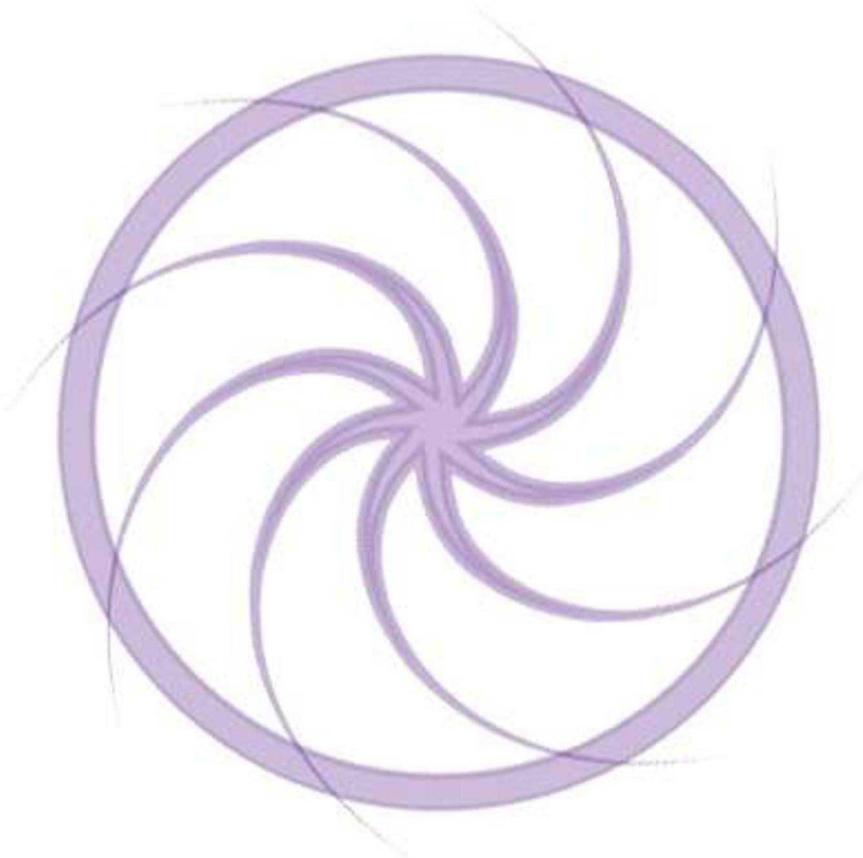


Nikolay Zuev

# Baibak

Personal energocorrection system



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— *When you're up shit creek, there are two things you can do.*

*First - you can try to understand why you're up there. Or second - you can get out of there. The mistake that individuals and entire nations make is to think these two actions are somehow interconnected. But they aren't.*

*And getting out of shit creek is a lot easier than understanding why you're stuck up it.*

— *Why?*

— *You only have to get out of shit creek once, and after that you can forget about it. But to understand why you're stuck up it takes a lifetime. Which you'll spend stuck up there.*

*Viktor Pelevin*

## About the system

The system is created for complex and fully automatic restoration of health. It is a combination of several of the most efficient energy techniques, which give the highest results, and special algorithms by which these techniques are applied. Its distinguishing feature is that it is easy to use, and highly effective. The main technique utilised within Baibak is that of Cosmoenergy, a powerful healing opportunity that has been scientifically shown to have significant beneficial effects on health.

It does not matter whether you believe in non-traditional methods of healing/medicine or not, the system will work in any case. All of the practical and theoretical aspects of Cosmoenergy, which are used by the algorithm of the Baibak system, have been subject to systematic testing and clinical trials for the past 10 years. This is in addition to the 20+ years of people working with the healing aspect of Cosmoenergy with phenomenal efficacy (details in the article «About Cosmoenergy»). Not only an effective technique to cure chronic diseases, use of the Baibak system improves the speed and quality of healing better than any other comparable healing modalities/practices.

All of this is possible through the use of unique algorithms that deal with disease not only on the physical level, providing a therapeutic effect, but also on the mental, psychological, and energetic levels. Due to this broad spectrum of action, practitioners have found that it is not only their physical health that is restored, but that many other positive changes have happened in their lives also, such as improved personal characteristics (generosity, kindness etc.), material well-being, elimination of bad habits (smoking, alcohol, and other addictions), positive changes to inner psychological states, and improved communication and relationships with loved ones and those around them, to name just a few. Most importantly, negative states are cleared forever.

The system is able to bring people out from almost any difficult situation. It gives power to do the impossible. By working with the system for just a couple of months, with regular practice, negative states are completely cleared, health is restored, and problematic life situations are resolved. Give yourself a chance to become a healthier person, start working with the system, and you will see how many positive changes happen to you in a short period. I realise that this sounds obscene, and it's difficult to believe, but these are the results of practicing, without exception.

The beauty of this system is that you do not need to find cause and effect relationships, go to special training or healers, engage in "self-development", or search for the roots of a disease in order to get rid of it. If you decide to not spend your entire life identifying the causes of what is happening with you, but instead to start living a full and healthy life, then this system will help you.

## Acknowledgements

**I want to thank all the participants in the experimental group**, those who came to the end, and those who, unfortunately, were unable to cope with their fears and gave up. All of you have helped to make the system better. Your detailed diaries and descriptions of the processes have made a huge contribution to the functioning of the system, and helped to make it incredibly effective.

**My immense gratitude and thanks to one of my teachers of Cosmoenergy.** She changed my perception of myself and the world, something possible through Cosmoenergy, that without which I would not have had.

**Many thanks to my wife** for her support, help and understanding. We went through everything together, always helping each other grow and supporting each other, no matter what.

**I also thank** all the people who I met in my life, and all the techniques that I was fortunate enough to use. All of them have contributed to my life and are reflected in the Baibak system.

## For whom is this system

The system of automatic health restoration Baibak was created for those who are ready to work on their own, and take full responsibility for themselves and their health.

This system is for those who are tired of being sick, of having poor health, low energy, lack of strength, constant apathy, and depression.

This system is for those who have realised that their health depends on them.

This system is for those who are tired to do complex, time-consuming practices in order to achieve good health, often without great results.

This system is for those who choose to be healthy and are ready to become whole.

This system is for sane people who understand that you should not rely on the system when it is already "too late", i.e. please understand that if you have a toothache, then you need to go to a dentist. If your leg is broken, you need a cast. If your appendix is inflamed, you need surgery etc.

This system does not provide you with a teacher or "guru" - if you need either of these, then do not engage in this practice - it is only for independent people. This system does not provide practitioners curation: no one will remind you that it is necessary to conduct sessions regularly. No one will try to persuade you to stay with the system, or to not "throw it away". You must be fully prepared to work independently.

If you are tired to wait and hope until someone will care about your sickness, and you are ready to take your health into your own hands, then this system for you.

## About the author and history of system

My name is Nikolay Zuev. I have come a very long way and, like many, this way began with serious health problems. My poor condition at that time prompted me to look for a tool to restore my health. It so happened that medical institutions and official medicine could not offer for me any real solutions to my problems, just a diagnosis and a message to "live with it". So, I had to dig in another direction.

*Please note: My own decision to leave the methods of traditional medicine behind does not mean that they are not effective, just that this was the case in my situation.*

First, my attention was drawn to existing psychological techniques, trying various trainings such as Holotropic breathing, rebirthing, retreat practice, placement on Hellinger, etc. Work in this direction yielded tangible results and helped me to see the world from a different perspective, however I did not find that these techniques had a strong influence on my health.

Realising that psychological practices by themselves do not solve all the problems, I started to supplement them by also engaging in energy based techniques - this is how I met with Reiki and Cosmoenergy. Eventually, I became a Master (Magister) of Cosmoenergy and Reiki Master, visited respective places of power, and started to work with and heal other people.

Cosmoenergy practice yielded excellent results in terms of recovery of health, and in improving quality of life, but there were still some pitfalls. With Cosmoenergy, I was able to cure myself from heart problems, remove stones from the gall bladder, and several smaller problems, but some diseases remained unaffected. Many have heard that Reiki, Cosmoenergy, Bioenergy, and similar practices can be very effective when you are the patient, however when you use these techniques for self-healing, you find that your unconscious defense mechanisms kick into action. Biased attitudes, fears, and laziness prevent you from holding/completing a full session. It is a well-known fact that for healers, it is hard and sometimes

almost impossible to work with yourself - a surgeon cannot operate on his own body! The founder of Cosmoenergy, V.A. Petrov, said himself: "If you are in doubt even for a second, that you can't cure the patient, then do not start, the result will not come", and when the healer wants to cure himself, in most cases, he questions the result simply because we are not accustomed to trust and believe in ourselves.

Realising that the sessions conducted by myself were not as effective as they could be, I began to work in tandem with other Cosmoenergetic practitioners. The first time I did this, it was very effective, and so I would like to say to all those who worked with me - thank you very much. But over time, I realised that each healer has their own limitations and energetic blocks, which "lock them up", preventing them from rising above their limited capacity. If you take into account the various doubts and limitations that are present in each person ("If you are in doubt even for a second, that you can't cure the patient, then do not start, the result will not come"), it turns out that one person is unable to completely heal another. Also, sessions are always interfered with by the notorious "human factor". Someone is too lazy, someone has no time and decides to finish practicing before bringing a particular matter to the end, and so the meetings are stopped. Most people, including myself, have some level of laziness, and there is nothing unusual in this. No one in the world will be 100% interested in your treatment and health, except you! I finally realised that I needed to stop shifting responsibility for my health to someone else - only I can make myself healthy.

Every cloud has a silver lining, and laziness, the "engine of progress", is no exception. Given all the disadvantages of previous practices I'd tried, I decided to create an automatic system for the restoration of health. By automating restoration, the whole process would take place without my participation; effortlessly and, therefore, without filters, doubts, and blocks.

As a starting point, I used the system of Cosmoenergy, in my experience the most effective technique for healing virtually all diseases, in conjunction with algorithms to increase its effectiveness further. In order to achieve automation, I decided to utilise the vast resources and capabilities of the subconscious.

## About the subconscious

Many of you know or have heard that the subconscious remembers everything down to the smallest details, and that all the information which reaches us, in whatever way, is carefully stored within it. But do not assume that this means it is only a library or archive. It also contains all the information about our body, its diseases, the causes of these diseases, their structure and effects, and even what needs to be done to remove them.

The subconscious is our best helper. It gives us the impetus for our development. We do not just meet certain people, or find ourselves in certain situations to practice problems. All these events are somehow generated via our subconscious. It is interested in our development and is not able to harm us.

There are various techniques for programming the subconscious. Every day, your subconscious is programmed via TV, society, loved ones and so on. Each program is automatically received by your subconscious, and their effects slowly alter your perception of reality, your opinion, your desires and your behavior. Once received, the subconscious mind is able to run any programs without our awareness, so why do we not knowingly give it a program to restore health? Especially when it knows the most about us and our body! The subconscious mind has no doubts, and is not afraid, unlike ourselves, healers, and even doctors. It knows that anything is possible, and simply executes the program.

The Baibak system is one such program. It is based on the possibility of healing via Cosmoenergy, and special algorithms by which the subconscious mind uses these opportunities. Put simply, fully automated and highly effective Cosmoenergy sessions are run by the one who knows all about you and your body, who is not too lazy to complete a session in full, who has no fear and doubt, and who really cares about you - your subconscious!

If you are not familiar with Cosmoenergy, this is nothing to worry about. The system will operate in any case - you do not need to be a pharmacist, and know exactly how the tablet works on your body and what chemical processes happen, in order to receive from it the expected effect.

For those who want to understand more about how it works, you can find the necessary information about Cosmoenergy in this [article](#), but all you need to know about Cosmoenergy, as the system used in Baibak, I'll discuss in this book.

**In the course of using the Baibak system, you are not becoming a Cosmoenergy healer. You will not learn to treat other people, you will not be attuned to Cosmoenergy frequencies, and you will not acquire any supernatural abilities!**

**This system is for independent use only!**

**To operate this system does not require initiation into Cosmoenergy!**

**No one will explain exactly how the system works, and what algorithms are used. Decide immediately: Do you need to find out what makes it tick, or is the result more important?**

**The algorithms of the system are closed to your knowledge, to ensure your safety and effectiveness of the method.**

## Disclaimer and contraindications

Neither the author nor the distributors of this system bear any responsibility to anyone for any consequences, both direct and indirect, that may result from the use of this system.

Neither the author nor the distributors, nor anyone else, can have an effect on, or participate in, your healing - all the work is done by your subconscious.

This system does not replace the services of qualified doctors. Use it in combination with your own common sense.

This system is not compatible with other practitioners and technicians working with the subconscious mind, as well as techniques using external energy (Cosmoenergy, Reiki etc.).

Baibak is a fully complete and whole system. It does not need "reinforcing" or additional practices and methods. Your only task is to let your subconscious make you healthy. It is not necessary to control or to "help" the process – if you're reading this book, then you've already had enough of "controlling" and "helping" in your life

### **The Baibak system is prohibited for use by the following persons:**

- under 18 years of age
- suffering from a brain tumor
- with mental illness and / or pending treatment with psychotropic drugs or tranquilisers (including potent antidepressants)
- contraindicated to start practice during pregnancy (exception: if a pregnant woman is practicing Cosmoenergy for not less than six months, with a level no lower than "Master")

### **The following persons can use the Baibak system with caution:**

- epilepsy (if the cause is not a brain tumor)
- with high blood pressure (more than 180-100 mm Hg. Article.)

Continuation of acquaintance with this system (by reading this book) implies full acceptance of these terms and conditions, as well as the complete and utter failure forever from any and all claims of any nature against the author and distributors of this system in connection with any results from the use of this system and any materials, books, & website, or lack of results. In case of any disagreement with the above, you should immediately close this file and stop reading this document.

## How the system works and what it gives

Typically, a person drags his illness throughout his life until death, periodically treating it by medications, going to training, or doing exercises. Cases of full and complete recovery are relatively rare. In most cases, the disease is no longer a bother, but is still present in the background and brings about changes in life.

No one knows what the true root cause of disease is. Some believe that it is in the wrong lifestyle, poor nutrition, and ecology, while others believe that it's because of negative thoughts, incorrect beliefs and stressful situations (all diseases of the nerves). Still others believe that the reason is held in the mistakes of past lives, not to mention those who are confident that their ailments are a consequence of magical effects laid on them or their family (point of damage, the evil eye). The most amazing thing is that each of these theories is confirmed in practice.

You may have different underlying causes of various diseases, and they require a different approach - that's why I created the Baibak system, which works with all possible aspects (psychological, energetic, physical and otherwise). What came first, "chicken or egg", is of no importance. It does not matter why a person got an ulcer - from malnutrition, or stress, because of which (stress) he started eating junk food, or if it all happened much earlier, and a cause of stress was his wife, because she went to another as a result of a love spell, and this situation developed with his wife due to errors and unlearned lessons from past lives.

You can read and make a lot of theories, and spend half your life to find out who is actually right. But I suggest a better solution: just work with a tool that removes all possible negative impacts and their causes.

The Baibak system restores health faster and easier than any other comparable techniques. This is the most powerful system that currently exists in the public domain. If you have decided to become completely healthy, you have no chance to not become so, but you should be fully prepared for a radical change, not only in your health, but also in your life, as global changes entail global processes.

Its complex influence is also so good by the that it affects the whole body at all levels, not only eliminating the causes (whatever they were) of disease, but all consequences as well. It is not enough to remove the nail that broke the engine. To make it work again, it is necessary to replace all the damaged parts

The Baibak system successfully carries out both of these operations. Using the Baibak system, diseases go away completely, leaving no trace in the body. Forget all you have been told before, the healing process with this system occurs very differently, as the disease is removed on all possible layers and levels.

Another difference from other systems, is that Baibak works not only by recovering you as the individual, but also the space around you. Using other psychological or health techniques, you change only yourself. After some time, the place, the atmosphere around you, no longer suit you, and so you have to move from them. With Baibak, however, following your internal changes will bring about subsequent changes in the outside world ("suddenly" beginning to make repairs to your old apartment building, or paint over obscene inscriptions on the porch. Your alcoholic neighbours will move, and instead will settle a respectable family. Old houses and dirty stalls in the area will be demolished, and the area will begin to regenerate)

Baibak practice - it is really the case that by changing yourself, you change the world around you, and literally, not only your attitudes.

## Levels of the system

As I have said before, the Baibak system is based on Cosmoenergy, and so I feel it is necessary to tell more about how, and at what levels, this tool works.

**Therapeutic.** Everyone has heard about the “magical” places. By visiting them (standing near stone or wood), people recover from illnesses, establishing their personal and financial well-being. These are magical places not because they are made from stone or wood, but because in this place there are healing vibrations (actually, all Cosmoenergy frequencies were observed and collected in such places around the world, by the founder of Cosmoenergy VA Petrov).

You can understand how this works by the following example. Each body has its own energy (vibrations), and the vibrations of a diseased organ are much different from those of healthy ones. Again, we will not argue what was the cause of these abnormal vibrations, it does not matter. Cosmoenergy contains references for the healthy vibrations of all organs and bodily systems. As a result, sessions involve gradually replacing sick unhealthy vibrations with the referenced healthy ones. First, organs become healthy at the energy level, and then, by the influence of energy, changes happen at individual cellular level.

**Emotional.** Vibrations and emotions are inextricably connected. There is much debate around whether emotions are vibrations, or vibrations are emotions, but the fact remains: changing the vibration of the organ to the "right" healthy vibration, we get changes not only physically, but also emotionally. Healed physically by Cosmoenergy, people have changed internally, released their old fears, let go of resentment, and changed to a positive way of thinking.

It is worth noting that some people will try to put all the blame for their health on to the healer, and decide that a healer should make them healthy, with no effort on their own part. When this is the case, the effect of Cosmoenergy is of course not as strong, or the disease is not completely cured.

For a complete and rapid healing, it is recommended for you to understand one simple thing: healers, Cosmoenergy, people, universe, etc. should not make you healthy – it's what you have to do for yourself. Let me explain: despite a truly magical effect of Cosmoenergy on the body, without the desire to recover, and complete acceptance of yourself, your health, and all the consequences, the changes may not seem as significant, though they certainly will be. It is fair to say that those who do not take responsibility, in any practices, do not achieve significant results.

**Energetic.** I'm not going to convince you that magic and other energetic impacts exist - it does not matter whether you believe in them or not. What matters is that Cosmoenergy works with these problems. It removes all and any negative energy effects such as omens, lapels, evil eye, damage curses, crowns, celibacy, negative binding, energy of deformation, etc.

**Karmic.** Cosmoenergy features an arsenal of special energies, and techniques, that work with fate and karma. Working with generic programs, Cosmoenergy eliminates barriers to free up movement of ancestral energy, resolving karmic problems. The Baibak system actively uses these opportunities.

Periodically, there are publications on the Internet that people treated with the help of Cosmoenergy recovered, but two years later the disease returned. One of the reasons that the disease may return after a course of Cosmoenergy is unscrupulous or incompetent Cosmoenergy healers. The important point is to secure a stable result. By changing energy, people change internally. Gradually, things within a person's surrounding environment (place of residence, work, friends etc.), were they un-favourable or a contributing factor to disease, are cleared and replaced.

Man, like any energy structure, is a kind of Russian Doll, or onion if you will. Healing begins with the smallest part/layer, and stops only when changes are fixed to the largest. If you stop working before the changes are fixed at the last layer, then eventually «uncured layers» will start to affect the previous ones, bringing them back to the original «unhealthy» levels. Many healers miss this important point, and stop work immediately after results become evident on the physical plane — note that it is because of these healers that stories, such as those I mentioned above, circulate the internet.

The Baibak system is designed in such a way that to not complete work on your healing process can be a result of a conscious choice by only you, which is to stop working with the system halfway.

Sessions with the system work in stages: it begins with the recovery of the actual / problematic organs, bringing the state of the organs to a less critical level. Each session, the condition of the body is re-evaluated, and work is done with the most pressing issue at that moment.

If it is possible – the Baibak system will work with several areas or problems, but recovery of the body occurs organically, so let me stress again - do not expect that the system will first restore any one organ to perfection, and only then switch to another. All processes to restore the body are like marching soldiers, one cannot run away from, or be left behind by, another.

As a result of using the Baibak system, I can say that in addition to restoring the health of practitioners, working only a couple of months, there have been marked improvements in various spheres of life: getting better situations with finances, personal and family relationships, improving communication skills, position in society etc. Personally, I'm two months clear of all health problems, which had butted about for five years previously. Also, increased revenue has begun to open up as new opportunities for business develop.

## How the system works with psychological problems

Having analysed a lot of literature, and compared the results of other practices, I made for myself a life-changing discovery - all psychological problems emerged due to the fact that at one time we did not have enough strength and energy to deal with a particular situation, so we hid it deep inside, "for later". But the coveted "later" never comes, and so problems are retained within oneself (at an unconscious level), continuing to need/use a considerable amount of energy.

First, we are unable to cope with a serious situation, and then, due to the fact that our resources are spent on holding previous problems, we cannot cope with even minor stresses, becoming irritable towards every small detail.

Problems increase whilst the energy to deal with them becomes depleted, thereby creating new problems and leading us towards severe apathy or depression. The Baibak system provides tremendous momentum and energy to deal with these problems, and gives the strength to cope with daily challenges and conflict situations. Eliminating the problems, the system returns to you all the energy and resources that have been spent on retention.

But the process of getting rid of the problems does not occur suddenly. The system first provides energy to ensure that issues rise to the surface, becoming visible, tangible and relevant again. As if given a second chance to solve them in the “online mode”, you then have the strength and resources to cope with them, and when you have this power, the problems burst like a bubble.

Here is a rough, but a suitable example: if you are afraid of stray dogs, and pass them full of fear, uncertainty, and weakness, they will certainly bark at you or even bite. But if you are full of confidence, you know who's in charge, the dog will not dare to come to you, or even suggest a fight. And so it is with problems.

Under the influence of Baibak, as I have said, there is an exacerbation of current problems - this is normal, but temporary. You should not attach great importance to this - analysing and reflecting will serve only to feed the problem. It is important to understand one thing: the system does not bring to you anything of its own. It does not make you aggressive, angry, or irritable. It only strengthens and makes visible the traits and qualities that you have tried to hide, or do not want to notice. It is not necessary to dwell on this: the system gives you energy in order to unlock the problem, and raise it to the surface making it visible. It also gives you the energy and strength to deal with it.

The system provides the necessary amount of energy to support initial natural changes which occur in the body (feeling better, getting rid of disease), but apart from this impact on the body, the system also affects the person (character). When a disease comes under the influence of the system, all information related to it is also cleared, such as those ways of thinking, beliefs and tenets that led to the disease in the first place. Body and energy are inextricably linked; a disease cannot be divided into physics and psyche. When there is an impact on the body, energy changes, and when energy is changed, the body changes – it is a two-way process. Practicing with the system, people at some point realise that they changed their mind on a particular issue that was of paramount importance and provoked conflicts. They find that it is important no more.

## Clean vibrations

I want to discuss the purity of actual sessions. All Cosmoenergy or Reiki healers are told during training that they are only guides, or channels, for the energy used in those techniques. They are taught to be open-minded and indifferent, naturally, because vibrations passing through a person have the ability to become distorted. Very few people have the ability to be just a “piece of wire”, through which energy flows freely, and without distortion.

While still a student in Cosmoenergy, I noticed that each teacher recruited a certain contingent of students, and on closer examination the connection was illustrated: blocks (unsolved problems) of teachers were, in varying degrees, reflected on or in their students. If we take the energy of Reiki as an example, anyone who is able to perceive (see) energy will say that during the transfer process, the energy streams become polluted. That is why everyone is so appreciative of Reiki healers’ “short line” - the shorter the branch, the purer the stream.

Practitioners of Cosmoenergy have noted that the same frequencies obtained from a single teacher work a little differently in one person to the next. This is due to blocks held by each student: some aspects of the frequency may be increased, while others are weakened (which is why teachers who can see energy periodically adjust the frequency of their students’, returning them to the correct state). Roughly, it can be represented as a guitar that becomes upset if it comes to the hands of a mad musician. Even with diagnoses from a healer, the Cosmoenergy process involves some level of personal transference and objective perception. Usually, the primary diagnosis is based on diseases of the healer himself, and other aspects (those of the patient) may well remain undetected. This personal influence simply cannot be avoided, it is normal for all people

During sessions, it is the same. Any healer, no matter how much he tries to be a “guide” and not “participate” in the healing process personally, still empathizes, worried about the fate of the patient. All this prevents the energy from doing its work 100%. It turns out that personal interference can reduce effectiveness to just 40 percent, or even less.

By working through the subconscious, flow is not distorted and stays clean, and so using the Baibak system regeneration is faster and better than with any healer.

## Stages of working with the system

You can and should expect from the system full recovery of health, but you must understand that any recovery (like curing disease) has its stages. You will not become healthy instantly. Stages of recovery can be quite painful, not only physically but also emotionally. According to one theory of disease this is because every disease is simply information, and has its own code. Usually it consists of wrong thoughts, irrational installations, shame, guilt and other negative psychological programs. Under the influence of these programs, the body and organs start to become ill. This is just one of the theories, but there is growing evidence to support it in various fields of science. It should be noted that it is not necessary to eliminate the disease on a psychological level, by "cleaning the head" first. Whichever "end" of the problem you begin to work with, it does not matter. The Baibak system is so unique that it selects the best tactics to heal the disease, based on the information that is stored in the subconscious.

Under the influence of the Baibak system, negative information associated with the disease goes away, and is accompanied by various physical and psychological effects. Thanks to the excellent work of the experimental group, I was able to identify some of the stages of working with the system. Here I provide details on some of the stages of difficulty you may encounter:

The first two or three weeks you will find it hard work, and above all on the physical plane. The first session can become very bad (hard to stand, feet hurt, sick, stomach twists, lightheadedness). Sessions may cause nausea, vomiting, diarrhea, headaches, dizziness, fever, dark circles under the eyes. Skin can begin to peel off, renewing the arms and legs. Delayed onset of muscle soreness is often manifested (muscle pain caused by the accumulation of toxins in them, like after a workout).

All this is not as scary as it is written. Firstly, these things will not all come at once, and secondly, not all of these will necessarily be manifested in you. The body needs to get rid of all of the negativity that has accumulated over the years. It makes no sense to begin rehabilitation of the treatment process, if the body is intoxicated, clogged with negative energy. At this stage, there will often appear various pronounced skin diseases, and allergies, since they are a direct consequence of removing toxins from the organism. This is temporary and it is not necessary to take medication in an attempt to deal with them. It will actually not help, because this state is quite different in nature. "Purification" is held virtually painlessly and quickly. It has nothing to do with poisoning or disease.

Emotions at this stage may jump from incredible universal love, to destructive hatred and malice. These effects are temporary. They are associated with the release of the causes of the problem, and are due to work being done by the Baibak system on the bodily or energetic level during this time.

Most practitioners experience strong and unpleasant odors (rotten eggs, old food, the smell of rotting), both from their own body, as well as from others (especially during the sessions) - this is also a consequence of removing toxins on the mental and bodily level (well, negative energy cannot have a smell like roses or perfume!). Typically, no one but you will experience these smells.

Out of you will come all that you have accumulated over the years on both the physical and emotional level, all that you held back in yourself, no matter what it was - a feeling of resentment or gratitude. Often in this period is the aggravation of all and any diseases that you have at the moment (even hidden ones, and those that were with you a certain number of years ago but for a long time were not a bother). With these exacerbations it is also advisable to survive without resorting to drugs.

There is a small percentage of people who are afraid of such changes, they throw about their hands and feet, arguing that this system has made them so sick or evil (yet these states started only after sitting down to practice), that in fact they had nothing of this inside before (that they are cut from only light and love, but it's not clear to them that for any "sins", they were awarded ill-health).

At the end of this difficult period, it is possible to walk away from (or have significantly reduced symptoms of) this variety of skin conditions (acne, dermatitis, vitiligo, varicose veins), finding improved general condition of the skin, hair and nails. Additionally, overall levels of energy will be increased.

After removing toxins from the body, you will start to feel better within your body, choosing fresh and healthy products for you. Appetite will normalise, you will not overeat, even if the food is very tasty, and your attitude towards products will be very calm. Just after serious purges, people tend to be motivated to get out of the house, dismantle old papers, to sort things, throw out all unnecessary stuff etc., since housing is a direct reflection of the inner world of man. Particularly, people find there is a strong motivation to get junk out of the attic, in closets and other "haunts of vice," which they'd not gotten around to for a long time. It becomes easier to let go of something from their life, releasing them from their passions for hoarding.

Psychological processes tend to run parallel within the individual, or with a slight delay. They can be expressed as follows: Meaningful/significant dreams (showing you the direction of your processes), exacerbation of negative character traits, you may experience anger, aggression, irritability, apathy, self-loathing, and others. For many practitioners, this stage is the most difficult, due to a feeling of complete or partial loss of control over their emotions and reactions (e.g., having a reputation for being a demure and reserved person, you "suddenly" can yell at a colleague who you can no longer stomach).

Such intensive work with the body and mind can result in many temporary sleep disturbances (insomnia or drowsiness) - this is normal.

All practitioners have also noted that in spite of severe physical or emotional states in the first two-three weeks, working capacity, most often, is "on the level". Many problems are resolved without your direct involvement. Work becomes easier because towards many situations there is a philosophical attitude.

After the physical and emotional purification (approximately for a period of one month), the recovery processes is already starting, working with the disease(s). You will begin to feel more and more self-confidence, a positive attitude will prevail, and the feeling of a surge in energy. At this stage you can still feel strongly overwhelmed, can suddenly re-start cleaning the body, or experience rashes on the body, but as a rule, the practitioner in this period already holds a relaxed attitude to such things, that these are just normal integration processes.

Changing social circles is normal at this stage, leaving old unwanted acquaintances, most often without conflict, like an unnecessary person ceasing to write to and call you, but you do not feel any regret about it. In return, interesting acquaintances begin to appear, as do great deals at work, promising cooperation. These changes begin to occur with people at around 1-2 months of regular work with the system.

The most difficult part is actually the next stage (3-4 months of work), when you feel that the health has leveled, life improved, work brings money and satisfaction, and close relationships give joy. There is a feeling that everything is fine, and this can stop the practice, but in fact it's a trick of your mind on the way to full health and tremendous changes in your life. In this stage it is important to continue to practice the system, and reduce the intensity of sessions. Firstly, good results still need to be fixed, and secondly, all these positive changes in your life - it's only a small part of the beauty that can happen to you if you continue to work.

Practicing the system at this stage, levels of energy will continue to increase, and this will affect many areas of your life. For example, in the workplace, you will be more valued and respected. Colleagues will listen, the authorities will value, and even try to hold you, and not without reason, as your performance and efficiency increase significantly. You will no longer have a problem finding a new job - even the highest positions and prestigious jobs will be available to you, if you are, of course at that time, not interested/involved in your own business, as both ideas and energy for its formation and development will be more than enough.

All dates are approximate, and vary according to your original state, the desire to be healthy, to work diligently with the system, and willingness to accept change.

In periods of tension, it is necessary to carefully monitor your condition, and to not give up work with the system. Even if you feel bad emotionally or physically, I strongly recommend to not stop the sessions: they will contribute to a less painful and faster exit from this negative state. In the case of severe exacerbations, contact your doctor as an extra precaution.

**The system is not designed for the treatment of any one particular disorder; it operates with the whole body in general.** The system cannot choose to work with only the liver, or the heart. In fact this makes no sense, because the cause (and effects) of illness can be in several very different places. Do not get hung up on any one ailment, and subsequently the entire period of treatment expected to improve in this area only. Waiting for changes in only one particular area, you block all other processes that need to happen first. All of your assumptions about what needs to be treated first, and what diseases you have at the moment, are just a "hallucination." Your subconscious itself acts as the healer - your only task: do not interfere. It does not divide the body by organs, instead treating it as a single system. The subconscious knows better than anyone what to do, and how a condition should be treated at first.

Here is a simple, but very striking example of my last healing practice, illustrating the complete unpreparedness of the patient for recovery. One of my patients had problems with blood vessels, and all work during our sessions was conducted mainly on the liver and circulatory system. After a few sessions, she came to me upset, and it was revealed that she had resumed menstruation, "and I had only just finished going through the menopause!" she said (it should be noted here that the onset of menopause came earlier in life than is normal). I tried to explain to her that Cosmoenergy provides overall wellness and anti-aging effects, and that all organs are connected, so you cannot cure only one body part while leaving others in sickness. She did not listen. She reported that she had no plans to resume her reproductive function, and therefore stopped all sessions.

## About independence

We need to talk about the independence of the individual, as many confuse it with control and responsibility. All your independence should be manifested by only two things:

- 1) You must make the decision to become healthy
- 2) You should not interfere with that decision once implemented

### A small digression.

I want to express my great appreciation and thanks to one of my teachers of Cosmoenergy. She changed my perception of myself, the world, and Cosmoenergy. It was she who showed me the practical side of this method. Cosmoenergy, first of all, is a vibrant, healthy, joyful, abundant life, and only then science, extra-sensory-perception, vibrations, etc.

She has one absolutely incredible feature, that I'd never seen in anybody else - she is not afraid to spend her power. If a man came to her - he will get the maximum in all respects. Had she not, at the time, pulled me by the collar as a kitten from the swamp in which I sat, just for me to see that the world is quite different - not only what I see and perceive, perhaps I would still be swimming in this swamp.

Each person has his own personal power, and most save it as something that is so necessary, that God forbid we should spend even a drop of it on somebody else, though if you ever think about the concept of "personal power", it becomes quite obvious that to apply this power to yourself is simply impossible - it exists solely to help others.

Technically, this "pulling by the scruff of the neck" is very hard to explain - it's not simply talk and explanations, these would tend to lead to nothing. This is something completely different. I just know that the person sitting in front of me, ready to change their life, ready to work hard to get out of the swamp, they need help and, more importantly, they are willing to accept it. At the moment, for them there is nothing but this swamp - they do not know where to go, and to explain to them why is meaningless - they just have to be shown. I just feel this power, and through this power I pull the person up and out, raising their level of perception. In fact, a person temporarily begins to see and perceive the world "through my eyes." As this happens very rapidly, one sees just incredible differences between where they are, and where they can be, automatically understanding what they need to do, they are inspired, they are aware of their position, they are no longer at a dead end.

What psychologists and other coaches do is meaningless. They just give a spoon to the person who is already buried up to his neck with his problems, flinging it at him to pointlessly try and dig his way out. Yet he has neither the strength nor the will, nor can he feel the bottom of his feet. It is pointless to explain to the person sitting up to his neck in a swamp, and cursing the world, that the world is not like that, and that he climbed in there on his own, and that he is sitting in it of his own accord - for him there is nothing but this swamp.

We all need someone who will pull us out of it. In rare cases, we find such a person, and thank them for all our lives. In most cases, people, instead of helping each other, pull each other into their swamp.

Fortunately, each of us already has someone who can and wants to do everything for us, the one who does not feel sorry for his personal power, whose strength and capabilities are unrestricted - our subconscious.

All that can be done to a person, it is to pull them out of this wicked place, and the Baibak system is not just a crane or rocket that will pull you out of your swamp, but to not climb back into it, yes, that is your personal work and responsibility.

No one will follow you as you work through the system, but I'm giving you your best mate and friend: your subconscious with full equipment.

## With what diseases the system works

The Baibak system uses all aspects of Cosmoenergy healing. An approximate (but not complete) list of illnesses that Cosmoenergy works with can be found [here](#).

It is not necessary to emphasise any diseases, no matter what name or status they were given. Do not think that your illness is some special and exclusive thing, that your case is complex or unique. There is no need to go into an endless search for causal relationships, to think that your illness is sent to you as a lesson, and that you have to understand something. You need to learn only one thing: any illness - it's just dirt, which can and should be washed out, without delving into lengthy study. You choose what you need, "devote your life to elucidate why you fall into negative states, and who is to blame" or "just get out of it".

Important! Once again I want to warn you: until the disease is completely gone, you have to go through one or more exacerbations of the disease on both the physical and emotional level (all the "special effects" that accompany these processes, I have outlined above). Remember that these are temporary aggravations, and will pass quickly as long as you do not stop working with the system.

## Medical preparations

I understand that most people take pills as Vitamins: a self-involved cocktail of different drugs, up to the strongest antibiotics, painkillers at the slightest sign of discomfort, or engaging in other self-medication with strong chemicals. The vast majority, taking all and any advice from friends or advertising, do not even bother to read the instructions, and do not understand exactly how the tablet affects the body, what the effects of the drug are.

Many people are not aware that any medication takes on the role that should normally be carried out by the body, but because of a failure, is not. Over time, the body gets used to getting this constant help from the outside (in the form of hormonal drugs, antibodies etc.) and becomes "lazy". If you want to restore your health, the first thing you need to restore is the normal function of the body and organs, to enable it to independently produce all the necessary hormones, or maintain the desired level of enzymes, and the Baibak system successfully engages in such recovery. If the substances are constantly coming from the outside, within the body there is no need to 'learn' to re-perform its functions. Think about it.

If you do not have an acute need for drugs (i.e., it does not affect your life and normal functioning of insulin, drugs for Parkinson's and the like) and have the opportunity to give it up before you start working with the Baibak system - do it. When stopping any drug, follow the instructions indicated in the annotations to avoid withdrawal symptoms. If you were given the drug for medical reasons, then to cancel it is not necessary, but you need to be tested periodically to verify the dosage as, practicing with the Baibak system, soon your performance will be closer to the norm, requiring dose reduction, and eventually complete discontinuation of the drug.

Decisions to reduce or eliminate prescribed drugs should be taken only on the basis of medical tests and with the approval of your doctor!

Unfortunately, ignorance of health issues among the population is growing, and for many people, even the simplest medications are considered so necessary in their lives, that even thought of giving them up does not arise. Here are a few examples from the practice:

*I have problems with the hormonal system. I want to be a healthy woman, and be able to have children. Currently using contraceptives because, due to some health indications, I cannot afford a pregnancy right now. I will use Baibak practice.*

Taking contraceptives and simultaneously wanting to be a healthy woman - it is at least strange. Birth control pills are not necessary. In fact their "therapeutic effect" is nothing more than a consequence of the oppression of the entire female reproductive system, therefore cancelling the reception of these kinds of drugs (as well as any other hormonal treatments) is MANDATORY. Decide, do you want to restore the normal function of the body, or continue to sit on the pill?

*I practice with the Baibak system, but I often have a headache / painful menstruation, so I take painkillers.*

Taking pain medication is pointless. At best, they will not help. At worst – they will interfere with the processes, as the only function of this drug is to stop the painful processes. Practicing Baibak, you will deal with this pain not only one time. Such pain is not caused by disease as such, but a process of purification of the negative, dirty energy output, the transformation process of the body to another level. Do not interrupt this process, and remember that Baibak is an improving practice - use it (headache / painful menstruation / joint pain / back pain, etc., - carry out a session). Just listen to the character of the pain - the pain of negative output and restructuring processes is quite different - trust your instincts. Over time, you'll feel your processes better, and clearly understand in what cases you should spend an extra session or two, and when to just lie down and relax.

## Baibak and other techniques

With access to the Baibak system, you get an unlimited number of wellness sessions, which you can spend at any time convenient for you. In addition, users of the Baibak system receive their sessions from the most competent specialist for them personally - the subconscious. Therefore, combining it with any other techniques I find to be pointless, but there are techniques and methods that are strictly prohibited in combination with Baibak. One of them I want to talk about in this chapter.

Many people are deciding that to work on themselves and their health, they should catch all the techniques at once - it's quite a serious mistake and just a trick of your mind, as you spray the energy available for the changes to all the world, without getting anything in the end.

Once again, the Baibak system is prohibited from being combined with Cosmoenergy treatment or any other healer, no matter what techniques and energy they use. From start to finish, treatment should come from only one source - you should make a choice: engage with the Baibak system, or with a healer. Carrying out Cosmoenergy or Reiki sessions on yourself is also forbidden.

As usual, we give a simple example: You wouldn't build a house by giving free reign to workers with varying skill levels and approaches. All they'd do when turning up to the "building site" would be to redo the work of the previous shift - one shared vision, yet various different opinions, not all of which are correct (as I mentioned previously, the subconscious knows everything about you, but a healer does not always possess/find out such information).

It is strictly forbidden to combine the Baibak system with techniques that, like Baibak, are utilised by the subconscious. This is, of course, multi-tasking, but the use of other techniques in conjunction with Baibak will lead to overload in the strongest. Furthermore, the aforementioned techniques may use algorithms opposite to those used in Baibak, and the effect of such a combination is unpredictable.

Once again about the processes of Baibak: do not think that you know how best to spend sessions. All recommendations and instructions can be found in this book, and the materials available on the website. Do not bring anything of your own to the system: do not interfere with the processes occurring in the sessions, even if you think that "it is necessary to help the flow" and that "it is necessary to direct, correct." If during the session some information surfaces, emotions or fears - it is not necessary to use additional equipment to make them go away – built within the Baibak system is everything you need to work with these states.

You do not have to sit in the lotus position and start to meditate during a session, or posturing using Qigong, yoga, etc. Outside the sessions, these can be useful, as yoga, qigong, and similar healing gymnastics, use only your own internal energy. But during sessions it is necessary to do only one thing - not to interfere, just watch, taking the processes.

Remember, it is your mind, and "knowledge", that brought you to this current state, and so they cannot be a tool to get out of it. Just trust the process.

## Trial sessions

I understand to most people how wild it sounds that you can read some text, and something will suddenly start to happen with you. Some do not "get" energy, where and how it will work with them and so on. Therefore, not to be unfounded, I give you the opportunity to test the system.

Below is a protocol "**Baibak Alpha**". It is a normal, average, Cosmoenergy session, and is designed to ensure that you have personally been able to dispel your skepticism, and test the basic functionality of the system and its performance. The protocol is designed for five runs (5 sessions).

*This protocol does not use the algorithms and methods applied by the Baibak system, the system differs from it very much - it is much more powerful and effective.*

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It is believed that a small percentage of humanity is not susceptible to Cosmoenergy frequencies, so pre-testing is necessary.

The second purpose of the protocol - to give you an opportunity to decide whether the Baibak system is needed/right for you. Some people feel good with the incredible and wonderful power they meet, that this may have been the only chance to get healthy and change their life - even at the stage of reading the book, the majority find this understanding comes at the time of running the protocol "Baibak Alpha" (first meeting with Cosmoenergy).

I prefer that the system be used by only those who really feel that they need it, that they may get great results quickly.

I do not spend any energy to select or assess your readiness to work. You still have to decide this for yourself, on the basis of reading the book and conducting the test sessions.

## Loading

I will tell a few words about how the system is loaded. There is a general information field. A single definition of this field, as well as the subconscious, cannot be deemed within psychology, science, or esoterica.

According to some researchers, the information field of the Earth contains all the information about our planet and everyone living on it. According to V.Y.Tihoplav, this field provides informational exchange between the Earth and each person. This unified information field of the universe, according to V.S.Polikarpova, keeps information in a holographic form for each person, with the world of his feelings, experiences and knowledge.

All opinions agree on one thing: the information field stores everything: thoughts, ideas, programs, our knowledge. The subconscious is permanently connected to this field, and in fact has direct access to any information stored there. It is because of this that your subconscious can freely download the trial protocol "**Baibak Alpha**" using the following instructions:

## Protocol "Download"

It is imperative that you have read the following protocol aloud or to yourself just once, starting from the words "Protocol "Download" and finishing with the words "End of instructions". You will then say or think the special key phrase "Download START". Repeat this to yourself 10 times, or until the subconscious notifies activation by yawning (mouth), whichever comes first. Your subconscious mind will accept it as an instruction to act, and automatically install the self-treatment instructions (**protocol "Baibak Alpha"**).

So, for the trial sessions, you need to read the below protocol (from "Protocol "Download" to "End of instructions"), before starting (repeating key phrase). Take a comfortable position, close your eyes, and try to relax. When you are ready, say or think the key phrase to run the protocol, which will take 5 minutes to complete its work. Once the protocol has finished, take a small ten-minute rest.

You need to run protocol "**Download**" only once. It will automatically install the **Baibak Alpha** protocol into your subconscious. Afterwards, it is not used anywhere else, and you can forget about it.

*Protocol "Download"*

*OUR subconscious, these instructions are for you.*

*These instructions install the protocol "Download". From this moment, please consider invalid all previously issued instructions of all earlier modifications of the protocol "Download", and perform the work of protocol "Download" on this version only.*

*Starting from the moment of activating this mechanism (as described in this manual), by performing the special key phrase ("Download START"), you will begin a fully autonomous and automatic procedure as follows:*

***You fully automatically and autonomously will find and install self-healing protocol "Baibak Alpha" authorship Nikolai Zuev.***

*From the moment of activating the mechanism, by uttering the key phrase ("**Download START**"), all work of the protocol "**Download**" will be done by you within **5 Earth minutes**.*

*Upon uttering the key phrase ("**Download START**"), activation of the mechanism will be notified by you, our subconscious, by the action of body yawning.*

*OUR subconscious, you will do all that we have described in these instructions, independently of the condition, or of the circumstances, or of the situation, or of the mental or emotional condition WE are in. And we thank you and are very grateful to you.*

*End of instructions.*

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## How to perform a test session

After the Protocol "Download" is finished, you will be ready to run the Protocol Baibak Alpha, which is now automatically loaded into your subconscious. This Protocol is started in the same way: the utterance of a key phrase ("**Baibak Alpha START**") up to 10 times or until the body (mouth) yawns.

Protocol "Baibak Alpha" is designed to run for 18 minutes. Pick a time of day to run the protocol so that you will not be bothered, you will not be late, and not fussed or distracted. Before starting, it is advised to pick meditative music that lasts for the appropriate amount of time, enabling you to relax and not be distracted from the constant process of spying on the clock. If you are more comfortable holding the session in silence, you may use some kind of timer, but in a low discreet beep. Protocol "Baibak Alpha" should always be run while standing with eyes closed. Hands and feet must not cross, and feet should be firmly pressed to the floor. Try to relax as much as possible and not think about anything. Do not try to survive the 18 minutes as a soldier in the Royal Guard: if you feel that the body sways, shakes, wants to move some special way, turn around etc., you may let it, but remember that your feet must remain firmly against the floor. If during a session you feel unwell, dizzy, nauseated etc., you can sit down on the floor or in a chair, but do so carefully without opening your eyes or crossing your legs/arms. Quite simply, you have to play music \ timer, stand up, close your eyes, and utter the key phrase silently or aloud 10 times or until yawning. Everything else, the subconscious will do for you. Just stand for the full 18 minutes, and simply observe any sensations that may arise. Work by Protocol "Baibak Alpha" will automatically finish after 18 minutes.

At any time you can stop the Protocol, by saying the key phrase "Baibak Alpha STOP" (aloud or silently up to 10 times or until yawning), and for this day the session will be completed/ceased ahead of schedule.

At the end of the Protocol, thank your subconscious for the work. Then, not in any hurry, gradually awaken your body, first with your hands and feet, before slowly opening your eyes and moving around. Give yourself 5-10 minutes to rest following each session. At this, the session has ended.

Protocol "Baibak Alpha" is designed for five sessions - this is enough to determine your need for the Baibak system. If you are interrupted, or for some other reason you stopped any of the sessions - it is still counted as a fully conducted session. When you restart, the protocol will begin the next session under the account, even if your previous session was ended in the middle. At the end of five starts (5 sessions), this protocol is automatically deactivated and for subsequent startups no work will be performed.

You should spend this mini-course of five sessions during one week. Do not stretch the 5 sessions over time, otherwise you will not get a feeling for the full effect of Cosmoenergy.

**Again:** Protocol "Baibak Alpha" - is designed for only 5 sessions. Make sure that you do not interfere with their conduct. Disconnect the phone, be alone, ask that you are not bothered during the entire session, under any circumstances, and so on. There are no second chances.

Many people ask the question: "How do I know if system works with me or not? How does it feel to be in the sessions?" The answer is:

Most people during the sessions feel heaviness in arms and legs, tingling, numbness, burning foot pain, sensations can be in different parts of the body, hot flashes or chills, profuse sweating, sometimes people shiver, very frequent yawning can occur, energy can be felt in the body as something hot, cold or menthol, prickly or burning sensation (similar to insect bites or mild static shocks), feelings of pressure or fullness, body swaying like a pendulum, tilting or rotation of the body, sometimes making a figure of eight (for example, hips). Occurrence of one or more of such feelings is a sign of the system.

If, after the test sessions, you decide that "it's for you", and you are ready to engage in the full Baibak system, go to [baibak.org](http://baibak.org) where you can purchase the system itself and get all the necessary working materials for practice.

Before you purchase the system, I recommend that you read the [diaries](#) of some practitioners, and their [reviews](#), to understand what you will have to face in the process of recovery, and to assess your power. The fastest results are achieved by people who are already desperate to find a way out of their health situation, as they are really and willing to work independently and to recover, and not just try the system on the basis that "maybe it will help."

Some excerpts from the diaries of participants, which clearly illustrate the process, I will share below.

A participant in the experimental group, 61 years old:

*Today the session began differently. Usually, my body is flooded with warm hands, and pins and needles, and now the head feels pulled together for a moment, as if by a hoop. Then, in the region above the nape, energy rotations and wave-like motions, slowing sliding down the neck. At the level of the throat chakra, waves began to make a reciprocating motion, as if trying to push through from the back of the neck to the front. And so it went for a while. Sweat dripped from forehead. Thoughts came of parents' family. Emotions covered me, the tears and sobs flowed. Inside, I felt a profound gratitude to my family, especially my older sister. I realise and experience as me, all roads are needed, they are part of me. Lump in my throat broke, and its movement ended in the stomach. Waves began to wash this lump, melting it. It flowed further down. Another sob brought back a lump in the stomach, and the melting process resumed. The time in the session went unnoticed. Came out of the session in a good mood.*

Experimental group participant, 30 years:

*The last three days I "went crazy." Didn't feel like talking to anyone in particular, habitual enthusiasm surrounding the world, nature, sunsets, great water, is gone, somehow not happy, faded. Again feel inadequate within myself, my body, its every cell, fatigue, lethargy ... Thoughts of own imperfections, even ugliness, brought to tears and forced to lock/tense more. This happened with me before, but I thought that I had "worked" this problem, and it is no more. It turns out it was just so deeply hidden. Now here this inferiority complex, and lack of love for myself, is crushing me. However, unable to cope with them, something switches, realising that this is just a thought. But still I must work through this healing aggravation.*

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*Today "freewheeling" unpleasant memories of how I used to feel useless, abandoned by all, uninteresting, to such an extent that I did not want to live. Bawling tears, calmed down, went to collect raspberries, and then hugged my friends and sisters, laying on the grass in the country ... and silently took this as another level in the healing process.*

*But! This is very good, the obvious process of elaboration of these problems, i.e., it's not depression, it is work on the "pullout" from the depths of the subconscious mind, or even my "cockroaches" and their neutralisation, destruction.*

*I understand that this is the best and normal process, that I am responsible and can get through it by myself without asking for support.*

A participant in the experimental group, 49 years old:

*It's hard to describe the bodily sensations, as what happens is much deeper and wider than all the senses. Today, I have joy. During the session, I was so pressed inside the chest, and pulled in all directions. I whined and cried, but I tried as best I could. Then, I felt a block in the chest open. I have had this block in the chest for almost 2 years. Osteopaths, homeopaths did not help. And after the session, joy – a wave heat has gone down over the body to the toes, and breathing is easy, easy. Lay on stomach, and inside nothing speaks hoarsely, no wheezing. Now with the power of habit I draw in air, and I understand that it is not necessary, I can breathe freely and easily. And my muscles ache from the stress, but I'm happy. A little scared that all may return again. I believe everything will be fine and even better.*

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*Condition at the time of yesterday's accident was not dullness or mental inhibition. This is something very important that has not yet reached the level of consciousness, is not formulated in words. Associated with my son. Fear, mistrust, control, his concern for me, in which he has to struggle to live because of my fear for him. I have to change, so that he can open up in full force. My fears stifle him.*

A participant in the experimental group, 35 years old:

*Session 10 - spent the entire session yawning like a crocodile ... wide and deep. Session was quick and easy, there was no pain. Noticed a changing picture of the world, people are pretty happy, the weather is always great, even the rain and storms - all are super, and no fear of the lightning that burns the sky. Earlier, I always, for some reason, refused any help. Now I accept it with gratitude. There are no ideas that I must do all by myself, that I do not need any help. Very quiet today, like an observer in the theater, I was more of a spectator than a player. This new perception, I love it ... ah yes, the liver still flashes with pain from time to time, then from the back, pain, the upper quadrant, adequately treat this as a surgery without a knife. By the way, about fears, my attitude changed with the boss, I'm not afraid of them now, just follow the chain of command, and have respect for all, no feelings that they sleep for a job, took it all very gladly, and am grateful to Baibak.*

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*Session 12 this morning. Yesterday held only one session. After, back was aching, liver continues to respond to each session with pain and bitterness in the mouth. Felt like sand went from kidney, urine was abnormal colour (sorry for detail!) Emotionally, I thrive. I had held grudges and hatred towards some people, and there is a spasm in my heart when I think of them. Now my enemies have become friends again, I realised more that they were not my enemies, and I continue to love them, spasms in the heart as a of proof of love. People just committed an act, and I misinterpreted, getting so offended, or angry. But the most important event was about five years ago. I made a mistake, and had lived with this guilt. I forgave all the participants, and each time I remembered this situation, my heart ached with pain, as HOW I could have done so? You know, I forgave myself yesterday, and everything went easily. And now I know the answer to my question - I had done so, because at that time my level of development was such, and it was not bad and not good – It was a test which I failed, but now have found the strength to accept it all, to understand, and the Baibak system and its creators have helped me to let go and forgive myself. Thank you.*

On this note, I consider it necessary to finish this fascinating book.

The decision is yours.

Wishing you health and success!

[baibak.org](http://baibak.org)