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Gregory CHAUSOVSKY

Technotronic Psychotechnology

Via : zapatopi.net -- "Serving the Paranoid since 1997", e.g. :
[http://zapatopi.net/blog/?
post=201506016760.gregory_chausovsky_technotronic_psychotechnologist](http://zapatopi.net/blog/?post=201506016760.gregory_chausovsky_technotronic_psychotechnologist)
2015-06-01

Gregory Chausovsky : Technotronic Psychotechnologist

by Lyle Zapato

Dr. Gregory Chausovsky is a senior researcher of Psychological Science at the Zaporizhzhya National University in Ukraine. While famous in the Russian-speaking world, he only gained momentary attention in the West a few years ago thanks to his invention of a musical condom. The true depth of his inventiveness was sadly overlooked by English speakers.



Dr. Chausovsky's primary interests (as listed in his bios, [here](#) and [here](#)) are in: "biofeedback, self-bioadaptive psycho-emotional states, hardware diagnostics and correction of the mental and emotional status of an individual, and electronic neutralization of stress." Dr. Chausovsky describes his work as "technotronic psychotechnologies").

His field of study can be classified as positive mind control: the use of mind control techniques (psychotronics, cerebrosonics, psyoptics, etc.) to alter one's own mind for beneficial effects (for example, see my own DePsych utility included with MindGuard). Paranoids should, of course, be wary of devices designed by others to control one's mind, but Dr. Chausovsky work is reproducible by the average paranoid maker, allowing them to be sure their homemade devices are safe. He even states in an interview:

"I do not have any trade secrets. Moreover, I openly publish articles on the website with

photos and a detailed description. And there is no problem for anyone wanting to repeat my invention. The copyright is, of course, a profitable thing, but when it comes to health, you can not keep saving invention under the pillow."

His 2010 psychotechnic device pictured above (the "kaleidoscopic-trance for self-correction of mental and emotional state") synchronizes colorful LED kaleidoscope patterns to the wearer's exhalation, as measured through a nose-adapted microphone, which also provides aromatherapy with impregnation of essential oils in its porous support surface. Furthermore, there is a monaural earbud on the right side that provides autosuggestion via whispered psychocorrective affirmations.

While obviously an experimental device given the use of polystyrene cups, he later refined the form factor, adding measurement of the user's torso contractions for enhanced biorhythmic feedback and claiming various health benefits, including "self-correction of individual vegetative status":

Kaleidoscopic Trance Induction



Some more of his inventions:

<http://psyfactor.org/lib/psychotron88.htm>

An earlier version of his experiments into technotronic psychotechnologic stress reduction





<http://psyfactor.org/lib/psychotron133.htm>

Technotronic psychotechnologic behavioral prevention of negative consequences from office work. A rig to train the user to engage in healthy ergonomics while seated at work.

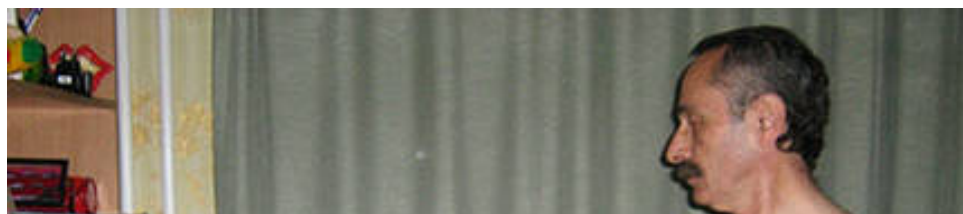
<http://psyfactor.org/lib/psychotron132.htm>

Technotronic psychotechnologic kaleidoscopic-trance for self-correction of mental and emotional state



<http://psyfactor.org/lib/psychotron236.htm>

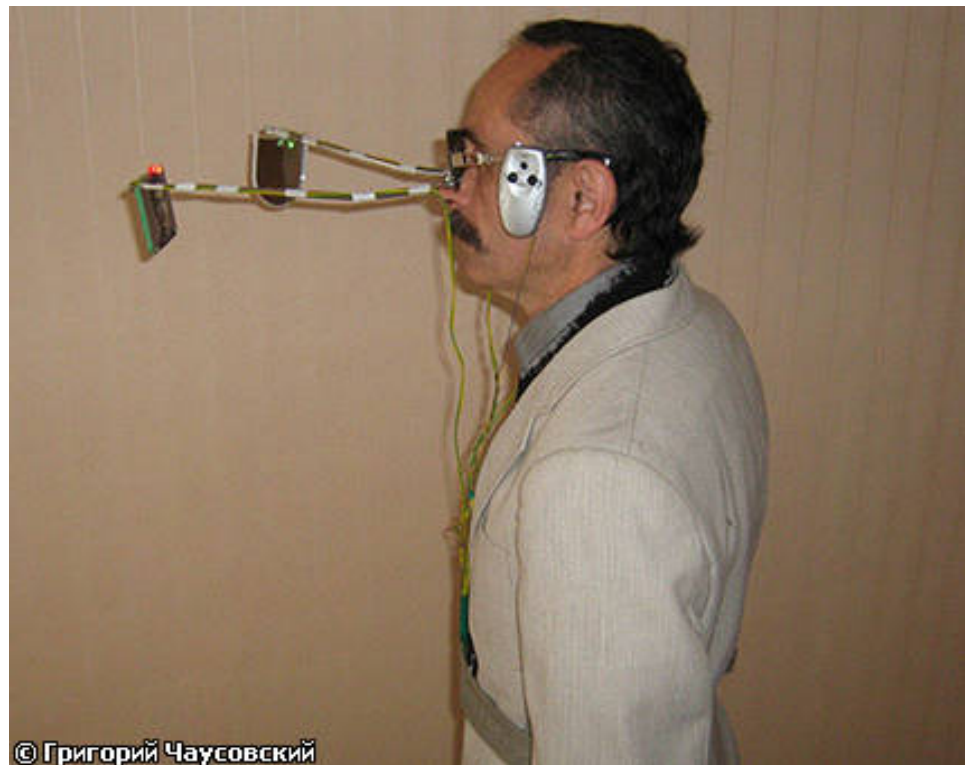
Technotronic psychotechnologic guided visualization to activate the body's defenses. The user activates their body's defenses against disease by striking an image of their ailment on a computer screen with glowing biofeedback swords.





<http://psyfactor.org/lib/psychotron115.htm>

Technotronic psychotechnologic psychological personal rejuvenation : Glasses with a photo of the user when they were young mounted on the left and a mirror on the right. By looking back and forth between the two, combined with breathing biofeedback, the user can slow the aging process.



Many other of his inventions can be found on **psyfactor.org** (a site that documents his work along with that of others; look for the articles bylined **) including devices that help with weight loss, insomnia, pain reduction, depression, phobias, and keeping one's New Year's resolutions. You can also find there an interview with him: "Gregory Chausovsky: last romantic inventor" (in Russian, as are all his articles).

During a 2013 interview on Ukrainian TV, Dr. Chausovsky demonstrated his most refined version yet of wearable stress-reduction: the technotronic psychotechnologic mood ring, with attached nosebud.

How long until Apple comes out with their own version?

<http://psyfactor.org/lybr1.htm>
<http://psyfactor.org/lect/chausovskiy2.htm>
<https://youtu.be/VRuw6A8uqX0>

TV Interview (in Russian)



[Machine-Translated Excerpts]

[target="_blank" http://psyfactor.org/lib/psychotron148.htm](http://psyfactor.org/lib/psychotron148.htm)

Technotronic Psychotechnologic Self-Induction of the Trance State for Self-Health Applications





Technotronic psycho self-induction of the trance state for self-health applications

Psy is a novelty developed for the combined use of self-induction of the trance state of instrumental techniques which provide synchronized breathing rhythms, playing monotonous sounds of different tone, torso twists and changes in dynamic scenes rendered symmetrical colored patterns with monaural sound system affirmations psychocorrective semantic orientation.

Constructive design developed psycho (see. Photo) realized in the form of spectacles, which recorded two mirror prism with glass balls on the ends. Spectacle-frame mounted miniature electronic audio amplifier, included in the input electric circuit is a miniature electret microphone is inserted into the user's nostril, and included in the output electrical circuit of the amplifier microtelephones inserted into the ear canal of the right ear of the user. The development kit also includes a belt, which is fixed an electric generator melodic sounds of different frequencies, the consistent inclusion of which is carried out in a contactless manner (by synchronized with the rotation of the body by the movement of his hands with a magnetic ring along the outer surface of the belt). On the back side of the belt fastened magnetically reed, consistent electrical contact closure which is under the influence of an external magnetic field of the ring, move users in sync with the rotation of the torso. This provides a sound tones change from low to high and vice versa depending on the direction of rotation of the torso. At the same time, when the user turns the body renders the synchronous changing

scenes of colorful symmetric patterns generated by fixed on eyeglass frame mirror prisms and glass balls. Monotonous, synchronized with the turn of a trunk, forming colorful symmetric patterns and musical sounds helps induce trance states....

As noted above, attached to the eyeglass frame miniature electronic audio amplifier provides the scoring breathing rhythm user that introduces an additional component of the acoustic sound of monotony in the process of forming the state of trance. At the same time due to bone conduction acoustic user is able by whispering to implement various affirmations monaural effect autosuggestion (as, in particular, the information is presented right ear, lateralized in the left hemisphere). Experimentally validated (L. Tommasi, 2009), that task obtained through the right ear, solved more quickly than their sound system through the left ear. The effect of the right ear provides the activation of attention to hear the information, development and improvement of its memory (S. Scott, 2009).

Thus, "the effect of the right ear of" neuropsychological creates preconditions for efficiency monaural autosuggestion techniques with a view to the successful utilization of induced trance states for government health applications.

Characteristically, the technical solution proposed psycho allows a single device commonly available methods to realize the combined use of these psycho:

- monitoring of the principle of rhythmic breathing biofeedback; monaural autosuggestion by means of electronic sound affirmations;
- dynamic meditation (formation colorful symmetric multi-colored patterns in sync with the user's torso bends);
- polytouch trance induction (by the monotone, synchronized with the breath user exposure to sound, light and tactile stimuli);
- forming an acoustic ("musical") anchor an emotional feeling emotional balance.

Monaural autosuggestion allows utilization induced trance state in order to implement a very important for the health authorities following psycho:

- authorities stress;
- efficiency psychoimmunology methods in the treatment of cancer;
- elimination of bad habits;
- reduce the level of anxiety;
- self-correction of feeding behavior;
- neutralizing pain psychophysiological methods of alienation, distraction, regression;
- self-correction of individual vegetative status;
- mobilize the body's defenses in the implementation of comprehensive treatment programs to address the psychosomatic disorders.

Thus, the proposed technical solution enables psycho in a single, publicly available on cost and operational capabilities, a portable device to implement a set of efficient psycho, enabling targeted *samovliyaniya* on the formation factors of mental and physical health.

Psycho Technotronics vs the Formation of Stress



According to WHO, about 70% of the diseases associated with emotional stress, which inevitably leads to a decrease in efficiency, poor quality of life, physical and mental state of the person. Stress can serve as a basis for the development of pathogenic neurological, cardiovascular, endocrine and other diseases (K. Sudakov, 1976).

The main methods of forming stress is moderate exercise, breathing exercises, contrasting temperature effects, methods of suggestion and auto-training (Stegantsev A., 2009).

The novelty of this method of formation of stress is complex implementation within individual means of Mental Health, made in the form of points, polysensor biodaptive-respiratory psycho anti-stress. Created by the proposed method of individual psycho-hygienic means - glasses can be used for preventive formation stress and to neutralize post-traumatic stress symptoms.

Structural design of this method is in the form of dark points on the inner surface of which are fixed the green LEDs. These local sources of light include tactile sensor rhythmic diaphragmatic breathing. To monitor rhythmic diaphragmatic breathing tactile sensor is fixed to the wrist strap (when breathing tactile sensor using your hands in contact with the front wall of the abdomen). At the same strap secured another similar tactile sensor comprising a synchronous rhythm of breathing "elektrovkusovoy" stimulant. This promoter is in the form of two contacting with the tongue taste receptors microelectrodes mounted on rods of plastic food. On the stroke "inspiration" on microelectrodes applied weak electrical potential, initiating the formation of specific "elektrovkusa."

On the earpiece attached electronic amplifier acoustic signals miniature microphone is equipped with anti-stress aromanositelem orientation, inserted into the nostril user, microtelephones amplifier is fixed to ear. This allows real-time monitor the rhythm of the breath of his acoustic effects and at the same time to implement elements of aromatherapy.

As a result of contact tactile sensor wrist strap to the front wall of the abdomen that protrudes during inspiration and retracts on exhalation, it is possible to monitor the principle of biofeedback rhythmic diaphragmatic breathing in the form of polytouch (gustatory, olfactory, tactile, auditory and visual) sensations. Touching wrist strap with tactile sensors to the back of the head or limbs allows a similar polytouch monitoring synchronized with breathing various physical exercises associated with the tilt of the head, bending the limbs, etc....

For example, the principle of monitoring polytouch biofeedback performing synchronized breathing tilted his head improves the efficiency of the implementation exercise for the "stretching" of the cervical spine with a view to Antistress activation of parasympathetic system.

The functionality of the method developed as part of the permit in the form of individual points psychohygienic means comprehensively implement the following psycho formation stresses:

- meditation on breathing with the help of "physiological mirror" that reflects the rhythm of breathing in the form of five-sensory (taste, olfactory, visual, tactile, auditory);
- neutralization anxiety, agitation, outbursts of negative emotions using diaphragmatic - relaxation breathing bioadaptive formed using polytouch self;
- arbitrary control psycho-emotional state of regulated breathing techniques, initiating (short-breath and slowly exhale followed by a pause) parasympathetic stimulation that promotes the transformation of emotional stress in the state of mental equilibrium;
- the formation of the dominant competitor and distancing from the stressful situation (A. Zhdanov, 2008) techniques polysensor concentrating on the rhythm of breathing;
- polytouch stimulation driven rhythm physiological diaphragmatic breathing, for the formation of anti-stress effects the receive direction the touch of monotony;
- coordination of their own rhythms of the brain with the rhythm polytouch external stimuli (assimilation brain slow rhythms, multiple respiratory rate) in order to move the brain into a state of low-level activity (Sandomirskiy M., 2001);...
- normalization of psycho-emotional state polytouch techniques for monitoring the implementation of special physical exercises associated with rhythmic tension of the neck muscles to "breathe" (head tilted back, overcoming the resistance of hands with tactile sensors on the back of the head) and the subsequent relaxation of muscles to "exhale" (head tilted forward);
- the formation of anti-stress effects, methods of synesthesia (overlapping time-synchronized with the breath of taste, olfactory, tactile, auditory and visual sensations);
- decrease in neuroticism, psychoticism, personal anxiety, depression forming psychological and emotional stability (Golosheykin S. 2002) polysensor meditation techniques;
- prevention of maladaptive disorders by targeted respiratory bioadaptive color stimulation;
- forming reaction calm, relaxation and techniques to optimize vegetative regulation of respiratory bioadaptive light and sound stimulation;
- deliberate self-correction techniques of individual vegetative Profile respiratory elektrovkusovogo formation, on the basis of biofeedback regulated breathing exercises (Chausovsky G., 2008);
- autosuggestive formation of optimal behavioral activity in stressful situations, by sound (whispering) affirmations antistress orientation (in development for the sound effects used affirmations registration miniature bone conduction microphone sound).

Technotronic techniques developed method of forming a focused stress obtained by the audio-visual stimulation, synchronized with the breath of the user, the following anti-stress physiological responses:

- the activation of the central nervous mechanisms that regulate the psycho-emotional state of the user, through targeted exposure through visual and auditory analyzers cortical, limbic structures and the reticular formation of the brain (J. Golub, 2008);
- optimization of vegetative regulation of the use in- the methods oftalmofotostimulyatsii pulse light emitters (LEDs), green (Goldovskaya I., 1987; Petrov, K., 2008);

Thus, realized by developed the ability to combine the use of the individual within the portable Mental Hygiene (special glasses) complex psycho anti-stress orientation creates the preconditions for non-drug public enhance the effectiveness of formation stress.

<http://psyfactor.org/lib/psychotron133.htm>

Technotronic Psycho Behavioral Prevention of Negative Consequences of Office Work



According to WHO, each year about two million people in the world die from diseases associated with lack of physical activity, and every third office worker has any disease of the spine. Characteristic for office work a sedentary lifestyle doubles the risk of cardiovascular and endocrine diseases, the cause of 10% of deaths in the EU.

As a result of sedentary lifestyle (long sitting in the office, in front of television, computer monitor), there is a failure in the functioning of almost all human organs and systems.

A pooled analysis of results of experimental research into the negative impact of inactivity on

the integrated indicators of health shows that a sedentary lifestyle contributes to:

- increased risk of various diseases by 37% (A. Dembo, 2010);
 - formation of sarcopenia (I. Rosenberg, 2010), characterized by a decrease in muscle and increase body fat;
 - telomere shortening (Cherkasy L., 2010), which causes accelerated aging by an average of 10 years;
 - deformation of the spinal column (Serov A .. 2007), contributing to the development of various diseases (sciatica, gastric ulcer, gastritis, hemorrhoids, chronic bronchitis, mastitis);
 - negative influence on metabolic processes and the resulting activation of growth overweight (A. Patel, 2010), resulting in an increase of 5% risk of obesity at daily stay seated about two hours (Tremblay, M., 2010);
 - an increase of 18% risk of death from cardiovascular disease (J. Levin., 2010);
 - increasing the threat of cancer (M. Tremblay, 2010);
 - excessive strain eyes, muscles and joints, the formation of the state of fatigue and depression, cognitive decline (Chellenor J., 2010);
- negative impact on the lymphatic and venous systems, the development of cellulite and varicose veins.

To prevent "office diseases" have been developed previously by the author fixed on the body of a variety of electronic sensor systems, alarms incorrect posture of the user (Chausovsky G., 2009). However, these sensor systems do not allow to generate incentive signals for preventive breaks and the implementation of various methods of locomotor activity after a certain period of time spent in a sitting position, and the need to fix the specialized sensors on the body of the user barely acceptable in the real world production activities office workers.

The novelty is a tool developed psycho implementation of continuous automatic control via fixed on the chair applicators sensors like sitting posture, and for the integral indicator of time spent in a sitting position and the formation of "signal-stimulus" that excludes the possibility of ignoring the need for user-chair of preventive interruptions in order to neutralize the negative effects of prolonged sitting. At the same time techniques developed psycho provide for the implementation of a preventive tool training the eye muscles, hands and neck, as well as the application of psychophysiological methods of maintaining a high level of mental capacity.

Constructive design developed psycho (see photo) is implemented as fixed on the outer surfaces of the working chair of any type of miniature sensor applicators (mikrotaktilnogo sensor on the back of the chair for continuous automatic control of posture and sitting mikrotaktilnogo sensor on the seat chair for continuous monitoring of the duration of time spent in user sitting position. If any of sitting posture, located on the back of the chair includes a microsensor mikrovibrator providing formation imperceptibly signal information about the need for self-control your posture.

Fixed at the seat of the chair mikrotaktilny sensor provides at its mechanical contact with the body of the user switch miniature electronic timer, including through pre-defined by the interval of time (40-60 minutes) located outside the tiny chairs (vibrotactile or acoustic) alarm. Placing signaling for armchair makes possible his trip is interrupted only when sitting and standing up. Thus the possibility of ignoring seated signaling the need to implement preventive break for the implementation of different motor techniques neutralize the negative effects of prolonged sitting. According to the results of experimental studies (coma F., J.

Dunst, 2010), to neutralize the negative impact of a sedentary lifestyle on human health must be maintained, even if minimal, physical activity throughout the day (intermittent standing, walking, etc.) . This is due to the fact that even the nightly sessions in the gym can not fully offset the negative impact of sedentary work on the human body.

Developed psycho also provides methods of preventing the implementation of psycho-physiological reducing mental performance of office employees with a special device, made in the form of spectacle frames, which recorded a laser pointer and pull rods, the ends of which are fixed to activate with a carpal expander LED emitters (see. Photo). The laser pointer allows the principle of biofeedback for visual self-effectiveness of the prevention of gymnastic exercises for the neck (head movement is accompanied by a simultaneous appearance on the wall or ceiling of dynamic light figures). It is known that physical exercise with cervical spine help to eliminate headaches, mental states of discomfort and fatigue.

Synchronization performing gymnastic exercises for the eyes (their circular and horizontal motions) with simultaneous inclusion of carpal expander using LED emitters, accelerates the process of self-learning techniques of preventive eye-motor exercises and helps to achieve the following effects:

- improve the processes of memorization of the processed information, as experimentally confirmed (E. Parker, 2007), that preventive horizontal eye movements when working with textual information positively influence the processes of hemispheric interactions and 15% improves short-term memory;
- the formation of the state of the autonomic balance through implementation using carpal expander laterally Kinesiological effects (Chausovsky G., 2010);
- prevention of carpal tunnel syndrome and eyestrain.

Techniques developed psycho also provide minimize the negative impact of computer information-analytical work on the processes of analytical thinking, which, according to the results of experimental studies using magnetic resonance imaging (N. Carr, 2010), much worse with continued searching various information in the Internet resources. Instrumental implemented within the framework of the proposed method of automatic effect of prompting the computer user do every 40-60 minutes prophylactic breaks, helps to eliminate the negative impact of the above there prolonged computer information and analytical work on the efficiency of intellectual activity. Experimentally validated (Davachi L., 2010) that even short breaks during prolonged stay in a sitting position contribute to the activation of cognitive processes.

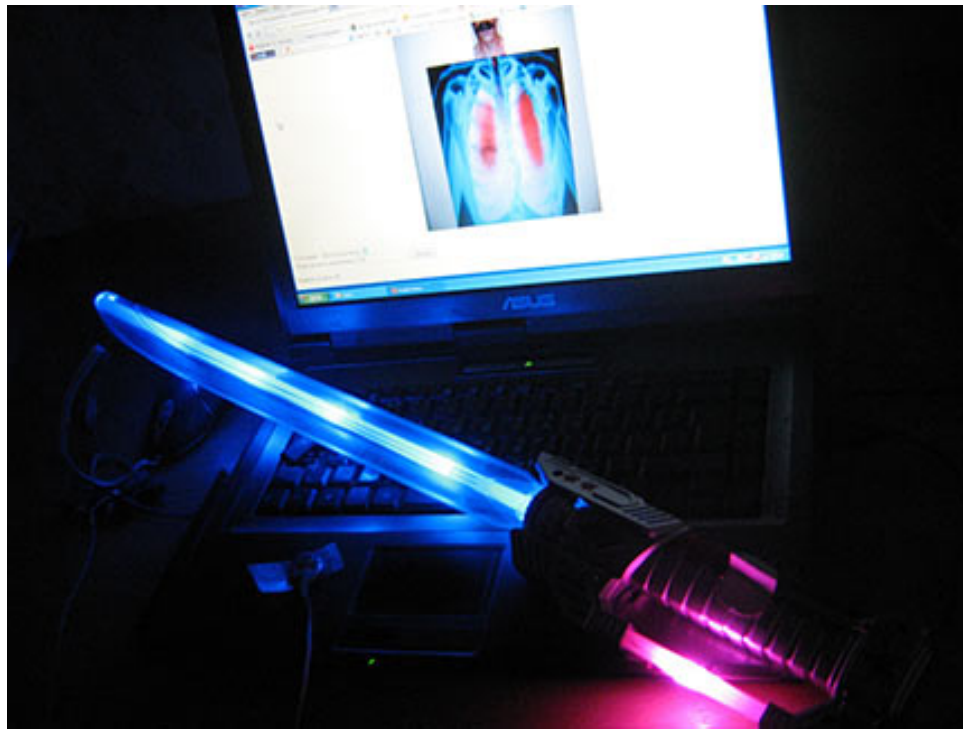
Thus, the techniques developed psycho, based on the use of specialized sensor heads for any type of chairs, create preconditions not only to minimize the negative impact of a sedentary lifestyle on virtually all human organs and systems, but also contribute to better implementation of its intellectual potential.

Usefulness developed psycho (constructive cost of registration which does not exceed 8 USD) is obvious, since sedentary lifestyle inherent in much of the population is not only the initiating factor in the development of various "office diseases", but also determines the likelihood of reduced life expectancy of office employees (according to statistical studies, the risk of premature death for people who spend sitting more than six hours a day, on average 25% higher than those who do not ignore the need to implement preventive practices motor activity).

<http://psyfactor.org/lib/psychotron236.htm>

Technotronic Psychotechnologic Guided Visualization to Activate the Body's Defenses

The user activates their body's defenses against disease by striking an image of their ailment on a computer screen with glowing biofeedback swords.



Technotronic psycho guided visualization to activate the body's defenses

Methods of guided visualization and purposeful formation figuratively - sensory perceptions by stimulating the real favorable physiological processes contribute to achieving the following positive effects:

- activate the body's defenses (Rossi E., 1986; Leviticus M., 1999);
- decrease in the intensity of pain (Shoyfet M., 2003);
- activation of the autonomic, endocrine and humoral correlates individual
- psycho-emotional profile (B. Rotenberg, 2004);
- correction of psychosomatic disorders (Linda N., 2004);
- decrease in the expression of feelings of powerlessness in the course of the disease and achieving more
- quality of life of the patient (Etkin In .. 2006);
- reduce the level of anxiety (Komisaruk B., 2009);
- the formation of the image-sensory way of thinking, has a regulating
- effect on the functioning of peripheral processes (Klassina S., 2007);
- normalization of depressive states, initiated by various diseases (Tsenev V., 2009);
- relaxation, stress relief of psycho-vegetative symptoms, stabilization of the affective-tional state (Chausovsky G., 2010);

- empowerment of successful adaptation to the changed personality disease micro- and makrosotsiumu (Umansky With .. 2011).

However, the successful implementation of guided visualization techniques largely depends on the availability of skills of relaxation, concentration, forming obrazno- sensory perceptions.

The novelty of the developed psycho is to enable accelerated development of public guided visualization techniques for self-correction of psychosomatic and emotional disorders, activation of the body's defenses in various diseases.

Constructive design developed psycho (see. Photo) realized in the form of two symbolic means of combating a disease of mental discomfort, or - two plastic swords. The handles of swords fixed mikrotaktilnye sensors that, when the compression stroke of the user's hand when and "striking" of the symbolic image of mental or bodily infirmity, the power supply circuit includes a sound simulating the impact of the sword, and the glow of his blade with the help of being in an optically transparent case LED emitters .

<http://psyfactor.org>

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Simultaneously, the sensors provide simultaneous with the movement of swords discrete launch a computer program gradually (with each successive sweep of the sword) disappearance visualized on the computer screen symbolic image of illness or mental discomfort. To enhance the sensual imagery and visualization components controlled technical solution development envisaged use fixed on the user's body (above the projection of the problem area) miniature mikrovibratori, which also include strokes synchronized with swords and applying them "hits" on the symbolic image of the disease, which is reflected on the screen of a computer monitor . This allows for enhanced visualization of figurative representation sanogennykh vibrotactile sensations in the problem area.

The implementation is based on the psycho-designed using the principle of biofeedback (BFB), thus expanding the possibilities of accelerated development techniques sanogennykh guided visualization. This is carried out following the formation of the complex biofeedback techniques:

- a reflection of achieving positive results in guided visualization "physiological mirror" visually detected on the computer screen effect gradually (under the influence of another "attack" the sword of the symbolic image of an illness) reduce the pathological focus symbolic and its subsequent extinction ("erase");

- reflection of pictorial representation focused sanogennykh impact on the pathological focus in the "physiological mirror" vibrotactile effects, which generate in the problem area is synchronized with the alternating strokes and "blows" swords of figurative symbolism illness left and right hand users.

The technical solution design not only increases the realism of perception purposefully initiated figurative sense-perception to achieve positive results in the fight against disease, but at the same time, to ensure the formation of a favorable background for this psycho-emotional (neutralization of the state of stress, fear, helplessness, etc.) . This is due to the fact that in the process variable "attacking" the sword of the rendered image of the symbolic disease left and right hand, implemented following psychotechnics self-correction of psycho-emotional state:

elimination of stress disorders by harmonizing hemispheric interactions laterally kinesiology techniques (cross-arm movements during alternating "strike" swords of rendered symbols disease);

the formation of the effect of desensitization and reprocessing eye movement by visualizing traumatic memories alternately switched so LED emitters in optically transparent blades of swords moving in the field of view when making a cross-arm movements during the sweeps and "attacking" the sword of the symbolism of the disease.

Thus, developed psycho allows:

empower the accelerated development of a public-driven visualization skills and self-formation of the state of emotional stability to activate the body's defenses in order to successfully combat various diseases;

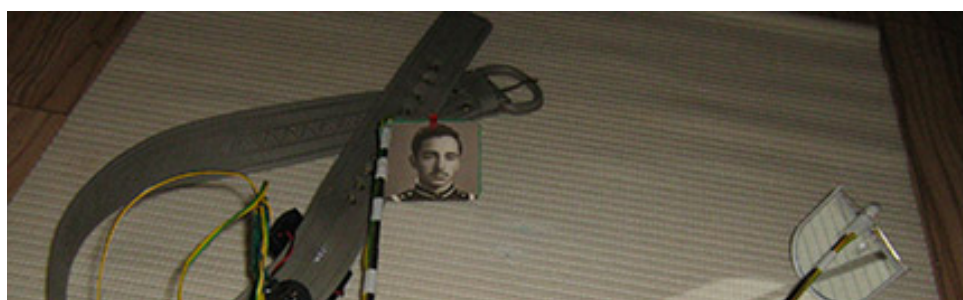
provide organic addition of various complex therapeutic programs effective psychotherapeutic support, improves the quality of life of patients and an increase in its duration.

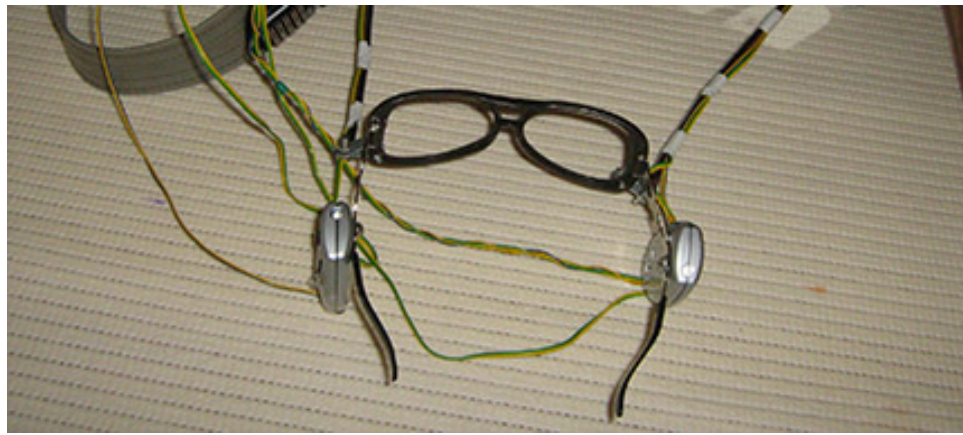
Exterior structural design developed psycho (see photo):

1-top box to synchronize the launch of the software gradually "erase" the symbolism of illness sweeps with swords; 2 plastic swords with sound imitators strikes, LED emitters in hollow, optically transparent blades and sensors on the handles; 3 mikrovibrator fixed to the body by the projection of the problem area.

<http://psyfactor.org/lib/psychotron115.htm>

Technotronic Psychological Rejuvenation of a Person





Technotronic psychotechnologic psychological personal rejuvenation. Glasses with a photo of the user when they were young mounted on the left and a mirror on the right. By looking back and forth between the two, combined with breathing biofeedback, the user can slow the aging process.

Experimentally validated (E. Langer, 1979), that the psychological age of the person (self-awareness of his age) is associated with biological and "any change in the emotional state is accompanied, consciously or unconsciously, the change in the physiological state (Green E., 1999).

It is these aspects form the basis of the developed psycho psychological rejuvenation person, the novelty of which is to strengthen the emotional and mental components shaped "dive into a state of youth" against the backdrop of a focused reduction of traumatic visual perception of the natural negative age-related changes in appearance.

Structural design of the development is realized in the form of spectacle frames, fitted with external pull-rods, one at the end of which is fixed photo best period of young users, and on the other end of the rod is fixed mirror mikroviatorom. On the earpiece attached akustoprogrammiruemye miniature devices for audio playback of pre-recorded affirmations, semantic orientation which triggers the activation of the image-willed attitude to "dive into a state of youth." Above the photo attached local source of red, and above the mirror - Green light pulse. Management mikroviatorom mirror svetoimpulsnymi emitters and sound reproduction devices affirmations by using fixed belt tactile sensors - loggers rhythmic diaphragmatic breathing person.

On the stroke "inspiration" (eyes by facing a mirror), the green LED mikroviator mirrors and sound source which voiced the word "I". On the stroke "exhalation" (look at the photos by faces of youth) and the red LED lights incorporating a sound reproducing device which voiced affirmation: "Once again feel young, healthy, strong, full of energy and optimism."

Repeated looked from the mirror to the photo of a young implements psychotherapeutic method of desensitization and reprocessing eye movement (EMDR) traumatic information (F. Shapiro, 1987). Previously, author proposed a method of psycho use EMDR to reduce traumatic perception of negative age-related changes mirror reflection face (Chausovsky G., 2008). However, the effectiveness of its use for applications psihologicheskogogo rejuvenation greatly reduced because of the traumatic factor due visualization mirroring the negative age-related changes in the face of the user during repeated transfers his gaze with photos of youth in the mirror,

As already noted, novelty developed psycho psychological rejuvenation is to strengthen the emotional-shaped components forming sense of "immersion" in the state of youth by automatically initiating microvibrations mirror to measure "inspiration" (in translation by looking at the mirror). This microvibration mirror helps visually detectable "erase" definition mirroring the user's face, and thus the formation of figurative sense of the "disappearance" of negative external signs of age-related changes (wrinkles, age spots, etc.), which reinforces the emotional - shaped component "dive in state youth "in repeated looks from the mirror in the photo best period of his youth. This creates a favorable background for the implementation of psycho-emotional phenomena suggestive age regression - willed settings to create a sense of rejuvenation.

Repeated series of eye movements by path "mirror - photos youth" not only help to neutralize the traumatic mirror negative information on age-related changes in appearance, but also form a positive self-representation (positive belief) on the possibility of a psychological rejuvenation. Thus the combined use of psychotherapeutic techniques and EMDR tsветоимпульсно light stimulation (appearance soothing glow green when glancing at the mirror) and activating the flow of red color (when looked at photos of youth) can effectively generate the feeling of rejuvenation process of cultivation. It is known (Domoratsky R., 2003), that the integrated use of color therapy and EMDR techniques greatly enhances their use for the formation of the psychotherapeutic effects of desensitization and installations...

Using photos youth contributes to the effective design of visual images in this age period, and by the emergence of the brain electrical activity of the well-defined neural network that is identical to an imaginary age period. This is due to the fact that according to the neurophysiological studies (Bennett, D., 1989), the creation of imaginary images accompanied by the initiation of the electrical activity of specific neural networks, specific to figuratively formed state.

The implementation techniques developed psycho thus minimizing the impact on the emotional state by mirror rendered negative age-related changes in appearance. It is essential to achieve the goal of instrumental psychological rejuvenation, because "A person ages, when the body begins to read information about their condition with no reference image in the soul (youth and health), and with the images that represent his mind" (The Lermantov .. 2007).

The proposed development within a single unit (glasses with a belt), the value of which does not exceed \$ 6 makes available to the public receptions comprehensively implement the following very important to decrease the psychological and biological age, psycho:

- Using the principles of biofeedback for the targeted control of breathing rhythm in order to self-correction of individual autonomic profile (by reflection rhythmic diaphragmatic breathing and relaxation in the "physiological mirror" vibrotactile, svetoimpul'snyh and acoustic signals);
- the combined use of techniques of neutralization traumatic information in the form of visually recorded negative age-related changes in appearance, EMDR techniques and color-pulse stimulation;
- meditation on the breath;
- trance therapy;
- autosuggestivnye age regression techniques (by the synchronized rhythmic diaphragmatic breathing, relaxation automatic scoring affirmations "rejuvenating" semantic orientation against the background of deliberately initiated by the state of relaxation techniques method).

The above complex allows you to create psycho-emotional balance and activate emotionally-shaped component autosuggestivnogo phenomenon of age regression, which provides as part of the public psychoprophylaxis premature aging techniques to achieve the following effects:

- neutralization of the main psychological factors of aging accelerators (emotional stress, psycho-emotional instability, etc.);
 - psychological rejuvenation, helps reduce biological age indicator.
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<http://psyfactor.org/lib/psychotron95.htm>

Technotronic Psycho Improvement of the Efficiency of Figurative and Symbolic Visualization Applications (PsychoNeuroImmunology)

Currently it confirmed experimentally that the relaxation with visual representation and management of the images allows visualization purposefully influence the immune status of an individual (K. Simonton, 1980).

Managed by the visualization of complex neurochemical processes affect the human immune system (Rossi E., 1986), the level of hormones (Antron Yu, 2001) and contributes to the stimulation of the very real favorable physiological processes and activate the body's defenses to fight the disease.

According to the results of experimental studies (Leviticus Moscow, 1999), activation of the immune system is possible by means of the central nervous system transmitters.

Obtained with the help of magnetic resonance imaging test data (Eyppert F., 2009) indicate that the figurative and symbolic visualization promotes the synthesis of endogenous opioids, reducing the pain reaction.

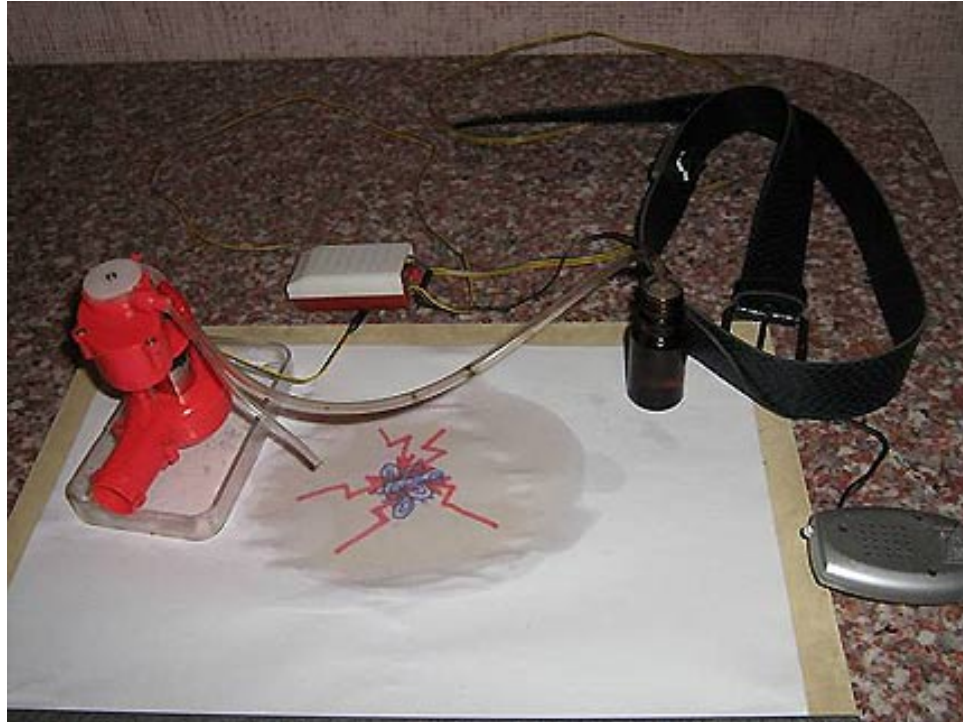
Thus, the direction of figurative and symbolic visualization can serve as an effective auxiliary devices using psychotherapeutic techniques in treatment of various diseases.

However, the efficiency of image management visualization techniques for therapeutic purposes depends largely on whether the patient's self-formation skills figurative sense notions of healing focus, relaxation, concentration and visualization, the inherent specificity of individual representative system.

Earlier the author to extend the accessibility of using techniques of figurative and symbolic visualization (applications for cancer therapy) was offered respiratory fluorescence method (Chausovsky G., 2008). However, this method is characterized by a limited range of features in terms of formation of skills of concentration and psychological anchor to achieve positive physiological responses.

The novelty is the implementation of psycho-developed image-symbolic visualization by slowing the formation of synchronous acts of diaphragmatic breathing and relaxation schematic plot healing focus on the background sound corresponding to the plot of

affirmations and worm-flavor, which is then used as aromayakorya achieve positive physiological responses to visual presentation.



Hardware design developed psycho implemented as a belt with two tactile sensors, including sync with the rhythm of diaphragmatic breathing and relaxation by a miniature peristaltic pump device and acoustic playback of pre-recorded (with the story of images formed on the imaging paper) affirmations. The peristaltic pump is in sync with the rhythm of breathing user supplies drops of essential oil into the optically opaque sheet of paper, which covers a schematic drawing of an unknown user storyline healing semantic orientation, preformed therapist with the individual psycho-emotional, intellectual and psycho-physiological profile of the patient.

Oiling masking schematic drawing of the plot for the imaginative visualization of optically opaque sheet of paper drops of essential oil provides a gradual empowerment of its optical transparency properties. This is because initially the paper fibers together constitute an optically opaque structure, but the essential oil by filling the gaps in the fibers of paper, provides it with uniform properties and refraction of light, respectively, the optical transparency. At the same time the process of gradual appearance on paper plot scheme of the image visualization, the user creates the state of concentration, and diaphragmatic breathing triggers a state of relaxation. This creates a favorable background for the application of psychophysiological techniques suggestive influence on the visual representation of the figurative sense load voiced affirmations and visualization of image management for therapeutic purposes.

<http://psyfactor.org/lib/psychotron41.htm>

Technotronic Cancer Therapy





Efficiency of psychotherapy (psychoneuroimmune-logical) methods in combination with other methods for the treatment of cancer confirmed by long-term experimental studies (K. Simonton, 1980; Gouler J., 1997).

According to the literature (V. Kondrashov, 2004), using the method psychoneuroimmunology significant improvement or even a complete cure is achieved in about 21% of cancer patients with advanced disease...

Offered technotronic-technology allows publicly available methods significantly enhance the ability of cancer therapy, as its design tool provides the principle of biofeedback successful development of skills of self-formation of special state of consciousness, which includes elements of relaxation, concentration and visualization. It is known (Shoyfet M., 2003, that it was a special state of consciousness ("presence between sleeping and waking, between reason

and instinct, between the will and the lack of will, between the conscious and the unconscious") creates the preconditions for the successful introduction of the central nervous system of a variety of therapeutic programs. This emotional components shaped thoughts contribute to the initiation of targeted changes in physiological systems (producing predictable physiological responses healing direction).
