# Five States of HUMENA

**White Paper**

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# Content:

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## I. The Rise of Information Entropy
(Information Entropy is a measure of uncertainty in an information system.)

Each person is organized in such a way that his intellect is constantly processing surrounding information and plans the activity to satisfy the needs. Understandably, a person can process only limited amount of information in the period of time. When requirements for processing information are expanding, the person feels tiredness, stress and then demonstrates different forms of psychic decompensation, (the failure to generate effective psychological coping mechanisms in response to stress, resulting in personality disturbance or disintegration).

Together with this, we know, the amount of information in the society is growing exponentially, while at the same time, each individual's mental capabilities to process that information remains the same as it was for our ancestors thousands of years ago. In such conditions, the rise of the amount of entropy (chaos) in such systems known as "Human", "Human – Society" and "Society" is also increasing.

Experiencing an overload of information is destructive for the human mind and results in decompensation on mental, micro-social and social levels. Such decompensation on mental and somatic levels expresses itself in the forms of mental and psychosomatic disorders – neuroses, depressions, addictions, sociopathy and different forms of delinquent behavior.

On the micro - social level, the result is an increase in aggression and conflicts between relatives, neighbors, friends and co-workers as well as crime and suicides in the region affected.

On the social level the result is an increase in intolerance and destructive tendencies – political, religious and ethnic conflicts as well as religious fanaticism, terrorism and wars.

Of course, information entropy is not the only reason for all the above, but it is one of the fundamental factors in the process of destabilizing human mentality, affecting the individual and his surroundings and even the whole society.

## II. Methods of Protection and Regulation

The human brain does not process information in the same way as a computer. Due to the brain's hemispherical asymmetry, everything that the left hemisphere perceives as letter, digit or thought, the right hemisphere perceives as image, gesture or feeling. Thus, the information is everything that a person is able to see, hear, feel and all he understands by using secondary signaling systems.

And all that is the avalanche of various and, frequently, critically important information for well being and for survival, which is dedicated to the process for making decisions. At any moment it can exceed the limit of tolerance and be turned into destructive energy, which will create a "domino effect" on the way from inflamed brain in individuals to illnesses and crime in society.

Information overload is dangerous but hardly new. There are a number of methods for self-regulation or compulsory regulation – psychotherapy, psychological counseling, different types of meditation, prayer, yoga and also hospitals and prisons. A huge army of professionals and numerous organizations represent a sizeable segment in the social infrastructure that are specifically designed to address these issues.

Religions take a special place. They provide possibilities for the development and support of relatively healthy people in an aggressive social environment and also guide each person on how to best participate in the development and support of logical and moral infrastructure of social life.

None of the above mentioned methods can solve the problem today because the problem still exists and looks like it is growing. The problem of information entropy is going to be controllable only when we have adequate logic for organizing the information in the society (this means an "Ideal Society"), adequate quality of processing the information (this means an "Artificial Super–intelligence"), or adequate tolerance level to any amount of surrounding information (this means a more highly evolved person – Super Man!). This is an utopian vision of heaven that is not here yet and we will try to be satisfied only with what we have now.

In this work we will not touch on opportunities to develop an Ideal Society or Artificial Super Intelligence. But we are interested in raising the tolerance level of HUMENA users to the overload of information surrounding them.

## III. Advantages and Disadvantages of Regulation Methods

We can define good methods of mental defense and regulation as those that are effective and at the same time are not affecting a person's life style and behavior. But frequently it is quite the opposite; effective methods affect a person's life style and sometimes completely isolate him from familiar surroundings, while methods that do not influence a person's life are often ineffective to alleviate mental stress.

For example, it is possible to download a meditation program to a smartphone and use it sometimes to relieve psychological tension. It will provide some relief and will not affect a lifestyle but it will not solve the underlying problem. On the other hand, serious involvement in religious activity may change someone's world view and solve their problems but it will significantly change their lifestyle. The lifestyle can be changed even more by incarceration in a mental hospital or prison or

involvement in a cult. But it may eliminate the problem together with the person by taking him out of social life. Not a desired outcome since we need somebody to work with.

## IV. What Are HUMENA Advantages?

HUMENA is a High-Tech system based on special type of meditation, which is developed especially for such "rare" cases when it is needed to raise resistance to the damaging factors of the environment and also to improve mental and physical efficiency without forcing lifestyle changes.

HUMENA stands for "Human Enhancement". By mastering HUMENA skills, a person can significantly increase his mental and physical resilience by attaining the ability to induce willingly certain enhanced states of consciousness. By mastering HUMENA skills, a person also can significantly increase his mental and physical efficiency by getting the ability to willingly induce certain states of consciousness. As a result, mastering HUMENA skills provides better mental and physical health and better overall quality of life.

Even if a person has not mastered HUMENA skills yet but uses the techniques, he can begin to demonstrate better mental and physical efficiency and also better resilience to damaging factors of the environment with the only difference that he needs to use periodically and regularly the HUMENA application onboard of his smartphone.

Mastering basic skills of mental self-regulation with HUMENA technology will allow a person to move to the next step for mastering special HUMENA skills; to be able to influence many things including behavior, to heal mind and body, and to develop special abilities. HUMENA is extremely effective self regulation system, which is very easy to learn.

## V. Five States of HUMENA

HUMENA is the High-Tech system which is based on a special type of meditation and, by using High-Tech equipment, it allows users to achieve certain discrete mental states. There are five such mental states in HUMENA. They are correlated to certain states of a person's consciousness but are differentiated by significant coherence of different levels of brain's electrical activity.

Here are the HUMENA five Mental States description:

**State 1 – HUMENA Delta.** Correlated with regular state of sleep, but HUMENA Delta sleep is deeper and electric brain activity in slow phases is synchronized and coherent. The main frequency is 1.0 – 4.0 Hz. Perception of reality and time is missing. Sleep in the state of HUMENA Delta basically is a deep sleep which provides

a person with better rest and recovery compared to ordinary sleep. The Delta state promotes, enforces and helps to develop abilities for lucid dreaming.

**State 2 – HUMENA Theta.** Correlated with deepest relaxation possible. Consciousness is on the edge of falling asleep. Electrical brain activity is synchronized, coherent and has the main frequency of 4.0 – 8.0 Hz. Perception of reality is fragmented. Perception of Time is distorted. The Theta state in a short period of time can provide deep rest, as well as tension and stress relief. The Theta state is an area of intuition, insight and problem solving. It promotes improvement of short term and long term memory. Also, it promotes abilities for OBE (Out of Body Experiences), RV (Remote Viewing) and other types of ESP (extrasensory perceptions). The HUMENA Theta state also promotes the ability to have Lucid Dreams.

**State 3 – HUMENA Alpha.** Correlated to the feeling of moderate relaxation, resting and feeling of comfort. Consciusnes is completely relaxed and the mind is free. Electrical brain activity is synchronized, coherent and has a main frequency of 8.0 – 12.0 Hz. The perception of reality is slightly fragmented. The perception of time is slightly distorted. This level of brain activity is frequently related to the states of mind achieved in meditative practices. The Alpha state is significant for "Emptyness of Mind" and "Stopped Thoughts" and is supported by a feeling of comfort. It is an ideal tool for short but effective rest and organizing thoughts. It has a "reload" and energizing effect". It is effective for use during the working day.

**State 4 – HUMENA Beta.** Correlated to the active waking state and clear consciousness. Electrical brain activity is synchronized, coherent and has frequencies of 13.0 to 30.0 Hz. The perception of reality and time is adequate or slightly accelerated. The HUMENA Beta state is significant for feelings of calmness, power, clarity of mind, power of spirit, and of being protected like having an undestructable shield. The HUMENA Beta state is a state of the armored warrior who is ready to move ahead with cold mind and immediate action. HUMENA Beta is effective for getting ready for serious work. It has an immediate energizing effect.

**State 5 – HUMENA Gamma.** Correlated to a state of mental excitement, high energy level, sometimes feelings of euphoria, joy and happiness. It promotes the highest level of mental sharpness and development of creative impulses during complicated work by musicians, singers, artists, scientists, sportsmen, politicians, military officers etc. Electrical brain activity is synchronized, coherent and has frequencies of 30.0 – 50.0 Hz or sometimes higher. The perception of reality is extended, heightened, clear and vivid. Time perception is accelerated. The HUMENA Gamma state is significant for feelings of crystal clear mind, "weightless" and "flying" thoughts, a high energy level, sharpness of reaction, and fast decisions and actions. The HUMENA Gamma state is the area of creative achievements, Superconscience and Connection to a Higher Power and Higher Intelligence.

All five states of HUMENA are correlated to physiological waking states that

can be registered on an electroencephalogram, but there is a difference. A person who is practicing the HUMENA system has his brainwaves synchronized and coherent through his entire brain and its hemispheres. This is in contrast to most people in any states of consciousness who have desynchronized brainwaves' activity with different parts of the brain characterized by dominating levels of a certain frequency. It is especially true for people having such conditions as mental tension, stress, depression and tiredness.

It is worth mentioning, that beginners can demonstrate those states periodically during HUMENA meditation. Long time users can demonstrate more stable states. Advanced users can demonstrate any of the HUMENA states immediately, spontaneously, willingly and without support from any High-Tech equipment. Practicing HUMENA helps to achieve better quality of any waking state, better mental and physical condition and better quality of life.

## VI. HUMENA Technology for Synchronizing Mental States

The HUMENA system is a global information network which functions by synchronizing servers, content servers and access servers around the world. HUMENA is connected to GPS satellites worldwide and several thousands of NTP servers connected to Atomic Clocks worldwide as well.

The endpoint devices for the HUMENA System are smartphone applications for Android and Apple downloadable by users from Google play and App store. HUMENA allows unlimited number of users to be synchronized with very high timing resolution – millisecond range.

The HUMENA System offers service through the apps to enable scheduled synchronous group activities, such as meditation or prayer, every hour, every day, every week and every month (24-7-365). Users can log into the HUMENA system and sign up to participate for a certain time or regular times. When person is signing up, the information about that action is immediately reflected in the network. Every participant can see how many others are signed in together with him for a session given at a certain time.

The HUMENA system has five special methods for influencing the user through the endpoint application:

*First method of influencing is an __AMBIENT SIGNALS__ causing mild sensory deprivation.* The ambient signals can be the sound of rain, water or wind, white noise or any other sound of nature, or even an artificial monotone sound. It can also be light impulses or the combination of light and sound according to users' preferences. Any type of monotone signals or combination can influence users' sensory system. Such monotone influencing is necessary to be a surrogate of total silence and to provide the effect of the relative sensory deprivation for the users.

*Second method of influencing is a form of* <u>*BRAINWAVE ENTRAINMENT*</u> <u>*SIGNALS.*</u> It can be special sound signals (binaural, monaural or isochronic) and also light, electromagnetic, electric and other impulses or combinations according to users' preferences. Those signals have a special frequency matching the desired frequency of the brain to induce similar frequency response potentials in users' brains. This way, brainwave entrainment signals synchronize users' brainwave activity and make it coherent between hemispheres and through the entire brain.

*Third method of influencing - Main Message* <u>*(KEYWORDS)*</u> *or Attitude.* The point is that the first two methods - ambient signals and brainwave entrainment - organize the brain to be receptive for the Main Message or Attitude. The Main Message itself can be a text or picture, audio or video file or its combination. The Main Message contains duality. It has informational content and emotional content to influence both types of reception – left-hemispherical and right-hemispherical. Such Main Messages are effective because in the environment of relative sensory deprivation and synchronized brainwaves' activity it has the power of undisputable imperative message. The Main Message can be any type according to the user's desire. The HUMENA System contains five types of Main Messages or Keywords.

For Gamma State – it is the phrase " High Energy"
For Beta State – it is the phrase " Life Force"
For Alpha State – it is the phrase "Peace of Mind"
For Theta State – it is the phrase " Deep Relaxation"
For Delta State – iy is the phrase " Restfull Sleep"

*Fourth method of influencing - Main Attention Driver* <u>*(MAIN DRIVER)*</u>. It is a special rhythmic signal that are catching user's attention. They works in sinergy with the ambient signals. While ambient signal helps to move person's attention from the environment, "Main Driver" signal helps to catch and hold person's attention. As a result, a person can meditate more easily and without the effort to keep and force attention on some imaginary or real things and processes. With the "Main Driver" a person can empty his mind more easily, which is actualy the goal of most meditative practices.

*Fifth method of influencing – Interpersonal Group Synchronization* <u>*(HUMENA*</u> <u>*SYNCHRONIZATION)*</u>
During the process of meditation or prayer, a full group of practioners experience interpersonal synchronization of all four previously described methods. They experience group synchronization through a synchronized Humena Internet Platform based on GPS and NTP systems. So the personal synchronization of brainwave activity of each group member is also synchronized with every one in unlimited group of users everywhere around the world.

All five methods described above are synergistic and mutualy reInforcing in their effects.

## VII. Why Do We Need HUMENA Synchronization?

Why would one need such super-exact group or interpersonal synchronization? Here are a few reasons:

First reason – it is common knowledge that for a long time people liked to do many things synchronously and simultaneously – singing, dancing, marching, playing music, exercising and so on. Synchronous actions frequently provide feelings of joy and satisfaction to users. Synchronous actions may help a person to achieve a Transcendental State. For example, marching and singing have been used since ancient times as a method for helping people achieve a Combat Trance. Most probably, a lone person will be unsure or afraid to go into combat, it is the survival instinct. But marching in line and singing in unison, warriors become ready to start combat immediately even when they risk dying. This is the power of unity awareness. Or unity of consciousness. Or consciousness of unity.

Second reason – personal time perception is a very subjective thing. A sleeping person has no time perception. A deeply relaxed person has fragmented and very uncertain time perception. Someone who is just relaxed has time perception as a ballpark figure. Awake and active people have more or less adequate time perception. A person in the Gamma state has accelerated senses and time flow is slowed down for him. He feels every second or even fraction of a second as significant time periods. HUMENA is connected to GPS satellites and NTP servers with high precision time resolution. Because of this, we can always say that HUMENA time resolution is higher than personal time resolution for any state of consciousness including Gamma state. In this example, we can always talk about simultaneous events perception by every participant of HUMENA session. For counting out event simultaneity, HUMENA is using human brainwave frequency data. The highest frequency – Gamma  - is about 40 Hz on average and the duration of each Gamma wave is about 25 milliseconds. HUMENA synchronization is higher, reaching several milliseconds, so the picture of brainwaves of every HUMENA session participant is not only synchronous, it is actually matched, aligned to each other.

Third reason – there are many independent research data that prove that simultaneous mental action of groups of people can lead to  certain changes in the surrounding environment. According to Monroe Institute research, groups of people are capable, by simultaneous collective intent, to influence the stability of random number generators. Commonly known as the "Maharishi Effect", groups of meditators, by collective intent, have been shown to be  capable to influence certain events of the surrounding world. We are aware about dozens of examples of such research studies conducted by different groups. According to those researchers' data, highly coherent synchronous intent, when produced by large groups of participants, can influence directly the events of  the surrounding area or are somehow correlated with that surrounding.  Possibly, their effect is a manifestation of certain effects of

quantum mechanics (observer effect) on the macro-world level (macroscopic quantum effects). Our goal is not the development of theoretical models, but to use it for practical needs, such as synchronous meditation and unifying the observers. In other words, **HUMENA uses the effects of collective power of intent produced simultaneously and synchronously by large group of participants.**

## VIII. A Typical Humena Session

Here is how it works; when a user is signed up for a certain time for a HUMENA session - let's say 8:00 pm - the following is happening:

A.  The User turns on the HUMENA App on his smartphone and selects one of the five programs.
B.  The HUMENA App tunes into the exact time by using HUMENA access servers, GPS signals and signals from NTP servers. Every HUMENA application is tuning up on the very exact time ( millisecond range) right before the 8:00 pm HUMENA session.
C.  The User receives information about how many other users are signed in for that exact 8:00 pm HUMENA session and then starts the session by touching the button "Sign In".
D.  Several minutes before the HUMENA session begins, the user puts on the headphones and takes a comfortable position.
E.  The HUMENA session starts exactly and sharp at 8:00 pm for all participating users simultaneously.  All three types of methods (signals) are simultaneous for all of the partcipants. As a result, there is not only intra-brain synchronization, but also inter-brain, group interpersonal brainwaves synchronization, as well as ambient signals and main messages synchronization.

## IX. How to Use the HUMENA  Application

The HUMENA app contains five types of programs designed to help groups and individuals to achieve five different mental states. Listening to a certain program tunes the user's mind to a specific mental state described above, and at the same time synchronizes his brain activity. If the user will listen to the HUMENA programs regularly, his state of consciousness will be more and more coherent, resulting in better mental and physical  health and leading to a better quality of life overall.

It is desirable to use HUMENA at least once per day in a rotation  of programs such as:

• Monday – Delta Program
• Tuesday – Theta Program
• Wednesday – Alpha program

- Thursday – Beta Program
- Friday – Gamma Program

It is also desirable to use any of the HUMENA programs for specific situations which the user encounters during the day when a high quality of a certain type of mental state will be of benefit.

After regular practice (for everyone it is individual, but usually it takes several months or more), the user, when desired, will be able to put himself into a certain state of consciousness without using the HUMENA app, just by focusing on one of the five Main Messages to play a "trigger"  or " keyword" role.  When the user, as a result of training, will begin to exercise these abilities to use HUMENA Keywords, it is desirable not to stop but to continue developing.

The program " HUMENA 5 States" (Five State of HUMENA) described here is the main Program of the first level (L-1) and it is required for mastering next level special programs of the HUMENA System.

## X. What Kind of Programs Are Under Development  by HUMENA?

L-2 – "HUMENA Private". The unique features of these programs is that for all five mental states, coherent consciousness is developed and there is more information added to the basic Main Message to target special goals desirable to the user (for example, to stop smoking and panic attacks or to control appetite etc.). The new programs allow the user to upgrade or tailor the Main Message individually according to the user's condition, illness or other requirements.

L-3 – "HUMENA Wish". The distinctive nature of these programs is that for all five mental states special synchronized instruction can be added to the basic Main Message to express momentarily certain intentions or wishes or prayers, targeting something (for example – wishing health to somebody or peace in some place). This type of a program has some similarity with Maharishi University programs, aimed at inducing the "Maharishi Effect".  But unlike the "Maharishi Effect", HUMENA focuses on the collective intention of unlimited groups of people with  millisecond resolution inducing strong "HUMENA Effects".

L-4 – "HUMENA Fusion". The specialty of these programs is that for all five levels of coherent consciousness a special synchronized instruction can be added to the basic Main Message to enable the user or a group to sense momentarily, while synchronized, a certain image or feeling.  This type of programs has some similarity with "Remote Viewing" techniques. But unlike "Remote Viewing", HUMENA is focusing the collective perception of an unlimited group of people with  millisecond resolution, which is enhancing the quality of perception and inducing a "HUMENA Fusion Effect" that should provide strong remote viewing outcomes.

L-5 – "HUMENA New Age". The main technical differentiation of these programs is that for all five HUMENA mental states, a special synchronized instruction can be added to the basic Main Message to be prepared, to focus and to perform actions related to certain forms of ESP (extrasensory perception).

All L2 –L5 programs are scheduled for releases during the year of 2016.

**Additional Special Programs is under developed by contracts**:

"HUMENA Pro" Programs. These are special programs for different types of client organizations, according to their requirements.

"HUMENA Entertainment" Programs. These programs combine all HUMENA advantages for the purposes of synchronous entertainment – listening music, watching movies or different audio and video files, broadcasting, synchronous dancing, exercises, concerts, multiplayer gaming online, etc.

## XI. HUMENA Opportunities for Businesses and Organizations.

HUMENA is an Internet Platform for the delivery of synchronized services within any content in the form of smartphone applications. HUMENA platform has certain advantages for use in such areas as Meditation, Yoga as well as Prayer, and different psychology techniques, psychotherapy, medical treatment methods and applications, different religious services and also businesses (meditative breaks in organizations), military services, sports, etc. HUMENA is designed for partnership with other organizations that need synchronous services. Such partnerships can be finalized in the form of licensing, partnership contracts, subcontractual works, or Joint Ventures.

HUMENA Technology is a property of HUMENA Group and it is protected by Patent applications, Trademark, Copyright and Know-How.

Thank you for your attention,

Dr. Alexander V. Pyntikov

HUMENA Group CEO
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