



Parapsychological medicine – Magazine – Year 01 – Number 04

JUST BROWSING TO CHECK WHAT WAITS FOR YOU

1. FUTURE TECHNOLOGY: INFINITE ENERGY

Infinite energy can be acquired in several ways, in this piece of article we will talk about a rudimentary way. The process is as follows, with a wormhole connecting to the sun, where the energy from that sun is sent to the reactor that uses that energy. It is a rudimentary process, but it can be used to obtain immense amounts of energy, for example, energy for the entire planet for decades in a single use.

2. CASE OF HEALING - MIGRAINE

The technique used was healing past life. Healing a past life is resolving all problems that that past life did. Some what you suffer comes from past life and it needs to be cured. Many past lives were bad or sick or slave, so we have inside of us the slaving, the sickness or anything that can hurt our projects. Many problems can occur from past lives problematic like sickness that can not be healed or a life that nothing exciting happen. For this case in specific we went to a time where this person was in a war in was killed by a shot in his head. After healing the head in that time this person did not have anymore the problem with migraine.

3. FOOD OF THE MONTH: CABBAGE

Improved Digestion: You've heard "eat your roughage" and cabbage is a healthful source. Its fiber and water content can help to prevent constipation and maintain a healthy digestive tract. Eating cabbage in fermented form (sauerkraut) also gives you a boost of probiotics, one of the best things for a healthy digestive system and gut.

Weight Loss: With a mere 33 calories per cup, cabbage is high in fiber and contains zero fat. Cabbage is frequently recommended to people who want to lose weight since it is packed with so many nutrients and its high fiber content makes it quite filling.

Lowers Cholesterol: Cabbage can also be used to help lower your cholesterol. Its fiber and nutrients bind with bile acids in the intestine and pass out in the stool, rather than being absorbed into the blood. Eating it steamed gives it more cholesterol-lowering power.

Immune Booster: Cabbage is an excellent source of the ever-so-important vitamin C, crucial for maintaining a strong immune system.

Cancer Fighter: It has been known for years that consumption of cruciferous vegetables is associated with lower cancer risk. The sulfur-containing compound, sulforaphane, which give these vegetables their bitter taste, is also what specifically gives them their cancer-fighting power. Sulforaphane has been shown to inhibit the progression of cancer cells. Anthocyanins, the powerful antioxidants that give red cabbage its vibrant color, have been shown to slow the formation and even kill already-formed cancer cells.

Reduces Inflammation: Inflammation causes unnecessary pain and discomfort and can also lead to a host of other diseases and ailments. Glutamine, an amino acid found in cabbage, is a strong anti-inflammatory agent, helping to reduce joint pain, arthritis, and ease allergies. Cabbage is considered one of the top 10 best food sources of glutamine.

Improves Brain Health: Cabbage, particularly the purple variety, is powerful brain food. It contains vitamin K, and the antioxidant anthocyanin, which boosts mental function and concentration. Vitamin K, an often forgotten vitamin, can also improve your defense against conditions such as Alzheimer's and dementia. Anthocyanin is also effective at reducing plaque on the brain, preventing the deterioration of short- and long-term memory.

Reduces the Risk of Heart Disease and Stroke: Researchers have identified nearly twenty different flavonoids and fifteen different phenols in cabbage, all which demonstrate antioxidant activity. These antioxidant nutrients play a role in decreasing your risk of several cardiovascular diseases. Cabbage also contains the beneficial minerals calcium and potassium, which help regulate blood pressure.

Heals Ulcers: Cabbage has been historically known to heal ulcers due to its anti-inflammatory properties. Studies have found that drinking cabbage juice is very effective in preventing ulcers.

Clears Skin: Antioxidants play a major role in the health of your skin. Free radicals are an underlying cause of wrinkles, skin discoloration, and other conditions. Cabbage contains a wealth of different antioxidants that can turn around the aging process of your skin.

Energy Booster: Cabbage is high in energy-boosting B vitamins, including B1, B2, and B6. Next time you feel sluggish, swap out that cup of afternoon sugary coffee for a serving of cabbage—coleslaw might make the perfect snack! Try this Texas Coleslaw recipe!

Hangover Cure: Cabbage has been used for relief from hangovers since Roman times. It is thought to clear the body of congeners, by-products of the fermentation process. In addition, the high fiber content of cabbage helps to absorb the alcohol acetaldehyde. The next time you wake up after having had a few too many, do as the Ancient Greeks did and boil up some cabbage and save the juice for drinking.

Eases Headaches: Try relieving a headache or migraine by making a compress out of cabbage leaves. Crush a few of the inner leaves to make a paste, then place the paste in a cloth, and apply to your forehead until dry. Or try drinking raw cabbage juice (1-2 oz) to bring some relief.

It can help improve bone health: Cabbage contains a nutrient hugely important to both bone health and healthy blood clotting functions in the body: vitamin K, Gans says. There's about 68 micrograms of vitamin K in just one cup of cooked cabbage, according

to the USDA. For reference, the ODS recommends 120 micrograms each day for adult men, and 90 microgram per day for women. While vitamin K deficiencies are rare, some people with certain medical conditions—cystic fibrosis, celiac disease, ulcerative colitis—may be more at risk for lower-than-usual levels of vitamin K. Too little of the vitamin can lead to reduced bone strength, an increased risk of developing osteoporosis, and in rare circumstances, bruising and bleeding problems, per the ODS.

It's a great low-calorie option: If you're looking to lose weight, one thing that can help immensely is replacing calorie-dense foods with ones that don't pack as much of a caloric punch—and cabbage is a great option for that. Cabbage is very low in calories. One cup of cooked cabbage is only 34 calories, making it an excellent option for weight management.

May Support the Digestive Tract: A study published in the *World Journal of Gastroenterology* suggests that fiber, present in cabbage, can help bulk up bowel movements and treat constipation. Rich in fiber and glucosinolates, cabbage may help the body retain water and it might maintain the bulkiness of the food as it moves through the bowels.

Prevents Cataract: Cabbage might be a rich source of beta-carotene. So many people, particularly as they get older, turn to cabbage for its ability to prevent macular degeneration and promote good eye health and delay cataract formation.

Regulates Blood Pressure: Red cabbage may just be a good source of anthocyanins. A study published in the *American Journal of Clinical Nutrition* found that “Higher anthocyanin intake is associated with lower arterial stiffness and central blood pressure in women.” Simply put, this anthocyanin-rich vegetable might help lower blood pressure levels and prevent heart diseases. The presence of potassium might protect you from elevated blood pressure, which increases the risk of heart attack and stroke. Potassium is a vasodilator, which means that it might open up the blood vessels and eases the flow of blood, so it isn't being forced in a stress-inducing way through constricted arteries and veins. Overall, it can be a great shield against many types of dangerous conditions!

Reduces Muscle Aches: When certain bacteria ferment the sugars in cabbage during the preparation of sauerkraut, lactic acid is released. It isn't the easiest compound to find in a diet, but it might reduce muscle soreness and aches. So in some small way, it can help in general pain relief and muscle soreness, depending on how it is prepared.

Speeds-up Healing: Cabbage is rich in sulfur, which is a very useful nutrient as it fights infections. A deficiency of sulfur can result in microbial infections and a greatly reduced healing speed. It might reduce the frequency and severity of ulcers.

Lowers the Signs of Ageing: Cabbage and other cruciferous vegetables contain a high amount of Vitamin C and E, which help in the production of collagen, the compound which keeps the skin elastic and wrinkle-free. Vitamin A along with Vitamin D protects the skin and gives you a youthful skin.

Improves Complexion: Cabbage can also cure acne and other skin conditions. Some steamed cabbage leaves compressed in a cotton cloth can be placed on the affected area overnight for best results. The high levels of potassium and Vitamin A also improve complexion.

May Provide Relief From Allergies: Cabbages and other cruciferous vegetables of its kind contain anti-inflammatory properties. They are rich in sulforaphane and glutamine which are powerful anti-inflammatory agents. Regular consumption can ease health conditions worsened by inflammation such as allergies, irritation, fever, joint pain and skin disorders.

Improves the Health of Hair: Cabbage being rich in many of the essential nutrients helps maintain healthy hair and prevents hair fall. It also prevents dry hair and protects the hair strands from physical damage. Vitamin C which is found in cabbage is essential for the production of the protein keratin which primarily makes up the hair and nails in the body.

Good for Diabetic Patients: The potassium present in cabbage is not only good for lowering blood pressure but helps maintain blood sugar levels. It also improves mental well being by reducing stress and anxiety.

Good for Pregnant Women: Cabbage is an abundant source of folates. Folates are critical nutrients required in the early developmental stages of the foetus. The absence of folates can cause neural tube defects and other congenital disabilities in babies. Hence, this vegetable is good for pregnant women. However, it should not be consumed raw as eating raw or uncooked may lead to premature delivery or even miscarriage.

It's cheap and widely available year-round: here are so many varieties of cabbage, too, including Green, Savoy, red, Napa, bok choy, and Brussels Sprouts (tiny cabbages!). It is possible to enjoy eating cabbage pretty much all year round. Although most any cabbage will work for any use, plant breeders have developed many varieties in many colors and textures. Some are sweet, mild, tender as lettuce; others rock hard and good for shredding or slicing crosswise into thick "steaks" for roasting.

Cabbage lasts longer in the fridge than most vegetables: cabbage is properly stored, it can last from 3 weeks to up to 2 months in your refrigerator. In optimum root cellar conditions, it can even last longer. Store in a hydrator drawer if possible. Do not remove the outer leaves nor wash until ready to use.

It's versatile: I've sliced it into soups and salads, shredded it into coleslaws, stir-fried it with onions and apples, fermented it into sauerkraut, stuffed whole cabbages or individual cabbage leaves, steamed it, boiled it, fried it, roasted it, and grilled it. I've even experimented with cabbage desserts, not always successfully!

4. HEALING TECHNIQUE: APOMETRY

WHAT IS APOMETRY: Literally, apometria means "beyond measure", the word comes from the Greek (apo = "beyond" and metria = "measure"). Apometry, which has no connection with any dogma or religion, is a set of soul principles and techniques whose main objective is to "cure" at a deeper level, beyond the physical plane. HOW DOES APOMETRY WORK? Holosoma is a term of Greek root (holo = whole and soma = body) that refers to the multiple bodies that inhabit a single existence, it refers to the

existence and separation of the physical, astral, mental body and the different levels of consciousness of the human being. In Apometry, Impulsotherapy (counting technique with magnetic impulses) and the force of mental energy are used to open a person's frequency and effect the unfolding of their various bodies, that is, the dissociation of the physical body from the psychosoma or subtle bodies. . In this way, access is opened to various information such as akashic records, timeline, past lives, etc. With access to this information and operating in all dimensions of the universe, it is possible to perform a "cure" treatment that is much more comprehensive than any other type of treatment. Some techniques: Depolarization of Memory Stimuli; Techniques of Mental Magnetic Impregnation with Positive Images; Techniques of Psychic Attunement; Space-Time Dissociation; Regression in Space and Time; Revitalization Technique; Special Treatments for Black Magicians; Spiritual Sterilization of the Environment; Healing of Lesions in the Astral Body; Astral Surgeries; etc. Apometry treatment balances disharmonious energies, depolarizes negative memories and positively reprograms, thus allowing the fully harmonizing individual to have a full life. Apometry treatment is a complementary treatment and does not replace conventional medical treatment and its techniques work regardless of belief or religion. It is possible to treat different types of imbalances such as fears, guilt, attachments, hurts, traumas, phobias, panic, depression, insomnia, stress, anxiety, addictions, chemical dependencies, schizophrenia, psychoses, neuroses, syndromes, obsessive disorders, compulsions, bipolar disorders , simple and more serious obsessions. Apometria treatment helps in the "cure" of psychosomatic diseases that manifest in the different systems that make up our body, such as: gastrointestinal (ulcer, gastritis, rectocolitis); respiratory (sinusitis, asthma, bronchitis); cardiovascular (hypertension, tachycardia, angina); dermatological (vitiligo, psoriasis, dermatitis, herpes, urticaria, eczema); endocrine and metabolic (diabetes); nervous (migraine, vertigo); of joints (arthritis, arthrosis, tendinitis, rheumatism). It is also possible to treat behavioral problems, serious disturbances in affective relationships, great difficulty in flowing in life, pain without a medical diagnosis or health problems in which the person has already undergone numerous allopathic treatments and did not have the desired effect.

5. MEDICINE OF THE MONTH: METFORMIN

What is metformin? Metformin is an oral diabetes medicine that helps control blood sugar levels. Metformin is used together with diet and exercise to improve blood sugar control in adults with type 2 diabetes mellitus. Metformin is sometimes used together with insulin or other medications, but it is not for treating type 1 diabetes. Metformin is also used off-label to treat polycystic ovary syndrome (PCOS). Warnings: You should not use metformin if you have severe kidney disease, metabolic acidosis, or diabetic ketoacidosis (call your doctor for treatment). If you need to have any type of x-ray or CT scan using a dye that is injected into your veins, you may need to temporarily stop taking metformin. Though extremely rare, you may develop lactic acidosis, a dangerous build-up of lactic acid in your blood. Call your doctor or get emergency medical help if you have unusual muscle pain, trouble breathing, stomach pain, dizziness, feeling cold, or feeling very weak or tired. Before taking this medicine: You should not use metformin if you are allergic to it, or if you have: severe kidney disease; or metabolic acidosis or diabetic ketoacidosis (call your doctor for treatment). If you need to have surgery or any type of x-ray or CT scan using a dye that is injected into your veins, you may need to temporarily stop taking metformin. Be sure your caregivers know ahead of time that you are using this medication. Tell your doctor if you have ever had: kidney disease (your kidney function may need to be checked before you take this medicine); high ketone levels in your blood or urine; heart disease, congestive heart failure; liver disease; or if you also use insulin, or other oral diabetes medications. You may develop lactic acidosis, a dangerous build-up of lactic acid in your blood. This may be more likely if you have other medical conditions, a severe infection, chronic alcoholism, or if you are 65 or older. Ask your doctor about your risk. Follow your doctor's instructions about using metformin if you are pregnant or you become pregnant. Controlling diabetes is very important during pregnancy, and having high blood sugar may cause complications in both the mother and the baby. Tell your doctor if you become pregnant while taking metformin. Metformin may stimulate ovulation in a premenopausal woman and may increase the risk of unintended pregnancy. Talk to your doctor about your risk. You should not breastfeed while using this medicine. Metformin should not be given to a child younger than 10

years old. Some forms of metformin are not approved for use by anyone younger than 18 years old. How should I take metformin? Take metformin exactly as prescribed by your doctor. Follow all directions on your prescription label and read all medication guides or instruction sheets. Your doctor may occasionally change your dose. Use the medicine exactly as directed. Take metformin with a meal, unless your doctor tells you otherwise. Some forms of metformin are taken only once daily with the evening meal. Follow your doctor's instructions. Do not crush, chew, or break an extended-release tablet. Swallow it whole. Measure liquid medicine carefully. Shake the oral suspension before you measure a dose. Use the dosing syringe provided, or use a medicine dose-measuring device (not a kitchen spoon). Some tablets are made with a shell that is not absorbed or melted in the body. Part of this shell may appear in your stool. This is normal and will not make the medicine less effective. You may have low blood sugar (hypoglycemia) and feel very hungry, dizzy, irritable, confused, anxious, or shaky. To quickly treat hypoglycemia, eat or drink a fast-acting source of sugar (fruit juice, hard candy, crackers, raisins, or non-diet soda). Your doctor may prescribe a glucagon injection kit in case you have severe hypoglycemia. Be sure your family or close friends know how to give you this injection in an emergency. Blood sugar levels can be affected by stress, illness, surgery, exercise, alcohol use, or skipping meals. Ask your doctor before changing your dose or medication schedule. Metformin is only part of a complete treatment program that may also include diet, exercise, weight control, regular blood sugar testing, and special medical care. Follow your doctor's instructions very closely. Store at room temperature away from moisture, heat, and light. Your doctor may have you take extra vitamin B12 while you are taking this medicine. Take only the amount of vitamin B12 that your doctor has prescribed. What happens if I miss a dose? Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. Do not take two doses at one time. What happens if I overdose? Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. An overdose can cause severe hypoglycemia or lactic acidosis. What to avoid: Avoid drinking alcohol. It lowers blood sugar and may increase your risk of lactic acidosis. Metformin side effects: Get emergency medical help if you have signs of an allergic reaction to metformin: hives; difficult breathing; swelling of your face, lips, tongue, or throat. Some people using this medicine develop lactic acidosis, which can

be fatal. Get emergency medical help if you have even mild symptoms such as: unusual muscle pain; feeling cold; trouble breathing; feeling dizzy, light-headed, tired, or very weak; stomach pain, vomiting; or slow or irregular heart rate. Common metformin side effects may include: low blood sugar; nausea, upset stomach; or diarrhea. This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. What other drugs will affect metformin? Many drugs can interact with metformin, making it less effective or increasing your risk of lactic acidosis. This includes prescription and over-the-counter medicines, vitamins, and herbal products. Not all possible interactions are listed here. Tell your doctor about all your current medicines and any medicine you start or stop using.

6. KIND OF THOUGHT: MEDIC OR DOCTOR

Doctors, before having an idea of the whole situation, create simulations in their minds and ask punctually to validate the worst situations, so without these situations validated they advance to less dangerous situations until they have the best answer without leaving behind unusual and dangerous diseases. Put that kind of thinking into your life, you always have the same answer to the same apparent situation, if Doctors do that they'll be killing people every day.

7. INCURABLE DISEASE: INFLUENZA

Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting. For most people, the flu resolves on its own. But sometimes, influenza and its complications can be deadly. People at higher risk of developing flu complications include: Young children under age 5, and especially those under 6 months; Adults older than age 65; Residents of nursing homes and other long-term care facilities; Pregnant women and women up to two weeks after giving birth;

People with weakened immune systems; Native Americans; People who have chronic illnesses, such as asthma, heart disease, kidney disease, liver disease and diabetes; People who are very obese, with a body mass index (BMI) of 40 or higher; Though the annual influenza vaccine isn't 100% effective, it's still your best defense against the flu. At first, the flu may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a bother, you usually feel much worse with the flu. Common signs and symptoms of the flu include: Fever; Aching muscles; Chills and sweats; Headache; Dry, persistent cough; Shortness of breath; Tiredness and weakness; Runny or stuffy nose; Sore throat; Eye pain; Vomiting and diarrhea, but this is more common in children than adults; Most people who get the flu can treat themselves at home and often don't need to see a doctor. If you have flu symptoms and are at risk of complications, see your doctor right away. Taking antiviral drugs may reduce the length of your illness and help prevent more-serious problems. If you have emergency signs and symptoms of the flu, get medical care right away. For adults, emergency signs and symptoms can include: Difficulty breathing or shortness of breath; Chest pain; Ongoing dizziness; Seizures; Worsening of existing medical conditions; Severe weakness or muscle pain. Emergency signs and symptoms in children can include: Difficulty breathing; Blue lips; Chest pain; Dehydration; Severe muscle pain; Seizures; Worsening of existing medical conditions. Influenza viruses travel through the air in droplets when someone with the infection coughs, sneezes or talks. You can inhale the droplets directly, or you can pick up the germs from an object — such as a telephone or computer keyboard — and then transfer them to your eyes, nose or mouth. People with the virus are likely contagious from about a day before symptoms appear until about five days after they start. Children and people with weakened immune systems may be contagious for a slightly longer time. Influenza viruses are constantly changing, with new strains appearing regularly. If you've had influenza in the past, your body has already made antibodies to fight that specific strain of the virus. If future influenza viruses are similar to those you've encountered before, either by having the disease or by getting vaccinated, those antibodies may prevent infection or lessen its severity. But antibody levels may decline over time. Also, antibodies against influenza viruses you've encountered in the past may not protect

you from new influenza strains that can be very different viruses from what you had before. Risk factors - Factors that may increase your risk of developing the flu or its complications include: Age. Seasonal influenza tends to target children 6 months to 5 years old, and adults 65 years old or older. Living or working conditions. People who live or work in facilities with many other residents, such as nursing homes or military barracks, are more likely to develop the flu. People who are staying in the hospital also are at higher risk. Weakened immune system. Cancer treatments, anti-rejection drugs, long-term use of steroids, organ transplant, blood cancer or HIV/AIDS can weaken the immune system. This can make it easier to catch the flu and may also increase the risk of developing complications. Chronic illnesses. Chronic conditions, including lung diseases such as asthma, diabetes, heart disease, nervous system diseases, metabolic disorders, an airway abnormality, and kidney, liver or blood disease, may increase the risk of influenza complications. Race. Native American people may have an increased risk of influenza complications. Aspirin use under age 19. People who are younger than 19 years of age and receiving long-term aspirin therapy are at risk of developing Reye's syndrome if infected with influenza. Pregnancy. Pregnant women are more likely to develop influenza complications, particularly in the second and third trimesters. Women are more likely to develop influenza-related complications up to two weeks after delivering their babies. Obesity. People with a body mass index (BMI) of 40 or more have an increased risk of flu complications. Complications: If you're young and healthy, the flu usually isn't serious. Although you may feel miserable while you have it, the flu usually goes away in a week or two with no lasting effects. But children and adults at high risk may develop complications that may include: Pneumonia; Bronchitis; Asthma flare-ups; Heart problems; Ear infections; Acute respiratory distress syndrome; Pneumonia is one of the most serious complications. For older adults and people with a chronic illness, pneumonia can be deadly.

8. PROJECIOLOGY: PROJECTIOLOGY AND BIOLOGY

Definitions. Biology: the science of life in general; the study of living beings in their relationships with each other and their environment. Synonymy: the science of life.

Parabiology. Lucid projection allows humankind to start studying the external contours and manifestations that derive from the human body or, in other words, the other vehicles of manifestation of the consciousness that parabiology, metabiology or transcendental biology will study in depth in the near future. Animals. Due to its relationships with other living beings, projectiology enables original observations and analyses of the extraphysical perceptions and extraphysical vehicles of manifestation of animals (zoology) and plants (botany), besides humankind and life forms that are totally unknown here on earth (para-exobiology). This can be accomplished in a direct manner in specific extraphysical environments. Bodies. Projective experiments demonstrate to the lucid projector that so-called inferior subhuman animals possess extraphysical bodies that emit light, present an aura and, in certain conditions also project in their physical bodies' immaterial substrata in a manner similar to that of the human or intraphysical consciousness. Paraperceptions. Parapsychic facts observed to date suggest that, in the same way that we possess holosomatic, animic and parapsychic paraperceptions which are more accurate than those already discovered, we also possess physical perceptions in the human body that are more sophisticated than those we consciously employ or have so far even imagined and presume to exist. Perceptions. There are physical potential perceptions, which are more subtle or sophisticated, that have not been entirely discovered or fully employed within the scope of our basic organic senses, such as our common memory, vision and audition. Potentialities. The discovery of these perceptive and paraperceptive potentialities, that have been unknown until now, as well as other physical senses (geographic instinct and geological or radiesthetic instinct), will further clarify the boundaries between the limits of the human-animal phenomenological complex (psychology) and those of the consciential and interdimensional-based phenomenological complex of projectiology. Overlaps. In the same way that overlaps inevitably occur among physics, mathematics and astronomy, there are also inevitable overlaps between projectiology, parapsychology and psychology. In spite of all interdisciplinary or pluri-scientific relationships, projectiology proceeds independently in the same manner that physics and the other abovementioned sciences evolve. Themes. The following are 12 projectiology themes, among others, that are related to biology and are addressed to a greater or lesser degree in this book: 1. Asomnia. 2. Biofeedback. 3. Bioluminescence.

4. Cellular regeneration. 5. Cenesthopathy. 6. Exobiology. 7. Human body. 8. Human brain. 9. Human epiphysis. 10. Organicism. 11. Spontaneous human combustion. 12. Sthenobiosis.

9. CONSCIENTIOLOGY: MEGAPHENOMENOLOGY IN INTRUSIONFREENESS

You can watch everything [here](https://www.youtube.com/watch?v=YlrQmKdS5q4&list=UUFllSbD0-d6gnhQa1htGnJA) or:
<https://www.youtube.com/watch?v=YlrQmKdS5q4&list=UUFllSbD0-d6gnhQa1htGnJA>

10. BOOK OF THE MONTH

This book was one of the first books on extrasensory abilities. At the time, it was incredible for me to discover these types of abilities and also the whole method that was the development of the technique itself. It changed my life at that time. It was written by Friar Hugolino Back and Pedro A. Grisa. This book, as far as I know, exists only in Portuguese and is no longer published, but can be found [here](#). It's worth buying and translating and seeing how simple it is to master energies.

11. ING AND ANG: PRAGMATIC X IDEALIST

Personality characteristics have been classified in different ways, according to each scholar and researcher of human behavior. Likewise, Scientific and Independent Parapsychology, when researching human behaviors, classifies Personalities as being Pragmatic and Idealistic. The Pragmatic Personality stems from a telepathic mental link that occurs between the first child and the mother, and between the first child and the father of the same couple. Thus, the other children are of Idealistic Personality and do not enjoy this telepathic mental link with their parents. On the one hand, pragmatic people are characterized by being more externally oriented. They are more functional, practical and more focused on the material world; they rarely express their feelings

and hardly ever say “I love you” – which doesn't mean they don't. Most of the time, the way to show feelings is by giving a gift or something material. Idealistic people, on the other hand, are more introspective, more focused on their inner world. They are more sensitive, more sentimental and need a lot of support and approval, because, because they did not have the telepathic mental link with their father or mother, they are more insecure. Your great power lies in your imagination and creativity.

12. PERSONALITY OF THE MONTH: DIOMIR ODILON GARBIN

- Diomir was my first Master in a variety of things: First Master of Reiki Therapy, First Master of Apometry, First Master of Spiritual Therapy and Spiritual Surgery. I learnt a lot from him, but someday I went to another way and he stayed in his way. He is known by the follow subjects:
- REIKI MASTER
- PHILOSOPHER
- MASTER APOMETRY
- SPIRITUAL SURGERY
- RELIGIOUS LEADER
- TEACH FOR FREE
- HAS PARAPSYCHOLOGICAL DOMAINS
- TEACHES HOW TO BE A MEDIUM
- SPIRITUAL THERAPY
- PROFESSOR
- HAVE EXPERIENCE IN ASTRAL TRAVEL

You can have a session with him by contacting him [here](#).

13. MEDICAL EQUIPMENT OF THE MONTH: BLOOD CHEMISTRY ANALYZER

What is a blood chemistry analyzer? A blood chemistry analyzer is used to determine components in blood. Blood analyzers are used by hospitals, medical labs, forensic labs, and by people at home. A blood chemistry analyzer may be used to test for many things, such as blood cell counts, therapeutic drug monitoring, illegal drug use, blood typing, protein analysis, checking thyroid function, checking for the presence of antibodies, and, when used by patients at home, for glucose or cholesterol monitoring. There are several types of tests used by blood analyzers, including cell counters for doing the blood counts, immunoassays for detecting antibodies, tests for ions that measure voltage differences, and tests for the presence of enzymes that detect enzyme activity by a physical change in the sample. Blood chemistry analyzers may be capable of doing only one type of test or many, so when choosing a blood analyzer keep in mind the tests you want to perform. Other features that can differ between blood chemistry analyzers and that may be important for your laboratory are number of samples run at a time; tests per hour; sample size needed; if there is a manual override to stop current tests to run an emergency sample; how much data storage it has; and if the blood analyzer is benchtop, portable, or handheld. Narrow your focus to the best system for your lab, then consider pertinent features; in a GC system, for example, fast run times and easy-to-navigate software may be top priority.

14. SCIENCE WITH THERAPY: TRAVEL BETWEEN PARALLEL WORLDS AND MENTAL ILLNESSES

14.1. APPRENTICESHIP: One of the ways to use travel to parallel universes is to go to planets where all diseases have already been cured and go there to learn how to cure that disease.

14.2. INSTANT CURE: Another way is to go to a parallel universe where the atmosphere of that universe is made of instant healing, I mean anyone who comes in contact with this universe is automatically healed.

15. MIXING SCIENCE: SPACE TECHNOLOGY WITH SUPER POWERFUL STOMACH

The technology that enters the atmosphere when transmitted to nanotechnology and biotechnology could create stomachs capable of digesting everything, creating an option for hunger on the planet, we take for example the wood chip, it has an average of 2,500 Kcal per kg and is found throughout the planet. Hunger on the planet would simply disappear if people could digest cellulose.

16. PATHOLOGY IN MUSIC: BAD ROMANCE

Oh-oh-oh-oh-oh, oh-oh-oh-oh, oh-oh-oh

Caught in a bad romance

Oh-oh-oh-oh-oh, oh-oh-oh-oh, oh-oh-oh

Caught in a bad romance

Nobody gets caught against their will, we have full control of our lives, that means that the person lets things happen.

Rah, rah-ah-ah-ah

Roma, roma-ma

Gaga, ooh-la-la

Want your bad romance

In fact, this person wants to be in this situation, first we could see him as a victim, but in this sentence this person appears to have always wanted this. Before, maybe it was at a subconscious level, now it's conscious to the point of verbalizing.

Rah, rah-ah-ah-ah

Roma, roma-ma

Gaga, ooh-la-la

Want your bad romance

The same above.

I want your ugly, I want your disease

Usually people want the best possible even when they have little capacity for imagination, think about things to the point that they would feel comfortable. In this case, the person wants the worst from the other, a classic case of masochists.

I want your everything as long as it's free

Again: Actually, the person wants what is free, maybe love has a price but the suffering of the other person along with the lack of beauty is free. Still, we can say that in this person's mind, this person thinks that ugly people have a lower cost to have any kind of relationship.

I want your love

Love, love, love, I want your love

Realize that the needs are increasing, like our lives, first we want a higher course, then home, family, master's degree, company, travel, cruises and so on, in the same way this person starts in a simple way and as he feels confident he increases the requests.

I want your drama, the touch of your hand (hey)

To balance the request for love, the person asks again for the other person's problems.

I want your leather-studded kiss in the sand

In those moments we can perceive the desires that this person has, after getting the other person's trust, we can see the hidden desires emerge in this process.

I want your love

Love, love, love, I want your love (love, love, love)

(I want your love)

To generate balance once again, she declares that she wants love.

She realizes that before she asked for diseases and balanced with love, at this moment she asks for hidden desires and balances for love.

The love held, but the flip side went from the other person's illness to her burning desires. Master play!

You know that I want you

And you know that I need you

Interestingly, she throws part of the responsibility onto the other person, she is no longer the dominant one.

To make matters worse, in the midst of so much love and emotion we have a trace of intellectuality that can be translated as a defense system in case something goes wrong. She says she knows she needs the other person. The word "know" instead of "feel" in the midst of so much love and feelings clearly indicates that she is not sure, she has doubts, but in her analysis this situation is the best, if she loves or has another unimportant feeling, the What does it matter that in her petty analysis, she "knows" that she needs the other person.

I want it bad, your bad romance

For someone with so much emotional "control" to want something so much to the point of not being able to contain it, it indicates very rapid changes in analyses, desires and balance.

I want your love, and I want your revenge

Wishing love all right? But wanting revenge, there is planning in this project and with a well-defined purpose, in engineering this is called "Planned Obsolescence" and that's not cool.

You and me could write a bad romance (oh-oh-oh-oh-oh)

It will surely be written, it will be written in the akashic records, case study for sidereal therapists.

I want your love and all your lover's revenge
So all the planning from the beginning is happening.

You and me could write a bad romance
Oh-oh-oh-oh-oh, oh-oh-oh-oh, oh-oh-oh
Caught in a bad romance
Oh-oh-oh-oh-oh, oh-oh-oh-oh, oh-oh-oh
Caught in a bad romance
Rah, rah-ah-ah-ah
Roma, roma-ma
Gaga, ooh-la-la
Want your bad romance

I want your horror, I want your design
I already talked about something similar

'Cause you're a criminal as long as you're mine
Understand, you're amazing, but if you're mine (connoting dominance) you're
worthless, in fact, you're a bad person.

I want your love
Love, love, love, I want your love
Okay, good time to balance it with love.

I want your psycho, your vertigo shtick (hey)
Want you in my rear window, baby, you're sick
Sick? Certainly, but not with you, the other person will improve, with so much
evocation of the necessary characteristics to be treated.

I want your love
Love, love, love, I want your love (love, love, love)
(I want your love)

Another balancing act. Congratulations, you are a master at showing the worst in a person and balancing talking about love.

You know that I want you

And you know that I need you ('cause I'm a free bitch, baby)

I want it bad, your bad romance

I want your love, and I want your revenge

You and me could write a bad romance (oh-oh-oh-oh-oh)

I want your love and all your lover's revenge

You and me could write a bad romance

Oh-oh-oh-oh-oh, oh-oh-oh-oh, oh-oh-oh

Caught in a bad romance

Oh-oh-oh-oh-oh, oh-oh-oh-oh, oh-oh-oh

Caught in a bad romance

Rah, rah-ah-ah-ah

Roma, roma-ma

Gaga, ooh-la-la

Want your bad romance

Rah, rah-ah-ah-ah

Roma, roma-ma

Gaga, ooh-la-la

Want your bad romance

Walk, walk, fashion baby

Work it, move that bitch crazy

Walk, walk, fashion baby

Work it, move that bitch crazy

Walk, walk, fashion baby

Work it, move that bitch crazy

Walk, walk, passion baby

Work it, I'm a free bitch, baby

I want your love, and I want your revenge

I want your love, I don't wanna be friends

Congratulations, we have an anti friendzone (I give you this bonus).

J'veux ton amour, et je veux ta revanche

J'veux ton amour, I don't wanna be friends (oh-oh-oh-oh-oh, oh-oh-oh-oh)

No, I don't wanna be friends (oh-oh-oh, caught in a bad romance)

I don't wanna be friends (oh-oh-oh-oh-oh, oh-oh-oh-oh)

Want your bad romance (oh-oh-oh)

Caught in a bad romance

Want your bad romance

I want your love, and I want your revenge

You and me could write a bad romance (oh-oh-oh-oh-oh)

I want your love and all your lover's revenge

You and me could write a bad romance

Oh-oh-oh-oh-oh, oh-oh-oh-oh, oh-oh-oh

(Want your bad romance)

Caught in a bad romance

(Want your bad romance)

Oh-oh-oh-oh-oh, oh-oh-oh-oh, oh-oh-oh

(Want your bad romance)

Caught in a bad romance

Rah, rah-ah-ah-ah

Roma, roma-ma

Gaga, ooh-la-la

Want your bad romance

17. DISEASE PARAMECANISMS: ALLERGIES

Allergy can happen in several ways:

17.1. - You programmed to suffer from it to stimulate your immune system to the point of always working and activating against something simple, to create an above average detection and combat capability.

17.2. - His immune system was hacked to deceive him and with time he after countless times attacking something without needing to be somatized the collective conscience of the immune system that there is no attacking everything that is perceived.

17.3. - This is a mistake in your DNA that could have been caused by you in past lives, it could have been done intentionally by another being or it could have been done out of being competent but lazy.

18. FUTURE LIFE THERAPIST: NECESSITY 1: MAKE PEACE WITH YOUR FAMILY

The family healing process is very important because parents or siblings in past lives are already our children or grandparents or loves. This hangs on for millennia while an emotional repair process between the parties takes place. It is necessary to look for the 400 family members that we feel it is necessary to do this healing process and heal everyone. Ask each one of them for forgiveness and forgive them. The number is the same, 400 family members, if it exceeds 400 family members there is no problem, what cannot happen is less than 400 family members. This generates great solutions in your incarnation process, don't be carried away by religions where God solves everything, you are your own solution mechanism.

19. ENERGY LABORATORY: MOST EVOLVED SELF CONSTELLATION

This process is simple, just look at any of your fingers and say this is me and to the next finger say this is me 20 million years from now. Let your two versions talk for 15 minutes, yes, fingers talking to each other. You will see the change in your life.

20. NARCOTICS IN LIFE: ALCOHOLIC BEVERAGE

People associate alcohol with the social environment and fun, creating an increasingly dangerous process. People could create intellectual, emotional, spiritual, energetic, thosenic, cosmoethical connections, but they lose everything because they put alcohol as the engine of these encounters. Alcohol makes inhibition lessen and also releases subpersonalities that would never appear without the booze. The problem is that you can't use it every day, if you use it you lose your job, your family and other things in life. So, each time alcohol is something like a ritual that takes you to a magnificent world, but you need to put aside your real (intellectuality, emotionality, spirituality, energetic bases, thosenic capacities, and cosmoethical code).

21. TECHNIQUES IN DISUSE: SPIRITUAL SURGERY IN THE ETHERIC DOUBLE

This technique is widely used and brings the desired results (for the moment), it is being told that it is in disuse because it doesn't work past lives, it doesn't work ancestors, it doesn't work root cause, it works the person's thosenic, it doesn't prepare for the next incarnations and if they try to help beyond the surgery, they will speak of Jesus that everything is right (but needed the spiritual surgery.....).

22. ARCHITECT OF THE HUMAN BODY: THE BRAIN

The brain is one of the largest and most complex organs in the human body. It is made up of more than 100 billion nerves that communicate in trillions of connections called synapses. The brain is made up of many specialized areas that work together: The cortex is the outermost layer of brain cells. Thinking and voluntary movements begin in the cortex. The brain stem is between the spinal cord and the rest of the brain. Basic functions like breathing and sleep are controlled here. The basal ganglia are a cluster of structures in the center of the brain. The basal ganglia coordinate messages between multiple other brain areas. The cerebellum is at the base and the back of the brain. The cerebellum is responsible for coordination and balance. The brain is also divided into several lobes: The frontal lobes are responsible for problem solving and judgment and motor function. The parietal lobes manage sensation, handwriting, and body position. The temporal lobes are involved with memory and hearing. The occipital lobes contain the brain's visual processing system. The brain is surrounded by a layer of tissue called the meninges. The skull (cranium) helps protect the brain from injury.

21.1 Brain Conditions

- Headache: There are many types of headaches; some can be serious but most are not and are generally treated with analgesics/painkillers.
- Stroke (brain infarction): Blood flow and oxygen are suddenly interrupted to an area of brain tissue, which then dies. A blood clot, or bleeding in the brain, are the cause of most strokes.
- Brain aneurysm: An artery in the brain develops a weak area that swells, balloon-like. A brain aneurysm rupture can cause a stroke.
- Subdural hematoma: Bleeding within or under the dura, the lining inside of the skull. A subdural hematoma may exert pressure on the brain, causing neurological problems.
- Epidural hematoma: Bleeding between the tough tissue (dura) lining the inside of the skull and the skull itself, usually shortly after a head injury. Initial mild symptoms can progress rapidly to unconsciousness and death, if untreated.

- Intracerebral hemorrhage: Any bleeding inside the brain.
- Concussion: A brain injury that causes a temporary disturbance in brain function. Traumatic head injuries cause most concussions.
- Cerebral edema: Swelling of the brain tissue in response to injury or electrolyte imbalances.
- Brain tumor: Any abnormal tissue growth inside the brain. Whether malignant (cancer) or benign, brain tumors usually cause problems by the pressure they exert on the normal brain.
- Glioblastoma: An aggressive, malignant brain tumor (cancer). Brain glioblastomas progress rapidly and are very difficult to cure.
- Hydrocephalus: An abnormally increased amount of cerebrospinal (brain) fluid inside the skull. Usually this is because the fluid is not circulating properly.
- Normal pressure hydrocephalus: A form of hydrocephalus that often causes problems walking, along with dementia and urinary incontinence. Pressures inside the brain remain normal, despite the increased fluid.
- Meningitis: Inflammation of the lining around the brain or spinal cord, usually from infection. Stiff neck, neck pain, headache, fever, and sleepiness are common symptoms.
- Encephalitis: Inflammation of the brain tissue, usually from infection with a virus. Fever, headache, and confusion are common symptoms.
- Traumatic brain injury: Permanent brain damage from a traumatic head injury. Obvious mental impairment, or more subtle personality and mood changes can occur.
- Parkinson's disease: Nerves in a central area of the brain degenerate slowly, causing problems with movement and coordination. A tremor of the hands is a common early sign.
- Huntington's disease: An inherited nerve disorder that affects the brain. Dementia and difficulty controlling movements (chorea) are its symptoms.
- Epilepsy: The tendency to have seizures. Head injuries and strokes may cause epilepsy, but usually no cause is identified.

- Dementia: A decline in cognitive function resulting from death or malfunction of nerve cells in the brain. Conditions in which nerves in the brain degenerate, as well as alcohol abuse and strokes, can cause dementia.
- Alzheimer's disease: For unclear reasons, nerves in certain brain areas degenerate, causing progressive dementia. Alzheimer's disease is the most common form of dementia.
- Brain abscess: A pocket of infection in the brain, usually by bacteria. Antibiotics and surgical drainage of the area are often necessary.

21.2 Brain Tests

- Computed tomography (CT scan): A scanner takes multiple X-rays, which a computer converts into detailed images of the brain and skull.
- Magnetic resonance imaging (MRI scan): Using radio waves in a magnetic field, an MRI scanner creates highly detailed images of the brain and other parts of the head.
- Angiography (brain angiogram): A special substance doctors call "a contrast agent" is injected into the veins, and travels into the brain. X-ray videos of the brain are taken, which can show problems in the brain's arteries.
- Magnetic resonance angiography (MRA): A special MRI scan of the brain's arteries. An MRA scan may show a blood clot or another cause for stroke.
- Lumbar puncture (spinal tap): A needle is inserted into the space around the spinal nerves, and fluid is removed for analysis. Lumbar puncture is often done if meningitis is suspected.
- Electroencephalogram (EEG): Brain activity is monitored through electrodes placed on the skin on the head. EEG can help diagnose seizures, or other brain problems.
- Neurocognitive testing: Tests of problem-solving ability, short-term memory, and other complex brain functions. Usually, neurocognitive testing is done through questionnaires.

- Brain biopsy: In rare situations, a very small piece of the brain is needed to make the diagnosis of a brain condition. Brain biopsies are generally done only when the information is needed to provide proper treatment.

21.2 Brain Treatments

- Thrombolytics: Clot-busting medicines injected into the veins can improve or cure some strokes if given within a few hours after symptoms start.
- Antiplatelet agents: Medicines like aspirin and clopidogrel (Plavix) help prevent blood clots. This can reduce the chance of a stroke.
- Cholinesterase inhibitors: These medicines can improve brain function slightly in mild or moderate Alzheimer's disease. They do not slow or prevent Alzheimer's disease.
- Antibiotics: When a brain infection is caused by bacteria, antibiotics can kill the organisms and make a cure more likely.
- Levodopa: A medicine that increases brain levels of dopamine, which is helpful in controlling symptoms of Parkinson's disease.
- Brain surgery: An operation on the brain can cure some brain tumors. Brain surgery may be performed any time increased pressure in the brain threatens brain tissue.
- Ventriculostomy: A drain is placed into the natural spaces inside the brain (ventricles). Ventriculostomy is usually performed to relieve high brain pressures.
- Craniotomy: A surgeon drills a hole into the side of the skull to relieve high pressures.
- Lumbar drain: A drain is placed into the fluid around the spinal cord. This can relieve pressure on the brain and spinal cord.
- Radiation therapy: If cancer affects the brain, radiation can reduce symptoms and slow the cancer's growth.

23. DISEASES FOR POST DEATH CONTROL: CANCER

This disease when people do not accept what their owners are left to evolve until it consumes all the spirit, people who die of cancer and who are the target of spiritual forces suffer horrors after disincarnation.

24. PROBLEMS IN THE INCARNATORY PROCESS: INCARNATION PLANNING WITHOUT RISK MANAGEMENT

Unfortunately, there is no intelligence in the spiritual world, so a lot of techniques that we know today are not used by the so-called spirits of light or angels. They sing a very beautiful song about reincarnation, but that's about it. Anything that goes wrong is your fault and if it does, they're the ones who helped. Just this week, an ex-girlfriend of mine disincarnated who, when I analyzed the case, was told that she had made a mistake in her incarnation (but no one warned her or made any effort to change her). I was horrified at the way they managed the problem. They are complete functional incompetents.

25. ENGINEERING TECHNIQUES IN EVOLUTION: PARETO PRINCIPLE

The Pareto principle states that for many outcomes, roughly 80% of consequences come from 20% of causes (the "vital few"). Other names for this principle are the 80/20 rule, the law of the vital few, or the principle of factor sparsity. Management consultant Joseph M. Juran developed the concept in the context of quality control, and improvement, naming it after Italian economist Vilfredo Pareto, who noted the 80/20 connection while at the University of Lausanne in 1896. In his first work, *Cours d'économie politique*, Pareto showed that approximately 80% of the land in Italy was owned by 20% of the population. The Pareto principle is only tangentially related to Pareto efficiency. Mathematically, the 80/20 rule is roughly described by a power law distribution (also known as a Pareto distribution) for a particular set of parameters,

and many natural phenomena have been shown to exhibit such a distribution. It is an adage of business management that "80% of sales come from 20% of clients". Pareto's observation was in connection with population and wealth. Pareto noticed that approximately 80% of Italy's land was owned by 20% of the population. He then carried out surveys on a variety of other countries and found to his surprise that a similar distribution applied. A chart that gave the effect a very visible and comprehensible form, the so-called "champagne glass" effect, was contained in the 1992 United Nations Development Program Report, which showed that distribution of global income is very uneven, with the richest 20% of the world's population receiving 82.7% of the world's income. Among nations, the Gini index shows that wealth distributions vary substantially around this norm. Within the incarnations I will give an example that my 14-year-old students at the technical school could explain better than anyone, but a very high being of light is unable to even understand the concept: Take the 400 worst incarnations and make a statistic of acts that led to a bad incarnation. Now within the 80/20 principle we will know which are the 20% of acts that created the 80% of problems. Okay, manage it, we have a lot to gain from people's incarnations.

26. SPIRITUAL ANALYSIS OF HISTORICAL FIGURES: FREDDIE MERCURY

- Take a moment: Opening of the Barcelona Olympic Games;
- Emotional Field: He didn't believe he was doing this, he felt outside of his self.
- Intellectual Field: He felt really important it was like he was being recognized.
- Energy Field: The energy was very good, it was supported by spiritual beings for everything to go well.
- Cosmoethical Field: I shouldn't have done it, because it made people understand that it's easier to deceive, even after everything that happened in his life, things are sorted out and we are given gifts.
- Thosenic Field: Zero thosenization, just living in the moment.
- Footprint on the planet: It seems that none, for the planet his performance has no value.

- Revenge against him: All life was planned by extra physical mega stalker for fame to take the focus away from evolution and problems don't give him opportunities to wake up from robotic life.
- What the mother caused: She created a mental hologram on him saying he was the best.
- What Past Lives Caused: From his past lives came the will to win.
- What the environment did: It provided emotional support and encouragement.
- Personal reasons: He liked to participate in these events.
- Internal conflicts: He had somewhere in his subconscious the fear of not being able to.
- Beings in his field: There were many beings that accompanied him, there was a well programmed process to make the things that happened to him happen.
- Existential programming: He was supposed to be a university professor helping people to find science and knowledge.
- Crucial point in the diversion: The sexual part was very strong in his life.

27. HOW TIMES ON THE PLANET WERE IMPORTANT TO CONTROL: FALL OF CONSTANTINOPLA IN 1453

This city was the stronghold of several beings who were slaves in the spirit world, so to destroy some of the life they were leading in the flesh, a spiritual / material movement was made to destroy this place with a focus on bringing fear and destruction to the former slaves.

28. PARALEGAL PROCESS – KARMA: TO BE BORN IN A RELIGION AND BE CONDEMNED FOR WHAT YOU LEARN

It is very easy when you do an analysis of religions and check the problems that each religion has. Some say that if you repent at the last second you will be saved, others promise virgin women to those who die in combat, and so on. When we are judged

after the disincarnation, the judgment process does not look at religion (here still those functional incompetent beings come in), only what was done is analyzed and not what religion the person had.

29. PROHIBITED TECHNIQUES

29.1. REVERSE APOMETRY

Apometry is a healing technique, but in smart hands it can do a lot of harm to people. I've been through this in my life, that's why I learned so much. It's very simple to do wrong with apometry, just reverse the commands.

29.2. UMBILICAL LIQUID PROGRAMMING

We all know that UMBILICAL FLUID has incredible capabilities in the areas of science and medicine, but did you know that if the code in it is changed, the baby can be modified?

29.3. LOCATE LAST INCARNATION AND EVOKE

This technique is widely used to make people commit crimes, simply with skill beings find the last incarnation of the person and put it in control stimulating what that incarnation did bad in the last incarnation.

29.4. MIXING UNIVERSAL LAWS

Beings that take care of planets, solar systems and even universes when (because they are functional incompetents) they have problems with you but you are smart and you don't fall into their traps, they change some laws to incriminate you or to make you slow or unable to continue with your projects? How many of your dreams have you stopped for simply from one hour to the next there was nothing more to be done?

29.5. EVOLUTIONARY REGRESSION OF INCARNATIONS AND EXPERIENCES

There are techniques called inverted quantum leaps, where the person instead of evolving simply goes back a few thousand years on the evolutionary scale. Often used when slaves in the spirit world do not do what they are told.