

NLS AND TRANSURFING: TOWARDS QUANTUM PSYCHOLOGY

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We speak of quantum medicine more and more. Quantum physics has changed our notion of classical Newtonian physics. Over these last decades, the quantum idea have been altering the paradigms of medicine and psychology.

We owe this fantastic breakthrough in improving our welfare and health to Russian scientists. Considering Russia is located at the crossroads of Asia and Europe, and concerning the scientific level, Russia acts as a connecting link between occidental (allopathy) and oriental (Chinese, Ajourvedic etc.) medicines. This wonderful synergy is best known as quantum medicine.

Let's get more detail about the works of two Russian physicists: Vladimir Nesterov's and Vadim Zeland's. Vladimir Igorevitch Nesterov is a member of the Academy of Medical Science and Technology. He is the inventor of the nonlinear diagnostics system based on the logic of quantum entropy as well as the work of his uncle, soviet physicist Svyatoslav Pavlovich Nesterov.

Vadim Zeland has a metaphorical and poetic vision of quantum physics. Following a series of dreams, he had established relationship between psychology and quantum physics. He is the author of the book series called Reality Transurfing. His work describes a model for the creation of one's own reality. According to Zeland, our reality is the result of our intention.

For the sake of understanding, we will develop these two approach-

es in more details. Then I will propose a synthesis resulting from my clinical experience.

NONLINEAR DIAGNOSTIC AND METATHERAPY

Nonlinear diagnostic is performed by nonlinear computer-aided diagnostic device that was created and developed by Professor Vladimir Igorevitch Nesterov and his scientific group based in Omsk in Siberia.

Metatron NLS is a device that analyzes frequencies of our various organs and tissues to convert them into digital data that can be "read" by software.

More than just a simple device, Metatron is a genuine therapeutic concept based on the precepts of oriental medicine and quantum physics. Due to the close relationship between magnetic fields and biological systems, it allows to perform medical checkup to incomparable degree in terms of detail enabling visualization of potential pathological processes to the level of the DNA.

Once the checkup completed, Metatherapy function (an evolution of the bioresonance) send "information" that harmonize local imbalance letting our organs and cells be at their harmonic frequencies by resonance to their symphony.

A major advantage of this technique is to act on the pre-disease states. This is a wonderful opportunity to make prophylaxis.

TRANSURFING

Transurfing is the art of directing one's course of life. The course of life being a result of causes and effects, it's our life until now. Our thoughts, our beliefs, our emotions make us oscillate at a particular frequency. By quantum resonance, this frequency resonates with a part of the space of variations (information field where everything exists). It is the quantum phenomenon that manifests our reality. Hence the world is a double mirror. There is on one side of the mirror the space of variations and on the other one, the manifested reality.

Transurfing teaches us there is no point in putting a lot of energy to realize our projects. Just "change" frequency and then you will automatically project yourself into another part of the space of variations. We do create nothing since everything already exists in this metaphysical dimension Transurfing called the space of variations.

To enable this "quantum leap" from one course of life to another, there are some rules Vadim Zeland teaches us:

THE OBSERVER

The wave-particle duality is the basis of quantum vision. It is the intention of the Observer that creates the result of an experiment. If the Observer watching an electron expects to see a particle, it will be a particle. If the Observer expects to see a wave, it will be a wave. The intention of the observer creates the event. Transurfing transposes this procedure to our daily routine, our relationships, our business... our lives. The Observer observes the projection of his own conscience. Zeland proposes to go further. The Observer is not only a passive posture of dissociation. The very act of observing changes the event.

Being in a position of the observer is to be in a state of serenity, listening to our own feelings.

REDUCING

IMPORTANCE

Importance is inadequate assessment of the perception of a situation, an object, a value, a person. One of the key ideas of Vadim Zeland is that everything in the Universe tends to balance. Everything is simple. There should not be any complications. So all of our problems, our stress, our worries and our projects that have failed are the result of what we attached importance to.

Importance creates an excess potential which causes counterbalancing forces to bring a dynamic balance. It works at all levels. Writing this article, I could put importance on making it perfect (an excess potential), thereby initiating counterbalancing forces (the postponement, cut me out of my creative resources, or even a computer problem). On the contrary, I could take writing an article easy and treat it like a game so ideas would come to me easily and synchronicity occur in my reality.

To illustrate this liberation from importance, let me make a literary digression to the end of Bulgakov's masterpiece, *The Master and Margarita* featuring a fantastic ride through the streets of Moscow.

The great writer called "The Master" dedicates such a passionate attention to the manuscript that he is ready to die for it. But he follows the advice of his demon (which is actually his good guide, maybe the Observer for Transurfing) and burns his precious manuscript in the stove. His teacher then makes this beautiful remark: What a beautiful light!

And by burning his manuscript, he found the main thing: the very essence of his soul.

The response of the French poet Jean Cocteau goes in the same direction. When a journalist asked him what he would take with him if his house was burning Cocteau answered the fire!

I suggest recalling how many fires in your life you attached importance to. It changes our perception of our lives. Decrease importance to find

a lapse and clarity of childhood. Vadim Zeland invites us to remain like children swimming in a river on a beautiful summer afternoon.

PENDULUMS

When many people think in the same direction, they create an energetic structure that eventually materializes into reality. It is a pendulum. We live in a world of pendulums. Any organization, whether natural or human is a pendulum. The pendulum lives on the energy of its adherents.

The pendulum feeds on both the positive and negative energy. Taking a political party as an instance, activists of course feed the party / pendulum. Opponents by their criticisms and objections also feed the party / pendulum. The more energy receives the pendulum, the more it grows. The pendulum goal is always growth.

The media, big businesses, politicians, religions are all pendulums. The individual becomes pendulum's puppet. He loses his essence exchanging his energy for security the pendulum can offer to him.

Being in the position of the observer makes it possible not to feed the pendulums and to thwart their provocations.

THE SENSATION

It is the key to making good decisions. To go in the most harmonious direction is to listen to the sensation. More specifically, the bodily sensation.

Think of a decision you need to take. Observe your sensation regarding each alternative, every possible option. Is this ok? Does your body feel pleasant and serene? Or rather, is there a tension? A discomfort? ... Your sensation is your best guide. It is a direct link to your soul (the highest part of yourself).

Application of the principles of Transurfing model in my NLS practice
First, it is necessary to reduce excess po-

tentials of the therapist and the patient. From the point of view of the therapist, he should reject all expected results of the NLS diagnostic and face observed clinical results.

I have positive intent to improve patient health without any expectation about the results. Healing does not depend on therapist, client, or device. The healing process is far too complex and often paradoxical. This attitude without expectations allows me to stay more calm, intuitive and to listen to the patient. Directing energy to result which I don't do often causes stress to the therapist.

It is a real pleasure to work under these conditions.

I explain to the patient that he should simply listen to his sensation. Both for diagnostics and metatherapy. Thus, it often leads to surprising reactions. Memories, emotions, feelings come to the surface to be "harmonized".

When I see resistance attached to metatherapy, I ask the patient to close his eyes as well to connect to his sensation. The information required for equilibration arises. You just need to trust the client sensation as Milton Erickson had confidence in the wisdom of the unconscious of his patients.

One of the obstacles to healing is intellect (mind in terms of Transurfing). So it is ridiculous to strengthen them more. The patient remains in a position of benevolent observer facing himself.

I also encourage the patient to remain observer of the process of re-equilibration following the session. This keeps the mind out of taking control. This also reduces symptoms of healing that may arise after the metatherapy.

When I started my career I was fascinated by hypnosis and academic psychology. I sought eagerly for the "why". Then I became interested in NLP, so I abandoned the "why" to "how". I am not interested in "why it's like that" but in "how to change that". With Transurfing / NLS, I am no longer interested in why and how. I simply induce to trust in the natural ability of the energy system

to find its equilibrium. The mind / intellect should not be in command of the healing process.

My sessions are becoming more rapid, simple and effective.

Metatherapy enables to change the frequency. The patient moves from a sector of the space of variations "disease" to a sector of the space of variations "health", from a sector of space of variations "sadness" to a sector of the space of variations "the joy of life".

When we equilibrate the points indicated by the NLS analysis the energy begins to circulate. The free energy re-

leases allowing the person to move forward confidently and to external intent (energy that bound when the individual is aligned) to produce his power.

Understanding Transurfing model combined with the NLS helps the patient to be much less sensitive to pendulums provocations. It is like being on a moving cloud. The importance reduces. He finds his "original frequency". The frequency of his soul. Life becomes a paradise at every moment.