

That Mysterious COSMODIC

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When someone asks me about the essence of COSMODIC, I feel almost like that young military officer in one of my favorite movies "Men in Black", a part of the group being tested on becoming an MiB, who on the question 'Why we are here?' in a parrot fashion repeated the phrase that he just heard: "*We are here because we are looking for the best of the best of the best*". It was obvious that he didn't have a clue what the real purpose of the test was – and yet he very confidently answered the question... Well, I also explain to the curious minds, what is COSMODIC, to the best of my knowledge. I just feel that 'the best of my knowledge' is frustratingly limited. The only comforting thought is that I am not alone in my frustration – the rest of the world at the moment is also clueless about COSMODIC.

We know that SCENAR and COSMODIC *are not the same thing* and differ in the core underlying working principle, even though they are both based on electrical stimulation (or rather '*regulation*', taking into account the adaptive feedback mechanism).

We know that SCENAR *challenges* the body's adaptive reactions whereas COSMODIC *enhances* and *trains* them for optimization. The difference is almost like in a 'good cop - bad cop' situation. SCENAR provokes the body, forcing it into healing reactions – while COSMODIC softly suggests cooperation and supports it all the way through. Microresonances enhance and amplify the body's healing efforts, which ultimately results in full restoration of damaged structures (*regeneration*). COSMODIC trains the body to regenerate. The body tends to heal by forming scars (kind of taking the easy way out) - COSMODIC takes healing to a new level, making the body *remember the original state* and use its regenerative powers to restore tissues and organs into their original states.

We also know that only LET Medical SCENARs incorporate the COSMODIC technology and that the professional 735 model features a combination of SCENAR and COSMODIC technologies while the 715 and the C-DOVE are pure COSMODIC.

We even know that clinical COSMODIC effects are *much softer and more gradual* compared to the SCENAR effects, without losing in efficiency. Due to this quality, COSMODIC does not produce '*healing crises*' and, therefore, is ideal for personal devices. Besides, the COSMODIC *methodology* (or practical ways of applying the device) is way simpler than the one of SCENAR. But what we don't know is: *what exactly is COSMODIC?* What's in the basis of this technology and how it can and should be combined with SCENAR?

At this point we need some in-depth explanations. I will present them to you the same way they were given to me by Alexander Karasev, the original SCENAR and COSMODIC inventor and the head of LET Medical research laboratory.

The birth of SCENAR generations

Let me begin with a brief journey into history.

Alexander Karasev first came up with the COSMODIC idea in 1992 and partially implemented it in his SCENAR VX735v5Ag model, which just a few years ago was the most expensive and the most sophisticated SCENAR on the market. This model presented a blend of SCENAR and COSMODIC technologies.

It took some time for Alexander, however, to completely 'go COSMODIC'. 2 years ago the 715 model came to existence as the first fully COSMODIC device. Since then, he also built the C-DOVE and re-designed the 705 and the 735Ag. This last electronic wonder is called the EX735Ag and combines SCENAR and COSMODIC as two separate devices in one case.

Since both SCENAR and COSMODIC technologies are based on electrical stimulation with the feedback feature (which is the distinguishing characteristic of a SCENAR device), we call SCENARs incorporating only SCENAR technology '*the first generation*' SCENARs, and the ones with elements of COSMODIC '*the second generation*' SCENARs. There are certain differences and particularities in the ways different generation SCENARs interact with the body and in the ways they need to be used (we will touch on that a little later).

When I asked Alexander Karasev how he came up with the idea of COSMODIC in the first place, he surprised me with the answer. My 'new age'-prone brain expected something like 'that was channeled information' or 'it came to me in the altered state of consciousness'... Nothing of that sort. It was the natural progression and development of an idea that Alexander formulated way back in the 80th.

Here is '*the elevator pitch*' for this idea, or a very brief and simplified to the extreme description of the concept – just to give you an overview before we dive into the depth of the matter.

There are **three ways** of dealing with pain in the human body (I am using '*pain*' here as a generic term meaning any bodily dysfunction). You can **overpower** the pain, putting the stronger signal on top of the pain signal. This is the way the TENS unit works. You can also '**add to the pain**', blending the device signal with the pathology signals and making the pain signal more 'visible' or perceivable. That way the body gives a stronger re-action on your action, activating its adaptive mechanisms and producing a stronger healing response. This is the way homeopathy works – and the SCENAR, which we often call 'the electronic homeopathy'. There is also a third way. You can **directly strengthen the adaptive response**, not challenging the body by increasing the pathologic signal, but simply helping it by adding to its healing efforts. That's COSMODIC.

Now let's start all over again, but this time more in-depth and somewhat 'more scientific'.

Alexander separated several *levels (or zones) of body's sensitivity* to outside influences. The body responds to the influence only if it falls into one of those zones; if the influence is outside the zone parameters, the body remains indifferent to it. *The higher the zone, the 'narrower' it is, and the more difficult it is to fit into it.*

Working in **the first zone** is simple and foolproof. You just shout at the body, **overpowering the pain** it is experiencing with a hammer-like signal. It does not do much for healing, but it certainly kills the pain, fast and without fail. TENS units work on this principle (or CHENS, as it is pronounced in Russian). CHENS was the first electro-stimulator that Alexander built - and he never stopped since. According to him, there was a good reason behind Dr. Frankenstein using electricity to revive dead matter, a reason worth exploring. ☺

Electro-stimulation devices built to work in the first zone do not require much engineering or sophisticated fine-tuned electronics. In order to hammer the nervous fibers, the dynamic characteristics of the device signal (or the signal changes corresponding to the body's dynamic response) are not very important; even a slight change in the signal shape beats the body's tolerance effect, providing for increase in neuropeptide release. That allows for incoherency in the characteristics of the 'output cascade' (don't ask me to explain what this electronic term means; I have only a vague idea that it has something to do with the quality of a feedback feature) - if electronics are not precisely matched and tuned, even if coefficients are lost, the device will still work how it was intended to, for symptomatic pain relief. This is important from a business perspective, because this way, relatively effective devices can be produced quite cheaply.

Working **in the second zone** is trickier. The organism itself works on the second level of sensitivity, and if we want our signal to be recognized in the ocean of other signals the body is swimming in, it has to be somehow different and as dynamic as the body itself, changing in perfect concordance with the body's response. This is the zone SCENAR was invented for. Here, you don't shout at the body, you don't use too much energy. It is enough to speak on the same level with the body, engaging it in the dialog and provoking towards taking care of the problem. What would our life be without challenges? SCENAR presents such a challenge, increasing information about a problem (in other words, **'adding to the pain'**). Responding to the challenge, the body heals. All SCENAR needs to do is to support the constructive dialog with the body while it goes through the healing cycle.

However, it is easier said than done. The above task requires sophisticated mathematics, precisely describing dynamic changes of the impulses in interaction with the skin, and finely tuned electronics providing for the functioning of a feedback loop, which would constantly monitor the body response and synchronize it with the signal changes. And here we go again with the characteristics of the 'output cascade', which in this case have to be coherent. Inevitable in production, 'dispersion' of the characteristics of the output cascade (30% on average) leads to a situation when a good amount of produced devices falls 'out of the zone', becoming less (if at all) clinically effective. The better the devices are tuned, the less the percentage. Tuning, though, is a long and exhausting process, requiring many man-hours, and becomes nearly impossible in mass production. To summarize, it is difficult and expensive to produce a good device for working in the second zone; good SCENARs are rare.

*"In order to preserve the particularities of a neuro-like signal, all components and parts in a SCENAR device need to be harmonized and coordinated; they have to have the same **exponent**. If you want to build a real SCENAR, you need to know all **coefficients** that are implemented in the electronics; you need to make sure that every detail is compatible with the others. Plus you need to know how to register and measure the body's responses and how to let these feedbacks lead the device functioning. SCENAR is a **coherent system** (informationally resembling a living*

system) – that is why it is so difficult to copycat. In fact, so far all such attempts failed.”

For the second zone, it is also very important to be ‘in the right place at the right time’. Therefore, *methodology* becomes paramount to efficiency. If you miss the spot, or chose the inappropriate time, the body will not ‘hear’ you and will not respond. This is why we occasionally need complicated techniques and protocols, which ought to be precisely followed; and thus the need for extensive training. In other words, the therapeutic effect of the device in the second zone becomes rather conditional and depends a lot on the operator. Tricky.

These complicating methodological factors can be eliminated, if you are ***in the third zone***. For this zone, it does not really matter where or when you apply the device – it will be equally effective. Methodology becomes unimportant. This is nice, of course, but there is one problem – it is EXTREMELY difficult and very expensive to build a device for working in the third zone. Mathematical analysis becomes way more complicated than for the second zone (try to handle 46 feedback loops at the same time!), and the device cannot even be tuned. Human minds cannot outsmart it enough to handle its fine tuning – the device has to be built in the way that it tunes itself; only this can ensure that it is actually ‘in the zone’. This is a step towards artificial intelligence, in my opinion. We are talking COSMODIC, of course.

Alexander Karasev was contemplating the idea of COSMODIC since 1992 – and only two years ago has released the first device built entirely on COSMODIC technology, the EX 715Ag. In his opinion, every idea has to go through its natural evolution, and it is not good to skip one or two turns of the evolutionary spiral; it is almost like cheating Mother Nature. Let the idea ripen, and when the time is right, a new quality will come to existence without struggling or beating your head against a brick wall. COSMODIC came to existence as a natural evolution of SCENAR, when technological advancements allowed it.

Both SCENAR and COSMODIC use ***dynamic electrical impulses***. These impulses even look similar on the oscillograph screen. The COSMODIC impulse is not as high-amplitude as the SCENAR one though; it is smoother and softer - working in the third zone requires whispering, not talking loudly. However, this is not the only difference; it’s not even the main one. The major difference is ***‘the spectral saturation’*** of the COSMODIC signal.

Spectral characteristics of an electrical impulse cannot be displayed on a screen; they do not have a graphic representation. You can let your imagination run free picturing the COSMODIC signal, in which the low frequency SCENAR impulse is used merely as a carrier for other dynamically changing high frequency oscillations, representing *information*. It is just like a radio station: its main wave, which has a fixed frequency, carries information in the form of various other frequencies put on top and perceived as sound. It is ‘information’ that determines the effectiveness of SCENARs of the third zone (or the second generation SCENARs), not the stimulation of nervous fibers, as such. (Just so you don’t get confused with terminology: technically speaking, adaptive electrical stimulators working in the third zone of sensitivity are not SCENARs, they are COSMODIC. However, as the word SCENAR already became generic symbolizing an entire new field of medical science, we also call COSMODIC devices ‘the SCENARs of second generation’ – it is perfectly logical, isn’t it?)

Just as you would have a hard time trying to graphically display signals of your favorite radio station without losing the richness of reality, the real COSMODIC signal cannot be shown on a two-dimensional screen. Pure joy was pouring out of Alexander when he informed me that their lab has just purchased a top of the line piece of equipment (a spectral analyzer, I presume), which allows him to finally SEE the signal of the device that he created. Until that point, the COSMODIC signal was pretty much imaginary – and now Alexander can thoroughly enjoy the endless rows of figures the analyzer spits out. Those figures would probably not make much sense to most of us, but for Alexander Karasev they mean the world – a world beyond scientific paradigms, full of possibilities and excitement, where no one has gone before...

Of course, COSMODIC impulses constantly *dynamically change* in accordance with the changes in the body (that is the main distinguishing feature of adaptive electrical stimulation, overall). At the same time, an assessment (or, as we habitually say, 'diagnostics') of the body condition and the feedback feature in COSMODIC cardinally differ from all SCENARs and SCENAR-like devices. In Alexander's own words and using electronic engineering terms, "*COSMODIC processes information from 46 feedback loops and calculates and re-calculates the coefficient of distortion, the coefficient of feedback turn-on, as well as dispersion, or the deviation of spectral characteristics.*"

In other words, in processing information COSMODIC *acts like a living system* (more so than SCENAR). Furthermore, it acts like a **coherent living system** (that supports its own coherency by constantly tuning itself up) willing and able to share its coherency with another living system 'in need'.

As you can imagine, building COSMODIC is difficult, labor-intensive and expensive. It is still well worth it, of course, if you are concerned with efficiency of the device and want to facilitate as many healing miracles for your clients as possible. But COSMODIC is not a good money-maker. If you want a no-fail business and fast cash, go with the devices of the first zone (not even the second).

At this point you are probably asking yourself: why would anyone want to go into troubles of creating such a sophisticated system and the signal that is so complex that cannot even be visualized?

They say, if you want things effectively done, go right to the top and talk to the management. The COSMODIC signal is created for us to be able to work **directly with the CNS** (central nervous system), or 'the body's management', versus working through peripheral nerves, as SCENAR does. As we are 'working through' the management, there is a much greater chance that the body will cooperate and follow the corrective COSMODIC influence.

The above becomes possible because of the particularities of the COSMODIC signal, or rather a series of signals. Unlike SCENAR (which stimulates the body with single impulses or pre-set batches of them), COSMODIC forms '**adaptive regulatory bundles**' of impulses, which cannot be pre-set. The body itself determines the formation of these bundles when responding to the influence; hence, they constantly change, or 'float'. The main quality of these bundles is the ability to *carry information, mimicking normal regulative activity* of the body. In the body, the nervous system constantly sends bundles of impulses, which contain *stimulating*, as well as *sedating* information. It is called 'the dual regulation of functions', and is mandatory for normal functioning of all of our organs and systems. COSMODIC does just that – sends *both* stimulating and sedating signals, depending on the situation and on the nervous system response.

In Alexander's view, COSMODIC works somewhat like a tuning fork. It exposes the body to a harmonious tuning system, and if the device has a 'floating' signal spectrum, it can tune itself into vibrations and frequencies of any organ or tissue in the body, re-establishing healthy vibrations and a coherent state of functional structures. As in any systemic interaction, the more coherent system (COSMODIC) first tunes itself into the state of a less coherent system (the bodily structure) and mirrors it blending vibrations of both systems and creating a new, stronger functional unit (**microresonances** in COSMODIC make it possible). This new unit then regains the state of coherency, as COSMODIC rebalances itself carrying the body along. The healthy healing and coherent vibrations in this process will be amplified (microresonances again) – and when it is achieved, COSMODIC tells you, 'enough'.

COSMODIC does not 'add to the pain', challenging the body - it '**adds to healing**' supplementing, harmonizing, and amplifying the body's adaptive reactions.

This delicate process requires peace, quiet, and concentration. With COSMODIC, it is not recommended to move the device along the skin during the treatment session. Just leave it on the selected spot; it will systematically tune itself into different parts of the body – perceptive clients can actually feel which part of the body the COSMODIC device is currently working on. It will consecutively screen the bodily structures, revealing pathologic *causative chains* (chronologic chains of events in the body that brought it into the current pathologic state). Apparently, COSMODIC is designed to target *the root of the pathology* rather than its manifestations.

SCENAR & COSMODIC vs PATHOLOGY

Let's now take a closer look how SCENAR and COSMODIC interact with pathology. In Alexander's view, major healing in our body happens locally, in the vicinity of damaged tissues, and if involves nervous structures, it is mostly within the domain of spinal cord and its reflexes. The brain, our blessing and curse and often a major trouble-maker, gets involved in the process mostly only when it is turning **chronic**, i.e. when the body is unable to complete its adaptive reactions locally and involves the system as whole. Attempting to rectify the situation, the body then informationally and energetically *isolates* the pathology, putting it under control of the brain. The brain takes its guardian job very seriously and forms a rigid ergo-informational structure, called upon to protect the rest of the body and preserve its limited energy resources. This structure is called '**Pathologic System (PS)**'.

PS is the body's compromise. It means 'incomplete healing' but provides for continuation of usual and necessary functioning. After a while the body gets used to the repetitive PS signals and learns to ignore them (develops *tolerance*). As we say in Russia, '*bad piece is better than a good war*'.

However helpful at the moment, this situation puts the Chinese Wall on the way of actual healing. The body ignores PS to start with and, besides, delicate adaptive mechanisms and reactions of the body cannot break tough bastions of PS anyway. The strong rigid order of Pathologic System is supported and guarded by the flashing red light in the brain structures – *the Generator of Pathologic Overexcitement (GPE)* – and as long as this red light is flashing, PS will live. The only way to heal is to somehow turn this light off, and then deal with pathology locally.

Both SCENAR and COSMODIC address the GPE, but do it in different ways. SCENAR gradually '*erases*' the GPE *by changing PS a bit at a time*, so that the body (following the Orientation Reflex) wakes up from its blissful ignorance, notices disorder in its structures and puts its attention and resources into restoration of healthy order of things. Step by step, changes in PS will be reflected in the weakening GPE, until the red light stops flashing.

COSMODIC does not just *reveal* a problem bugging the body to deal with it. It actually *deals* with the problem on a local level supplementing the body's weak healing efforts and indicating to the system that the problem can be taken care of locally and there is no need for the higher structures to be involved. COSMODIC regulates (through adaptive regulatory bundles of impulses) and enhances local adaptive reactions and 'fills up' the arch of spinal cord reflexes to the extent that the spinal cord gets totally involved in healing 'in situ' and does not transmit any pathologic SOS signals 'upstairs'. All healing resources are now utilized locally, healing is happening as it should – and there is no more need for the brain to worry about protecting the rest of the body from unfinished adaptive reactions. It can rest assured that these reactions will be completed as they should.

In brief, due to its ability to enhance local healing *directly*, COSMODIC basically takes care of the local problem and *cuts the GPE off* the other elements of PS. Being blocked from feeding pathologic impulses from 'down below', the GPE slowly disappears – and now there is nothing to support the rigid structure of PS. The guard has died, viva freedom! The Pathologic System falls apart, so its elements can now be involved in normal functional activity of the body.

So, what does this mean practically? It means that COSMODIC is very good for treatment of various disorders in situations when the body is ALREADY working on the problem and there are plenty of local healing reactions to enhance. That covers all *acute* processes (including injuries or traumas), acute and sub-acute stages of *chronic processes*, and even chronic disorders that give the client certain subjective sensations. In all these situations the body recognizes the problem and works on it – and COSMODIC helps the body to do it efficiently and completely.

Dormant chronic processes, however, respond to COSMODIC in a particular way. In this situation local adaptive reactions are weak and COSMODIC does not have much to work with. Therefore, if you are using only a COSMODIC device, like the 715 or the C-DOVE, the healing process will undergo two stages.

On *the first stage*, the device helps the body to recognize the problem and initiate an adaptive healing response. After this is achieved, it is recommended to stop treatments for a few days (usually 3-5) and let the body accumulate changes and develop adaptive reaction. And now, on *the second stage*, when the body is well on a healing cycle, COSMODIC can help to go through the healing program smoothly and efficiently, and at a relatively slow pace. No healing crisis's (which is particularly important for home therapy). Slowly but surely (or, as we say in Russia, '*hurry up slowly*'). COSMODIC is not a drama queen.

If you need more 'action' and a faster dynamics (just remember: we are talking here only about *dormant* chronic processes), then initially you need SCENAR – to boost the system and force it to respond. After that COSMODIC can take over again. Using SCENAR from time to time keeps the body's attention on the problem and presents

two different ways of dealing with GPE and PS, which is always a good thing. 'Good cop – bad cop' is known to be a very efficient tactics.

COSMODIC and REGENERATION

COSMODIC amplifies the body's own healing reactions 'adding' to the healing efforts of the body. It looks like the device works somewhat similar to a personal trainer: 'cleaning up' the healing programs and reminding the body how to perform adaptation more efficiently. Once the body remembers, the response is dramatic. The body even remembers how to *regenerate*, and can restore tissues and organs into their original states.

COSMODIC trains the body to continuously test the limits of its regenerative capabilities, and in doing so, the body increases those capabilities.

How COSMODIC promotes regeneration, is not completely clear. Most likely, it happens through activation of stem cell reserves (or reserves of other types of undifferentiated *unicells* in the body).

As we know, the regenerative potential depends a great deal on resources of stem cells. Presumably, COSMODIC activates and directs those resources, which, unfortunately for us, are not unlimited. They are being affected by environmental pollution, electronic smog, inadequate nutrition and lifestyle, and, in particular, by chronic stresses and overuse of medication. On average, there are about 12 stem cells on every 1,000,000 cells in the body of a young child. Guess what is an average stem cell count after 50? **1-2.**

Of course, this is 'average', meaning that some of us, who takes good care of themselves, have more – but it is still may not be enough to regenerate tissues and organs. Studies done by Alexander's team on 15 men surviving a heart attack, who have been treated with the 715, showed complete regeneration of a heart muscle in younger men (in general, under 50) regardless of the severity of the attack, while older men healed with some remaining scarring.

An interesting observation also is that the regeneration effects of 715 are, apparently, more profound in Russia than in Sweden, where a lot of clinical data has also been accumulated on the use of LET Medical devices. Alexander's assumption is that Sweden in general is more 'overmedicated' and 'overstressed' society than Russia and leads less natural lifestyle, all of which depletes resources of stem cells and suppresses regeneration. I don't have similar statistics for North America yet, but I'd expect it to be worse than in Sweden.

Activation of stem cell reserves, however, may not be the only mechanism of COSMODIC's talent to promote regeneration. It is also possible that the damaged tissue itself restores its innate ability to replicate healthy cells in the place of damaged ones. There is also some data on the possibility of de-differentiation of well-formed cells in the body (red blood cells, for example) with subsequent differentiation into some other tissue cells... There is no limit to what our body is capable of, if its regulative system(s) earnestly start regulating in a certain direction.

Alexander Karasev says that they studied a client with a bad case of the ulcerative stomach disease. Visually, during a gastroscopy the stomach lining was covered with scars and fresh ulcers. After treatments with various models of SCENAR, fresh ulcers

rapidly healed with formation of gentle scars. The client clinically recovered – until the next relapse, which revealed new fresh ulcers. This time he was treated with the model VX735v5Ag using COSMODIC mode. All fresh ulcers healed with NO scars. After several courses of treatments the stomach lining completely regenerated.

Apparently, there are also great results with regeneration of heart muscle and a single case of evidence of regeneration of lungs and kidneys. All these healing miracles (and who knows how much more it can potentially be; the study just began) may be attributed to the activation of *stem cells* in the body, but a lot of expensive research is required to reveal the exact mechanisms of this type of healing.

Oddly enough, one of the most difficult objects for COSMODIC to work with, when regeneration is concerned, is *the skin*, apparently because of the close relationships and resemblance between the skin and the nervous system. One of the main reasons of degeneration of skin cells is dehydration – and one of the ways to attract water back to the cells is to enrich the cytoplasm with *gold* ions. This can be done by using special electrodes on the COSMODIC devices made of gold (to be exact, out of a special blend of gold and silver; purely gold electrodes are way too soft). That's how the EX715Au came to existence. Apparently, it's quite amazing what this little machine can do for your face (or any other piece of the saggy aging skin) – if you can afford it. Gold electrodes more than double the price of COSMODIC devices, which are not cheap to begin with.

This is not to say that the standard silver electrodes will not have any regenerative or rejuvenating effects on the skin. The 715Ag, for example, has three modes to deal with cosmetic issues (on the upper, middle, and lower parts of the body), and it does it quite efficiently. Besides, silver is very good for promoting the *detoxification* of the cells. Alexander Karasev figured that cosmetic applications are extremely important for a personal therapy device – and I cannot argue with this. Man is vain.

Alexander mentioned an interesting case of regeneration in a middle-age woman, who was completely scalped in a bad factory accident. The scalp was surgically re-attached, but soon rejected by the body, in spite of the fact that she was regularly treated with the SCENAR 97.4. Poor woman's head represented one big open wound, with the naked bones showing through a thin layer of inflamed tissues. At this point she started treatments with the 715. After a while all the skin grew back on the skull – but more amazingly, her family doctor called Alexander one day in a state of shock, because he discovered that the hair started to grow on the regenerated skin!

How was that possible? How did the body manage to restore the completely lost structure? Did the 715 trigger something in the cellular memory? Certain observations suggest that COSMODIC is capable of affecting brain's delta-waves, which contain our most ancient regenerative programs and which typically do not respond to any form of stimulation, including signals of other SCENAR models. Well, at this point we definitely have more questions than answers. And that makes COSMODIC so attractively mysterious...

'TIME and PLACE' for SCENAR vs COSMODIC

Let's talk about the differences between two generations of SCENARs with regards to their practical applications (meaning, what, where, when, how, and for how long).

As we by now undoubtedly know, COSMODIC is qualitatively different than SCENAR, even though they are both based on electrical stimulation (or rather 'regulation', taking into account the adaptive feedback mechanism). It is almost like 'good cop - bad cop'. SCENAR challenges the body, forcing it into healing reactions (stimulating influence only) - while COSMODIC softly suggests cooperation and supports it all the way through (by stimulating and sedating at the same time). Microresonances enhance and amplify the body's healing efforts, which ultimately results in full restoration of damaged structures (*regeneration*).

COSMODIC trains the body to regenerate. The body tends to heal itself by forming scars (kind of taking the easy way out) - COSMODIC takes healing to a new level, making the body remember the original state and use its regenerative powers.

What follows is an important practical recommendation with regards to the time of your session, which cardinally distinguishes SCENAR from COSMODIC. With SCENAR (which sends only stimulating and firmly pre-set signals), the **TIME** of the procedure is one of the key methodological points. Unpleasant things can happen, if you exceed the recommended time. In the best case scenario, the over-stimulated body just shuts down and does not respond any more. In the worst case scenario, your client hits a healing crisis.

It is not always possible to give an exact recommendation on *how long* a SCENAR session should last. It is very individual and depends a great deal on the practitioner's intuition - but we generally try to keep it under 45 min. More is not always better in SCENAR therapy, as you know. The good old 'principle of small sufficiency' suggests achieving sufficient results by as small means as possible - and stopping there. Overdoing things puts too much stress on the system, as SCENAR impulses (or batches of them) do not have the 'sedating' component, only stimulating.

With COSMODIC, you do not have to worry about timing. You can keep the device on the body *as long as you want* (or as long as you can); in fact, the longer the better. Floating 'adaptive regulatory bundles' of impulses, which mimic the regulative functional activity of CNS (by stimulating and sedating when necessary), constantly motivate the body to test its regenerative potential without exhausting the system. It is very much how a personal trainer works (at least in my experience): repeatedly testing the body on performing a certain function; giving an increasing workload, knowing exactly when enough is enough - and in doing this, helping the body to reveal its hidden reserves and capabilities. COSMODIC trains the body to regenerate and regain its natural vitality - and does so brilliantly.

Summarizing the above: *with COSMODIC - the longer the better.*

The above also applies to the **frequency** of your treatments. Any training implies regularity - and 'regeneration training' is no different. *COSMODIC does its best when used regularly.* With COSMODIC - *the more the better.*

I know, it sounds too good to be true. What, no more worries about timing, at all?! Yup, just relax and enjoy it. The smart device will let you know when it's enough.

Actually, the Dose in COSMODIC devices such as the 715, the new EX735Ag and the C-DOVE does not always mean that that's ENOUGH (there is 'enough' – and there is 'ENOUGH', as you know). It is the minimum treatment time sufficient for creating positive healing dynamics – but there is no reason why you should stop your treatment at this point. You may keep going on the same spot, and the device will be giving you all sorts of other communication signs, to let you know what it is doing.

When it is really ENOUGH, the COSMODIC device gives you a different type of signal (sort of a trill). It means, the CNS is tired and weak, and needs to rest. At this point, there is really no reason for you to continue; you are wasting your time. Give the body a break, let it process information, digest energy and prepare itself for the next workout.

Sometimes with COSMODIC you may find that the device shuts off on you early into the treatment session, and no matter how much you try to force it to work on the area you chose, you get the same result – the machine shuts off. There is nothing wrong with the device; it is just letting the stubborn operator know that his choice of time and/or place was less than perfect. Go to another spot, or better yet, leave the treatment for a different time (which can be the next day or so).

Some practitioners find it quite annoying when COSMODIC tries to 'outsmart' them. It is difficult to let go our human arrogance and start trusting artificial intelligence (I know, I've been there). And yet, soon you will begin to understand that this intelligence does not try to take over and replace you as the practitioner. It is there to free you from preoccupation with unnecessary things (such as methodology, in this instance), so that you can concentrate on working with your client on deeper levels – emotional, mental, spiritual.

Some people believe that we are human beings having a spiritual experience; some believe that we are spiritual beings having a human experience. I am amongst the latter, and for me COSMODIC technology is a great way of letting our spiritual essence take over in the delicate art of healing. If our minds are free from preoccupation with calculation and logic, the divine intuition shines through guiding us to our ultimate goal.

Well, by eliminating 'the TIME factor' from SCENAR methodology in the 'timeless' COSMODIC, Alexander Karasev got closer to his goal of freeing practitioners from technical mistakes. Now, what about 'the **PLACE** factor'? Meaning, *where to put the device?* Can we really get to the point when it actually does not matter?

We all know how important 'the place factor' is in SCENAR therapy. 'The small asymmetry' is your key to success. If you manage to find it (in Subjective and/or Objective mode), success is almost guaranteed. If not, it will take much longer to get the results you want. Hence, in SCENAR therapy a lot of attention is paid to various ways of looking for small asymmetry and working with it. 'Painting' in the Subjective mode (discovered and developed by Dr. Yuri Gorfinkel) is one of the most efficient methods to reveal this unique phenomenon, which clearly shows you the location of the 'energy cyst' of Pathologic System.

For the highest efficiency, 'painting' needs to be done in a certain order. First, you identify the area to work on, then you find the Small Asymmetry, working in a particular sequence, then you change or remove it, also moving in a sequence.

Sometimes, to bring up the Small Asymmetry, we even need to 'provoke' the area, to push the restricted function to the limit, thus challenging the body to reveal its 'weakest link'. SCENAR is always a challenge.

There is nothing of the sort with COSMODIC. The less you move it, the better. The device needs time to attune itself to the body and start creating the 'adaptive informational bundles', repeatedly leading the body to try its regenerative reserves and mechanisms. The dynamically changing bundles are transformed in a certain coherent order, dictated by the changes in the body. In this process, one bundle creates the following one in an almost music-like fashion. When you play the piano, the chords follow each other in harmony (note, that each chord consists of several different notes, each one with its own unique frequency of vibrations). They are strong at first, then the vibrations fade away giving birth to another chord, then another, and your music continues to flow until the theme is over... That is what the COSMODIC procedure resembles, in my imagination. If you interrupt the flow, the music will not happen. Therefore, with COSMODIC, **do not move!** Stay where you are, until 'the song of regeneration' is over.

Is it important, *where* you stand? Relatively. COSMODIC technology is not quite at the point yet where you can put the device on your finger and get your heart regenerated or hemorrhoids reversed. It is theoretically possible, but needs time to develop further... Therefore, it is still recommended to spend a little time on finding an *optimal area for treatment*; then the device can do its job faster. These areas can be usually found close to the dysfunctional area: in the place of the main complaint or in the direct projection of the pathology on the skin (if known), just as the classical SCENAR theory teaches us. The special 'diagnostic' mode in the device will help to identify the precise location – and after that all you need to do is to *hold the COSMODIC device steadily* on this spot, even slightly pressing on the device for better contact, until it gives you the 'Dose'.

Dear reader, at this point I almost can hear your question, 'Now what? Should we just forget about the 'golden rules' of SCENAR therapy, which relate to working with the SCENAR in constant motion?! Vectors, Rules for finding and working with small asymmetries, Christmas trees, Clouds and Watermelons? What about all those wonderfully effective 'motion' techniques developed by Dr. Yuri and proven many times in practice?!' Alexander Karasev's opinion on the matter is somewhat shocking. *"This methodology was developed out of desperation. To make bad SCENARs work."* Just like that. *"These techniques, as well as the digital techniques of Objective mode, represent a genius solution to the problem, how to make poorly designed and built devices efficient. The devices, where all coefficients are lost..."*

Well, it is easy for Alexander to say, "Just forget about it". Personally, I am old-fashioned with regards to SCENAR therapy. I still like to find my small asymmetry (I like the concept of it – and the challenge), and I prefer to do it the way I was taught by Dr. Yuri and Dr. Alexander Revenko. I guess, it is difficult to teach old dog new tricks – and I am sure, many of you will agree with me, especially the first generation SCENAR "power users".

So, here is a compromise for those old-fashioned folks like myself: look for a small asymmetry in any way you are accustomed to and comfortable with - if in Subjective mode, use 'brushing' (with your SCENAR device – or with COSMODIC device, if this is the only one you have); in Objective mode, use assessment feature on any of your devices (professional SCENAR or COSMODIC models). When you find your small asymmetry, place the COSMODIC device there and don't move; let it do its job, no

matter how long it takes. Works like a charm. But then again – it also works if I place my COSMODIC somewhere in direct projection of pain or dysfunctional organ, or on the corresponding vertebra, or on the reciprocal points, or on the place that I intuitively feel is right...

In general, I would say that Alexander's mission to free minds of SCENAR therapists from heavy methodology is accomplished with regards to 'the TIME factor', but only partially completed with regards to 'the PLACE factor'.

There are also a couple of other methodological particularities that I'd like to mention. For example, all SCENAR therapists know that one of the fundamentals of SCENAR therapy is FUNCTION. We encourage our clients to delicately *provoke* the function we want restored, because this increases the body's awareness of the problem showing what needs to be fixed. Awareness of the problem is a battle already half-won.

Guess what? COSMODIC does not like provoking and challenging. Regeneration requires peace and quiet. The dysfunctional area needs to have minimal activity for as long as one to two months, for regeneration and transformation to take place without interruptions. There is a reason why a caterpillar has to go through a chrysalis stage before it turns into a butterfly.

Another particularity concerns the use of multiple devices in the same therapeutic session. For SCENAR, opinions differ. Some therapists think that using two or more SCENARs simultaneously confuses the body, which won't know where to focus its attention; others use as many as five devices on a client at the same time aiming at substantially increasing the neuro-peptides release. In other words, there is no consensus.

For COSMODIC, there is simplicity in the matter: *the more the better!* According to Alexander Karasev, each cell or group of cells in our body has a distinctive 'spectral saturation' characteristic. Hence, COSMODIC will be forming different, unrelated and non-interfering adaptive regulatory bundles at each site. It is like using different channels to supply information: the more the better (it is better to see, hear, smell, taste and touch at the same time than just to see, isn't it?). Hence, the more COSMODIC devices will be on the body at the same time, the faster and more complete the healing will be.

As per the simultaneous combination of SCENAR and COSMODIC, it is good too. When two devices are separated in space, the body *has a chance to compare* and appreciate the better, which increases efficiency of treatment. The body chooses and follows the strongest device, and it is usually COSMODIC. In Alexander Karasev's opinion, "*the more comparison the better*" (by the way, it's his general attitude towards competition).

Let's now summarize the above 'COSMODIC vs SCENAR' overview with regards to methodology.

Time of therapy: SCENAR – limited, COSMODIC – unlimited; the longer the better.

Frequency of therapy: SCENAR – limited, COSMODIC – unlimited; the more the better.

Place of therapy: SCENAR – small asymmetry; COSMODIC – somewhere close to the complaint, or just about anywhere on the body (as per your intuition).

Action mode: SCENAR – ‘painting’ in constant motion for Subjective mode or ‘step-by-step’ taking readings for Objective mode; COSMODIC – just STAY where you feel like it.

Systemic function: SCENAR – provoking it; COSMODIC – working with normal or minimized functional activity.

Multiple devices: SCENAR – no consensus; COSMODIC – the more the better.

CONCLUSION

The word ‘COSMODIC’ did not derive from ‘cosmetology’, as many people tend to think. It came from the word ‘COSMOS’.

This makes total sense to me. Strengthening the healing reactions of the body, re-training adaptation, cleaning cellular memory and reminding the body how to heal and regenerate as in its original design – all these increase the level of *systemic coherence*, restoring our connection to the much bigger whole, which we are all a part of. Cosmos is living and intelligent, and **Coherent Energy Technologies (CET)** like SCENAR and COSMODIC just heal our self-inflicted separation from it. As the level of human consciousness rises, COSMODIC and other CETs will inevitably become a primary form of assistance in healing. The COSMODIC era is coming.