

## Skin normalisation

### 1. About skin in general

Human skin\_Wikipedia

[https://en.wikipedia.org/wiki/Human\\_skin](https://en.wikipedia.org/wiki/Human_skin)

### 2. Treatment of certain skin conditions with concentration on body parts by the method of dr. Grabovoja

I will show one of the simple methods of concentration for the improvement of skin condition by the methods of dr. Grabovoi. This Grabovoi's technology does not work through healing numbers, but through our concentration on prescribed body parts that belong to the normalization of certain biological systems in humans. The effect of such concentration, according to dr. Grabovoi's Teaching, is to establish a connection between the micro and the macro cosmos. Information on this is found in Yelena Longin's book - The Path to Eternity. The book covers a solidly large part of dr. Grabovoi's Teaching but does not include psychological norming. But it gives all kinds of concentrations to body parts to normalize certain biological systems.

I will briefly describe a concentration that is beneficial for the skin. It can help to eliminate non-allergic and non-infectious skin inflammations, such as erythema (redness), and milder degenerative changes. The procedure can reduce allergic sensitivity and similar cases. It may also cure some milder fungal and allergic types of disease.

Concentration is carried out in a cyclic order on the following prescribed body parts - see below.

CONCENTRATION: BOTH HANDS> BOTH FEET> RIGHT EYE, short pause, REPEAT THE CYCLE.

For example, we perform 10 cycles, followed by a longer rest period. Several such concentrations can be made daily. Concentration is better with physical relaxation, yoga training. Imaginative breathing through the skin pores can help us establish conscious concentration on a particular body part.

**This was my first - an unexpected success in putting Grabovoi's technologies into practice.** While walking I was playing with concentration on the body parts for the skin normalisation, but then I noticed in the same day that the redness of the inflamed skin in the groin began to disappear. It disappeared completely within a few days. In the second case, I cured erythema on my hands and abdomen. I did not use any orthomedic medicines. Corticosteroids, among other things, destroy the skin and the results of treatment are incomplete.

### 3. Some other concentrations on body parts

The state of the neurological system can be normatively improved by concentrating on the right index finger. The eyes benefit from concentration on the coccyx. The tooth benefits from concentration on the left little finger. We need to take into account similar limitations to the concentration for normative skin improvement.

**BIOLOGICAL SYSTEM - FOCUSED PART OF BODY**

neurological system - right index finger

eyes - coccyx

teeth - left little finger

**4. General tips for concentrating on body parts**

Grabovoi's book 'Methods of Concentration' will help us in the development of concentration. We may have the advantage of practicing yoga and related skills. It may be more difficult to add a description to the concentration on the body part than to describe the visualization of numbers. We can describe the concentration on body parts, for example by 'thinking about', or by 'consciously relating to body parts'. It is helpful to relax first. Then, in the relaxed state and position, we 'focus' on the selected body part for a certain period of time. We can add 'seeing' and feeling, but in the right place. Trained practitioners will concentrate anywhere, anytime. Fluid breathing can be helpful to us, especially in the rhythm of royal pranayama.

To 'locate' a body part in our conscious bodily attention, breathing through that part of the body may initially help us. It is useful to practice physical relaxation. The ability of physical attention and concentration will then support us in correctly locating the number strings on the treated parts of the body.

When articulating management information by concentrating on defined body parts, this should not be confused with the body parts being treated. Behind these concentrations are the specific invisible connections of the micro and macro cosmos that are involved in the management of information for the treatment of certain diseases.

**5. Fungal foot infections**

I have got a positive experience using two of Grabovoi's healing codes for a case of fungal foot infection. One is for nails and for foot sole, the other is for fungus between the fingers. Both types of fungus can occur at the same time, so in that case, both Grabovoi codes must be used.

nail and foot sole fungus      4518481

candida between the fingers   9876591

These are common types of fungus, but there are many others. In any case, the treatment of fungi is time consuming and requires discipline. It seems, however, that candida can be stopped in one day.

*Yoda*

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