



# Methods of Concentration

By Grigori Grabovoi

Createspace, United States, 2012. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I would recommend finding some time for the exercises, which are cited below. For each day of the month I recommend three exercises corresponding to this day. These exercises contain control of events. For this purpose different concentrations should be applied. During the concentration keep remembering the exact aim you would like to achieve. The aim might be realization of a desirable event, for example, recovery from a disease, development of a mechanism of knowledge of the World, and so on. The main thing here is to conduct always regulation of information for the universal salvation and harmonic development. Such regulation can be a struggle against destruction at informational level because you fulfill the work of rescuers. These exercises help to develop consciousness, development of events of your life in favorable direction, receiving of full value health and establishment of harmony with the pulse of the Universe.



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