

# THE RODS OF THE EGYPTIANS

## Pre-history.

***“It was known even 2000 years ago that  
the truth is finally out...”***  
*from a manuscript by  
Kont (Count) Walewski.*

Our Company has been investigating the Egyptian Rods since 1994. We have paid attention, to the hands of Ancient Egyptian Sculptures clenching cylindrical articles. What are they? Stamps, perfumed handkerchiefs, handles of a stretcher or cylindrical rods?



We found a first mentioning about these Rods in a manuscript by Count Walewski. A teacher of physics Vladimir P. Kovtun brought us a school exercise-book, with the chapters of this manuscript rewritten.

The first publication of the manuscript by Kont (Count) Stefan Colonna Walewski was in US in 1955, after the death of the author<sup>1</sup>.

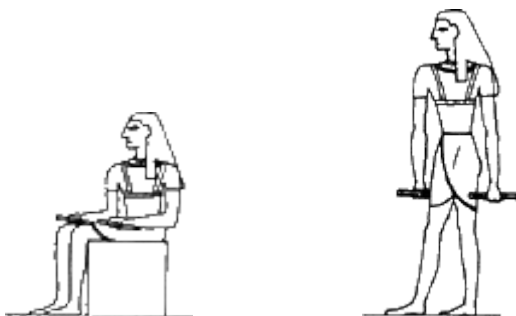
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<sup>1</sup> A SYSTEM OF CAUCASIAN YOGA.

Kont (Count) Stefan Colonna Walewski was a famous collector, who owned the shop "Esoterica" in New York. But very few knew, that in early 20's in the mountains of Caucas he was consecrated into a secret society, which combined traditions of Yoga with teachings from the mystic traditions of ancient Zoroastrism.

Here are some notes about the Cylindrical Rods in the manuscript by Kont (Count) Stefan Colonna Walewski:

"The method, used in Ancient Egypt for strengthening energy flows within a human body, was shown on the figures, demonstrating the second Master-Arkan (see pic.1 –graphical, where the Rods are showed).



Two rods are clutched in the hands of this standing figures, moreover they are clutched with such a strength, that it is similar to electrical. The hands, holding that rods extremely tightly, free this energy within the body to gather it in unipolar knots and in spinal fluid. The renewal of energetic potential is hundred-per-cent and continues for day and night during 24 hours.

There were two rods, and they had different chemical compositions. The first one was made usually for the right, another one for the left hand. The first possessed the power of the Sun, the second - of the Moon.

The Moon rod serves like a catalyst, which strengthens the activity of the Sun rod.

The rods of power were known even long long ago, and the secret of their making knew only a few Initiated..."

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As Orally Received by Count Stefan Colonna Walewski  
A Manuscript Facsimile With Over 150 Diagrams And Illustrations  
by the Author

In 1994 our Company produced the first set of the Rods. We called them the **Cylinders of Pharaoh**. These Rods did work. However it was in 1999 that we were able to produce them with detailed conformity to the manuscript by Kont (Count) Walewski. These improved Cylinders of Pharaoh we now call **Rods-KONT** in honour of Kont (Count) Walewski.

Prior to us, in 1914 the Kont (Count) Walewski Rods were made and investigated in America. We have these Rods and their research material dating from 1914 to 1964. (See Supplement 3)

The history of the Rods goes much further back. The Priests and Pharaohs of Ancient Egypt used these metal cylinders with different fillings **as an instrument to achieve their high aims, that allowed them to realize step-by-step evolution of their psychic, energetic and, as consequence, their physical abilities.** These abilities were necessary for preparation of the “Communication with the Gods” combined with the help of the Pyramids.



This picture shows Rods of the Pharaoh, Pihopy the II.

Picture taken at The Metropolitan Art Museum in New York, in the Spring of 1998.

The Rods, which records indicate that Pharaohs held during their entire life, harmonized two main energetic streams, “Yin-Yang”. “Yin-Yang” are two energy flows, two principles, opposite and unified, different and homogenous at the same time. In constant association and interaction within the person, Yin-Yang are the two sources of vital energy. When they are properly interacting, the body’s vital functions are supported and a person exists without any special problems. The Ancient Egyptians used the Rods with different fillings to regulate the energetic balance of a body.



This sculptural group symbolically reflects this phenomenon. The Yang cylinder is in the right hand of the god Horus. The male figure symbolizes the flow of Yang energy (the male principle). The deity is an embodiment of the energy plane. The Yin cylinder is in the left hand of the goddess Hathor, who represents the female principle, that is, the flow of Yin energy. In the center is the pharaoh with two energy-giving hands directed towards him. The use of these Rods helped the pharaoh, or other user, to a considerable extent, correct his nervous system energy and thereby benefiting the immune system. The Rods had a beneficial effect on his health and physical condition. The

correct use of the Rods also enabled the pharaoh, or other user, to prepare himself for "Communion with the Gods".

The cylinder for the right hand was made from copper and associated with the Sun (Yang). The cylinder for the left hand was made from zinc and associated with the moon (Yin). Placed within the Rods were minerals that were changed as the pharaoh made advances in the process of self-perfection. The filling in the initial phase was a special kind of white sand. Cylinders containing white sand have a positive effect on a person's energy channels, activating them. Then the cylinders were filled with large grained quartzite. As the transformational processes progressed this was replaced by other minerals.

To reinforce the properties of the cylinders, gold was added to the copper in the appropriate proportion, on account of which the "Sun Cylinder" was also called the Gold Cylinder. Silver was added to the "Moon Cylinder", which was accordingly called the Silver Cylinder. These cylinders were produced in the proportions of the Golden Section, while their dimensions were determined on the basis of the state of the given person's energy system and health, and the tasks being pursued.

In Ancient Egypt the filings of the rods were often quartz crystals of different sizes. Those sizes depended on the goal and the health and

energetic balance of the person who worked with the Rods. At first fine-grained quartz (special white sand) was used. The cylinders with white sand positively affect the person's energetic streams by activating them. After that beginning, the middle and coarse-grained quartz were used to achieve higher level of abilities. This type of Rods we manufacture as **“Rods Quartz”**.

The next type of Rods contained quartz mono-crystals. It was made for Priests, the masters of healing. The rods would create a powerful energetic shield around a man, influencing the patient, harmonizing his energetic streams, and allow for coordination with the signal from master's mind simultaneously. This type of the Rods we have named **“Rods-Crystal”**.

## **The Ancient Egyptians' Rods and the Pyramid.**

**“...The effect of the Pyramid on a field structure of any object, regardless of whether it is mineral, solution, organic substance or living creature, causes serious changes within this structure. Such structures seem to be put in order, to become more optimal and harmonic. The power and durability of the structures, ordered in such a way, increase greatly, if all their newly-gained components are in resonance with the Pyramid.”**

Alexander Golod – creator of the pyramids in Russia.

The Rods and the Pyramid, therefore, are a single and inseparable entity. Through this synergy they represent a powerful energy technology. This technology will allow us to greatly improve our mental and physical abilities.



The pyramid is:

- a powerful cosmic antenna;
- a stone model of the universe that uses its energy mechanism;
- a very powerful generator of cosmic energies of different planes.

Being resonators, the Pyramids also appear to be an antenna or system that transfers energy from one dimension into another. The Pyramid, being an antenna and a resonator at the same time, is also a retransmitter of particular energetic flows, connected with some processes, taking place in Space. These Rods, together with the pyramid and appropriate preparation, allowed the Pharaohs and Priests to contact the Noosphere, and were used for “Communication with the Gods”.

The time has come and the pyramids tell us their secrets. Our compatriot Alexander Golod (<http://www.abo.ru/>), the creator of the pyramids in Russia, has contributed heavily to help us better understand those secrets.

Recent research has shown that in an area with a concentration of pyramids, seismic activity diminishes. More precisely, instead of one powerful earthquake there are hundreds of tiny ones. Also, in the atmosphere above the pyramids the state of the ozone layer improves.

Additional findings indicate that burial of radioactive waste in pyramids lose their deadly properties. Agricultural seeds treated in the pyramid show a 30% to 70% increase in yield. Diamonds synthesised from graphite that has lain for a week in a pyramid turn out purer and harder



than usual, and more perfect in shape. Water that has been in the pyramids retains its properties for years.

A week after a complex of pyramids was installed at the

Ishimbai oil field in Bashkiria (South Russia) the state of the strata changed. The oil became lighter (less viscous) and a number of its physical and chemical properties altered. The yield of the oil wells increased.

Many researchers wanted to test the effect of the pyramids in the field of medicine. The pyramid will influence medicinal preparations and living organisms experienced increased immune status and regenerated tissues.

What follows is an account experiments carried out by doctors in the pyramid constructed by Alexander Golod.

## Dr N.B. Yegorova

Mechnikov Vaccine Research

Institute:



"...My colleagues and I carried out research to study changes in the general reactivity of the organism upon exposure in pyramids. The most informative models were chosen for these studies, one of them involving the use of a typhus specific to mice,

caused by a bacterium called salmonella typhi murium. All the experiments were carried out on several groups of mice that were placed in pyramids for various lengths of time and various numbers of times. The control group consisted of mice that were not placed in the pyramids. At various lengths of time after exposure in the pyramids, the mice were infected with salmonella typhi murium and their survival rate was recorded over the course of a month.

It should be said that infection with salmonella typhi murium is a very serious disease in mice and a handful of cells is practically enough to cause death. By the twenty-fifth day of observation practically all the control animals had died. Among the groups exposed in the pyramids 35-40% survived. There can be no doubt that this was connected with the time spent in the pyramid. There was no other factor; moreover, this occurred in not one but several groups of mice. Factors of the natural resistance of the organism are undoubtedly at play here. It may be due to changes in cellular immunity and humoral immunity. The investigation of those factors requires very careful and serious research which we were not able to carry out.

We were very surprised by the result we obtained, because to get a 40% survival rate in mice infected with a fatal dose of salmonella typhi murium is not easy. It is important to stress that the mice were not given any chemical substances or medication; there were no factors that might act perhaps in one way, perhaps in another. And so we have established that the pyramid itself affects the living organism. Now we need too study the mechanism by which it does so..."

To strengthen the efficiency of the Rods, all the components used in production of the Rods, are processed in a Pyramid that possesses a strong structural field for inter-atomic distances' correction. The

components are kept in the Pyramid for not less than a 12 day cycle. The crystalline lattice of the Rods' components and their metallic case changes its properties under the Pyramid's influence, becoming more correct, and defectless. Thus its properties of resonator improve.



We should call your attention to the fact, that a man, holding the Rods, is also influenced by the Pyramid, but this influence is indirect, and realizes through the water, atmospheric electricity and the Rods themselves, as they are connected with the pyramids by resonance interaction.

The Rods, which were used by priests and pharaohs, and the Pyramids itself were created according to the proportions of "The Golden Section". And it was this way of creation that ensured the intertuning of objects one to another. It is necessary to stress, that the entire physical and energetic structures of a human body obey the law of **"The Golden Section"**.

### **The Golden Section.**

The history of "The Golden Section" goes far back to the era of the Pythagorean mathematical school. They solved the following problem: if one divides an arbitrary segment into two parts "A" and "B", according to the ratio  $(A+B)/A=A/B$ , then the quadratic equation, mentioned above, will have two roots, which appear to be constants,  $X_1=1,618$  and  $X_2=0,618$ .

These numbers have been called "golden" since, and they are wonderful indeed. Always, when a person feels a sense of harmony, no matter whether it is harmony of sounds, colors or size, the "Golden Number" can be found. It plays an exceptionally important role in



architecture and paintings. It was Pythagoreans, who noticed, that the whole musical sound range obeys the law of frequencies, equal to the "golden number". Many centuries later Italian Mathematician Fibonacci constructed a mathematical range of numbers ( 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55 ), described the process of rabbits' reproduction, i. e. purely biological process. It is easy to notice the law forming of the numerical range. Each term, beginning from the fourth, is the sum of the two previous terms. If we consider the ratio of the consequent and previous (or vice versa) terms of this range, we will get the numbers, already familiar to us. They are 1,618 and 0,618. And the higher the index number of a term is, the more exact precision of the "golden" ratio will we get. The terms of this range are called "The Fibonacci Numbers".

The "golden" number is closely connected with the animate nature. The case is that every body, which has five axes of symmetry (so-called penta-system), possesses this "golden" number. In inanimate nature, e.g. in crystallography, different crystals with any number of symmetry axes can be found, except for those with five of them. Organic material is build according to principals of penta-system. Our planet is the penta-system.

The periods of Solar System's Planets' revolutions obey this principle. The sound range, system of chemical elements and everything connected with natural systems, also obeys this law.

That's why the Rods are produced in strict accordance with the Golden Section principle. It allows them to be self-tuned to a person and be in resonant interaction with the Pyramid.

## **Research on the Egyptian Rods**

### **The principles of the Rods' working**

#### ***The view of Bio-physicians.***

The existence of potential difference between the Rods "transfers" the organism to another, "higher", energetic state, that activates such restorative processes as harmonization of the whole organism much deeper and makes them proceed faster. This effect is obtained by a combination of galvanotherapy, metalotherapy and the presence of weak physical fields created by the fillings of the cylinders that have a therapeutic effect on the organism through the bio-active points of palms.

#### ***The view of physicians.***

"...When warming the Rods, filled with special fillings, in one's hands, there will appear thermal electricity. The flowing of current will be

accompanied by phase transitions, followed by absorption or apportionment of high frequency energy of specific configuration. A character of radiation depends not only on composition of a Rods' case and peculiarity of a filling, but also on electrical and magnetic fields in an environment and on aura's field structure of a person, who uses the Rods. But this is the radiation, that can affect a person's condition and functional processes within his organism. Now we possess a great deal of experimental information, proving a positive influence on a human organism of a particularly structured radiation that appears in such a non-uniform environment with specific structure of the filling... And now we can only be amazed by the knowledge of Ancient Egypt."

*Prof. A. Smirnov, a physician.*

Professor Dulnev of the Institute of Precise Mechanics and Optics, who, like the doctors, studied the effect of the Rods using special apparatus, ascertained an increase in flows of heat from the surface of the skin. This fact points to the operation of extremely subtle types (flows) of energy unknown to us. It is these that the Rods read, entering into resonance with them. The Rods can be considered as a kind of, so-called, spinor generators.

According to an existing theory, natural spinor fields, that are possessed by every material object of organic and inorganic nature, can be hardly discovered because of their rather small size, but can be strengthened by objects in the shape of pyramids, cones or cylinders. The Rods themselves can be considered as the active spinor generators, because the interaction of the Moon and the Sun Rods and their mineral fillings with a human organism creates the spinor fields of great tension.

The scientists of the Material Research Institute of Ukraine have come to a following conclusion, as a result of the researches of different spinor generators. A range of abilities and possibilities, showed by mediums, can be naturally explained with the help of the Spinor Fields Theory. However, some of those abilities, and even something beyond them can be achieved with the help of spinor fields' generators. With these generators one may actively affect the organic objects at a cellular level, and the regulating systems of the whole organism of a human or animal."

*"Spinor Fields of Far Action. Physical Models", Kiev, 1989/*

### ***The views of doctors.***

Dr M.A. Nikulin, a senior research worker at the Dzhanlidze First Aid Scientific Research Institute in St Petersburg, concluded the following after some medical investigations of the Egyptian's Rods influence effect on

the human organism were carried out: "When any pathologies within a human body are detected we observe a thermal asymmetry between the ill and healthy parts of the body. Held in hands, the Rods equalize this thermal asymmetry, thus showing their therapeutic effect."

Carrying out research on the Rods by The International Shaping Federation, professor E. Zimin of Shaping College provides the following conclusion:

"The investigation of different types of the Rods did show, that the Rods, when contacting the human hands, causes a flow of high frequency energy, affecting a person's bio-field. As a result of this influence, a bio-field purification from foreign field inclusions takes place, as well as purification of energy channels. The efficiency of chakras' functioning, size of the person's bio-field and energy of human's physical body increase also.

Some interesting results were obtained in the investigations carried out by Dr M.A. Blank, a leading specialist of the Central Scientific Research Institute for Roentgenology and Radiology at the Oncological Center in Pesochny outside St Petersburg. Dr Blank made the following comment: "There is a parameter that characterizes the functioning of cells - the respiratory waves of cells. Oncological condition of the organism suppresses those respiratory waves, but the Rods, on the contrary, improve that parameter. But cancer is an extremely serious "citadel"; you won't seize it with such gentle means. Perhaps, it is worth using like a preventive measure, but this conclusion requires additional research. One thing is clear: where cancer makes things bad, the Rods try to make them a little better."

A polish bio-energetic therapist Marek Stavisky, who has a great experience working with cancer diseased people, investigated a colour spectrum, radiated by the Rods-QUARTZ. "... This radiation can be successfully used when working with cancer diseased people, as well as for curing practice and for self immune therapy."

### ***The view of Para-psychologists.***

The points of view of many mediums are the following: "the Rods in the hands of a person creates two energy columns, that accept the energy from Space and let it flow into an organism. This energy circulates in the organism, purifying it and creating a protective energy field, inaccessible for mediums' affection"

Vadim Polyakov, a Candidate of Science and a President of Applied Parapsychology Association, offered to share his opinion about the Rods. Having taken the Rods for the first time, Vadim Polyakov said the following: "I have been working with the metals and minerals for years, but this is the best I have ever held in my hands." He supposes, that when a person takes

the Rods into his hands, a powerful energetic flow penetrates into his body. The phenomena is exceptionally interesting. It is nearly the same as an "energetic charging" of Philipppinian surgeons before an operation. In Polyakov's opinion, one may shift the Rods' position in the hands, and the energetic field created by the Rods, changes direction. The field said, represented itself a spherical egg shape, is protective and healing at the same time. Working with the Rods, it is highly recommended to choose the most comfortable position. It is a guarantee of the positive Rods' influence, and the time of working is not too long: not more than 10-12 minutes, as one should activate the energy by small portions. According to Polyakov's statement "these cylinders are extremely useful".

### ***The Views of Specialists in Tsigun, Yoga and other Bio-Energetic Practices...***

...are nearly the same. The influence of the Rods increases the movement of "Chi" ("prana") energy in the energy meridians or canals. Due to the increased movement of Chi, canals "furred up" by disorders are actively cleaned out and a healthy energy balance between the organs is restored as a result. The increased movement of Chi causes a pricking sensation or numbness in the tips of the fingers, pulsation in the center of the palms and soles. The process of clearing blockages may cause a fairly wide range of sensations, the most common of which are vibration, pressure or bursting in certain parts of the body, to the point of tolerable, rapidly passing pain, ringing in the ears, slight dizziness. As the energy balance is restored those sensations disappear. Regular use of the Egyptian Rods while observing a number of rules in daily life strengthens and reinforces one's energetic potential right up to the point of establishing contact with higher forms of intelligence and the manifestation of other superior capabilities associated with the healthy and morally pure human being.

### ***The view of astro-psychologists.***

"...even the Rods' influence of short duration (about 5 mins) on human's psycho-physical fields and energetic structure stimulates the concentration of attention on inner images created by it, enforcing a trance and meditative effect. While a hypnotist may require months of trainings to reach the necessary concentration of attention, using the Rods-QUARTZ the training time decreases greatly, and the effect realized is much higher than that one reached by ordinary methods. Moreover, it is a rule of thumb, that using the Rods-QUARTZ both cerebral hemispheres become synchronized, and the potentials of the left and right hemispheres' cortex equalize.

The effect of deeper and softer immersion into a meditative state in accordance with Theta-rhythms can be reached. A resembling effect can be achieved another way, e.g., by creating a binaural wave when using the sound, heard through headphones. However, the Rods-QUARTZ have a softer affect on the energetic field of a human, and, furthermore, have prolonged action. The human's energetic field "records" the rhythms which appeared during the work session, and keep them for a period of 24-72 hours».

*Irina and Michael Kosh. Astro-Psychologists, Moscow*

It should be stressed, that the Electro-Encephalogram reading of a person, who improved his psychical abilities by means of various meditative and psycho-physical exercises, differ greatly from those of ordinary man, who improves his abilities in no way. The difference detected manifests itself in stability of Alpha-rhythms and in the level and amplitude of Beta-activity. It means, that a trained man has better results.

The Rods improves these results after working with them for 5 minutes. In other words, the Rods actively influence the cerebral hemispheres, bringing them into a harmonized condition, that allows one to get a deeper positive effect.

And not only does the stability of the result received depend on individual peculiarities of a particular person, but also it depends on the frequency and duration of the work with the Rods. Regular exercises with them give more stable results, to be sure.

### **The mechanism of influence.**

There is no doubt that every living creature is surrounded by material energetic shields. This has been proved by Kirlian photography and by observations of the many people in the world that are able to see a human's aura and make diagnostics with its help. The aura is only one of a living creatures' bio-field displays. This is field is just like one's body, but much more delicate and subtle.

The bio-field consists of three shields, connected with each other. The first one is the closest to our physical body. Very often it is this shield that is used for human diagnostics and called bio-field. In outward appearance it looks like an egg, covers a whole person's body from head to coccyx. The extremities are surrounded by a field that is much smaller. Size and configuration allow one to fully diagnose a person. Each disorder in the physical structure itself is shown by a disorder of this field.

The second energy shield changes frequently as it reflects our

emotional condition. The third shield shows a spiritual level of a person – it is the most stable and coloured from golden to blue.

Considering the influence of the Rods on a human organism, let's examine the first two field structures, the ones responsible for the bio-energetic rhythm and emotional condition of a person.

The first energetic body consists of vibrations and temperature rhythms of a person's physical structure. Thus, any process, taking place within a physical body, is immediately reflected in the first energetic body.

For example, consider an inflammation within the area of sacrum (lumbago). This is followed by oedema, a temperature increase and changing in the form and frequency in the first energetic body's area. So, by influencing this energy-body's vibrations and frequency The individual may experience a lessening of painful symptoms.

An outline of the first energetic body repeats in detail an outline of a physical body, creating an energetic shield from 0,3 to 2-3 meters thick. The first energetic body serves as a receiver and distributor of transformed cosmic energy. It is this body, that "charges" our organism with that vital energy, so necessary for it.

The second energetic body is responsible for our emotional condition, and any nervous or psychic stress causes changes in this enego-body. An outburst of emotions when stressed leads to destabilisation of the second body's energetic structure and due to this change can cause discomfort and psychiatric troubles in the future.

The third energetic body ("soul") harmonization with the help of the Rods creates the energetic preconditions for stabilization and improving one's physical abilities.

Humans have energetic centers, "chakras", that allow it to "be in touch" with the environment. The chakras can be imagined as energetic whirlwinds or funnels. The transformed energy of Space, Earth, water, air, sunrays, etc., can enter through the "chakras" to the physical body of a person. Chakras, being the first-hand conductors of the energy processed in the energetic structure, transmit it to the endocrine system. All of the "chakras" are connected with our physical body and are a kind of endocrine system projections.

The basic energetic centres, being the projections of the endocrine system, also have their projections. The seventh "chakra" has its

projections on the palms. The first “chakra” on the feet, etc. It’s also known, that a human organism represents itself as a peculiar power plant. Having taken the Rods into their hands, a person polarises the crystals inside the Rods. At the same time, when we hold the Rods, they begin activating the 6<sup>th</sup> and 7<sup>th</sup> “chakras” under the influence of a human bio-field through the projections of specific energetic centres, situated on the palms. Hypothalamus and hypophysis are stimulated, as they serve as projections of these energetic centres within a human physical body. The activation of these centers causes the energetic shield activation, and the organism begins to receive the energy. The incoming energy and the piezoelectricity, generated by the crystal filling, create an energetic cocoon around the person’s body. This cocoon corrects the energetic structure of a human. Vibrating with the frequency “given” by the hypothalamus and hypophysis, it positively affects the organism as a whole. Impulses, passing through the hypothalamus and hypophysis, include the processes of regeneration and self-improving from a health point of view.

The process of the Rods’ influence is the following: with the help of the piezoelectrical effect, stimulating the 6<sup>th</sup> and the 7<sup>th</sup> “chakras”, the Rods affect the Central Nervous System (“CNS”). The CNS sends an impulse to the Endocrine System, and from the Endocrine System it flows to the organs of internal secretion and then to the organs. An inverse reaction consists of the following steps:

1. From the Endocrine System to CNS
2. From the organs to CNS.

Thus, the CNS receives the information from the Endocrine System and internal organs about their secretion condition and about any disorders of internal organs. Having received this information, the CNS sends these signals to the hypothalamus and hypophysis, which, in their turn, activate the functions of regeneration, provided that these functions are not suppressed in the organism. In the case of a depressed regeneration function, the energetic cocoon, generated by the Rods, vibrating with the frequency “given” by hypothalamus and hypophysis, acts like an amplifier that transmits the blocked signal and stimulates the activity of regenerating function.

### **The Rods influence on test subjects as registered by electronic diagnostic devices**

A computer monitor displays the data received from the acupoints which indicate an internal organs' condition. The information was taken

from the bio-active palm zones with the help of diagnostic methods. There were three stripes on the monitor: green for "healthy organs", red and blue for "stressed or unhealthy organs". Everybody has their own unique pattern of these diagnostic indicators: some of them are in the green zone, others outside it, thus showing, that all of us have irregularities. Some minutes after holding the Rods, test subjects experienced a little miracle: all of the points started to move towards the green zone!

"...During the first few minutes of the test, people holding the Rods, experience a powerful pulse wave from the left side to the right. A sensation of the vessels filling with blood is noted that has been named "the vascular stage" by researchers. Infrared radiation increases from the right upper limb, and then the thermal field at the limbs evens out. Together with these changes in the subject's organism, a general rise in activity is observed, accompanied by an 8-10 beats per minute increase in pulse-rate. By the second minute a warming of the cervico-thoracic section of the spinal column with increased infrared radiation was observed. It follows, then, that the whole of the vegetative nervous system is drawn into the process, and there is an energetic activation of the tissues of both the upper limbs, and the body as a whole. As a consequence, headache is alleviated and blood pressure tends towards the norm."

*/From the experimental record./*

A number of experiments carried out by Professor K.G. Korotkov of Colombo University, using a Kirlian diagnostic method, indicated that precise diagnostic information on the indications of illness was obtained from people holding the Rods. In other words, in some instances the Rods significantly increase the accuracy of diagnosis. Also it was proved, that when using all the three types of the Rods one can harmonize energo-information field of a human. A single impulse, provided by the Rods, can be considered as an equal to the influence of a powerful hypnotist on a human organism's energetic balance. Energetic disorders disappear and an evenly distributed energetic shield is created.

The condition of human organs before and after the using of the Rods was tested. Some diagrams, concerning a condition of the different organs, were investigated with the help of a Kirlian-diagnostic Method. As expected, some readings were in Green zone, (that meant Ok) and some in Red zone (meaning disorder). It was discovered that when using the Rods, all the readings began moving from Red to Green zone. The different types of the Rods produced different results that were particular to the person. Some experienced better results with the Rods-KONT, some were better-served by the Rods-QUARTZ. For energetically powerful people, the Rods-CRYSTAL offered the best improvement. This study



proves that individual considerations are important when selecting the type of the Rod for person.

### **Medical recommendations and indications.**

The study of the effectiveness of the Rods was carried out in April 1993 and December 1995 using modern equipment and the most advanced methods that were put forward for the Nobel Prize in 1990 by a group of medical scientists at the Dzhanelidze First Aid Scientific Research Institute led by Dr M.A. Nikulin. This research gave the following results:

The cylindrical Rods can be recommended for people suffering from:

- cardio-vascular diseases;
- hypertension of early phase;
- neurotrophic disorders;
- diseases of the excretory systems;

insomnia, and also as a means of removing stress and arteriosclerosis prevention

When carrying out a number of targeting experiments, Dr. M.A. Blank, a specialist of the Oncological Center in Pesochny, outside St Petersburg, discovered that the influence of the Rods creates a special condition in the organism making it is much easier for it to cope with all its diseases itself. Dr Blank suggests that the Rods can be recommended as a preventive remedy for people with transcontinental syndrome, whose business is connected with flights from one time zone to another (pilots, sportsmen, tourists, long-distance drivers, etc.), and when asynchronous modes of internal and external organism work causes headache and weakness.

The research, carried out in June, 2000 by Polish bio-energetic doctors under the leadership of Marek Stavisky, showed, that "A surface of the zinc Rod radiates the ultraviolet spectrum. I use this spectrum for splitting the structures of malignant tumours and for freezing their activity. Another spectrum, that appears on the butt-end of the zinc Rod, is used for radiating the malignant tumours before operating." His researches prove, that the radiation, provided only by the zinc Rod single, can be successfully used for treating cancer. The set of the Rods-QUARTZ, used in pair, provides the radiation that is effective for curing and also for use by ill people for self-immune therapy.

The complex researches, carried out by the International Shaping Federation in March-June, 2000 discovered, that the Rods can be effectively used for quick reduction of physical and nervous tension and physical and spiritual power recovery after working or training hard.

Daily work with the Rods has a beneficial effect in cases of:

- *over-agitation and nervous disorders*
- *problems with arterial pressure*
- *vegeto-vascular disorders*
- *normalize the functioning of the heart in cases of arrhythmia and neuroses*
- *improve circulatory processes, with a beneficial effect on blood vessels*
- *each pain in the joints in cases of arthritis and gout*

Purification of the human bio-field, increasing in size, purification of energy-channels, increase of chakras functioning; all indicate an increase in the vitality of the human physical body.

## **The Rules of Working with the Rods.**

### **A way of using the Rods**

#### **Basic rules:**

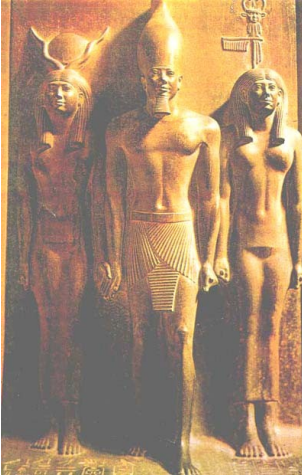
- a) The Sun (copper, gold) Rods must be held in the right hand, and the Moon (zinc, silver) Rod – in the left hand.
- b) Face the Sun when working with the Rods.

#### **The basic (individual) way of using the Rods:**

- a) Squeeze the Rods in your hands tightly (approximately 1 minute, then hold easily), straighten the arms along the body, face the Sun, advance the left leg a half-step.
- b) Forget all your thoughts or concentrate them on the Sun, which gives light and life to every living creature. Smile with happiness, relax your muscles, lower the shoulders, relax facial muscles, and keep the smile inside yourself.
- c) Stay in this pose.
  - Initially, not more than 18 minutes for the Rods-KONT, depending on one's condition.
  - The time limits for using the Rods-QUARTZ can be longer, depending on one's condition.
  - The time limits for using the Rods-CRYSTAL are from 9 to 18 minutes.

- d) For maximum benefit, it would be best to lie down and relax immediately after working with the Rods, thus promoting a deeper energetic conditioning and health-improving effect. Falling asleep would be best, for it is sleep and relaxation which help the organism to transform the received energy. Upon awakening, you will feel the renewed energy.

### **The aiming (pair) way of using the Rods:**



This method is used for restoration of mutual understanding, harmonization of relationship energies and strengthening family ties.

Follow the basic guidelines above and then share one set of Rods by joining hands and holding the Rods in the free hands. The female should take the Sun Rod in the right hand; the male should take the Moon Rod in the left hand (see photo).



The research proves that energy flows between the couple, flowing from the stronger person to weaker, without any loss to the stronger one.

### **Some factors, improving the efficiency of the Rods' influence:**

- a) Stand barefoot on the ground when working with the Rods (but only if the weather is windless).
- b) Work with the Rods in ecologically pure environment.
- c) Avoiding excesses of food, sleep and emotional amusements.

d) for maximum effect there is important the rhythmic breath so we recommend working according to the instructions, written in a manuscript by Kont (Count) Walewski (see supplement #1).

### Instruction Manual.

Rods with the correct filling have an astonishing quality - they attune themselves to a person. They adjust to the rhythm that the organism needs at a particular time of the day or night. The Rods can be used morning, noon, or night - whenever you like. They tune into the organism, to the energy channel that is open, and work with it.

The optimum time for using the Rods for the majority of people is as follows:

| Condition                                       | Application Time                                    | Recommendations and explanations   |
|---|---|--|
| Stresses  | Any time  | If your nervous system is sharpened, the first reaction on the Rods' influence will be sleepiness. You should not try to suppress the feeling. All businesses ought to be postponed and you need to have some rest. It will not take much time, but upon awakening, you will feel the burst of energy. |
| Insomnia  | From 7 till 9 p.m.                                  |  |
| Hypertension and heart pains, connected with it | From 11 a.m. till 1 p.m. and from 7p.m till 11 p.m. | When working with heart pain the Rods are more effective in the evening  |
| Heart ischemia                                  | From 11 p.m. till 1 a.m.                            |  |
| Bronchial asthma                                | From 9 till 11 p.m.                                 |  |
| Hypotonia                                       | From 9 till 11 a.m.                                 |  |

|   |   |
|---|---|
| For tone support and in critical days as a result of magnetic storms e.t.c. | For those with hypotonia it is highly recommended to work with the Rods in the morning. For people, who have hypertension, the recommended time is evening. |
|---|---|

Initially you should use Rods with two types of fillings. This is due to the general unpreparedness and unsatisfactory state of the energy system in the majority of people. This energy depletion is reflected in the common illnesses that affect us. Therefore in the initial, preparatory phase we suggest both the Rods with a filling of carbon (bituminous coal) and ferro-magnetic material (Rods – KONT) and the others with a quartz filling (Rods-QUARTZ) be used for treatment.

| "Rods-KONT " (carbon-ferro-magnetic filling)   | Rods-QUARTZ (quartz filling)  |
|--|---|
| Heart pain in cases of stenocardia (pain radiating to the shoulder and upper arm, numbness and heaviness in the arms, pain under the left shoulder-blade) Heart pain | Ischemic heart disease (breathlessness and a pounding heart on exertion)  |
| Hypertension (high blood-pressure):<br>1. High blood-pressure<br>2. Pains in the area of the eyes<br>3. Nosebleeds<br>4. Ringing in the ears                         | Hypotonia (low blood-pressure):<br>a) Exhaustion, fatigue<br>b) Dizziness |
| Bronchial asthma (of an allergical character)  | Bronchial asthma (of a nervous character)                                 |
| Stresses, insomnia   | Nervous tension, stresses   |

Both types of Rods are equally effective for:

- prevention of arteriosclerosis
- diseases connected with poor circulation (including certain forms of impotence)
- possible relief in cases of spasms in the alimentary canal
- some relief in cases of arthritis and back pain (osteocondrosis and radiculitis) without elimination of the causes

- The work with the Rods is rather useful for women during a period of pre-menstrual syndrome.

Research carried out by the International Shaping Federation, proved the following data:

| Type of the Rods   | Increasing of bio-field up to 10 meters<br>(Time limits for working with the Rods, min) | Yin-Yan Balance<br>(Time limits for working with the Rods, min) | Complete "chakras" opening<br>(Time limits for working with the Rods, min) |
|--------------------|---|---|--|
| The Rods-KONT      | 50  | 30  | 50   |
| The Rods-QUARTZ*   | 50  | 20  | 45   |
| The Rods-QUARTZ**  | 35  | 15  | 35   |
| The Rods-QUARTZ*** | 30  | 15  | 30   |
| The Rods-CRYSTAL   | 20  | 10  | 20   |
| The Rods-CRYSTAL*  | 15  | none  | 15   |

The Polish doctor of bioenergetics, Marek Stawiski, working with cancer studies in 2000-2001, performed a complex spectral analysis of Rods. He offers the following table

|                   |  |
|-------------------|--|
| The Rods-KONT     | Can be used in classical colour-therapy  |
| The Rods-QUARTZ** | Most qualitative, as for them acts absolute violet, whiteness absolute, H1 oncologic and H2 very strong acts on bacterias; are very good for specialist of bio-energy. |

|                    |   |
|--------------------|---|
| The Rods-QUARTZ*** | <p>Have a large energy potential; white colour can be used at serious condition of a cancer, for a pain removal but without liquidation of the pain cause</p> <p>Can be used by patient, as have shortage of black colour and are secure for patient.</p> |
| The Rods-CRYSTAL   | Have big energy potential, black colour, so can be used by specialist of bio-energy   |

Let's consider each kind of the Rods in detail.

### The Rods-KONT

The Rods-KONT harmonize the energo-information field of a person and create a protective cocoon. The duration of the Rod's influence can last for 1-1/2 to 2 days.

The effect of the Rods-KONT is strong and forceful, an impulse capable of shifting an established problem. Those suffering from low blood pressure should be careful when using this type of cylinder as they lower blood-pressure. Coupled with low atmospheric pressure use by those with such a condition may lead to a circulatory collapse with all the consequences. On the other hand, for those with high blood-pressure, the Rods-KONT may be an invaluable aid.

When selecting the Rods, remember about the necessity of your blood pressure control. The Rods-KONT, filled with coal and ferromagnetic fillings, lower the blood pressure. Here it is important to understand that they lower the pressure to the level defined by the genetics of the organism itself. Thus, thinking about the current blood pressure, you ought not to consult only with the scale of a measuring device. Some devices may show the current level of the blood pressure much lower, than some conventional standard. But if a person has had the low blood pressure (according the data, given by measuring device) since his very childhood, that means, that perhaps his organism has adapted to it, and the current blood pressure has become usual for the person. The same words can be said about those, having high blood pressure (according to the scale). So, one should be guided by the fact whereto the problematic change is happening. E.g., if you have had low blood pressure for all your life, but it grows higher during

overfalls, that means that your blood pressure is susceptible to high, but not to low. In such a case you should start to use the cylinders with the rods of coal and ferromagnetic material (Rods-KONT).

If your blood pressure is high, according to the scale of the device, but it grows lower, during overfalls, than your blood pressure is susceptible to low. In this case (if it is hard for you to overcome the sudden changes of the blood pressure) you should start to use the cylinders with the quartz filling. They promote getting the blood pressure higher to the norm, defined by the genetics of your organism.

If you have no problems with the blood pressure, you may use both types of the Rods without any hesitations.

The Rods-KONT will always promote a deeper sleep, having a positive effect on the nervous system.

Those people suffering from diabetes should note that during the use of the Rods-KONT sudden changes of the lactose level (about 2 or 3 units) can occur. Especially people susceptible to lactose coma, and elderly people must take this fact into consideration. As the work with the Rods continues, it is going to promote stabilization of the lactose level.

**The Rods-KONT act as catalysts and activators for latent healing capacities of the person.**

**The Rods-KONT work with your nervous (mental) force, with "vitic force".(See Supplement 4)**

### **The Rods-QUARTZ**

The Rods-QUARTZ provide a more gentle effect and the energetic shield generated by them is more stable. When working with the Rods-QUARTZ for one week, the improvement in the energetic shield will be kept for the next three weeks.

They are very good for guarding against cardio-vascular diseases, nervous depressions and many other illnesses, but may prove inadequate against such conditions in the acute phase.

The Rods-QUARTZ powerfully suppress stress. Please note: If you take the Rods-QUARTZ in your hands late at night, when you want to fall asleep, you may experience the feeling of cheerfulness within next few minutes. The Rods-QUARTZ, affecting the CNS positively, stimulates your activity. This effect causes a blood pressure stabilization of the people, suffer from hypotonia (low blood pressure).

The Rods-QUARTZ are manufactured in three types:  
The Rods-QUARTZ\* - the most mild effect. Can be recommended for elderly, weak people, as well as for pupils for better attention concentration.  
Rods Quartz\* are intended for people with weak vascular systems,



those who have recently suffered a stroke or cardiac infarction. For people with a weakened energy and vascular system using other kinds Rods may cause sensations of pressure or pain in a problem area. The use of the Rods Quartz\* encourages the activation of blood circulation, but they have a mild stimulating effect without causing unpleasant sensations.

The Rods-QUARTZ\*\* - the most universal remedy. Their effect increases gradually, without sudden changes. The effects can therefore be easily controlled. Rods Quartz\*\* have a more powerful stimulatory effect on the vascular and energy system. They are very effective in cases arthrosis and polyarthritis in combination with salt baths.

The Rods-QUARTZ\*\*\* have a pronounced general stimulatory effect on the vascular and energy, nervous and endocrinal systems but are of a more intense effect, and thus can be less pleasant for many people.

Here's a comparison: with the Rods-QUARTZ\*\* you can imagine yourself riding a bicycle along an even road, having rest and training at the same time. With the Rods-QUARTZ\*\*\* you are riding the same bike but uphill. Your muscles are strained, your breath is intensive, heart beats rapidly. Are you ready to start, or will you wait for about a year?

It is also worth telling about a method of working with the Rods-QUARTZ, suggested by Polish bio-energetic doctor, Marek Stavisky:

“One zinc Rod-QUARTZ can be successfully used by ill people for self immune therapy. Holding the Rods for 8-15 minutes duration has caused a slow increasing of vital powers, immunity increasing up to 100% and regulating of the energy in “chakras”... The energy during the first time of holding the Rod has been keeping the organism of those people in homeostage for 2-3 days. Holding the Rod for 1-2 min is enough to maintain the same level of the energy after 48 hours after it has been used.”

Please consider the observations of Moscow Astro-Psychologists, Irina and Michael Kosh regarding positive manifestation:

“... If to take into consideration the terminology of a modern sensorics and to speak about mind forms (the images, created by ones mind, filled with emotional sense), we can note, that it is the Rods-QUARTZ, that strengthen the psychical abilities of a person so powerfully, that even a person without a special training is able to materialize the objects of his mental efforts in pretty short periods of time. For example, we have watched for so called “bringing into life” of desires, using the Rods (QUARTZ) for a week. However, as a rule, one should count on the results of the materialization during one lunar month. Moreover, a ritual, i.e.

selecting the time and the particular conditions of a session with the Rods, is of great importance.”

Why do we mention that the Rods-Crystal (Quartz) have the energy of pyramids in your hands? Why do we mention that the Rods-Crystal (Quartz) are concentrators of energy?

It is the special property of quartz crystal to remember for a long time the configuration of structural communications formed at the moment of high-energy influence. The quartz crystal can remember no more information, than it has edges. If there are new factors then the old information simply disappears. But no external force is capable of actually changing the crystal quartz.

The memory properties can be made more active by acting directionally on the crystal quartz by one of kind of energy (it can be thermal energy, light, electrical, magnetic field, including the thin energies, active torsion fields.)

Thin energies and active torsion fields are present in a highly concentrated form in a Pyramid. This can be seen on radar. The irradiation of the quartz crystal in a pyramid imprints it with torsion fields. Then the quartz crystal is capable to replicate them, when it contact with similar (only weaker) torsion fields generated by a human brain. There is a resonance effect which then multiplies the strength of the person's biofield.

The monocrystal in the Rods-CRYSTAL act more powerfully, in a more directed manner. The sand and the quartzites in Rods-QUARTZ create soft effect of "presence" in a pyramid, that helps a person recover his own protective field. This protective field helps prevent another's energy from affecting a person's vital processes.

## **Rods-CRYSTAL as Mental Technology**

Rods-CRYSTAL promote health, effecting an increase in energy , have all the qualities of the Rods with small-particle quartzite filling, but we also see and Rods-CRYSTAL as mental technology as used by **Ancient Egyptian Priests. The Priests** used Rods during a **22-year training for “joining to the future.”** Briefly, it is recorded that the Priest held the and Rods-CRYSTAL for 5 minutes and more, until one o'clock. And at this

precise moment he “constructed the future” through a process of visualization.

The liberation of mental energy is a most important process when working with Rods. This MENTAL ENERGY acts on sensory channels. This allows the person to not only feel his/her desire, but also to actually enjoy an odor, vision and sound of the desired FUTURE. The images appear in all diversity of colors and are retained by consciousness as long as this desire pleasant to person. This amplification of energy and desire helps to manifest the desired future.

You may experience a mild pricking sensation and an exotic feeling of "expansion" in the field of possibilities when first working with the Rods. In some there is sensation of "pulsating" fontanel as the energy grows in the 6th and 7th chakras. The Egyptian Rods are the amplifier of mental energy, which one allows making the future a reality.

## **The Rods-CRYSTAL**

**The Rods-CRYSTAL** can be used with practical results by a highly qualified specialist of bio-energy.

**The Rods - CRYSTAL** have a more powerful impulse-based stimulating effect on a person's energy structure than other kinds Rods. If **The Rods - CRYSTAL** is used by people with a weak energy or vascular system, it may induce a pain syndrome in a problem area. This is due to the increased intensity with which energy moves along the channels. If some energy canals are “closed” the necessary conductivity, then the sensation of inflation or pressure that arises at the site of a problem may develop into pain.

In interacting with a person's aura, **The Rods - CRYSTAL** begin act user's organism, after which the energy system itself begins to work on the pathology in the organism. It is for this reason that many users of the Rods-**CRYSTAL** have noticed the appearance of sensations of vibrations or pulsation in problem zones.

Even the brief influence of the Rods- **CRYSTAL** on the human psycho-physical and energy field stimulates concentration on internal images, intensifying the meditative effect. Whereas You'll need months of training

to attain the necessary levels, when the Rods-Crystal are reduced training times ,and the effect obtained significantly exceeds those that can be attained by ordinary means.

**The Rods-CRYSTAL\*** are very good for group work under a supervision of a specialist.

When using the Rods-CRYSTAL\* for work in groups it is recommended to form a chain (Man-Woman), holding each other's hands. A man should be the first in this chain, holding a copper Rod in his right hand. A woman should end the chain, holding a zinc Rod in her left hand

**The Rods- Star** intended for healers.

Due to the structure of the Crystal placed in the Rods-Star , their effect on the electromagnetic and energy field of the human organism stimulates the organism to produce an energy cocoon of a special type of energy around the body. This energy submits well to thought control, restores energy balance. Possessors of such energy cocoon can take a sick person into their energy field and act upon the disorder in the patient's body by the power of thought, by imagining what should take place in the diseased organ.

The Rods-CRYSTAL (CRYSTAL\* , Star) are activating the pineal gland.In Chile live the well known journalist and writer Fresia Castro.

She had developed a very interesting work on the activation of the pineal gland .Nowadays she is devoted to give seminars in several parts of the world on her technique, the one which was learned more than for 20 years behind in a process of very intense spiritual transformation. She has written a book about this technique. When Fresia Castro worked with Rods-CRYSTAL she find that this Rods are nice as activator pineal gland too.

The Rods-CRYSTAL are the tool for expanding consciousness. Using Rods-CRYSTAL supports the concentration of thought necessary to change the internal reality of the person. You can change your consciousness and thus change your world using Rods-CRYSTAL.

## **The Rods-FREE.**

**In April, 2001 our Company started the production of a new type of the Rods named Rods-FREE.**

The problems of YIN-YANG imbalance appear frequently nowadays. Some people have an excess of YIN (feminine source energy) the other possess an excess of YANG (masculine source energy).

For example, a man with an excess of YIN can face the problem of metabolism disorder or decreasing of sexual activity, and other unpleasant symptoms.

If someone has an excess of YANG, rather common for women, it may lead to the particular hormonal disorders.

To cope up with that misbalance one can use the new kind of Rods – Rods-FREE. They represent Zinc and Copper Rods only 90 mm long (small Rods) with a filling. One of those Rods is used as an addition to a set of the Rods-QUARTZ or CRYSTAL

Method of Use:

1. If a person needs to increase a YIN energy flow (e.g., if a woman has an excess of masculine hormones and sharp domination of YANG is observed), a small Copper Rod-FREE should be held in the right hand, and the left hand should hold an ordinary Zinc Rod-QUARTZ (or CRYSTAL).
2. If a person needs to increase a YANG energy flow (e.g., if a man has an excess of feminine hormones and sharp domination of YIN is observed), an ordinary Copper Rod-QUARTZ (or CRYSTAL) should be held in the right hand, and the left hand should hold a small Zinc Rod-FREE.

Time limits for working:

One should work with the Rods under the control of a specialist, who will determine the level of misbalance and set the time limits for working with the Rods, as appropriate.

During a period of time from the 18<sup>th</sup> of December, 2000 till the 28<sup>th</sup> of March, 2001 some employees of International Shaping Federation (ISF) were investigating the use of the Rods-FREE.

In the investigation 5 groups of nearly healthy volunteers, were formed under the control of ISF doctor. According to a plan of investigation the 1<sup>st</sup> group were was working with Magnetic Rods,

2<sup>nd</sup> – with Quartz Rods, 3<sup>d</sup> – with YAN-Rod (small copper), 4<sup>th</sup> – with YIN-Rod (small Zinc), and the 5<sup>th</sup> group wasn't working with any kinds of the Rods at all, being, the control group.

As a result of investigation these facts were discovered:

Each of the Rods influenced the bio-field with increases of up to 0,4-0,7 m observed. The efficiency of chakras' functioning increased up to 21 – 26% Defects of bio-field disappeared, that affects positively on its vector  $\Delta\alpha$ , and powerful increasing of stress protection was observed, especially in the case of YANG-Rods.

In some cases the YANG-Rods can be used for increasing the efficiency of immune system functioning and for quick liquidation all of the real stress consequences.

In some cases the YAN-Rods can be used for effective relaxation.

But You can Use one Sun Rod-Free and one Moon Rod-Free also.

If You held only one Sun Rod-Free in the right hand - it acts as a stimulant without any depressing after-effect, and in the left hand - it acts as a sedative.

Under its stimulation influence the nervous system is generally benefited; mental fatigue rapidly disappears, and morbid conditions such as neurasthenia, insomnia, and feeble action of the heart readily yield to it.

If You held only one Moon Rod-Free in left hand - it stimulates the heart action, but only so long as You held Moon Rod-Free.

If You held Sun Rod-Free in the right hand, Moon Rod-Free in the left hand and perpendicularly to ground – it will clean nice Your energy field as before as back.

### ***Rods's Contra-indications:***

1. The Rods are not recommended for people suffering from venereal diseases.
2. One should not use the Rods, when under the influence of alcohol or drug intoxication. In such a case the influence of the Rods causes deterioration of condition.
3. It is not recommended for people suffering from schizophrenia and other psychological disorders use the Rods.

4. It is not recommended that pregnant women (especially during the initial and final trimesters) to use the Rods.

It is not recommended for women to use the Rods during the period of menstruation

5. It is not recommended to keep the Rods near electrical and electronic devices, or in contiguity with each other or with other metals.

6. It is not recommended to heat the Rods or to keep on the Sun.

***It is necessary to remember:***

1. The people with hypotonia (low blood pressure) should be reminded that when using the Rods one should not work too hard, especially on the threshold of unfavourable days (geomagnetic storms). Also should not you drive a car, pilot a plane or stand at the steering wheel of a ship, because of the possible somnolence. Appearance of the somnolence is a natural phenomenon of the Rods influence on the nervous system and organism as a whole.

During such a sleep the organism transforms the received energy, and, having awoken, you feel the burst of cheerfulness. A slight dizziness is also possible after the work with the Rods. In this case it is recommended to lie down and relax. There is no need to worry, as this condition stops very soon.

2. While working with the Rods there should not be any heavy or unpleasant thoughts, which may cause a stress. The Rods activate deep processes, connected with the human's mind. So, if you work with the Rods, being concentrated on some stress ideas, this may lead to dizziness.

The vital energy follows the mind. When working with the Rods, our ordinary thought, the so-called mind-shape and simple desire become a part of a field structure, that increases greatly a possibility of this or that event, imagined by this mind-shape, thought or desire under the Rods' affection.

3. People suffering from gall-stone and bladder-stone diseases, especially in the phase of exacerbation, should be warned that the Rods may lead to a sudden painful release of stones by activating the circulation of the blood.

4. People, during and after the cerebral thrombosis, must especially careful while using the Rods. As it has been mentioned above, the Rods enhance the circulation of the blood.
5. As the Rods increase blood circulation some women can have menses change.

## **Feelings when using the Rods**

### **Those, feeling nothing:**

Typically the absence of any feelings indicates that an organism is rather "polluted". In such a case a purification diet is recommended to clear the energy channels.

One of the most suitable diets, after factoring into consideration the individual peculiarities of any person, is the vegetarian diet. Eating only fruit and vegetables for 48 hours a week will help cleanse the organism.

The scientific research has proven that the influence of the Ancient Egyptians' Rods on the people holding them does not depend on the feelings experienced by these people. However, the efficiency of the Rods does depend on the level of an organism "pollution". It was for this reason that made the Ancient Egyptians applied different diets and various fasts, when being prepared for initiation ("Communication with the Gods").

### **Those, having weak feelings:**

This group includes the bulk of those surveyed. They experience either a warmth or coolness, a pulsation in the hands, a slight prickling, sometimes an increase in pulse-rate, very occasionally dizziness

### **Those, having strong feelings:**

This small group includes people who felt "flows" or "waterfalls" of energy washing over their bodies inside and out. Some feel an irresistible upward urge, as if their whole bodies were trying to take off. This is accompanied by an unusual feeling of lightness and an elevated mood. We should point out that, although these three main categories do exist, the range and strength of sensations can fluctuate. This is due to the energy cycles of the Earth and the individual.

There will be days when, for objective reasons of a cosmic nature, your energy system will be insufficiently active and therefore the sensations will be weak or absent altogether, although you have become used to



feeling the effect of the Rods. A tendency to have "visions" while using the Rods suggests an inclination towards psychological illness. We do not recommend using the Rods in such cases. It does not make sense to view the Rods only as a treatment for one disease or another. The Rods are above all a prophylactic device. They help balance deviations from the norm and thus prompt a significant improvement in many conditions. First and foremost, though, the Rods are a tool for "attainment", allowing you to achieve a step-by-step evolution of your capacities.

### **Those, feeling the Rods at some higher level:**

There are a few who are inspired by something sublime, and possess great experience of inner spiritual emotions. However, sometimes they are unable to describe their feelings which could be accompanied by bright, colourful or rapid visions. Or, an experience of peace and rest occupy their inner world. They have unusual dreams. Nearly all of the representatives of this group tell about some inner experience, gained when communicating with the Rods, that is hard to define. This group of feelings includes "burning pain" near a head crown or "the third eye".

Those, who are weaker or having health troubles, usually feel the Rods' influence stronger. This effect can be explained by a fact, that the activated energy flows attack pathologically blocked channels, causing reactions, experienced rather strong. Healthy people have their channels' capacity normal, and the energy, activated by the Rods' influence flows smoothly and fluently. Thus, healthy people may feel the Rods' influence a bit less at first. The case is that feelings of an ordinary modern man are so weakly developed, that one can feel inner disorders only at the level of pain, when the organism cries "SOS". However, in a month or two of regular exercises with the Rods the sensitivity can be improved enough to feel the inner energy flows, and then to discover disorders in advance, when they are easy to cure. But having once started the exercises and feeling no result, some people become disappointed and stop exercising. So it is important to know and take into consideration, that the exercises have different efficiency during different periods of time.

It was known long ago, that influences of the "male" energy, Yang, and "female" energy, Yin, alternated with each other every two hours. Thus, because of the fact, said, the hours are called Yin and Yang-hours. The energy during the Yang-hours is considered to be live, and during the Yin-hours dead. So, the exercises, done during the four Yang periods, are much more efficient: the hours from 23 to 1, from 11 to 13, from 5 to 7 and

from 17 to 19. Moreover, the exercises, done between 23 and 1 a.m. are considered to be the most efficient.

It is also extremely important to take into consideration one's own bio-rhythms, when practicing with the Rods. As is it known, the physical, emotional and intellectual bio-rhythms have different periods, that are 23, 28 and 33 days. Starting phases of these rhythms coincide with the moment of a person's birth. Each period of these three rhythms can be divided into two equal parts: the first part is called "positive half-period", and the second the "negative half-period". When in the "positive half-period" we feel physical, emotional and intellectual enthusiasm until a critical point is reached. After that, the "negative half-period" or a breakdown begins. You will feel the Rods' influence much better, when your physical, emotional and intellectual functions are mainly in the "negative half-period". But any attempts to learn the concentration on the colour vibrations of different body parts should be done when all of the three rhythms are in the "positive half-period". In such a case the exercises will be more successful.

### **You may also experience the following feelings:**

- When there is a sharp change in atmospheric pressure, stresses and physical some people may experience some unusual feelings, while working with the Rods. These feelings can appear during the first several minutes of working. Then everything becomes normal.
- Electrified people can feel a kind of overexcitement. In such a case one should have a cool shower before working with the Rods or after the feeling of overexcitement has appeared.

Different negative feelings may appear when working with the Rods, if a person has his particular energetic channels blocked or has dystrophic decompensations. In such a case a correction, diet or purification are necessary.

Particular attention should be given to a condition of your spinal column. Taking into consideration, that the spinal column is functionally connected with a human energetic structure, it is important to remember, that the condition of the whole range of organs and life-support systems depends on the spinal column condition. Additionally, your sensitivity and receptivity depend on it. Osteochondrosis blocks the whole energy exchange system of an organism. One of the symptoms indicating this is the temperature of your hands and feet. If you have cold hands and feet, that means that the main energetic column (spinal) is blocked. It is this occurrence, that may prevent one from feeling anything, when working with

the Rods. In some cases, those suffering from osteochondrosis may experience sharp unpleasant feelings. Thus we suggest you paying special attention to the condition of your spinal column.

Some unpleasant feelings may be experienced by people, having serious troubles with a bilateral symmetry. Here are a few words about the bilateral symmetry.

In the organism of a normal man the energetic channels' knots, which pierce through the body, must be accurately attached with the acupuncture points. Serious diseases such as cancer, Bekhterev disease and some more cause the displacement of the knots. But this is not the single reason of displacement. The reasons may be hidden in human's genetics or in process of appearing of different health divergences. So in some cases of bilateral asymmetry the according correction is necessary. This correction must be conducted by a specialist.

## **Frequently Asked Questions.**

### ***A) Can the Rods be used by the whole family but not by a single person?***

The Rods become the individual's instrument, no matter what fillings they are made with. Being held in hands and taking part in creation of a "pranical" cover that balances the organism, the Rods memorize a frequency, dictated by hypothalamus and hypophysis. This is individual vibration can be considered as a certain vibrational human code. This process is extremely individual. This is the vibration, which, by interacting with it, make the crystal structure resonate, giving it the rhythm necessary for your organism in this very moment. In other words, having put the Rods away, they continue to vibrate with the frequency of yours for a certain time. The duration of "memory" depends on human's energy. The Rods of the people with ordinary energetic potential will be "remembering" the individual frequency for several hours more. The powerful energetic potential can make the Rods "remember" the frequency during several months.

Theoretically, it is possible to hand the Rods to another person, but one should remember, that it is not recommended to use the handed cylinders immediately. They ought to be kept until the individual frequency, given by another person, is active. If you take the Rods, vibrating with the frequency of another man, the "pranical" cover, created by them, will begin

to vibrate with the alien frequency. This may cause different unpleasant feelings, and the influence of the Rods can become unpredictable. For quickening the process of dispersing another frequency the Rods should be put into cold running water.

***B) Why do the Rods darken when used and can they be cleaned?***

Everything depends on acidity of your organism. As it is known, the organism secretes tio-urea, that, interacting with Cu, makes a sulphide CuS, that causes darkening.

Also the lightening effect of the Rods may be observed. This is the secondary effect of the CuSO<sub>4</sub> oxidation.

All of the reactions possess a heating effect, but if there is a process of CuSO<sub>4</sub> formation – the Rods can become cool.

The Rods can be cleaned with typical methods, but it is not necessary to clean them.

***C) Is it always necessary to face the Sun when working with the Rods?***

“Always face the Sun”. This is done in order to place a body correctly regarding the energetic flows of the Earth, Sun and Moon. The manuscript by Kont (Count) Walewski also recommends: “ relax the body, enter the state of peace, concentrate your attention on a slick just in front of yourself, the Sun, or on the process of breathing and colour vibrations of different body parts. The vital energy follows the mind. Thus, if one concentrates his attention on a hand, the energy will flow to this hand, if to concentrate the attention on a leg – the energy will flow to this leg. If you continue thinking about some unpleasant things, holding the Rods, the energy may cause a headache. If your body is not relaxed, the energy will hardly flow through strained parts of your body, that may cause some unpleasant effects of muscles’ trembling, or a feeling of compressing or bursting open.

Sometimes, during the work with the Rods, one may feel a sudden desire to face the Sun or Moon.

A sudden work is a natural ability of a human for self-control and self-healing. Appearing of the sudden work can be considered as a showing of a hidden function of self-restoration. Chinese Medicine presupposes that a body falls ill when the balance of Yan-Tsi and Yin-Tsi energies is broken. The influence of the Rods regulates the balance of Yin-

Yang and activates the self-regulating function. Thus, when there is a lack of any of the energies said, people intuitively turn to the Sunlight to supply Yan-Tsi, or to the Moonlight to supply Yin-Tsi.

***D) May one do any dynamic exercises, when working with the Rods, or it is necessary to stay in a static pose?***

If you feel a natural desire to do some dynamical exercise, during the work with the Rods, you should obey it by all means!

The scientific research has proved the positive Ancient Egyptians' Rods' influence on a human organism. Even if they are only held in hands for some time without any special exercises, they still provide a positive effect on the organism. But if you wish to improve the efficiency of their affection, we recommend you consulting with the manuscript by Kont (Count) Walewski (see supplement #1).



***E) What is the difference between the Cylinders of Pharaoh and the Rods-KONT?***

Since 1995 our Company had launched the manufacturing of the cylindrical rods under the Trade Mark of The Cylinders of Pharaoh. Their initial sizes were: length = 150 mm, diameter = 28 mm. The fillings were powder-like coal and ferromagnetic material.

In the beginning of 1999 the rods of red-hot coal and magnetized red-hot iron were made, as it was indicated in the manuscript by Kont (Count) Walewski. Paying tribute to the traditions of Ancient Egypt, and to Kont (Count) Walewski also, as to our contemporary, who told people about the ancient rods, the improved Cylinders of Pharaoh were decided to call the Rods-KONT.

The Rods-KONT are the cylinders, which sizes are produced according to the Golden Section. The fillings are the rods, made of red-hot coal and red-hot magnetized iron . The Rods are by necessity processed in the Pyramid.

***F) The Rods-KONT not always promote my deeper sleep, sometimes I feel strong excitation.***

We recommend to use Rods-KONT before dream till 23 hours.

After 23 hours the Rods-KONT will raise your nervous system, not giving you to fall asleep.

We want to pay your attention on time of using Rods-Kont also.

In an article in 'The Practitioner', in June 1914, Dr. J. Horne Wilson wrote that galvanometer have shown there are enough 5-10 minutes to receive a necessary charge of vital force when You hold Rods in hands.

The experiments carried out by Dr M.A. Nikulin at the Dzhanelidze First Aid Scientific have recommended time no more than 18 minutes for the people irregularly working with Rods.

After 18 minutes of influence the patients received an overabundance of energy. As is known overabundance of energy as bad, as its not enough . In this case organism from a green zone of favorable functioning passes in a red zone of excessive activity and if You would like to have garmonization again the new influence,( more stronger than initial ) is necessary,.

At regular working with Rods the time can be increased about 27 minutes. You also can supervise time, necessary for you, - when works with Rods enough - there is a bright desire to remove Rods from hands.

### ***G) can children use Rods?***

Yes, they can. We recommend that children use the Rods with the parents. Set the child to the left of Yourself (You should have positive emotions and spiritual rest). Take his right hand, give him the Lunar Rod to hold in his left-hand, in your right hand take Solar Rod and sit in silence.

After 7 years children can use the Rods-QUARTZ\* independently. The Rods are a good helper for the elimination of a attention deficit syndrome. For children under 7 years the Company produces the Rods-QUARTZ of a zero level.

### ***H) What recommendations give those who uses Rods for a long time?***

Try working with Rods:

- During a thunderstorm, rain.
- In a standing water (bath, lake, pond.) hands holding Rods (do not put into the water).
- use Rods in new settings.

- hold Rods only by phalanxes of pins.
- In the evening use Rods-KONT, in the morning, Rods-QUARTZ or Rods-Crystal. ( 9-18 min )
- at back pains, cervical spondyle etc., at bromatoxisms.
- Take Rods and begin "to wash" Rods energy on ill places.
- Animals like to lie on Rods-KONT (specially during illness).
- there is faster repair of osteal tissues when using Rods

***I) Could the Pharaons used Rods for longevity?***

Yes, they could. The Rods offer antioxyident protection and thus reduce organism aging.

***J) What effects are if Rods' orientation is parallel to the ground or vertical ?***

Research carried out by professor Medicine and Bioenergetics Zimin from the International Shaping Federation in 2003 year proved the following data

- 1) if You held Rods vertical to the ground- You have communication with Space, the higher planes .
- 2) if You held Rods in the horizontal position to the ground - You have communication with Earth, the material plane.
- 3) - if You lay down and held the Rods in the horizontal position to the ground – it is nice for relax and dreaming, but Rods's effect is very small

if You held the Rods in vertical to the ground - You have control communication with your higher self and strong communication with the higher planes .

3) If You change place Rods-KONT ( moon Rod in the right hand and Sun Rod in the left hand) - You have communication with Earth, the material plane.

4) good result give Rods-Crystal\* ( for group working). A group of people using Rods held one Rod vertical to the ground , other Rod in the horizontal

position to the ground .This action give as communication with Space (the higher planes) and communication with Earth (the material plane)

5) good result give working with the Rods face not only to the Sun, but to North or East . ( This is for Russia)

***K) Can I change Rods by places in hands - Moon Rod in the right hand and Sun Rod in the left hand?***

Perhaps some people have a reserved polarity and respond differently. So if wakefulness and tension result from use Sun Rod in the right hand and Moon Rod in the left hand – try switching hands.

We have such cases with people from Chili and USA.

You can change place Rods-KONT in Your hands , but we don't recommend such position to the elderly people, people with weak vascular systems, those who have recently suffered a stroke or cardiac infarction. There is the large load on heart.

**Whom can be the Rods useful for?**

As a result of the rods influence on a human organism, the general energetic level increases. The bio-energy redistributes itself between the organs and systems more harmonically, and pathological misbalance is removed. Protective functions are activated and the organism is shifted to a state where it is much easier for it to cope with any problems. Thus, the people suffering from different diseases can consider the Rods as their powerful helper in their struggle for health. Besides, the Rods help with insomnia, headaches, hypertension, stresses, and thus may help avoid using chemical remedies.

People of intensive physical or intellectual labour (doctors, teachers, police, businessmen, social workers, students, sportsmen, etc.) often get rather tired by the end of the day and need some additional remedies for a rest and restoration. Here the Rods are really indispensable.



The Rods can also be recommended for the people with transcontinental syndrome, whose business is connected with often flights from one time zone to another (pilots, sportsmen, tourists, long-distance drivers, etc.), when asynchronous modes of internal and external organism work cause headache and weakness. Artists note the improving of their creative abilities as a result of the Rods' influence.

Some families experience the problems of misunderstanding and disharmony in interrelations, living in such a complicated modern world. One reason for misunderstanding is the difference between the energy levels of the partners. A pair way of using the Rods allows them to equal their energy levels and find understanding, that, in its turn, allows the existing problems to be solved in a constructive way.

It is really hard to overestimate the usefulness of the Rods for those, practicing self-development, purification of the organism, medicinal fasting, winter-swimming, healing, Tsigun, Yoga, inner styles of orient single combats. Using of the Rods improves the effect of such practices greatly and allows to become a success in much shorter time.

The Rods are recommended for people, who anticipate additional stress. By using the Rods, the organism's resistance greatly improves.

### **What can be achieved with the help of the Rods.**

It has been demonstrated that by using The Rods it is possible to:

- "... restore the energetic potential completely and keep it day and night during 24 hours" (from the manuscript by Kont (Count) Walewski)
  - stimulate the endocrine, immune and nervous systems, that creates the prerequisites for their further improvement
  - harmonize the two main energetic streams, Yin - Yang
  - harmonize energo-information human field
  - strengthening psychical energy, "vitic force"
- to increase a level of own vibrations,

As a result of their influence one can be cured of diseases, which are impossible to cure using traditional methods. This is because of the deep influence, stimulating not a particular organ but the organism as a whole, are involved.

The Egyptian Rods are energetically conditioned in the Pyramid. The Rods and the Pyramid thus synergize into a single and inseparable

entity. They represent *the* technology of the XXI century. This technology will allow us to greatly improve our mental and physical abilities.

With regular use of the Rods as a self-development exercise, the energy and blood flows improve within the whole body, mind becomes clearer, vital energy becomes more balanced. A thicker energetic biofield is created around the body that prevents the negative energy information from penetrating. Additionally, protective functions of the organism improve; the body becomes stronger and diseases are cured.

The energy of the organism, being supplied by the Cosmic energies, begins circulating through the energy channels more intensively. These flows enhance the channels' purification and curing of diseases.

When all of the diseases are removed, and the Rod exercises are continued, some hidden benefits will be discovered: vision, hearing, sense of smell, general sensitivity, intuition will be improved. Immune and protective functions strengthen. Such super abilities, as telepathy, clairvoyance, and connection with subtle information channels may be realized by the Rods practitioner.

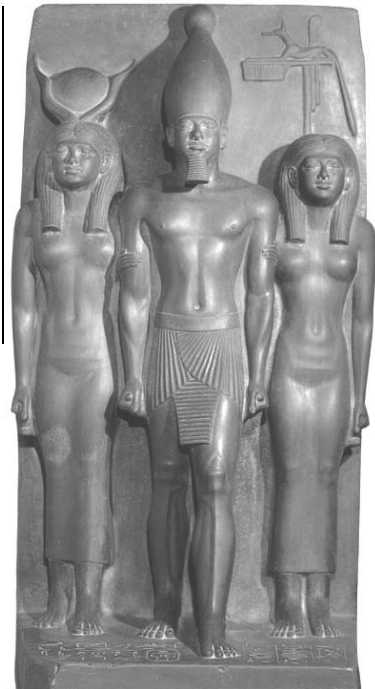
DEAR FRIEND!

You hold the sacred objects that were known only to a narrow circle of Initiates long ago. Their history goes far back to the depths of centuries, and the origin is covered by a thick curtain of mystery.

With their help of these Rods the Priests and Pharaohs of Ancient Egypt communicated with the Gods. Perhaps the Rods also served as a source of power for the legendary magicians of Atlantis?

We are living in crucial time on the eve of new era. Russia is emerging as a leader of spiritual renaissance, as it has been foretold. And we do believe that the mystery of the Rods has been discovered on purpose for these times.

Remember, the Rods are like a Holy Crook; they guide us along a difficult path. Perhaps they have been



sent to us through the darkness of time by Those who Penetrated into the Mysteries of Life and Death.



## **The Methods of working with the Rods by Kont (Count) Walewski.**

### **1. MAIN POSES AND ATTITUDE OF A BODY TO THE SUN.**

When working with the Rods it is necessary to position one's body to the energetic flows of the Earth and the Sun. Usually, the rule "Always face the Sun" is kept, no matter what sex a person is and regardless of whether he is left or right-handed. Simply put, when working with the Rods in the morning, it is necessary to face the East; in the afternoon face the South. When working with the Rods in the evening face the West and at night face the North.

The poses used for working with the Rods are the so-called "Egyptian Poses" either sitting and standing.

### **The sitting pose.**

Relax all of the muscles except for those supporting the back and head which should be perpendicular to the earth. The palms are situated on the knees. The knees are moved slightly apart. The heels are separated by the breadth of shoulders or pelvis. The feet are moved slightly apart. The shoulders are lowered and relaxed. The elbows are pressed to the sides. Thus, the feet, shanks, thighs and forearms form a symbol of life, letter "V".

### **The standing pose.**

The back is kept straight perpendicular to the earth. The shoulders are lowered, the arms are straightened along the body. If, when breathing your right nostril is more active, advance your right leg a half-step; if your left nostril is more active then the left leg should be advanced.

Basic rules:

- a. Enter the state of total peace. To do this the whole body should be progressively relaxed from head to toe: the head, neck, elbows, wrists, palms, chest, belly, back, waist, buttocks, knees, ankles, feet. One should mix up the relaxation with looseness;
- b. The back of the head and the spinal column are in one straight line, as if you were supported from the ceiling by a string attached to the top of your head. The tip of the nose and the navel are also in one straight line;

- c. The tip of a tongue is raised to a palate and touches slightly the alveolar edge (the palate ridge behind the teeth). The tongue root is relaxed;
- d. Develop an inner smile. The work will be much more efficient, if to be done in a state of a happy peacefulness. Think of the Sun, giving light and life and smile to yourself with gratitude. Then relax your forehead, brows, facial muscles and mouth so that there is no expression left, but keep the sense of a smile inside yourself. (Remember the subtle smile of Madonna or the tranquil faces of the Egyptian Pharaohs). The relaxation of the cheeks stimulates salivation. The saliva should be swallowed, and following mentally its way down to a stomach, a body should be filled with a happy peacefulness.
- e. The eyes look straight ahead. Your gaze should be concentrated on a real or imaginary image just in front of the eyes at a distance of 40-60 cm. The state of peace is the main condition. Just take a good look at the faces of Egyptian Pharaohs and emulate the spiritual peacefulness and happiness can be seen in these faces. It was this expression, that was considered to be a sign of the Wisdom in Ancient Egypt.

## **2. PECULIARITIES OF BREATH AND ATTENTION CONCENTRATION**

If you haven't entered the state of peace and are distracting yourself with thoughts, then the work with the Rods will be less efficient. Moreover, irritation, anger and thoughts of different troubles may cause and strengthen the headache. It can happen because the energy follows the mind's attention, and the Rods strengthen the energy flows.

The easiest way to calm down thoughts and emotions is by controlling your breath. At first one should try to achieve slow, rhythmical and continuous breath. The next stage consists of so-called "master-rhythm" training: 7 sec. of inhalation, 1 sec. holding the breath, 7 sec. of exhalation, 1 sec. holding the breath. This system, as Caucasian "Master-system" says, corresponds with a cardiac (esoteric) centre of the Earth. At first, to stabilize thoughts and breath, one should concentrate the attention on an image in front of him or on an imaginary Sun or Moon, when doing exercises. But it is not necessary to overstrain the eyes, the image should be viewed unfocused.

At the next stage one should concentrate the attention on particular body parts, while breathing rhythmically, and visualize particular colour vibrations in these parts by the strength of will. This problem is rather complicated, and it is impossible to solve it without controlling mind, feelings and emotions by one's strong will.

The Caucasian "Master System" marks out 4 aspects of a human essence:

1. physical
2. emotional
3. intellectual
4. spiritual,

which are concentrated in the following parts of a human body:

- physical aspect: in the lower part of the belly, genitals and back part of a head;
- emotional aspect: in the upper part of the chest and forehead;
- intellectual aspect: in the solar plexus, upper part of the belly and in the crown of a head;
- spiritual aspect: in the arms, palms, legs, feet and face.

They correspond with these colour vibrations: physical aspect – red; emotional – yellow; intellectual – blue; spiritual – white.

### 3. STATIC WORK WITH THE RODS.

#### Sitting exercises:

##### a. beginner stage:

Sit down. Hold the Sun Rod in the right hand, Moon Rod in the left hand. Concentrate your attention on the Solar energy, giving life. The breath is continuous and rhythmical. The rhythm of the breath: 7 sec. of inhalation, 1 sec. pause, 7 sec. of exhalation, 1 sec. pause. Leave yourself in a condition of happy concentration on creative Solar Energy for 5-15 min. Let your mind, feelings and desires be directed by Love. This act fixes the vital energy by its three forces in the physical, emotional, intellectual and spiritual balance.

##### b. advanced stage:

At this stage one should train the concentration of attention on particular body parts, when process of breathing, and provoke particular colour vibrations in these parts by the strength of will. The conscious use of strong-willed breath in the colour vibrations activates the body parts and energetic centres.

#### Exercise:

1. Take a suitable pose and exhale all the air.

When You **Inhale** 7 sec "red color" (physical aspect) (GAYALHAMA) - Expand your abdominal cavity.

When You **Exhale** ( 7 sec) - in this moment you must concentrate your Imagination and desire the colour of red on the lower part of the belly,

genitals and back part of the head. Then, pause for a second. Exhalation during 7 sec. 1 minute pause.

Repeat the cycle of breathing for the red colour twice more.

2. When You **Inhale** 7 sec "yellow color" (mental aspect) - You expand only the chest.

When You **Exhale** ( 7 sec) - in this moment concentrate your imagination and desire the colour of yellow on the chest and on the forehead.

Repeat this cycle twice more in the same rhythm: 7-1-7-1

3. When You **Inhale** 7 sec "blue color" ( *spiritual aspect* ) - You expand the chest and the upper part of the belly.

When You **Exhale** ( 7 sec) - in this moment concentrate your imagination and desire the colour blue on the solar plexus.

Repeat the cycle of breathing for the blue colour twice more in the same rhythm: 7-1-7-1

4. When You **Inhale** 7 sec "white color" (psychical aspect) - You expand the chest, diaphragm and belly together.

When You **Exhale** ( 7 sec) - in this moment concentrate your imagination and desire the colour white on the the arms, palms, legs, feet and face.

Repeat the cycle of breathing for the white colour twice more in the same rhythm: 7-1-7-1.

GAYALHAMA, is energy in Space.

It has four conditions of vibration.

These vibrations are four colours, which one assimilates from the air.

They have centers in a human body that recover them.

"red color" - physical aspect

"yellow color" (mental aspect)

"blue color" ( *spiritual aspect* )

"white color" ( psychical aspect ) .

The human body, using strong-willed breathing-in of colour vibrations, at **Exhalation** will charge parts of the body and centers.

### **The whole exercise:**

- 3 cycles for the red colour – 48 sec.
- 3 cycles for the yellow colour – 48 sec.
- 3 cycles for the blue colour – 48 sec.
- 3 cycles for the white colour – 48 sec.

Total: 3 min. 12 sec.

As the “Master System” writes, this exercise awakes the oecumenical powers, allows to contact with the higher energies, sets the “Master Rhythm” and develops the clairvoyance.

### **Standing exercise:**

Stand erect, hold the back and neck upright, the arms are straight along the body and hold the Rods. The Sun Rod is in the Right hand; the Moon Rod in the left hand. Note what type of breath you have – Sun or Moon.

The following information is from a manuscript, “Mysteries of the Life and Death”: “The Breath is the Life. Flowing through nostrils, the breath forms itself in three ways. When going through the right nostril, it creates electricity, that supplies the vascular and motive systems, so called Pingala. The name of this breath is Sun Breath. It is the breath of a warrior, ready to fight. The breath, going through the left nostril is the regulating mother principle, called magnetism. It supplies the sympathetic system, so called Ida. The name of this breath is Moon Breath. It is the breath of a wise man, ready to accept The Wisdom. The breath, going through both nostrils, is the breath of a balance, called Sushumna.”

If you are having the Moon Breath at the moment, you should advance your left leg a half-step; if it is the Sun Breath advance your right leg. The level of the eyes should be fixed according to the basic rules. Exhaling, strain the stomach and chest muscles in order to let all the air out of lungs. Inhale for 7 sec., expanding the belly and raising on the tip toes, squeezing the Rods as strong as possible; 1 sec. pause; exhale for 7 sec., going down on the heels and relaxing the hands with the Rods, charging the lower part of the belly and the back part of the head with the red colour. By a strong will, fix the mind and desire on the physical aspect of a human essence; 1 sec. pause. Do the same cycles for the red colour twice more. Then do three cycles per each colour [yellow (emotional), blue



(intellectual) and white (spiritual)], fixing the mind and will on the according parts of the body, as in the previous exercise.

The rising on the tip toes when inhaling, and going down on the heels when exhaling, should be smooth and gradual, without any sharp movements. At first one may experience pain in the calves, caused by the unusual tension, but after getting accustomed to it, you'll experience a burst of cheerfulness and strength.

As the "Master System" says, this exercise harmonizes the flows of vital energy in a body and develops the unusual abilities. A regular practice of this exercises shifts the organism to a state of a natural readiness to defend and to attack, caused by intensification of attention and intuition. This may happen only if one keeps the rules of nutrition and healthy life style. The "Master System" calls the breath through the left nostril the Moon Breath, and through the right nostril, the Sun Breath. It writes that the Moon Breath "magnetizes and cools", and the Sun Breath "electrifies and warms". This is similar to Yoga practice where the breath through the right nostril is called hot and sunny, provides catabolic and accelerating effect, and the breath through the left nostril is called cold and lunar, provides anabolic, slowing down effect. The main aim of breathing exercises in Yoga is to achieve the balance between catabolic and anabolic processes in a body and to purify the energetic channels. The signs that indicate successful purification are the appearing of perspiration and trembling of the body. When the perspiration appears it is recommended to rub the body briskly. This strengthens the organism and causes the feeling of lightness. If the breath is going through one and the same nostril during 24 hours, it is considered to be a dangerous sign, a warning about an approaching disease.

The "Master System" recommends using the influence of the breath on a state of mind in the following way: if you need to be ready to act vigorously the next day, you should sleep on the left side. That will activate the Sun Breath through the right nostril; if you need wisdom for important and responsible decisions, then you should sleep on the right side. That will activate the Moon Breath through the left nostril.

## **Supplement 2**

We suggest you studying a new method of training with the Rods-Crystal, that is worked out by the Moscow Astropsychologists School – Irina and Michael Kosh.

### ***The Egyptian Rods – Consciousness, Creating Reality***

All of the phenomena, that we observe in the natural world around us and that can be regarded as a **static consciousness** (so called, objective reality), are only a part of general World of Phenomena, that yet includes **Dynamic Consciousness** (realization of desire). In other words, our mind can influence the reality around us.

We suppose that working with the Rods allows you to enhance your mind. To use The Egyptian Rods is one of the ways of concentration the stream of our consciousness in order to change the inner reality of a person (his mind). It is clear, that such changes will result in changing of his environment and the world as a whole. Here we would to offer you some methods, that allow direct and target working with the Rods. Actually, when using the Rods, you change your world. You can create any substance out of your mind yourself.

#### **1. CREATING AN INNER CONTENT OUT OF ANY OUTER REALITY IMAGE**

You can perceive objects with your physical vision. For example, you look at a computer and see its appearance. But you can “see” this computer at your mind level. This is another way of perceiving things around us. Your aim is to use one more approach in this method. You are to create an inner content of an object in your mind (for example, a computer) in such a way, that your construction should represent the way, Creator builds it. Creator is present in construction of every element in the reality, including construction of every computer element. To act as Creator means to comprehend the computer structure, understand its inner connections, separate them into some microsystem and thus learn, for example, how molecules link to each other.

If you can immediately understand all of the connections’ systems and their intersection, then you’ve already got the sense of this device. So, you can make it yourself or, if it has already been made, repair it, for

example, in case of a breakage. And it is absolutely unnecessary for you to know how its physical elements work. The only thing you should know is the connection between information elements, that are the content of this very object. Knowledge of the information links is quite enough for you to make this object work properly as a whole.

## 2. CREATING A SUBSTANCE THROUGH A VARIETY OF OUTER SHAPES

Assume, you observe an object (a computer, a tree or anything else). The object can be selected arbitrary. Then you suppose this object to be composed out of many parts. Allow me to remind, that any object can be imagined in that way except for a human being. A man should always be perceived integrally. This is due to a structure of his mind. Actually, one can notice, that even the information, that can be associated with a "mind" of computer, is accepted integrally by a human.

So, you choose any object and imagine it to be composed of many parts. All of those parts are situated in different places. Each of them has its own shape. Thus, you observe a variety of shapes. You perceive them all in the same time as if many parallel threads of your perception combine into one general flow of perception. So, you perceive many elements of different forms in the same time. Now, you should find such a point in your mind, where all this information can be composed immediately. This point is called gathering point. Here you can be informationally restored immediately. This is an area of your selfrestoration.

So, you have decomposed the selected object into small parts in the perception area of your mind. Then you take those various distributed parts and reflect them from gathering point. An area, where the reflected parts will be combined, will contain a substance, created by you. You should control the process, to be sure.

So, you reflect all of the elements of different shapes from the gathering point. And after that you combine them in the area, where you want your substance to be created. This process is quite similar to the way the lens is functioning. You can combine the rays of light into a point with a help of it. This similarity may help you while practicing. You can build any substance, using this method. Any creative substance, for sure. But you can create not only physical substance, such as computer. You can build any element of the reality. For example, some element of creative society progress. Or you can obtain a way of how to make society progress more effective. You can even find some new information sources. If all those various elements will be reflected and then immediately gathered together knowledge will appear. And this knowledge will provide you and society with creative development.

## 3. CREATION OF A SUBSTANCE IN THE AREA, WHERE IT SHOULD HAVE BEEN APPEARED AS A RESULT OF WORKING OF A SELECTED REALITY ELEMENT

Let us imagine a tree. We can see many branches with green leaves. We notice, that this situation has already been created. We know also, that some time later some new leaves are going to appear near the old ones. This happens just because the tree is alive. But you shouldn't wait till a new leaf does not appear on a branch, but create it yourself.

Using this method, you observe appearing of new elements as a result of tree growth in our example. And then you create those elements yourself. The method includes separating the created areas in your perception according to the information given and then creating the next element yourself.

One more example. Watch the growth of corals or crystals. You can even hold an experiment. Pour some water into a plate or a cup and dissolve some salt in there. The solution should be strong. When the solution is strong no more salt will dissolve in the water. Now you can put one more salt crystal into the cup and watch, how it becomes larger and larger. Some new layers will appear just above the present ones. You can control this process with your mind and build a crystal according to your needs.

Thus, if you need any substance to be built, you should understand what process or element may possibly become the reason of the substance creation. And then you create it yourself out of your mind. You take nothing from nowhere. Everything is produced by your mind.

## The recommendations for the healers.

### 1) method of polarity for Rods-Kont (CARBON ROD and magnet Rod)

There is nothing in the Universe but electricity because everything can be reduced to electrons, protons and neutrons — or negative, positive and neutral electricity. Now everything electrical must have polarity. The left side of the body should be negative, the right side positive (for right-handed people. RC) and neutral up the center: ntil we get to the eyebrows and from there up it should be positive.

I have proven many times that when polarity is incorrect that neither blood nor nerve force flow properly. Correct the polarity and the effected part warms up. It goes without saying that any time blood flow and nerve force are less than par, metabolism is also below par and we start to die in that part to the degree of interference.

Let's see a history of Egyptian Rods.

In 1964 doctor Al Goeke wrote his article " EXPERIMENTS WITH CARBON ROD and magnet"

In this article he said , that was experimenting with magnets before he heard about Egyptian Rods, but but since adding the carbon rod I get better results.. Whet he attempt to analyze anyone he use a pendulum, to check their polarity. He sometimes find both sides of the body negative, or both sides positive, or reversed, or the entire body neutral.

" I have been correcting polarity by laying on of hands for years and could tell of some very interesting cases. The Multi—Wave Oscillator will also change polarity back to normal except where there is some local interference. Now I find that the carbon and magnet will also do it. This is how I set up an experiment.

I have the subject lie down and hold the carbon rod in his hand, on the side we are working on. I .use one magnet on a six-inch string, as a pendulum. If there is work to be done it will gyrate in a circle. When it does, I hold the magnet there, suspended on the string, until it stops gyrating. I start below the bottom of the foot. When the magnet stops gyrating,. I move it up along the leg a foot or so. The magnet start spinning again. I stay there until it stops -and— so on up the side of the body. If there are trouble spots the subject feels surges of energy in the hand holding the carbon, at

each swing of the magnet. When that side has been covered I find that the reversed polarity has been corrected. This experimental procedure can be used even if the polarity is correct, because it is stimulating and it does build aura. The extent of the aura is a measure of vitality.

My most interesting experiment was the worst case of shingles the doctors had ever seen in these parts. It involved the entire backside of one leg of a man 76 years old. The MDs had nothing offer him but shots, which did no good. He could not stand on this leg and the scaly covering was cracking and bleeding. He had lost 28 lbs. in weight. It was a horrible sight.

In this experiment I had him hold the carbon in his hand and lay on his side, with the back of his leg toward me. Using Sears-Roebuck's largest (56 lb, pull) magnet as a pendulum on a six-inch string, I let it gyrate close to the shingled leg, then backed directly away from him until it stopped, then stepped forward again and so until the entire aura had been re—magnetized. The subject could feel every swing of the magnet, in the hand holding the carbon, even though I was at times six feet away from him. He was convinced he would have lost the leg permanently had I not offered to experiment on him. The foot on that shingled leg was numb, he got immediate relief from the first experiment and has been making steady progress.

I just tried carbon and magnet on goiter for the first time. I laid the carbon on the goiter and placed a magnet on the opposite side of the subject's neck. She immediately felt great reactions in the goiter.

Another experiment was made on a numb left leg. With my pendulum I traced the trouble to the subject's right temple. I placed the carbon rod under his left foot. At eight feet out from the subject's right temple, but in his aura and holding the swinging magnet, He could feel a throbbing in that left foot and the numbness left his leg!

In my own case I have been fighting off surgery on a fissure for 25 years. Now, with carbon and magnet, I am finally making progress.

Interesting case also - "Subject 86 old, severe attack of Shingles (7,5 years) affecting - left shoulder, arm and back. Sitting down increases pain so much must lie down most of the time. Reading is done in that position. After one month of experiments 'in circuit.with .- carbon and

magnets, 30 minutes two or three times a day, noticed the following improvements able to sleep two hours or more at a time, instead of only a few minutes and awakened by pain. Able stay in bed four, five, even six hours at a time without getting up at night, instead of every hour as previously. A little more energy but pain is not decreased much.

Herman Theuriet, Santa Cruz, California”

Doctor Al Goeke recommends also “Hold the rod in the middle and your hand will span the neutral point and be part in the negative end and part in the positive end. You will get some benefit by using it this way but I tested by putting the positive end against the trouble spot on the body and got twice the reaction as against holding the middle of the rod”. doctor Al Goeke thinks also, “that the magnetic currents drawn into the body by the carbon-magnet circuit gives extra energy which the body itself can fight off undesirable conditions”

In 1999 year in Russia the special technique working on a method of polarity (for our first modification of Rods-Kont – Cylinders of the Pharaoh) is developed by doctor of bioenergetics T.A. Meshkova. According to researches of doctor Stonea and Richard Gordon on a surface of our body there is some distribution of electrostatic charges. Painful deviations of organism's normal work affect at once the specified distribution of charges.

This technique is based on the fact of charging condition of various sites of a body. In practice of the healing centuries successfully used consecutive contact Different charged hands of the healer with the appropriate sites of a body of the patient (method of polarity). Stable electrodynamic properties of Rods (in pair Solar (copper) the cylinder is (+), Lunar (zinc) - (-)) allow successfully to realize a method of polarity. As an example of application of a method of polarity in work with magnetic Rods offers to consider " activation of the basic nervous (power) centres named " as removal of blocking ":

1. Patient is laying. The solar cylinder puts across under middle buttock . The lunar cylinder, holding the right hand, is put perpendicularly on 2-10 of minutes in the following sequence:

- On 15 sm below than navel;
- on Two fingers higher than navel;
- On chest (the line of nipple);
- At the bottom of a neck;
- On forehead above eyebrows.

The free hand lays by a palm upwards.

Let's see some examples of successful application of a method of polarity from practice of the doctor doctor of bioenergetics T.A. Meshkova.-

1. L.M., 42 years. Pains at exit urina during three months. Work on method of polarity daily. For the second day the pains have left, on third the normal work of urina bubble was restored.

2. L.B.. 38 years. Changes in work of thyroid gland. The operation is recommended. Work method of polarity. In one week - appreciable improvements. The check at the doctor in three weeks has shown so obvious improvements, that the necessity of operation has disappeared.

3. G.L.. 63 years. After a wound of a head suffered by strong headaches during 40 years. The intolerable pain only was facilitated at lowering a head in hot water . Using magnetic Cylinders has removed pains practically at once, and more they did not renew.

4. N.P., 46 years. Complex comminuted fracture of a shank due to transport incident. After 14 months my bones didn't knit in spite of operation an subsequent application of Ilizarov's apparatus.. In the first session of using method of polarity the foot of a traumatized leg was covered with big droplets of sweat, though the leg was constantly freezing and never got sweat before. For several hours after the session the leg was being "twitched" and "pinched" as if it was connected to the power supply. After a three-week daily application of the Cylinders the X-ray test showed that the bones were completely knitted.

Doctor's comments: as the result of fractures the energetic canals became impassable. The Cylinders restored the correct circulating of the energy. The energetic blocks preventing from knitting the bones were eliminated. Processes of knitting the bones normalised.

5.B.U., 57 years, an aggravation chronic bilateral adneksit, Good-quality tumour of uterus, depression and absent-minded attention. The urgent operation is recommended. Began work with Cylinders on method of polarity. The improvement has come in one week. The operation is cancelled. In one year she removed from the medical account. Medicines treatment was not carried. The depression, pains, state of health perfect left, the serviceability is restored.



## **2) Diagnosing.**

Even the short work with Rods improves a energetical condition, increasing a power environment, that allows more successfully to carry out diagnostics with help of hands.)

Experiments carried out by Professor K.G. Korotkov of Colombo University (was investigated first modification of Rods-Kont – Cylinders of the Pharaoh) using a Kirlian diagnostic method, indicated that precise diagnostic information on the indications of illness was obtained from people holding the Rods. In other words, in some instances the Rods significantly increase the accuracy of diagnosis.

Display of a zone of a pathology is connected with increase of the aura sizes and density, that makes infringement in it more obvious.

The efficiency of influence the healer on the patient, depends on aura size and density too, through which the influence on a pathology is carried out. For more effective diagnostics and healing the healer should offer to the patient to work with Rods within 18 minutes before the beginning of a medical session. It will allow to increase in the sizes and to condense aura of the patient.

## **3) Regular work with Rods**

- Increase aura cocoon around of the man;
- Restores biorhythms of bodies and systems
- Makes active power channels, their conductivity;
- both cerebral hemispheres become synchronized, and the potentials of the left and right hemispheres' cortex equalize.
- Raises Alpha and Beta-activity of a head brain, that gave process of internal "scanning" of images;
- Restores power balance of organism

Prior to us, since 1914 the Kont (Count) Walewski Rods investigated in England and America. We have these Rods and their research material dating from 1914 to 1964.

**In 1914** a great **English scientist, A.E. Baines** was concerned with the aging process in man and especially “the gradual failure of generation of nerve force”. He was an Egyptologist, too, and often visited that section of the British Museum.

“In the bygone days of Egypt’s greatness,” Baines writes ‘scientific attainment was confined, or almost confined, to the priestly communities, and they kept it from the outer and unlearned world under the veil of an elaborate symbolism. Even then it appears likely that the search for the Elixir of Life had begun. • When, therefore, I noticed that a statue of one of the priests was shown holding a cylinder in each hand, my curiosity was aroused and I determined upon investigation. That the reigning Pharaoh was similarly equipped merely suggested reasonable concession on the part of the priesthood, and in no way negated the supposition that the cylinders or short rods had some purpose or function of an important nature... Diligent enquiry of the authorities at the Museum elicited the astonishing fact that nothing was known of the purpose or meaning of the rods. . . . Years of experiment followed.... finally it was found, by accident, in carbon. Hard carbon such as is used in arc lamps will give out a certain amount of force which, experience has taught us, is not to be distinguished from nerve force . But if the carbon is treated in such a manner as to cause a violent disturbance of its molecules and then specially hardened , the force evolved by it is greatly augmented, and the rod becomes a real source of power, a power that is so readily absorbed and stored by the unipolar ganglion cells that a five—minutes charge remains effective for at least twelve hours.

“In his studies in Electro—Pathology, **Dr. White Robertson in 1918**, writing of my hypothesis that an electric wave is not simple but compound, says:

'That the second alternative is not far-fetched is suggested by a recent discovery of Baines , that by a special hardening process applied to ordinary arc—carbon, a 'new force' has been found to reside in the altered carbon which can be conveyed to and stored in the body for a period of several hours by simply holding these in the hand, with the result that subnormal galvanometric deflections are enormously entranced; and already we have been able to observe gratifying changes in cases of nervous breakdown apparently by increasing the nerve charge through these new carbons. What this force is we do not yet know, nor is it known to the eminent physicists and physiologists to whom we have demonstrated it. It is not magnetic. And it differs from an electric charge in that it is not readily diffused, but is, as registered by the galvanometer over a period of twelve hours, stored probably in the unipolar ganglia of the nervous system.

"In an article in 'The Practitioner', in **June 1914, Dr. J. Horne Wilson** wrote of this discovery of mine: "In this connection (nerve deafness), I may mention that a rod of carbon, which has its molecular condition altered in a similar way to that of iron when it is converted into a magnet, has a most remarkable effect on the body deflections.

/ (On the galvanometer) If held in the right hand it produces an off—scale positive deflection, and an off—scale negative if held in the left hand. If held in contact with the right side of the body for five ten minutes, it makes the hand-to-hand deflections strongly positive, and has exactly the opposite effect if held on the left side of the body. What this force is I do not at present pretend to say, but it has a marked influence on the electrical conditions of the body, though no direct influence upon the terminals of the galvanometer. It evidently charges the body with a force akin to nerve energy, as it is retained for a much longer period than electricity is.'

"In another article, in July 25, 1914, the same author wrote: 'This form of energy will raise the nerve currents to normal. The rod held in the right hand acts as a stimulant without any depressing after-effect, and in the left hand as a sedative. under its stimulation influence the nervous system is generally benefited; mental fatigue rapidly disappears, and morbid conditions such as neurasthenia, insomnia, and feeble action of the heart readily yield to it.

"The second cylinder shown in the left hand of An-Kheft-Ka was

probably of minor importance and was not of the nature of carbon, as that would have neutralized the charge. It was, I have little doubt, fashioned from a piece of magnetic iron ore. Magnetism applied to the left side of the body stimulates the heart action, but only so long as the body remains within the magnetic field. The properties of magnetic iron ore — and perhaps these properties — were known to the Chinese in olden times, and also to the earlier Greeks who, as likely as not, gained their knowledge from the Egyptians.

“If two rods are held, the carbon in the right hand and the permanent magnet in the left, the effect is accentuated; but while the charge imparted by the carbon endures for some twelve hours, that exerted by the magnet ceases to be operative upon relinquishment.”

Since **1945 years N. Meade Layne** founder and former director of BSRA headed Egyptian Rods’ s researches.

The members of the Inner Circle had interest to this rods too.

The helpful affects of magnets and magnetic fields was one of of Meade Layne’s earliest concerns in the borderland field. It was no accident that Heather Buckley was moved to bring her borderland gadget to the Labor Day Convention. It wasn’t just coincidence that Margaret Meehan told me there of her precious Walewski “manuscript” and offered to copy out the significant portions relating to Vitic and send them to your editor for inclusion in this Journal. Heather told us that details for the magnetic converter or charger came through a medium in the Pomona area, and that it was originally designed by Dr. Anton Mesmer, who held clinics in Vienna and Paris and published his first work on the effects of magnets on *living* organisms in 1766! However, the information through the Pomona medium did not include the use of the carbon or Sun rod to complete the circuit; for this we can thank Meade Layne and the Inner Circle.

**In 1959** these researches were continued by Meade Layne’s follower director of BSRF, **Riley Hansard Crabb**. They constructed own the “Vitic ” device.

## **The Rods-KONT, Rods-QUARTZ, Rods-CRYSTAL, Rods-Free**

**Our Company** has been researching and producing the Rods since 1994 and guarantees a high quality and exact maintenance of the technology. All of the components are processed in the Pyramid.

The holographic images on the Rods indicate the highest quality of the product. Since 1995 the Company uses the following images to protect the product from being copied:

"The Cylinders of Pharaoh", "The Rods-KONT" -

- Zinc (Moon) cylinder - Scarabs
- Copper (Sun) cylinder - The Goddess Hathor



"The Rods-QUARTZ", "The Rods-CRYSTAL" -

- Zinc (Moon) cylinder - The Goddess Hathor
- Copper (Sun) cylinder - The God Horus



since may 2002 "The Rods-CRYSTAL" -

- Zinc (Moon) cylinder - Scarabs
- Copper (Sun) cylinder - The God Horus



**An Authorized Certificate of the Company is included to each set of The Rods.**