Cure to End Insomnia

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Images of Horus and The Tree of Life are Egypt's most valuable contributions to humanity.

Contents

Overview

Ah, Love! Could thou and I with Fate conspire
To grasp the sorry Scheme of Things entire,
Would not we shatter it to bits – and then
Re-mould it nearer to the Heart Desire!

You have insomnia! What would you choose, consuming piles of chemicals with side effects for the rest of your life, or place your hands on *The Code of Life* and file the request several times a day for a few days and get rid of insomnia?

Before reading further, I suggest that you read the following chapter *Energy*. It will help you understand all other information.

You are at the mercy of the disaster called the U.S. Medical science. It has no cure, and too often, it offers erroneous treatment.

You have to take the reins of your health in your hands and become your best and the only doctor.

There is a simple and effective way to get rid of illness without the help of Medical science, with its doctors and medications. The method is *The Code of Life*. It generates 100% energy with a frequency of 10 to the 56 power in its free state – the energy of true Love. *The Code's* energy is benevolent, which means it supports life and destroys everything that inhibits life. We destroy pathogens, dissolve deposits in the vessels, restore tissue, organs, and systems,

perform diagnoses and tests, and eliminate insomnia with this benevolent power.

Thus, we also become our best and the only doctors.

Medical science (energy 42%), in its inertia, does not know about the major role of energy in human life. It will learn about it only in 60-70 years. The main cause of poor sleep is low energy level, which negatively affects the Pineal gland, causing redauction in melatonin production. It is a major problem that affects 70 million people in the US alone.

If the energy level is not raised, insomnia will get worse over the years. The drugs would inhibit and eventually destroy the natural mechanism of sleep with their side effects. All drugs made by Big Farma have side effects. As is explained further, these drugs are incapable of curing a disease, only suppressing it. The drugs are made with chemicals. The side effects are inherent in the low-energy chemicals.

We calculate energy/frequency levels based on the standard of 100% energy and corresponding frequency of 10 of the 56 power, which are parameters of True Love. With some exceptions, Nature and the Universe have the same parameters. This energy is constructive, benevolent, and healing. The threshold is 52% energy level. Below this threshold, the bashing long waves of the energy become stronger as its level lowers. The longer the wave of the energy, the more it is destructive, damaging, and hurting.

Examples of deficient energy levels in Nature are relatively rare; in the human world – in abundance. The venom of the Cobra snake has about 90% energy level. Adolf Hitler lived on a 6% energy level.

One of the exceptions in Nature is the Modern Periodic Table that has an overall energy level of a 21%. These elements are used by Big Farma to produce drugs. Drugs suppress pain, like in painkillers, and damage the body.

Big Farma cannot produce anything else because man cannot create medicine to cure disease, only suppress it. The problem there are side effects that do much damage to the body and brain.

Indeed, *The Code of Life* is the gift of Nature. Here healing is efficiently performed with Nature's benevolent high-frequency energy and not with the manufactured drugs. When we come to the forest or an ocean, we instantly feel better because the ocean and forest have the high energy/frequency level of true Love, the same as *The Code of Life*.

With our Biocomputer, we could focus the energy of the forest and ocean on the target and get the same healing results as with *The Code of Life*. Yet, *The Code* is incomparably more effective at healing because we increase its 100% energy level and healing power with our charge.

With *The Code of Life,* you destroy the causes of insomnia and heal the body with beneficial energy. Simultaneously, other health issues are positively affected when we use *The Code*. Should this information urge you to become your best and only doctor?

Depending on your Intel-Star energy level, you can eliminate Insomnia with *The Code of Life* within a few days. There is no need for medicines, equipment, doctors, and diets. When you charge *The Code* with our energy, *The Code's* energy will surge. With this great power, we destroy the causes of insomnia.

The Code of Life cures any disease because there exists no barrier for benevolent high-frequency energy that destroys pathogens, dissolves deposits in the blood vessels, restores genomes, organs, systems, and processes, enables tissue to grow and bones to mend.

With *The Code of Life,* you will end insomnia for good, providing you have a 100% and higher Intel-Star energy level. When your energy level is lower than 100%, you will raise it. With the high energy level, you also will have many other benefits, including better health, better decisions, and better relationships.

Here you are given something entirely different from what you have experienced so far. It is the healing method conducted by you, utilizing powerful benevolent energy that has no side effects.

While our focus is on insomnia, other health issues would also be positively affected when using *The Code*.

Send us your name, age, and location (not to confuse you with another person who may have the same name) at yuri@bookstoenjoy.com; we will provide you with your Intel-Star energy level and other information. This service is free of charge.

Knowing people is wisdom,
Knowing the Self is Enlightenment.
Mastering people requires force,
Mastering the Self needs strength

Tao Te Ching

Energy
Life is all about energy

The author opens the world of power: the world of the energy we call Love and beyond. The Code of Life demonstrates that love is not an abstract concept but powerful energy to elevate ourselves, achieve better health and relationships, and have a fulfilled life.

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This chapter may seem a bit confusing at first, but please bear with it. Read it through one more time; it will make sense eventually. It helps to think in terms of simple arithmetic.

An Intel-Star is a unique module (that the writers of the Bible call soul) "downloaded" via Infinite Intelligence into our brain <u>at the time of birth</u>. It is departing the body at the time of death, loaded with our life experience. See chapter *The Flower that Once has Blown* at the end of the book. Intel-Star is an Energoinformational compendium connecting us via four receptors in the brain, with the *Infinite Field of Knowledge* to receive information we need to create a healthy, happy, and successful life.

Intel-Star's outer Energoinformational field has an upper limit frequency of 10 to the 67 Power at 200% energy. It is the frequency and energy of the Enlightenment. Its lower limit is "0," or a point of death. Intel-Star's energy level could drop as low as 6% (Adolf Hitler) with a corresponding frequency of 10 to the 9 power, influencing human behavior accordingly. With rare exceptions, the frequency of the world and the Universe is 10 to the 56% Power (energy 100%), which is the frequency and energy level of what we call true Love. It is also the standard against which Intel-Star's percentage or energy level is calculated and frequency.

Science is not yet capable of registering true Love energy level. It cannot locate and investigate Intel-Star. We can do it with *The Code of Life* and learn that Intel-Star's outer field frequency and corresponding energy level fluctuates, reflecting human behavior and life mode.

There is something in the Intel-Star that never changes: its core, the Truth, which has 500% energy and 10 to the one billion power frequency making Intel-Star indestructible. Intel-Star is located in the Cerebellum of the brain and records our every experience in its outer field. It is also "our judge within." Everything we accept is equated to Intel-Star's core (connected with the *Infinite Field of Knowledge*.) When

this information is false, it creates psychological conflict, negatively affecting human mental and physical health.

A newborn human being has Intel-Star's frequency and an energy level of true Love with a potential to increase it to a 200% and 10 to the 67 power frequency of Enlightenment. When brought up with Love, a child would be able to exercise this potential and become his and her best teacher and doctor. It also means everyone has an equal opportunity to create a life of Health, Happiness, and Success.

The nature of the Intel-Star energy and frequency is the same as in electricity. Unlike electricity, this energy has a much greater frequency, a much higher upper limit. A person's Intel-Star energy level is the only accurate indicator of the person's goodness and vice. With *The Code*, we determine it in just a few seconds.

To avoid confusion, an outer field of the Intel-Star energy has nothing to do with the energy that the core of the Intel-Star is sending to the body and brain, which is always at a 100% level (after it was converted in the Cerebellum.) This uninterrupted supply of energy "feeds" the body and brain. The energy of the outer field remains in the outer field of the Intel-Star and fluctuates within the field. We are born with a 100% of Intel-Star energy level in the outer field. Then where additional energy comes from when we raise our energy level above 100%? It comes from the core, says *The Code*.

Energy is waves of various lengths and frequencies. Love is a form of energy. Even the most solid objects are energy that vibrates with different frequencies, which can be accurately measured. Our emotions and qualities of the character can be accurately measured only with the levels of the Intel-Star energy. The more intense is frequency, the more benevolent

and constructive is the corresponding energy. The intelligent energy of an unimaginable high frequency "created" our Universe. The intensity of the frequency has no known upper limit. Its lower limit is zero, or the state of death.

When the energy level is low, its long bashing destructive waves disorient genes in several brain glands, prompting inappropriate behavior. Depending on their energy level, people would commit offenses, crimes, hurt others, and adhere to abnormal ways of living.

Frequency is how often an event repeats itself over a set amount of time. In physics, wave frequency is the number of wave crests that pass a point in one second (A wave crest is the wave's peak). Hertz (symbol Hz) is the unit measuring frequency. The higher/more intense the frequency, the shorter the wavelength. Short wavelengths are more energetic than long wavelengths and have a higher penetrating power. They are also "manageable," meaning they can be focused. We use these higher frequencies with *The Code of Life* to focus its energy on pathogens and destroy them. In the Intense Healing Mode, we focus *The Code*'s energy on the causes of cancer, cancerogenic cells and destroy them.

You will kill cancer using the *Intense Healing Mode* provided by *The Code of Life Communications and System of Health.* (Amazon.com), the book you should read (Optional) if you wish to understand how the *System of Health* functions and examines examples of healing. You could download, or we would send you *The Code of Life* that in its free state generates high-frequency benevolent energy branded True Love.

With *The Code,* you will terminate even Stage IV cancer. *The Code of Life* cures any disease because there exists no barrier

for benevolent high-frequency energy that destroys pathogens, restores organs, systems, and processes, enables tissue to grow and bones to mend.

In brief, your Intel-Star (soul) has an outer energy field that, depending on individuality, would have energy levels from 2% to 200%. Your entire life experience is recorded in this field. For example, Hitler had a 2% Intel-Star energy level, the Father of the American Constitution lived with 92%. You know how these two persons affected the world.

The gift
Anna and Nadezhda Balzhak

The Code of Life

The Intel-Star (soul) energy level is the only accurate
indicator of the person's goodness and vice.

The Code is at the core of our Biocomputer (an entire brain,
not the mind) and Life. It was waiting to be discovered. It is
active during our life regardless of our knowledge of it. When
used consciously, *The Code of Life* becomes our guiding star

leading us to ever-higher energy levels to become self-contained, self-sufficient human beings.

However, no one with an energy level below 52% can use *The Code* (some exceptions apply.) It is another lock created by evolution to encourage people to increase their energy levels.

When your energy level is 100%, *The Code of Life* will enable you to utilize fifty percent of your Biocomputer's capability instead of an average of five percent. When your energy level is 200%, you will use 80 percent of the Biocomputer's power. It empowers you with control of your health, relationships, business, and finances – your life of happiness.

The higher is your energy level and corresponding frequency, the more benevolent its healing power is. A human being with a 100% energy level can destroy pathogens and contaminants without paper *Code's* help. People with Intel-Star of 100% energy do not need to charge *The Code* when filing a request.

The Code of Life ™

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The Code may get distorted in Kindle. Here is what it should be:

The Code consists of ten columns. Each column is made of six primary codes. Each primary Code is made of 18 rows, nine zeros each. At the bottom of *the Code*, there is a row of digits:

X 50000000000000000000000000000000000000

Print 21 pages of *The Code* on both sides of each page. Now you have a complete *Code* to be used in every procedure and accomplish many other tasks.

The Code of Life has been available to humanity forever. I discovered it; I did not create it. It is called *The Code of Life* because, in its free state, the *Code's* frequency is the frequency of Nature, the Universe, and true Love. It is given to us to live by the energy of Love, enjoy Love's benefits, and battle negativity. In reality, there is no need to battle negativity; all we need to do is keep raising the energy level. The higher it is, the sooner negativity evaporates.

Place a jar of tap water on top of *The Code*. In ten minutes, it would normalize its PH. *The Code* could purify water, food and do many other "miracles." These are not miracles but the law. Like many other "unusual" happenings, it is still beyond science. Many applications of The Code are explained in the

book *The Code of Life Communications and System of Health.*

Sierra Nevada

Cure to End Insomnia

The spring should never vanish with the rose!
That Youth's sweet-scented manuscript should never close!
The Nightingale that in the branches sang,
Ah, whence and whither flown again, and back returns!

Omar Khayyam rephrased by Y.S.

Upon waking in the morning and before bed, hold *The Code* in your hands and make this request:

Being in the state of Love, Oh, Love! I request thy Infinite Power provide me with the means to End.insomnia.

Even when you have your energy level as low as 52%, your sleep can be restored, but this restoration will not be permanent. To have it permanent, you must have a 100% and higher Intel-Star energy level. The higher it is, the more effective it is the process of healing. It is explained in the two following chapters how to raise the energy level.

It is one of many Nature's ways to encourage people to raise their Intel-Star energy level. Then, the first thing you need to do is increase the energy level to 100% (and beyond.) It is impossible to overdo it, for the higher it is, the better are all aspects of your life.

The Code's System of Health employs three kinds of procedures: Regular healing mode, the Intense healing mode, or Laying hands on *The Code* several times a day for several minutes each time. When you have a 100% energy level, we recommend using Laying hands method for all cases of insomnia.

We will provide you with specific information, as it must be tailord individually.

Have *The Code* near you throughout the day and place your hands on top of it for a few seconds whenever you feel like it□. The benevolent energy of *The Code* will disinfect your hands better than any antibacterial soap.

Elevating energy level

What is the difference between you and Buddha? There is only one difference: your mind is clogged with teachers, teachings, dogmas, gods, and cultural drivel; Buddha's mind was nearly stark naked. The "Spiritual" industry complicates this issue, but it is as simple as a whistle.

Drop all teachers. Without a single exception, they are all but unintentional fraud. What is a teacher when there is nothing to teach? The US teachers' average Intel-Star energy level, including those from the East, is disastrous 8%. Many of them are violating the laws of nature. Drop all teachings, for there are no helpful teachings whatsoever. Every Eastern teaching is rooted in the Vedas and Upanishads. With their energy levels below 10%, these two sources embody utter ignorance, a total reality distortion.

Most teachings, tools, and practices were imported from the east, with its population having an overall 13% Intel-Star energy level. Over 50% of the male population had their Intel-Stela energy level below 15%, resulting from millenniums' adherence to falsehood. Everything coming from there is damaging even detrimental to your health.

Drop all cultural drivel with its news and entertainment of all kinds. The US news media has an overall Intel-Star energy level of 8%, which means fake news all the way. TV shows, movies, anchors, so-called "celebrities," "stars," producers, directors are poisoning you with their overall disastrous 6% energy level.

When you drop it all, your energy level will jump to 100% and higher, and you will see the light of the day. You will

make the right decisions and will live a truly happy and fulfilling life. You may still get irritated, emotional, even angry, but it will be short-lived and will not leave a trace of negativity in the subconscious.

Though the above method is the most efficient way to raise your Intel-Star and a guarantee of success, the following helps make the subconscious final polishing, cleaning it of the past negative traces.

Elevating Intel-Star's energy level by eliminating the influence of negativity of the past.

The world of nature, animals, the Universe, and human beings is the paradise world of Oneness. However, human beings have been endowed with minds. The mind divides Oneness into two worlds by creating a low energy/frequency world with low energy people. It has been created because the negativity accumulated in humanity's subconscious archive infected with pathogens.

Indeed, our negative past creates a major problem in our way to Peace and Happiness of the Paradise world of Oneness because it obstructs Love and negatively influences our decisions. We have tested the Elevating positive energy level technique. It is similar to the original Transformation method described in my books; it is also more comfortable while employing and checking the progress. Using the Elevating Intel-Star energy level technique after dumping all teachers and teachings will eliminate every trace of the past negativity.

Begin with determining how much negativity remains in your subconscious archive out of 100% of the negativity accumulated during the first ten years of your life.

1. How much negativity remains in my subconscious archive, considering all the negativity I have accumulated in my first ten years to be a 100%?

2. (Optional) Let the Star Pendulum move freely along the horizontal line while counting with every couple of swings "5", "10", "15", end so on. At some point, the Star Pendulum would tend to move towards the vertical line. It may be a very

light movement. You would instantly notice the Star Pendulum's almost unnoticeable tendency to change direction and recheck it with practice. Let us say it is 23%. The amount of remaining negativity is not essential. It demonstrates you have carried through life negativity obtained in your first ten years and reminds you of your inspirations, dreams, and decisions that were often sabotaged by this negativity as well as by the negativity accumulated in later years.

Every negative event generates negative low-frequency energy inflicting damage to the energoinformational shields of the body, organs, and systems. It is the prime reason why stress must be avoided. When the event is intense, like in child abuse, it would also damage the energoinformational shield of the child's brain and genome of neurons – carriers of the memory traces.

 The damage to the energoinformational shields opens the "door" for pathogens (Protozoa and Fungus) to enter and set in neurons. Damaged genomes and parasites will cause neurons to malfunction, creating a negative field that would adversely influence the child's life and as a grown-up. To resume neurons' regular activity, pathogens have to be destroyed and genome – restored.

In case of a mild adverse event, our immune system will do the job of eliminating pathogens and repairing the damage done to the energoinformational shields.

1. File the request with the Power of Love.

    Being in the state of Love, Oh, Love! I request thy Infinite Power to charge my Code of Life with thy energy to destroy Protozoa and Fungus and restore

genomes of the neurons affected by adverse situations in the first ten years of my life.
Keep charging.

You do it when your energy level is below 80% and keep charging *The Code* for 30 seconds.

The Biocomputer focuses *The Code*'s high-frequency energy on the target and destroys what we have programmed to destroy. We are using not some outside force but the high-frequency energy we labeled true Love, multiplied by our charge many a hundred times. With pathogens destroyed, genome restored, and neurons healed, the negative influence is dissolved. Thus, we are reducing the amount of subconscious negativity and intensifying the frequency of our energy.

Repeat this process for every ten years of your life. You could narrow it down to every five, four, one year, even one month. The shorter is the period you choose, the more effective it is cleansing.

When your energy level is above 80%, you at once "destroy all causes," creating the above situation instead of eliminating each particular cause.

2. Afterward, verify there is no negativity left in your subconscious archive in the corresponding period of your life. Repeat when it is necessary. Depending on your energy level, it may be required to repeat the process several times.

Remember to have two and a half hour breaks between requests, thus, letting *The Code's* energy do the job.

Red Sea, Egypt

Be your best and the only teacher and doctor

It was the cold winter of 1943, the third year of World War II. All frozen, the Volga river was covered with a thick layer of snow, creating an eerie, desolate setting with a fisherman boat visible far away laying on the side, frozen in the barren kingdom of white.

On the high river-shore, there stood an old mansion – our home. With its owners killed by communists, the mansion was converted into a kindergarten for children saved from Moscow's relentless fascist bombing.

Along a wide corridor, three little boys were running. They wanted to start a popular game at a time – the war game. They had to steal and hide a huge banner propped onto a long pole to start the game. Crash! Caught between two columns,

the pole split, tearing a heavy red sheet of the banner to shreds.

In the morning, children wearing the pioneer scarves were assembled for a special ceremony in the large room that used to be a dance hall in older times. The torn-apart red banner was placed on the table and the broken pole in the hall's center. A young woman, also wearing a red scarf, called my name. As I came in, she said something I could not hear because I was crying. Then she bent over and took off my red scarf. I turned and ran away as she kept screaming after me to return.

From that time on, I have never joined any gathering. Whether it was Pioneers or Komsomol, Communists party, or a church crowd, I avoided crowds like the plague.

We are born to be our best teachers. Life has no meaning unless we find happiness and share it, helping others to find it. When it happens, we fulfill our purpose. We also would help the world's oneness against the negative trends of war, fraudulent governments, violent entertainment, pornography, and other diseases plaguing humanity. It would happen effortlessly when your energy level is 100% and higher.

When you make a permanent decision for happiness's life to be your purpose, decide to become your best and only teacher. Do not be a victim of self-proclaimed gurus, their seminars, and books. Do not get lured by the spiritual industry's promises. Most people spend their lives searching, attending seminars, and studying teachings. It is a useless, unnatural process. Leave the search, and with the *Code of Life,* be your best and only teacher. Reading teachings and

attending seminars is a waste of life, for no one ever found Love and Freedom in books and crowds.

To everything, there is a season and a time for every purpose under heaven. You have searched for a long time, and you do not want to spend your life doing it over and over again. No matter how old, <u>every</u> teaching is contaminated with negativity; it is useless and damaging. Enlightened people were a few in the last 2000 years; they did not create teachings. The unenlightened followers made the teachings; it is of no use to you.

The teachings cannot be created because there is nothing to teach about our inner world. Nobody can help you with it. You and only you must make this discovery. The only way to discover it is to become your best and only teacher. You discover it not by learning but by unlearning.

Accurate answers come from within. It will happen sooner when you become your best and only teacher. With *The Code of Life,* you can know the truth about teachers, scriptures, and every other piece of information.

You have no choice because already you are your best and only teacher with all the knowledge available to you. The question is how to access it, and the answer *The Code of Life* is all you need.

Everything was simple when I was two years old

Mastering Simplicity

The Code of Life is at the root of Life. With the Simplicity method, we utilize the full power of *The Code* without using tools but using our inherent ability to receive the right knowledge.

We are born self-sufficient and all-knowing. However, our brain does not store any knowledge in it, except what we put in there. Some glands in the brain function as receptors of the information stored in *The Infinite Field of Knowledge,* an integral part of the Infinite Intelligence. As we get older, these receptors are getting damaged by pathogens,

overwhelmed by misinformation we have been taught is truthful. Thus, only accidentally can we receive the right knowledge from *The Infinite Field of Knowledge* that has only truthful information. The wrong information is created only by the mind and is stored in the brain.

To restore our ability to receive true knowledge from *The Infinite Field of Knowledge,* we must raise our Intel-Star energy level to at least 130%, as explained above. In addition, it is essential to practice watching the mind that would help to discard misinformation. The higher is our Intel-Star energy level, and the sounder will be our accomplishments.

Master of simplicity could learn the truth about the person in question, diagnose, do tests, etc., and receive an answer to any inquiry without using the tools. A human being is meant to be independent of the tools, teachers, teachings, doctors, medicines, supplements, and governments.

Sit in a chair behind the table; place *The Code* on top of thighs or table in front of you. Put your hands on *The Code*. Read a Love poem of your choice. Order your left hand to mean Yes, the right – No, or vice versa. Get comfortable. Relax.

Relax. Ask your question: "Do I need to restore my vision now, Yes or Not?" Instantly strain your upper arms, and feel the point between the eyes.

Relax but keep feeling all three points simultaneously. You may repeat the question or say "Yes or Not!" Gently keep concentrating on three points. In a split second, you would feel some sensation in one of your hands. It may be tickling in

one hand; one hand could feel heavier or warmer than the other, or it may be just felt while the other – not. It may be even simpler: your attention will be directed to one of your hands. There certainly will be a pronounced or subtle difference between your hands. A hand that is felt is the answer.

The three points issue is vital to understand. When you are simultaneously feeling all three points, it helps to take attention from everything else, even from your hands, especially – from the mind. When this three-point feeling is firmly established, usually, in one or two seconds, suddenly, you would feel sensation in one of your hands.

To see how it works, concentrate on your hands without the three points issue, then use the three points and experience the difference. Sometimes you may experience sensation in one of your hands without the three points issue. The three points are essential when it comes to accuracy.

Keep your hands on top of *The Code* throughout the process.

This method requires almost no time to practice. In my experience, it works like a clock. In the beginning, I was rechecking the result with the Star Pendulum, but only in the very beginning. The results were always the same. It is the simplest method and most comfortable to use. It is also accurate; I would say – precise. To use it, your energy level must be 52% and higher.

This method is superior to the SP because you utilize your natural ability to know all you wish to know without tools.

You are born all-knowing. To receive the correct answer, using the Simplicity method is as natural as breathing. All you need is confidence and a little practice. The Simplicity

method verifies our inherent ability to receive the correct answer to every question without tools.

Courtesy of PlantyfulFacts

EQUAL LINES

NORMAL | **RARE**

@PlantifulFacts
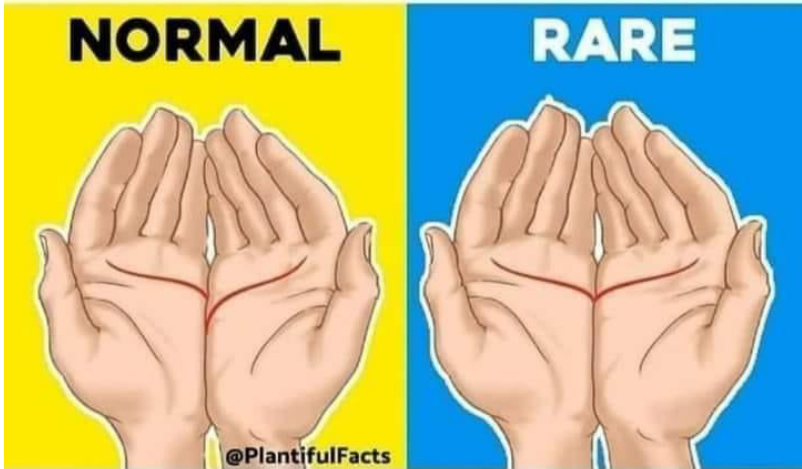
The one most noteworthy line in the palm is located right below the base of the fingers. It's called the heart line. if these lines match up, you have a heart of gold. You are gentle, kinda, and are a source of positive energy. People gravitate to you for support and always find that their favorite moments are with you.

I checked it out with The Code on many people and found it is accurate.

You may use it to determine instantly who is in front of you. If you are proficient with the SP and Simplicity Method, you could evaluate a person remotely.

Courtesy of Pinterest

Live each present moment completely
And the future will take care of itself.
Fully enjoy the wonder and beauty of each instant.

Love each present moment with all your heart, with
all your mind, with all your being
and the future will take care of itself in a breathtaking
way.

About the Author

Yuri Spilny was born in Vladivostok, Russia. His life has been varied and unusual. After six years in the Navy School, Yuri decided it was not for him. "When awakening for duty, I was hit with the sudden realization," he said, "Now just walk out of here! And I left the Naval Academy just three months before graduation." Yuri then went to Moscow Film School and began a successful career as a documentary filmmaker. Traveling the world, he produced over 70 documentary films on a variety of subjects. Yuri lectured at the University of Economics and Moscow State University on Awareness, Responsibility, and Freedom. He studied comparative religious philosophy and practiced meditation. He created and produced the *Russian-American Investment Symposium* in partnership with the *J. F. Kennedy School of Government, Harvard University*. His company, *USSR Film Service Corporation,* represented the Russian Film Industry in the US, facilitating and producing numerous films, including *Chernobyl, the Final Warning*, *Inside the KGB,* and *Cops in Russia*.

"I always knew," he says, "that my destiny was to write," and he wrote *The Incredible Adventures of Kitto*, a beautifully illustrated trilogy of fairy tales emphasizing to young readers "every child is born to succeed." His books *Gates of the Dead,* a novel; *Freedom Technique: Path to Awareness and Love; The Lion Moves Alone, The Code of Life Communications and System of Health,* and other books are at:
https://www.amazon.com/~/e/B008MOVXHA

For twenty years, Yuri lived in Sierra Mountains in the Heart of Sequoia National Forest, California.
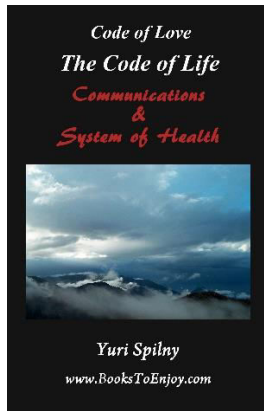
There is a simple and effective way to get rid of illness without the help of a doctor and medication. The method is *The Code of Life.* It generates 100% energy with a frequency of 10 to the 56 power in its free state. With this benevolent power, we destroy pathogens, dissolve deposits in the vessels, restore tissue, organs, and systems, and perform all tests and diagnoses. Thus, we become our best and the only doctors.

You can verify *The Code* is real by giving it to your relatives or anyone who has hand arthritis and be convinced: indeed, within less than two weeks, *The Code* eliminates arthritis. We would be happy to provide *The Code* and instruction upon request.

Informatica is another inimitable application of *The Code of Life,* the world's most accurate communications system. It is providing information on any subject, past and present, via tapping into the Infinite Field of Knowledge, thus validating any document, person, and event. We also get instant data observability, stay on top of data quality and detect fake data before it hurts us.

Another unique application of *The Code of Life* enables spiritual seekers to cut off their search and teachers and teachings and become their best and the only teachers.

The countless applications of *The Code of Life* include purification of the water, decontamination of foodstuff, verification of the quality of the product, whether it is an automobile or honey, validation of our decisions, whether financial, relationships' or any other, and more.

The Code of Life is at the core of Life. We did not create it. It existed forever. It was hidden behind dense drop-curtain – the confusion of doctors, teachers, teachings, and misinformation. *The Code* came forth on its own when the curtain was lifted.

The Code of Life is the only way to freedom. It may sound pompous, but as you read the book, you will realize that being your best teacher and doctor is the only way to know the Truth.

To be free means freedom from all teachers and teachings, all concepts and dogmas, from all beliefs. Like you and millions of other people, I have been searching for almost 40 years. The search resulted in several books with realizations that have been somewhat helpful to people and me in daily life.

Only when I realized the outright importance of being my best teacher, when I became my best and the only teacher, I discovered *The Code of Life.* I was 80 years old. I was not free, but a high energy level enabled me to discover *The Code.*

If I were free, I would discover nothing because when enlightened, one does not make discoveries, leaves behind no

traces… like Buddha. So even this book is not necessary. I wrote it to help you to drop all the books along with teachers, doctors, and medicaments. At 84, as I am translating *The Code* into Russian, I have187% and 167 IQ. (Freedom is 200%, as explained in the following chapter.) In this state, I see the world and people as they are. Secrets and puzzles no longer exist for me, and history is an open book so that I could tell you some truths.

Buddha was not yet enlightened. If he were enlightened, he would not follow "spiritual" traditions for twenty-four years until he realized all traditions, teachings, practices, and methods were useless. *The Code of Life Communications and System of Health* will help you cut off your fruitless search, for the search brings you nowhere. You will find the Truth only when you abandon the entire "spiritual" trash and become your best and the only teacher, for the trash has been created to mislead, to take you away from yourself.

YURI SPILNY

THE LION MOVES ALONE

Freedom Technique, Book Two
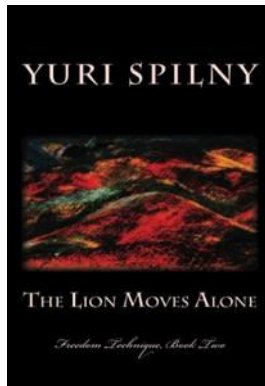
First comes desire; it is followed by hope, disappointment, and suffering; then comes search. Search discovers Love. With Love comes the simplicity of being in the "now" and joy that melts down desires. The mind is educated when your entire past is transformed into Love. When it happens, Love becomes the leader, and the educated, aware mind follows Love's intuitive lead.

ong, long ago, there was a beautiful kingdom known the world over for its wonderful toys and talented toy makers. This ancient kingdom was called Kalamaria and its kind ruler was King Alonso.

King Alonso loved toys as much as the children did. Every three years he held a special fair where toy makers could sell their toys for the children to enjoy.

For years and years, Kalamaria flourished and the people were happy. Then one day a powerful sorceress appeared in Kalamaria. Her name was Milady.

The Incredible Adventures of Kitto

Set of three books (8.5"x 11") with over 80 original illustrations in Full Color

A set of three original books is available at www.bookstoenjoy.com

E-books are available at Amazon.com.

The Incredible Adventures of Kitto
Yuri Spilny
Bookstoenjoy.com
HC1, Box 106, Kernville, CA 93238
yuri@bookstoenjoy.com

Beautifully illustrated with more than eighty original watercolors by Anna and Nada Balzhak, "The Incredible Adventures of Kitto" is a wondrous trilogy of fairytale stories that emphasize to their young readers "every child is born to succeed."

Sorceress's Spell (1-892316-00-5) follows ten-year-old Kitto as he incurs the wrath of the wicked Milady. Escaping Milady's powers via a flying dragon and aided by the good Fairy Sambhava, Kitto creates four magical toys which become Kitto's best friends. The Toynapers (01-3) finds Kitto bringing his toys to participate in The Greatest Toy Show on Earth, where Princess Daisy falls in love with them, and her father makes Kitto his royal toy master -- only to see Kitto end up falsely accused of a terrible crime, convicted and imprisoned. River of Fire (02-1) begins with a breathtaking escape for now blind Kitto through the services of his good friend, the flying dragon. Aided by Fairy Sambhava once again, Kitto and his toys travel to the Enchanted River of Fire. Together they encounter and overcome great dangers.

Eventually, they reach the Pearl Palace of a terrible wizard and obtain a very special treasure.
A highly recommended fairytale trilogy.

James A. Cox, Editor-in-Chief
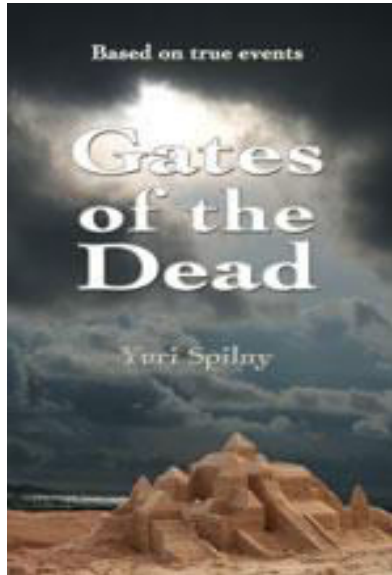
Available at Amazon.com

"...Their love was not of this world. They knew nothing except great love for each other. It was all they had, and they didn't want anything else." The Magician fell silent, looking at distant mountains veiled in the blue mist of a dying day. From that far-away mountain country or maybe from that ancient realm where unearthly love had once bloomed, a flock of birds flew in, as if greeting the Magician."

A timeless, enlightening adventure, a flight from grief in search of happiness.

A loving and creative writer spins this story, but the story's subject – the meaning of love, life, and death – and its treatment set the book apart. *Gates of the Dead* has importance both timely and timeless and contains much practical wisdom that can be taken at many levels depending on the reader's receptivity. As a contribution to the subject of Love, it is unique among the books on the subject.

> Prof. Olga Volkogonova, Department of Philosophy of Science. Moscow State University

This story offers greater insight into the little voice inside all of us that speaks directly to and through our hearts. There are no accidents to love. Fleeting as it may feel when bound to this earth's rules, it is truly limitless on the other side.

Jill Sloan, Kernville, California