





I want to share some weird and powerful techniques I discovered on the junction between electricity and shamanism, science and spirituality.

This was at a time when I investigated intensively some strange projects and tools that were created in underground Russian physics research and such things as the Global Consciousness Project from Princeton University. At the same time I was doing my own inner practice, trying to discover the reality that lays behind consciousness, shamanic practice, this invisible world and the force that we call “soul”, “spirit”, “life energy” and “inner world”. Some of my studies turned into technologies that can be seen as electro-shamanism, a kind of cyber-dzen. Many techniques and methods for exercises were developed based on these devices and technologies. Successful implementation of these practices gave me radically new ways of perceiving the

world, life and myself, as well as a deep connection with the unconscious and a kind of magical way of acting. All SOMA gear was created using this experience and the esoteric approach to engineering I developed during that time. Now I would like to share these discoveries with the world, as I think we have to do more experiments and further investigations in this area. I also feel a lot of people could benefit significantly in their life and self development from this. And no less important, I feel that with this approach we can find a new spirituality and self-awareness that is fitting for the 21st century, when satellites are flying in the sky instead of angels and in Padmasambhava's cave we have a well-working internet connection.

The name "Quantum Ocean" points to the base phenomenon of the Universe that can be called Chaos, and which is observed in its purest state on the quantum level of matter structure. I gave this name to the project because all real effects that were discovered during these experiments were connected with different kinds of natural chaotic processes. Little by little I realized that here we have an important secret key and I started to explore this direction intensively. Quantum Ocean is the first electro-esoteric, electro-spiritual project

that has become ready for public release. Of course, the main secret is not inside the box with the circuit, but in your brain, so, actually, this is a deep practice using an analogue electronic device as a living icon of the inner-most root of life and the Universe — a kind of modern, inner alchemy.

*Vlad Kreimer · SOMA laboratory · 2019*

*Editor and proofreader – Thomas Lundberg*

*Industrial construction – Grigory Ryazanov*

*Book design and layout – Valeriy Zaveryaev*

*Sales and communication – Max Bogdanov*

*Commercial department – Vitaly Zhidikov*

*Web administration – Arseniy Vasylenko*

*Top panel design – Anastasia Azartsova*

*Production – Vyacheslav Grigoryev,*

*Viktor Grigoryev*



# ODE TO CHAOS

According to contemporary science, in the very beginning of the Universe, the world was a solid ball of pure energy without any distinctions between its parts and directions. How did we get to such a complex and different world that we observe today? A big part of the answer lies in the most basic and wonderful phenomenon of the Universe we call Chaos. Due to the chaotic fluctuations in space, this ball of primordial energy started to develop asymmetry and irregularity and formed a primary structure which later became galaxy clusters and the largest objects in the Universe. At each step of evolution, Chaos created and creates differentiation, bifurcations and new structures in everything that was uniform, resulting in this incredibly diverse world that we observe today.

Actually, we can say that Chaos defines the exact places for all events and objects in space and time. For example



let's take the Earth. Why it's round and how it turns around the Sun is defined by static and linear laws. But why the Solar system is exactly in this place, and why the Earth is exactly at this distance from the Sun, along with its specific speed, chemical and physical structure, is defined mostly by Chaos. Exact places for rivers, oceans, trees and every small stone are defined by it. Why it's exactly this moment that you are reading these lines was defined by chaotic fluctuations. Just like your personality, the reason why you have these interests, was largely determined by random gene mutations (you are not so similar to your parents, are you?).

The exact moment for you to read these lines was defined by the structure of your day, which has a significant chaotic component, and by the activity of your brain, which also has significant chaotic behavior. Actually, even the fact that you found Quantum Ocean happened out of the blue, as you didn't search for it, right?

So if you're looking for the ultimate reason for why everything has its particular place in space and time, that final reason will be chaotic fluctuations. That is why from ancient times all forms of divinations (discovering unknown or hidden information about people, objects and events) always have chaotic elements in

their procedure. Cracks in animal bones in a sacrificial fire, pulling cards, patterns in coffee grounds, throwing dice — all of them are forms of chaotic processes.

But what is Chaos, what do we know about it? Just that it's entirely unpredictable. For the basic physical, chaotic processes such as radioactive decay that mostly have a quantum nature, we not only can't predict the processes but also can't affect, guide or isolate them in any way. What if we nevertheless suppose that Chaos has a reason, a source? It would mean that the source lies outside of the Universe.

It is commonly accepted that the Universe has no center or edges. That means that if we are able to jump outside, it can be done in any spot. What if we suppose that Chaos is that process that can go in and out from our world, return to its *outside* source beyond, and go back to our world? What if we suppose that Chaos has a hidden message?

One of the most strange and powerful unexplained esoteric phenomena that I permanently observe in my life is that events, people and processes that have no observable or explainable connection, nevertheless often connect with each other in a strange way. For

example, on one particular day all trains and buses on my way are delayed, or a lot of different equipment in different places went out of order for several hours. All connections in such cases were purely coincidental, with the events and people having no prior connection to each other and even no contact. Let's call such kind of inexplicable but observable relations and connections *synchronicity*\*. Synchronicity means to establish a kind of connection out of physical causes and effects in the behavior or properties of random objects, events and people. It also applies to getting information that is definitely unknown to you. For example, we can get information about a future that has not yet happened in a prophetic dream. Also, I have to say that after decades

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\* Famous psycho-analyst Carl Jung coined the term synchronicity last century, and observed the phenomenon in his work and personal life. Any of his books on the subject are great for further reading. He described it as an “acausal connecting (togetherness) principle,” or just a “meaningful coincidence.” Contemporary science also provides some explanations for this phenomenon. The explanations lie in probability theory (particularly in the law of truly large numbers) and are a kind of non-obvious application of mathematical laws on real life. But in my opinion it's worth to investigate deeper.

of experiments with shamanic and esoteric practices, I've concluded that if there really exists some part of these phenomena that lies outside of known depth psychology, it is also a kind of synchronicity, i.e. an inexplicable connection between random objects that happens in a way that, in my opinion, has no clear scientific or psychological explanation. But despite having no explanation we can still experiment with it, getting closer to the day when we do discover the explanation and gain a clear understanding.

What unites all these processes, objects and events in cases where synchronicity may have happened? It is necessary that all of them are in normal real life conditions, which means being connected in some way with the big world (not be isolated) and show natural behavior. Specifically it means that all participants and parts involved in this type of synchronicity event, need to have a significant chaotic part inside of the mechanisms that define their activity. In fact, all real life events as well as the natural behavior of people in natural conditions are guided by chaos to a large extent. This is, as we said above, a deep fundamental part of everything that we can call "real", "natural" and "living". I suspect that this is why it's impossible to observe

or reproduce most esoteric and shamanic phenomena in a scientific lab: *according to strict rules of scientific experimentation in laboratory conditions, all objects have to be isolated from the “big, outer world” and this natural chaotic component has to be removed from all controllable processes as much as possible.*

So what if we suppose that Chaos is that incomprehensible thread which ties together random objects and events of this world in an organic whole, and makes synchronicity of life a way out of the logical and linear mind? Let's try to explore it in this way!

The deepest and most fundamental chaotic process we know is zero-point fluctuations of quantum fields, which go on regardless of whether it is inside of a star or in between totally empty space. From these fluctuations all chaotic quantum processes are derived. Moreover, one of them rules over the subtle behavior of semiconductors and also formed the basis for the circuitry design of the Quantum Ocean. That is why I call it “a Living Icon of Chaos”.

So you hold in your hands a piece of the deepest secret of the Universe, maybe even to the doors outside:)

The Quantum Ocean generates real-time stereo noise with special properties and contains only analog pro-

cessing that is based on quantum chaos sources. It was designed in the conjunction of contemporary science and ancient shamanic and spiritual knowledge. The sound and behavior of the device are designed in such a way that they can open the gates to one's subconsciousness, thereby unconsciously connecting your mind with the deep energy inside and outside of you, as well as helping you get profound insights about yourself and the surrounding world, which are inaccessible in normal states of mind.

The living sound space created by Quantum Ocean serves as a basis for practice which will be described in this book. This practice is a modern type of meditation that can help you achieve a very efficient way of self-awareness and self-control, along with offering glimpses of a deep consciousness that can radically change your conception about who you are and what life is.

In old times, wise men went to the ocean shore and listened to its waves to get wisdom and answers to their questions. Today, if you live in a megalopolis, it's difficult to hear natural sounds such as ocean waves or rustling leaves and maybe in the future it will be almost impossible. But you can reach the ocean of quantum chaos at any time, in any corner of the Universe, and

sit on its shores listening to the waves coming from  
the deepest root of the World.

So let's use it as a sound foundation for practice, for  
the inner transformation of the present and future!





THE TECHNIQUES  
AND METHODS  
FOR PRACTICE

DISCLAIMER: SOMA laboratory carries no responsibility for any unwanted effects, losses, damages or troubles that may happen during or after the exercises and experiments described! SOMA laboratory also does not guarantee that you will achieve any positive results with the Quantum Ocean! This is an experiment that you do at your own risk! If you have any hesitations or suffer from a psychological disorder, please consult with your psychologist or proper authorized specialist first. And, of course, everything described here is not a substitution for normal medical treatment!

It's important to understand clearly that all benefits described below, in most cases, can only be achieved as the result of your efforts and practice! It's not like with drugs and similar things that forcibly shift the chemical or electrical workflow of the brain and change

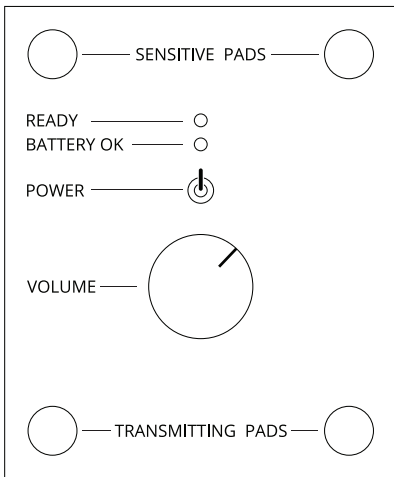
your mind and inner state without any effort or even intentional participation from your side. QO is not a fairy-tale magic box for a higher consciousness. It means that the QO device is just a tool, comparable to climbing equipment — it won't bring you to the top of a mountain by itself. You have to do significant work, spend significant time and, well, have a kind of talent, a certain predisposition for this type of experience and practice.

But unlike with drugs and such stuff, the achievement will be truly yours, and it will open for you new possibilities that you will be able to use consciously and without side effects. So, if you feel that you want this type of experience and skills, and you are ready to work for it, it's worth a try. And I can say that mastering even 20 percent of the described exercises will give you significant benefits.

For all exercises except for 12, headphones are required for diving into the Quantum Ocean. It's important to use quality headphones without screaming mid-range, with good bass and a frequency response that is flat enough. The sound needs to not be irritating, but deep and evolving. We spent significant efforts on creating the high-quality audio output on the QO. Please

use equipment on your side that can deliver this quality to your perception and mind. We recommend using Koss Porta PRO, good Sennheiser headphones or ones with the same quality and musicality. But perception is very individual, so you have to choose the ones that work best for you.

Adjust the volume so that, on a subjective level, you perceive the sound space as a wide panoramic landscape while standing on a hill. This will make your practice most effective. If the sound is evolving and has this panoramic view, it means that everything, including headphones, is well chosen.



QO uses a standard 9V battery (PP3, E-Block size). We recommend using alkaline or lithium ones. QO has a power indicator LED (the one closest to the power switch). While the battery has enough charge it stays lit. If it goes dark after switching on or you hear distorted sound you need to replace the battery. The device needs 5–10 volts to work normally. A battery is not included as it's prohibited by rules of international shipping. You have to open the bottom lid to install the battery. After you switch on your QO, it needs some time while internal setting and biasing processes take place. During this time the sound is muted. It takes around 40 seconds. When the Quantum Ocean is ready to dive, the second LED (that is closer to the sensitive pads) will light up.

Under the bottom lid, you can find the multiturn trim-pot that adjusts the balance between left and right channels. The balance is centered by the factory, but you can adjust the balance if it feels off. Use a small screwdriver and turn the screw on the pot until you achieve the right balance.

QO has sensitive pads on the side opposite to the headphones socket, and transmitting pads on the side closer to the socket. You can use the sensitive pads for tuning QO to certain objects. For example, if you put your own fingers on them, the weak electricity that flows through your body will affect the quantum processes in the sensitive part of QO, and make changes in the subtle structure of the output sound. This way it connects your inner state with the soundscape you perceive. Change your inner state through the intentional focusing of your attention on certain objects, people or events. This will tune the QO soundscape to the object of your focus and provide a deep experience of perception of those objects, events etc.

We have to note that these changes are really subtle, so you will hardly recognize them using let's say a standard frequency analyser. But you yourself will be able to perceive changes if you master exercises 1–5.

The transmitting pads are connected to the right and left channels of the output and can be used for adding a tactile, sensitive dimension to the exercise. Ancient living beings had the ability for direct perception of electricity, and this sense organ often was very sensitive. The human body is also able to sense electricity,

so you can try to put your fingers on the pads during the exercise and observe feelings arising in your body. It can add a new dimension and more power to your experience. If you happen to be that highly sensitive type, you can even disconnect headphones and use just this physical way of perception. For example, you can do exercise number 8 without hearing any sound. Instead, try just putting your fingers on the transmitting pads, and ask another person to put their fingers on the receiving sensors on the opposite side. Use the volume knob to adjust the strength of feelings you want to have and the level of amplification of life energy.



Treat the device with the same respect people place on ritual objects. It will make your practice deeper and more powerful.

Remember that the QO is a kind of receiver, so try to use it in a space free of electro-magnetic interference during your practice. Place it far away from devices with strong electro-magnetic fields such as smartphones and computers, except when you use them for focusing on distant events or objects (such as texts, websites or pictures displayed on the screen).

Some exercises can be easy for you, while some of them will be so complex that you can't even begin to understand or feel how they could be done at all. Don't force yourself too hard, take your time and move forward step by step as you can. Often the most important things happen unexpectedly and that's nice! The sign that you're doing your exercise correctly is that you are fresh and inspired after it, or, at least, don't feel significant tension or excessive tiredness.

It's good to come back even to the early exercises again and again, finding new aspects and depth.

The exercises are arranged in a sequence that works. But you can create your own, if you feel it's more efficient, and of course any experiments and creativity are very welcome:)

You can skip any practice if you feel that it's not for you, or you don't want to do it for some reason.

It's important to exit each exercise gently. Don't rush back into your daily grind right away, and instead try to make a soft transition while remaining in the state you achieved for as long as possible.

On [somasynths.com](http://somasynths.com) you can find the forum devoted to QO where you can share and discuss your experiences, ask questions and find more exercises. Having a discussion is a very good way of exploring these topics and phenomena.

*It can make your practice with QO much more successful if you stop your internal dialogue during your session. If you are able to do this already, please apply it during QO practice. If you're just learning it, you can develop both practices in parallel. If you've never tried stopping your internal dialogue, it's worth to try and combine it with QO practice. Either way, you could get a significant benefit and a cool experience.*

## **1 Find layers and parts.**

*preliminary practice*

Sit comfortably.

Relax your body.

Put your affairs aside.

Breathe deeply and calmly.

Be present here and now.

*(prepare yourself this way before all exercises)*

Listen to QO using headphones

*(use headphones for all exercises except for Quantum Chaos Dancer).*

Focus your relaxed attention on the sound.

See it as an endless space.

Start moving your attention in this space in all directions, exploring it.

Try to find different layers and parts in the noise, the more the better.

Become aware of the differences between them.

Teach yourself to switch your perception between the different layers and parts, focusing your attention on different aspects of the sound.

When you are able to do this quite easily, the exercise is finished and you can go to the next one. Spend as much time as you need on each step and each exercise. After each practice session, spend 5–15 minutes in silence doing nothing, and just have a rest.

The main aim of this and the following exercises is to switch on our subtle perception. We perceive much more information from inside and outside than our mind recognizes consciously. Through billions of years of evolution we accumulated many different ways of perceiving and thinking. But modern life limits us to quite a narrow band of options, usually consigned to the manipulation of contemporary tools like a car, subway, social networks, cash machine etc. At the same time, we remain owners of the ancient brain which has a significant influence on our life, along with major constructive potential for perception and decision-making that can guide us through many situations much better than logical thinking. So let us be friends with our ancient brain:) There are a lot of hidden treasures and, eventually, it's a simple question of inner integrity and self understanding.

## **2 Switch on vision and feelings.**

*preliminary practice*

Dive deep enough into the noise space.

Find the layers and parts.

Begin to not only hear them, but also see them.

See colors, darkness and light, textures, patterns and structures.

Don't worry about whether it's just your imagination or real perception.

Take it as a funny game.

It will develop and tune itself little by little during practice.

Then connect your perception with your feelings.

Some parts are hot, some are cold.

Some dry, some wet, some weak and blurred, some strong and solid.

Some are funny, some are scary or sad etc.

Find as many different feelings and shades as possible.

Don't worry if some of them are strange and you can't even describe what it is or give it a proper name. Don't worry about whether it's just your imagination or a real perception. What's most important is to teach yourself to focus your attention on it, and to trigger this mode

of the brain that gives you synesthetic perception of different layers and objects in QO space.

You can do the two parts at different times if both are too much for one session.

This kind of integral, synesthetic perception is a very important key to the inner world and most psychological, energetic and shamanic practices, as well as for creating powerful art. After I had accessed this type of perception, deep and complex exercises began to work and I had gained an invaluable tool in many aspects of my life. Later I discovered that most people who are proficient in extrasensory perception (intuition), art, psychology and so on, have the ability for this integral perception, when vision, hearing and feeling function as a single whole. So it's worth your time and effort to get practice in such abilities in different ways.

**3 Free navigation.**  
*preliminary practice*

Dive into the noise space.  
Go up and down, left and right, back and forth.  
Perceive different sounds, colors and feelings.  
Explore it!



#### **4 Find the sound of the day.**

*main practice*

Wake up in the morning.

While you are still fresh and relaxed go to QO space. Discover which sounds, colors and feelings it has today. Remember it and compare it later to events and distinctive features of this day.

Are there any connections?

If you begin to notice interconnections between the QO space quality you found in the morning and what happened during the day, use it to predict and manage what will be. It can give you a powerful tool beyond the logical mind to manage life and yourself.

Observing differences on different days will lead to deep consciousness and inner peace. See it as a wonderful game of life, because there is no guide. It just happens on its own in an inexplicable manner!

## **5 Find changes in the noise.**

*preliminary practice*

Dive deep enough into the noise space and fix yourself in a spot that could be called the middle.

Relax, breath, forget about time, listen, watch, feel the space doing nothing.

At some point, the space will change without any efforts or movements from your side.

Realize it and wait again doing nothing.

In another unpredictable moment some more changes will happen.

Go through these spontaneous changes until you feel yourself fresh and involved.

Then take a rest in silence.

## **6 Discover the Living Stream.**

*core practice*

When you are pretty familiar with the previous exercise, go deeper into it and stay for longer.

Watch the changes that happen again and again spontaneously, without your efforts or intentions.

At a certain point, you will discover the Living Stream that flows through the QO space. It's always fresh, new, unpredictable. It brings spontaneous changes to inner and outer life. When you discover it, you experience feelings like you observed something important, the living source, an inexplicable formless but moving being. This is an important deep root of life and the Universe. Many exercises can be built on this and it can be very beneficial in life and affairs if you are able to remain deeply connected with the Living Stream. Since the day when I discovered it and got the connection, I feel like I started to live a new life.

But for now, just watch it and be relaxed, happy and full of energy — you are witnessing a mystery.

The main meaning of this and all further exercises with the Living Stream is breaking through the strong isolation of the SELF, which in most cases is like a lonely island surrounded by invisible but strong walls that separate us from that we can call Life. One of the main challenges of today, and of modern civilization, is that separation from inner things like spontaneous natural feelings, causeless happiness, dreams, inspiration, irrational meaning of life, as well as the separation from the outer life as the direct feeling and connection with other people and with nature. If the Living Stream is found and the connection is restored, life will get its elemental meaning and power. A few lucky people have this connection already in a healthy state without any effort. Usually they are prosperous. But anything to improve this connection is worth it.

## **7 Discover the sound of yourself.**

*main practice*

Dive into the noise space and discover its state and qualities at this moment.

Put your thumbs on the sensitive contacts on the top panel. Left thumb on the left plate, right thumb on the right one.

The sensors pick up living electricity that flows through your body and connects it to the quantum processes inside the QO circuit. This way the Chaos and the deep mind begin to be aware of you, and begin to reflect your inner state.

Observe which changes happened in the space since you put your fingers on the sensors. Which new sounds, colors, shapes and emotions arose just now?

Consider this difference to be the current sound and state of you.

Try to use it in your practice of introspection and work on yourself.

## **8 Discover the sound of another person.**

*main practice*

Dive into QO space and discover its state and qualities at this moment.

Ask someone to put their thumbs on the sensors on the top panel.

Recognize the changes that happened in the Quantum Ocean space as a result.

What reflections does it make on your body and energy?

Try to use it to get to know the person deeply, outside of any words, prejudice and preconceptions.

## 9 **Body diagnostics.**

*main practice*

This and part of the the next exercise can be effective if you are a kind of experienced shaman, a traditional healer or trying to access these abilities. But, please, don't be fooled into thinking that here we have a kind of miraculous healing technique. All successful cases with this kind of practice were caused by large amounts of inner work that, actually, trigger deep neuro-physical processes in the body. So ultimately, the most important thing is how deeply and intensively you can be connected with your ancient brain. All tools and methods are just to help you develop and use this connection.

Dive into QO space and find its state and qualities at this moment.

Move the QO device closely to a body part or organ of your own or someone else, and find differences. Use these observations for diagnostics. What colors, shapes, states, vibes, emotions, energies are weak, missing or damaged? Which ones are in excess or too excited? You can use this insight to do an exercise that will restore the balance and help heal that part or organ.

If you want to perform a remote diagnostic:

Clear your mind as much as possible.

Put your thumbs on the sensors and concentrate your attention and energy on the part of the body of the person you want to diagnose remotely. Also you can try to use a photo or an object that belongs to that person. After tuning to the relevant part or object, find the difference in QO space in the same manner as described before.

Be cautious with this kind of exercise! If you are going to make an important decision about your own or someone else's health, please consult a physician or specialist! An important conclusion needs to be approved in different ways.

The QO quantum sources of noise that are located between the sensitive pads have a circuit that works as a special receiver. It is shielded against artificial radiation from electronic devices, but is able to receive something else, which can connect QO perception with external objects. So...



## **10 Scan objects, places and events.**

*main practice*

You can scan objects, events and places by using the QO device in close proximity to the item in question, or you can use concentration of your attention and energy on distant events and objects as described in the previous exercise.

By comparing the conclusions you got while scanning, to the actual situation and experience you received when you entered into the real event or got in direct connection with the object, you can tune this practice and yourself little by little, thereby removing all interference that makes results inaccurate. The more you practice and the more your inner state is clean and balanced, the better accuracy will be. I have countless examples of successful cases with this type of remote diagnostics and correct decisions based on this practice, and in some cases got such wonderful results that are nothing short of a miracle. I hope you will get these benefits in your practice and life as well.

Here we are experimenting with the wonderful capacity of our awareness to access information that is outside of our direct physical perception. This is in fact an example of the synchronicity described earlier. Despite the fact that I am critical, it still works somehow and brings useful results. I can't explain how it works and I can't write it off as purely an illusion. Maybe your experiments will make it more clear?

**11 Discover the Living Stream in yourself.**  
*core and essential practice*

Dive into QO space and find the Living Stream. While focusing a part of your attention on the QO space, also focus part of it on your inner space and find the same Living Stream inside you — this deep uncreated living process outside of symbolical and logical thinking in the very core of your inner space. Also you can try to use the QO Living Stream as a spiritual dedication to fire up the perception of the Living Stream in your inner space.

Switch off the device and still observe the Living Stream inside you.

Try to return as soon as possible to this observation during your ordinary life.

Teach yourself to find it easily at any time and any situation.

Be connected with the inner Living Stream as deeply and often as possible.

Try to let it guide your life, your energy and decisions.

A sign that you are doing the exercise correctly is that you don't create but find the inner Living Stream without any effort, just by setting your attention to the same position you already discovered. Perception of the Stream usually creates a very specific feeling of serene power and happiness, as well as expanding your consciousness.

## **12 Quantum Chaos Dancer.**

*core practice*

Hook up the QO to good speakers using proper equipment.

You need to have enough physical space to move around in, a safe environment and loose-fitting clothing that let you move freely.

Find the Living Stream in the QO sound and in your inner space.

Let it move and guide your energy, your emotions and your body.

Do a spontaneous dance in this connection for as long as you feel.

Then stop and be calm in silence, stillness and meditation, staying connected with your inner space.

Don't be misled by the word "dance". It's not a dance in the ordinary sense, i.e. a sequence of movements that you learned or saw someone else do. Rather, these are movements that your body does spontaneously, guided by deep energy.

Don't worry about whether it's pretty or ugly, funny or scary. This is why it's better to be alone during

the dance and to know that nobody will disturb you during the exercise. It's not a show, but a deep and intimate process.

It's best to keep your eyes closed or at least semi-closed, and unfocused. Be inside, not outside. Perceive yourself as a field or a ball of energy. Lose your SELF as much as possible, forget everything that you knew about your personality, and just be pure movement and feeling.

This is a cool experience of trust and integrity while switching off the controlling mind. The exercise can give you a new level of self-understanding and connection between the mind and deep emotions. In reward, you will be fresh, full of energy and happy.

After gaining some experience with the QO sound, you can also use proper music doing this exercise. But remember that music will shift your inner state toward the states and energies that are present in the music, while practice with the QO is neutral and unbiased. So be aware of this while creating your playlist. At least be careful with destructive music that has heavy, painful, depressive (so-called negative) energy, except of course if you plan on exploring those states consciously.

### **13 Uncreated music.**

*main practice*

Go into QO space and explore the layers and dimensions until you find a place where you start to hear music. It can be choirs, melodies, rhythms, harmonies, or something incredible, whatever. The most interesting thing is that nobody created it.

Listen to it.

If you are a musician, try to recreate it.

This way you can find a powerful source of fresh ideas, new sounds and inspiration, and maybe it will help to create the best of your tracks.

**14 The Voice.**  
*surrealistic practice*

Research QO space until you find the speaking Voice.  
Try to understand what it says to you.

Maybe there is something important?

Also, pay attention to intonations and emotions that it transmits.

You can use this part of QO sound with the exercises described above, as you did with the different layers of the sound.



## **15 Deep relaxation and meditation.**

*main practice*

Go to QO space and imagine yourself as a piece of wood that is swinging freely on these waves. Let the waves move you, your attention, your thoughts and emotions up and down, left and right, traveling to unknown lands. Let everything you have or that comes up during the practice dissolve in this endless deepness and spontaneous waves. Lose your SELF and everything you have as much as possible. Just let everything disappear in this Ocean and reside within this experience.

Try to use it as a way for meditation or deep relaxation. You can try to do this practice at any time after you master exercises 1–5.

## **16 Be the river.**

*main practice*

Consider your body as an empty vessel. Use your will and imagination and direct the Living Stream (or just the QO sound in a simple case) through different parts of your body until it floods your whole being. This is a powerful practice of self healing, deep relaxation and self diagnostics. Healthy parts let the Stream flow freely. If the Stream meets an obstacle you can analyze it using the integrative perception described above, and try to remove or fix it using visualization and will. When a free, unobstructed flow through the entire body is achieved, a very harmonious, pleasant and healing state will arise. Also, it can be a good way to charge yourself with clean and powerful energy.

**17 Discovering the Living Stream in other people, animals, different objects and the whole the world.**

*core practice*

When you are outside of your home, find the inner Living Stream inside of you. While keeping part of your attention on it, dive into the inner space of other people, using a kind of deep empathy, and find the same Stream in them. Discover that it's just different parts of one huge phenomenon that flows through the World. Try to do the same with animals and objects.

Try to see the Living Stream inside people, other beings, events and objects while you establish relations or maintain them, and be the Living Stream yourself as well. Watch what will happen.

**18 Be connected with the Living Stream  
anytime and anywhere.**

*core practice*

As you now can see the Stream in yourself and everywhere around you, you don't need any equipment to be connected. Be connected with the Living Stream as often and deeply as possible. Be the Quantum Dancer in all parts of your life. You can still use QO in your practice as an additional tool, but now the most important thing you can do inside yourself directly. You can be connected with the world and all people personally, and, in whole, through this deep phenomenon and state of consciousness, perceive and act using this path.

**19 Listen to the world the same way you did with Quantum Ocean.**

*main practice*

Find hidden layers and objects inside the sound space of the normal world.

Perform the same exercise using the natural sounds around you and connect visions, feelings and all this into an integrated, synesthetic perception.

The world will become an open book and start to show its secrets.

It can give you an invisible map of life and often shows the best way to do what needs to be done and to avoid what needs to be avoided.

**20 Go beyond.**  
*final practice*

Create your own exercises based upon these techniques and your experience with them.

Share the knowledge and experience with others.

Make your life, decisions and actions have a deep connection with what you discovered.

Be powerful, useful, happy and free.



