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# **The World Scientists**

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**MINERALS IN THE STRUGGLE  
AGAINST ANY DISEASE**

**PSYCHOPHYSIOLOGICAL ACTIVITIES  
FOR THE MILITARY**

**BESIK SOLOMONASHVILI :  
HARMONIOUS SCULPTURE CRAFT**

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## MESSAGE FROM THE CO-EPRESIDENT OF UNO-CONGRESS GENEVA



Our 7th World Scientific Congress “Education, Science, Culture and Peace” has come to an end. We put much hope upon it.

And I dare say that these hopes were justified.

Our Congress was a real elite meeting, where fundamental, significant ideas that can solve the issues of education and science were told. The interaction of education, science and culture create the foundation for the peace in the world.

Our Congress revealed that the very interaction between the scientists can direct creative people’s power to the one common goal: the peace on our planet.

Our Congress graphically demonstrated that the interaction between the scientists is the basis of the discoveries for the sake of humanity.

The very interaction of the scientists from different countries allows creative people to develop their talents and direct their aims towards the strengthening of the peace on our planet.

We could make a conclusion that our Congress justified its high mission if the people after the reading of the materials of the Congress, feel more confident and see that science cares about their material and spiritual values.

From the name of IHAC and IUFS I want to invite all the participants to the 8th World Scientific Congress, which is going to take place in Saint Petersburg in Nov 2016.

I hope that the topic of the Congress “The New in the modern Science: Discovered and undiscovered” will

be interesting the scientists. We think that with the help of the interaction of the different phenomena and beginnings this explanation could be found. In any case, we will do our best to do it.

Hospitable Saint Petersburg is waiting for you, my dear colleagues. Welcome and see you!

Thank you for your attention!

### CLOSE OF THE CONGRESS

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Prof. Santhi Jayasekera

President International Higher Academic Council.

Rector IUFS

## **MESSAGE FROM THE PRESIDENT OF IHAC, CO-PRESIDENT OF THE VIII WORLD CONGRESS, UNO - GENEVA**



Dear colleagues!

I am Prof. Santhi Jayasekera, Rector of IUFS Moscow and President of the IHAC in St.Petersburg.

Today we are celebrating 8th World Congress at UNO Geneva in Switzerland.

First of all, I would like to inform you what fundamental and applied sciences are. It may be that there is something unclear and vague, and it is really worth to clear it.

It is considered that fundamental science exists for the so-called «curiosity satisfaction», and applied science is a kind of «the response to the governmental challenges». In the conditions of the resources limit, it is necessary to choose only the one. Pragmatists tend to the second science: the applied science. In fact, in case of any amount of recourses, both sciences are needed, especially fundamental science, which exists not only for the curiosity satisfaction, but for the practical issues solutions as well. Such a mentioned above difficult choice will bring to a dead-end.

Fundamental science perceives and explains the core of the various and local phenomena, which interact with each other on the material and spiritual level.

Basically there is a difference between the fundamental and applied sciences. Idea as the interaction of the feelings and thoughts may be totally different on its level and character, that is, have different

expression and application.

Fundamental idea is consistently systematic, universal and consuming. It receives its specific expression in its applied, particular and local idea. The idea of the interaction is truly overall and universal, both materially and spiritually.

Practical significance is not equal to the applied significance. Practical significance is broader and diverse than the applied significance. Fundamental science is practically broader and more universal than applied science from the point of view of specification. Practical value of the applied science is not put down to the «response to the governmental challenges and issues». Moreover, the government itself should act according to its own principles and the recommendations given by applied and fundamental science.

The world is the interaction of the different geopolitical powers and directions, countries and population. It is the interaction that serves effectively to the total peace in the world.

The idea of the peace in the world is both fundamental and applied.

The idea of the peace as interaction is able to perpetuate and turn into the different kinds of the spiritual activity (culture, arts, cinema) making it practically and spiritually useful for the humanity.

To cut it short, the peace is the interaction, and the interaction is the peace. Let it to be.

## THE IMPORTANCE OF NATIONAL IDENTITY



**Marie Rose Abousefian Ph.D., Professor**

Today, at a time of rampant upheaval and increased globalization, entire nations are being forcibly displaced, resulting in monumental demographic shifts; masses of people are being uprooted from their homelands and dispersed across the world. The natural course of people's history is being disrupted and they're being threatened with the eventual loss of their language and their old national traditions. It has become imperative to probe the issue of national belonging, without which it would be impossible for the nations of the world to promote peace.

Currently an alarming number of nations are being stripped of their human and territorial rights. Wars that strictly serve the interests of the world's great powers are directly responsible for this mass displacement, which is a key factor in the destruction of nationhood.

The West is redrawing the globe's political map, for its own interests. They are using economic might to justify their ongoing bid for globalization, promoting their own values and culture to the detriment of marginalized peoples. Ethnicities and ancient indigenous cultures are being trivialized and in many instances replaced by Westernized versions of themselves, creating cultural disruptions and double standards among "host" societies.

History provides ample evidence that ethnicity, which reflects local roots and origins across thousands of years of cultural development, is not easily given to suppression or adulteration. For centuries, indigenous peoples have remained self-sufficient in terms of national and cultural values with distinct identities.

Westernization underestimates these values and imposes new ones. It promotes its own values, marketing them under the heading of modernization.

As political scientist Samuel P. Huntington describes, "The Western virus, once it is lodged in another society, is difficult to expunge. The virus persists but is not fatal; the patient survives but is never whole." *"Clash of Civilizations and the Remaking of World Order"*. New York: Touchstone, 1996, 82, 83)

Westernization is not necessarily synonymous with modernization. Modernization is a natural process which nations undergo in an instinctive effort to evolve with the times and refresh their traditions, thereby renewing and enriching their national identities.

It is worth noting that as recently as a few decades ago; the West scorned the national identities of China, India, Persia, and other nations, considering them exotic at best, even though their respective identities are the culmination of histories and civilizations that go back thousands of years. Interestingly, in our information age, when human con-

sciousness continues to expand influenced by breakneck technological innovation. Daily life is conditioned by the degree of connectedness with cyberspace. Individual consumers are able to link with each other across the globe, seeking to reconnect with their own cultural roots. It would seem that the reverse would occur: globalization — of which the Internet is a glaring function — would take the individual away from his or her origins and culture, and transform him or her into a non-culture-specific citizen of the world.

Then what is it that draws the individual to the national identity?

What are the fundamental attributes of the formation of national identity?

Why is national identity important?

These questions are as old as civilization itself, and much of philosophical inquiry. For instance, the Greek philosophers, among them Plato and Protagoras, saw national identity as a human sense of belonging, process of thinking, the values of moral behavior. All these are embedded in national identity.

The paper that I present today is an analysis of the evolution of Armenian identity, particularly in the past 100 years. That evolution is conditioned by a number of key characteristics, as follows:

- 1. Geopolitics, which includes internal and external politics.**
- 2. Education; language, culture and historical awareness.**
- 3. The individual's quest for national identity.**
- 4. Memory of instinct.**
- 5. Individual, familial and collective memory.**

### **1. The first and main characteristic, Geopolitics.**

The fundamental factor in the development of national identity; the loci, nature, environment, a nation's specific relationship with their land, its distinct history of evolu-



tion, economy and the political context in which a nation is shaped. It is through these elements that a nation sustains its existence, constructs its history, and enriches it.

Armenians even have an epos dedicated to the role of one's homeland in forging of national identity. It is the legend of "Hayk and Bel", where Hayk defeats Bel in a one-on-one battle as he stands firmly on his Armenian land.

It is due to geographical uniqueness that every nation has its own mindset, traditions, culture, and history, and even physical features, by which nations are distinguished from each other.

A nation's geographical setting is constant flux. Over the course of centuries, it can undergo significant changes, brought on by natural processes as well as external political and military factors. Clearly, such changes affect the psychology, mindset, and way of life, and culture of the people living in a given territory. In other words, geographic evolution has a direct bearing on the evolution of national identity.

As one of the oldest people in the world, Armenians have more experience than most, influenced by several geographical and external political changes. For millennia, they have lived in Armenia Major (Mets Hayk) and Armenia Minor (Pokr Hayk). Later, after the fall of their last Armenian kingdom of Cilicia, Western Armenia came under the rule of the Ottomans. Armenia was divided into Eastern and Western segments. Due to different political and cultural influences, these two segments have developed independently of one another with different destinies.

Western Armenia (which is under Turkish occupation) was much larger than its eastern counterpart, encompassing a richly variegated topography that included numerous bodies of water, towering mountain ranges, and grasslands. This natural variegation has lent the Western Armenian a much "softer" and more colorful national character, as is typical of peoples living in ecologically diverse environments. Therefore the language, culture, history, and traditions of the Armenians who have lived in the seven provinces of Western Armenia, as well as Cilicia, are different than those of Eastern Armenia.

By contrast, the high altitudes and significantly mountainous terrain of Eastern Armenia have lent its inhabitants a "rougher" national character, amply reflected in their culture and traditions.

For five centuries under Ottoman rule, with their increasing oppression Western Armenians became docile, complacent imperial subjects. In 1915 with the Armenian Genocide, Western Armenians lost their homeland, millions of their people massacred and all their cultural, historical monuments and institutions destroyed and remnants of genocide were spread all over the world.

Eastern Armenians after 70 years of under Soviet regime fought and established their independence and even freed

part of their ancient homeland, Artsakh (Nagorno-Karabakh) from Azerbaijan's occupation.

To illustrate the importance of land in peoples' lives and their unconditional bond with their land, their soil, let me cite a simple example.

In 2005—90 years after the Armenian Genocide—Diana Margossian was about to take a journey to Western Armenia (now under Turkish occupation). She asked 94 years old Mariam, a Genocide orphan, if she wished for something from her old country. Mariam asked only for some soil from her native village, so that she would be buried with it when she died. As requested, she brought the soil. Mariam opened the package and said, "You brought the smell of my village to me". (<http://www.mediamax.am/en/news/society/1835/#sthash.vHX5eSSI.dpuf>)

Such an example might seem simplistic yet, its underscore the fundamental role of a locus—a homeland in the forging of national identity.

The formation of national identity requires much more than a geographic locus. It involves a long and difficult process of developing language, culture and national history. This takes us to the

## 2. The 2nd characteristic: Education.

If one's parents were Armenian, French or Chinese, it does not necessarily mean that he/she is going to feel Armenian, French or Chinese automatically. There are other important factors. One of them is the language, which apart from being a subconscious aspect of identity, is a fundamental tool for a nation's longevity, the development of a distinct culture and history created with that language, and also, for their further development.

Today, due to political, economic, and cultural pressures, generations of Armenians and other ethnic groups as well, are growing up outside their homelands without speaking their mother tongues, therefore engendering a new cultural type in the context of national identity. The absence of language from the national-identity equation will certainly signal a paradigm shift. But its particulars are as yet unclear, since this is a relatively new phenomenon.

The key is education; the high degree of knowledge, a desire to preserve one's own heritage and history. Without knowing your own nation's real history, one can't contribute anything to that history. But knowing your nation's history is not enough. You have to become a part of that history and not let outsiders to rewrite your nation's history.

In the past 20 years we are witnessing how Turkish intellectuals, barely a dozen of them—out of population of 70 million, have been trying to correct their fake history which, as Turkish scholar Dr. A. Zorlu-Durukan states in her "Ideological Pillars", that "the Turkish first president Mustafa Kemal Ataturk, in 1930 established a team of scholars to

rewrite Turkish history not as it was, but as it should have been". (*Zorlu-Durukhan, "Ideological Pillars" 90-95*)

Turkey has used this fake history to invent a civilized national identity, branding it as a Western secular state. But as Samuel P. Huntington writes, "Turkey is a torn country due to the ambiguity of its identity. Political leaders can make history, but they cannot escape history. They produce torn countries; they infect their country with a cultural schizophrenia which becomes its continuing and defining characteristic". (*Samuel P. Huntington "Clash of Civilizations and the Remaking of World Order". New York: Touchstone, 1996, 74,78*)

According to Plato, it is the duty of government to shape its citizens moral character, which is the axis of national identity.

### 3. The 3th characteristic is the individual quest for national identity.

In the Armenian people's cases, it is the re-emergence of national identity among second and third generations Armenians, who were forcibly Islamized during the Genocide and still live in Turkey. This national reawakening is taking place a full century after the Genocide and in a country which still oppresses and flagrantly discriminates against its Armenian citizens, even categorizing them in a derogatory manner. They call them "remnants of the sword", "kelech arteghe" in Turkish. (*R. Bedrosian, "Armenian Mirror-Spectator", May 11, 2015*)

This last term begs the question: if the Armenians are referred by the Turks as "remnants of the sword", then isn't it logical to deduce that the Turkish population is perfectly aware of its genocidal past, its real history?

Although the number of Islamized Armenians is not exact, it has been estimated at more than 2 million. What interests us more, however is the fact itself.

Despite the tide of Turkish resentment and hostility a significant segment of Turkey's Islamized Armenians continued to preserve their dialects, dances and songs, their traditions, culture, in short, their national identity, making certain not to be assimilated by Turks or Kurds. Even some of them have been living with hyphenated names, consisting of Arabic, Kurdish or Turkish name and plus an Armenian one, such as Muhammad-Garo, Ahmed- Saro, and so on. Although they live as Kurds or Arabs, they feel Armenian, decorating their homes with Armenian symbols, giving their children Armenian names, marrying among themselves and yearning to return to their Armenian roots. (*Kevorg Apelian, Yeghernen Brkvats Arabatsats u Krtatsats Hayeru Serundneru Surio mech – Arabized and Kurdified Genocide Survivors in Syria. Horizon: 2016, p. 32*).

There is a vast body of documentation about Armenians in Turkey who throughout their lives, fearing persecution, have concealed their ethnicity even from their children, yet

confessed in their deathbeds, wishing that their children learn about their roots and return to them.

One of them was famous human rights activist, lawyer and writer Fethiye Cetin's grandmother. Fethiye Cetin published a book about her Armenian past entitled "My Grandmother: A Memoir", where she describes her grandmothers' sufferings about hiding her Armenian identity. Another journalist, Basyurt Erhan. in Dec.26, 2005, also announced "My Grandmother is Armenian". (Anneanem bir Ermeni ' ymish) [https://en.wikipedia.org/wiki/Hidden\\_Armenians](https://en.wikipedia.org/wiki/Hidden_Armenians)

A question arises again-why would people who kept quiet for 70 years or longer about their real roots, wish to reaffirm their national identity at the end of their lives? The answer is simple. They want to be recognized by their own national identity.

4.The 4th characteristic is memory of instinct, an unexplainable, which exists in the "inner" us and guides us during our lives.

One vivid indication of this is the case of Armenian orphans "Turkified" during the Genocide, and who refused to accept another identity, at the cost of their lives.

As far as forced cultural assimilation is concerned, children everywhere are always easy targets, given the fact that their national consciousness is in an embryonic state. This is why the Ottoman genocidists implemented a program dubbed, (devshirme, in Turkish) through which orphaned Armenian children whose parents were either massacred or perished during the forced death marches, were collected and subsequently Islamized.

On September 22, 1915, the Turkish authorities placed 1,426 Armenian orphans in Muslim orphanages. The boys were at once circumcised, and all the children were given Muslim names.

When observers from the League of Nations visited these orphanages, they found long lists of Armenian orphans who had been given Muslim names. Children with names such as Hagop and Vahan were renamed Hasan, Mahmud, Yusuf, and so on. The Western observers discovered that Islamization was in fact a matter of official policy, evidenced by an order issued Interior Minister Talaat Pasha on August 30, 1915, in which it was clearly stated that the ethnic identity of Armenian orphans should be wiped out by turning them into Turks.([www.ARMENOIDTEAM.COM](http://www.ARMENOIDTEAM.COM))

As significantly, considerable segments of the day's Turkish and Kurdish populations actively participated in the Islamization of Armenian orphans, by abducting or simply taking possession of them, renaming them, raising them as Turks or Kurds, and using them as slaves. The sexual exploitation of these defenseless children by their "adoptive parents" was likewise rampant.

Today many Turks and Kurds claim that their ancestors saved Armenians during the Genocide. In most cases, however, the reality was totally different, as documented in the memoirs and testimonies of Genocide survivors, and even in Turkish literature.

One of the most notorious Turkification orphanages was located in Antoura, a small town in Lebanon, which was under Ottoman occupation at the time. The building still stands, now housing the French Lazarist College.

The Orphanage was under the commander of Jemal Pasha, one of the architects of the 1915 Armenian Genocide. There were 1,200 orphans, 200 of them were Kurds and Turks, and the rest 1,000 were Armenian children ages 3-14.

As author and journalist Robert Fisk writes in "The Independent", "Turkey's first feminist, Halide Edip Adivar, helped to run this orphanage of terror in which Armenian children were systematically deprived of their Armenian identity and given new Turkish names, forced to become Muslims, and beaten savagely if they were heard to speak Armenian".

(Robert Fisk, "Living Proof of the Armenian Genocide". The Independent, March 8, 2010)

Karnig Panian was one of those children who were taken to the Antoura orphanage when he was five years old. He was given a new name, Mahmud, and was listed as "Orphan #551." Following the end of the First World War, the Turks left the orphanage and the Armenian Relief Society took over.

Panian left the orphanage, and later wrote a memoir titled "Goodbye, Antoura". He wrote in detail about the horrific conditions where a new identity was forced on the Armenian orphans. He wrote: "Every evening, before sunset, we gathered in the courtyard to salute the Turkish flag and call out at the top of our lungs "long live Jemal Pasha". After flag ceremony follows corporal punishment. Children ages 3 to 10 were called up and repeatedly strike with an iron rod on their soles, until they lost consciousness. No matter how harshly they were punished, some of them couldn't walk weeks, the orphans continued secretly to whisper Armenian words, call each other by their real names, utter their parents' names". (Karnig Panian, "Goodbye, Antoura: A Memoir of the Armenian Genocide". Stanford University Press, 2015, p 92-93)

Another example; In the 1920s, some 300 Armenian Genocide orphans were sheltered and educated at Cedarville Farm, near Georgetown, Ontario, Canada. Spearheaded by the Armenian Relief Association of Canada and supported by the Canadian government, the orphan-care program, known as "Canada's Noble Experiment," was the country's first humanitarian act on an international scale. Under that program, Armenian orphans were housed and educated at the farm for a period of five years. At some

point, the Armenian Relief Association decided to change the orphans' names to English ones, in gratitude for their Canadian sponsors. But when the orphans were presented a list of names such as Newman, Oliver, William, etc., and asked to pick their new names from that list, orphans were outraged and refused to accept. [www.heritagetrust.on.ca/corporatesite/media/oht/.../armenian-boys-farm-home-eng.pdf](http://www.heritagetrust.on.ca/corporatesite/media/oht/.../armenian-boys-farm-home-eng.pdf).

The orphans' Armenian names were the only pieces of identity they had. Their names were their only link with what they had lost: their parents, their homes.

Let me emphasize that these orphans were children, with no awareness of a national identity. Yet they had a subconscious link with their past. That link is the memory of the instinct, which can be even more powerful than actual memories.

##### **5. The 5th characteristic is Individual, familial and collective memory.**

For Armenians, like for all other peoples of the Caucasus and the Middle East, family ties are at the heart of their lives. It is also the strongest and most important components of their national life. In Armenian families each member has an obligation for the welfare of her/his family. With the Genocide, the Turks attempted to destroy Armenian familial bonds by destroying families themselves. This made it easy to expropriate the properties and possessions of the Armenian population. By killing entire families the Turks were convinced that they were preventing any future possibility of Armenian demands for justice and the return of properties. But the Turks had not taken into account that Armenian's familial bond is the bond are the type of memory that's immune to re-engineering.

Consider the case of acclaimed Armenian-American author Levon Zaven Surmelian, who was five years old at the time of the Genocide. He was orphaned and Turkified. His name was changed first to Jemal, then to Yanko. Following a long odyssey of hellish proportions, he at last was able to come to America. In his book, titled "I Ask You, Ladies and Gentlemen", Surmelian describes the profound longing he felt all his life for the family he lost, his parents, his mother in particular, and his ancestral home.

The very same longing is a core theme in the work of another Armenian literary great, Vazgen Shushanian. After escaping from a death march bound for Der Zor, Shushanian, who was 12 years old at the time, lived through the Golgotha of orphanhood and subsequently extreme hardship before he could move to Paris. He spent his entire life with the memories of the loss of his parents and sister, his home, and his years as an orphan. Shushanian chronicled these memories in his novel Yerkir Hishatakats (Country of Memories).

In the words of author Shavarsh Nartuni, “Hunger and the terror of the Turk could not break me as much as my longing for home.”

Another writer, Mushegh Ishkhan (Jenderejian), recounts similar feelings about his family, home, and birthplace in his book *Mnas Barov, Mankutyun* (Goodbye, Childhood). At the time of the Genocide, these authors were teenagers — not mature, developed individuals — who had not had enough time to fully get to know their parents, environment, and community. Yet rooted in them was a powerful gene of familial memory which helped preserve their sense of national identity, the influence of which they have recounted in their literary works.

Genocide is not only the physical annihilation of a people, but the loss of peoples’ collective memory. It is not only killing of a people, but also demolishing nations’ historical monuments, or converting their cultural and religious institutions developed over centuries and contains a nation’s collective memories. The Ottoman genocidists achieved both. They uprooted Armenian populace from its ancestral lands and destroyed or converted all their cultural and religious institutions which preserved the nation’s millennia old written heritage and cultural monuments.

Today the same methods are still being used to deracinate people in many parts of the world such as Syria, Iraq, Palestine, Rwanda, and so on. With the loss of lands, cultural institutions, and language, there will be little left to nurture. A given nation will easily assimilate into other peoples and eventually will lose its national identity.

No matter how enigmatic the rebirth of the Armenian people may seem, it is thanks to the existence of Eastern Armenia, the nation’s ancient land, which kept people’s collective memory alive.

It’s hard to imagine any other nation that, immediately after experiencing the immeasurable catastrophe of being uprooted from its soil and being stripped of its millennia-old heritage — its language, culture, traditions, customs, and history — would be able to re-establish its national character and preserve it, despite living in foreign lands and dealing with foreign values.

That collective memory helped Armenians within the past 101 years to preserve the details of the genocide committed against their people, and all that was taken away from them between 1915-1923. Thanks to that collective memory the Armenian nation got back on its feet.

A long string of calamities — beginning with the Genocide and followed by the loss of the First Armenian Republic, Bolshevism, and 70 years of Soviet tyranny, including Stalin’s reign of terror — gradually changed the character of Armenian national identity. As a whole, the Armenian people became dependent on the charity of foreign countries. It became gullible, docile, and complacent, without a distinct political direction or mandate.

In every country of the newly emerging diaspora, Armenians were directly or indirectly compelled to forget their past and immerse themselves in the present and future of their host society. In Europe and America, Armenians were once so scorned and harassed that many of them changed their names. Thus, for instance, Dikran Kuyumjian became Michael Arlen, Karnig Zouloumian became Carzou, and Vosdanig Adoian became Arshile Gorky. Many even felt embarrassed to reveal their ethnicity and stopped speaking Armenian — a fact which added a new term to our lexicon of national identity: *otaralezu hay*, or foreign-speaking Armenian.

Irrespective of the extent and diversity of the influences which our adopted diaspora countries may exert on our cultural and intellectual lives, our collective memory impels us to maintain our national identity. One evidence of this lies in the distinctly Armenian oeuvres of outstanding diaspora musicians, painters, authors, and other artists — such as Alan Hovhaness, millennia old written heritage and cultural monuments.

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Another factor that has played a vital role in the collective memory of the Armenian people is its internal cultural diversity: for millennia, the Armenian nation has functioned as a vast tapestry of dialects, customs, and traditions which, despite subtle differences from one locale to the next, have formed a clearly identifiable civilizational whole. Thus the Armenians who trace their origins to Cilicia, Yerznka, Van, Sassoon, and hundreds of other historic Armenian locales share an overarching Armenianness, despite their unique customs, traditions, and dialects. Even today, the Armenian language is comprised of two major dialects, Eastern Armenian and Western Armenian; but, quite remarkably, all speakers of the language maintain the very same national identity.

Yet it must be stressed that the repository of collective memory cannot last long in the absence of the land that nurtures it, and if the Armenian language and the culture that springs from it were to be allowed to decline. In other words, that repository must continually be refreshed, and developed day after day, for the benefit of future generations.

In terms of contemporary conceptions of the Armenian people, perhaps the most unacceptable reality is that the world recognizes the Armenians strictly as the first Christian nation. That is to say, Armenians national identity is presented and viewed only within the context of Christianity, whereas other Christian nations — such as France, Italy, Greece, and Spain — are recognized by their national, not religious, identity. Similarly, Muslim peoples including Iran and those of many Arab and African countries are recognized mainly by their cultural identities, and not necessarily their religion.

Religion would have us believe that all peoples are the children of God, with no cultural distinction. Yet the indisputable fact is that national identity does exist and is a fundamental aspect of every nation. Therefore national identity is a concept above and beyond religion.

The development of national identity is the result of an incomparably longer process, carried out through the unified efforts of a people, rather than a consequence of the influence exerted by a particular religious institution or cultural or political organization. Millennium before Christianity, there was a distinct Armenian civilization, with its own belief system. No matter how extensively Christianity has destroyed the legacy of that ancient civilization, its culture and traditions have survived and been transmitted through our genes, and our collective memory has preserved core aspects of it, through which our national history and identity were shaped.

Today a new, non-Christian, religious tide is entering Armenian national identity. There is a return to our deep cultural roots through those who profess an alternate faith, further pointing to the fact that religion cannot have a defining role in national identity.

National Identity is not a commodity for serving the interests of great powers. It is the result of centuries of work, and I believe every conference such as the one we're having today has a duty to raise awareness of the crucial importance of respecting and helping preserve the national identity of every single nation. Only by peace will the world civilization be preserved and only by preserving national identity will world be at peace.

**Delivered by Marie Rose Abousefian Ph.D. in Geneva at the 7th Scientific World Congress, "Ararat" International Academy of Sciences in UN, 5 September, 2016**





## COMPREHENSIVE HEALTHY NOOSPHERIC TECHNOLOGIES



**Prof. Tolski Sergei, PhD, Grand PhD.**

In 1990 the author put forward a hypothesis that all the biological forms of life in total form are some kinds of a rational substance in the form of energo-informational field. Such a hypothesis emerged on the basis of the analysis of the reasonable behavior of birds in flock, bees, ants, locusts, fish and other biological population. This hypothesis corresponded to the doctrine by V.I. Vernadsky about the transition of biosphere into noosphere, that is reasonable sphere. There was the opinion that all the people living on the planet and that is 7, 5 billion people, in total, form the united energo-informational field that has reasonable characteristics. Such field according to the author's opinion has to exist according to the law of transition from quantity to quality and the law of conservation of energy. If we turn to Pierre Teilhard de Chardin, co-author of the term "noosphere", then his term is put down to the collective consciousness. The hypothesis now has to be approved or disapproved. Due to the biolocation, the means of connection to the different objects on the big distances, the attempt of connection to the supposed energo-informational field was made. This attempt turned to be successful. The dialog with energo-informational field took place, that is, Noosphere. In the result of the dialog the information in the form of knowledge about the appearance of biological life forms on the planet was gained, also about the mechanisms of matter motion and the harmonious human development. The author called the knowledge gained in this way: "Noospheric studies" The main postulate

of the noospheric studies sounds: "All the processes in the Universe, evident or latent" happen due to the information on the basis of what the matter is constructed, and it moves.

The issue about the acquiring of the knowledge in the energo-informational space fields is not new. In the different epochs there were some personalities that possessed such capabilities.

The famous brilliant inventor Nikola Tesla from the energo-informational space fields gained knowledge about the electricity laws and the creation of electricity equipment. That's the way he described his knowledge source: "Some core exists in the space, and we gain knowledge, power and inspiration from it". "I haven't perceived the mystery of this core, but I know that it exists".

It was topical for the author to gain the information not about the electro-technical equipment, but about the cause of different diseases and health recover. It was highly important to solve the issue of diseases. In other words, to create the conditions of health preservation. The emphasis of the knowledge from Noosphere is made on the elaboration of the technologies concerning the recover of the human organ system and the way it operates.

Due to the perceived knowledge energo-informational technologies were created, which were called Noospheric technologies. Such name of technologies originated from the fact, that noosphere according to the human's request is capable of creating energo-informational programmes on the human organ system recovery. As it turned out to be later, Noosphere, as the reasonable matter, is capable of "seeing", controlling information on the functioning of biological forms and recovering its life functions due to the information transformation.

Human intelligence, its consciousness, is capable of functioning only due to the information, or, in other words, experience. The more experience, the better the consciousness operates, and it is capable of solving of the different tasks. This is some kind of "conscious mind". Human body with all its organs and tissues behave quite reasonable. Analogically to the "conscious mind", there is a "physical body mind", which is responsible for the reasonable management of all the organs without any exception.

**Continue .. .....Page 21**



## PSYCHOPHYSIOLOGICAL ACTIVITIES FOR THE MILITARY PERSONNEL BASED ON THE DISCURSIVE EVALUATION METHOD AS A WAY TO IMPROVE THE QUALITY OF HUMAN FACTOR OF THE MILITARY OPERATIONS



**Prof. Arabi Lotfi Sami, Grand PhD**

Annotation. A study of the experience in the psychophysiological activities management in the Armed Forces of the Russian Federation shows that the methodology for organizing of such measures shall be revised. The contradiction that appeared between the need for a qualitative improvement of the human factor and the quantitative parameters of manning the troops can be eliminated if all the work on psychophysiological diagnosis of vocational aptitude and on accompanying the professional activity of military personnel is carried out through the application of the discursive evaluation method.

Keywords: psychophysiology, discursive evaluation method, military personnel

In countries with a developed economy and a high standard of living, with a significant amount of financing for the military budget the human factor is of great importance. And to assess the vocational aptitude and relevance of specialists, involved in the performance of both civil and military tasks, the advanced scientific achievements and approaches are used. Reducing the level of occupational pathology, common sickness rate, injuries and accidents, preserving and strengthening of the professional health, and increasing the career longevity are heavily emphasized [1]. This attitude to the human factor is generated by the objective necessity of increasing labour productivity, the ef-

iciency of the economy, the reliability of training and employment of specialists, the effective application of high technology and expensive equipment, power-consuming equipment, as well as of the modern weapons and military equipment, including hybrid, cold, economic and information warfare means.

For the Armed Forces the urgency of improving the quality of the human factor, including the psychophysiological activities, is more than obvious [2, 3, 4]: military formations are equipped with ever more sophisticated types of weapons and military equipment; systematic transition to the contract system for the recruitment of troops is ongoing. The Russian forces and equipment are being used for the local military missions.

An analysis of the Russian military grouping actions abroad showed that for Russia it is important to preserve the career longevity of the military specialists [5]; the cost of an military specialist error, who is performing both combat and combat-training task, can lead to a combat mission tasks failure, and huge losses in manpower, material and technical and economic resources of Russia [6].

It is the time for the high-tech military collisions. The main way to achieve the goals of such wars is the remote contactless impact on the enemy with the massive use of high-precision and long-range weapons from the air, sea and space. This tendency became clear during the armed struggle in Syria.

The war in Syria shows the importance of information confrontation. There is a need to have Special Forces capable to fight off the information attacks and also to define and execute a set of combat missions of defensive and offensive nature in the sphere of information confrontation. In addition to the Special Forces there shall be the means of information confrontation. Of the same importance is the psychophysiological training of military personnel for the high-tech combat and information confrontation.

An important feature of the high-tech collision is that military specialists should be adequately trained, equipped with all types of security and have the readiness to perform professional duties in the extreme conditions that threaten their life and health [7, 8]. This increases the requirements for the selection,



training and professional employment of military specialists [9, 10, 11].

The analysis of the selection system, the support of vocational training and the employment of military specialists helped to reveal a number of imperfections in the level of qualifications, organization and activity maintenance of military personnel.

At this juncture, one of the measures to improve the quality of training and employment of military specialists is to conduct the psychophysiological activities for the military personnel. This is a way to improve the quality of the human factor in the military operations in the local conflicts.

I suppose that the psychophysiological activities (introduced into the training and employment of the military specialists) as a system of organizational, medical-physiological, psychological, and pedagogical measures will help to increase the professional efficiency of the military personnel, to ensure the reliability of professional activity, to optimize the process of adaptation to military service, to improve professional health and longevity of the military personnel. My goal is to develop the content of the psychophysiological activities in the Armed Forces of the Russian Federation, to prepare the scientific and methodological justification for the promising areas of psychophysiological research.

Analysis of the current scientific experience [12, 13] made it possible to disclose a discursive evaluation method as a methodology for the development of the content of psychophysiological activities [14].

The main point of the discursive evaluation method is the organization of the Social Credit feedback in the form of visualization of the mass estimates on a whole set of scales (scales of harm, proper behaviour, emotional, ethical, group assessments of the personality, etc.) in the management of the training and employment of specialists in real time in local or global information environments.

The discursive evaluation method is based on the procedures of mass evaluation and the discourse from the position of the ecological imperative, which denotes the norm and value of the behaviour of the assessment and discourse participants.

The ecological imperative as an ecological norm and moral value concerns any human activity. Its unconditional priority is not harming yourself, others or nature [15].

The ecological imperative (EI) is an unconditional and universally recognized principle of behaviour. It

defines the limits in the interaction of a person with himself/herself, others and the environment (nature). These limits shall not be broken neither by a person nor by humanity, because the ecological imperative itself is a natural and generally recognized norm of behaviour.

The natural and recognized norm of behaviour is set by the global ecological principle (GEP) "do not harm". A norm is what society ascribes to any person, as well as to all people. From the global ecological principle (GEP), a global moral principle (GMP), or global ethical principle, is derived. It means that a person should behave in a way that does not harm.

GEP (global ecological principle) forms the basis for the universal and unconditional norm of human and social behaviour – "do not harm".

GMP (global moral or ethical principle) forms the basis for the universal and generally accepted value of a person and society – to behave in a way that does not harm oneself and others.

GEP and GMP constitute the ecological imperative (EI), the essence of which is connected with the rule of "Three Y" – do not harm yourself, your neighbours, and your environment.

EI → GEP, GMP

The degree of harm is assessed in a discursive procedure (the discursive evaluation method – DEM).

DEM (discursive evaluation method) has the estimates on a wide range of scales. The value of the DEM (discursive evaluation method) is that it is based on an ecological imperative, approved by the absolute majority of people.

DEM → mass estimation and discourse procedures

(EI → GEP, GMP)

DEM features:

based on the ecological imperative;

ideologically neutral;

it does not pretend to be true, but it allows to look for ways to truth;

balances solidarity and justice in a person and society; not lethal;

humane, gently keeps from harmful and evil acts.

The measure of harm is determined by a discursive evaluation procedure.

As a result DEM:

allows you to adjust specific behaviour;

ensures inclusion in the discourse and evaluation for all the stakeholders;

guarantees a communicative balance in the evaluation and discussion of evaluation – the voices and argu-



mentative practices of all persons are equal.

The use of the discursive evaluation method makes it possible to find the optimal management decision in determining the content of psychophysiological activities in the process of training and professional employment of military specialists.

The discursive evaluation method allows to significantly improve the quality of professional selection and support of military professional activity. It can be used directly for studying military professional activity, military vocational aptitude, military professional compliance, efficiency and health of military personnel, and serve as a methodological basis for further psychophysiological research.

Participation of military personnel in discursive evaluation procedures made it possible to observe the improvement of the physiological, psychological and socio-psychological conditions of military specialists. Social Credit feedback and visualization of group or mass assessment allows to strengthen stability of the physiological, psychological and socio-psychological characteristics of the functional state of military specialist. It is also the most model way of ensuring the reliability of professional training and the military specialists employment.

Continuous diagnosis and assessment of harm from social factors affecting the training and employment of military specialists, allows to establish quantitative criteria for the professional health of military personnel and to carry out the necessary activities of psycho-physiological support with the prescription of adequate corrective measures.

The use of the discursive evaluation method in the content of psychophysiological activities during the process of training and employment of military specialists ensures effective military personnel professional activity.

In conclusion, it should be noted that the analysis of theoretical views, applied psychophysiological studies shows that the discursive evaluation method has the broadest prospects for use in the psychophysiology of military professional activity.

Participation of military personnel of different levels of management, training, and application of the discursive evaluation procedure allows them to correct their behaviour and self-esteem at the physiological, psychological and socio-psychological levels.

Most of the models of professional psychological selection in the Armed Forces are based on different methodologies and are out-of-date. A serious and large-

scale discourse is needed with a mass assessment of all practical issues of mobilization, selection, support and employment of military specialists. According to the experts of the Military Medical Academy named after S. M. Kirov, the predictability of the diagnostic programs is lower than the established standards of the efficiency and in terms of accuracy (<65%), and in terms of reliability (<75%).

The existing batteries of diagnostic tests used in the diagnosis of professional aptitude reflect various scientific schools and cannot be used for the needs of high-tech war.

The development of up-to-date models for the diagnosis of professional aptitude and professional conformity for different categories of military personnel and for different military occupations should be carried out on the basis of a discursive evaluation method. This is a promising area of scientific and methodological support for psycho-physiological activities of professional selection of candidates for military service and support for the training and employment of military specialists.

Psychophysiological activities of professional activity support should include a person in a discursive evaluation procedure as a method of modern diagnosis and correction of professional health. At the same time, the main efforts should be focused on involving military personnel in the military professional discourse and group assessment, which makes it possible to correct the actual functional state of a military specialist, formed in the course of his professional activity.

Participation in the discursive evaluation procedure ensures the stability of physiological, psychological and socio-psychological mechanisms that regulate the functioning of various components of the functional state. This is the most revealing and easily determined characteristic of the working capacity and reliability of military professional activity. Military personnel with higher resistance to external factors, including factors of professional activity, physiological, psychological and socio-psychological nature, more reliably cope with the professional activity duties, spend less time on a sick-leave and do not violate military laws.

The most promising trend of occupational health research is the development of diagnostic and corrective techniques that pattern the discursive evaluation method. Primarily this is the automated hardware-software complexes of group and collective assessments and comments with use of different types of scales.

In the course of my research the methods of psychophysiological correction of the functional state (trainings with the use of the technology developed on the basis of the discursive evaluation method, the methodology of Social Credit feedback and psychotherapeutic methods of rational therapy, active and passive muscle relaxation) proved to be effective in professional health recovery and strengthening. Their application produces an entire positive reaction affecting the physiological, psychological, and socio-psychological levels of functions regulation.

The experience gained in the organization of psychophysiological activities in the Armed Forces of the Russian Federation shows that the existing methodology should be updated. The contradiction that arose between the need for a qualitative improvement of the human factor and the quantitative parameters of manning the troops can be eliminated if all the work

on psycho-physiological diagnosis of vocational aptitude and accompanying the professional activity of military personnel is carried out through the practical implementation of the discursive evaluation method. The implementation of the discursive evaluation method in the scientific and methodological, regulatory and organizational support of the psychophysiological activities requires the introduction of a new academic subject in the educational disciplines on psychophysiology called "Discursive evaluation method in the psychophysiology of professional activity." The introduction of such subject as a basic one, which can be included in all medical educational disciplines, will help to significantly improve the quality of the human factor, efficiency and reliability of professional activity not only in the Armed Forces, but also in other high-tech industries of the resource-based economy country.

## HARMONIZATION OF THE FINANCIAL SYSTEM IN THE MODERN WORLD



**Vladimir Emelianovich Chabanov, Grand PhD, Professor**

I. The economic activity should be aimed at producing benefit, at providing people with means of existence, and not at making a profit, as it is the case now. This situation results in the ever increasing number of the rich people in the world, while the economy continues to degrade. Russia ranks 2nd by the number of billionaires after the US, while the standard of life among its population is down at the 58th position.

II. Money is the key management tool in the modern economy. That is why all the virtues and drawbacks of the economy are, after all, defined by money. All world crises without exception are financial crises.

III. This may be explained by the fact that modern money has a number of drawbacks which may not be eliminated in the framework of the modern profit-generating economy. The faults of the money are the following:

1. Money has no objective value. Consequently, nobody knows what a euro, a dollar or a rouble actually is. Their exchange rate set through speculative stock exchange trading is not efficient and harm most of the world's nations;
  2. Inflation. It deprives all economic indicators of any certainty. It impede reliable management and planning, eliminates "long money" required for solving issues of public importance that have no commercial potential;
  3. Usury. That is, the capacity of money to generate profit without contributing to the functioning of the real economy, just by their transfer from one person to another. Without creating anything, money-lending generates a bigger profit than actual production. That is why it dominates the economy. As a result, the debt of companies and states throughout the world grows continuously.
- III. The main reason for usury is chronic deficit of money. Just think, would anybody borrow money at an interest, if there were enough for all efficient projects?
- IV. No stable development of economy is possible, unless the money problem is solved.
- With the aim of radical improvement of the economy, we assume that:
- 1) The global objective of the economy consists in satisfying the needs of the population of a country.
  - 2) The effectiveness of production is defined by the consumer goods manufactured only. All other products of labour, including means of production, energy and intermediate products are included in the value of the consumer goods as their components. They are only necessary to the degree in which they are required for production.
  - 3) Any labour that is socially required is efficient.

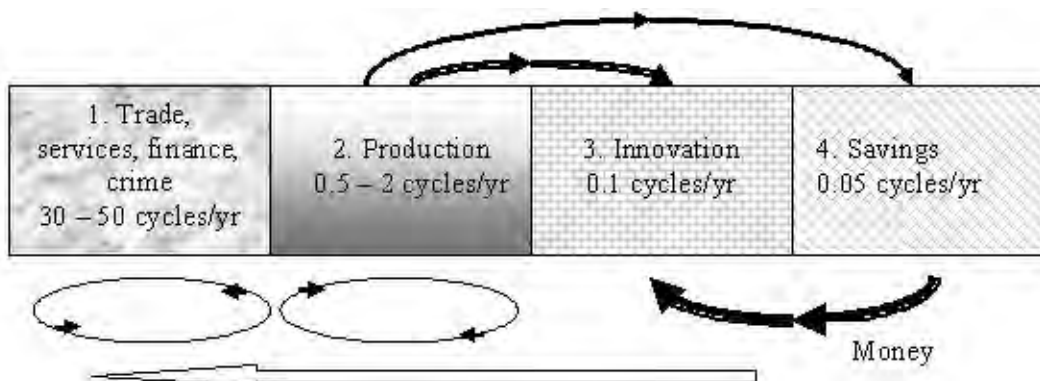


- 4) The value is only created through labour.
- 5) In a unit of time, average labour always generates the same value expressed in a fixed monetary unit. For instance, we assume that an aggregate worker generates a value equal, let's say, to 1 USD/h or 10 RUB/h.
- 6) Then, the total money supply required for the market servicing of all the consumer goods produced by the society, shall equal the aggregate value generated by the public labour. Then we shall find out the amount of money required for the efficient functioning of the economy.
- V. Why is there a chronic deficit of money in the existing financial system? After all, money is not food, or heat, or clothing, to be lacking! It is nothing but a convention artificially given the capacity of being changed for real goods.
- VI. To understand better this situation, let us apply the principal ratio of money circulation (Fisher equation):

$$C \times P_{av} = M \times V_{av}$$

where  $C$  is the number of transactions,  $P_{av}$  is the average price,  $M$  is the money mass, and  $V_{av}$  is the velocity of its circulation.

- VII. The average velocity of money circulation in the country is the most informative and the least studied indicator in the formula.
- VIII. Let us determine economic sectors with different velocities of money circulation.



- X. The first sector is trade, services, finance, and crime. Here the velocity of circulation is the highest, it reaches 30-50 cycles per year.
- XI. In the second, production sector, the velocity is determined by the length of production cycle. For example, in agriculture, it may not exceed 1 cycle per year.
- XII. The third sector represents innovation. It assures the scientific work, education, healthcare, culture and training.

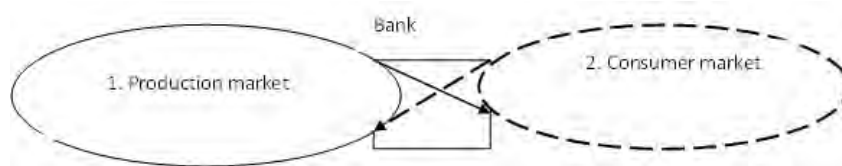
- XIII. The fourth sector is savings sector that accumulates insurance, pension and other funds.
- XIV. The higher is the velocity of money circulation, the bigger profit it generates. That is why the money is attracted to the 1st sector, which has the maximum velocity, while other sectors are drained of money, irrespective of its quantity.

Table 1. Average velocities of money circulation in 2007.

Countries	Japan	China	Canada	US	India
SAR	Brasil	Russia			
0.5	0.685	0.7	1.27	1.47	1.59
4.39					1.7

- XV. Moreover, the bigger the money deficit is, the higher the average velocity of circulation and the profit generated by this money. The better the money supply to a particular production sphere is, the better the entire economy functions, and the smaller the velocity of money circulation is.
- XVI. Thus, inflation is not caused by the excess money in the economy, according to a wide spread conviction, but by its poorly efficient structure.
- XVII. Based on the foregoing, the main aim of administrative management is assuring such a state of economy which enables a maximum consumption of money without inflation.

- XVIII. The chronic deficit of money is caused by the excessive consumption of money, reducing two types of money. The first will be used for production supply, while the second – for consumption only.
- XIX. Then the financial circulation chart is transformed as follows:



XX. In the first circle, the money is gradually replaced with goods. In the second circle, goods are transformed into money. The entire process goes on continuously.

XXI. The Bank assures the functioning of the entire financial system and acts as a controlling body in both circles. No funds can pass outside the Bank.

XXII. This money circulation chart mimics the circulatory system of the human body. That is why this is the most natural and reliable system.

XXIII. Then provided that the external trade balance is zero, the amount of money in sector multiplied by the velocity of its circulation will give the same number. (!) And this number will equal the newly generated value, or the national revenue.

Foreign Trade Currency Exchange Rate.

XIV. Establishing currency exchange rates through stock exchange trading is inefficient. It is a source of uncertainty and unfairness in the entire system of foreign trade of various countries.

XV. For fair trade, the aggregate values of the goods sold expressed in the currency rates of the trading partners should be equal. This is achieved through zeroing of the balance of their mutual trade.

XVI. For instance, if France sells to Russia 1,000 shirts, 500 cows and 200 machines, and provided that the total price of these goods within the country is 200 mln francs, and Russia sells to France 1,000 tons of oil, 500 tons of

grain and 5,000 tons of fertilizers, and provided that the total price of these goods within the country is 1 bn roubles, then the correlation between the currencies is obviously 5 roubles to 1 franc.

Results of Implementation of the Proposed Financial System:

1. Money receives a reliable labour support. It becomes a standard of value and, simultaneously, a unit of measurement of labour. Inflation and deflation become impossible. As a result, all the present-day drawbacks of the money are eliminated.
2. It becomes impossible to separate money from the labour resources, to steal it, to sell it for cash unless required by the production process, to exchange it for another currency or hide it from tax.
3. Virtual money will be able to circulate without any risk of losses, delays or embezzlement. The virtual money will be exchanged for cash without any discount.
4. Foreign investment will only be required in the form of equipment, technology and accessories. They will be implemented with the internal money.
5. The deficit of circulating funds will no more impede the work of manufacturing enterprises. As a result, a full-scale goods and market circulation will be observed both in the distribution and the production sphere.
6. Foreign trade will become fair and will no more depend on the mercenary motives of its actors.
7. The budget of the country will increase rapidly. The economy will revive, and unemployment will vanish. The standard of life of the population will increase. All this will be possible without any social cataclysms, redistribution of property or repressions.





## REPORT AT THE VII INTERNATIONAL CONGRESS GENEVA

### Metahistory as part of a scientific paradigm of the new Age



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Trakhtenberg G.E., Grand PhD,  
IUFS Professor,

Global challenges encountered by the humanity in the beginning of the third millennium, require a revision of prevailing in the recent past, but clearly outdated views on the causes and driving forces of human history. In response to these challenges is born a **new scientific paradigm**, new approaches and new directions are created in science, for example, transpersonal psychology . One of these new directions is metahistory. **Metahistory** is the doctrine of the course and meaning of the historical process , its driving forces and future outcomes and represents «...the principle of understanding of the things and phenomena in their historical development in organic connection with the conditions by which they are generated.. Metahistory suggests an approach to the research, when we take into account not only the visible prerequisites for the circumstances , but also their esoteric underlying reason».( <http://www.waylove.ru/a3933>). The term introduced by analogy with the word '**metaphysics**' (from the Greek meta - outside , afterwards) . Metaphysics is a philosophical doctrine of the super-sensible , ie, inaccessible to the physical experience , the principles of life.

**The scientific paradigm** – (from Greek παράδειγμα, «example, model») is a set of fundamental scientific

facilities , representations and terms that are accepted and shared by the scientific community and uniting the majority of its members. (<https://ru.wikipedia.org/wiki/>). According to the American historian and philosopher Kuhn (1922 - 1996) , the development of science is an abrupt revolutionary process , the essence of which is also reflected in a paradigm shift (see “ Structure of Scientific Revolutions “ in 1962 .). Change of scientific concepts is one of the most pressing issues of modern science , and the change the **whole paradigm of development** is an urgent need not only to the scientific community of a country , but also to humanity as a whole . The history of mankind - is the story of a regular paradigm shift.

In the twentieth century the paradigm of human development was viewed from the perspective of the concepts of the omnipotence of science, technological progress, exclusiveness and superiority of force. The aim of the development was declared as the satisfaction of the ever-increasing human needs. Modern science caused the scientific and technological revolution and became in the XIX-XX centuries a productive force that started an analytic dismembering of a coherent picture of the world. This carries the risk of distorting the real picture of the world, departing from the view of nature as a whole, since in a separate study, the fragment is not fully taken into account with its relationship with the environment.

In the XXI century humanity has entered the global crisis throughout the planetary system. This systemic crisis affects all aspects of human activity and all countries . In the past, a way out of these crises was in finding a new understanding of the world order , in the formation of a **new scientific paradigm** on the basis of which we could create new technologies and new social relations that enable humanity not only to overcome the crisis , but also to rise to a new stage of evolutionary development .

The new scientific paradigm of the twenty-first century based on the idea of **synthesis**, on the idea of a transition **from duality to unity** , when the principle of “ either - or “ is replaced by the principle of “ both - and” , allowing to solve , seemingly irreconcilable contradictions . This paradigm shift concerns all

aspects of the life of humanity on the planet Earth. This transition to a new paradigm will allow the consciousness free itself from the shackles of good lessons errors, see the World for what it Really is, and realize the unity of the World.

At present, science has faced a number of challenges, that it can not explore and explain on the basis of the currently existing scientific paradigms.. The most advanced representatives of the academic community are beginning to understand the need to combine the methods of **academic knowledge** (science experiment, observation) with the possibilities of **non-scientific methods of research**. Non-scientific knowledge is a kind of scientific activity, during which the researchers uses not only methods and means permitted by the current at the moment the scientific paradigm, but also its prohibited features to obtain new information. Non-scientific knowledge tends to explore the world in all accessible to the humanity ways.

Today, the scientific picture of the world is changing rapidly. Interdisciplinary **synthesis** of sciences achieves the greatest efficacy in studies. The **integration** of different approaches and methods in research work extends the possibility of obtaining new knowledge. Throughout the world, a greater interest (including scientific interest) is shown to the universal knowledge of the **Science of the Ageless Wisdom**, transmitted to mankind by the great minds for thousands of years of history. This knowledge forms the basis of all true religions, philosophies and ethics.

The change of the scientific paradigm that is happening now is due to the change of cosmic eras, during which happen the astronomical events that trigger dramatic energy and environmental changes on our planet. We live in the the time foretold by great prophets when end the agreed together several cycles of development: **universal, galactic, solar, earthly, human**. This short period of time, which is currently experiencing our planet is called in the literature the Great Shift and is marked by events of great magnitude and importance.

The basis of the existence of humanity and the universe is **the Cosmic law of cyclic manifestation**, which is expressed in terms of the occurrence of specific cosmoplanet **Ages**. The most famous of them is the one influencing people's consciousness - the Great Cosmic Cycle, or Precession of Axis, that is performed approximately every 26,000 years. Derived from it are 12 recurrent Ages, each lasting a little more than 2000 terrestrial years and accompanied by one of the seven rays (rays of seven - the seven great cosmic Energy qualities). Each ray embodies the idea. Rays form the model or type of the world, which are the planetary forms and thus confer evolutionary processes of internal capacity.

At the present time there is a change of the Piscean age (6th ray) for the Aquarian Age (7th ray).

«The influence of the sixth ray served to attract people's minds to the ideal, for example, sacrifice or service. ... The seventh ray will carry out things foreseen and the ideals of the previous cycle of the sixth ray activity. One ray prepares the way to another ...» And further «...the whole history is a series of consequences of those impacts that energy or radiation (in other words, the rays) exerted on the humanity in its diverse stages of evolutionary development. They englobe all the stages of development from primitive humanity to our modern civilization; everything that occurs is the result of cyclical effects of energy on the environment and the part of it which we call the human kingdom» (A.A.Bayley, 3. 4).

The **metaphysical** or otherwise **transphysical** (trans - through, for) **structure** of our planet was for the first time described by the Russian poet and visionary Daniel Andreev (1906-1959) in the main work of his life - the book "Rose of the World." Using **meta-historical method of understanding** and creating metahistorical **terminology**, which is now being developed by those who continue to study meta-history of our planet, Daniel Andreev described elsesurable and elsematerial reality that is inextricably linked with the flesh of earth's history and its meaning. His metahistory is the study of the course and meaning of the historical process, its driving forces and its future results.

The research of metahistorical process is, on the one hand, subjective, as it implies not only the knowledge of the ordinary history, but also the use of transpersonal methods of learning and depends on the qualities of the researcher. On the other hand, the process is objective, as based on the known cosmic laws, cycles and rhythms that do not depend on the subjective interpretations and understandings. These two ways of cognition do not argue, but complement each other, giving a much more complete and accurate picture of the historical process than when using only one of them.

Thus **the subject of metahistory** combines two ways of acquiring knowledge: the analytical rational (academic scientific methods) and synthetic intuitive (transpersonal techniques), as well as two kinds of knowledge: knowledge of modern academic research and space Knowledge of the Ageless Wisdom. Therefore, metahistory is a part of a new scientific paradigm that allows to include in the scientific sphere the knowledge and techniques that were not yet adopted by a materialist science. As a result, it becomes possible to shift to a more holistic view of the history of our planet and to expand the range of possibilities of its study and reflection.



## VITAMEDIN-M – MEDICINE BASED ON RADIATION TECHNOLOGY



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Saint-Petersburg University of the Ministry of the Interior  
of the Russian Federation

Radiation sterilization of premade medicines is wide spread in many developed nations. However, the overwhelming majority of authors of papers on the applicability of the radiation treatment of medicines for sterilization assume that the ionizing radiation that eliminates the microflora also breaks down the principal agent of the medicine to a certain extent and, consequently, decreases the efficiency of the drug. In most cases, this is the reality. That is why researchers aim their efforts at limiting the effect of the ionizing radiation on the drug, as they see it as negative. It is interesting to note that one issue is never covered by such papers: that of the chance that radiolysis might result in amplifying the known or in highlighting the yet unknown pharmaceutical properties of the drug.

Such an approach may be justifiable in the framework of a study of synthetic drugs with just a few components. Nevertheless, natural drugs are well known to affect the body through a combined action of the substances that they contain. Besides, quite often this synergy of therapeutic action proves to be considerable. These were the ideas that defined our strategy in developing the technology for manufacturing Vitamedin-M medicine based on natural bee honey.

In our research, we relied on the theory of biological activity of some of the products of radiolysis of organic compounds, elaborated by A. M. Kuzin, a member of the Russian Academy of Sciences, 30 years ago [1]. He claimed that peroxides, kinones, keto-aldehydes and some other compounds formed in the course of radiolysis may have a significant influence on such vital processes and DNA synthesis, change in the permeability of cell membranes, activity of membrane-related ferments etc. His book *Radiotoxins* describes both the depressive and the activating effects on

vital functions of biological entities as the result of injection of radiotoxins in various concentrations. Apparently, the stimulation of the human body by these compounds underlies the effect of small doses of radiation on the non-specific immunity system, which was discovered through radanotherapy and reinfusion of small quantities of auto-blood exposed to X-radiation outside of the body [1].

Taking into account these considerations, we compared the therapeutic activity of the original substance of Vitamedin-M which has only undergone the primary technological processing stages and the end product,

Vitamedin-M medicine treated with ionizing radiation.

The experiment showed that radiation treatment for sterilization of the end product does not weaken the medicinal effect of the drug, on the contrary, it amplifies its hepatoprotective and virustatic properties.

Model tests on mice (hexenalum anesthesia and poisoning with carbon tetrachloride) allowed to determine that the hepatoprotective activity of the drug is proportionate to the absorbed ionizing radiation.

When the antiviral activity of Vitamedin-M (prevention treatment against the lethal mice flu) was tested, the protection index of the medicine treated with radiation showed to be almost twice higher than that of the non-treated substance.

Vitamedin-M treated with radiation showed antiviral properties in the experiments of reproduction of herpes virus in vitro, while the untreated drug did not. Moreover, the virustatic activity of the drug treated with radiation was comparable with the same parameter for the most popular foreign anti-herpes drug Ancylovir.

The above results definitely prove that radiation treatment of Vitamedin-M serves not only as sterilization method but also as a stage of radiation-chemical synthesis of the drug. The research brought about a new technology for manufacturing of Vitamedin-M from natural bee honey through radiation-chemical synthesis. The medicine has been clinically tested and has been certified for production and use in medicine as antiviral drug that activates antitoxic activity of the liver [2, 3].

Given that natural medicines find an ever increasing use in clinical practice, we can hope that the use of ionizing radiation in the manufacturing of drug forms will allow not only to produce a sterilized version of these medicines but also to expand the range of their therapeutic action.

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## **COMPREHENSIVE HEALTHY NOOSPHERIC TECHNOLOGIES**

this is called “the intellect of the physical body mind” Body intellects vary depending on a person, and, as a result, the health level also varies. The people with high intelligence level have high level of health. If the body intellect is not developed, then a human has a tendency to different diseases. The activity of any intelligence is put down to the task solution, but no task is not solved without informational providence.

Noosphere as reasonable substance is capable of controlling the informational condition of any biological objects and evolutionary transform the information that the biosphere uses for its existence.

The essence of Noospheric technologies is in the opportunities of deleting, recording and presenting of the information, that is, the information for the body intelligence operation, that will deal with the problems on the recovery of the diseased organ on the basis of his/her knowledge. But, the main aim of the noospheric technologies is not the treatment of diseased organs, but the creation of the new informational conditions of its persistent operation. In this way, the aim to preserve the health is achieved.

Noospheric technologies allow to program different objects for the adding to it some “reasonable features” for the recovery and health support, to produce informational clearance of any objects on the planet. This is very topical, as “informational pollution” has already taken its toll. First of all, diseases of any biological forms are connected with the “informational pollution”. It can be presented as information hindrance. Body intelligence that uses the information, or this so-called “informational pollution”, can’t help but take it into consideration. As a result, organ failure takes place, and that leads to some concrete disease. Research and rich practice only proves it to be true.

July 2014

Vitamedin-M – a medicinal, prepared using radiation technology. Yu. V. Galtsev. St.-Petersburg. « It has been determined, that preparation being exposed ionizing radiation on drug Vitamedin-M lead to enhancement of it antitoxic and antiviral features».

“Health saving Noospheric technologies” are not possible without the participation of a human. At the present time the specialist training on the Noospheric technologies is of high importance. Specially trained personnel can handle the tasks like the ones listed below:

- The revelation of the different diseases on the early stages;
- The identification of the diseases reasons;
- The cleansing of the organism of the informational and physical waste;
- Energo-informational recovery programs on the organ functioning
- The program record on the strong immune system against many existing infectious, virus and parasitic form of life;

The Noospheric technology called: “The work with my “Me”, allows the every specially trained person to solve his/her own problems of health and to preserve the health of the relatives.

To sum up, Noospheric technologies have wide field of application not only for societal health preservation, but for the different technological directions in the science and education.

It is only important to organize the specialist training on the Noospheric technologies aimed to solve the problems of health and ecology in the different regions of the world, to create the conditions of the society development and improvement.





## CONCEPTUAL SUBSTANTIATION OF PRIORITY CRITERIA OF QUALITY OF LIFE AND HEALTH IN ASSESSING THE EFFECTIVENESS OF HEALTH CARE , SOCIAL AND ENVIRONMENTAL PROGRAMS



**Professor Luchkevich V.S., Russia, Saint-Petersbourg**

**International University of Fundamental Science  
International Academy of Ecology and Human and Natural  
Security  
North-Western Public Medical I. I. Mechnikov University**

Dear members of the Bureau and members of the international congress !  
Ladies and Gentlemen!

Human wisdom suggests : to assess the happy life it is important to consider not only how many years a person has lived , but, most importantly , how many years have made in this life years with good quality of life (screen. 2).

I give this picture not to remind the audience about the historical significance and architectural merits of St. Petersburg (where we are always happy to meet you). Draw bridges are a symbol of that factors of health and disease risk existing in the world civilization, problems of ecological safety and unmet subsistence needs –they are on one side, and measures of active preventive health conservation, increase in life expectancy and optimal living conditions – are on another shore. A connecting bridge , ensuring the unity and the ability to implement socially -oriented state policy priority of health and ideological activities , protection of the rights and well-being , is to optimize the quality of life of the population as the main criterion for the effectiveness of social and environmental programs .

I , as a public health and health professional, am particularly pleased to present here at the European headquarters of the United Nations Organization (UNO Headquarters), an example of use of the main criteria for health -related quality of life - HRQOL.

We believe that the methodological basis for the prevention included in the Concept of health- medicine and quality of life , as one of the leading methods for assessing their effectiveness, needs to be updated with the definition of health indicators that can be measured , establishing reference standards , determining the risk groups. (Screen 3).

A person has a right for health, a right for a healthy environment, a right for affordable and quality health care. Therefore, health should not be seen as a result, but as a basis for the development of health state policy. However, even the definition of the World Health Organization (even in 1948) : «Health is the complete physical, mental and social well-being and not merely the absence of disease», does not contain the active preventive directive and there is no methodological basis for a complete understanding of the quality of life , so we propose to add that «Health is a condition that allows the optimal interaction with the environment , quality of life and the safe implementation of the basic kinds of life , with full physical, psychological and social functioning of human». Integrative and systemic approach to assessing the health and quality of life suggests that the body is a functioning biological system in time. Therefore , health promotion and improved quality of life are the functional concept and it is necessary to assess their dynamics and stages of life . It should be taken into account that the body's ability to adapt is a measure of independence from the device and changing conditions of internal and external environment . Only on this basis can be developed the concept of Health promotion, as a health- medicine and the concept of a healthy lifestyle.

Changing the biomedical model of health and illness and biopsychosocial model of health has led to the need to consider the subjective opinion of the person about his well-being and health. He introduced concept does not oppose health-active prevention of high-quality curative medicine. The unifying integrative criterion for health prevention and for treatment and rehabilitation programs is a criterion of the quality of life, testifying to the subjective evaluation of a man of his status as a consumer of health services. The study of quality of life is generally accepted in international practice , a highly sensitive and cost-effective method of assessment of the relative health . The concept , based on the principles of this methodology allows the most important principle of the treatment process : not to treat the disease , but the patient , to take into account the peculiarities of his way of life.

According to the WHO definition of “Quality of life is the perception of individuals of their position in life in the con-

text of the values of the environment in which they live, in close connection with their goals, expectations, standards and concerns" (Screen. 4). The most often the following meaning is given to the quality of life in Russia: "Quality of Life is an integral characteristic of the physical, psychological, emotional and social functioning of a person based on his subjective perception." However, the existing quality of life characteristics do not sufficiently reflect the interests and human rights as a consumer of health services, taking into account the peculiarities of its social and hygienic operation and its lifestyle in certain socio-economic conditions and the environment that has an impact on his health in the amount of more than 75.0%.

Therefore, from our point of view, we have introduced the concept of "quality of life related to health that is an integral, subjective satisfaction characteristic of life conditions, habitat and adaptive abilities of the body, providing physical, psychological and social well-being" (Screen. 5). Up to now there are various criteria for measuring quality of life. UN experts have developed a generalized structure of the components of quality of life, including health, education, social security, rights and the human condition (Screen. 6). HDI (Human Development Index) was developed as an "expansion of human capabilities for a long and healthy life." WHO coined the medical practice standardized index (QOL-Index). It reflects the quality of life in the aspects such as: overall physical activity, psychological condition, the patient's independence in daily life, health, the availability of support from other people, the possibility of restoring full life. A composite index is the "quality of life index." So far, despite the international practice, the problem of the quality of life study remains underestimated.

Possible indicators of quality of life as a criterion for the effectiveness of therapeutic interventions were limited in clinical trials. The main problem is the lack of common technical approaches, not to compare the scientific and practical studies in different countries and regions.

We (Screen. 7) have developed and tested a universal multidimensional questionnaire study of quality of life as an integrated criterion of health assessments and the effectiveness of medical and preventive, treatment and rehabilitation, and environmental programs. 15 kinds of scales on the functioning of the signs and symptoms gradations are presented in the structure of the proposed questionnaire to produce quantitative and qualitative indicators. The model scales and the total number of measurements of features were developed for the assessment of quality of life. The study determined the level of informative significance scales by type of operation and group features. The method of calculation and evaluation of the outcomes of quality of life and health allows to modify presented in the questionnaire scale and gradation attributes given the specificity of the studied contingent (children, working-age population,

the elderly, people with disabilities, migrants and others) and the clinical condition of the patient (including pre-nosological states specific symptoms, painful manifestations characteristic for different nosologic forms of diseases). In this case both general and specific marker of the formation of pathology in the early stages may serve as indicators of structural and functional changes in various systems of the body that can be measured and assessed in dynamics. Subjective data (in the Quality of Life Research) in addition to objective indicators to assess the dynamics of clinical and functional conditions (changes) is based on screening and diagnostic programs. Therefore, it is advisable to develop individual programs of medical prophylactic and therapeutic effects of rehabilitation to improve the quality of life of patients.

We have developed a special research program "Quality of life as a criterion for assessing the health and effectiveness of health care systems to ensure ecological, sanitary and epidemiological safety." The results of the study among urban residents of St. Petersburg (Screen. 8) made possible to determine the priority of life indicators and characteristics of quality of life (social and hygienic operation, the socio-economic well-being, the level of hygiene and environmental well-being of the community). We have identified 3 risk groups of urban residents on the basic health and social and hygienic characteristics of life (the optimal conditions, the relative and absolute risk).

According to the generalized indicator of socio-hygienic operation (Screen. 9) urban residents can be attributed to the relative risk (73 points). In this set, taking into account the type of family only 44% of urban households can be attributed to the healthy, and 56% of residents are in different groups of risk. This single-parent families, divorced, single, and others. up to 12% of workers speak about the impact of adverse factors of work, and for 7% of the work performed does not correspond to a state of health. Proportion of completely satisfied with living conditions of the total number surveyed for economic and household activities (Group optimal conditions) is only 24%. More than half of residents (69%) are satisfied with the regime and not enough food quality (risk group).

According to their subjective estimations, women are more demanding in the assessment of the socio-hygienic operation and although they have objectively more favorable characteristics of quality of life that according to their subjective indicators, they evaluate worse.

There is a high proportion (82%) of persons who wish to improve their socio-economic status (overall quality of life - 67 points, the relative risk). With women, these figures are much worse. Important informative measure of quality of life is social and psychological well-being in the workplace and at home (72 points), and 27% of residents have noted the need for psychological correction. This recreational activity in order to restore physical strength and



to promote health is carried out regularly or occasionally only by 66 % of urban residents .

On the basis of preclinical subjective diagnosis and screening questionnaire we assessed the presence and dynamics of changes in the severity of symptoms and early clinical manifestations that characterize the quality, timeliness and effectiveness of preventive and therapeutic measures. The results indicate the presence of symptoms and expressed prenosological states in such nosologic forms of diseases such as diseases of the musculoskeletal system (56%), digestive system (57%), circulatory system (40%), and others. In the transition from a healthy state to disease, the quality of life is deteriorating mainly due to the physical component (symptoms, pain, feeling of general health). Overall health is most negatively evaluated in the presence of concomitant chronic diseases. General health indicators are related to the degree of exposure to the life factors such as: satisfaction with living conditions; the type and conditions of employment; quality of food; the level of health awareness and prevention activities. On a scale of subjective health assessments all urban residents evaluate on average about 70%.

The migrants (mostly younger ) have very unfavorable indicators of the quality of life in almost all the characteristics of social and hygienic operation ( group relative and absolute risk ) , socio-economic ( absolute risk ) , social and psychological state ( up 30.0 % absolute risk group ) , the level of medical awareness , preventive and medical- social activity ( to 36.3 % - an absolute risk group ) .

Women are at risk to a greater extent than men , on grounds such as : type of family , family environment , socio - economic status , the quality of food , conditions and nature of the professional activity .

More important ranking places are occupied by socio-economic, psychological and hygienic problem indicators in the formation of the quality of life related to health. Total index of quality of life was 65 points, with a strong correlation found between indicators of social and hygienic op-

eration, socio-economic status, physical functioning and health. Evidence suggests that a group of healthy urban population is 30%, relative risk group is 54%, and the absolute risk group (with various forms of chronic diseases) is 16%. However, the analysis of additional data on the presence of the expressed prenosological conditions , signs and symptoms indicates the projected increase in the absolute risk especially in diseases of the circulatory system , respiratory diseases and diseases of the musculoskeletal system . Successfully , reliably and objectively is used the complex method of evaluating the quality of life in the evaluation of the effectiveness of treatment and rehabilitation (Screen. 10) with the analysis of the dynamics of species in the functioning of the rehabilitation stage in forecasting distant treatment results in the post-hospital stage (Screen. 11). The results of the analysis of quality of life with personalized state monitoring methods ( Screen 12) allow to optimize and correct some types of life , management of employment (especially for people with disabilities or at risk ) .

Studies suggest that the process of studying and optimizing the quality of life necessitates the use of a process approach (Screen. 13) with the definition of the governing bodies, the presence of regulatory support, the definition of objects, identification of life risk factors, habitat forming diseases, clinical and functional states, identifying rank the importance of risk factors and optimizing the role of participants in the process of correction of living conditions and quality of life.

Thus, the proposed conceptual model (Screen. 14 ) allows not only to assess the effectiveness of implementation of social , health, environmental programs and support systems , but can also be used for monitoring of clinical and functional conditions of different population groups ( patients and healthy ) , in the extreme situations ( natural and manmade ) , during the examination of new methods of treatment and prevention , in the economic rationale for regional projects (Screen. 15).



## RESEARCH PAPER ON POLITICS, MEDIA AND JOURNALISM IN SRI LANKA



Prof. Jayasekara J.S.K.

### INTRODUCTON

Then known as Ceylon, lying in the Indian Ocean, separated from the peninsular India by Palk Strait, also known as Granary in the East and Pearl in the Indian Ocean, is none other than my motherland, SRI LANKA.

This island was once under the Portuguese, Dutch and finally, under the British rule, known as the British Crown Colony of Ceylon and gained independence as a result of tremendous struggles, in the year 1948, although it remained under dominion status. Its 1972 constitution proclaimed it as an independent republic and changed the country's name. Finally in 1978, a new constitution officially declared the island as the Democratic Socialist Republic of Sri Lanka.

Sri Lanka has a great pride of having a history dating back over 3000 years, with evidence of pre-historic human settlements dating back to at least 125,000 years. It is blessed with an excellent geographic location with deep harbors and this made her an effectively active hub from the time of the ancient Silk Road through the Second World War. Also, Sri Lanka's recent history has been marred by a 30 year civil war which decisively ended when the Sri Lankan Military defeated the Liberation of Tamil Tigers of Tamil Eelam in 2009.

Since then, Politics, media and journalism has always been a subject interacting very often with the people, in both national and international levels, providing information and updates on every era that has been passed by.

### OVERVIEW OF MEDIA AND JOURNALISM IN SRI LANKA

Media of Sri Lanka has always been people-friendly, communicating with them effectively and efficiently throughout every incident, trustworthily.

The media in Sri Lanka can be broadly placed into two categories- those which are owned and controlled by the State and those which are privately owned and controlled, and consists of different types of communication media, such as television, radio, newspapers, magazines and the web-sites. State and private media operators provide services in the main languages, Sinhala, Tamil and English.

The state owns the Associated Newspapers of Ceylon Ltd. (Lake House) which has the broadest outreach in terms of distribution networks, and which also benefits from extensive State Advertising. Radio and Television were a government monopoly until the mid 1980s. Since then several privately owned television/radio stations have been established. The State continues to control the Sri Lanka Broadcasting Corporation (radio), the Sri Lanka Rupawahini Corporation (television) and ITN radio and television network. The transmission capacities of the Private stations are much more limited than that of the State owned radio and television. Thus, State radio and television remain the electronic Medias that reach the largest number of consumers, especially in far-flung areas of the island.

There are several journalists' organizations that work for the promotion of their profession. Few among them are the Free Media Movement, Working Journalists' Association and the Photo-Journalists Association, Editors' Guild of Sri Lanka, and a Foreign Correspondents' Association. There are number of trade unions of media workers and the Federation of Media Employee Trade Union (FMETU), which unites all of them. The most active organization in Sri Lanka that advocates and lobbies for the freedom of expression and information is The Free Media Movement (FMM), a grouping of independent journalists and the persons working in different fields in the media.

### MASS MEDIA

Media bias is the bias or perceived bias of journalists and news producers within the mass media in the selection of events and stories that are reported and how they are covered. The term "media bias" implies a pervasive or widespread bias contravening the standards of journalism, rather than the perspective of an individual journalist or



article. The direction and degree of media bias in various countries is widely disputed.

## POLITICS AND JOURNALISM

Politics and Journalism has always been a prominent topic when it comes to governing a country and since then, the society has always shown the curious interconnection between them, as there has been a mysterious interconnection between them since a very long time. Many struggled and wished to stay at one end of both ropes, but such attempts seemed futile while some people have crossed the boundary, dangling both paths more than once. So, It is rather obvious that there is a clear firewall between the two professions.

In a nutshell, the nexus between journalism and politics is divergent. Thus, there has been a growing case of symbiotic relationship between the two. For better outcome, all concerned parties need to define their responsibilities and maintain their niche without transgressing same.

Political journalism is a broad branch of journalism that includes coverage of all aspects of politics and political science, although the term usually refers specifically to coverage of civil governments and political power.

Political journalism is a frequent subject of opinion journalism, as current political events are analyzed, interpreted, and discussed by news media pundits and editorialists. Subsets are as follows:

- Election journalism or electoral journalism is a subgenre of political journalism which focuses upon and analyzes developments related to an approximate election and political campaigns. This subgenre makes use of statistics, polls and historic data in regards to a candidate's chance of success for office, or a party's change in size in a legislature.

- Defense journalism or military journalism is a subgenre which focuses upon the current status of a nation's military, intelligence and other defense-related faculties. Interest in defense journalism tends to increase during times of violent conflict, with military leaders being the primary actors.

Journalism is the key route in providing ideas, both, negative and positive into a consumers mind. Most of the people rely exactly on the media as it is the mediator in providing news related to politics, as it is discussed here. Hence, journalists have an immense responsibility in transmitting the exactly accurate relevant news to the public.

A very prominent point to emphasize is that media and journalism should be unbiased to the core. The officials responsible, from the top to the bottom should have an

idea that they are handling a great big responsibility and should work avoiding any attempts to obtain bribe and should be fearless of the threatening that may come across or any other convincing. Mediators should not be hesitant to speak out the truth.

According to the information I collected upon my researches, a very unfortunate situation in the present is, the politicians often misusing their power. Many incidents are reported that the politicians offer bribes and handle the media units as their own property, almost buying the entire network, if simply said. They make the media units transmit their own supporting programs and news, avoiding any illegal acts performed or hiding the truth. This can be very disastrous as it fools the consumers, breaking their trust on the media and providing fraud/false information. Hence, it is a major responsibility of the media units to be unbiased and to be fearless, straightforward.

## JOURNALISM ETHICS AND STANDARDS

Also known as "Canons of Journalism" it comprises of the set of code of ethics or rules that a journalist should adhere to, by professional journalism associations and individual print, broadcast and online news organizations. Most common elements include truthfulness, accuracy, objectivity, timeliness, impartiality, fairness and public accountability, etc.

A very important ethic which should definitely be followed by the journalists is the ethic, "Limitation of Harm." This includes the withholding of certain details from reports such as the names of minor children, crime victims' names or information not materially related to particular news report release of which might harm someone's reputation.

Taste, decency and acceptability also play a major role when it comes to ethics and standards. Audiences have different reactions to depictions of violence, nudity, coarse language, or to people in any other situation that is unacceptable to or stigmatized by the local culture or laws.

When certain distasteful or shocking material is considered important to the story, there are a variety of common methods for mitigating negative audience reaction. Advance warning of explicit or disturbing material may allow listeners or readers to avoid content they would rather not be exposed to. Offensive words may be partially obscured or bleeped. Potentially offensive images may be blurred or narrowly cropped. Descriptions may be substituted for pictures; graphic detail might be omitted. Disturbing content might be moved from a cover to an inside page, or from daytime to late evening, when children are less likely to be watching. The above ethics play a major role while communicating with the world.

## SKILLS AND ABILITIES OF A JOURNALIST

Top-notch communication skills are mandatory for journalists. Polished verbal communication skills and perfect written communication skills to demonstrate with excellent grammar and spellings are the key roots in communicating effectively and accurately.

Journalists spend a lot of time researching subjects using a wide range of sources, so knowledge of electronic databases and archiving system is helpful. Practice in using the modern technology such as computer software, cameras and recorders can make the job easier.

Quick thinking skills, adopting to new situations, being comfortable with the people, ability to conduct interviews, being patient when dealing with different personalities, politeness, logic, ability to judge a potential story using critical thinking skills, etc can be considered as a few essential abilities a proper qualified journalist should possess.

#### JOURNALISM IN SRI LANKA

But, it is very unfortunate to say that when it comes to online media such as e-newspapers and other news websites in Sri Lanka, we may often come across situations where neither censoring graphics nor abusive/unsuitable language is made. Or simply, where the code of ethics is not followed to the dot.

This may be caused due to the lack of knowledge of the green journalists, new to the field, who have not been through the codes of ethics and other necessary requirements to become a journalist. It is sad to say that most of the so called "Journalists" have no proper picture on how journalism works and the responsibilities of it. Improper handling of journalism can lead to destructive results.

#### IMPROVING JOURNALISM

The following can be considered as key factors to improve the skills in journalism, to become a successful journalist:

- Multimedia storytelling skills - Producing slide-shows with sound, shooting and editing video and photos, writing for the web.
- Data and statistical skills for storytelling. Collecting, editing, analyzing and interpreting data to produce compelling interactive maps and graphics.
- Audience development skills (formerly known as marketing and circulation) such as managing online communities, interpreting data on audience behavior, crowd sourcing for information, interacting with the audience.
- Basics of programming. How to create compelling pages that attract web audiences.
- The business of media. Journalists can help a news organization generate revenues without compromising their ethics, and today that skill is more important than ever.
- Tight writing. The ultimate aim of journalism should be to tell a story as clearly and concisely as possible. It should be short, sweet and to the point.

#### IMPACT OF SOCIAL MEDIA ON JOURNALISM

With the growing use of social media to report news the consumer perception of real time news is changing - peo-

ple now expect to receive news instantaneously and expect constant updates of developments. This is significantly influencing the direction and practice of journalism. The availability of these online blogs and social media networks has changed the way that journalists are able to operate and it can be a valuable tool aiding journalists in their newsgathering, audience engagement and it can act as another platform for content.

It is important to note that social media and blogs are not replacing journalism, but they are adding another layer of information to existing news sources. One key way that social media has changed how journalists approach the news is through helping journalists in newsgathering and crowd sourcing. This has helped them to collect more material on news stories and has provided access to a wider range of voices that are able to tell their own stories and opinions on the matter.

Social media also helps journalists to source eyewitnesses quickly, as people are keen to tweet or post about interesting things they have witnessed to tell their friends about what they saw. This can be a significant benefit making it easier for journalists to track down those who might have a first-hand account of an event.

#### WATCHDOG JOURNALISM

Watchdog journalism informs the public about goings-on in institutions and society, especially in circumstances where a significant portion of the public would demand changes in response. This might involve:

- Fact-checking statements of public officials
  - Interviewing public figures and challenging them with problems or concerns
  - Beat reporting to gather information from meetings members of the public might not otherwise attend, and to observe "on the ground" in broader society
  - Investigative journalism, which involves information-gathering on a single story for a long period of time
- Like a literal guard dog that barks when it notices an intruder, a "watchdog" role involves alerting others when a problem is detected. Common subjects are the government decision-making process, illegal activity, immorality, consumer protection issues, and environmental degradation. Watchdog journalism can be located in a variety of news media, such as radio, television, Internet, and print media where it may be seen as "a unique strength of newspapers", and additional new media and concepts such as weblogs and citizen journalism. Watchdog journalists also are called "watchmen", "agents of social control", or "moral guardians".

Hence, considering all the knowledge I've gathered so far and on what's mentioned above, wish to conclude that Politics, Media and Journalism are the three roots of communication, which are interrelated and play a major role in the society globally, to obtain an understanding on the country's situation, its progress, the governing party's strengths, weaknesses, and hence can be used to determine the future of the country, to establish a successive, fruitful and outstanding motherland if properly handled, unbiased.



## **"CREATIVE TRANSBIOSENS THE PSYCHO-TECHNOLOGY OF THE DECISION OF PSYCHOSOMATIC PROBLEMS OF STIMULATION OF CREATIVE ACTIVITY"**



**Prof. Savelev Iurii - Grand-doctor of psychology; PhD of philosophy in the field of educational psychology; Full Professor of IUFS and Oxford; world Best Scientist of the year 2015; the BPA Professor; Member of the Presidium of the Professional medical Association of folk medicine; traditional medicine is included in the unified "Register of healers", certificate № ROSS RU.RC. With. 0110; Gene. Director of Wellness centre "IRBIS-STUDIO"; the Wizard of respiratory psychotechniques; Biocenology; Artist; Traveler**

Transbiosens psycho-technology includes meditative healing techniques of Oriental medicine, focused on the use of vitality of the human organism in close collaboration with the achievements of Western medicine, based on a quick effect.

Creativity as the highest form of universal understanding of creativity inherent in nature at all levels of the hierarchy of being.

In transbiosens creative activity emergence is understood as spontaneity, spiritual, creative "leap", "superconscious" that allows people to free themselves from the Psycho-trauma and mental and physical constraints.

Principles of transmissino correction on the basis of stimulation of creative activity are: the Principle of integrity; Principle of causality; the Principle of positivity; the Principle of correlation; Principle of subjectivity.

The structure of the learning process method of transpersonal biosensor creative activity looks like: Play; Recall; Reconstruction; Re-experiencing; Resolution.

Important psychological criterion TBPT is the pronounced emotional experiences preceding the moment of finding the solution. The presence of such experience and its precedence in time of the creative act (insight insight) have been shown in rigorous experimental studies [Tikhomirov O. K. - 1984]. The role of emotional experiences, in particular of a sense of beauty, which directs the search for solutions, celebrated and famous French mathematician A. Poincare [1970].

Creative mental act usually requires sustained and prolonged or shorter, but very strong motivation. G. Helmholtz, A. Poincare and other authors identified four phases of any creative solution:

- collecting phase of the material, the accumulation of

knowledge that can form the basis of the decision or re-frame problems;

- the phase of gestation, or incubation, when basically the subconscious and the conscious regulation of man can be engaged in very different activities;

phase of illumination, or insight, when a solution is often completely suddenly and entirely comes to mind;

- phase control, or check, which requires the full involvement of consciousness [Woodward R. - 1952].

Many years of empirical observation suggests that in the process of psychotherapeutic correction methods transboundary creative activity of the person first resides in the role of the artist, then became an observer and eventually triggers a feeling of integrity and harmony of his image "I". Transmissora creative activity provides health benefits removing psychotraumatic impacts increase stress tolerance and the restoration of physical, mental and emotional health in the professional field and in everyday life.

Thus, emergence and creativity, in the process of therapy Transpersonal biosensor creative activity (TBPT), should be considered as a personality trait, inherent in every person, revealed under favorable social conditions.

Transbiosens psycho-technology of the decision of psychosomatic problems of stimulation of creative activity included the creation of specific techniques and methods.

To achieve this goal by maintaining physical, psychological and mental health and recovery in the case of chronic disease following objectives were set:

1. To study and identify the features of modern methods of art therapy: spontaneous painting, breathing psychotechniques, phototherapy, spontaneous poetry, as well as other types of creativity.

2. Identify and justify the concept of "Creative transmis-

sora the psychotechnology of the decision of psychosomatic problems of stimulation of creative activity", such as environmental (safe) a branch of psychology. To highlight its main components and their impact on psycho-physical and psycho-emotional activity.

3. Experimentally to explore the health and educational opportunities of biosensor methods of psychological correction of emotional state of a person.

4. To evaluate the effectiveness of psycho-correctional and health impacts of transpersonal biosensor practices of creative activity on well-being, consciousness and mental state of survivors of traumatic situations.

5. To justify on the basis of the analysis of the literature and obtained in the result of the study data, recommendations for use of methods of transpersonal biosensor creative activities for psycho-unloading, increase stress tolerance under stressful situations, to stimulate creative activity.

6. On the basis of the obtained results to identify and justify the opportunity for personal growth through biosensor methods of psychological correction.

During the research and testing were applied: functional and clinical diagnostics, valid, reliable psychological tests, questionnaires, survey questionnaires and developed the questionnaires.

The study involved mostly students "Energy breathing", intensive course of "Spontaneous painting" the Wellness centre "IRBIS-STUDIO", as well as students of workshops – visits conducted in the regions of the Russian Federation, and abroad. The study involved over 20 000 people of both sexes, from 19 to 69 years.

Especially Transbiosens psycho-technology solution psychosomatic problems of stimulation of creative activity:

- During training session (session), the person enters into a state that can be called "deep immersing of one's self", which in no way affects vegetative-somatic condition. The methods of transpersonal biosensor creative activity have a wide range of indications - neurotic disorders associated with problems of self-esteem, self-affirmation.

- Very fast (2-3) session (classes) the customer is relieved from depression and related conditions, post-traumatic syndrome. And, have a positive experience when vegeto-somatic manifestations in different forms of chronic diseases.

- Almost always as a result of the practice of transpersonal biosensor creative activity has been the development of adaptive and creative abilities, psychological tolerance, creativity and, most importantly high stress resistance.

Health-developing transpersonal biosensor is the result of creative activity, its specificity lies primarily in the development of super-sensory apparatus (sight, hearing, smell, touch and balance).

- Using the opened ability, gets an opportunity to release your mind and body from any clamps, blocks, programs. Thus, a training effect of self-regulation. Further, through transpersonal biosensor creative activity provides health benefits psychotraumatic withdrawal effects, increase stress tolerance and recovery of mental and emotional health.

- Tasks of the exercise are clearly defined: each group of exercises designed to promote creative productive activity, increase stress resistance, their physical, emotional, mental and mental health.

Methods transboundary psycho can improve tolerance to physiological stressors and psychological trauma, to get a stable effect in the short term. The rehabilitation course of psychological adaptation, as a rule, is 5-6 sessions (sessions).

While goals and objectives may be:

Training - to master the techniques circumstance of perception, gaining awareness of their actions, equilibrium psycho-emotional state; for concentration in different modes; to master techniques of working in the psycho-immersed conditions.

Educational – to create a psychological climate; to perception; to create a harmonious spatial structure; to maintain comfort in the interaction system human-Space.

Developing for creative expression that allows to explore their potential child, teenager and adult, to help him actively engage in the process of this study to try to fully Express themselves creatively to gain in life, his way, his substantial creative inspiration. To increase self-esteem, develop their emotional and communicative spheres of interaction with the surrounding world, the ability to overcome fears, nervous exhaustion, psychological stress.

Wellness-and-prevention – for selection of special exercises originating from the General settings recovery, system of psychophysical regulation based on the means and methods of transpersonal biosensor creative activity, selection of respiratory psychotechniques, to create and use in psihoneurologic purposes, which have a beneficial effect on the overall psycho-vegetative-somatic state of the person.

The study is a psycho-correctional effect became spontaneous painting, as a component of transpersonal biosensor practices of creative activity.

The origins of spontaneous painting is lost in centuries of history. As soon as the old man picked up the charcoal and drew a line on the cave wall - there was actually a visible image of his thoughts. Creative inspiration is embodied in paints primitive clothing and tools, then in painting and embroidery. The weapons had evolved, become more complex images, bloomed high art. From the modern lines of methods of psychocorrection studied art therapy - a method of treatment through artistic creativity.



But in contrast to the methods of art therapy, biosensor painting harmonious psycho-emotional state is achieved, the inclusion of energoresurs zones, the use of special exercises primarily for the development of supersensitive perception and the stimulation of creative activity of man. It is interesting to note that in the groups studied were people who can not, in their opinion, draw and do not have experience picturesque practice.

As resources for classes biosensor painting are available used graphic arts: watercolors, gouache, paper.

The prevailing technique of paintings was the following:

a) were offered complete freedom of color spot (drop) for self-determination in the space of the painting, unlike traditional hard-coded graphic images.

b) the number of layers of the coloring pigment can be any, depended exclusively on the spontaneity of the process and were not hard-coded initially. Emerging planar not (spontaneous mutual penetration of the layers into each other) made it possible to create a three-dimensional structure of the species due to the multiplicative overlay of parts of the image that can create the effect of movement of the image itself and (or) the effect of moving layers of color (spots) when illuminated space of the picture light sources of different nature, intensity and color.

c) the color palette was determined by the participants at their request.

To enhance the visual impact of the light source may be a projecting, permanently luminous and (or) pulse device or other special device, allowing to change the scale and dimension of the image, as well as the dynamics of the lighting of individual parts and (or) the entire image. The radiation emitted by the light source is not limited to the visible portion of the spectrum and can be any color and any wavelength.

d) in the groups studied was limited to the time of performance of works - in format 10 x 15 cm to 15 – 30 seconds, while the A4 format (210x297mm) no more than 1 minute.

Thus:

a) in the composition of the control and the study groups included people who have experienced traumatic situations. So all the exercises included in the training program were environmentally friendly.

b) in the control groups, using projective techniques of art therapy, the time to perform creative work was not limited. In the process of training to use different projective techniques, which we call exercises. Generally, exercise may have various modifications according to the personal peculiarities, physical and psycho-emotional state.

In addition to painting biosensor was studied domestic psychotherapeutic method of phototherapy, or "therapy

through creative self-expression" the Author of this is a well-known domestic therapist Rapidly M. E., Professor of the Department of psychotherapy, medical psychology and sexology, Russian medical Academy of postgraduate education.

In transboundary psycho photo has as a General therapy with creative expression, and a number of significant differences.

Total – this is the artistic attitude to life, discovers not only a feature of thought-judgment, but also his personal, individual experience about any events, relationships with people, with nature.

The difference in the approaches is that in our case, leading training, he owns the tools extrasensory perception and psycho-correction. (clairvoyance, clairaudience, etnoculture). These opportunities, in the process of training, are sent to the participants through training and practical exercises.

And thus, creating an atmosphere of disclosure, as creative potential, and removing psychotraumatic factors (fears, phobias, psychosomatic disorders)

Criteria biosensor photos are:

a) have experience of training participants is not of great importance, because in a state that is achieved during the development of biosensor practices, allows you to perform professional work, both technically and from an artistic side.

b) the choice of the topic is offered leading training.

c) format, the composition of a photograph, color or black and white image defined by the author.

In the study psycho-therapy were also studied poetry transissue biosensor (three-line) lyrical poem (a Haiku, or - haiku, haikai), which is the national Japanese form of poetry. The art of haiku is closely associated with the Japanese mentality in General and the teaching of Zen Buddhism in particular, are usually portrayed nature and man in their eternal continuity. In our case, during the research, we sometimes changed the rules of poetry, depending on the purpose and objectives of the training

Biosensor versification is characterized in that, in the first place, besides spontaneity is included the mechanism of extrasensory perception. It showed more opportunities for psycho-activity, as psychologists and self-treatment-learning process.

During the training the participants were asked to describe in metaphorical verse form an emotional state that arose as a result of "meetings" with each of the images. For example: when you view the Amateur photos that were brought to class by the participants of the groups, cards with pictures of landscapes, people, animals. Were asked to choose arbi-

trarily any interest to the photos and compose them as an accompaniment to a haiku or poem in the style of Japanese short treatise.

As shown by psychotherapeutic practice, recourse to the art of haiku has high therapeutic potential.

Criteria biosensor prosody in our case were:

- a) the presence of experience – as with other types biosensory creative activity is not required.
- b) subject – was proposed on the basis selected by each participant of his own photos or paintings.
- c) emotional characteristics, emotional state after writing of the poetic form of metaphors or determined after the assignment on the basis of subjective observations as well as observations from other participants by the method of repetitions.
- d) determining an emotional state after training

Emotional coloring of poetic works depended on the emotional state and the level of anxiety of the group members. The study managed to establish the correlation of changing conditions. However, we believe that further monitoring and further study.

During the study on practical training methods transboundary psycho, much attention was paid to respiratory psychotechniques. This is due to the fact that the practice of breathing is the basis of Creative psycho transboundary address the psychosomatic problems of stimulation of creative activity and includes:

1. Plasticity and strength of the movement.
2. Culture of breath.
3. The basics of sound production.

Today there are a number of breathing practices and techniques.

Therefore, the research form of the breathing exercises were not an end in itself. Her goal is to create energy flow within the body, to intensify the energy and gas exchange processes, to learn to coordinate the breath with the flow of energy processes in the body to turn a person in the creative process, to stimulate his creative activity.

During the exercises the audience supported your natural rhythm of breathing, which may also naturally change depending on what is happening in the body processes.

Mental control the rhythm of breathing should not be. The duration of the exercise 15 minutes or more depending on the training.

It is extremely important to breathe smoothly. Usually, beginners try to breathe as deeply as possible. They believe that the deeper the breath, the more forces will arrive. It is wrong in principle. It is important to show such people that during exercise simply not breathed in the air, and starts

and activating energy channels, meridians, energoresursy areas, fields glow. It is very important to follow these rules because of force breath often impede the flow and revitalization.

Another requirement was the ability to relax. Doing breathing exercise, one ought to liberate the mind from unpleasant thoughts, better Yet to fully turn their attention to their sense of self.

Training a certain way your perception, the world of their sense of self, quite possibly each person to achieve extra-sensory perception.

This social psychology (psychoanalysis) and depth (psychoanalytic) comprehension of almost all areas of activity of the individual, because the basis of life of any person is his mind.

According to the founder of the psychological direction psychoanalysis of Z. Freud, the psyche is primary, while any activity of the individual - is the projection of the inner world of the individual to the external world, the projection of the unconscious psyche on the world. It is necessary to consider that the unconscious actually creates the world around us.

In the program methods Transboundary Psycho-Creative solution psychosomatic problems of stimulation of creative activity: painting, photography, poetry, creating music and other forms of artistic expression, as the author of the system of psychophysical regulation identified principles of individual selection for a specific time period:

1. Biosensor method of stimulation of creative activity in combination with relaxation leads to deep psycho States. The person is in a state of physical and emotional opastnosti, a state that implies "odlucnost" familiar to us social consciousness and work directly with problems, internal resources and needs of the individual (including, indirectly and (or) directly, with spiritual opportunities and challenges).

2. Creative Transmissora the Psychotechnology of the decision of psychosomatic problems of stimulation of creative activity is the experimental author's method of psychoenergy-informational work in crisis States of personality, people who have experienced traumatic situations. This is a special kind of emotional activity in which the interaction of its various kinds. The process is integral, as there are integration of different kind and level.

Depending on conditions, the study, and then the practice sessions (sessions) were used in the following formats: regular sessions lasting 2-3 hours; short-term intensive training of 1-2 days, with a duration of 8-16 hours; intensive training of 10-12 days, with a total of 120-144 hours. The results of the study give grounds to assert that the



methods of creative Psycho Transbiostns address the psychosomatic problems of stimulation of creative activity have an effective positive impact on all organs and systems of humans, on the whole bioenergy system and also affect the psycho-physical state, salootdelenie, management of psycho-emotional sphere through biosensor practice.

Creative methods Transbiostns Psycho solution psychosomatic problems of stimulation of creative activity showed health and developmental effectiveness in:

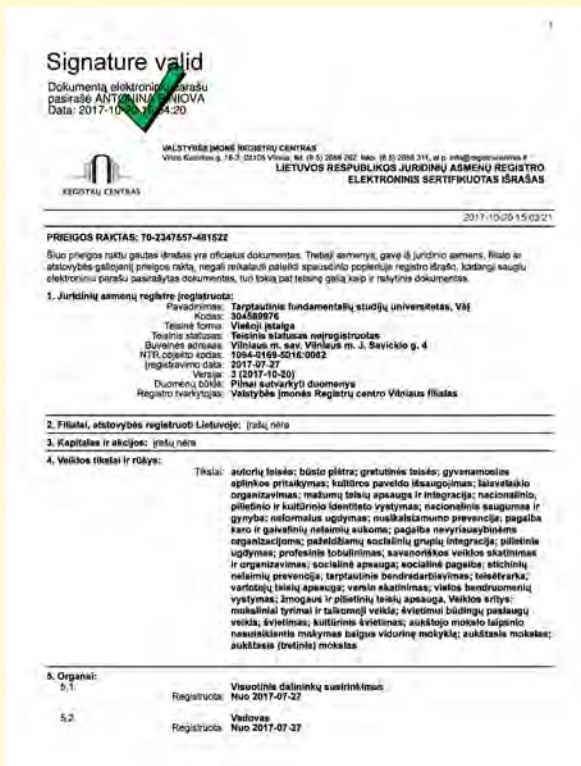
- stressful situations, chronic fatigue, irritability;
- reactive state after psychological and physical traumas;
- psychological problems of relations and communication;
- the problems of decision-making;
- various problems addictions (gambling, food, alcohol, drugs, nicotine and other);
- depression and apathy;
- phobias, fears and self-doubt;
- problems of learning and work;
- family problems;
- somatic diseases (diseases of internal organs, the nervous, endocrine and immune systems that have a psychosomatic nature);
- complications after injuries and operations;

Conclusions.

1. Experimentally proved a new scientific direction and

established technology environmental security human health.

2. Confirmed that transmissora creative activities promotes personal and spiritual development and fully fits into the modern scientific concept of the holistic view of the world and man and helps his mental individuation.
3. Identified and argued the possibility of personal growth through transpersonal methods of biosensory psycho-correction.
4. Confirmed and proven the effectiveness of psycho-correctional and health impact methods for Psycho-Creative Transboundary on feeling, consciousness and mental condition of the people, as survivors of traumatic situations, and for professionals whose profession is associated with extreme psychological and emotional stress (rescue workers, actors, special forces and security, businessmen etc.). And also for children with underdevelopment.



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## MINERALS IN THE STRUGGLE AGAINST ANY DISEASE



Dr. Jan Alam, PhD.

Today one of the most topical issues for the academicians all over the world is shorter human life expectancy and worse health conditions. According to the opinion of Dr. Jan Alam, minerals are able to cure all the diseases.

Dr. Jan Alam studied in the Medical - Technical Science Academy of the Russian Federation, where he obtained the honorary degree of an academician. In 1990 he decided to stay in Russia and became a Russian citizen.

Dr. Jan is deeply convinced that human health depends on our inner microworld, on the presence of minerals, vitamins and amino acids in our organisms. In the July issue of the magazine «Russian Business Guide» the first article about the influence of the registered in Russia mineral complex by Dr. Jan Alam was published. The basics of all the 12 kinds of the medicine is carbon, oxygen, potassium and calcium. Significantly that Dr. Jan managed to include into the mineral composition with the size of the particles 0,2 microns oxygen, which doesn't evaporate. It is a conductor of the minerals into the cell. Depending on the prescription in the different proportions Dr. Jan creates the microelements: sulphur, phosphorous, sodium, magnesium, chlorine, silicon, aluminium, iron, zinc, silver, titanium, manganese, boron and chromium.

“Today I am the only academician in the world, the creator of such a unique pharmaceutical composition

for the stabilization of the micro elemental hemostasia and the reduction of the pathological processes in the organism” – Dr. Jan Alam shares his own opinion. The medicine is made of the hard minerals, precious stones such as gold, rubies, emeralds etc. In Russia in 2004 he obtained a patent №2274453 on the 12 kinds of the medicine. Apart from that, in 2017 8 kinds of medicine against different diseases including cancer were released, with 4 from them in the form of the injections. The site of the Patent Organization contains a detailed composition description. The basics of all are carbon, oxygen, potassium and calcium.

“It is important that I managed to include into the mineral composition with the particles size 0,2 microns oxygen, which doesn't evaporate. He conducts the minerals into the cell. Depending on the prescriptions the following elements are added: sulphur, phosphorus, sodium, magnesium, chlorine, silicon, aluminium, iron, zinc, silver, titanium, manganese, boron and chromium” – Dr. Jan Alam informs.

Minerals are the complex medicines that cure infectious, viral, cardio-vascular, thyroid gland and musculo-skeletal system diseases, cancer, diabetes and bronchial asthma.

“At this moment together with the Russian Academy of Medicine and Technology we carry out an experiment on the shorter cure time period till 6 months. We want to create a new system and cure all the diseases in the shorter period of time” – Dr. Jan Alam is convinced.

The brand new medicine allows to diminish the amount of the traditional medicine. Pharmaceutical composition was examined in the process of the clinical and animal test. There are a lot of examples of the successful impact of the medicine.

The patients of Dr. Jan Alam share their positive experience about the minerals.

### **Oksana Fyodorova**

In 2009 I had to come across hormonal dysregulations and weak immune system. After a half a year of the cure with minerals everything was fine. I am very grateful to Dr. Jan for all these changes that happened to me”.

### **Vera Polosminnikova**

“In 2014 she was diagnosed with breast cancer. I thought that this was the end of my life. I was scared that I will die from chemotherapy very soon. My rela-



tives supported me and told Dr. Jan about my disease. I had an appointment with him, and he inspired me for the recovery. His prescription was minerals, and I immediately started to receive them. In four months the overall health condition began to improve, I became strong and vivacious again. And in a year numerous myomas disappeared. I continue my treatment with minerals under Dr. Jan's supervision till now".

#### **General – mayor Alexander Veldyaev**

I suffered from heart disease, thyroid gland and pain in the leg: I took anesthetic as I couldn't walk. My colleague recommended advising with Dr. Jan, as he was coming through the treatment. Dr. Jan persuaded me against the operation and appointed the medicine, which consists of minerals. I began to take this medicine. In a month there was no liquid in the knee joint, and cartilages recovered. I had two hernias in the spine, which in the end disappeared".

#### **Galina Maluga**

Just after the operation in 2014 I went to Israel to the hospital check-up in TrustMed. The new formation wasn't found, but I was recommended to have chemotherapy. I refused to accept this kind of treatment and chose another way: the cure with minerals. In a year I visited the Israel hospital once again. The check-up showed that there were no numerous myomas any more. I couldn't tell the best oncologist in Israel that I replaced hormone treatment with minerals. Just thought he wouldn't believe me!

#### **General-mayor Viktor Kisilyov**

My diagnosis was the eye herpes. My red inflamed eye could see only 10% of what happened around. Nobody really could help me. To give some medical help they were ready, but not to give complex treatment. Just in time I turned to Dr. Jan, fulfilled all his recommendations and overcame the disease. The result of the cure with minerals was my eyesight recovery. The child of our friends was diagnosed with brain disease that could in the end bring to epilepsy. The boy was about one year, when Dr. Jan appointed his treatment to him. Now he is ten, he is an A-student and learning English and at the musical school.

#### **Alexander**

I had a cancer at its 4th stage. I had my check-up in the 40th Hospital and there I was offered a kidney removal and they said that I had only 3 months to live. I had been taking the minerals for 1, 5 months. Six years have passed, and I lead a normal lifestyle.

#### **Abdyagany Shakirov**

I suffered from hay fever that turned into allergic bronchitis and even asthma. I consulted with a great number of doctors, including the treatment in salt mines. I had been taking minerals for 9 months, and for the period of these 2 years I haven't have any allergy and asthma at all, which had been my nightmare for 19 years.

#### **Karaev**

My child had a cyst in the right kidney. We went through many check-ups, and an operation was appointed. But at the last moment the head of the surgery department offered to wait. So we turned to Dr. Jan Alam. We had been taking minerals for 6 months, making ultrasound and saw the cyst diminishing rapidly. In two years the examination showed a total absence of the cyst.

#### **Elena Jan**

As a result of the radiation influence my thyroid gland was increased up to the 2nd stage as the doctors said. I had minerals treatment, and thyroid gland came to the norm. The doctors were surprised and even thought that their diagnosis was wrong.

#### **Andrey Kholodilov**

I had the problems with gallbladder, and I needed an urgent operation. But thank to the minerals by Dr. Jan I fully recovered.

Dr. Jan Alam is an academician of the the Medical -Technical Science Academy of the Russian Federation

The owner of the Patent №2274453 on the 20 kinds of the medicine

#### **Dr. Jan Alam earning PhD and World Best Doctor certificate**



## EMOTIONAL EXPERIENCE IN PSYCHOTHERAPY RESOURCE



**Prof. Tatiana Bresso, Professor of “philosophy and psychology” of the Moscow State Engineering University**

The report focuses on the transformation of negative emotions that affect the body destructively in a positive resource using techniques of psychotherapy. Using resource psychotherapy we get a real opportunity to retain and quickly change the negative emotions which suppress the human psyche for a long time and affect human health and to give the opportunity to change them to the positive. The benefits of psychotherapy techniques resource can be identified when working with different categories of people with disorders of emotional sphere.

We all experience emotions. They accompany us in different situations. The accelerated pace of life demand much to a person, the massive amounts of information, natural disasters, changes in the age-old foundations of family life provokes increasing stressors.

Modern psychology is actively developing in the direction to minimize the impact of stress on the human psyche. In response to an inquiry of the society a new direction such as resource psychology and psychotherapy are produced. Along with the different areas of psychotherapy, psychotherapy resources as carefully as possible influences on the human psyche transforming negative emotions into positive and allowing more broadly holistic, multi-faceted look at human nature. The deterioration of the environment (the environmental degradation), a high concentration of people in metropolitan areas are not conducive to harmonious human existence and generates a need for the identification and development of its resources.

The urgency of the resource method of therapy is that it fully replies for the social inquiry need to find ways to preserve the integrity, human health, to increase resistance to stress, adaptive capacity, mechanisms condominium with pathogenic emotions.

The author of the method and the idea of using internal human resources (instinct) in the psychotherapeutic process is a Doctor of Psychology, Professor Kovalenko NP

At present, the idea of psychotherapy is developed as a resource independent method with the original diagnostic methods, correction and rehabilitation, as a tool in dealing with crisis situations working with pregnant women and adolescents. Using the methods and techniques of resource psychotherapy can transform the psychosomatic complex

of negative emotions into positive emotions in a short time. Securing the experience gained from the use of methods of resource psychotherapy leads to the accumulation of emotions of joy, which in turn leads to a more harmonious existence in a state of tranquility, working capacity and health. This direction of therapeutic activity has been successfully used in clinical and private practice by the followers of the method (doctors, psychologists, social workers), but in order to increase efficiency the method probably requires further clarification of its principles, more detailed study of methods to be used in work with different contingent (not only pregnant women). This method is recommended for using in children's and educational institutions with the child and clinical psychologists.

The person experiences negative emotions - it is a natural reaction to stimuli that are perceived negatively by this person. However, human life is impossible without them, in low doses they form experience resistance to stress, mobilize, increase defenses (for example, aggression) as well as pouring of cold water is a hardening of the body, eating food in acceptable doses is food for the organism. But what will happen if these doses are multiplied?

Anger, rage, indignation, envy in small amounts are natural and valid for the human psyche, but in large quantities these feelings inhibit the nervous system, the person feels bad, not only emotionally but the physiology is being suffered too. We're talking about psychosomatics gained traumatic experience, causing overvoltage, functional failure, dysfunction. In scientific literature it is defined as clamps, blocks voltage.



Resource approach proposes to consider the situation associated with trauma to the psyche, from a slightly different angle. It is known that in nature sticks with only one end never exist. If we try to project this statement on the task, it can be assumed that at the other end of the destructive emotions there is something positive with the same amount of energy and experience emotions.

Any emotion is a manifestation of the internal energy of the body, which has no polarity. Our world is dual (that means the top and the bottom, day and night, man and woman). Perhaps the assumption that the power of negative emotions experienced by a person is the power of the other emotions that a person could experience in the application of techniques of psychotherapy resource, which aims at transforming the emotions. For example, if a person is experiencing anger then it is likely that the power of anger can be taken in the polar emotions (happiness, acceptance). Resource psychotherapy allows very well to translate destructive emotion into creative one, transform anger into its opposite emotion.

Carroll Izard states in his work "Human Emotions" — "it is harmful and pointless to be angry ... if there is a long accumulation of anger and irritation, while the dam collapses the effect is devastating," [1].

Resource approach helps a person to feel the balance in the experience of certain emotions, helps to track the precise point at which negative emotion begins to oppress and lead to the destruction of not only the mind but also the human physiology. There may be an example which can show the impact of the resource of art therapy which very gently helps to translate negative into positive by using existing human capacity for creative expression. When using the technique of the art therapy a person represents that what he is concerned about, without appreciating his creative abilities. This makes it possible to use this technique when working with any contingent.

Keeping track of negative emotion, its brightness, physiological manifestations in the body filled with energy the resource psychotherapy techniques allow us to study this emotion and translate it into the opposite sound with almost the same intensity. This way the balance of psychic life is restored, the law of harmony which is essential for a person is approved. (2)

The human brain represents its own personality through the program of action sequences (the lower area pre-motor cortex), physical perceptions (lower parietal area of the cortex) and emotional sensations (anterior cingulate and amygdala). While translating negative emotions into positive ones we activate the brain areas that are responsible for the feeling of pleasure, security, creativity we allow the mind to recover.

Based on the theory of Maslow, the concept of instincts of VI Garbuzov, the theory of psychic dominants of AA

Ukhtomskii the resource approach assumes special vision beginning mechanisms of adaptation, motivation and behavior of human activity takes instinctive sphere as a resource subconscious zone unlike other theoretical models. Instinct in this case is a dynamic force of the deep consciousness that runs all kinds of psychosomatic life. This dynamic force is a basic resource that can be developed for each person in a special way, depending on the genetic patterns of the subconscious memory (superseded in the early stages of development), education and training strategies. This instinctive dynamic force we sometimes call human life force, which manifests itself as spiritual power, immunity, intelligence, creativity, and leadership. [5].

Resources are instincts given to us at birth, ie, potential abilities. It depends on a person if he can and wants to use them. Methods of resource psychotherapy enable people to understand and use their inner potential in life. (3)

Thus, to sum up, we can say that the identification of the dominant or passive instinct (resource) as innate ability or inability is an urgent task facing the resource psychotherapy. Initially instinct as a resource, as the innate ability to survive and adapt as the human species is laid in man, but it is activated differently in different people and sometimes it is even in a latent state. Any person can activate and maximally use it if the person is attentive to this area of his life with the help of a resource trainer, psychologist, psychotherapist as well as independently having mastered the art of psychotherapy resource.

Resource psychology reveals the unconscious abilities of a man most correctly touches the client's painful topics, optimally quickly transforms negative emotions into positive which makes features such as:

1. SAVE EXIT from crisis situations;
2. The successful development of the personality;
3. The development of creative possibilities of person;
4. Social activity with preservation of mental resistance to stress;
5. Identify leadership qualities and using them maximally.

The problem is that people sometimes do not even know their capabilities, do not use their personal, psychological resources in dealing with life's challenges. Often a person is accustomed to the idea of the impossibility of living without stress, nervousness, inability to live in a healthy body and it is impossible to solve the problem himself. Productive use of its resources leads to a harmonious existence in society and with himself.

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## INFORMATION MEDICINE AS A METHOD OF TREATMENT AND PREVENTION



**Prof. V. P. Maikov, prof. N. I. Maikova, prof. L. V. Potemkina**

Our team represents the Department of Rehabilitation and Information Medicine of the International University of Fundamental Studies; we carry out research and development in the field of human energy and information medicine for prevention and treatment of a wide range of diseases, we develop special programs to activate the adaptive potential of a child's entire body which forms the foundation of their physical, mental and intellectual health.

The issue of human health has always been a top priority in all societies. The weakening of human immunity, the expansion of known diseases and the emergence of new ones - all these problems are now part of our reality.

Modern orthodox medical approaches fail to solve these problems. The modern approach treats diseases but cannot eliminate their cause. The cause remains and the disease evolves to a chronic stage. Whereas, ancient traditional medicines use methods of disease treatment aimed at eliminating the source of disease they did not have any scientific explanation.

The development of the Energy-Information theory of heredity, variability and morphogenesis in biology (S. I. Repiev, V. N. Barulin, E. I. Borovkov and M. V. Petrova) has provided information healing methods with scientific justification. In the framework of this theory, the main sources of diseases are viewed as disorders of the energy-information program of human body or as the distortions of the human energy field structures.

Removing the negative programming that causes the disease, reactivation of the health information program, biofield modification and filling the weakened organism

with energy are scientifically proven effective methods of treatment.

The human being is an extremely complex self-regulatory and self-restoring system that maintains constant mass, energy and information exchange with the environment. A model of human being is considered to be an oscillating system with multiple interconnections and degrees of freedom. Every subtle-matter body is, in turn, an oscillating system with its own frequency, amplitude and phase characteristics that are constantly changing. Because of their complex interrelationships we can't consider a human being only as a combination of particular tissues, organs and systems. Therefore, a disease of a certain organ is a sign of a disease affecting the entire body.

Our unique healing methods include optimising functions of all body systems and the formation of a health program in the patient's mind, as well as oscillation frequency normalization of organs and systems and the correction of the energetic and informational program of health. Our method is based on the normalization of the person's information matrix without any drugs. Extensive research, conducted in collaboration with representatives of traditional medicine, has proved that our methods are highly efficient and safe.

We influence the regulatory mechanisms of the body on all levels: intercellular, intracellular and humoral. This method eliminates the cause of the disease and, consequently, activates the latent potential of human (restores the energy potential of the cells, normalizes homeostasis, and strengthens the immunity). Not only physical, but also moral, mental and spiritual condition of the person is being improved.

Since 1994, we paid particular attention to the problem of diseases that cannot be cured by orthodox medicine (there



are no proven publications). We have developed a method of treatment and rehabilitation of children suffering from cerebral palsy and central nervous system (CNS) disorders. The research has been conducted in cooperation with Saint-Petersburg medical institutions in a framework of the Russian-American project named "Healers' Performance Evaluation". We have conducted a course of treatment on a background of planned drug treatment at in-patient facilities. We provide a course of treatment to 26 children (aged 6 months to 10 years) with a most severe clinical course of cerebral palsy. The work included eliminating the cause of the disease, massaging reflex areas and activating the energetic potential of the child.

As a result of this course, they recorded significant clinical, electrophysiological and bioenergetic positive momentum for all children, which was proven by the evaluation on a modified Bortfeld-Varman scale, and by neurophysiological indicators: electroencephalogram, echoencephalogram, rheoencephalogram and electroacupuncture diagnostics of R. Voll.

No negative reactions of the patients have been recorded during the treatment.

The method that we used allows to eliminate the cause of the disease and to activate the latent potential of the body. Treatment results in the improvement of brain blood circulation, psycho-emotional state of the children, their psychoverbal development, visual and hearing concentration; their sleep pattern is normalized, their intellect is improved, as well as all the motor functions, and the process of physical healing is activated. Further, the children are also motivated to develop their own abilities.

The results achieved through the treatment course are sustainable and the children's conditions continue to improve for the following 6 months (and longer, proved by instrumental examinations).

This developed method of treatment for children with cerebral palsy and CNS disorders is fairly new, and by its effectiveness, sustainability of results and lack of side effect makes it unrivaled in the alternative medicine practice. The results of our research made in the framework of the "Healers' Performance Evaluation" project have been published by the Monterey Institute for the Study of Alternative Healing Arts (California, US) in the "MISAHA Newsletters" (3855 Via Nona Maria, Ste. 102-C, Carmel, CA 93923, CIIIA): no. 6 (1994), no. 9-11(1995), no. 12-13, no. 14-15 (1996), no. 16-17, no. 18-19 (1997), no. 20-21, no. 22-23 (1998).

Using the developed procedures many times, our team treated cardiovascular disease, hypertension, postinfarction and postapoplectic conditions in the clinics of Saint-Petersburg.

Since this treatment method eliminates the cause of the

disease and positively influences the entire body, not only the main problem is rectified, but also accompanying diseases symptoms disappear, arterial pressure, heat circulation, motor activity and other indicators are normalized.

Treatment results are very sustainable. A random follow-up of the gravest patients was conducted 1 year and 3 years after the treatment. The patients stopped taking any drugs and the standard of life of all of the patients had increased. The results of this work have been highly appreciated by St. Petersburg cardiologists.

Another area of development, where the elaboration of the treatment methods has not yet been completed, however promising results have already been achieved, is treatment of patients with chronic fatigue syndrome.

The chronic fatigue syndrome is a state of the human body characterized by complete physical, mental and emotional exhaustion. Unlike depression, when a person has temporary periods of elation and decline, the chronic fatigue syndrome is diagnosed when the organism has been completely exhausted, even emotionally.

Chronic fatigue results from prolonged stress that exhausts the body, consequently, the functions of the autonomic nervous system, as well as the endocrine and the immune systems, are disturbed, which leads to pathologic fatigue (extreme for the adaptive reserves of the body).

This condition is rather difficult to diagnose, as the chronic fatigue syndrome disguises itself as other diseases. That is why doctors believe that such diagnosis must be backed by the combination of the two major and the eight so-called minor symptoms.

Typically, the main diagnostic character of the disease is a constant feeling of fatigue that lasts for more than 6 months, while the person is healthy. The symptoms of the condition are not immediately evident. Most often, the patients start an influenza-type fever, with a sore throat, a headache and possibly enlarged lymph nodes. Then, muscle pain develops very soon, as well as joint pain and the patients feel exhausted after physical effort. Sleep, intellect and memory disorders and, sometimes, altered states of consciousness indicate the chronic fatigue syndrome, as well.

Chronic fatigue syndrome is caused by a combination of various factors which, separately, would not result in a disease. They are: constant stress, nervous tension, life failures and tragedies, feeling of fear, conflicts and disputes, insufficient sleep and nutrition, deficit of important microelements and vitamins, autoimmune and infectious diseases. That is why it is possible to cure the person only through restoration of their energy potential, their energy-informational structure, and through elimination of the cause of the disease at the informational level. Adding supplementary measures at the physical level (normalization of the sleep and nutrition regimes, administration of vitamins, teaching the person some methods for self-regulation, and

gradual increase of the motor activity) allows the patient to feel the fullness of life in a short time.

The key features of our method are the following:

1. Non-invasive therapy.
2. Elimination of the cause of the disease, which allows activating the regulatory mechanisms (neurologic, immune, hormonal, etc.)
3. Sustainable treatment results and positive dynamics after the end of the treatment course.
4. Reformation of the personal qualities of the patient.
5. No negative side effects.

For many years we have organized practical self-regulation seminars where we teach to use concentration of the consciousness to manage energy flows and eliminating negative interventions. In the course of training, participants explore the laws of interaction with nature, develop practical skills, learn how to assess the situation correctly and to make right decisions. This helps them to further maintain their psycho-emotional and physical state at a high level, to deal without drugs or to reduce their consumption considerably. The self-regulation methods that we have elaborated are accessible to everyone regardless of their age. They are easy to learn and are highly effective.

A particular area of our department research is a program aimed to activate the adaptive potential of the children's body as the foundation for their physical, mental and intellectual health.

Our team treats health issues in both directions. Using the methods of informational medicine, we can eliminate the cause of the disease and restore the damaged energy fields of the person. However, due to integrity of the energy fields and the physical body, according to the feedback principle, the comprehensive influence on the person's physical body entails the reconstruction of its energy fields, and, consequently, rehabilitation of the person's health.

Our team specializes particularly in rehabilitation and recovery of children aged usually between 0 and 3 years. We have designed special programs for comprehensive development both healthy children and children with various health problems, as well as children suffering from central nervous systems and brain disorders.

The purpose of our work is to help such children.

The work with children is based on the following key principles:

to start working with a child from early age.

to assure a maximum possible amount of movements for the child depending on its age and health condition. Any movement stimulates the brain functioning, and, due to the feedback principle, it results in the improvement of motor skills. Working with early aged children, we use the entire complex of reflexes; for children with motor disorders we use passive movements and provide facilitating

conditions.

It is important to employ all the possible means of information perception. This develops the compensatory mechanisms and encourages the formation of new neural connections.

We apply both classical and oriental massage techniques, and acupuncture massage of reflex nodes, in order to activate energy channels.

To decrease muscle hypertonia we use stretchings and static exercises, as they help to relax muscles, accelerate blood circulation and increase the joint range of motions.

A series of dynamic exercises strengthens the muscles and ligaments of child and prevents injuries.

The programs include exercises in water which decrease the stress load from atmospheric pressure and allow a child, even a newborn baby, to move in a wider range than in the air.

Teaching the child hypoxic breathing when diving stimulates the development of brain divisions thus eliminating numerous pathologies.

Constant shift of temperature regimes helps conditioning the child to cold and increases the non-specific resistance of the child's organism.

This method may be equally used in rehabilitation and adaptation of children with health problems, providing them a chance to compensate the health problems fully or partially and also in the course of work with healthy children who shows not only faster physical development than their peers, but also surpass them in intellectual development.

One important factor in early child development is that these sets of comprehensive rehabilitation exercises allows these children to make significant progress in sport. Since a need for motor activity is formed. Later, when children go into sports, they have a powerful motivation, simply because they enjoy movement.

The unique techniques described above have been included in the Russian "National Health Preservation" program.



**Pic. World Scientific Congress UNO - Geneva**



## INCREASED WORKFORCE PRODUCTIVITY THROUGH WELLNESS (IS YOUR WORK PLACE MAKING YOU FAT?)



**Raven Flores Ph D., Grand PhD., Nutritionist, C.S.C.S.**

For a moment, let's look past the obvious culprits – vending machines in

every work place replete with racks of sugary sodas, fried chips and candy bars

Binge watching Netflix, playing Bejeweled and Words with Friends on your iPhone while at work make the likelihood of moving from Your cubicle, desk or office something of a mission impossible.

This, ladies and gentlemen, is ground zero for obesity, heart disease, stroke and diabetes. You may say, “Raven, your being overly dramatic!” But am I?

Americans work harder than anyone else in the industrialized world. We work an average of 34.4 hours a week, longer than any of our counterparts in the world's largest economies. Many work even longer. Adults employed full time report working an average of 47 hours per week, which equates to a full six day work week, according to Gallup. Jul 9, 2015

47 hours per week at 52 weeks in a year – that's, 2,444 hours at work per year not counting vacations. That's an astonishing amount of time spent sitting around in a typical office job

Now let's examine vacations

Nearly four in 10 workers report logging 50+ hours on the job.

Americans are awarded fewer vacation days than most all of their peers worldwide — and they often neglect to take all the time they are given. U.S. workers get about 15 days off yet took advantage of only 14 days according to a 2014 Expedia.com survey. Europeans are given an average of 28 days, while workers in the Asia-Pacific receive 19, though

they also don't typically use them all. Money/cnn.com July 9, 2015

This obsessive work schedule often leads to many adverse consequences, such as work related stress, worry, frustration with fellow co-workers, and, not surprisingly – heart attacks.

The labor force has changed dramatically over the last 50 years. During that time,

we have seen the spiraling decline of physical activity in the work place. About half of private-industry jobs in the United States involved some kind of physical activity – things such as farming, mining, construction and manufacturing. In 1960 moderate physical activity accounted for 50 percent of the labor market. Today it has plummeted to just 20 percent

The remaining 80 percent of jobs, are sedentary or require only light activity such as education, administration, retail, tech and wholesale distribution

The lack of physical activity (exercise) combined with sitting at the desk even while at lunch lunch has led to Americans burn 120 to 140 fewer calories a day than they did 50 years ago. 120 to 140 calories a day doesn't sound like much, but multiply that times 5 days and you get 650 calories a week. Multiply that times 52 weeks in a year and you get 33,800 calories. There are 3500 calories in a pound, that equals to nearly 9.6 pounds gained per year.

Moving Less + Decreased Physical Activity + Poor Eating = OBESITY ALERT!!!

The lack of production (lost productivity) resulting from health issues took a toll on American business to the tune of \$84 billion last year, according to a new report from Gallup-Healthways. The main culprits associated with this dearth in productiveness are obesity/weight issues, high blood pressure, high cholesterol, asthma, depression, neck/back/leg pain, cancer, diabetes and heart attack. All of these factors were considered chronic health conditions also linked with absenteeism. To the discerning eye, there is clearly a causal link between an individual's state of health/wellness and their productivity

“As employers increasingly engage in improving the health of their workers, substantial potential savings remain on the table from getting more employees to work each day as their health improves over time,” the researchers wrote in WELLNESS, May 7, 2013

The findings are based on the results of 94,000 interviews conducted through 2012, among U.S. adults working 30 or more hours a week. The interviews included questions such as, “During the past 30 days, for about how many days did poor health keep you from doing your usual activities?”

Of all the people surveyed, approximately 77 percent were either overweight, obese, or had at least one chronic health condition – WELLNESS, May 7, 2013

The facts are both overwhelming and alarming. Lack of exercise and improper eating habits are literally killing us. We are compromising the very companies we work for in the pursuit of increased productivity by continuing this pattern of self-destruction.

What can forward-thinking companies do in efforts to benefit their employees' long-term wellness while simultaneously enjoying increased productivity from a healthier workforce?

Institute a Wellness Plan

Hire a Professional, such as a certified/accredited personal trainer to come in and talk to the employees about the benefits of exercise. Have them demonstrate the exercises in the company gym or work out center. Show them that a slimmer, trimmer employee will live a happier, healthier life.

Bring in a Nutritionist to show the employees the benefits of having a well-balanced meal. Maybe even have a nutritionist, or dietician work with the staff to come up with more nutrient dense meals in the work place cafeteria that will focus on keeping the fat off and seeking a higher protein, more nutritious alternative.

(With over 40 combined years in the health, fitness and nutrition Industry, Raven Flores Ph D. Kinesiology, Personal trainer and Nutritionist and Dereck Unnasch are available to consult with any company seeking to engineer a better, more productive workplace by building a healthier, more productive workforce. You may contact Us at 630 452 1054)

## BESIK SOLOMONASHVILI: HARMONIOUS SCULPTURE CRAFT



**Besik Solomonashvili , PhD., Grand PhD**

Besik Luarsabovich Solomonashvili – Russian-Georgian sculptor-artist. His surname is interpreted as “Solomon’s son”, which sounds like the refer to the myths about the wise Tsar. In fact, they really do have something in common: the sculptor is not too extravagant with the unnecessary words, but he is able to realize his thoughts and ideas in a laconic way turning them into another wonderful piece of art.

Besik Luarsabovich Solomonashvili was born on the 24th of December in 1967 in Tbilisi, Georgia. As a child, he was really fond of art, namely from the first visit to the State Fine Arts Museum with his father. The little boy was so amazed that he couldn’t take his eyes off exhibits and

was under impression for a long time. That is why Besik’s choice fell on Art school, and after that, he successfully got into Tbilisi Art Academy. After its graduation there was a watershed meeting with the world-famous sculptor-artist, Zurab Konstantinovich Tsereteli, the President of the Russian Academy of Arts, and their creative union still exists. Under the guidance of Zurab Konstantinovich a great variety of projects was created both for Russia and for the West. To the most famous works we can list the reliefs of the Saint on the Cathedral of Christ the Saviour (Moscow), the monument “Nations Tragedy” dedicated to the Holocaust victims (Moscow), the monument to Peter the Great (Moscow), the monument “Tear of Grief” dedicated to the victims of the terror attracts on September 11 (New York), the monument to the Beslan Massacre (Moscow). The author is always full of ideas, and there are many incomparable, brilliant projects in the future.

The artists’ creative work is rich in the image of a horse. “A horse is just like Georgia: torn apart, but still breathes” – Besik shares his point of view. His creative work is open to the people of all the cultures and nationalities: Besik is sure that “culture is cosmopolitan, and it cannot be placed into any the frameworks”.

The harmony between a woman and a man is another topic in Besik’s Solomonashvili works. The sculptures “Spirit, soul and body”, “Winged man and woman”, “Wanderers” are the outstanding examples of the harmony that is hidden in the united man and woman energy. Besik’s Solomonashvili is orthodox, and he sets a high value on the traditional family lifestyle.



According to his opinion, a man and a woman are endowed by God with different but both significant high missions: a woman fulfills the space, and a man creates and gives it its direction. The true recognition of the mission creates harmony in the family, on which the whole world is still standing.

“I agree that today technologies develop very rapidly. The Real world is replaced by the virtual one, and this means betrayal of the real, true world, and everything that comes deep from our hearts” – thinks Besik Solomonashvili. The sculptor makes up for it with his creative work, namely what the humanity has lost in the endless technocratic modern rat race, and gives people the chance to see the true beauty of the world.

**Besik Luarsabovich Solomonashvili** – sculptor-artist, honored participant of the Russian Academy of Arts and the Artist Union of the Russian Federation, CEO of the industrial sculpture enterprise “Monument-skulptura”, Vice-rector of the International Art Academy, Prize Winner of the International Art Aeropagus “Apollo” International Contest in the category “Modern Architecture and Sculpture Aspects” (APOLLO-UNESCO), PhD in Arts (International University of Fundamental Studies).  
Written by: Yuliya Andreevna Kalko



## REVIEW OF THE FILM “TRUE LOVE” BY PROF IEZUITOV A.N., (PROFESSOR)



Review of the film “True love” (A. N. Iezuitov, Grand-doctor, Professor)

The screenplay of Shanti P. Jayasekera under the paradoxically intriguing title “True love” is dedicated to the truly great and comprehensive, irresistible and life-giving power of love. This gives the screenplay the special interest and magnetism for its future audience. The characters of the screenplay are young people with so-called “disabilities.” Along with it the lives of the characters are closely associated with artistic creativity. Ruslan is a blind musician, plays the piano well and sings, speaks and hears, touch-sensitive.

Anna is a hearing-impaired interpreter, speaking the language of the deaf, speaks well and sees, touch-sensitive.

Paul is a deaf-mute artist, seeing.

Previously, we have already met musicians in art and in life, blind and deaf. Blind pianist (“Blind musician” by V. Korolenko), blind violinist (Mozart and Salieri by A. Pushkin). Beethoven became actually deaf. Blind is a talented contemporary pianist Oleg Akkuratov etc.

Moreover, at present in Israel there is a special and unique in the world theatre of deafblind performers, who will conduct tours in Russia. In Moscow the Fund of support of deafblind “Connection” was created, organizing competitions in the field of art and

creative workshops. In St. Petersburg there is a puppet theatre for the vision impaired and hearing-impaired children.

Santhi P. Jayasekera goes very timely in his screenplays in the tideway of truly global tradition, at the same time significantly developing and enriching it, theoretically and practically.

The fact that such real phenomena as sight, hearing, speech, touch, in principle, represent the interaction of the inherent material (physical) and spiritual origins. Herewith the spiritual origin under certain conditions is able to move partially to the the material origin and may play a dominant role. This happens when a person realises his spiritual willpower, which organically linked with love, as an interaction of material and spiritual origins. In love the spiritual origin has a major and even decisive importance.

Love feeling that is spiritually strong, helps the characters of the screenplay largely to overcome this “physical deficiency”. Ruslan, loving Anna, begins partly to see her portrait, created by Pavel, touching it by hands. Paul, who is in love with Anna, tries to talk to her, seeing Anna, who loves him. Anna, loving Ruslan, deeply perceives his music and passes via the manual alphabet and transmits the sensation from the music of Ruslan. There is an impressive and a real sort of compensation for “physical incompetence”, inherent to the characters with the feelings of love, strongest spiritual and meaningful to them. We see the “spiritual resonance” between the characters, materially significant.

The visual (visual-tactile)imagery of screenplays is an expressive and spiritually-practically efficient. Anna wearing the black velvet dress looks really “sacred” in the background and in the interaction with the white clothes of Ruslan, that she recommended to him. Anna gives Ruslan to touch the black velvet dress on herself, to feel the velvet in a tactile way, that causes Ruslan’s highest and intimate feelings. Traditionally sacral, in the form of an angel, Pavel portrays Anna on his picture. Ruslan, touching the image of Anna by hands, actually “sees” sublimely beautiful guise of Anna. It happens the visual and tactile-perceived interaction of realistically and canonically-traditional sacredness that is fundamentally important not only for the screenplay.



The Moscow scientist Vladimir Bronnikov has developed and successfully applied the concept of “Alternative vision”(“direct vision”) for the blind persons that uses spiritually-haptic perception of reality by the blind man.

Experiments are often conducted in the background and in surrounding of the black velvet, which gives them a special credibility(the black velvet does not transmit light), and tactile penetration(velvet is by nature spiritual and physical). It stimulates the blind persons the ability to direct vision, “in fact,” without the organ of vision.

Reality assures that every velvet garment on the person adorns him(especially a woman), it identifies him from other people, makes more attractive and charming. At the same time the velvet on the person spiritually strengthens and sublimates the man, pleasing and harmonizing him. This is really the “phenomenal” of velvet.

Having experienced the strong expressed internal and external battle of feelings, Anna still gives preference to their love to Pavel, believing that Ruslan as a personality stronger than Pavel, including tactile way, will be able to survive this blow from Anna.

Having experienced a heavy moment for him, Ruslan says the words “True love”. But this is just a transient state of the hero, the music spiritually regenerates him once again, bring him to the new life and new ideas.

The whole screenplay written by Shanti P. Jayasekara, convinces his future moviegoers that true love is eternal and indestructible. There is no obstacles for it, both

external and internal, material and spiritual. Such an understanding and such an image of love especially is necessary and beneficial for the life and work of the young generation of any country and for any people with “disabilities”. This is a deep and true humanistic sense of the screenplay considered.

The implementation of the film scripted by Shanti P. Jayasekara “True love” is very reasonable in many ways, and primarily in the spiritual and moral ones. Whatever, love remains, lives and will live.

**Prof. Izueitov A.N.**



Awarding the Prize of Culture & Peace to Prof. Santhi Jayasekera by the founder of the Prize Dr. Claudio Melotto in St. Petersburg.

## INTERVIEW WITH HWANG SANG, THE KOREAN PAINTER



**Prof. Hwang Sang Keun, PhD., Grand PhD**

We met Hwang San at Korean painting master class. He turned out to be real professional, masterly dealing with the brush and paints. The visitors of the all ages with the sincere interest watched the process of the creating of the picture, and when it was ready, everyone was taking a lot of photographs with it and with the creator.

After the master class Xwang Sang eagerly agreed for the interview. During the interview the painter revealed himself from different perspectives: he told his life story, why and when he arrived in Russia, what inspires him most and in what way he is planning to develop in the nearest future.

Y.K: Could you tell me about your childhood, why did you decide to be a painter?

X.S: I was born in Korea, in Ulsan. I stated painting at the age of 5 and back then realized that I would like to become a painter and this is my life. That is why after the graduating from high school I moved to China to study Oriental Painting and Ceramics. By the way, in Korea it is a very prestigious profession, and this could be put down to the peculiarities of the Korean culture.

Y.K: And how do they express?

X.S: In Korea people always worshipped nature, it is divine, and the main thing is that is absolutely perfect in its purity, and it doesn't need any addition. Long since in Korea during the harvest or, say during rice plant, various contests for the best creating were carried out, people used to draw pictures and write poems. In Korea it is not acceptable to give cut flowers as a present, so the Korean women are always given the flowers in pots. Furthermore, pictures have occult effect, in other words, serve as amulets. In Korea there is a very strong notion of karma and curse, which have the tendency to accumulate and be passed from generation to generation. That is why families try to save themselves and buy the pictures with the positive energy that can scare dark souls and protect form the evil. Superstitions in Korea and Russia are truly different, but it's been long since I moved

to Russia, so I got used to all the cultural peculiarities.

Y.K: How long have you been living in Russia? What amazed you most, so that you decided to stay? What do you do here?

X.S: I move to Russia 28 years ago. During the travelling all over the world, my destiny brought me to Russia, and I could declare that my heart belongs here. I live here with my wife and children, I get inspired by the beauty of the Russian soul and don't stop creating. I am a professor of the International Arts Academy and organize art master-classes. My colleague, Sulan Abaev, and me are now developing the program "Preservation and Popularization of the Traditional Means of Art".

Y. K: It would be nice of you to tell about this program in detail.

X.S: Our life is profoundly tied with our past, traditions and culture, but the humanity is now going on the path of the so-called technocracy. The aim of the program "Preservation and Popularization of the Traditional Means of Art" – the preservation of the traditions in art, namely painting, and its introduction to all the segments of the Russian population. I am very pleased to know that our Korean painting master classes attract such various audience, from students to seniors, and that truly confirms that the need in true beauty and creation still lives in us. All in all, Sultan Abaev and me have a lot of projects in view.

Y.K: So what are your plans?

X.S: First of all, my plans are connected with the academic activity, namely the study of noospheric practice and the methods of the implementation to the pictures. Speaking laconically about noospheric technologies, our universe, which consists of dozen atoms, has million amount of information, but in the all course of human life on the planet, humanity continues changing the atom core information, and that's the reason of the disharmony and destructive power. Noospheric technologies are capable of neutralizing of the anthropogenic factors; recovering of the damaged DNA molecules; creating informational base for efficient perception of the different knowledge in the process of professional training; programming of the plants for necessary functions and qualities. On the whole, we could list all the advantages of the Noospheric technologies program endlessly, because it has topical strategic sense in the modern world and carries out all the necessary informational exchange. Just due to this program we could endow the pictures with the information that can influence on the human mind. So this could find its application in the sphere of sales and marketing, helping to boost the demand for the products and raise the attendance of the entertainment institutions.

Besides, in the nearest future Sultan Abaev and me are planning to open the ceramic factory "Gamma". Our mission is the revival of the classical ceramic production traditions,



so various master classes and excursions for both young and older generation will be held. I am sure you agree that factory production will never replace handmade: it always has its unique energy and soul of the creator.

Y.K: What's your opinion, who will win in the struggle: arts or technologies?

X.S: Technologies are of a very high importance in the

modern world, but not more than just a tool. The destructive path of development will never be chosen till people live on the planet. Deep inside every human has the need to create and worship the beauty. As Fyodor Dostoevsky said: "The beauty will save the world."



Doing Master class in Korean oriental paintings by Prof. Hwang Sang Keun in St.Petersburg, Russia and Seoul , Korea.