

TENET22

VISUAL MAGAZINE

Flavio Burgarella - Hermes - Sonia Leela
Pierfrancesco Lostia - Chiara Mazzocchi

Issue N. 11



TABLE OF CONTENTS

Table of contents	1
--------------------------	----------

Editorial	4
------------------	----------

The New Quantum Medicine according to the Burgarella Quantum Healing (BQH®) Model	5
------------------------------------------------------------------------------------------	----------

by Flavio Burgarella, MD

The perception of the scent of a rose is different and unique for each of us; it cannot be planned a priori by brain neuronal correlations. This opens the field to consciousness and the experience of new perceptions increasingly makes its way in me, which however everyone can experience. NEW QUANTUM MEDICINE moves in this direction: the supremacy of consciousness over matter.

In the era of post materialism, mechanistic science, which still wants to explain all natural phenomena through quantitative characteristics alone, resists the entry of consciousness into its field of study, but evolution cannot be stopped, we are moving towards a "Spiritual Science".

Wonder Has Woven the "Fabric" of My Life	10
-------------------------------------------------	-----------

by Sonia Leela

Wonder has woven the fabric of my life since my early years, when my mind was wandering in the imagination of a supposed visual defect. This supposed handicap turned out to be an extraordinary gift: the ability to perceive a subtle world that escapes ordinary eyes. Through this unique filter, I began to observe the energy permeating space, manifesting as micro-grains of dust in the aether.

These micro-polka dots, as I tenderly call them, have taken on different forms throughout my life giving me the opportunity to understand that everything communicates in an invisible way, at any distance. In some moments, they became larger and more colorful spheres, which I saw appear in the sky and which entered my being, enriching my visual and spiritual experience. This perception was not just a personal aspect, but it shaped my vision of the world, my relationship with the reality around me and added value to my gift as a healer.

About the Principle of Principles	17
------------------------------------------	-----------

by Hermes

The study of Numbers, and this one in particular which investigates the relationship between Number and Psyche, does not have to do with quantities and calculations, but exclusively with the recognition of the symbolism hidden by Numbers and the way in which they represent the different aspects of Consciousness, of spiritual evolution and Life, of Creation and the evolution of the Universe through the functions of Sound, Light, vibration, rays, waves and forms. The qualities of Number, in ancient esoteric philosophy, were compared to the principal functions of ideas and therefore, of the qualities of our thoughts, feelings, emotions and actions. Numbers are not abstract and inanimate "things", but living principles of laws and universal processes that are unlimitedly creative, functional, dynamic and active. In this study we want to demonstrate that Numbers are living and express themselves through an Arithmographic Code language.

The Intelligence of a Body in Movement	27
-----------------------------------------------	-----------

by Pierfrancesco Lostia

"If you know what you are doing, you just do whatever you want". "Listening to our body in motion, playing with it, is the most effective way to shape our mind".



The first sentence, far from being a commercial slogan, is a statement used by Moshé Feldenkrais (1904 - 1984) to explain the nature of the psycho-corporeal practice that bears his name. The second thought, in quotation marks, is from the writer, a Feldenkrais practitioner for about 15 years. A thought, the one I expressed, which Moshé declared in multiple and more effective ways than my own. The teaching that summarizes every discovery made by Professor Feldenkrais can be summarized as follows: "Every aspect of our life, including self-esteem, relational capacity and creativity, is closely connected to our posture and the way we relate to our body in motion." Personally, this is how I define Feldenkrais. It is a brush to draw and redefine, infinitely, our internal and external image. It is a tool with which we "learn to learn". In other words, by practicing Feldenkrais, we improve in every area of our lives, because we do it in a more functional way. There is no right or wrong in the practice we are talking about. There is only a more comfortable, easier and more functional way to do it, as we have already said. And the parameter is ourselves.

How to Access the "Here&Now" through PranoPhotography® _____ 37 by Chiara Mazzocchi

The camera, beside being an object, connected me in a much higher way than with a person, and therefore it became my interlocutor, my accomplice of the present. Pressing that button, that shutter button was like pressing the trigger for a perfect, straight shot into silence. A gesture that was not an end in itself, but which resonated within me, in space, in light, and, subsequently, in the observer through an emotion. It was like entering the DNA of people and animals, the particles of light, the sap of plants, the electrical circuits where everything is interconnected, and I no longer felt that sadness that had accompanied me for so long as a child. I finally had a medium that could be put at the service of humanity. A humanity that is afraid of fading away, of disappearing, afraid of living, but that, thanks to a photograph, understood as a new image in 4D rather than 2D, can see exactly what happens in being evanescent, impermanent, precarious, fragile, and can acquire the reading ability to find in these emotions the beauty and power of change, transformation, suffering and pain; for a dry leaf is not dead, it has only transformed itself. And it is wonderful.

THE FIELD OF MIRACLES OF GURÀ _____ 51 by Zelia Reggianini

This column is dedicated to all the writings collected after 2012 when I integrated a fragment of mine that had lived the experience of the concentration camps from the last incarnation. From then on, I began to perceive in myself a voice that told me the truth of life, in its harshness, without judgment, helping me to see love in every act of manifestation.

TENET22 - Interactive Portal of Knowledge

<https://www.tenet22.com>

email: contatto@tenet22.com

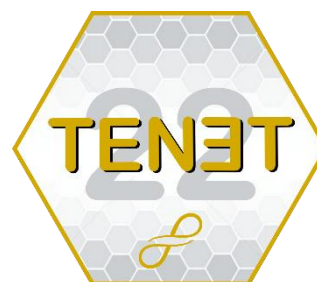
YouTube: <https://www.youtube.com/@tenet22>

Telegram: https://t.me/tenet_22

FaceBook: <https://www.facebook.com/Tenet22>

Instagram: <https://www.instagram.com/tenet.22/>

Twitter: https://twitter.com/Tenet_22



©2024 TENET22



EDITORIAL

by **Tenet22**

06/06/2024

Loving Ourselves to be Ourselves

We must always remember that, essentially, we are Spiritual Beings having a physical experience on Earth. The incarnated soul along its journey is subjected to a long series of tests, necessary to realize that it is not just a physical body animated by emotions, feelings and thoughts. The true nature of the Soul is therefore to "recognize" itself in every area of life, to express its spiritual virtues, more and better.

This understanding is not achieved through intellectual knowledge alone, but is achieved by integrating ourselves and the world in which we live, learning to love, to cultivate kindness, to develop endurance and patience first and foremost towards ourselves (when we cannot to be better than we are) and then towards others (when they are not as we would like them to be).

By applying ourselves with motivated dedication, day after day, we can expand our virtues and the ability to be essentially aware of our destiny. The growth of our Awareness will be complete only when we learn to express, in all our relationships, virtues such as benevolence, magnanimity, compassion and Brotherly love.

When our actions are in communion with the Intellect and the Heart, we intimately perceive that the Being that animates us is of the same Substance as the world in which we experience the reality of existence.

This particular Job lasts for an indefinite period of time, so whoever has time, might not waste time.

Hermes





THE NEW QUANTUM MEDICINE ACCORDING TO THE BURGARELLA QUANTUM HEALING (BQH®) MODEL

by *Flavio Burgarella*



The perception of the scent of a rose is different and unique for each of us; it cannot be planned a priori by brain neuronal correlations. This opens the field to consciousness and the experience of new perceptions increasingly makes its way in me, which however everyone can experience. NEW QUANTUM MEDICINE moves in this direction: the supremacy of consciousness over matter.

www.centromedicoonline.it/

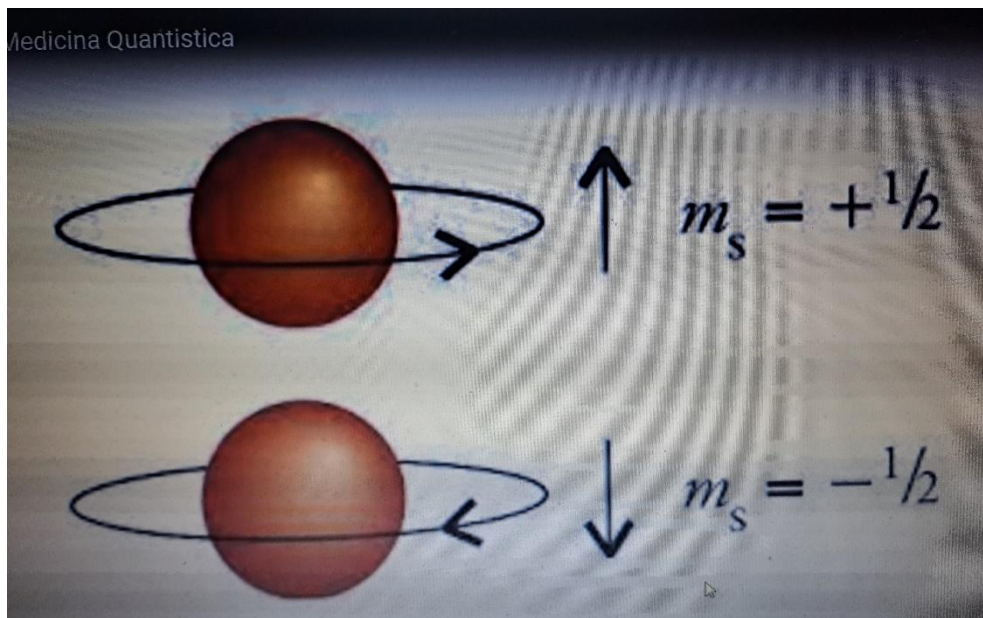
In the era of post materialism, mechanistic science, which still wants to explain all natural phenomena through quantitative characteristics alone, resists the entry of consciousness into its field of study, but evolution cannot be stopped, we are moving towards a "Spiritual Science".

In my latest book entitled "*The New Quantum Medicine, Endogenous Magnetic Scalar Waves and Consciousness*" I develop the foundations of this medical art which does not involve the use of instruments or drugs but simply seeks to promote healing using energy, information, communication and consciousness. For this reason, although it is part of the Science of Complexity, it is the "Medicine of the Simple Ones".



The New Quantum Medicine does not operate in cause-effect, it does not use any instrument, it does not propose a cure, but it makes use of the physical principles of resonance and coherence, of the perception and the transmission of Conscious Informed Energy, composed of endogenous magnetic scalar waves that propagate beyond space and time, in a non- dual dimension, in a circular time and in an All-encompassing Field of Consciousness, which pre-exists both energy and matter.

By relating to the microcosm, The New Quantum Medicine develops a "transpersonal consciousness", favoring the perceptive experience of the clusters of hydrogen ions of cellular water, an expression of human biofields, in the planes of the aura of the Quantum Body, so as to encourage change. In this way it represents a new form of communication that transports information, which comes from the perception of angular movements, clockwise and anticlockwise spins of hypothetical particles that I have called "perceptons", similar to photons and phonons which have zero mass and spin 1 and are mediators of the electromagnetic interaction. Perceptons could have zero mass and spin $\frac{1}{2} c$ and be mediators of the electroweak interaction which represents the result of the unification of two of the four fundamental interactions of nature.



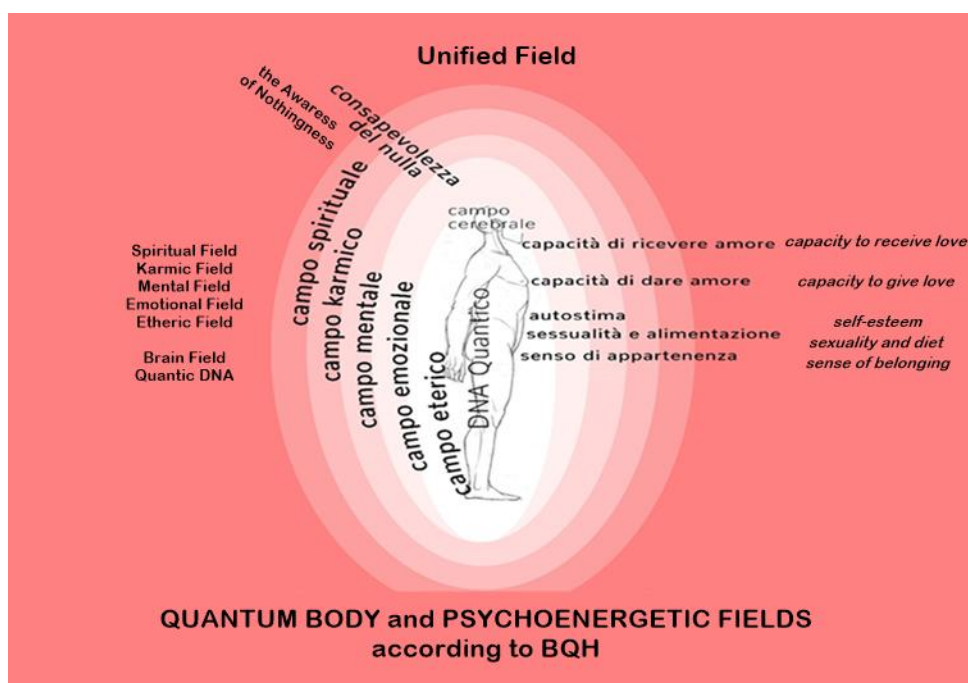


The New Quantum Medicine does not operate in cause-effect, it does not use any instrument, it does not propose a cure, but it makes use of the physical principles of resonance and coherence, of the perception and the transmission of Conscious Informed Energy, composed of endogenous magnetic scalar waves that propagate beyond space and time, in a non- dual dimension, in a circular time and in an All-encompassing Field of Consciousness, which pre-exists both energy and matter.

The New Quantum Medicine began its journey by developing the Quantum Perceptive Sense, through the resonance and the coherence between heart - brain, beyond time and space and acts through the Self, a single point of Consciousness, which is holographic with the Field All-encompassing Consciousness. There, it finds the Good, the original ethics of Man, the negentropic evolution of the desired harmony, in the folds of preserved memory.

By experiencing the hologram of the Quantum Body, it is sufficient to change the intention to create different "interference patterns", so as to transform the composition of the subatomic particles with which its individual planes are made. The Quantum Body is composed of particles that do not exist until they are observed (in BQH I can say "perceived"), so they are not considered separately, but as a single indivisible system.

Quantum physicist David Bohm, who inspired my research, proposes the presence of a new kind of field, called "Quantum Potential", where everything is encoded in interference patterns that give rise to the appearance of physical reality in a Holographic Universe where past, present and future coexist simultaneously.





It is in this way, through the hologram, where a single part always represents the whole, that it is possible to recall the different biofields of the past and, through the simple change of intention, a process that BQH calls "Copy - Paste", transport them into the present and obtain a "Constructive Interference", the main basis of the epigenetic transformation that will be represented. This is the "Communication" that the Burgarella Quantum Healing (BQH)[®] Model uses to "change the information" present in the Quantum Body, which will then express itself in the Physical Body.

It is in this way, through the hologram, where a single part always represents the whole, that it is possible to recall the different biofields of the past and, through the simple change of intention, a process that BQH calls "Copy - Paste", transport them into the present and obtain a "Constructive Interference", the main basis of the epigenetic transformation that will be represented.

The New Quantum Medicine according to the Burgarella Quantum Healing (BQH)[®] Model is supported by a Morphogenetic Field that develops more and more with the passage of time, where the ability to restore health is secondary to the sole fact of belonging to the field itself. It is the "sense of belonging" to the field, which occurs simply due to a principle of resonance and coherence, which is increased by the forms that subsequent developments acquire, and is transmitted over time. It is in this way that new entries immediately receive updates relating to the evolution of the field, so as to encourage the evolution of consciousness.

NEW QUANTUM MEDICINE relates to illness and to healing through the "Unconscious Awareness", which is based on "noesis", an immediate intuitive wisdom, distinct from argumentative activity, of which however it constitutes the prerequisite. In BQH, the "noesis" is based on the perception and interpretation of the spin fields, with the clockwise and anti-clockwise movement of the Aware Informed Energy typical of Human Biofields. Unconscious Awareness is the place of Consciousness where Conscious Awareness, although precious in the reality in which we live, cannot reach. In practice it is essential to operate taking into account five rules that underlie the "determinism of chaos" and that the members of the BQH Online Community know very well: 1) no doubts, 2) no expectations, 3) no ego, 4) appreciate the results anyway and 5) be happy.

NEW QUANTUM MEDICINE relates to illness and to healing through the "Unconscious Awareness", which is based on "noesis", an immediate intuitive wisdom, distinct from argumentative activity, of which however it constitutes the prerequisite.



It is not possible to fully understand what has been written except through the experience of BQH Perception, which everyone can experience with a very short training. A newly explored terrain that has a lot to offer.

Flavio Burgarella



Dr. Flavio Burgarella is a cardiologist with more than thirty years of experience as Head of the Cardiological Rehabilitation Center of San Pellegrino Terme in the province of Bergamo, Italy. He also has a specialization in Psychiatry and is registered with the National Order of Journalists.

He is the founder of "Heart Friends Around The World", an international association whose aim is to promote the prevention and rehabilitation of cardiovascular diseases. He has published books on health education, poetry texts in Italian and in the Bergamo dialect. He is the owner of an agricultural company on the hills of Lake Endine in the province of Bergamo. Creator of the Bulgarella Quantum Healing (BHQ) method with the aim of bringing the principles of quantum physics into clinical practice through the perception of conscious informed energy and the discovery of new mental abilities.

www.centromedicoonline.it



WONDER HAS WOVEN THE "FABRIC" OF MY LIFE

by **Sonia Leela**



In this article, I will share with you my spiritual journey, from Le Torracce (a holistic center that I created in 1999 which is located in Umbria just 9 km from Assisi) to the sacred land of India where I lived extraordinary experiences. Together, we will explore the mysteries of the human soul and the wonders of the universe, in the hope of inspiring others to embark on their own journey of inner enlightenment and self-healing.



Wonder has woven the fabric of my life since my early years, when my mind was wandering in the imagination of a supposed visual defect. This supposed handicap turned out to be an extraordinary gift: the ability to perceive a subtle world that escapes ordinary eyes. Through this unique filter, I began to observe the energy permeating space, manifesting as micro-grains of dust in the ether.

These micro-polka dots, as I tenderly call them, have taken on different forms throughout my life giving me the opportunity to understand that everything communicates in an invisible way, at any distance. In some moments, they became larger and more colorful spheres, which I saw appear in the sky and which entered my being, enriching my visual and spiritual experience. This perception was not just a personal aspect, but it shaped my vision of the world, my relationship with the reality around me and added value to my gift as a healer.



My childhood was anchored in a magical place, a place of power, a watchtower from the 1300s, which, in 1973, my family decided to buy. What pushed them to buy it was the deep connection that my sister, suffering from epileptic seizures and having integration difficulties, felt with this place. Here, not only did her seizures decrease, but she immediately felt an extraordinary sense of well-being and peace. I spent hours immersed in this space, far away from the world, where the passage of time and the definition of space seemed to dissolve.

In this environment, I experienced deep connections with something invisible to many, but incredibly powerful. Here, I came into connection with spiritual guides, who supported me, protected me, thus a relationship of total trust was created with them.



During my childhood, I had an experience that led me to deeply understand negative energies. I experienced up close situations in which my sister struggled with influences that seemed beyond our understanding, influences that I can now identify as dark presences by which she was possessed.

Thanks to the support of highly evolved beings, I learned to navigate through the darkness without getting lost, to find the inner strength to overcome obstacles through light.

Coming back to this special place, I can say that it has become the foundation of my journey, which began in 1999 when panic attacks occurred for the first time. I therefore decided to go to Ischia attracted by a holistic holiday. A proverb teaches us that not all evils have a silver lining, and my life is a real testimony to this truth. This transformative experience reopened crucial energy channels and amplified my sensory perception, allowing me to see people's auras and to channel energy with awareness. During a powerful shamanic ritual, a space was created inside me for an extraordinary encounter: my animal guide, a lion. This presence, my spiritual guide in the animal kingdom, appeared just when I needed to take responsibility for my power. It instilled awareness, strength and determination in me, allowing me to face a very difficult situation and make courageous decisions. It is thanks to this connection that I decided to transform Le Torracce into a holistic farmhouse, creating suitable spaces for hosting



residential seminars, a safe and welcoming environment, where people could explore and accept their emotions, traumas and energetic blockages, where meditation might naturally happen naturally as well as self-reflection and self-awareness...a place of spiritual inquiry, healing, growth and evolution.



I understood that Le Torracce would be the place where I could manifest my gift, but it would also be my personal space to learn, grow and work on myself. Here, I had the opportunity to meet numerous teachers and therapists with whom I was able to undertake transformative and educational paths of personal and spiritual growth, I met Sannyasin therapists who connected me to the energy of Osho and in 2004 I took Sannyas (the movement of those who seek the truth) and received my name: Prem Leela (meaning "the divine love game of life").

Every 7 years there has been a significant evolutionary step in my life and in 2006 this passage was characterized by a trip to India that I undertook to become a Deeksha Giver (a deeksha giver is one who facilitates the transfer of divine energy through the laying-on of hands in order to contribute to physical, mental and spirituality of the receiver).

It was a momentous time, during which I had the honor of meeting two enlightened Avatars, Amma and Bhagavan, and participating in a 21-day retreat at their spiritual center. The experience of coming in contact with cosmic beings, constantly connected to the divine, has left a deep imprint on my soul. Each Deeksha I received during the retreat brought me to a state of grace and awareness, opening new doors on my spiritual path. The loss of my mother in 2004 was a catalyst for my journey to India, as accompanying her passing from this life led me to understand the eternal bond that unites us. We had decided that the Moola Mantra, a song we shared in the days before she left her body, would be the message that she continued to be close to me with all her love and that it would be a tangible symbol of our spiritual connection. When I went to Verona for a seminar where I could receive the Deeksha to understand if this trip to India was the right step for me to take, I was welcomed with the Moola Mantra as background music and I understood without further hesitation that I would have been leaving in August. This trip represented an opportunity for awakening, for a deeper understanding of myself, my spiritual path and connection with Divine Grace. In this place the golden orbs filled both the sky and my soul. While awakening can be a non-linear process, I have learned to welcome each step of my journey with gratitude and openness, knowing that



each experience contributes to my spiritual development. And so when I was able to meet the two Avatars, I was told that yes, my mission was to bring healing through Deeksha and that yes, I could and should do it in my center.

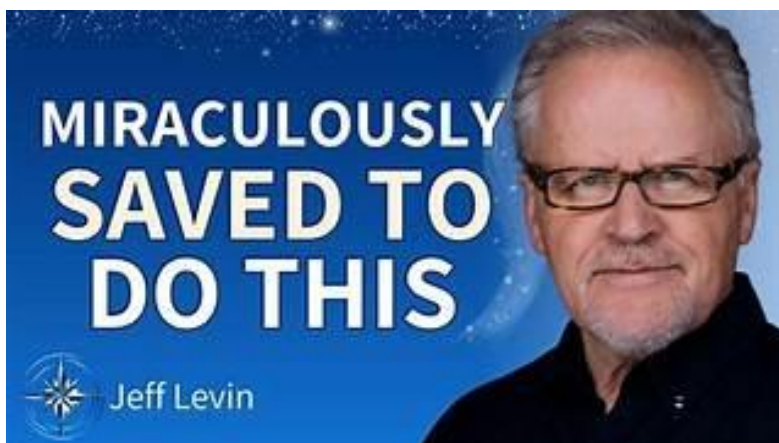


Back to Le Torracce, I was filled with a sense of total enlightenment in every fiber of my being. While I was sitting on the entrance stairs of my center, I felt a cosmic energy envelop me, opening my third eye to a new perception of reality.

The two colored spheres that appeared in the sky were not simple atmospheric phenomena, but bearers of a universal message. Through them, I felt the universe itself come into contact with my soul, beginning an inner journey that would further and forever change my view of the world.

This experience was not just a fleeting moment of wonder, but a profound initiation into the very essence of the Universe. I felt connected to all that exists, perceiving the beauty and complexity of the cosmos more intensely than ever before.

Seven years later, I had the extraordinary meeting with Jeff Levin, the one who channeled Life Alignment.



He arrived in my holistic center to lead a teaching module of his technique. His egoless presence attracted me immediately, and I asked to experience a treatment session, eager to



learn about this technique, which was unknown to me. It was an exceptional experience: in addition to improving my body structure, Jeff identified a critical point in my spine, and a past moment in my life where there had been a significant trauma. This information may have seemed mentally insignificant, but my body reacted profoundly, manifesting pain and intense vibrations that resonated with this past experience. Furthermore, during the session, I felt a spiritual connection with my father, who passed away in 2003, when a caress seemed to touch my face. At the end of the session, I experienced an amazing change: my spine was aligned, the hyperlordosis was gone and even the hallux valgus was corrected. This experience revolutionized my perspective on physical healing, pushing me to study this extraordinary technique of vibrational healing with all the passion I have.

Life Alignment gave me a revolutionary vision: what I had perceived for years as pain or drama could be transformed into joy and power. I realized that the anger and the anxiety that had marked much of my life were just programs, patterns, and habits that could be transmuted. My anger transformed into awareness and creativity, and the anxiety dissolved into nothingness.



Today, I carry on Jeff's work with gratitude and dedication, offering support to those dealing with issues such as anxiety, anger, emotional pain and inner wounds, by healing wounds, breaking harmful patterns, transforming limiting beliefs, and allowing to carry out ascension



processes from contracts we have made with the Universe. Thanks to my personal experience, I am able to be a point of reference and a guide for others, using a direct and no-nonsense approach, like a laser that gets straight to the point.

Each of us possesses an extraordinary inner power, capable of transforming our lives and healing the wounds of the soul. The path may be long and tortuous, but each step brings us closer and closer to our true essence.

I use a Vortex technology with magnetic cards to transmit specific frequencies that change the polarity from negative to positive.

When in 2020, I was supposed to return to India for a course on abundance, Covid arrived and prevented me from going. But during that time I embarked on a deep path of meditation and fasting. I fasted for 21 days and was always deeply connected to India, to those golden spheres and that divine energy.

With Life Alignment I was working remotely with people to neutralize the effects of Covid. To practice this procedure, however, I was missing seven magnetic cards that belong to the Vortex technology and not having the financial resources at that time to purchase them, I totally entrusted myself to the Universe and my guides. I just drew the symbol that characterizes them and when I immersed myself again in the meditative state, seven golden spheres materialized inside my house. This time they did not enter my being, but I was able to insert them into magnets with which, since 2020, I have created very powerful amulets that protect against the negativity of places and people, transform the harmful energies of wifi, cell phones, all electrical appliances that are harmful to us and have a great soothing effect on physical pain.





This is the most recent experience of wonder I have had and one that leads me to be truly grateful that abundance manifested itself even though I couldn't go to India.

Given the 7 year rhythm, I will wait for 2027 for a new energetic and evolutionary transition. In closing, I invite you to embark on the journey to your own self-healing and spiritual growth. Each of us possesses an extraordinary inner power, capable of transforming our lives and healing the wounds of the soul. The path may be long and tortuous, but each step brings us closer and closer to our true essence. I invite you to join me in my holistic center, where we can share experiences and healing techniques, and together grow and evolve.

Each of us possesses an extraordinary inner power, capable of transforming our lives and healing the wounds of the soul. The path may be long and tortuous, but each step brings us closer and closer to our true essence.

May this article be the first step towards your spiritual rebirth.

Sonia Leela



"Sonia Leela is an energy healer born on October 27th, 1967, in Bastia Umbra, Italy. From the young age of 6, she embarked on a path towards energy healing, both in person and remotely, after having had direct experiences with healers. She devotes her entire life to the study and practice of this field. In 1999, she founded a holistic center dedicated to spiritual research and vibrational healing. She attended a school to become a rebirther and teacher of meditation techniques. In 2000, she began a personal journey following the teachings of Osho and the therapists who worked alongside him, working on Childhood Deconditioning, on the Inner Judge, on the Art of Dying, on Acceptance, on Shame and Sense of Guilt, becoming a Sannyasin and taking the name Prem Leela. Through this mystical path, she enriched her practice and included an esoteric path through the Life Alignment technique. These two ways have profoundly influenced her life, giving her a unique completeness. Thanks to a journey in India in 2006, she became a Deeksha Giver which allows her to be an instrument for transmitting an energy connected to the divine and for over years she has been working with Life Alignment, a vibrational healing technique that modifies cellular memory.

Today, many people are able to embark on a healing journey with her, combining both meditation and vibrational healing, bringing awareness into their lives and alignment between mind, body and spirit. Her constant commitment is to continue to serve others through her practice, bringing healing and well-being to those in need."

Contacts:

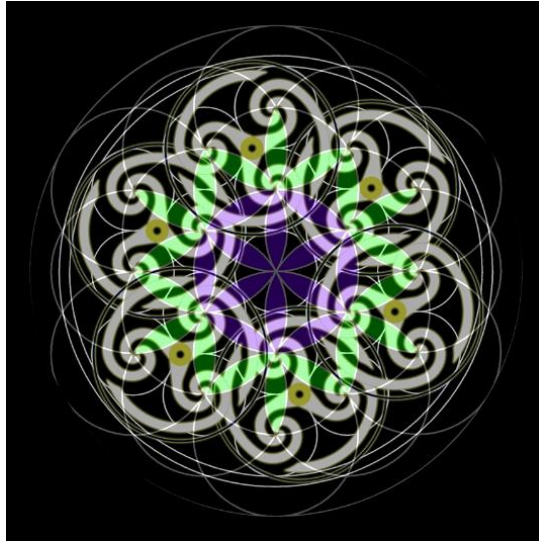
www.letorracce.com
soniab2009@libero.it
tel 335 7243626





ABOUT THE PRINCIPLE OF PRINCIPLES

by *Hermes*



Ἀρχέγγον οὐσία

The Essence of the Original "Work"

"In fact, one is the principle of numbers: but if there is no principle, there could not even be the elements that derive from it. Therefore if one is not there, there is not even a number, not even a single one."

Proclus

What is the extreme peak of Knowledge, the ultimate limit of the Consciousness¹ of Reality?

Surely, after having experienced superior states of consciousness that transcend not only logic, but rise beyond the superior mind, testing the flows of pure Intellect, the moment opens us to this eternal question, to the Why of all things. Before us, millennia, millennia and even millennia before, the ancient Ancestors, the first enlightened thinkers, the mystical seers of the East and the West had already asked themselves this question. In these verses taken from the Vedas, the Mystic seer sings:

*"What is that thing by knowing which everything becomes known, just as by knowing **clay** everything that is made of clay becomes known? The forms of individual objects are nothing but efforts of voice. The only reality they have always remains clay. Oh, wise men, investigate these **things!** Oh, wise men, seek their **foundation!**"*

¹ The word Consciousness is intentionally written with the letter x, to constitute a sort of "stumbling block" in order to remember the value of this term which defines the relationship between Spirit and Substance and which is often used in an improper or superficial way.



...and what if that thing by knowing which everything becomes known might be the Number?

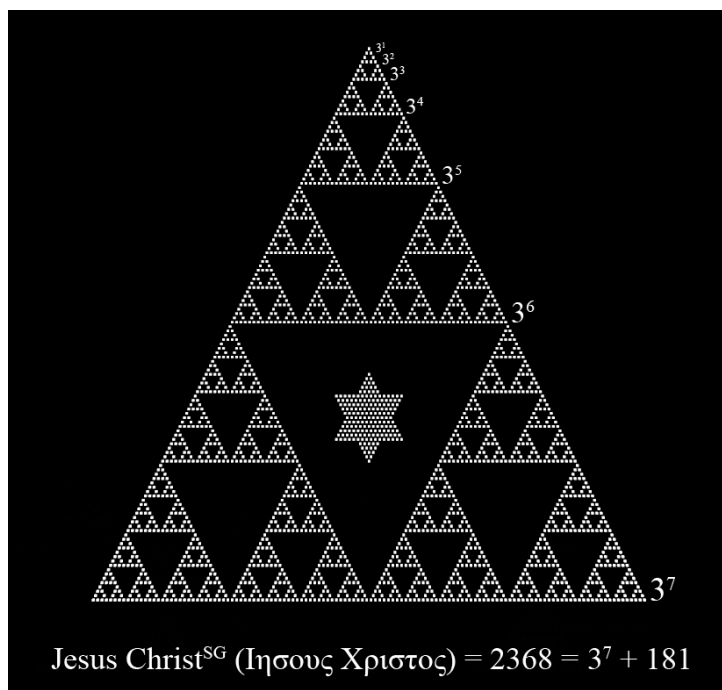
In these odes, the universal substance is compared to the **clay** from which individual objects, by identification, are known as **things** (forms), that is, conceived and perceived as a formal interface, a shadow, of the same idea, the **clay**. Every philosophy, aimed at "seeking the foundation of things", at knowing by identity, has as its purpose the sapiential development of the impersonal essence and experiencing the Reality "that is". To investigate the clay-idea (principle) and penetrate the essence of the *things-forms* (images) associated with it, even though an extremely evolved mind, one is subjected to the need to evoke and, therefore to identify the principle itself with a Name, which is being investigated: in our case the clay-idea. If this is true, the Principle-Idea is the necessary requirement for investigating, penetrating and knowing. The very idea of Being is the limiting abstraction with which the mind ideally reflects itself, until it loses itself in the unlimited, reabsorbing itself in its own... Being. Likewise, one should meditate that in the esoteric context the idea of the Monad is associated with the Number 1 which, regardless of what it evokes and represents, at various degrees of intellection is and remains, albeit sacred, an idea, as is the case for the idea of unity, of absolute, of totality.

Has the mind reached its maximum extension, has it reached its evolutionary limit? Yet, if you think about it, in the presence of the *unlimited*, the limited burns and ignites, and smiles, like a curious child full of wonder.

Many sacred mysteries remain unanswered, and many other questions remain unanswered.

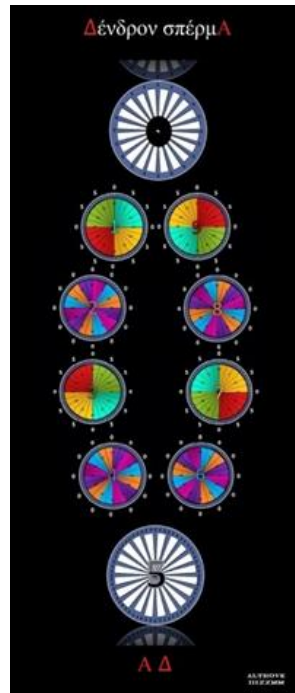
Contemplative meditation on the true reality of the Number, and the reason for the *Code*, can certainly be counted among the mysteries in the presence of which we have placed ourselves, for now, either with too much sacredness or with too much distrust.

However, each arcana exists in itself to be revealed.





ΒΙΟΑΡΙΘΜΟΣ - The Living Number THE CODE



"In fact, one is the principle of numbers: but if there is no principle, there could not even be the elements that derive from it. Therefore, if one is not there, there is not even a number, not even a single one."

Proclus

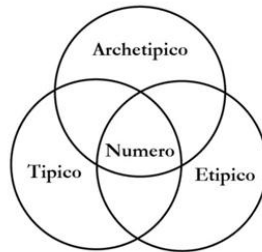
But what is the living Number understood as the *Code*?

The *Code* governs in *ordered fields* what consciousness experiences as perceptions, impressions, sensations, emotions, feelings, thoughts, ideas, principles. Furthermore, the *Code* coordinates the fluids of the vital force energy (prana), presides over the harmony of physiological and chemical processes by ordering the cellular and atomic functions of our body. Therefore, we mentally define Number as an archetype of the order that has become coexistent. In this case, the "*mind-voũς*" must be understood as a dynamism that operates in the unknown (unconscious, instinct, innate consciousness), whose aspect of order, when it becomes conscious, appears to the inner vision first and foremost as the *idea of Number*. Number is the most suitable instrumental principle that our mind can use for understanding Order and Harmony, and, perhaps, it is the most primitive element of Order conceived by human intelligence.

The Number is therefore much more than what has been casually thought and understood up to now.



As long as Number is not free from the very idea of Number, its true and intimate nature will not be fully understood. The Number, the Code, potentially opens consciousness to a Reality in which the act of thinking is clearly transfigured. In this state of Being, the process of thinking is spherical, alive, and Life is meaning since the clear Light of the intellect resolves itself into Living Light.



Spherical thinking is a flash of an all-encompassing experience, in which the unitary essence of mutual interdependence between all things is revealed. In this case, *Everything* is clearly contemplated as a self-germinating Code Number. (For further information see "**Aritmographia**").

This Reality is always a Symbol of an internal dialogue experienced by "counting and weighing", while taking care to remain with "*the feet planted on the earth and the spirit anchored in the heavens*".

The Code, seen from this perspective, is everywhere. The force energy of every wave/particle in the universe is animated by the Project governed and ordered by the Code. *Sphere and Cube, Sky and Earth, Essence and Substance*, are here united in a single infinitely harmonious dance, unlimitedly experienced by the entity as a real indissoluble totality.

The fundamental nature of Man is to be fulfilled in being the aware Son of "One Reality", which, apparently, is experienced as *chaotic order*.

Anaxagoras tells us that "*The νοῦς, as an active and ordering power, organizes chaos (ἄπειρον, ápeirōn), thus creating the worlds*".

Number therefore has much more to tell us.

However, as long as the Reality, that we seeks to penetrate, will be processed and conceptualized in the manner of principles supported by the ideas contained therein, it will allow to be penetrate beyond the very nature of the principle with which it is investigated.

To penetrate the Secretum Secretorum of the Number it is enough to learn to dialogue with the Code.



THE SUPREME HARMONY THE CODE AND THE DIVINE LAW



$$\text{Volume Ratio: } 1 = 1/\Phi + 1/\Phi^2$$

Duality in Unity constitutes the essential mystical ternary. In the Code the Unity-Totality in numbers is $1, 1/\Phi, 1/\Phi^2$ (Father, Spirit, Son). They are three mystical thirds of which the 2-Two are worth 1-One, that is, the All from which they emerged: $1/\Phi + 1/\Phi^2 = 1$, that is, the Spirit and the Son give the Father. In this extreme synthesis the Code reveals the mystery of the Trinity.

Likewise, the functional action of Φ in the human spermatozoon produces the human form. Its gestation is a coagulation of the **spatial substance in temporal situations**, which is divided into embryonic phases in *temporal relation* with micro and macro dimensional gestations.

The activity Φ is universal, although it is homogeneously *invariable*. The variety observed in multiplicity cannot be caused either by the coagulated spatial substance or by the action of Φ , but it is given by the rhythm of a succession of moments (golden/auric sequence) of a single Genesis which, for us, has its finality and concreteness in man. All forms are placed between an extreme which is the first, universal form, and the final one, which has man as its current form - *the project*.

Therefore, the first form is *virtually and potentially* Man, and every moment of this genesis is a potentiality, a specificity that will be contained, summarized and elaborated in Man, be it an energetic, atomic, geological, vegetal, animal, planetary, stellar, cosmic moment.

This succession, each moment of which highlights a **Number** (and therefore a **Name**), constitutes the **natural series of Numbers**. The nature, the character, the relationships, the affinities, the connections and the proportions, specific to moments and things, contained as a synthesis in human genesis, are ordered by the Code.

Everything, therefore, appears as an alternation of intensity of functions. We call the nature of an activity Function. It includes an impulse (1), a purpose (2) and a mode (3).

Essentially the function is an impulse with rhythmically variable intensity. The variation is Number. If the intensity were invariable, there would be only one phenomenon and the Cosmos would be confused with its impulsive Cause. Therefore, it is Number that creates Nature and rhythm distinguishes its variety.



Essentially, the Number is triangular, it remains so through all forms which are simple compounds of this primeval *trigonal Principle*.

The 9-nine members of the Tetraktys (generated by $T1+T2+T3+T4$), that surround the Unity, are the nine transcendent Powers or Numbers that through their trigonal Functions characterize the Igneous Impulse in the four phases of emanation, creation, training, action. The same goes for the twelve Numbers around the original Ternary in the fifth triangle ($T1+T2+T3+T4+T5$) which spirally define the space in which the cyclical quality of time is experienced.

The original distinction, or polarization of Energy, is the beginning of Number and a first numbering. For Man, this becomes an a priori knowledge that imposes itself on psychological consciousness.

This then idealizes, identifies, classifies and names what the Number imposes on it.

NUMBER AND SELF-HEALING

ὍΜΟΙΟΑΞΙΩΜΑ

SIMILAR TO THE PRINCIPLE



What is demonstrated today was only once imagined - William Blake

The study of Numbers, and this one in particular which investigates the relationship between Number and Psyche, does not have to do with quantities and calculations, but exclusively with the recognition of hidden symbolism from Numbers and the way in which they represent the different aspects of Consciousness, of the spiritual evolution and Life, Creation and the evolution of the Universe through the functions of Sound, Light, vibration, rays, waves and forms. The qualities of the Number, in ancient esoteric philosophy, were compared to the Principial functions of ideas and, therefore, of the qualities of our thoughts, feelings, emotions and actions. Numbers are not abstract and inanimate "things", but living principles of laws and universal processes that are unlimitedly creative, functional, dynamic and active. In this study



we want to demonstrate that Numbers are alive and express themselves through an *Arithmographic Code* language.

From this assumption, the ontological and logical ordering of Numbers translates into fluid rhythmic geometric images, or rather into living psychogeometries. For its descriptive power, as an exponent of a concrete analysis, the Number is an essential *classifier*. For this reason, it is used to identify concrete sets of any nature and order, without limits. It can serve as an etheric library, because it indicates the various types of organization that are imposed on things when they manifest themselves in their correct order in the cosmos, and it can harmonize and reorder disharmonious and chaotic systems of every nature, plan, state and degree. This leads us to believe that the same principle is potentially applicable to fluid therapeutical preparations that work for the rebalancing of psychobiodynamic fields of the human triadic system.

In this study we consider the possibility for a new therapeutic model, structured on natural qualities of the Name-Number with possible practical and functional applications. In OmoioAxioma, the specific qualities of the Number are not limited to governing and ordering abstract formulas and structures, but through particular codings, they offer the possibility of generating equanimity and harmony in disharmonious bioenergetic fields.

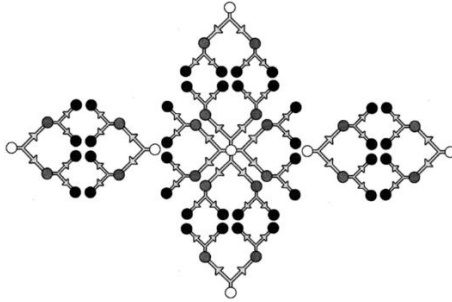
Generally speaking, the basic intuition with which the method is conceived takes us back to the principle of the similar cornerstone of Homeopathic Medicine, naturally applied with completely different operating methods. The numerical rebalancing codes are special mediators, real "reconciliators", powerful harmonics of the organic systems in which biofluid energy flows.

Having identified the Name with which by language convention we define an organ, the limbs, a concept, a key word, an emotion, pathologies and so on, we proceed through special permutations of the letters that form the key word identified as a specific symbol of the disharmony. From the Numbers extracted from the distillation of the letters composing the Name, "*the Armonikè* (Harmonics)" are obtained, which, at this point, are true *simillimum Codes*.

A Name defines and encompasses the totality of what is named, to varying degrees.



THE ARMONIKÉ



The letters that make up the Names (of a psychophysical disharmony as well as of any other psychobiodynamic function) are ideographic symbols which, as mentioned, also contain a numerical value. This codified numbering is analogous to the Principle itself with which the Name specifies, translates and makes psychologically comprehensible the nature of what has been named.

Through the OmoioAxioma method, the energetic preparation of *Armoniké* is made possible by transferring the codified information deriving from the existing correspondence between Name and Number into a hydroalcoholic solution.

The numerical code obtained, by isopsephic permutation, adapted to specific *transcription* procedures, is copied by impression into the water which memorizes the information by coding it thanks to its innate talent of "*remembering*". Any *numerical-named* information generates by similarity a *corresponding magnetic fluid dynamism*, an *Armoniké*.

What matters about the memory structure is not the chemical or energetic capacity, but it is the form that the systems, composed of numerical matrices and the names corresponding to them take, which, similar to the Principle, are capable of inducing a natural "*updating*" of the psychobiodynamic system.

"[...]the one hundred thousandth part of a grain of wild rice is the soul, one hundred thousandth part of this is the Lord of the cosmos, the fifty thousandth part of which is the Supreme Consciousness, beyond which there is the Absolute. So the perfume is in the flower, the oil in the sesame seed, the gold in the quartz." Dhyâbândüpanisad (9th-4th century BC)

As far as the energetic action of the *Armoniké OmoioAxioma* can be described, the ability of the preparations to interact directly with the Vital Principle and therefore with the Vital Force driven by it is only mentioned here.

The *Armoniké OmoioAxioma* essentially interact on both the energetic excess and deficiency of biofluid systems, activating or favoring the innate Spiritual power of rebalancing and self-healing. What makes an *Armoniké* different from other energy remedies is its psychobioenergetic functionality capable of generating, by affinity and analogy, an *update* of the corresponding system where disharmony exists. This operation is never in conflict with the resonant system, so it usually does not generate unwanted side effects.



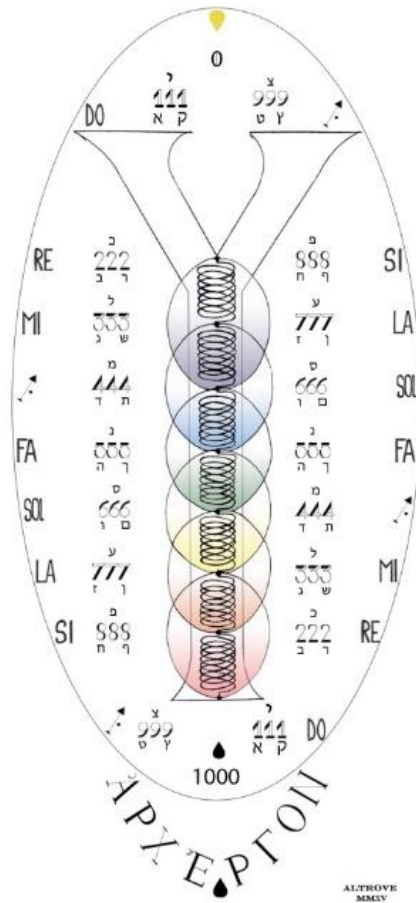
Beyond the vibration emanating from the scent of a flower, we penetrate the infinite realm of Sound. In theory the Armoniké resonate precisely in this realm, since Number and Sound are of the same nature as they are two facets of the same Reality. Similar to a tuning fork that when "touched" propagates its particular sound, the Armoniké resonates with the "cause" of disharmony, favoring the natural process of resonance necessary for renewed harmony.

The peculiar characteristic of this method, in the field of Self-Healing, is helping and encouraging the development of awareness regarding the spiritual message contained in every pathological disharmony. Once the spiritual message is understood, the bystander's awareness naturally opens to the innate power of Self-Healing. In short, once you pass the test you gain access to the inherent teaching of the experience. We could define the Armoniké as a "*mantic medium*" capable of communicating with the *Ancient of the Ancients*, innate Wisdom and power of Self-healing that is dormant within us.

As the Sound is in the Harmonikè, so the Perfume is in the flower, the Oil in the sesame seed, the Gold in the quartz...



For the Grace and the Divine Light
Hermes



Hermes



Each divine Form, that is constituted in a visible and concrete way on this plane, has within itself its Magnet, its beating Heart, its secret Light, and the more this Heart becomes the central nucleus and authentic expression of a profound and intimate Reason of Being, well beyond the limits dictated by personality and ego, the more powerful and paradoxically arduous is the task that arises on the horizon of this Entity. A student of the Perennial Tradition, Hermes is the founder and beating heart of the experimental Center for Evolutionary Pedagogy "Sei Altrove".

Lem for the Altrove Group



INFO:

Centro Sei Altrove: Seialtrove.it

Blog: Archematica - La Teoria dell'Impossibile

eMail: hermes@seialtrove.it



THE INTELLIGENCE OF A BODY IN MOVEMENT

by **Pierfrancesco Lostia**



A journey into the Feldenkrais Neuromotor Method

"If you know what you are doing, you just do whatever you want".

*"Listening to our body in motion, playing with it,
is the most effective way to shape our mind".*

The first sentence, far from being a commercial slogan, is a statement used by Moshé Feldenkrais (1904 - 1984) to explain the nature of the psycho- corporeal practice that bears his name. The second thought, in quotation marks, is from the writer, a Feldenkrais practitioner for about 15 years. A thought, the one I expressed, which Moshé declared in multiple and more effective ways than my own.

The teaching that summarizes every discovery made by Professor Feldenkrais can be summarized as follows:

"Every aspect of our life, including self-esteem, relational capacity and creativity, is closely connected to our posture and the way we relate to our body in motion."

My Encounter with the Feldenkrais Method

2008 is coming to an end and I am 32 years old. I'm looking for the best way to keep all the threads of my life together. I have a degree in Law to make the most of, the gift of writing to cultivate, a condition to fully accept. The latter is blindness, which affects me between 12 and



13 years of age. Four years earlier, I began an uncertain journey among the many holistic practices that are out there. At that time, I did not have a very clear idea of what I was really looking for. Nor do I know exactly what personal growth is. I have only one track. I like doing sports, because body movement helps me to calm my mind. So, starting from this one certain fact and asking the sports instructors I know, I begin to understand that I need some sort of disciplines that, passing through the body, might heal my mind. So, with the month of October coming to an end, following the advice of an acquaintance, without any particular hope of having a stroke of lightning on the road to Damascus so to speak, one afternoon I showed up at a studio where Feldenkrais neuromotor education is taught. That day, for the first time, I met a stranger I thought I knew well. Myself. And I discover it in a natural way, simply by paying attention, like never before, to the way I walk, putting one foot in front of the other, to the way I sit on a chair and then the way I get up.

At this point it is quite natural to wonder: *"What exactly is the Feldenkrais Method about?"*

Movement, Attention and Self-awareness

"The Basis of the Method for the Awareness of Psychomotor Processes" by Moshé Feldenkrais.

The professor. opens the book by giving us an account of the fact that words are largely insufficient to approach a practice that deals with emotions. This is why he suggests practicing, rather than reasoning about, his method. It is with this awareness that I am going to briefly illustrate what the method we are talking about is.

There are two approaches with which we can experiment with this:

1. A.T.M: an acronym that means Awareness Through Movement. They are motor sequences that the practitioner proposes to us, guiding us with his/her voice. We learn to observe simple actions such as getting up and sitting down, walking or climbing a step. Pure observation, without any judgment on how we perform a given action. By doing so, we very often discover that we can do a certain movement more easily. In Feldenkrais, you quickly learn to abolish the concepts of right and wrong. You replace them with words like easy, convenient and functional.
2. F.I.: Functional Integrations. We lie on a bed and rely on the kind and respectful hands of the practitioner. By trusting ourselves, we discover the movement in parts of the body that we didn't even suspect we had. Once on our feet, we can see, from the first session, that we feel elongated, lighter and with the ability to move our neck, legs and arms with an ease that we hadn't even dreamed of until an hour before.

In both modalities, we wear comfortable, sporty clothing. However, one or two lessons are enough to understand that we are not doing gymnastics or even physiotherapy. What we experience is a neuromotor education or re- education. Those who are familiar with Yoga and martial arts will immediately recognize some movements that refer to these disciplines. But



what comes next will be something else: the feeling of being a child again, but with the awareness of an adult. We will rediscover movements buried who knows where, like crawling. Once on our feet, amazed, we will see how much the absence of those childhood games has impoverished our movements. A little dismayed, we'll understand that we have lost most of the range of motor actions that we mastered as children.



In about ten lessons, even less, we learn that the motor sequences we are reacquiring, small and gentle, are reaching our brain. Personally, just after five sessions, I began to pay attention to how my body was positioned in space. Swimming had already given me this ability despite the absence of sight; however, Feldenkrais enabled me to notice in real time a painful posture, an uncontrolled tension, for example in the arms. Recognizing it, I can achieve a rebalancing, even with small postural adjustments and some conscious breathing, with which to let go of parasitic tensions. This was the first gift the practice gave me.

In approximately thirty lessons, you learn a good set of exercises, with which you can come in contact with every part of your body. In Feldenkrais there are no pre-established patterns, movements that you have to do before and after. Learn to listen to yourself instead. You note, after a sort of self-scanning, which part of your body is tense, the face and the jaw for example, and you intervene. Let's incorrectly call it eye and face gymnastics. It is used to perform micro-movements that are first joint and then separate, obtaining a tangible benefit in a few minutes, as well as an expressive harmony that can be detected even in front of the mirror.

In Feldenkrais there are no pre-established patterns, movements that you have to do before and after. Learn to listen to yourself instead. You note, after a sort of self-scanning, which part of your body is tense, the face and the jaw for example, and you intervene.



In a short time after starting the practice, your brain awakens. At first, it is confused, then amused and finally it reprograms itself. The first impact with this method may create some imbalances, but nothing to worry about. Simply, you begin to understand that behind your bodily stiffness there are character sides, wrong beliefs, which make you suffer. Without you even noticing it. Yet your brain notices it. It understands this because the body, in movement, is speaking to it. Both body and brain begin to recognize that specific moment of relaxation and insistently request it. They detect a given muscular tension, that harmful posture and, automatically, urge you to change it. And you understand, in amazement, that your brain and your body have reconnected, perhaps for the first time in your life.



Feldenkrais and Reconnection

I have been practicing the method for about six months. I started, for no apparent reason, taking off the dark glasses I constantly wear. I do it in the administrative office where I work at the time and sometimes even on the street. In the meantime, I realize that my way of writing articles for the magazines and newspapers I collaborate with is changing profoundly. It is as if more evocative words emerged from the fingers and even more from the mind than in the past. The colors that I manage to give to my pieces, as they say in journalistic language, make me feel like a crystal carver.

At the time, I had not read anything the professor Moshé has written yet. and I would for a long time. I only have the theoretical notions that my teacher gives me. The experience is still almost totally practical. I sense that my brain is shaping itself. Taking off my glasses when I feel the need is a gesture with which I give relief to my face which, at times, can hardly bear that extraneous weight. There is more, however. It is an act with which I fully accept my condition. Writing benefits of all this. Because my Feldenkrais classes are a clean room where I can



meditate. A practice that for me, even today, is difficult in a situation of immobility. With the ATMs and FIs of the method, on the contrary, I often catch myself not thinking about anything. And emptying it of useless thoughts allows my brain to focus on what is really important for my well-being.



What I experience is an authentic reconnection with my deeper self. This is accompanied by other secondary effects. Looking at them with today's awareness, they don't seem so secondary to me. I acquire some manual skills as an ambidextrous person, for example. I can perform actions such as washing dishes using both the right and left hand. It improves my effectiveness in some sports practices, such as martial arts. Years will pass before I approach authors from different areas, discovering that there is a close connection between our motor skills and the implementation of psychic faculties. This is how I understand, in practice, the concept of neuromotor referring to the Feldenkrais Method. And I grasp the meaning of it in its entirety.

The movement sequences developed by Moshé, surprising for their simplicity, disconcerting when, through books, one discovers the complexity of the research behind them, involve muscles and nerves in a targeted way.

The movement sequences developed by Moshé, surprising for their simplicity, disconcerting when, through books, one discovers the complexity of the research behind them, involve muscles and nerves in a targeted way.



Moshé Feldenkrais

We would need a separate article to narrate the novel life of this exceptional man. For reasons of space, we will limit ourselves to mentioning that he was an electronic engineer, a physicist and a martial arts champion, as well as one of the first European black belts in Judo. He graduated in France, after resuming his studies as an adult. He spent part of his adolescence in Palestine, building bridges and houses. He was born in Ukraine and moved to the Holy Land when he was 14 years old. Personally, I cannot help but find in the parable of Moshè's life a concept that he expresses in "*Body and Mature Behavior*", which is the fundamental text of our Prof, in which he discusses the principles of his method.

You must take care of your body and its full maturation if you want to achieve full development of your intellectual faculties.

Moshé Feldenkrais applied rigorous scientific principles to his method. In the book "*Nora, an Adventure in the Jungle of the Brain*", he reported his experience of supporting a woman suffering from serious motor impairments. The Prof, who was not a doctor, manages to make notable improvements in the woman who entrusts herself to his care. This is an important step to be highlighted. The practice we are dealing with is neuromotor education or re-education, not a medical treatment. Yet, a quick browse on the internet is enough to be convinced. Several doctors combine traditional medicine with a Feldenkrais treatment. Among others, jaw disorders, tinnitus, chronic migraines, a wide range of postural disorders, stress and anxiety can be alleviated with targeted Feldenkrais cycles. "*The Wisdom of the Body in Movement*" and "*The Potent Self: a Guide to Spontaneity*" are two other important texts, that are essential for understanding the studies underlying this discipline.

The United States, where prof. Feldenkrais opens its first schools to teach the method, today include Feldenkrais among the acknowledged health treatments.

You must take care of your body and its full maturation if you want to achieve full development of your intellectual faculties.

The Tool Box

Personally, this is how I define the Feldenkrais Method. It is a brush to infinitely draw and redefine our inner and outer image. It is a tool with which we "learn to learn". In other words, by practicing Feldenkrais we improve in every area of life, because we do it in a more functional way. There is no right or wrong in the practice we are talking about. There is only a more comfortable, easier and more functional way to do it, as we have already said. And we are the parameter.



The method fits each person like a perfect, tailor-made dress. In me, for example, it has strengthened my passion and creativity in writing. Of course, it couldn't make me a sprinter or a new Bruce Lee in martial arts. Nonetheless, it allowed me to improve my performance in sports.



Moshé explains this in "*The Basis of the Method for the Awareness of Psychomotor Processes*". He tells us that he has never been very good at drawing. Yet, out of pure curiosity, at a given moment he chooses to take painting lessons. He applies himself to it, combining the awareness exercises that he is perfecting. He reveals to us, ironically, that he has not become a Brunelleschi or a Giotto. But his teacher compliments him, highlighting that his results are excellent, given that at the beginning he had no inclination for art.

Feldenkrais is a brush to infinitely draw and redefine our inner and outer image. It is a tool with which we "learn to learn". In other words, by practicing Feldenkrais we improve in every area of life, because we do it in a more functional way. There is no right or wrong in the practice we are talking about. There is only a more comfortable, easier and more functional way to do it. And we are the parameter.



A First Step towards Spirituality

Over the years I have met many people who practice Feldenkrais. Each with their own qualities, beliefs, religious beliefs. Our method appears to be something separate from Eastern and Western practices which transmit teachings, principles and values that are good for every palate. Feldenkrais does not. It only teaches how to relate to the body. It forces us to understand who we are, deep down. Looking ourselves in the face, ruthlessly and without mediation. Like running, walking, eating, talking to others, making love and even arguing. An aseptic method, we might suspect. Nothing could be more wrong.

www.feldenkrais.it

in order to have a source from which to draw materials on Moshé. Articles, complete bibliography, list of teachers registered in the register of Feldenkrais practitioners. And also how to become a teacher, for those interested. In Italy the title is a university diploma, while in many foreign countries Feldenkrais is a university degree.

Feldenkrais only teaches how to relate to the body. It forces us to understand who we are, deep down. Looking ourselves in the face, ruthlessly and without mediation. Like running, walking, eating, talking to others, making love and even arguing.

By reading the Prof's books and articles about him, one discovers his transversal preparation. The way in which he fully participates in the debates between supporters of Sigmund Freud's these and other scientific currents that attempt to innovate treatments in the psychic field.

We see Moshé take the side, with authority, of the ostracized Dr. Reich, who died in prison in the USA, although he does not go into the merits of every thesis of the complicated scientist. Feldenkrais states that Wilhelm Reich's merit is having stated that the idea of curing the mind without going through the body is mere fantasy.

With the method that bears his name, the Prof has given a valid alternative to renouncing the modern world. This is an interesting and certainly excellent possibility for some, but not very practical for most of us, immersed in a world that has spoiled us, but which we can shape, without necessarily shying away from it.

We will discover how much Moshè was spiritually connected to his grandfather, a great man of faith. According to some, our Prof also believed in reincarnation. Walking along the paths of Western science, as well as Eastern philosophies, we will discover how well Feldenkrais knew many traditions, which he studied and reworked for us. He made them simple,



explaining to us how, for example, the fact of always wearing shoes has incalculable effects on our posture, our character and our attitude towards others.

With the method that bears his name, the Prof has given a valid alternative to renouncing the modern world. This is an interesting and certainly excellent possibility for some, but not very practical for most of us, immersed in a world that has spoiled us, but which we can shape, without necessarily shying away from it.



This method, for me, is a white room to fall back on and return to in difficult times. Sometimes we can forget about him, he is human. But once you learn it, it will be difficult to put it aside.

Cyclically, we will remember the great teaching of Prof. Feldenkrais:

*"Our body is intelligent. Let's learn to listen to him.
And he will give us the answers we need."*

And this, it seems to me, is the indispensable prerequisite for approaching any philosophy, religion or anything else that we want to learn.

Our mind is the blank sheet of paper. The body is our brush, Feldenkrais is the technique for learning to draw. Only by learning how to trace the lines of life can we dedicate ourselves to choosing the colors we like best.



Pierfrancesco Lostia



Pierfrancesco Lostia was born in Rome on 5 October 1976. He lives and works in Sardinia. Graduated in Law, he works as an employee in an administrative office. He is registered with the Order of Journalists in the register of publicists. He has been passionate about history and mysteries since high school, which he studies and then writes about. For more than 15 years, he has been interested in a vast range of psycho-corporeal disciplines (holistic, spiritual) on which he researches, theoretically but especially in practice, and then writes about them. In the past he worked in the world of associations and cooperatives. He covered local news, with a slant that reflected his social skills, in the pages of the newspaper "L'Unione Sarda". He then wrote about culture, in the same newspaper and in magazines such as "Sardegna Mediterranea"

and "Lacanas". Today, he is exclusively dedicated to his cultural and holistic passions, while working on his own digital and paper projects, he collaborates with magazines such as "Honebu" (by Pierluigi Montalbano) and "Fenix" (by Adriano Forgione).

Contacts: Lostiapierfrancesco@gmail.com



HOW TO ACCESS THE "HERE&NOW" THROUGH PRANOPHOTOGRAPHY®

by *Chiara Mazzocchi*



The Natural Attention to Life - Freeing Images rather than Capturing Them

PERCEIVING AND RECOGNIZING OURSELVES AS ENERGY

As a child I lived with a secret veil of sadness. I felt it in the depths of my soul, which had become aware, through my conscience, of the existence of energy. And it created discomfort, fear, torment but at the same time curiosity and wonder. I remember that at night I struggled to sleep because in the darkness I perceived all these frequencies, perhaps because there was a space of silence and I could concentrate. I began to perceive this essential space for seeing. I must say that even today in the evening and at night I am at my maximum concentration. Perhaps the first time I perceived beauty and happiness was when I felt that energy like a breath of light which was flowing, filtering, breathing and making space everywhere with a bundle of powerful vibrations in animate and inanimate things, beyond human principles of right and wrong. I perceived matter and physicality, however, only as a means, as a final and manifest intermediary of something that used light and for light, but which had already been created in the invisible through an electrical thought.



As a child I didn't have all these notions. It was just a sensing, a feeling that often scared me, but I strongly felt the duty to communicate, to dialogue with this energy in order to get to know it and use it, obviously without knowing why. But there was a problem: this energy was invisible, outside the space-time paradigm. Not knowing what to do, I got sad, I often got nervous, I cried. The sadness I felt was also caused by the fact that children of the same age as me were happy, laughing and amazed at things that communicated nothing to me. They were merely material, superficial, mediocre, impersonal things. I would like to say banal. It was as if their sensory apparatus was limited, inadequate to allow them to perceive reality at the level at which I perceived it, which was not a higher level than theirs, yet it was different.

And I did also find this in adults. In some adults, though. I did not perceive myself as a child, but I perceived myself as an energetic channel, a flow of consciousness that went beyond the limits of aesthetics and somatic features, which is why I have never been part of any ideological alignment or aggregation and never had a sense of belonging to anything, as well.

I did not perceive myself as a child, but I perceived myself as an energetic channel, a flow of consciousness that went beyond the limits of aesthetics and somatic features ...

Consequently, I would not discriminate against anyone, but I was the one who isolated myself because I couldn't communicate, having nothing to say with their language. I remember that in that period dance and body expression helped me a lot thanks to a really good teacher who used the Feldenkrais® Method. I never even had a sense of belonging to my nationality. I had a hard time playing team games, being a fan of something or someone, taking sides, and if I took sides they were those of the weak because I didn't distinguish between people, animals, plants... for me everything was worth saving. The adults, on the other hand, conveyed to me a tired, stressed, frustrated, low, almost resigned, self-sabotaging energy. I noticed their inability to dwell in the present and in beauty except in an artificial, ephemeral way. I perceived them as monkeys jumping from the past to the future, forgetting that there was a present time of truth. I myself wondered why my mother never stopped and always worked, but observing her I wasn't sorry for the space that she couldn't always offer me. I was sorry for the space that she didn't offer to herself, or if she did, it was a fleeting one. This made me feel melancholic. I found this in most adults. I noticed and admired in artists, or in young children, that immersion in their visions and creations, and I also noticed it in animals. I asked my parents if I could have a cat but not having adequate space in the house they told me they couldn't get one for me. Even today I am still aware that that cat wasn't a whim, but I wanted it to understand if animals really lived in another frequency since every time I looked at cats on the street or those of others, I resonated with them, and I felt a sense of well-being. I often loved being in the studio of a painter who had several cats watching her paint. The frequencies were very high, and at that moment I imagined myself like that as a grown up: an artist, alone with my cats,



and happy. And all those people, who ran out of that studio, that atelier or inside my head, suddenly disappeared. Many years later, I had a cat and being in contact with its energy I understood that it lived on the same planet with me but its frequencies seemed to come from another one. And I learned a lot because at the same time we were connected by the meaning of life without a reason. We were brothers. I was neither its owner nor its mother. There were no roles.



In that moment I had a flash, an inspiration or, probably, an initiation, I felt enveloped, I felt that my consciousness had shifted, as if someone had taken my back and turned me in another direction. I began to feel a strong sense of peace and well-being which was separate from what was happening to me in reality. There I learned that I could not live where that type of people lived, who rushed to fulfill roles, many constructed or obligatory, and who had to create something new. I had to create it, or create it for them in communion and synergy with this energy that I perceived everywhere, even under my feet. I was also aware that it was not an egoic feeling or one of my own, but it was a universal, cosmic feeling, in fact as a child when I didn't understand where it came from, I thought that there was someone else, or an angel, inside me who was guiding me. Then I realized that it was really me and that I was developing a new version of me, the real one.



TOWARDS ONESELF

I would have liked to move all human beings in a direction of light, to a home of peace and I would have suspended them in a time in which they could finally dedicate themselves to their talents, to their ambitions, rather than in a choking time, dedicated to the Matrix, to work, to the economic, mental and energetic maintenance of a family, to making things and accounts balance, with compromise and effort. No, I have never believed that everything was a sacrifice. I never believed those who told me that life was and had to be an immolation. On the contrary, I firmly believed in Existence and in the absence of effort, yes! Effortlessness! Effort might exist, but for me what existed was the absence of effort and in behavior, because for me it was the awareness of the energy to make everything happen. I probably believed in "magic" when I was little, and in intelligent spirit when I grew up. After all, we know that those who do not believe in magic are destined to never encounter it. And I often thought: *"Look what they deprive themselves of!"*. Perhaps this was even the reason that pushed me to choose not to create my own family and not to have children. I wanted to energetically commit myself to life. I wanted to always have one foot available to explore, dwell or sink into searching for the sacred, in the spirit of things and their breath, but above all in the void-silence to be able to perceive it in everything. My point of reference wasn't just humans. I wanted to feel free not to return, to transcend. Free to experience solitude, emotional spaces, impermanence, temporary phenomena, to celebrate beauty and pain, whenever I wanted and without anything or anyone stopping me or acting as a shield or an obstacle. While my peers were wondering if they were capable of being mothers, I was asking myself whether I was up to this freedom that I was giving myself. It was an instant intuition of liberation and I offered myself to it without any desire to understand. I knew I didn't know. For the first time I experienced the letting go of beliefs at the subconscious, genetic, historical, cultural, soul level, and I had a feeling of being blessed. I wondered: *"How wonderful it would be if everyone could experience this sensation! That everyone could live without conditions, surrendering to their own ego, evaluating responsibility first towards themselves outside the box!"*. I wondered how people could be responsible for others, parents, educators, or teachers, if they had not first been responsible for themselves. For me, being responsible meant first of all fulfilling myself before others and I'm not talking about roles, I'm talking about experiencing life, flowing into the mission for which one was born, into one's talents, a bit like Margherita Hack did, or Guglielmo Marconi, without dedicating one's entire existence to someone else, making one's own reasons, fighting for one's own ideals... because it is clear that if one dedicates a lot of time to others, one will have little time for oneself and for a personal evolution. Of course, one can try to dedicate oneself to others, but later.

I wondered how people could be responsible for others, parents, educators, or teachers, if they had not first been responsible for themselves.



My grandmother also told me these things before leaving her physical body. She told me that she hadn't done anything for herself.

For me, time has never been that of the clock. It has always represented a dimension of consciousness, but I saw that few dedicated this space to themselves. They were more present in somebody else's space. Most of the time I perceived them as choked, alienated, frustrated.

I felt I had to do something for the humanity that didn't deserve to live this way, it was heartbreaking for me, and I chose to start from myself. After all, I would never have been able to improvise on this without first experiencing it and becoming aware of it.



I began to experience the feeling of liberation through accessing the "here and now", not in meditative terms, but in practical terms, even documented, witnessed and witnessed. This had immense value for me because nothing can be seen, disidentified, modified or reprogrammed without being first acknowledged. In fact, I thought that many lived this way simply because they couldn't see themselves. I thought I had to bring a practical tool to the surface, since simply closing my eyes and assuming an asana to stay in the state of presence wasn't enough for me. I needed a witness, a bridge of recognition. I wanted to place this awareness in my hands as an extension of them, as if it were a shamanic drum.



CONSCIOUS ATTENTION, A NEW WAY OF SEEING

The universal component underlying the biological cognitive system that acted as a lever for me was attention. Attention affects how we perceive incoming stimuli and therefore had to be conscious. It is precisely attention that supports perception and recognition. It has the ability to select external sources of stimulation, in the presence of competing information, to dedicate itself to the information relevant to our purpose and leave out the irrelevant ones, which are of no use. I dedicated myself to the selective visual, spatial and divided attention of the feeling, of the breathing of things and people, to the active conscious and soul visual perception and reception instead of using the passive one, and I trained myself to direct the feeling that I and those things felt together to transform it into a new image. A reprogramming of the old one.

The universal component underlying the biological cognitive system that acted as a lever for me was attention. Attention affects how we perceive incoming stimuli and therefore had to be conscious.

I dedicated myself to local, directional own-body, and extradimensional spaces. This was fundamental because in the empty space not only is there breath, but there is an unmeasurable emotional value that is overlooked. To feel it, the space must be left empty. In fact, there is a tendency to furnish a house by filling it, or to give a child anything... but this is not the case, certain spaces must be left empty. Emotions penetrate us on a cognitive level and are therefore not just a purely optical observation. Space, if left to breathe, is also climatic, resonant, olfactory, silent. Space conveys and carries us. I feel the rain coming because if I connect with the space, I can smell it and I feel that the space changes its electricity by the law of magnetism.

A CAMERA IS ABOUT HUMAN CONSCIOUSNESS AND RELATING

I found the faithful medium that accompanied me in carrying out this mission, this intuition and this channeling, right in my hands. When I was eleven, without me looking for it, my father owned several of them: it was the camera, the analogical one. The first time I put my eye inside the viewfinder, doors opened as if I had opened a curtain, yet it was only a rectangle. Perhaps this was my first time becoming aware of the truth of the word "relationship". The camera, although it was an object, connected me in a much higher way than with a person, and therefore it became my interlocutor, my accomplice of the present. Pressing that button, that shutter button was like pressing the trigger for a perfect, straight shot into silence. A gesture that was not an end in itself, but which resonated within me, in space, in light, and subsequently in the observer with an emotion. It was like entering people's and animals' DNA, to step in light particles, in plant sap, in electrical circuits where everything is interconnected.

And I no longer felt the sadness that had accompanied me for so long as a child. I finally had a medium that could be put at the service of humanity: a humanity that is afraid of fading away, of disappearing, afraid of living, but that thanks to a picture, meant as a new image in 4D rather than 2D, can see exactly what happens in being evanescent, impermanent, precarious, fragile, and can acquire the reading ability to find in these emotions the beauty and the power of change, transformation, suffering and pain; for a dry leaf is not dead, it has only transformed itself, and it is wonderful. Of course, the camera had already been put at the service of humanity in 1839, but I wasn't interested in carrying out the limited task of photographing what the reflex mirror had in front of it, channeling it into the lens flipped by the pentaprism and displayed in the viewfinder. The intention of "taking a photograph" had to be modified in some way. In fact, a photograph is not made, it is created, and this had nothing to do with the basis of the irrefutable technique, because it concerned human conscience.

The intention of "taking a photograph" had to be modified in some way. In fact, a photograph is not made, it is created, and this had nothing to do with the basis of the irrefutable technique, because it concerned human conscience.





ASKING THE FLOWER HOW IT WANTS TO BE LIBERATED

It is one thing to perceive colors as gradations of tone or even as chromatic surfaces, but it is another thing to perceive them as temperature, wave, frequency, vibration, energy. It's one thing to photograph a flower, it's another thing to photograph the energy of the flower, the feeling of the flower, its frequency.

Our sensory apparatus, although limited, can be moved, since everything (and therefore everything we see and perceive) depends on the quality of our level of consciousness.

After all, it would be enough to establish a bond with the flower and ask it how it wants to be photographed. You can't relate to your frequency, but to photograph it you have to relate to its own. If you talk to a child, you have to relate to her. Have you ever tried to ask a shooting star what you can do for her instead of using her for personal ego purposes in expressing your desire through its duty? Well, the concept for me was and is the same: establishing a mediumistic, invisible relationship with the spirit and soul of anything and not photographing it according to one's own feeling and therefore exclusively the form, but according to the feeling that a tree, a rock, a sky, a person suggests to us. It's not a question of asking questions, it's a question of interacting with the morphic field and channeling it. It is the energy that makes things and events happen, but the energy of things is not separated from yours, in fact there is no such thing as luck or bad luck, it depends on your level of connection you have with the energy. Our sensory apparatus, although limited, can be moved, since everything (and therefore everything we see and perceive) depends on the quality of our level of consciousness. If we do not modify it, we certainly cannot expand or change the state of our vision, but we will always see in the exact same way according to one of our histories and, I would add, we will always take the same photographs, we will always produce the same images inside and outside of us, we will always have the usual projections, the usual blocks, the usual expectations, the usual thoughts, the usual results.

MOVING INTO THE FLOW OF CONSCIOUSNESS AND PRODUCING FROM THERE

After thirty years of practice with the instrument of the analogical camera, darkroom prints, and, since 1995, with digital cameras, in 2017 I channeled PRANOPHOTOGRAPHY, after a seven-year period living in Berlin, in which I had new knowledge and energetic information given by the morphology of spaces such as latitude and longitude, distances, climate...etc. I added to the word PHOTOGRAPHY (Phos "light" + Graphis "to write", writing with light from the Greek), the prefix PRANO: Prāṇa, "Vital breath", "life", "breath", "soul", "spirit", energy from Sanskrit. It was that breath, it was that space that I wanted to talk about, it was from that space-silence that made the word photography complete, specifying its meaning and the symbolic-



energetic-medianic-empirical principle in which the camera no longer captures images but liberates them by carrying "the photographer" into the flow of consciousness of another frequency, scientifically called brain frequency Theta (which I tried to better deepen). That frequency that transcends matter, that flows in the consciousness of visible and invisible bodies, that makes one alert, lucid within the soul- technique coordination, emotion-reason right-left cerebral hemispheres, beta-theta brain waves. In short, being "here and now" and producing from there, from that place, and therefore being quick and quick with the calibration of the triad (iso aperture time) based on the degree of awareness of the channeled energy scene commonly called "composition" in photography, which I define and prefer to call in pranophotography: "order", or "making order", whether it is an artistic composition created specifically through a vision or an already present scene. The order in photography is organized with the framing, the angle, the manual focus, the isolation of the subject with the focal planes thanks to the diaphragm or with the complementary colors but, above all, with the intention of what exactly one wants to communicate. You don't take photographs by chance.

... the camera no longer captures images but liberates them by carrying "the photographer" into the flow of consciousness of another frequency, scientifically called brain frequency Theta ...





VISIBLE AND INVISIBLE IMAGES - THE LANGUAGE OF LIGHT

In order to channel this energetic technique that operates in the conscious and subconscious, I immediately entrusted myself to the true source, to nature, and used its own language, which for me was simple, primordial, native: the energy that flows in the images, the one that reveals them, that composes them before our eyes, starting from our body, which is not divided from everything else. And so I entrusted myself to the invisible. I used that sensation that scared and amazed me as a child, the same one that didn't let me sleep at night, to create and free bodies and fears. Throughout this period of time my evolutionary journey had been from the unconscious to the conscious and everything was connected, perfect, everything was waves, shapes, colours, solids and voids that allowed me to see myself from the outside, and for this reason I decided to devote part of my life to self-portraits with the remote control as a listening therapy, based on the perception of myself outside of my body, since when I photographed myself, I did not see myself with my eyes, but I saw myself through a broader vision: that of perception, energy flow, vibration, channel, frequency. The subject was never me but it was the authentic relationship with space and with the soul of the world. This feeling of mine, summed up and synthesized in an image, took me into a state of ecstasy and expansion that I still carry out, disseminate and develop today. Many people when they see my shots say: "*I feel like this*"... and for me this is already an achievement, because they recognized themselves, pacified and liberated themselves through an image that spoke about them. I was no longer afraid of entering this frequency, a truth that my body had been suggesting to me since I was a child. A body that, feeling itself as a channel of light, needed to be finally "seen",





recognized by myself from the outside in its tonality, totality, before judgment, devoid of judgment. I no longer needed a mirror to know that I existed, because I felt that I existed, and concentrating on this feeling was all I needed. I was experiencing the "Memory of My Self". From that moment I thought that others could also experience their "Self" through me, if they wanted. It was enough to guide them, introduce them. And so I did.

I knew that in there I could speak with the body understood as a lived body rather than a represented body. In fact, my self-portraits are not the result of representation, but are liberated inner rooms, real moments of strong pain like the work "Human Alienation", of strong will, like the work "Deep Ecology" or of strong prayer for humanity like the work "Anamorphosis".

FREEING THE PHYSICAL EYE AND TRANSFORMING IT INTO A POETIC EYE

The organ that allowed me to enter this frequency was a fundamental organ, a true extension of the brain, capable of perceiving luminous energy, transporting the information captured and processed in the form of images: the eye. As a child I spent a lot of time seeing, looking, literally staring at things and people, but what I was doing was simply capturing, scanning their energy as well as their expressiveness.

By watching, I learned that the body of a human being was no different from a stone, a star, or a tree, even though they lived on different planes of existence. Everything in fact, the so-called





Olos, was as if it was made of the same substance with a manifestation that however was different. Everything was incredibly connected, interpenetrated, interconnected, as if consciousness was in the morphic field and that it was this consciousness that transmitted inputs, images and thoughts to me. Thanks to this relationship that I had established, I came into contact with the invisible and suddenly began to dialogue with it. Until today. Not only was everything made of energy, but everything had an essence, a spirit, and I began to evaluate everything around me as frequency and vibration, not as appearance, and I understood, at that point, that matter lives thanks to the energy that moves it and that it is not the brain that produces thoughts but it is the thought that builds the brain. I felt this, and this was what moved me from inside. I suddenly began to perceive everything as perfect and that nothing and no one goes crazy, but that everything reacts and that everything is the result of a relationship.

From that moment on, I decided that in order not to betray this intuition I had to show it... a bit like nature does, and not to objectively demonstrate it. I was interested in people knowing that it existed, knowing about this existence, and the demonstration, if it happened, was a self-demonstration. I have always perceived myself as a bridge. In short, what I had acquired simply by observing did not necessarily have to have scientific, rational, logical, mathematical, proven, indisputable demonstrations... I was interested in creating emotions in order to get to the perception of the body, of the cells, of the mind, of transmitting the feeling that energy made things flow by transporting them into the poetic space where the invisible resides. It hasn't been a simple journey because our eyes





see things divided, separated. The eye selects, rejects, organizes, discriminates, associates, classifies, analyses, builds, hinders.

The eye limits our life a lot in certain aspects. It doesn't even pick up certain frequencies at all. It does not see what is bare. It is very whimsical. It sees flaws everywhere and catalogs them, discards them. Yet, I had the sensation that although the eye had these attributes, everything was one and non-dual.

I am referring to the energetic potential, not to identity. It was the camera that led me to testify that everything can be liberated, starting from the physical eye. We just need to talk to it.

It was precisely the camera that led me to testify that all this can be liberated.

My research is not a performance but is a "state of presence", a "listening" a "search for the self" according to the cosmic laws and the definition of creation. My intent is to stimulate the human being to a process and a path of energetic, soul, alchemical, primordial, transcendent exploration, and access to the mother, the source, the universe, through frequencies and vibrations. cosmic nature. Nature uses images as its primordial language. That's why I chose pranophotography and photography. It is a path that goes beyond the photographic technique, beyond the physical eye, in which the camera becomes an tool for investigation for the awakening of consciousness, and accessing the here and now, a place of power and healing. It is so obvious that one is not present and connected when photography "doesn't come". This should be enough for anyone looking for a quick or scientific demonstration.





For further information, training and teaching meetings on Pranophotography, for public and private educational institutions, associations, bodies, individuals, etc:

info@chiamazzocchi.com

www.chiamazzocchi.com

www.facebook.com/chiamazzocchiart

www.instagram.com/chiamazzocchiart

www.youtube.com/@chiamazzocchi



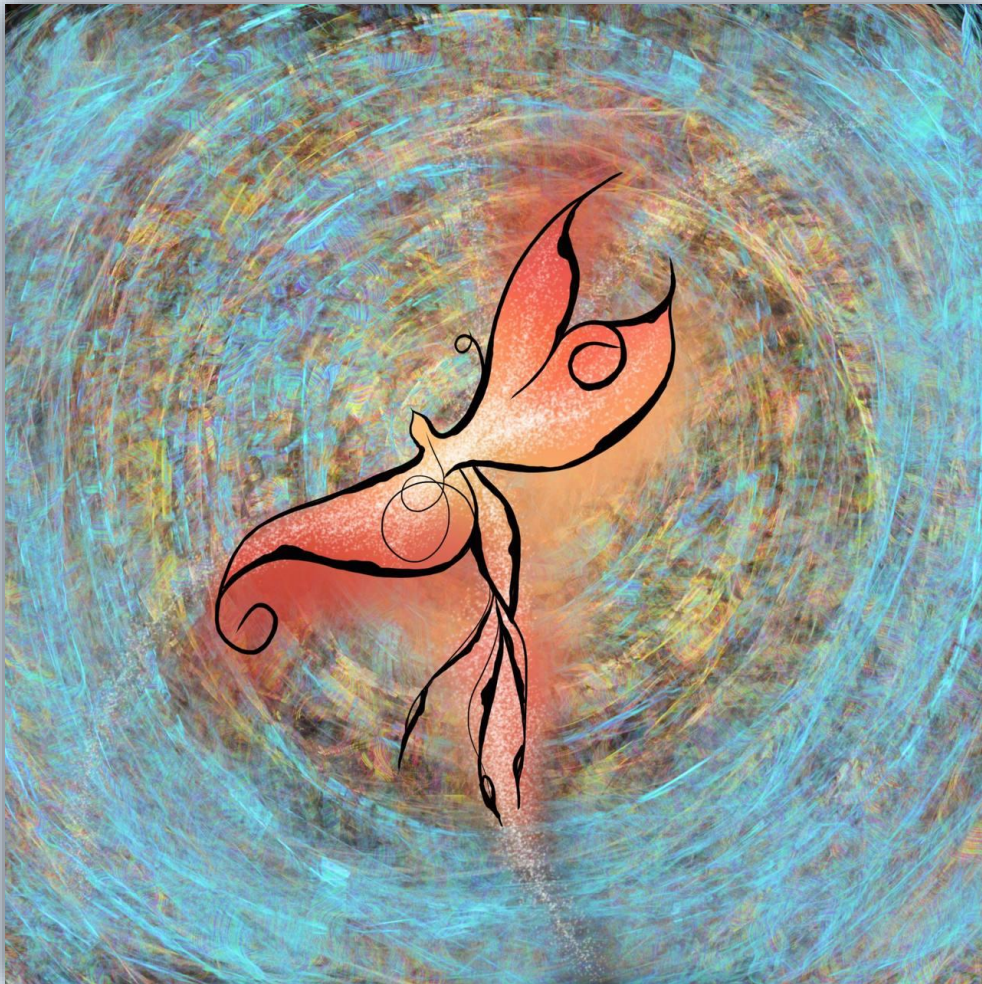
Chiara Mazzocchi



Multifaceted artist specialized and certified in photographic techniques, direction, video and in the psychology of vision, trainer and independent researcher in therapies and energy techniques aimed at the awakening of consciousness, the recognition of cosmic energy for channeling and the feeling of nature for empowerment personal. Certified ThetaHealing® Advanced DNA holistic practitioner. Founder of the PranoFotografia method and energetic-initiatory path or empowering of the state of presence through the instrument of the camera which in impermanence and conscious soul observation directs emotions and stimulates reason, freeing images rather than capturing them, making them flow, transforming

and becoming. What has always inspired, supported and supported the mission of Light and the artistic-energetic research of Chiara Mazzocchi are the activation of the conscious Theta brain wave to work and intervene in the subconscious, the perception of the living, the state of presence, the difference between the lived body and the represented body and the spatial concept conceived as emptiness-silence (a concept that Chiara investigates with photographic composition), to enter into a relationship in the here and now with the memory of oneself and with what surrounds him, be it animated or inanimate. The transformation and direction of energy, the awareness of the visible and invisible perception, the management of the subconscious in order to govern thoughts, emotions and self-sabotaging programs, are the desires for a new humanity that has always been with both art and the ability to interact with energies, push Chiara to disseminate, guide and raise awareness for self-care, stimulation and exploration towards the vibratory frequencies of the creative source-force, for the liberation of one's talent, ingenuity, intuition, enlightenment and creation at the service of humanity for its evolution and liberation.

THE FIELD OF MIRACLES OF GURÀ



This column is dedicated to all the written texts gathered from 2012 onwards, when I integrated a fragment of mine from the last incarnation where I experienced concentration camps.

That fragment “undertook” a fast-training course on planet Earth, summarizing any possible experience of pain due to human brutality in one only life.

Nothing was spared, everything was taken away from her: “Every material asset, every fondness, every certainty, every dignity, every sacrifice, every pain”. Her eyes witnessed the full horror performed by the Beastly Man.

In all that despair, she managed to preserve Love in her heart and she dispensed it to everybody.

She managed to go beyond all that she was seeing and to sense Love even in its brutal reality.

Then I started to detect a voice telling me the truth about life, about its harshness, without judgement though. And that helped me to see love in every manifested act.

That voice did describe me every event in poetry, and it did guide me through any topic with the joy of a child, with sweetness and blatant truthfulness.

I immediately understood that it was a way of writing which could stop any mental reaction because it was held to be harmless by the mind itself.

As time went by, that part of me, still alive, has become stronger and more profound. It manages to express words of truth that in poetry can be accepted by the mind, even though they are difficult to digest at times.

The information it carries goes deep and frees the truth, crushing the crystal case full of fears, beliefs and patterns.

Those truths do touch strings that have not been played since long time. They are never judgmental. They integrate good and bad in a loving way for those who want to look and see.

The Poems frame the milestones of every piece of awareness I grabbed, but they do not belong to me because they are in service to the readers. They will offer the possibility to open up to the truth that does not take anything away but that donates everything.

The Poems give the freedom to be who we are, taking away the cribbing of the cages we live in.

Let the Poems move into you and transform you in free human beings, able to catch the loving essence of this dualistic life.

Gurà Samir Levirò (Zelia Reggianini)

Zelia Reggianini



Born in Modena in 1959, she has always dealt with people's well-being through a holistic view of life, with a strong focus on healing.

Zelia Reggianini is a writer and researcher of human potential, she is self-taught as she loves to listen, write and then put into practice what her conscience whispers to her. In her two books she tells how everyone, if he wants to, can become master of his own life by freeing himself from schemes or programs that allow the same situations to repeat themselves.

Mind and Heart

Today I summoned my courage
and I took my mind under my arm
I told her don't be afraid of me, you will feel safe.
You don't have to worry, there is nothing you need to do.
Don't jump back and forth in time,
because you miss the moment.
Yes, I know, life was hard, you were so scared
you worried about everything
but know that I have always loved you.
I patiently watched your anxiety
even when it only caused damage
and I said to myself, be patient
sooner or later it will get to the essence
and it will agree to let itself be loved
and let itself be guided by you.
Now that day has come
and you, tired, approached me saying: "listen to me
I'm very tired, what do you say if I give you the helm".
I looked at you in silence with all the love of Creation.
I took you in my arms
and I caressed your face.
How much effort, mind of mine, have you done
to reach this point
where on your own you managed to understand
that the journey together must be completed.
Now hold tight to my hand
because I will take you far away.
Beyond any fear, beyond any secure ground.
Because life loves to experiment
and be guided by the wind.
Hold on tight and let go
because now together we can fly.



Gurà Samir Levirò (Zelia Reggianini)

Treasure Hunting

This is life, a treasure hunt,
we don't know where it is, we don't know if it's gold.

Every day with so much will,
we look for clues that take us further,
that help us understand which direction to pursue.

Before recognizing the clues
and understand that you are on the right path
you have to find the key that opens the new envelope.

The door of the heart is that of perceptions
which will slowly change your actions.
You will slow down your action, you will listen, you will think
and you will finally perceive the clues.

At first you don't know what use you can make of it
like a puzzle being put together
you place them but you are not yet at the its completion.

Then comes a more important clue
that unites everyone else and you feel great,
from there you start to see the whole project
and the treasure that was already yours but locked in a drawer.

Now your task is only half done
you have entered the flow and you can change your reality.

You understood that you just have to stay still and wait
and one by one your actions change.

This creative stillness will carry you to dream and create a new reality.



Gurà Samir Levirò (Zelia Reggianini)



TENET22 - *Interactive Portal of Knowledge*

<https://www.tenet22.com>

email: contatto@tenet22.com

YouTube: <https://www.youtube.com/@tenet22>

Telegram: https://t.me/tenet_22

FaceBook: <https://www.facebook.com/Tenet22>

Instagram: <https://www.instagram.com/tenet.22/>

Twitter: https://twitter.com/Tenet_22

©2022 TENET22

