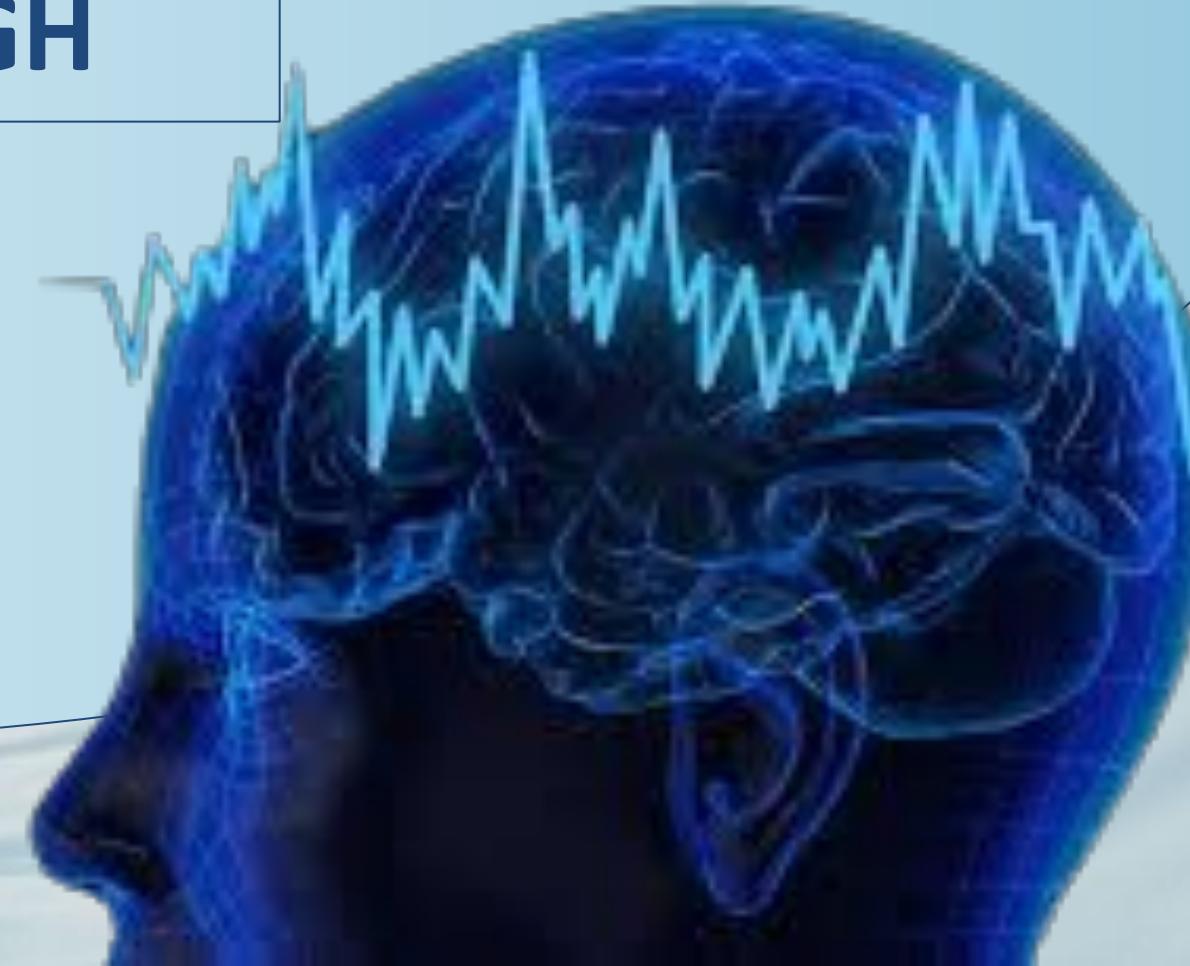
MIN 7000 THOUGHTS PER DAY

8h for sleep

$$24\text{h} - 8\text{h} = 16\text{h} * 60 \text{ seconds} = 960 \text{ seconds} / 7000 \text{ thoughts}$$

0.13 SECONDS  
PER THROUHG

We constantly produce electromagnetic field either to send or receive waves of information from **the quantum field**.  
They are not all yours.



# GLOBAL\UNIVERSAL CONSCIOUSNESS



## COLLECTIVE CONSCIOUSNESS

### PERSONAL CONSCIOUSNESS TYPES

**TO ME**

**Victim Consciousness**



**BY ME**

**Manifestor Consciousness**



**THROUGH ME**

**Channeler Consciousness**



**AS ME**

**Being Consciousness**



The belief that you're at **oneness** with all of life as you.

It's the most profound state.

**The higher consciousness** where the line of separation is dissolved and you're in harmony and coherence with who you are.

# THALAMUS (3RD EYE CHAKRA)



The **thalamus** is a brain structure that relays and processes sensory and motor information, and also regulates consciousness, alertness, and sleep.

LIMITED  
THALAMUS

NOISE IN MY HEAD

HOST

STRANGE FEELING

I MUST BE TIRED

I KNOW WHAT WILL HAPPEN

I AM PARANOID

OPEN THALAMUS  
CLAIRVOYANT

CLAIRAUDIENCE  
I hear my Higher Self

CLAIRSENTIENCE  
I feel others' emotions

CLAIRCOGNIZANCE  
I can predict the future



# THE QUANTUM CONSCIOUSNESS CATALYST™



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H

Higher Self

A

Alignment

R

Realms

M

Mission

*"Trusting intuition  
makes you special  
as you become  
always right."*

Malgorzata Witkowska





*“Everything is **energy**, and that’s all there is to it ...*

*Match the frequency of the energy you want,  
and you cannot help but achieve that reality.*

*It can be no other way.*

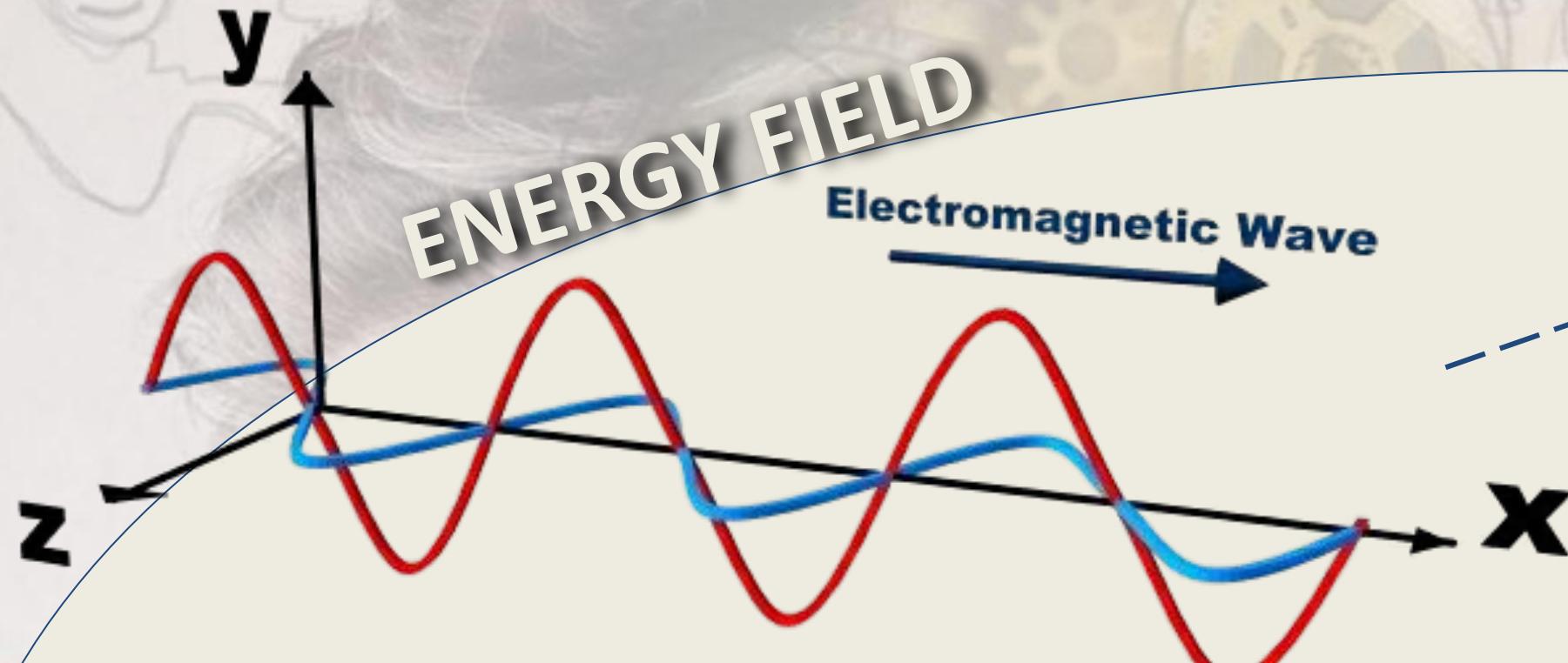
*This is not philosophy.*

*This is physics.”*

Albert Einstein

C

# HUMAN BODY AS AN AVATAR



BRAIN AS A VIRTUAL GOGGLES  
to interpret **signals**

SENSES AS CONTROLLERS  
to receive **signals**

EGO AS BELIEF SYSTEM  
to choose **signals**



# QUANTUM ENTANGLEMENT



## NOBELPRISET I FYSIK 2022 THE NOBEL PRIZE IN PHYSICS 2022



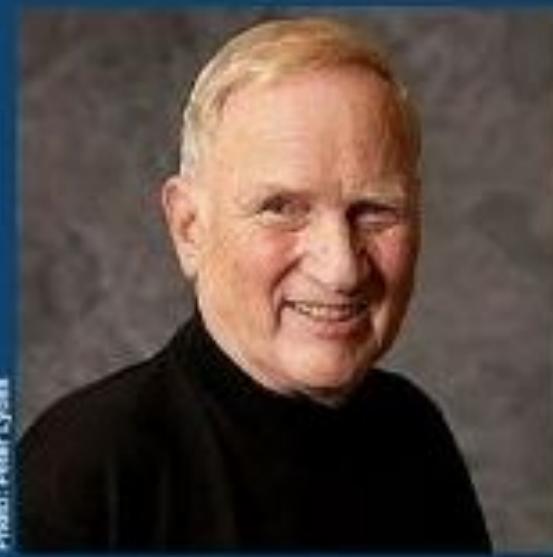
KUNGL.  
VETENSKAPS-  
AKADEMIEN

THE ROYAL SWEDISH ACADEMY OF SCIENCES



**Alain Aspect**

Université Paris-Saclay &  
École Polytechnique, France



**John F. Clauser**

J.F. Clauser & Assoc.,  
USA



**Anton Zeilinger**

University of Vienna,  
Austria

*"för experiment med sammanflätade fotoner som påvisat brott mot Bell-olikheter och  
banat väg för kvantinformationsvetenskap"*

*"for experiments with entangled photons, establishing the violation of Bell inequalities and  
pioneering quantum information science"*



# QUANTUM ENTANGLEMENT BETWEEN PEOPLE



**SIMILAR FREQUENCY CONNECTS;**

both people have to agree to the bond;  
can be somebody long gone



**EMOTIONS ARE A LANGUAGE;**

both people can feel, interpret and  
understand each other

**BECOMING ONE;**

these people can exchange skills, fate,  
knowledge, illness

C

# BEING ENERGY



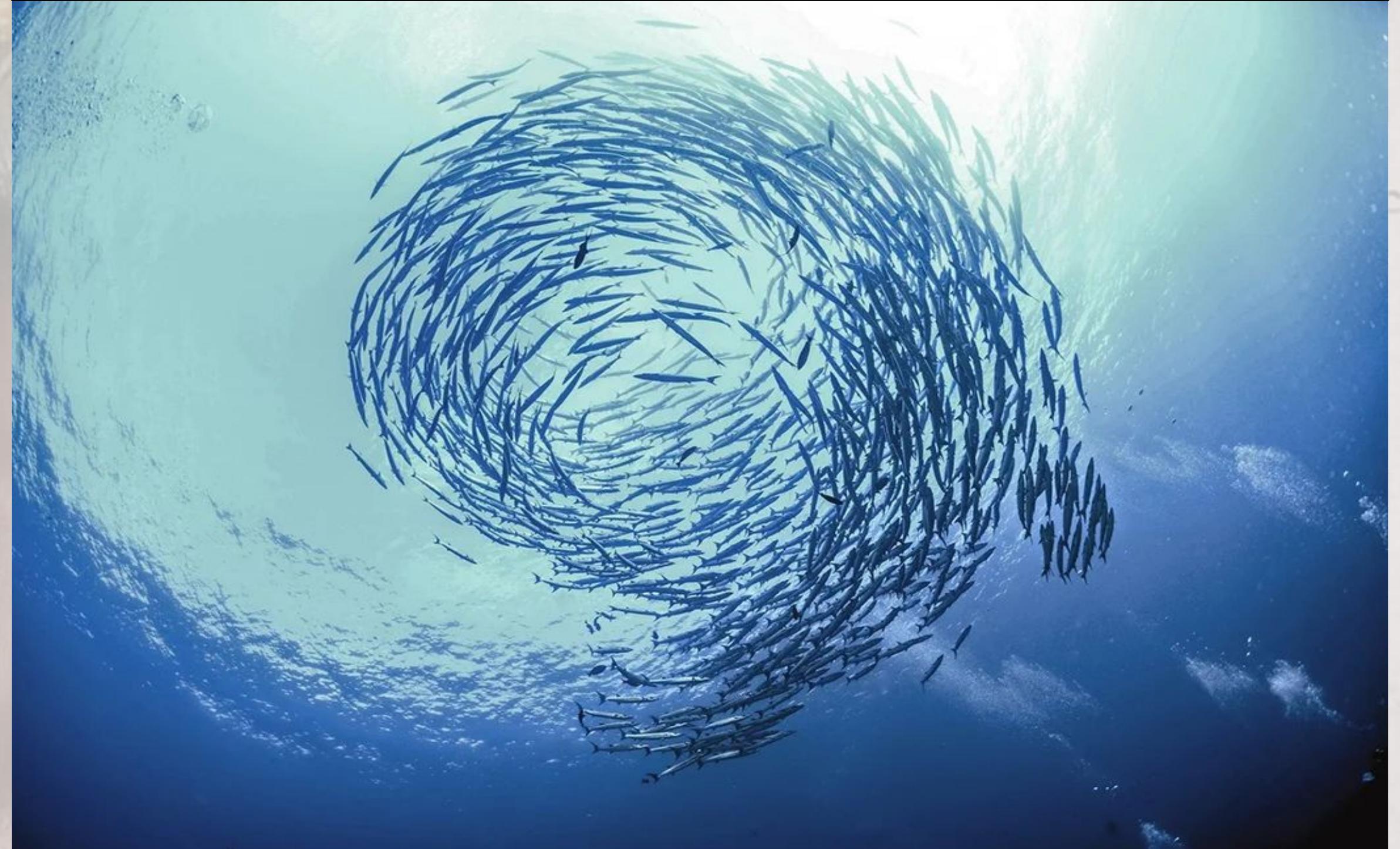
We are all one.  
Only egos, beliefs, and  
fears separate us.

NIKOLA TESLA



CONSCIOUS  
COLLECTIVE

**YOU ARE NOT A BEING  
YOU ARE ALL THERE IS THAT YOU CAN FEEL**





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as you become  
always right."*

Malgorzata Witkowska



# TIME VS SPEED OF LIGHT



Faster something moves,  
the more time slows down for it

## ALBERT EINSTEIN THEORY OF RELATIVITY

Time stops for objects traveling at the speed of light  
Time Dilation





# The Nobel Prize in Physics



Photo: CNRS/Photomaton/Institut des Laboratoires

Serge Haroche

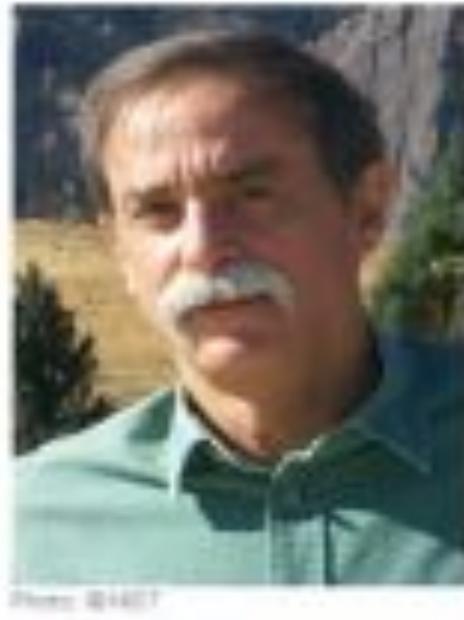


Photo: R. Knott

David J. Wineland

# 2012

*for groundbreaking experimental methods that enable measuring and manipulation of individual quantum systems*

This talk by: Fabrice P. LAUSSY

Universidad Autónoma de Madrid

Also presenting personal work and some of E. del Valle,  
A. González-Tudela, C. Tejedor and others.

Madrid, 28 November 2012  
12:00-13:00; seminar room módulo 5 (5th floor)

[fabrice.laussy@gmail.com](mailto:fabrice.laussy@gmail.com)

[http://laussy.org/wiki/The\\_Nobel\\_Prize\\_in\\_Physics\\_2012](http://laussy.org/wiki/The_Nobel_Prize_in_Physics_2012) or <http://g>

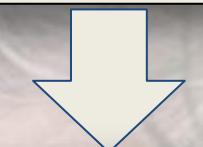
Quantum superposition is the ability of a quantum system to act as if it is in multiple states at the same time until it is measured.

Superposition is a property of all wave functions. It means that a particle can be in many places at the same time.

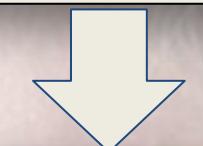
These particles do not experience linear time or space. They can have a different perspective about it.



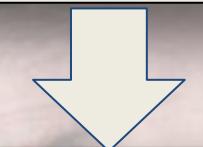
**THOUGHTS AND INTENTIONS**



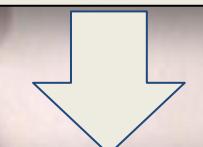
**NO MASS**



**SPEED OF LIGHT**



**DOES NOT EXPERIENCE TIME**



**ANYWHERE TILL NOTICED  
BY A CONSCIOUSNESS POINT OF  
ATTENTION - THE OBSERVER**



H

# TIME TRAVEL



CONSCIOUSNESS NEED A SINGLE POINT OF ATTENTIONS  
TO HAVE A HUMAN EXPERIENCE

PRESENT MOMENT

PERCEPTION

ANYWHERE IN TIME

THE PAST IS MEMORY

THE FUTURE IS IMAGINATION

THE OBSERVER  
HIGHER SELF



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Mission

41

*"Trusting intuition  
makes you special  
as you become  
always right."*

Malgorzata Witkowska



A

## EVOLUTION IS PRIORITY & HATES REPETITION



*“Imagination is more important than knowledge.*

*Knowledge is limited to all we know and understand.*

***Imagination*** embraces the entire world, and all

*there ever will be to know and understand.”*

Albert Einstein

A

# JOB HIERARCHY



PHYSICAL

KNOWLEDGE

IMAGINATION  
COMMUNICATION



DRIVER, WAITRESS



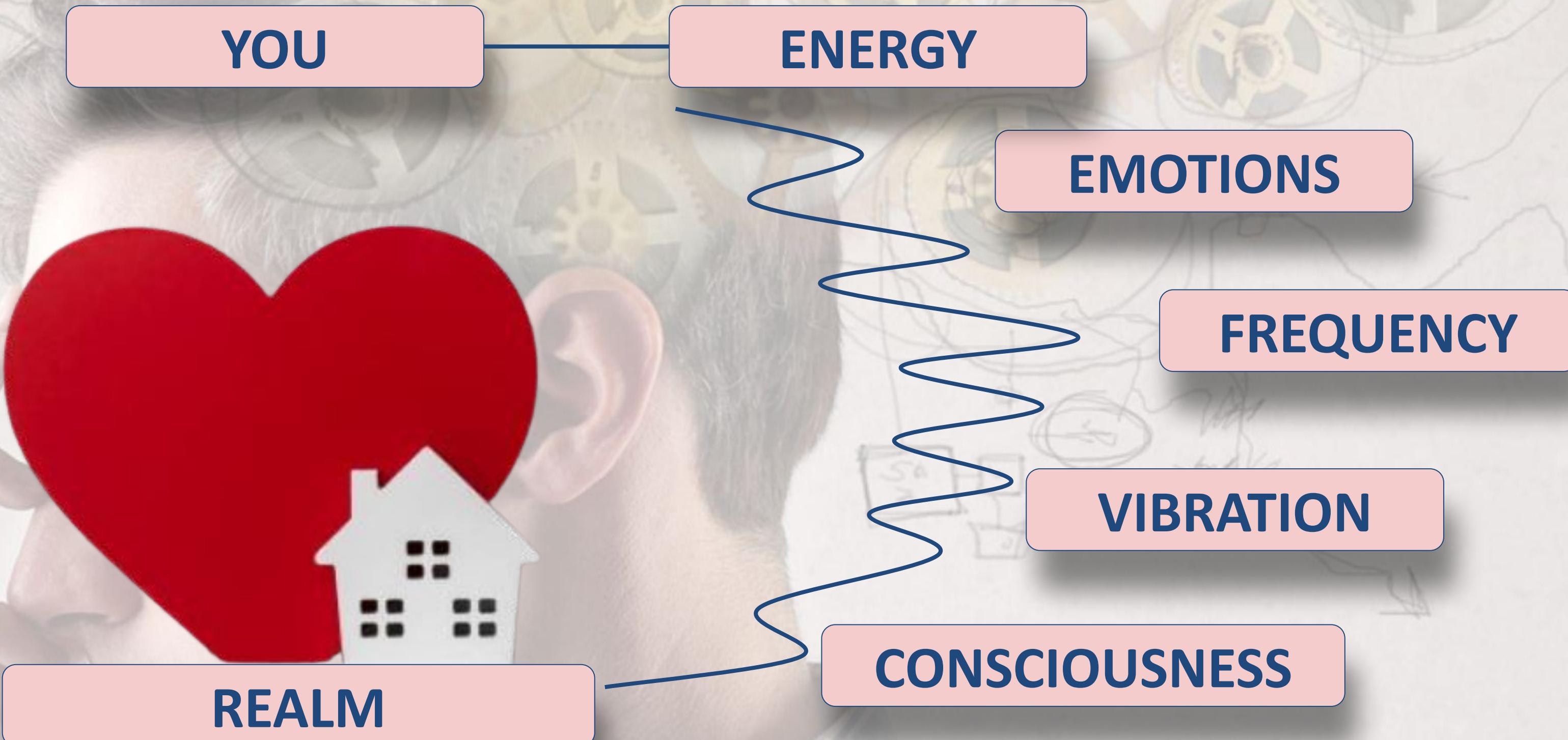
DOCTOR, BANKER



PUBLIC SPEAKER,  
ENTERTAINER



MENTOR,  
INNOVATOR



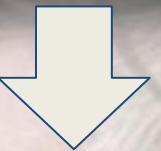
A

# GENIUS BRAINWAVES

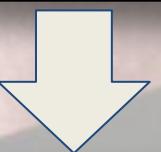


## GAMMA BRAINWAVE

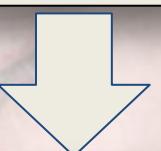
THE FASTEST KNOWN FROM 30 to 80 Hz



IN THE FLOW \ FASCINATION



ACCESS TO HIGHER CONSCIOUSNESS



IMAGINATION EXPANDS KNOWLEDGE  
COLLAPSING THE WAVE OF QUANTUM  
POSSIBILITIES INTO REALITY  
THROUGH BELIEFS

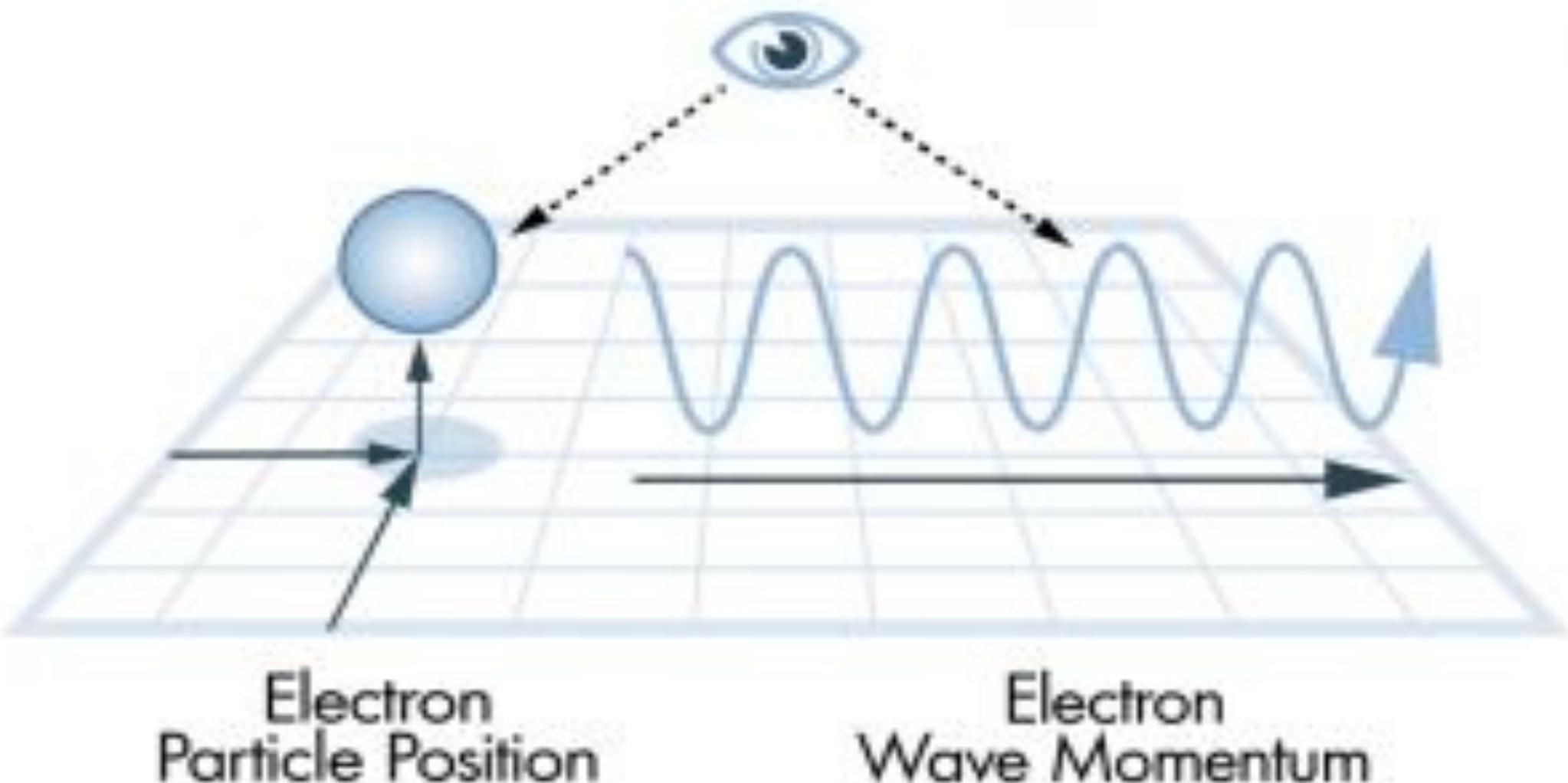


**A**

# HEISENBERG'S UNCERTAINTY PRINCIPLE

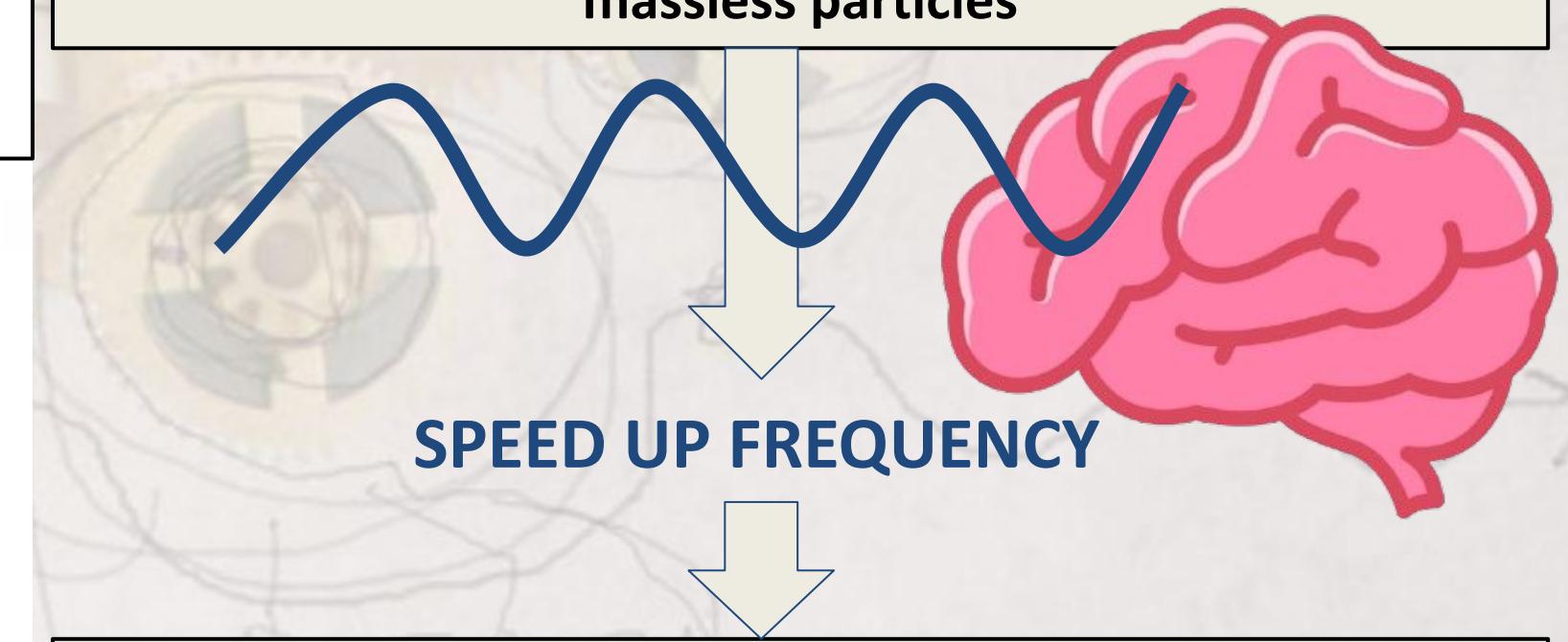


It is impossible to know the position and speed of a photon or electron, at the same time.  
They behave either as a particle or a wave.



## THOUGHTS, INTENTIONS, DESIRES

massless particles



**GAMMA BRAINWAVE**  
in flow, imagination, no control

The more we believe in an idea (**wave**),  
the more it collapses to a location and loses its wave  
properties, becoming our reality (**particles**)

**Your imagination builds possibilities, and belief chooses an experience**



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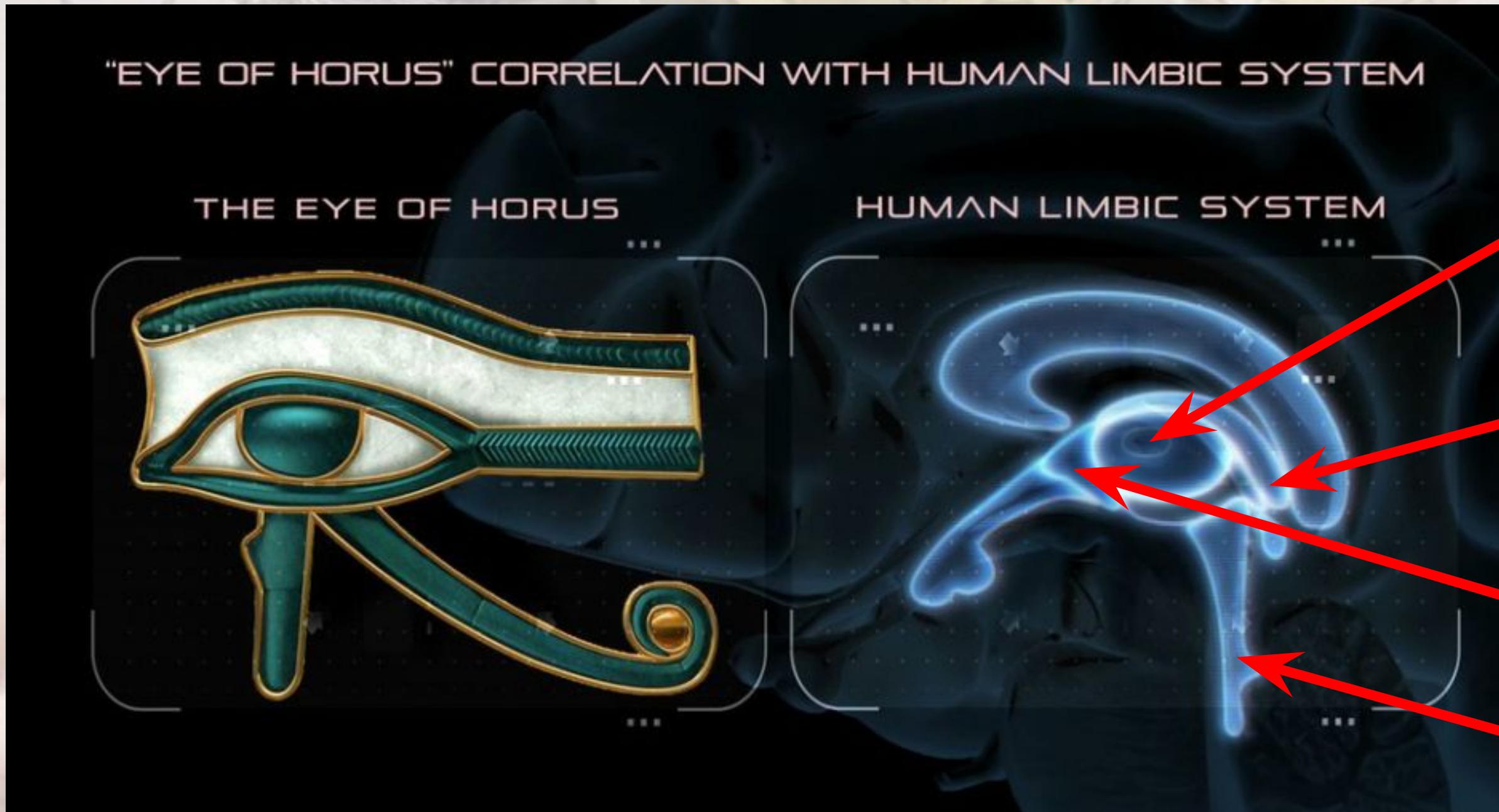
M

Mission

*"Trusting intuition  
makes you special  
as you become  
always right."*

Malgorzata Witkowska





thalamus  
relay station for  
sensory information

amygdala  
processing emotions and  
forming memories

hypothalamus  
regulates mood

hippocampus  
learning and memory

R

# ACCESSING HIGHER CONSCIOUSNESS



INTUITION

ENERGY EXCHANGE

CLAIR SENSES

SYNCHRONICITIES

SLOWER AGING

TELEPATHY

ENLIGHTENMENT





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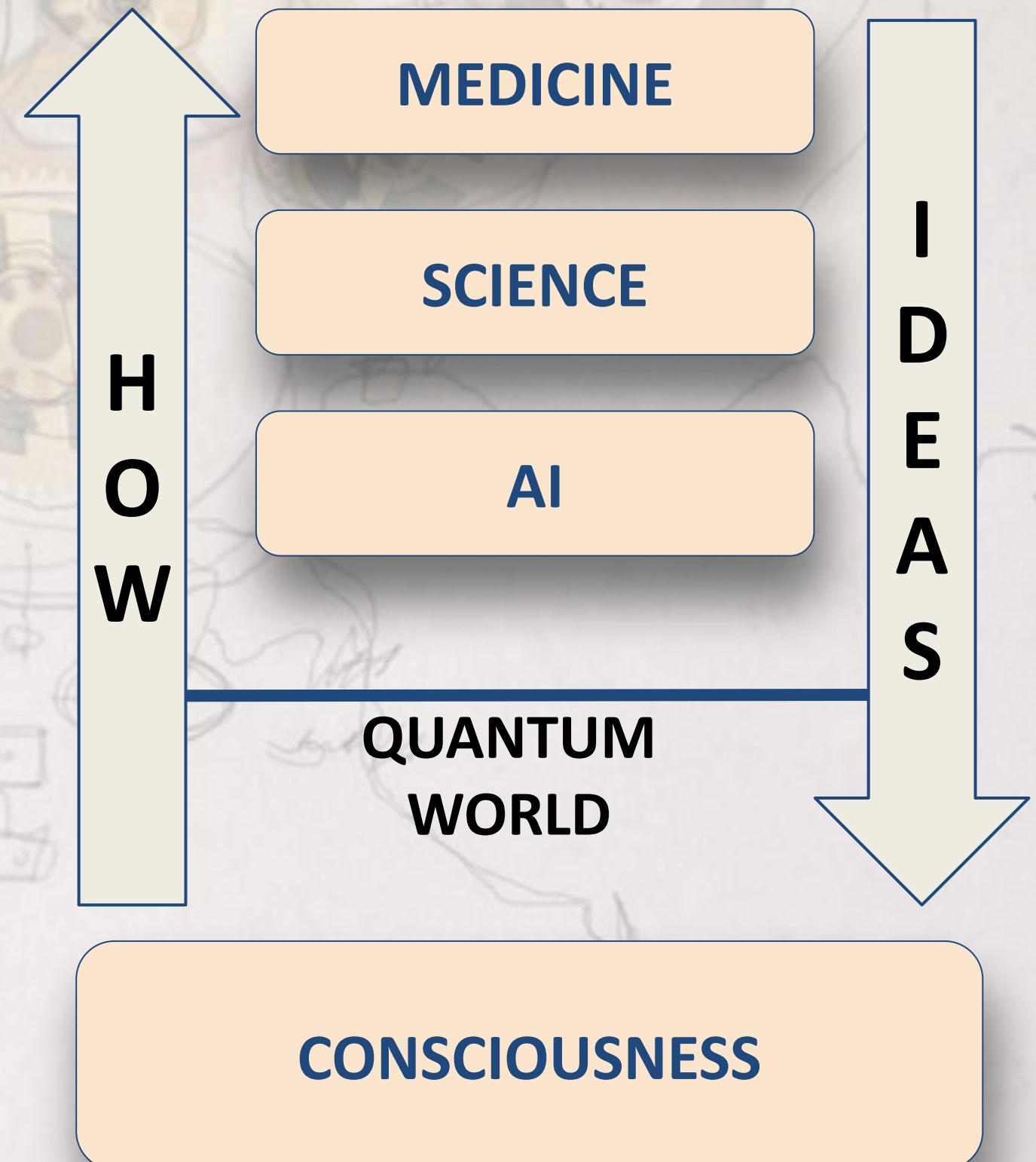
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Malgorzata Witkowska





M

# KEYS TO CONSCIOUSNESS



CONTRIBUTION

COLLABORATION

COHERENCE



*"Our human **Compassion** binds us one to the other"*  
Nelson Mandela

M

WHO ARE YOU?



GAME PLAYER



OR DESIGNER



# THE QUANTUM CONSCIOUSNESS CATALYST™





Powerful S.E.L.F. Program™

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CONSCIOUSNESS  
CATALYST™

S

*Subconscious*

E

*Epiphany*

L

*Layer*

F

*Forgiveness*

*“Fulfilling life comes from living on a multitasking autopilot with healthy programs.”*

Malgorzata Witkowska



# SUBCONSCIOUS MIND



SHORT-TERM  
MEMORY

BASIC SENSES

CONTROLLED \ SLOW  
REACTIVITY

**Conscious Mind**

CLAIR SENSES

FAST CALCULATIONS

LONG-TERM MEMORY

**Subconscious Mind**

CONSCIOUSNESS

QUANTUM PHYSICS

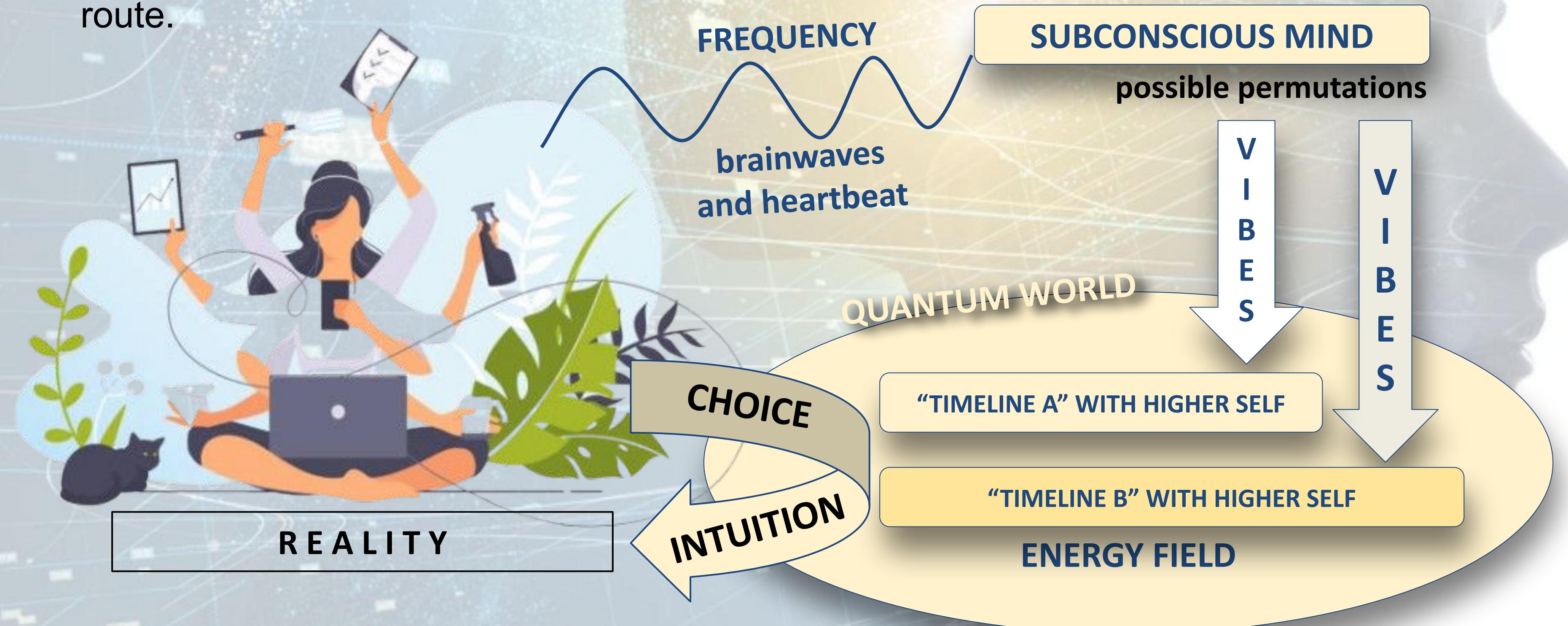
HUGE DATASET

QUANTUM ABILITIES

AUTO RESPONSES\MULTITASKING



Subconscious mind can see you in any and every possible situation at the same time. For your subconscious mind, it all happens simultaneously to choose the best possible route.





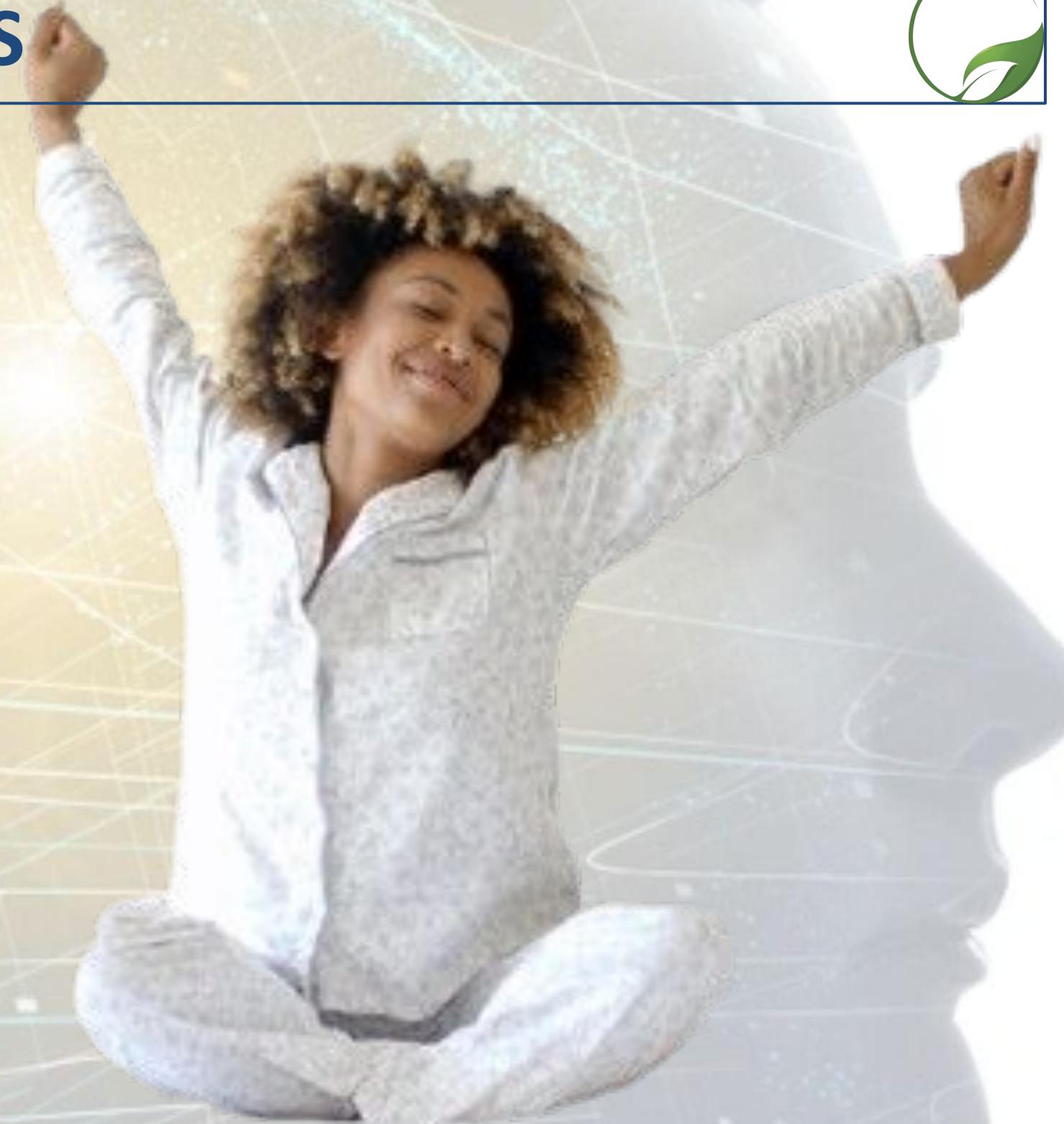
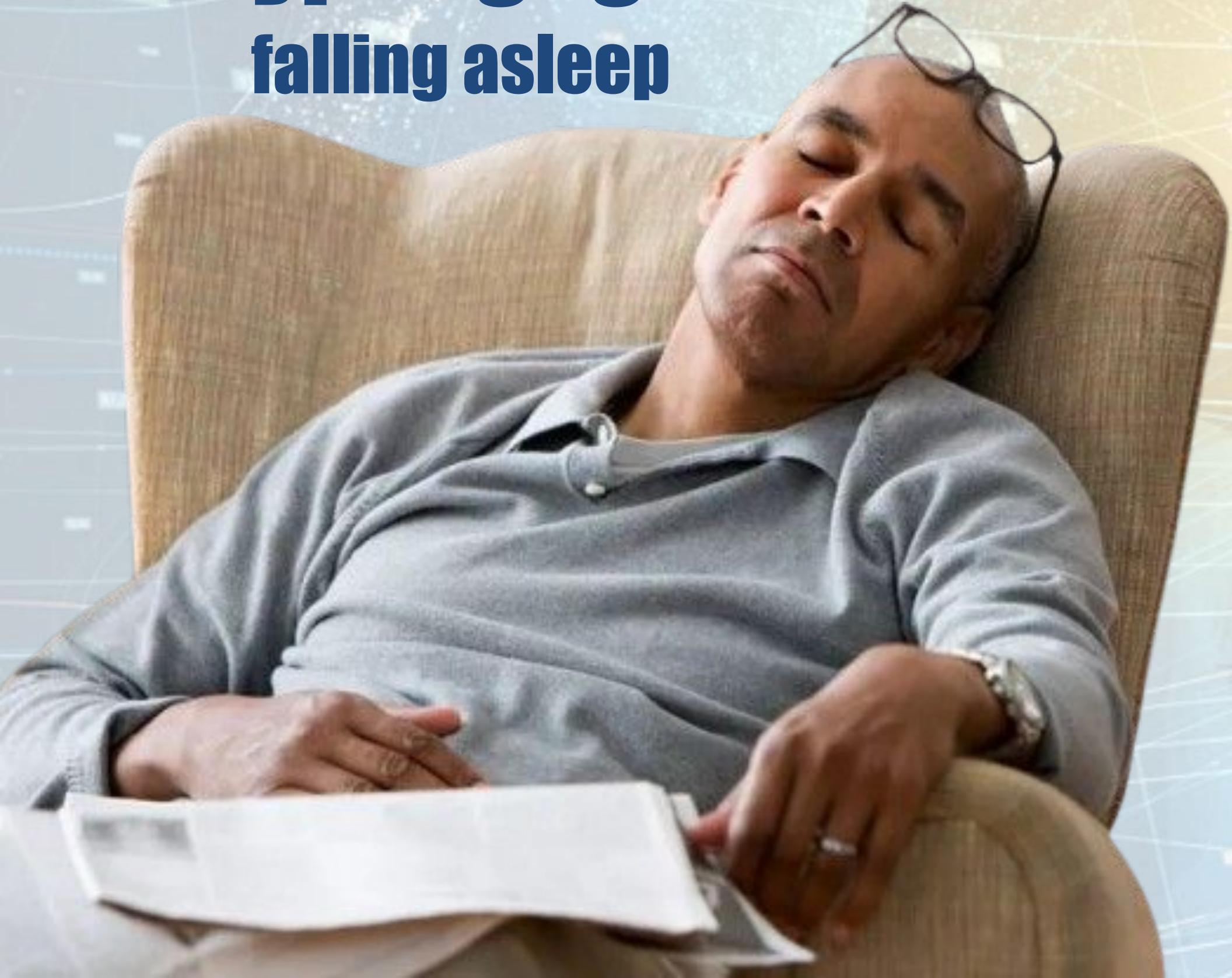
**INTUITION  
IS THE WINDOW TO THE SOUL  
ON THE QUANTUM LEVEL**

S

## SELF-HYPNOSIS



# Hypnagogia falling asleep



# Hypnopompia waking up



Powerful S.E.L.F. Program™

THE QUANTUM  
CONSCIOUSNESS  
CATALYST™

S

Subconscious

E

Epiphany

L

Layer

F

Forgiveness

*“Fulfilling life comes from living on a multitasking autopilot with healthy programs.”*

Malgorzata Witkowska



# COMPASSION & FORGIVENESS



DISTANCE  
to past pain  
**FORGIVENESS**

RELAX  
fear of the future  
**COMPASSION**



**FREE MIND**

GAMMA  
BRAINWAVES

**INTUITION**

**SUBCONSCIOUS MIND**

**MILLIONS OF PERMUTATIONS**



**Compassion  
allows us  
to access  
others'  
subconscious  
minds**

E

# LEONARDO DA VINCI



ANATOMY

ASTROLOGY

BOTANY

CARTOGRAPHY

PAINTING

PHILOSOPHY

PALeONTOLOGY

ACCESSING HIGHER CONSCIOUSNESS THROUGH COMPASSION



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USED BY SUBCONSCIOUS MIND TO CONTROL A BODY

## SYMPATHETIC DIVISION

FIGHT OR FLIGHT

HIBIDO

IMMUNOLOGY

REGULAR HEARTBEAT

VS

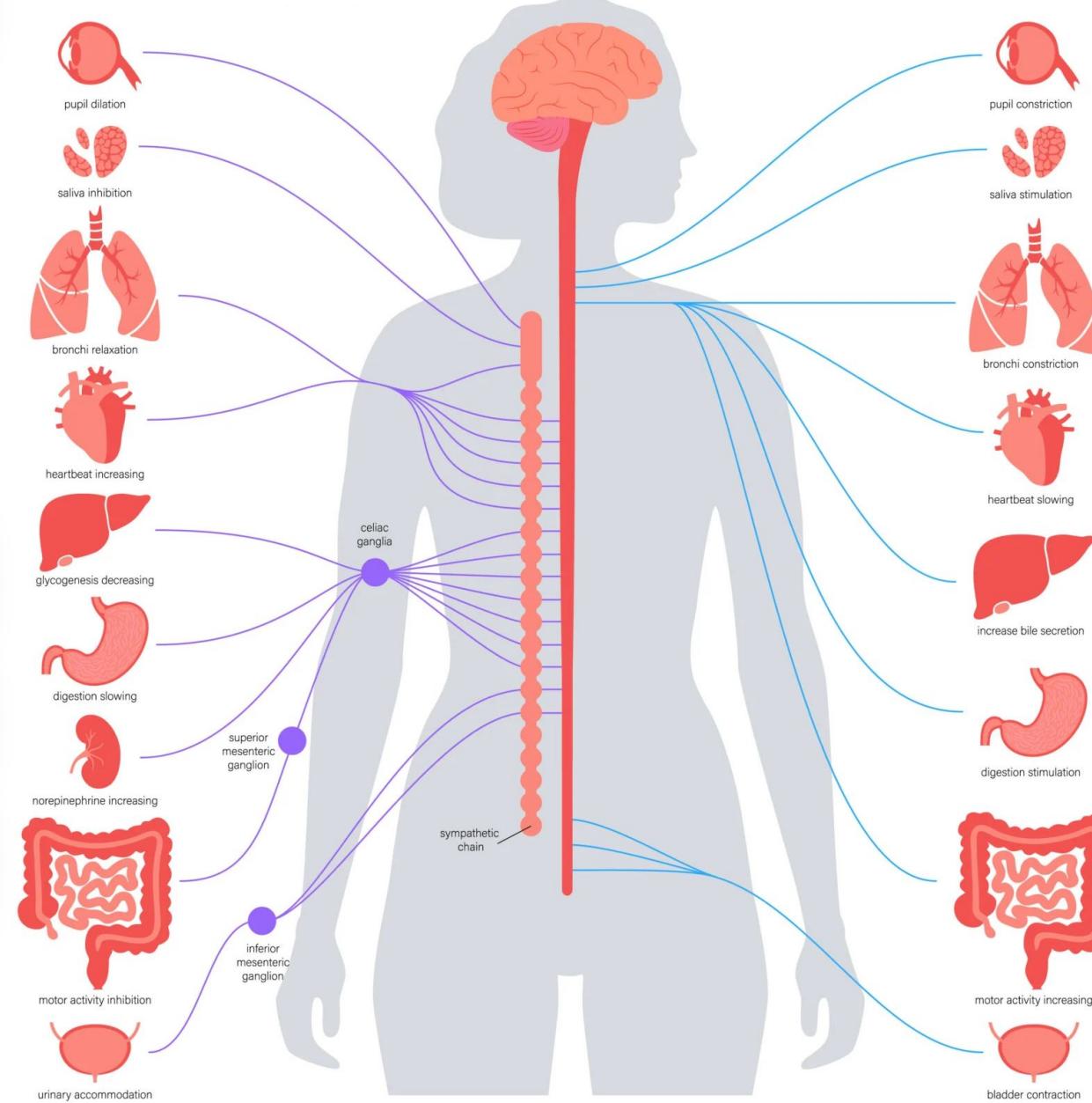
## PARASYMPATHETIC DIVISION

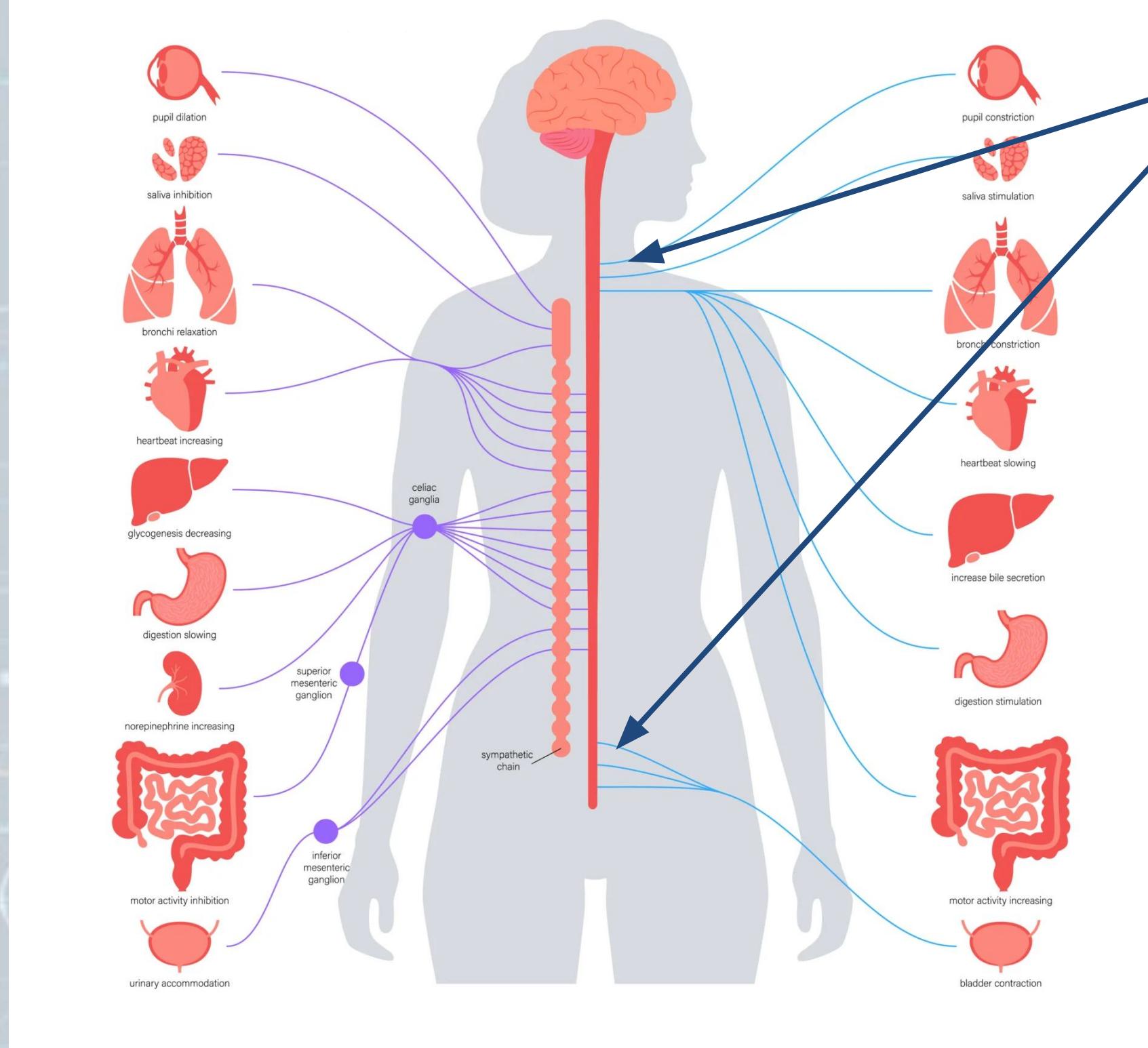
REST AND DIGEST

CONFIDENCE

LONGEVITY

BETTER DIGESTION





OPPOSITE POINTS USED  
IN BODY COMMUNICATION

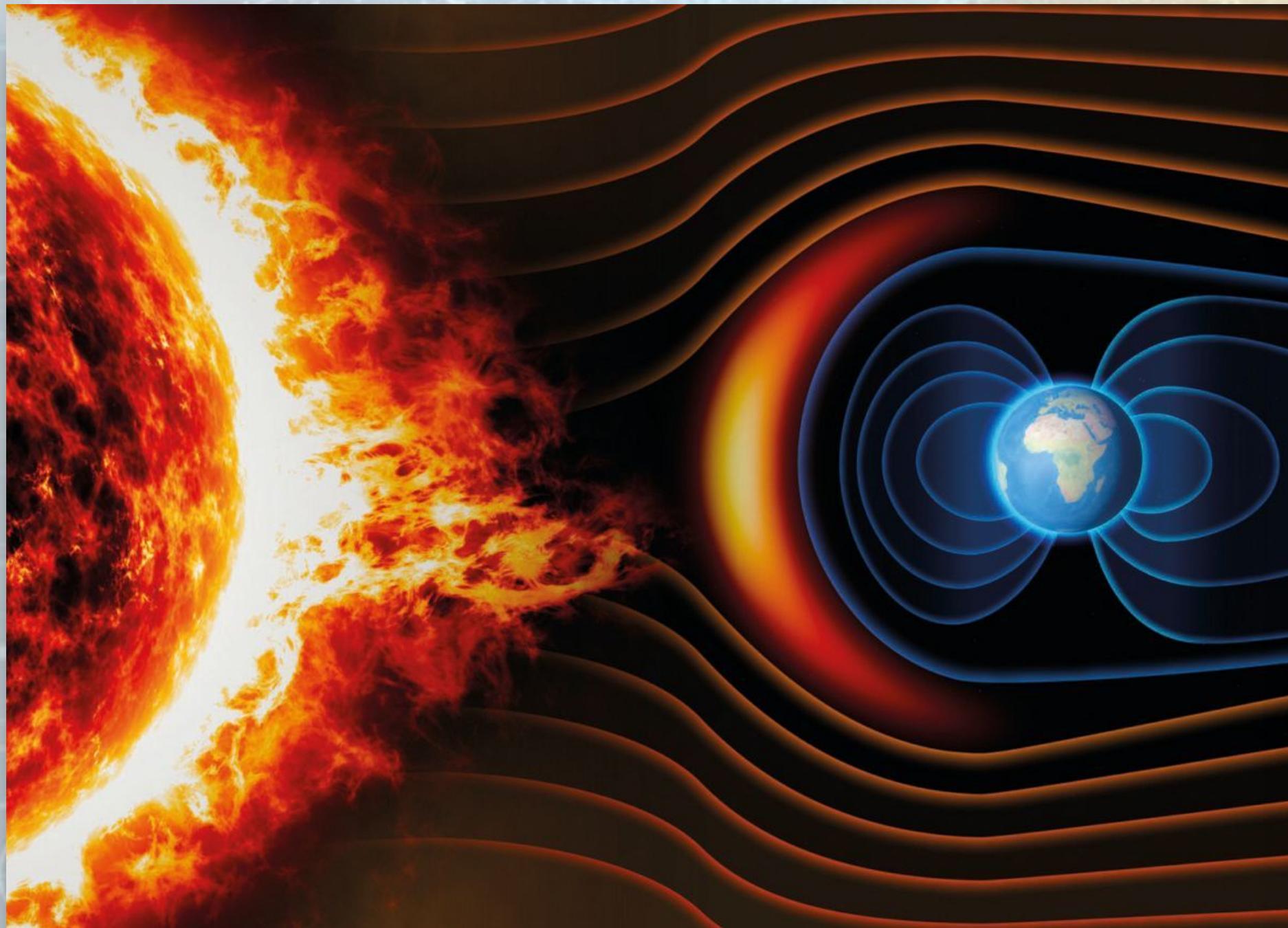


NERVOUS SYSTEM USES ELECTRICITY  
(ACTION POTENTIAL)



TWO MAGNETIC POLES

THE BODY CAN TURN INTO A MAGNET



**The Earth's magnetic field is vital for life. Without it, the Sun's radiation would sterilize the planet. It is a protection shield.**

**Human create layer to protect their energy.**



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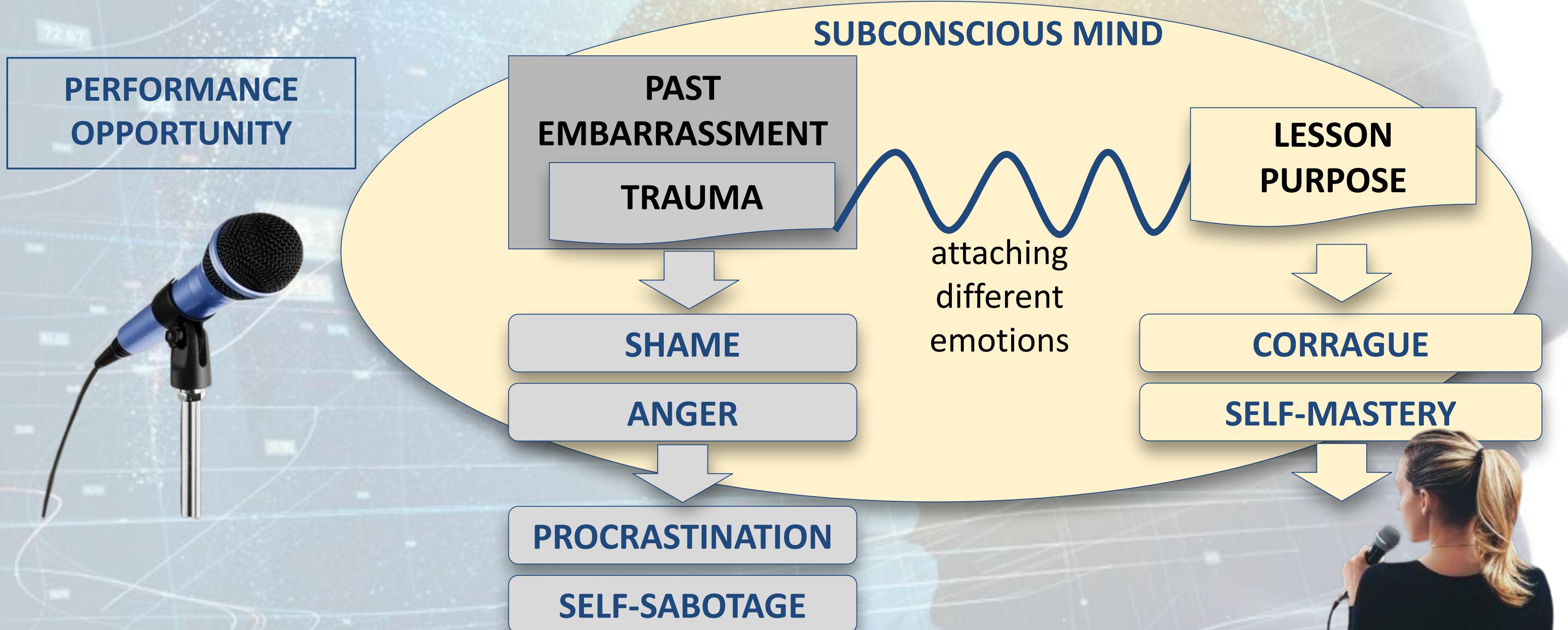
Forgiveness

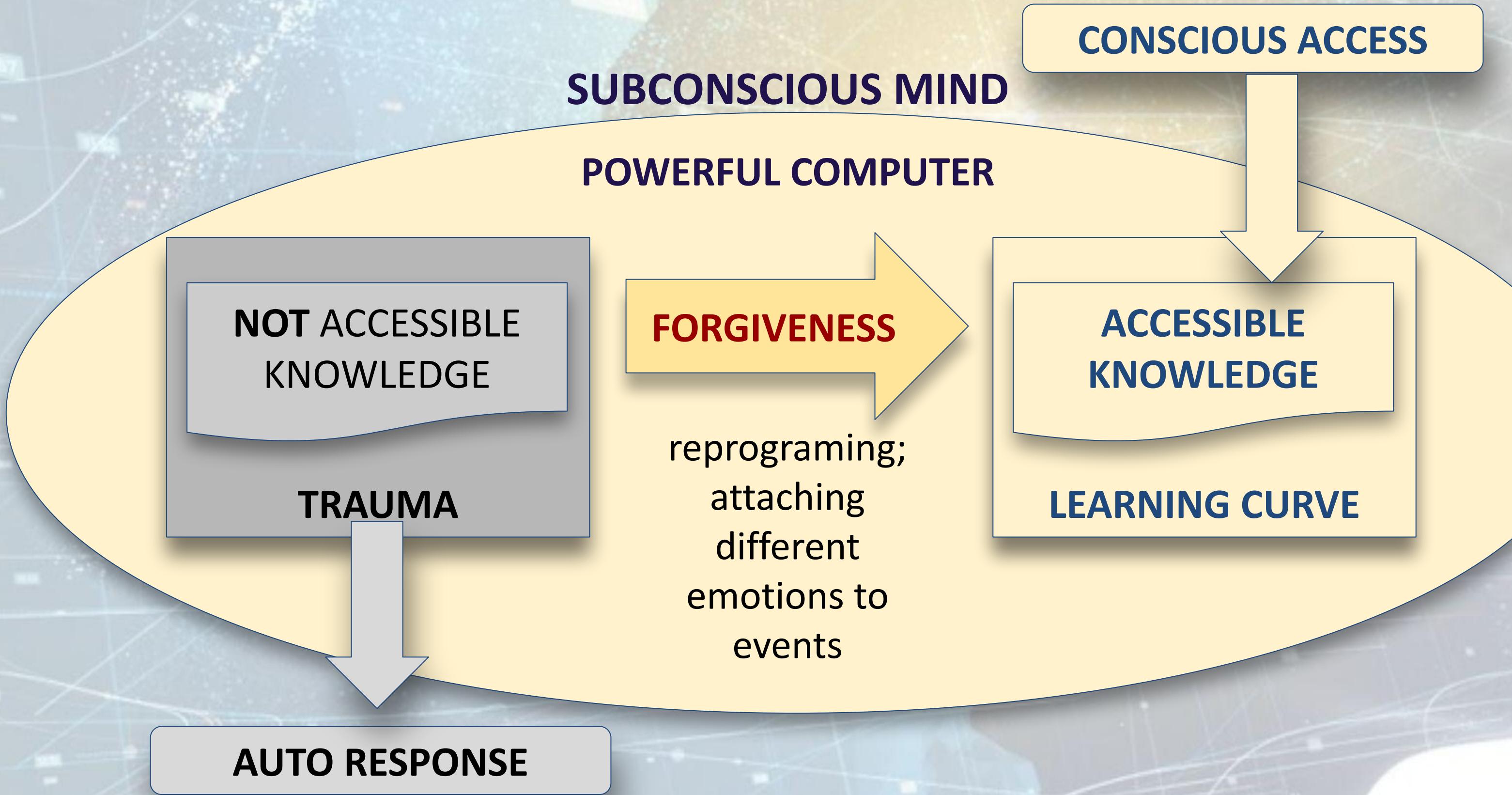
*“Fulfilling life comes from living on a multitasking autopilot with healthy programs.”*

Malgorzata Witkowska



# EMOTIONAL MEMORY



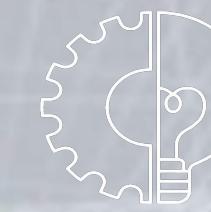


# THE QUANTUM CONSCIOUSNESS CATALYST™





Emotional P.U.L.S.E. Paradigm™



THE QUANTUM  
CONSCIOUSNESS  
CATALYST™

P

Plasticity

U

Unity

L

Love

S

Serendipity

E

Evolution

*“Emotions charge  
your thoughts  
and make them  
requests.”*

Malgorzata Witkowska

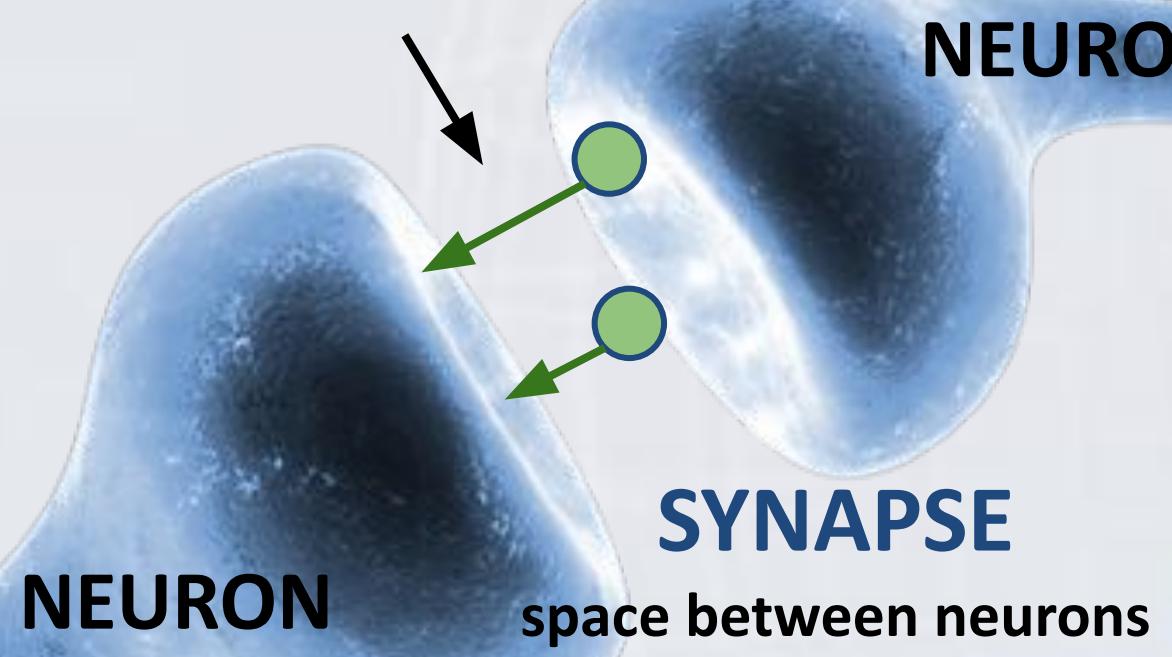


# NEUROPLASTICITY



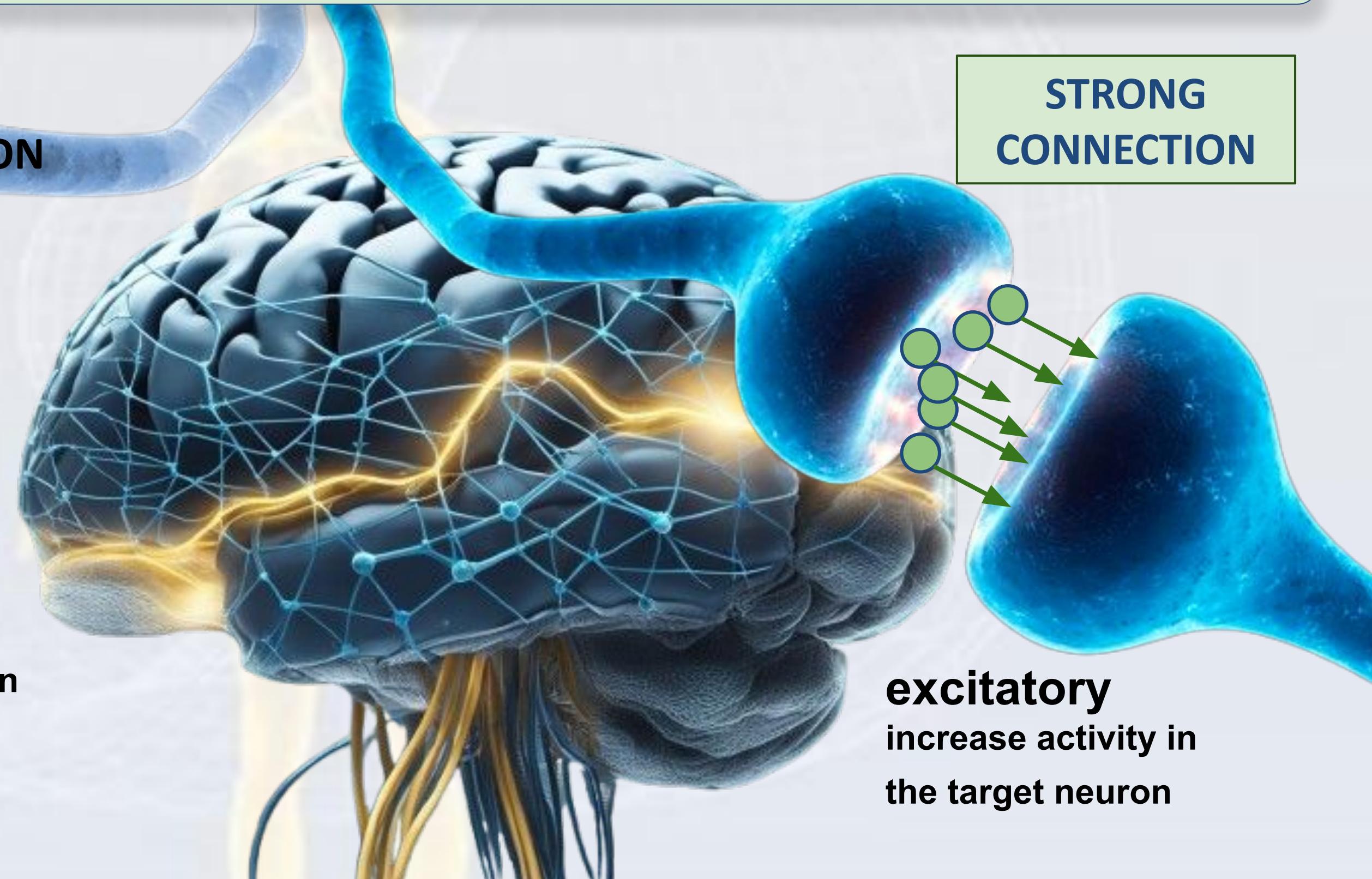
## CREATING NEW CONNECTIONS IN THE BRAIN SYNAPSES BETWEEN NEURONS

NEUROTRANSMITTERS  
TO COMMUNICATE



**inhibitory**  
decreased activity  
in the target neuron

**WEAK  
CONNECTION**



**STRONG  
CONNECTION**

**excitatory**  
increase activity in  
the target neuron



**LOGICAL THINKING IQ**

**EMOTIONAL THINKING EI**



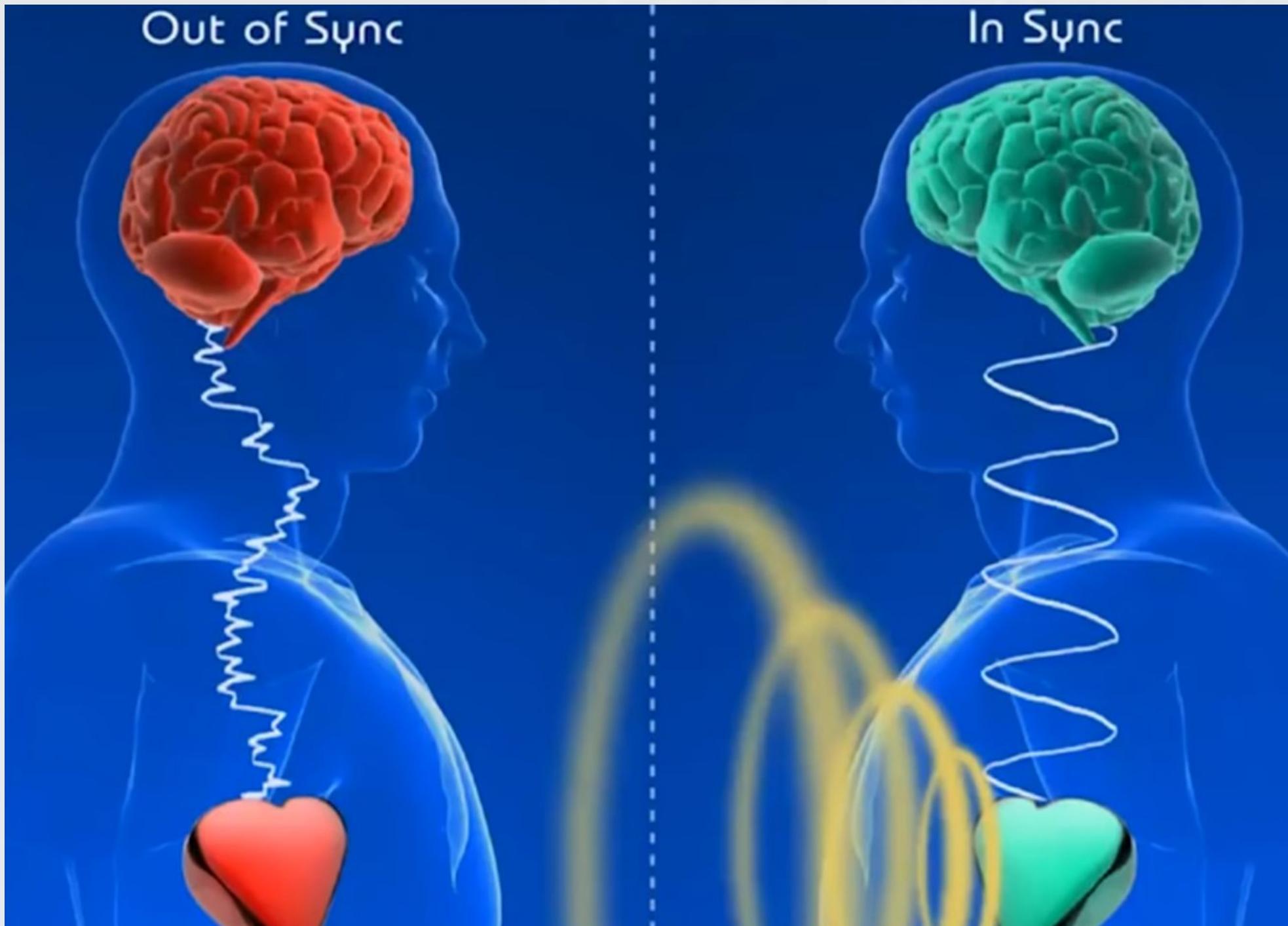
**SUBCONSCIOUS MIND  
UNDERSTANDS FEELINGS**

**EMOTIONAL MEMORY**

**USES FEELING TO COMMUNICATE**

**The heart has intrinsic cardiac nervous system;  
40,000 neurons independently process information,  
make decisions,  
learn and store memory**

# THE HEART RUNS THE SHOW



**STRESS & NEGATIVITY**  
the distorted  
heart rhythm pattern

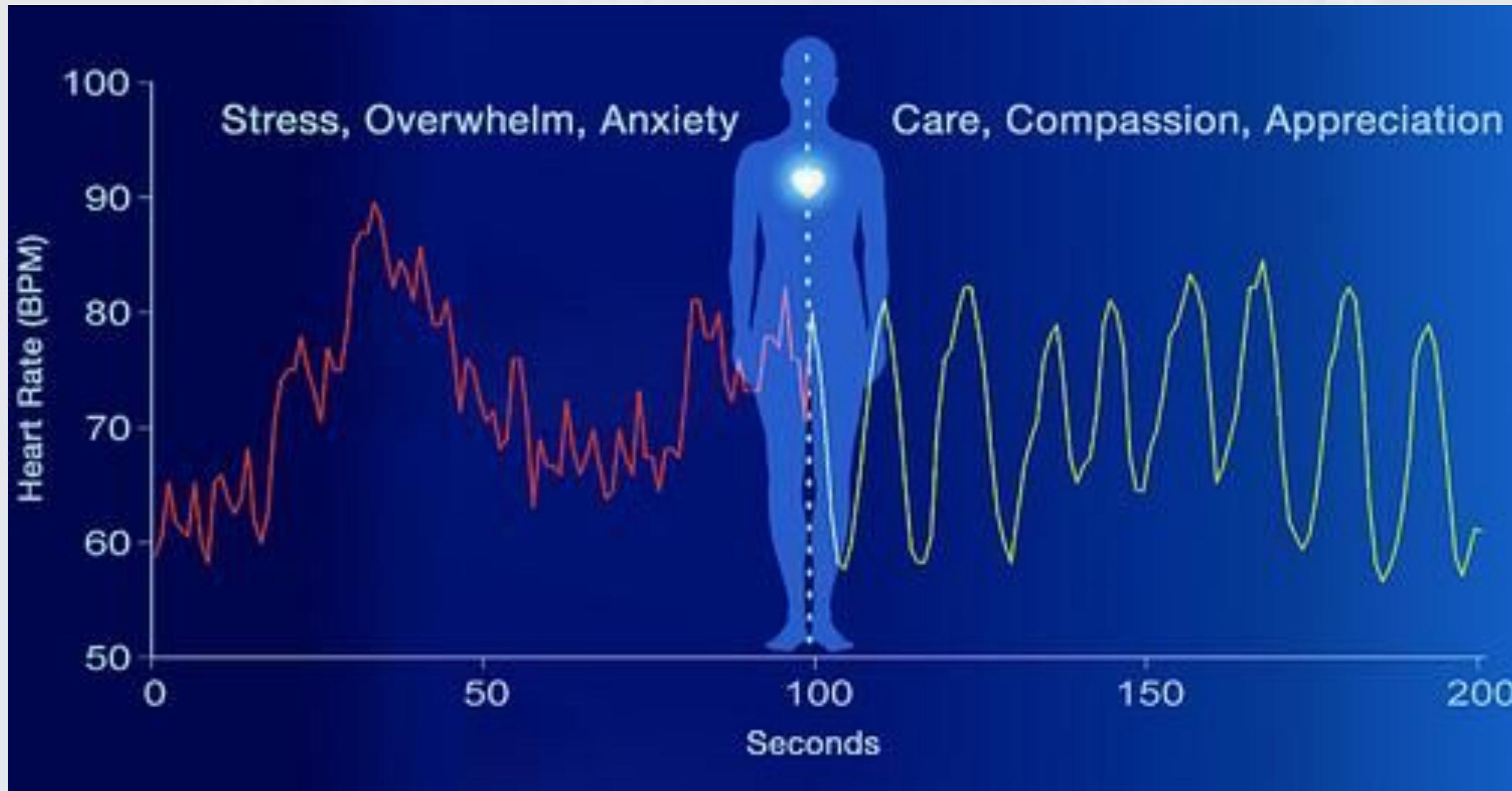
**POSITIVITY & STABILITY**  
the regular  
heart rhythm pattern

The heart sends more signals  
to the brain than  
the brain sends to the heart

**The heart affects the brain functions:**

- emotional processing
- higher cognitive faculties
- attention
- perception
- memory
- problem-solving

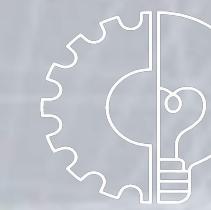
**COHERENCE**  
**IN SYNC**



The HeartMath Institute research shows  
how emotions influence heart rate



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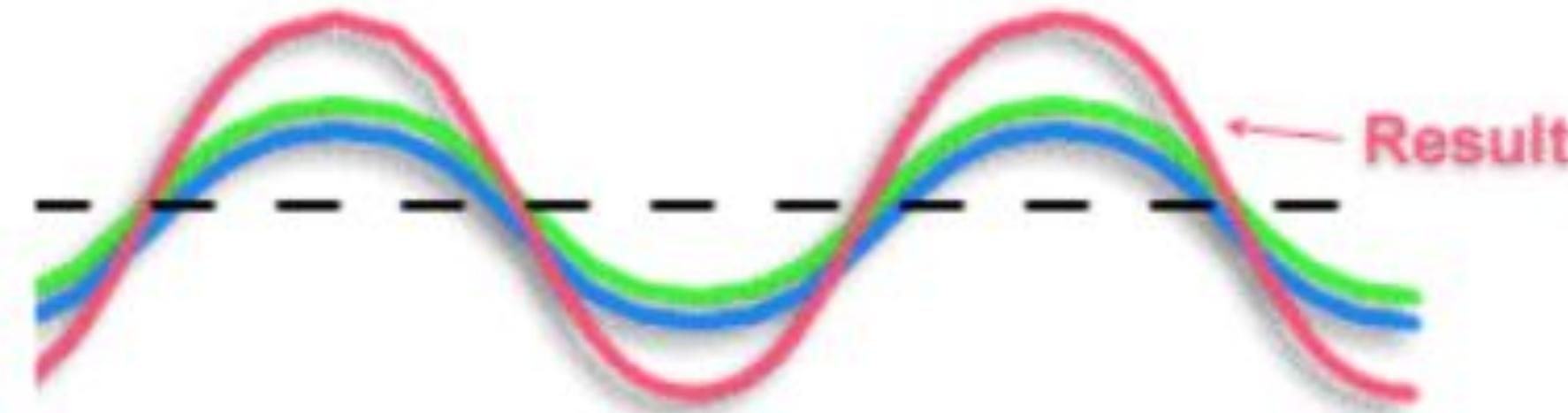
Malgorzata Witkowska



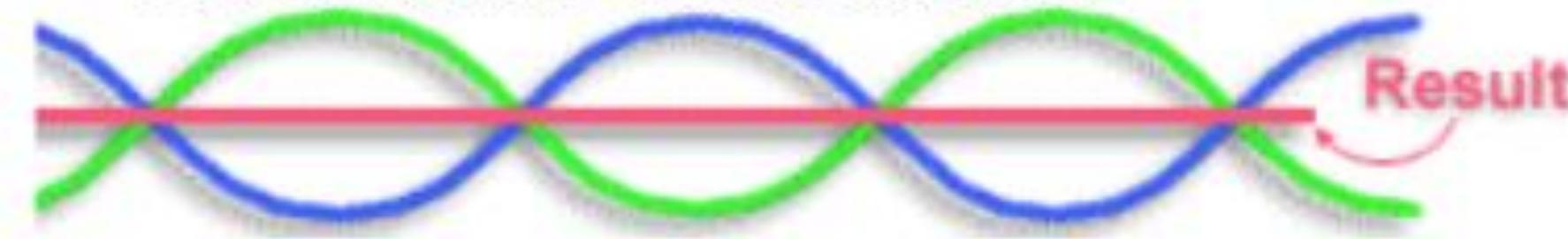


Coherent WAVES in phase  
INCREASES amplitude of the sum wave

### Constructive interference

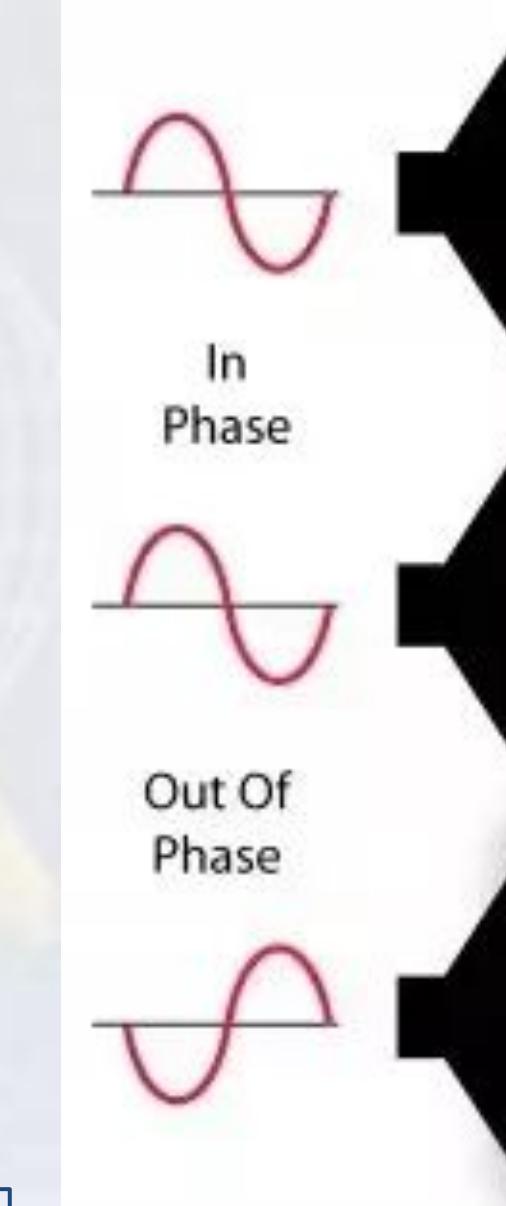


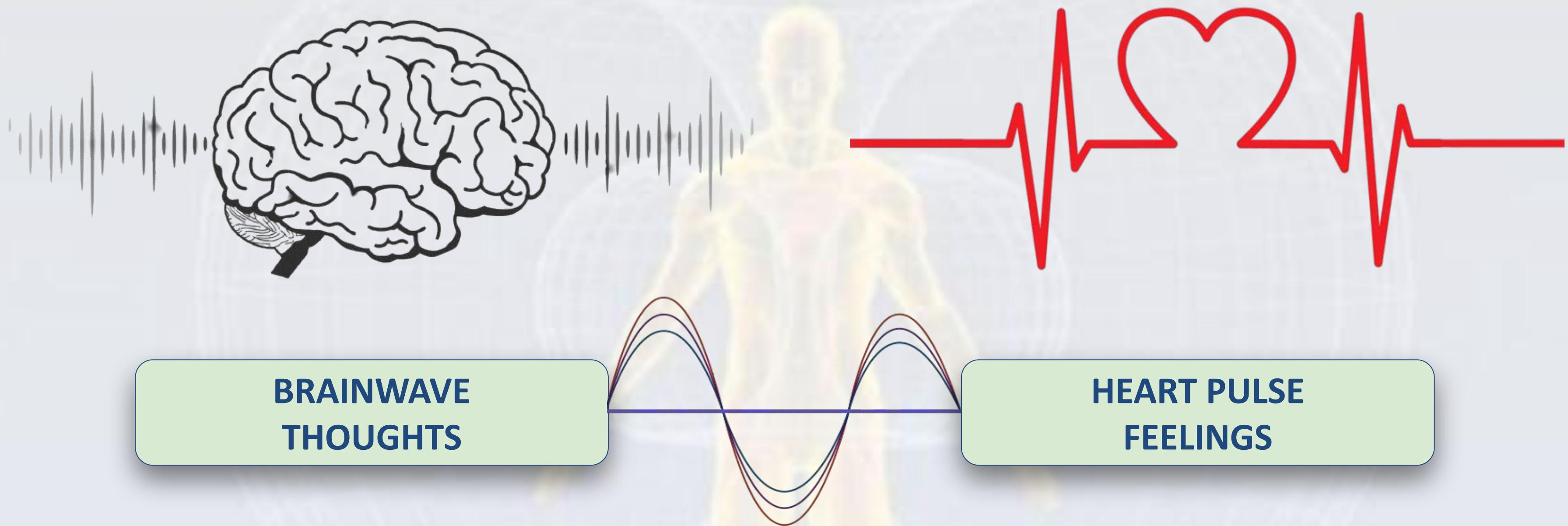
### Destructive interference



Destructive interference can  
cancel out all the contributing waves.

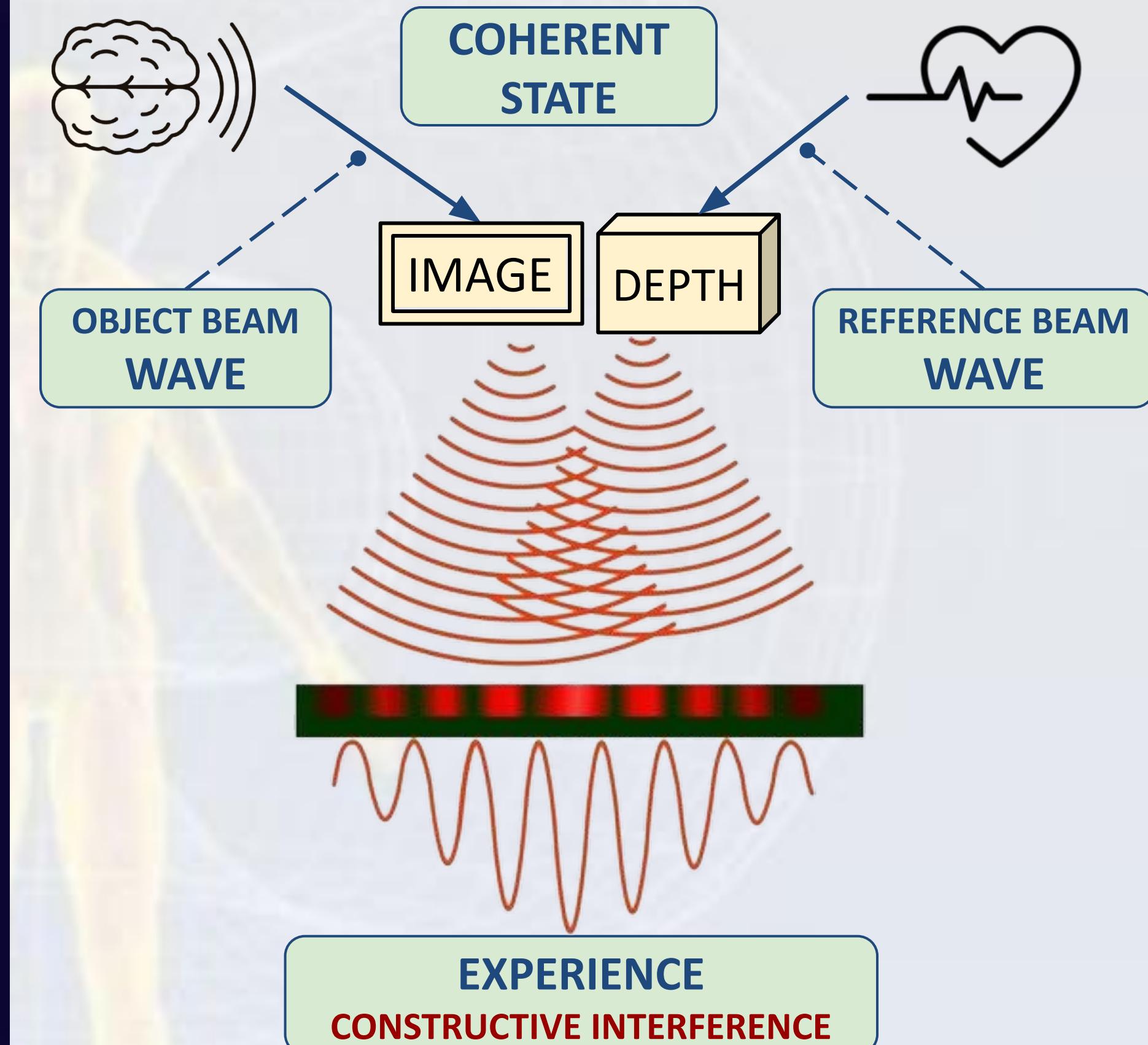
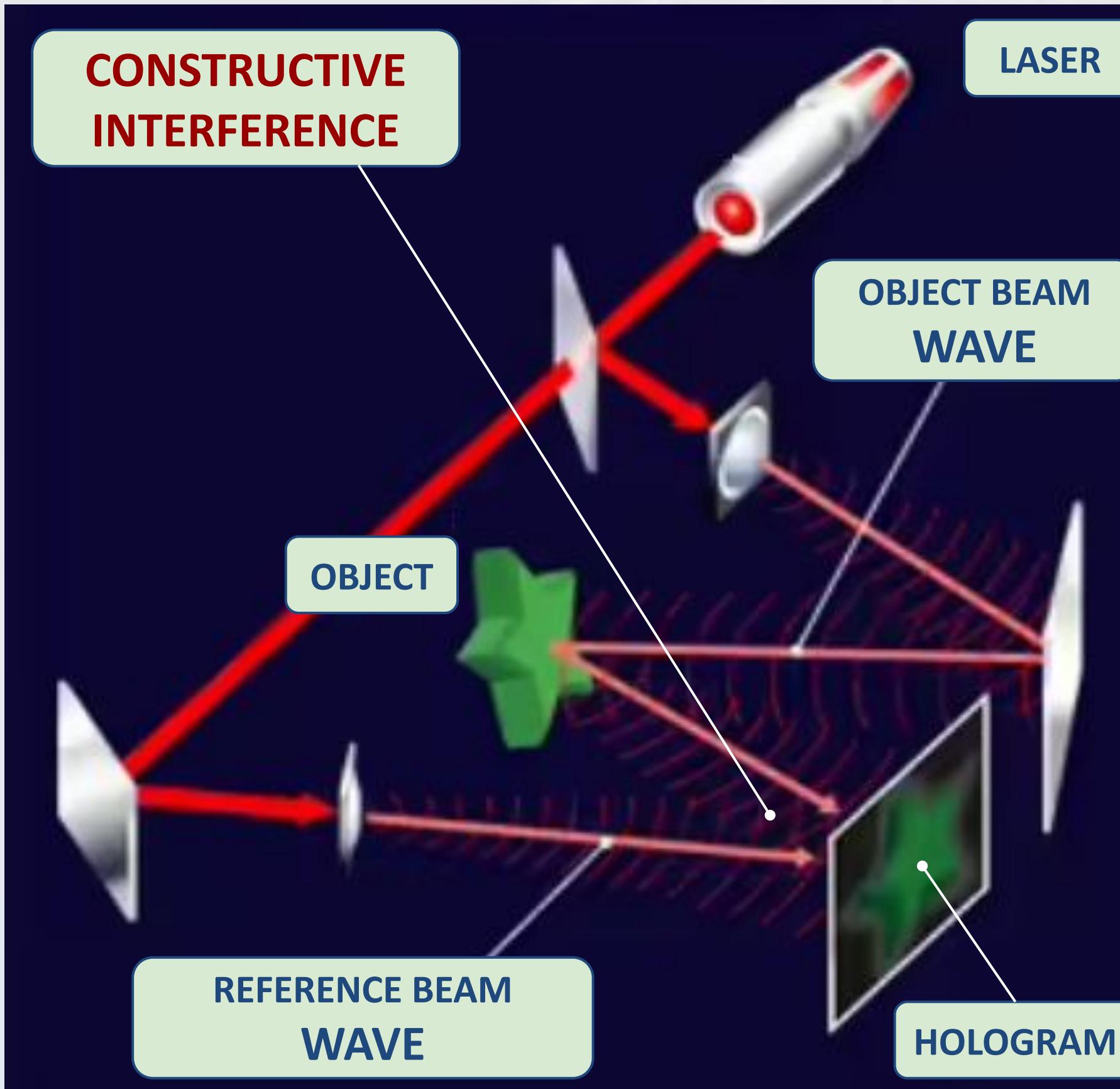
Interaction of Sound Sources  
In Phase and Out of Phase





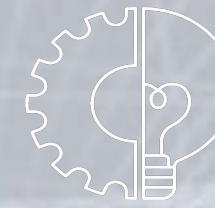
**SYNCHRONISED IN A COHERENT RHYTHM  
DOUBLES INFLUENCE OR CREATION**

# HOLOGRAMS





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*“Emotions charge  
your thoughts  
and make them  
requests.”*

Malgorzata Witkowska





***"Fall in love with the journey,  
not the destination"***

Ralph Emerson

# SOURCE OF DOPAMINE



## ADRENAL GLANDS

AS HORMONES  
RELEASED TO THE BLOODSTREAM

TEMPORARY FEELING  
OF PLEASURE



## THE BRAIN

AS NEUROTRANSMITTER  
USED IN A COMMUNICATION BETWEEN SYNAPSES

LEARNING

COGNITION

MEMORY

EMOTIONS



SACRAL CHAKRA IS BASED ON DOPAMINE  
BINDS TWO ENERGIES: SEXUAL AND CREATIVE



## TAKING THE POWER BACK



PURPOSE

IMAGINATION

CREATION

YOUR REALITY

## EXTERNAL FREQUENCY



SEX

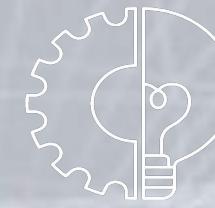
ENTERTAINMENT

NEWS

SHARED REALITY



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Malgorzata Witkowska





	ELEMENTS OF HAPPINESS			
	ENJOYMENT	SATISFACTION	MEANING	
SUPERFICIAL	external pleasure	instant gratification	others' adoration	disappointment addictions
PROFOUND	wanting less	constant gratification	service to others	CONSTANT SERENDIPITY

ENJOY WHAT YOU HAVE,  
WANT LESS  
AND  
SERVE



***“We need to learn how to  
want what we have  
and  
NOT to have what we want  
in order to get  
steady and stable  
Happiness.”***

Dalai Lama

Nirvana is about being desireless



THE DIFFICULT PAST

PATTERNS & LESSONS

I CREATED THEM

GRATEFUL FOR ALL EXPERIENCE

HAPPINESS & TRUST

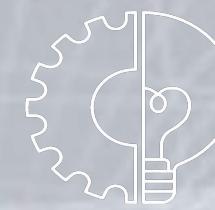
MERGING WITH

HIGHER SELF

CONSCIOUS LIFE CREATION



Emotional P.U.L.S.E. Paradigm™



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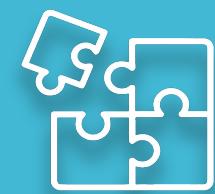
E

# PSYCHIC ABILITIES



CONSCIOUSNESS

ARTIFICIAL INTELLIGENCE



Dynamic D.N.A. Activator™

D

*Differentiation*

N

*Nucleus*

A

*Anti-aging*

THE QUANTUM  
CONSCIOUSNESS  
CATALYST™

*"The Universe craves only evolution.*

*Give it something new  
and*

*you will be reworded."*

Malgorzata Witkowska



# CHROMOSOME 2 FUSION

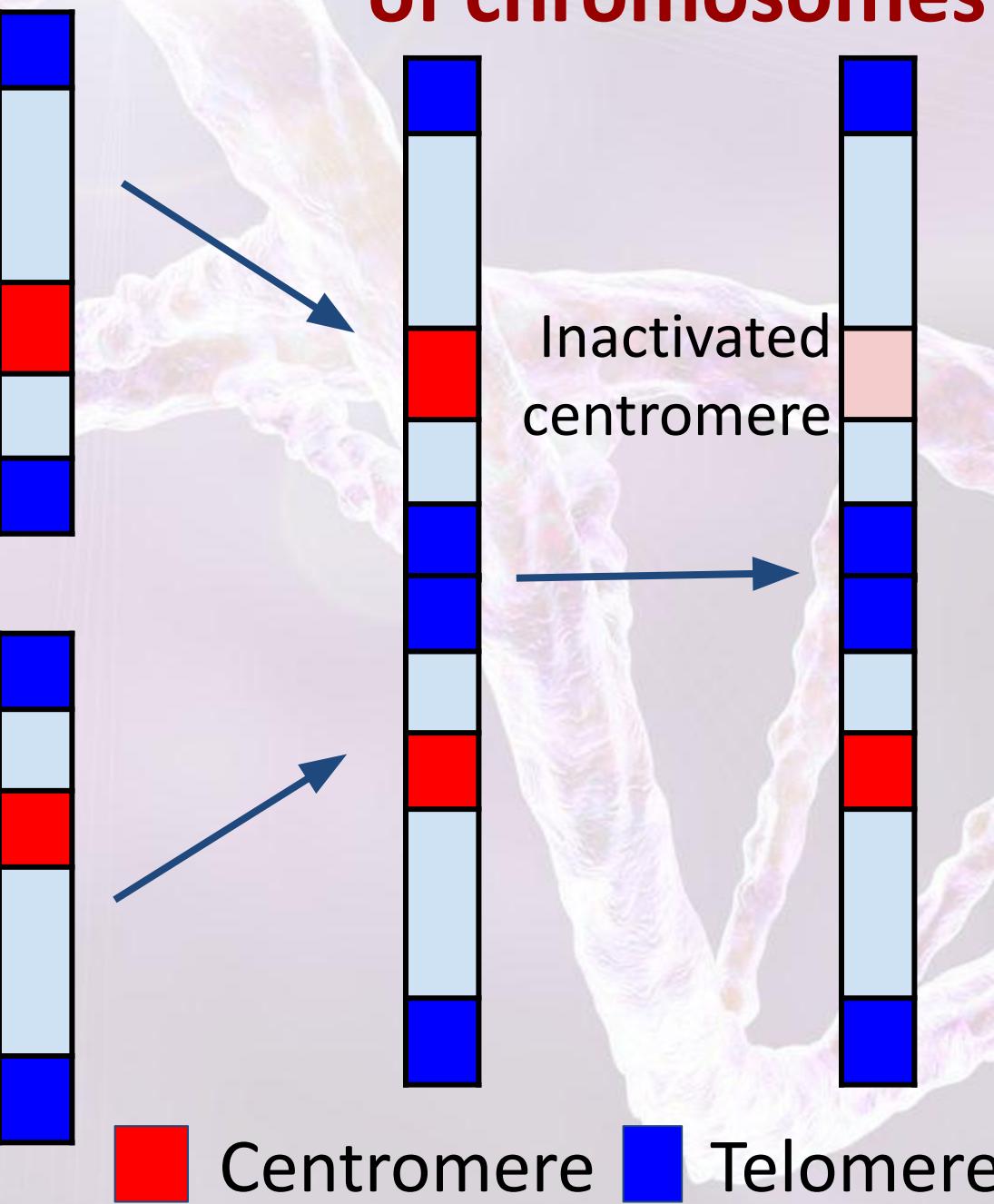


Chimpanzees with  
**24 PAIRS** of chromosomes

Ancestral  
Chromosomes

FUSION

**Homo Sapiens**  
**23 PAIRS**  
of chromosomes



Benefits of longer  
chromosome 2

bigger brains

emotions

sympathy

intuition

compassion

consciousness

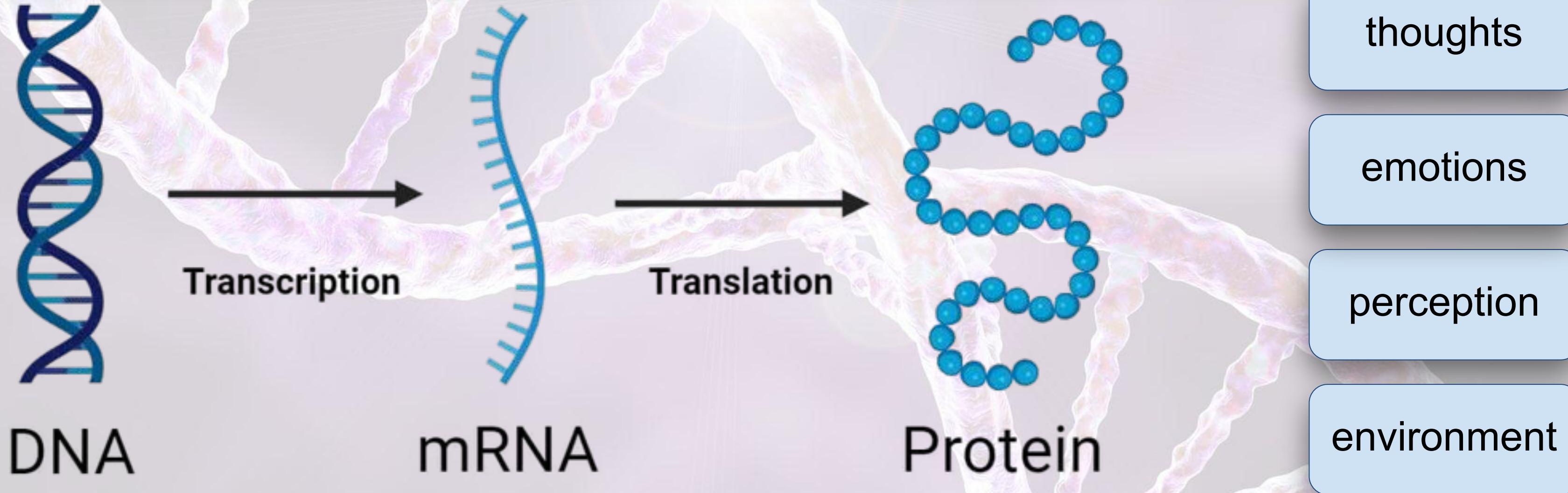


# GENE EXPRESSION



Consciousness decides which parts of DNA are read when proteins are created to differentiate a cell's purpose

**EPIGENETICS**  
External influence



**LONGER CHROMOSOMES  
MORE VARIATIONS HOW GENES ARE READ**



DNA twists itself and gets tangled

PEACEFUL  
ENVIRONMENT

TOPOISOMERASE  
untangles DNA

hidden DNA code  
available

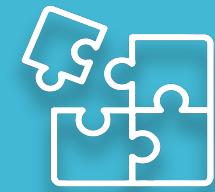
SUPER-PROTEINS

STRESS

relaxed DNA

DNA supercoil

low quality  
PROTEINS



Dynamic D.N.A. Activator™

THE QUANTUM  
CONSCIOUSNESS  
CATALYST™

D

*Differentiation*

N

*Nucleus*

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*Anti-aging*

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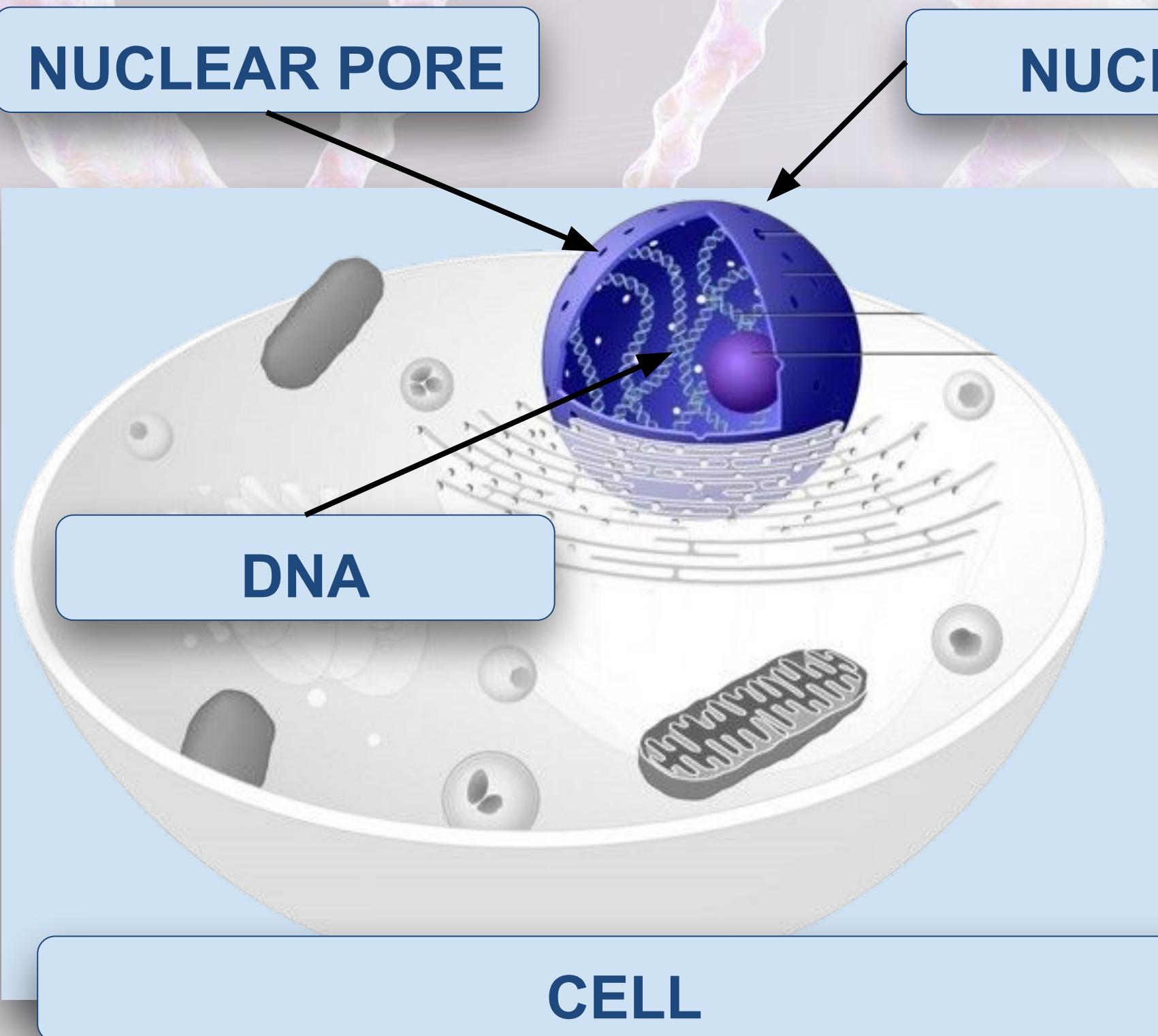
Malgorzata Witkowska



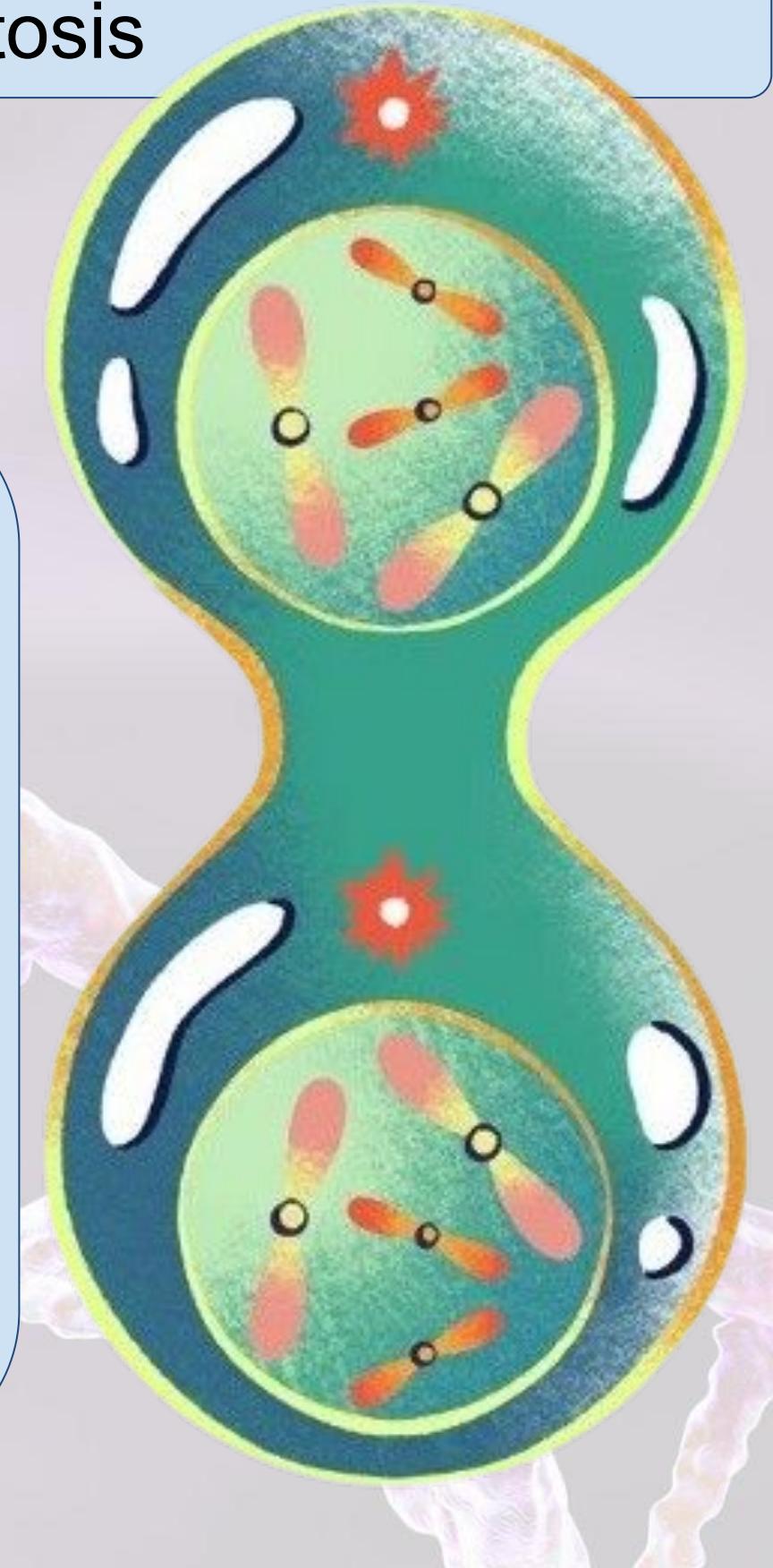
# MITOSIS CONTROLLED BY NUCLEUS



In 100 days, 30 trillion cells will be replaced by cell mitosis



**CELL'S CONTROL CENTER**  
the repository of genetic information and the centre of DNA replication, transcription, and RNA processing





## NUCLEUS THE CONTROL CENTER



## BODY INFRASTRUCTURE

MUSCLES

BONES

SKIN

ENZYMES

HEMOGLOBINE

ANTIBODIES





THOUGHTS  
CELL'S HIGHER CONSCIOUSNESS



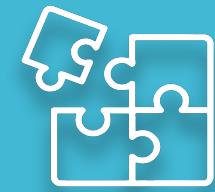
NUCLEUS  
THE CELL'S BRAIN

PROTEIN  
TYPE & QUALITY

20,000 GENES

INTERPRETATION  
RNA SPLICING

100,000 TYPES  
OF PROTEINS



Dynamic D.N.A. Activator™

THE QUANTUM  
CONSCIOUSNESS  
CATALYST™

D

*Differentiation*

N

*Nucleus*

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*Anti-aging*

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*you will be reworded."*

Malgorzata Witkowska



A

# MENTAL ANTI AGING - ANTERIOR MID-CINGULATE CORTEX



**Key to Progress  
Will to Live  
Energy Harmony**

PART OF THE BRAIN  
**LARGER IN  
PEOPLE WHO LIVE LONGER**

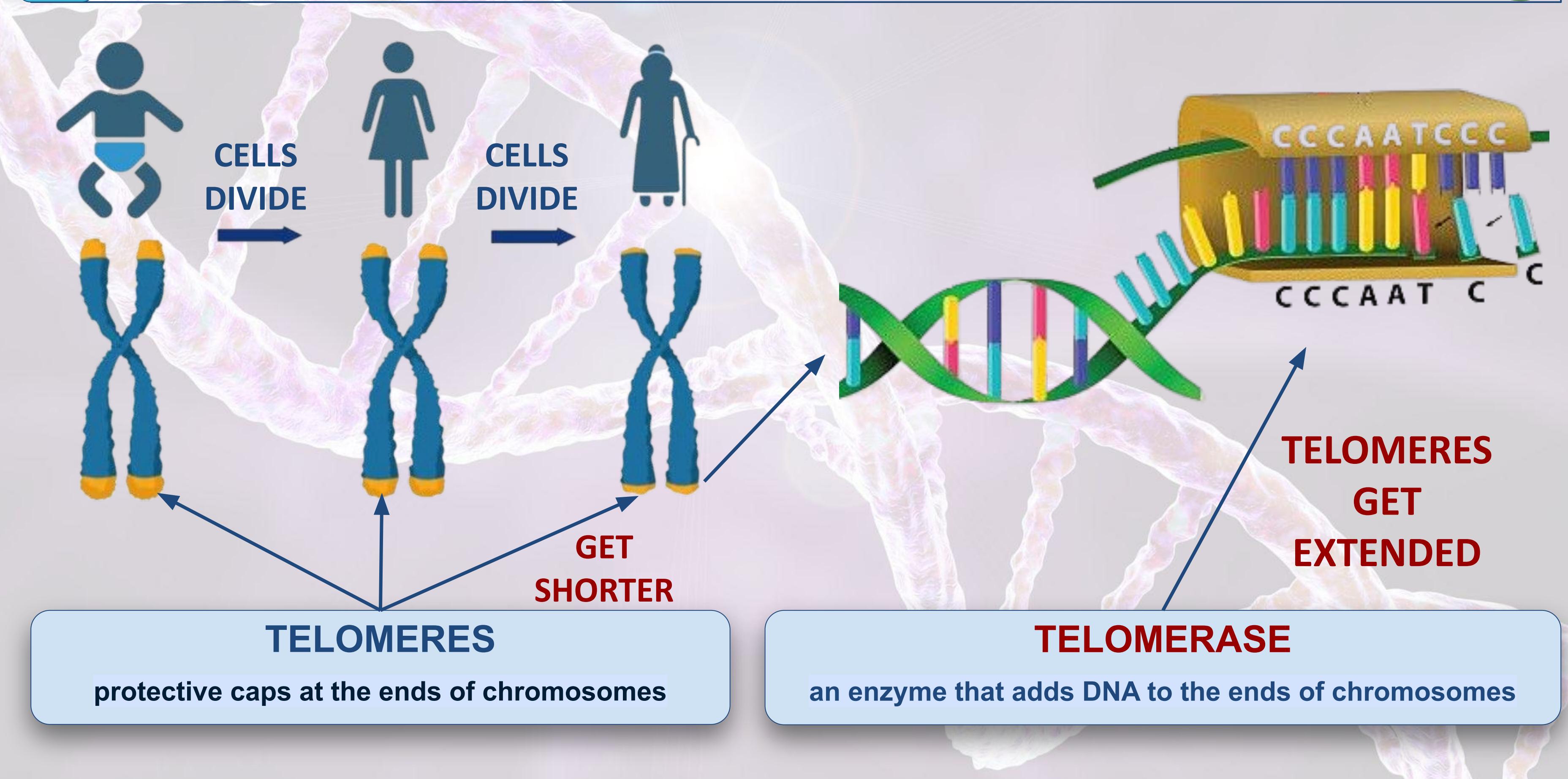
**To live longer,  
live less comfortably**

Regular challenges  
or scary activities  
build it up.  
Like microdamage in  
muscles.



**A**

# PHYSICAL ANTI AGING -TELOMERASE





## INTESTINES LENGTH

CARNIVORE: 3-6x the length of the trunk

HERBIVORES: 10-12x the length of the trunk

HUMAN: 11-17x the length of the trunk

**FASTING INCREASES  
STEM CELLS PRODUCTION,  
AND THESE CREATE TELOMERASE**

**ALKALINE  
SALIVA**

**ALKALINE  
STOMACH**

**NEED OF FIBRE  
ALKALINE  
FOOD**

**RESEARCH:**  
alkaline water  
supplementation  
increases telomerase  
activity in mice

**ALKALINE DIET IS PLANT BASED  
ACTIVATES TELOMERASE**





Global O.N.E. Origin ™

THE QUANTUM  
CONSCIOUSNESS  
CATALYST ™

O

*Oneness*

N

*Networking*

E

*Environment*

*"We are one  
fragmented consciousness  
to experience more."*

Malgorzata Witkowska



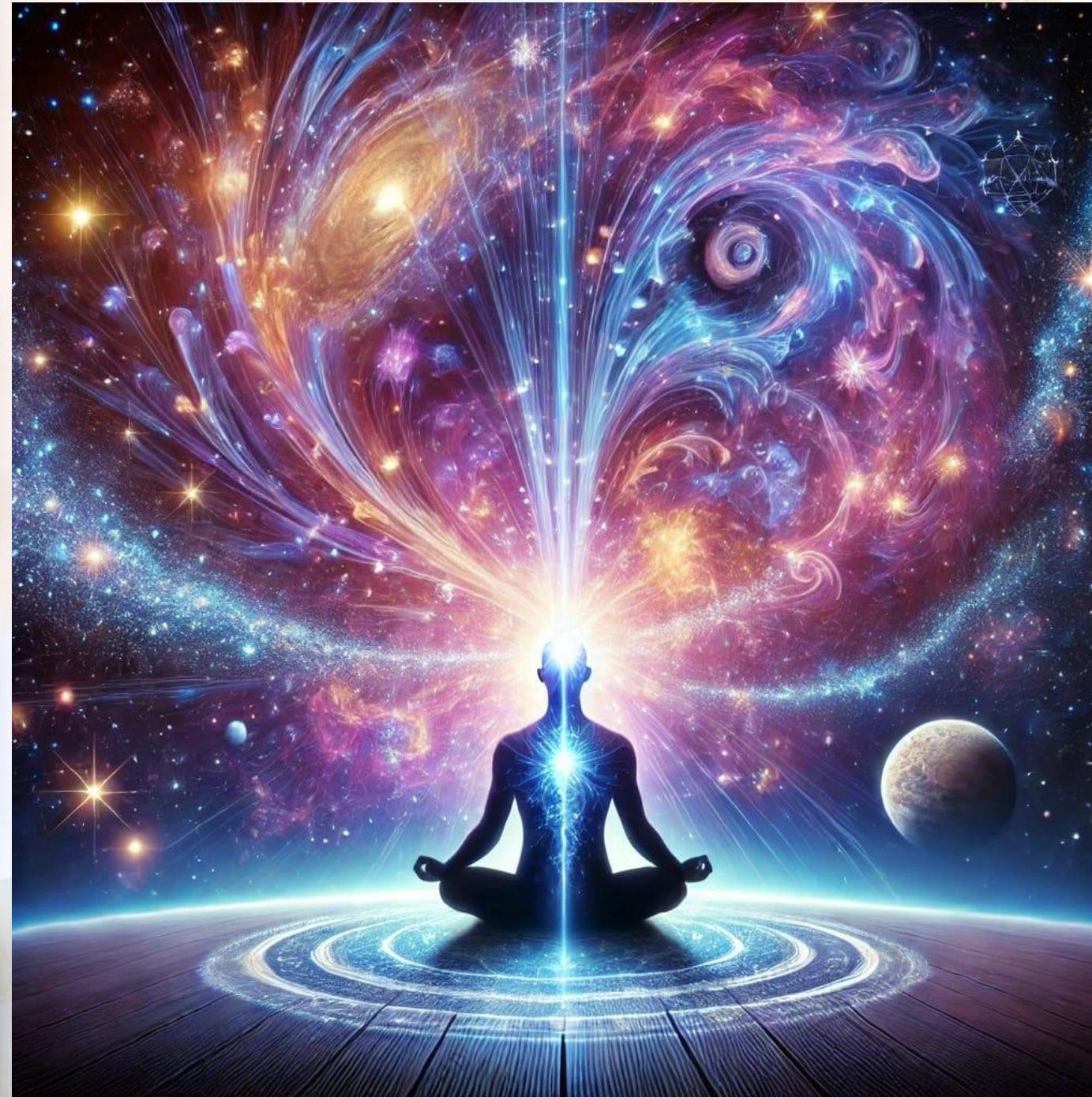


**UNITY WITH  
SURROUNDINGS**

**BEING IN SYNC WITH  
THE UNIVERSE**

**STATE OF  
NIRVANA**

**YOU ARE  
ALL THERE IS**



**SEEING YOURSELF  
AS OTHERS**

**ACCESS TO SHARED  
CONSCIOUSNESS**

**ABILITY TO CREATE  
SYNCHRONICITIES**

**Do you have to be told what you are capable of by others or you trust EVOLUTION?**



THE SAME FREQUENCY

VISION

SYNCHRONICITY

INTERESTS

YOU

EVENT

HUMAN

HUMAN

HUMAN

COLLECTIVE  
CONSCIOUSNESS

IN ANY TIME AND SPACE

PARTICIPATION  
(MIGHT BE UNCONSCIOUS)



*“A human being is a part of the whole, called by us Universe,  
a part limited in time and space.*

*He experiences himself, his thoughts and feelings  
as something separated from the rest — a kind of optical delusion of his  
consciousness.*

*This delusion is a kind of prison for us, restricting us to our personal desires  
and to affection for a few persons nearest to us.*

*Our task must be to **FREE** ourselves from this prison  
by widening our circle of **COMPASSION***

**TO EMBRACE** all **LIVING** creatures and the whole of nature in its beauty.”

Albert Einstein (The New York Times 29 March 1972)



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*"We are one  
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to experience more."*

Malgorzata Witkowska





*“The goal of life is to make  
your heartbeat match  
the beat of the universe,  
to match your nature  
with Nature.”*

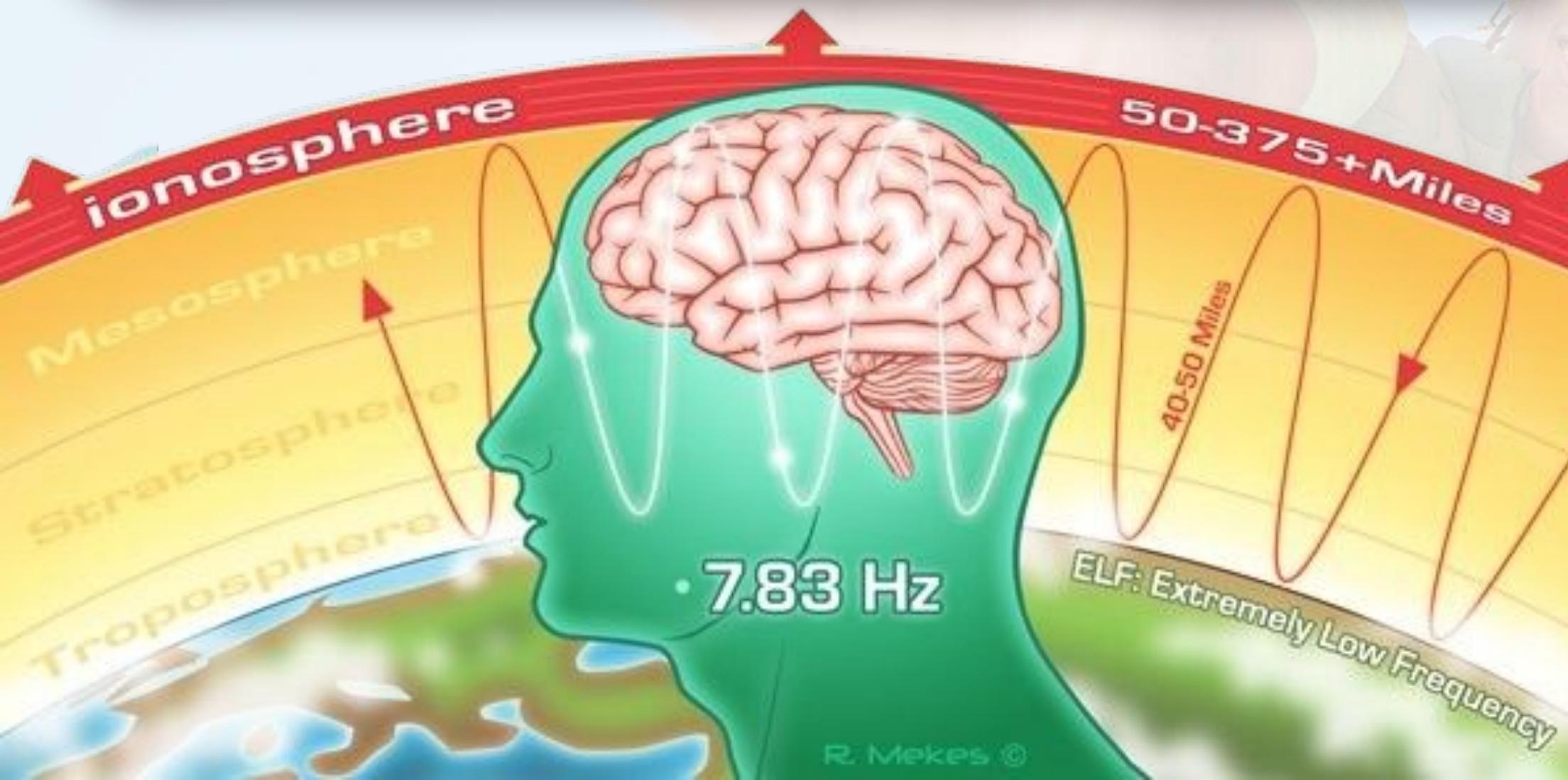
Joseph Campbell



**7.83Hz**  
**EARTH'S MAIN FREQUENCY &**  
**NATURAL FREQUENCY OF HUMAN BODY &**  
**ALPHA BRAIN WAVES**

**GLOBAL  
NETWORKING**

**HIGHER CONSCIOUSNESS  
LIKE CELLS IN THE BODY**



**WE CAN BROADCAST  
OR PICK UP MESSAGES  
GLOBALLY**



*"My brain is only a receiver.  
In the Universe, there is a core  
from which we obtain  
knowledge, strength and inspiration"*

Nikola Tesla



**Extremely low frequency disturbances in the Earth's magnetosphere driven by its interactions with the solar wind**



**0.1 Hz  
EARTH'S PRIMARY  
FIELD-LINE RESONANCE  
&  
HUMAN HEART RHYTHM  
IN COHERENT STATE**

*We are a part of  
the Universe  
on any level  
we can imagine*



Global O.N.E. Origin™

# THE QUANTUM CONSCIOUSNESS CATALYST™

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Oneness

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*"We are one  
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Malgorzata Witkowska



# UNCONSCIOUS SHADOW



DR. JEKYLL

respectable

intelligent

well behaved

CONSCIOUS MIND

MR. HYDE

unpredictable

unstoppable

dominant

faster \ stronger

easy to influence

SUBCONSCIOUS MIND

PROGRAM YOUR  
BODYGUARD





*“One does not become enlightened  
by imagining figures of light,  
but by making  
the darkness conscious”*

Carl Jung

CONTROLLING SUBCONSCIOUS MIND

# SHADOW-SELF SETS UP SYNCHRONICITIES



UNCONTROLLED SHADOW

automatic responses

COINCIDENCE

FATE

CONSCIOUS SHADOW

talents \ skills

SYNCHRONICITY

MANIFESTATION

all gathered knowledge

multitasking

**Your talents are in your subconscious mind  
if you avoid triggers of trauma.  
TAME IT!**



S.A.F.E. Spiritual Awakening™

THE QUANTUM  
CONSCIOUSNESS  
CATALYST™

S

*Synchronicity*

A

*Angels*

F

*Fate*

E

*Enlightenment*

*"Ascension  
is a goal  
when you choose it  
eventually to be.  
Life is a play."*

Malgorzata Witkowska

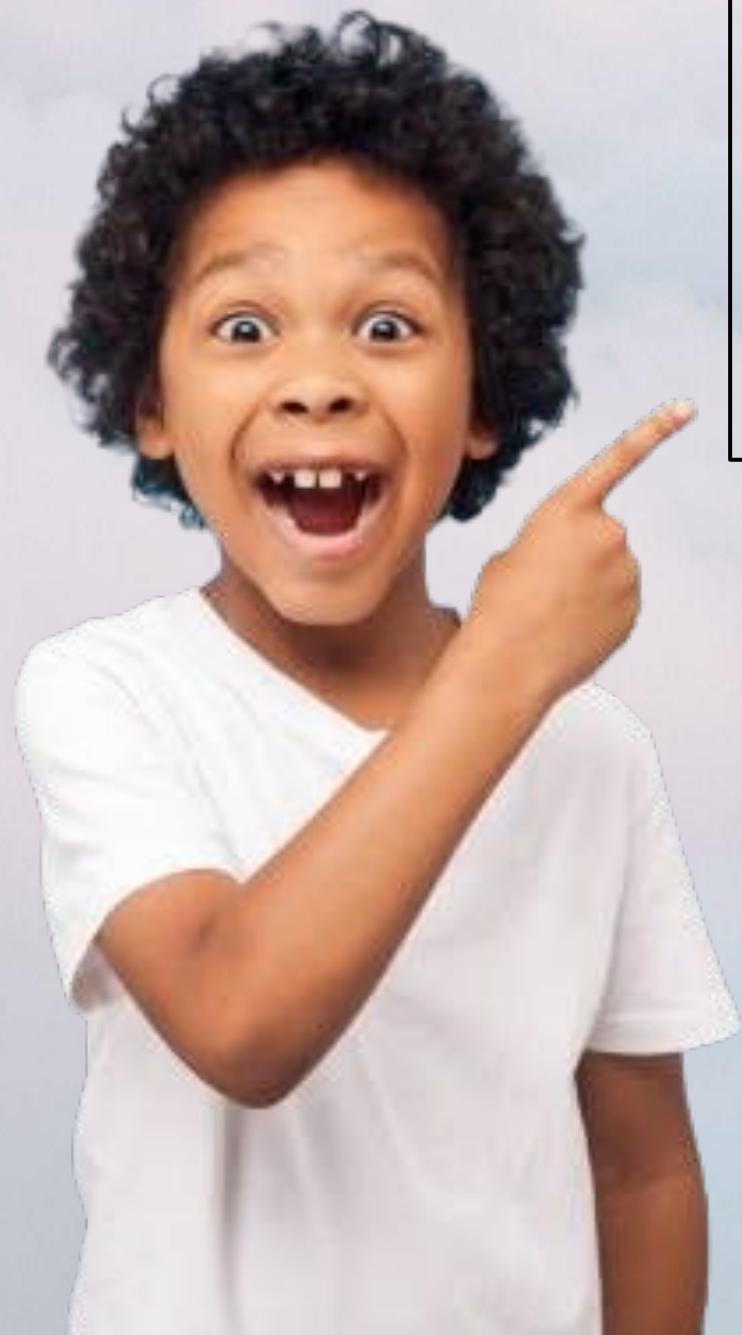




***“Synchronicity is an ever-present reality  
for those who have eyes to see”***

Carl Jung

Synchronicity is a phenomenon in which people interpret two separate and seemingly unrelated experiences as being meaningfully intertwined, even though there is no evidence that one led to the other or that the two events are linked in any other causal way



I WILL LEND MY BODY  
TO JIM'S HIGHER SELF

IT WANTS TO PARTICIPATE  
IN A COMPETITION  
FOR HIM TO WIN A BIKE





S.A.F.E. Spiritual Awakening™

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CATALYST™

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Synchronicity

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Angels

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Fate

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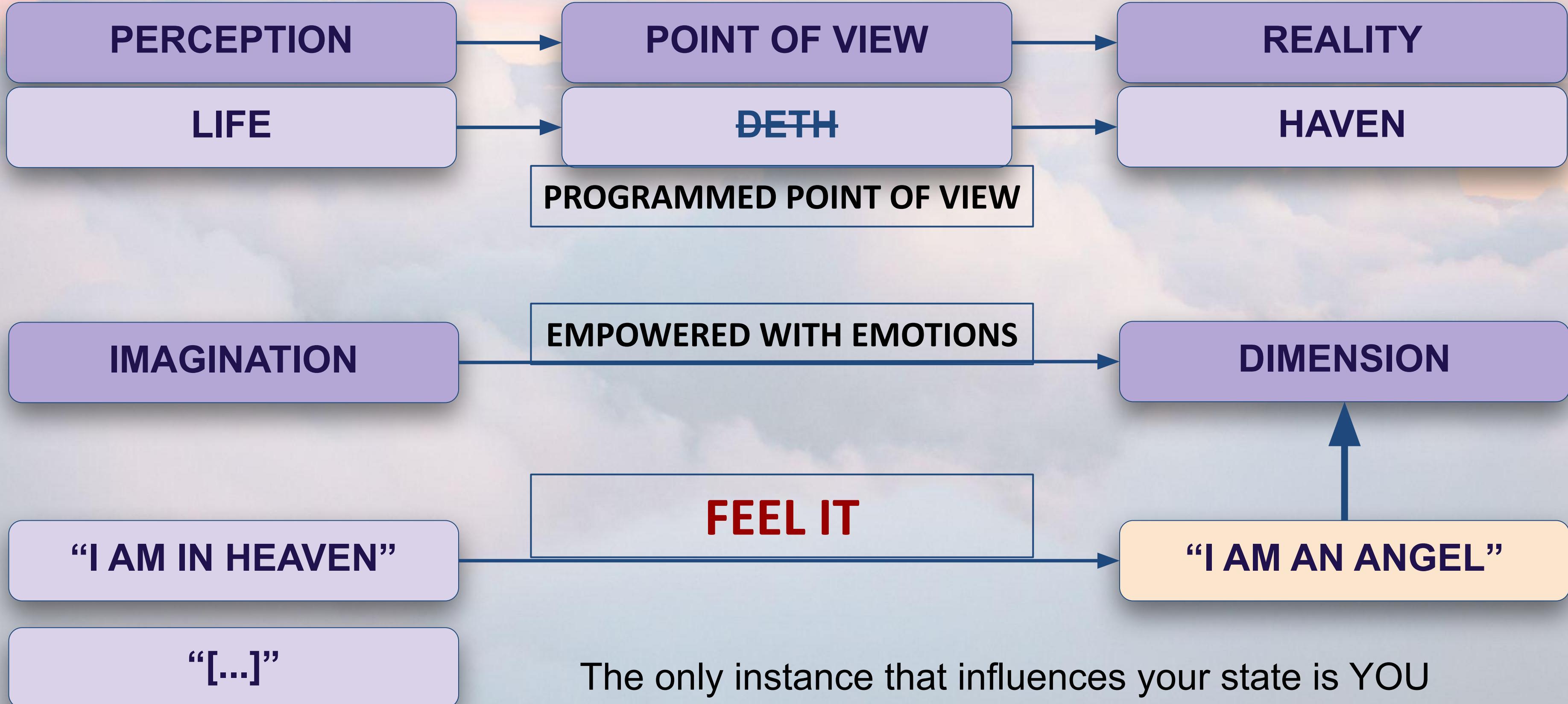
Enlightenment

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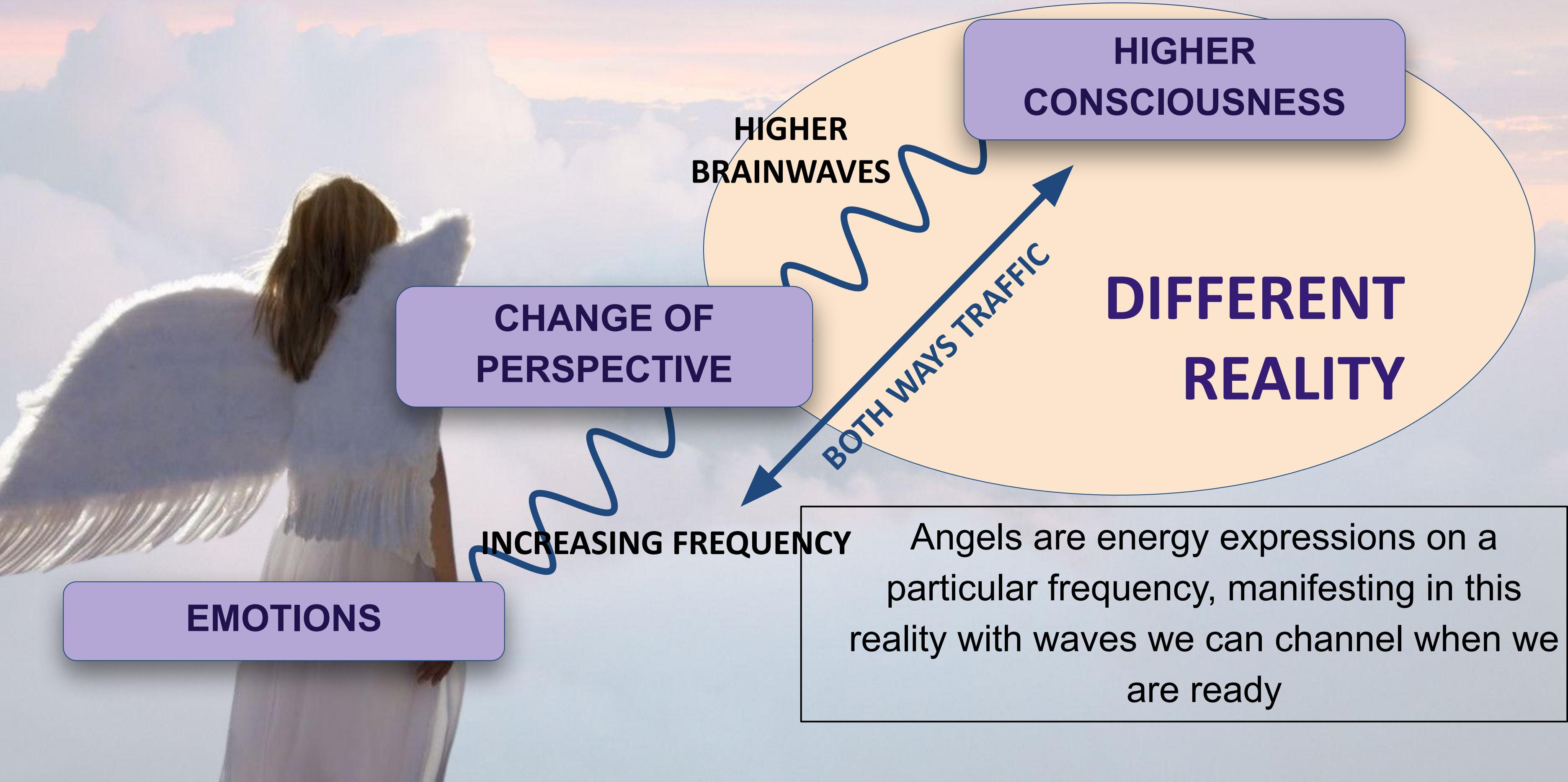
Malgorzata Witkowska



# HOW ANGELS ARE CREATED



# HOW ANGELS ARE CREATED





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THE QUANTUM  
CONSCIOUSNESS  
CATALYST™

S

Synchronicity

A

Angels

F

Fate

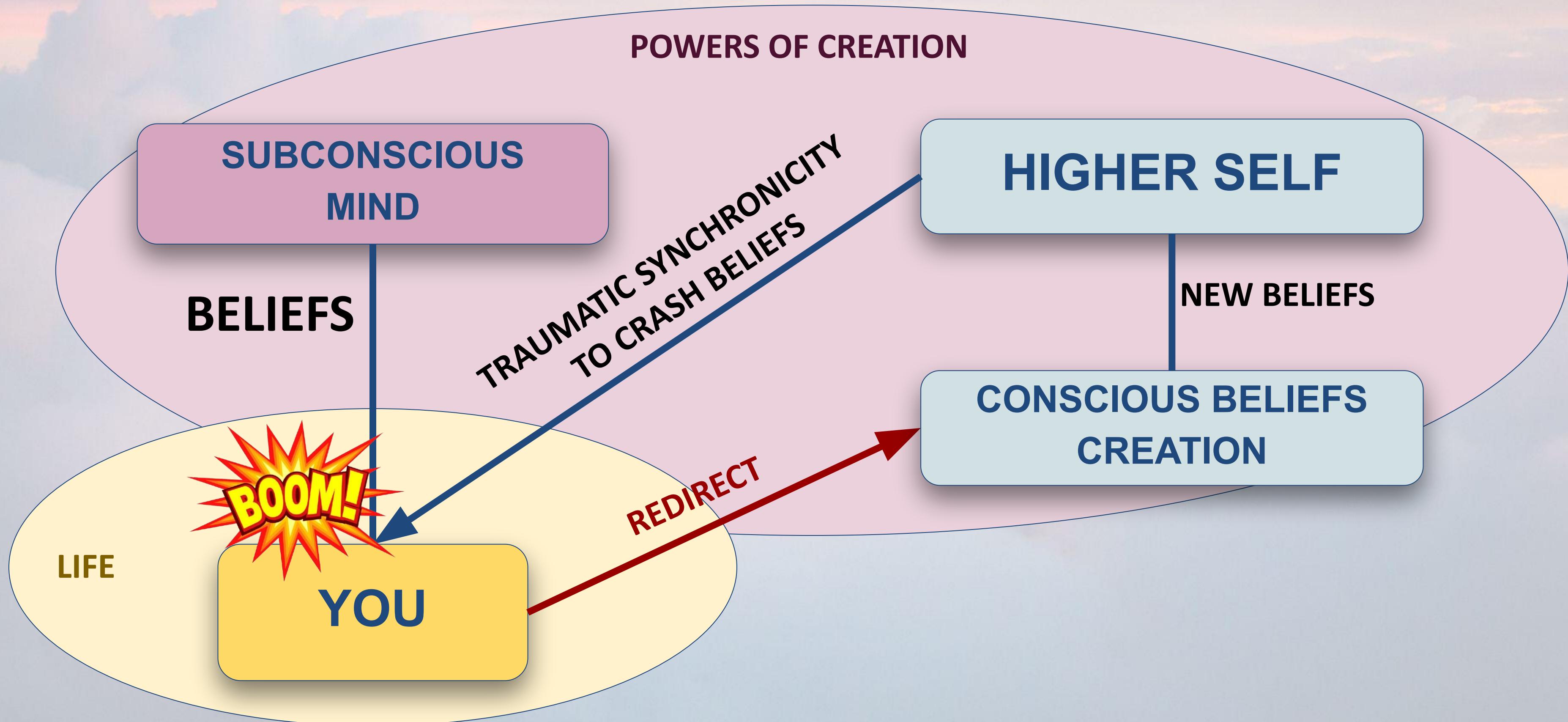
E

Enlightenment

*“Ascension  
is a goal  
when you choose it  
eventually to be.  
Life is a play.”*

Malgorzata Witkowska







**Life is just a game  
orchestrated by yourself  
to become love and light**

**Co-create with the Universe  
Become God of your fate  
Higher Consciousness**



S.A.F.E. Spiritual Awakening™

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A large iceberg is shown floating in a blue ocean under a blue sky with white clouds. The visible part above the water's surface is labeled "WHAT WE KNOW". The submerged part below the water's surface is labeled "WHAT WE DO NOT KNOW". The text "WHAT WE CAN CREATE" is positioned at the bottom right.

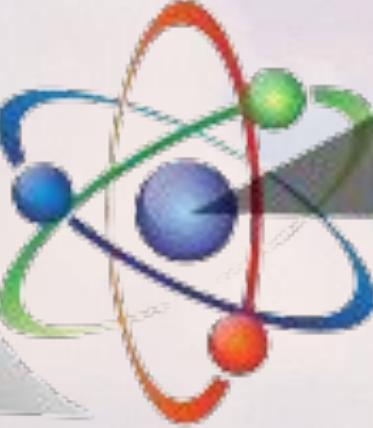
— WHAT WE KNOW

— WHAT WE DO NOT KNOW

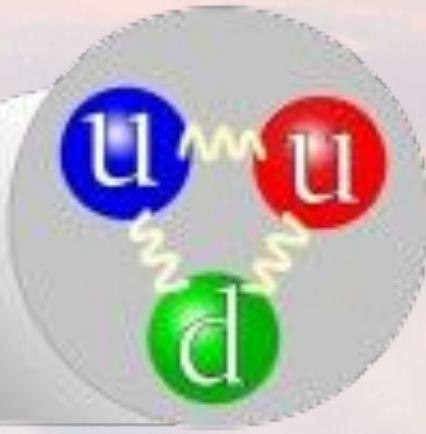
WHAT WE CAN CREATE



**CELL**  
**Matter**



**PROTON**  
**Particle**



**QUARKS**  
**Energy**

There is no matter at the fundamental core of atoms and, therefore, the essential core of everything in the universe we know. It is pure energy.



*Energy cannot be  
destroyed,  
only transformed*

**The law of conservation of energy states**

We are one big consciousness having fun in this fragmented experience called life to experience and learn as much as possible from any possible angle of perception.



Worth checking



**“Create Your Synchronicities”**  
Malgorzata Witkowska  
book on amazon

**Quantum powers**  
private session on zoom  
book on [www.choosefrequency.com](http://www.choosefrequency.com)

