

# **PhD in Yourself System**

## **Part 1**

By Oleg V. Moskvine

### **The Science of Awareness**

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# PhD in Yourself System

## Part 1

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## **Foreword**

**A rich life outwards and a rich life inwards  
are the parts of one universal rhythm**

PhD in Yourself System is a simple, direct, practical, non-classical, self-coaching system that everybody can successfully apply for everyday life right now!

**Admit it:** if throw away the real for the unreal, if catch the non-essential and lose essential, if miss the dance of life, then life sooner or later will become meaningless with any achieved success, power, money and prestige. Even the great success can become a great failure on the long run... Life that could have been a tremendous beautiful adventure has turned into mechanicalness of every day.

### **Look at everyday pattern of man...**

When a man wakes up in the morning, does he enjoy a new day coming to be discovered? Or does he go through the same old routine of life: the same habits, the same moves, the same words, the same exercises, the same emotions, the same feelings, the same thoughts? Just going on breathing mechanically is not enough to be alive. Just going on moving mechanically is not enough to be alive. Just going on eating mechanically is not enough to be alive. Just going on exercising mechanically is not enough to be alive. Just going on looking mechanically is not enough to be alive. These functions can be implemented by robots.

### **Man seems not to have time to find himself...**

What a strange world! Man may spend his life with non-essential things but never find the divine eternity inside. The more man runs for future goals, the further away he is from his nature. Ironically, man knows everything around him except for himself. A run after something gives a good excuse and a good reason not to find the intrinsic nature of man, not to find himself.

Dealing with life only in a mechanical way, repressing the essentialness of life freezes the aliveness of inner nature. And these repressions are clearly manifested in every restricted breath, in every tense step, in every jerky movement, in every false head-oriented smile, in every false mask and in every ice-like touch. What has been missed? The celebration of life has been missed. The rejoicing in life has been missed.

### **I am saying it again and again...**

True life is intended to be the **celebration** of aliveness. Just stop running for a moment and wonder: you are alive! One additional day is granted to you to BE, to LIVE, to FEEL, to LOVE, to BREATHE this life! You may enjoy the sunrise today. You may enjoy the songs of birds today. You may tell a fairy tale to your child today. You may walk in a beautiful park today. You may write a poem. You may create new technology. You may start a new business. Do you realize this great chance given you TODAY?

### **Think on these things...**

- **Would it be worth to build healthy self-esteem?** When you are not moving towards your own potential, then you are losing yourself. When you are NOT contented with yourself, then you start looking around. Somebody else seems to be richer, smarter, happier and healthier, so the run after more, more and more starts. It is always the grass on the other side that looks better and greener. Right? Or wrong?
- **Would it be worth to understand yourself better?** Just knowing yourself, just being yourself, just indulging in your own nature instantly dissolves the illusion of the greener grass somewhere else. Make the grass greener on your own side! If you believe in yourself, it's amazing what you can accomplish in your life!
- **Would it be worth to live your own life?** Think about your own seed that has a tremendous potential for growing and blossoming! Living according to your own potential, according to your own way of thinking, feeling and realizing, singing your own song is the true intention of nature.

If these questions make real sense for you, then there is...

## PhD in Yourself System

### Body – Mind - Consciousness

- The system teaches you self-knowledge, self-understanding and healthy self-esteem
- While you will be working with many techniques always remember they are not so important but the concept beyond them is always important. It is a step by step project to be practiced many times and finally to be dropped... Don't restrict yourself by any methods, techniques or ideas: see the whole picture. Finally I want you to move beyond any practicing, any methods and any techniques directly to yourself
- Always remember that what is important is not how much you have learned but how much you have absorbed and applied in your life
- Learn and adapt the main ideas of the system to yourself by using your own interpretation and understanding: different methods can be useful in different situations, so absorb what is useful and drop what is not useful for you now. By understanding the whole concept you can always create your own exercises, methods and systems
- You as the organic whole are much more important than any system developed or not yet developed. Period.

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## Introduction: Seven Main Flows of the System

### Overview

1. Using words
2. When to drop methods and techniques
3. The triangle of in-search
4. Seven main flows
  - Flow # 1: "Your Natural Response"
  - Flow # 2: "The Freedom to be Yourself"
  - Flow # 3: "The Pendulum of Life"
  - Flow # 4: "The Poetry of Life"



Flow # 5: "All Simply is"  
Flow # 6: "The Spring of Doubt"  
Flow # 7: "Laughter From Your Heart"

## 1. Using words

If somebody tries to share utmost experience, it becomes **very difficult** to do. Why?

In the moment of experience there was **no person** who knew and felt it and there even was no object that was known during this experience. The person became dissolved in this experience. Yes, something happened, something subtle was experienced but at that moment there was **NOBODY** to realize it.

**Awareness** of this occurs when experience is split into two parts: subject (this person) and object (experience of this person). Then the awareness of this experienced "something" permeates and becomes transformed into feelings. But it is not the end!

Then these feelings are interpreted by the mind. But when one intellectualizes feelings, then something essential is lost, right? Try to systematize and explain the word "love". Do you feel that the aroma of love itself **disappears**?

But wait... a logical interpretation of this utmost experience should be verbalized by finding proper words. But how to find proper words to "something" that can be never verbalized?

Another problem arises... If you listen to these words then you begin interpreting them through your own mind. Then you create your own meanings of this experience that are definitely different. But what if you have **never** had such an experience before?

**Distortion** of this original experience achieves its maximum at this moment. What is left from the original experience then? 10%...? 5%...? 1%...? Essence of something can touch and impress you only in the proper atmosphere. It can be experienced, felt and caught by using analogies, poems, metaphors, parables, myths and anecdotes to immerse you into a new atmosphere. Don't try to **cling** to words. Try to immerse in the atmosphere to have the inner feel of what is being talked about.

The rainbow of reality cannot be taught, can never be explained, can never be logically covered and can never be verbalized. It can only be experienced. Reality is not a thing, knowledge or information. It is a live process, vibrations of existence, freshness of an ocean, play of life. But until you know it from **your own experience**, all this is only words, not more...

## 2. When to drop methods and techniques

As to me, simple witnessing of the body, mind and feelings is enough.

**Witnessing** is a phenomenon of higher priority than the mind. Remember about this: witnessing is your own intrinsic quality, your own nature. It is not a method itself. Any method just creates an atmosphere to deepen into witnessing. You simply watch whatever passes you: emotions, thoughts, feelings, dreams. You are not what you can watch. Witnessing is beyond this.

When you are witnessing, when you are aware, then your mind disappears along with any methods and techniques. **Any attachments** to any methods belong to the mind. The problem of any technique is that your mind and your EGO want you to become a perfectionist in it.

Thus you may start clinging to this technique or method. The mind wants to become your master. But remember, that the mind is a beautiful servant but an awful master.

Any method and technique should just help you to move deep inside to be aware of your own nature. All methods and techniques are useful to create new situations that are unpredictable for you, when your mind stops.

Use any methods you want, play with them until you are aware of your being. **Any method is like a ladder.** Use it to move up to the peak. When you are on the peak of your awareness, drop the ladder. You do not need it anymore. Otherwise you become attached to it. Otherwise any method may create many illusions and fantasies through your mind.

Until you reach your inner centre, methods may be helpful for you. And when you attain your inner wisdom, then you do not need **ANY more** methods or techniques. When you are aware of your inner centre, you should drop any methods and techniques to move on alone. You should become the Master of your life. Thousands of in-searchers have already attained their inner wisdom... Thousands attained... And thousands will attain...

## 3. The triangle of in-search

You may think about any idea... and you attain the world of intellectual search, the world of thoughts and the world of scientists. You may use your mind to intellectually search and study any theory, concept or doctrine. Use your mind as a powerful computer. But be aware of the fact that **you are not only your mind.** You have other dimensions inside of you.

Remember that experience is not a definition made by the mind. **Experience comes through your practicing.** You may feel the beauty of simple things from your heart... and you attain the world of feelings, the world of poetry. Your heart is the bridge between your mind and your nature. Feelings go beyond words and theoretical knowledge. They come from your heart. It's something inner. It's time to feel. It's time to catch the irrationality of illogical things. It's the time for poems to immerse into beauty.

There should be no conflicts between both ways. You may use both ways. You may work with both ways. If you feel comfortable, joyful, peaceful with any experience, even your doubtful mind will inevitably accept your experience, your practice and will help you in the following searches.

**The synthesis** of both ways helps you to be beyond them. You may use both ways, you may enjoy both ways. You become the Master of both ways. And both ways become your true servants.

And in the synergy of both ways a new dimension arises. **It is your awareness, your uniqueness, your individuality.** And this is the door to the world of existence and the world of mystics. You become the whole, you become harmonized. You can see the whole picture of reality... Have the taste of it! Experience it!

#### 4. Seven Main Flows

**A**ny system itself should be based on some ideas, principles and statements, right? Otherwise, how can one systemize something? To systemize, one has to separate the whole into some parts. **But when wholeness is split, the essence of it disappears.**

What could be done? It was a real dilemma for me. How can one explain every layer of the rainbow of reality and not lose the aroma of wholeness, the spectrum of the rainbow? I should have introduced several principles to explain the systematic approach. But if I did this, these principles would be interpreted as strict rules to follow.

Any rules and principles imposed by the mind are contradictive to the nature of existence itself. When they are interpreted literally by the mind, they become frozen and covered by your own conditioning.

Life is a spontaneous irrational paradoxical illogical mystical phenomenon itself. Life is a flowing and vibrating phenomenon. There is no any static thing, only dynamic processes. The deeper you enter existence, the more new vibrating, oscillating and alive processes you are aware of.

That is why the system suggested by me is based on **several interwoven flows**. These flows are not strict rules, dogmas, restrictions and frozen instructions you may stumble upon. I call them flows because they are like flowing springs. They are ideas to explore and hints to in-search.

I don't insist on them, I don't make you follow them, I don't require believing in them. Think about them, feel them, taste them, flow with them, catch the atmosphere they create and you'll see why **they are called "flows"**. They are always fresh, new, vibrating and fluid like life itself.

Scientific logical approach, poetical words, analogies are intended in this system to create the proper atmosphere, to help you to see the whole picture, to help you to feel **the whole spectrum of reality**. I am NOT intentionally finishing these flows. There are dots, dots, dots... There is room for you to discover, to explore and to contribute your awareness to the awareness of existence.

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## Lesson 2: The Beauty of Vibrating Food

### Overview:

1. Who else knows your exact food needs?
2. Vibrating food
3. Torsion (scalar) field theory and vibrating food
4. The trap of attractive food
5. Vibrating food versus attractive food  
Try it now..
6. Real hunger versus false hunger  
Try it now...
7. The poetry of eating  
Try it now...  
Try it now...
8. Respond totally

### 1. Who else knows your exact food needs?

If you start searching for food topics, you may find **a lot of information** about pH balance, acid-alkaline residue of food, metabolic typing, proteins

and fats, simple and complex carbohydrates, antioxidants, vitamins, oxidative stress, cleansing the body, assimilation, digestion, bioflavonoids, blood type, diet plans, counting calories, good and bad food, organic food, balanced and imbalanced food, eastern and western diets etc.

Becoming more and more competent in many aspects of food education, you start to control what you should eat, how much you should eat and when you should eat due to such and such recommendations, theories and authorities. **You are still centered in the head.** Unfortunately, such control may often result in many restrictions and many cravings...

If you have been suppressing your body's needs for a long time with strict rules and taboos, your body will make you crave for some foods to compensate such restrictions. When any food is **restricted**, your body begins focusing on this food.

But when you allow your body to eat what it needs and when it needs, you will have less and less cravings. You will simply lose interest in cravings because you are properly nourishing your body. Eating a wide variety of foods of all groups needed by **your body** is a wise approach.

Sooner or later you begin realizing that there is **no "all-in-one" diet**, approach, theory because it's impossible to create such a diet which will cope with your body's needs that may change every day. This is a true phrase that "one man's food is another one's poison" because you utilize the same components differently due to the uniqueness of your body. You should find out what food is right for you by listening to your body's needs. **How to find the proper spectrum of food for you?** Start with doubting to clear it by experiencing...

*A quotation from **Flow # 6 "The Spring of Doubt"...***

*"Your doubt is the first step to find out the rightness from within. Consider doubt as a challenge and excellent opportunity to search.*

*Do not repress doubts. Let doubts be dissolved by your own experience. "Do you believe in the Sun or not?" is a nonsense question for you because you know it from your own experience. You do need to believe in the Sun, the Moon, the Earth, love, beauty because you know them from your own experience, right?*

**You should transform statements of others into questions, not into answers.** *Whoever enquires, finds! Nothing that has been accepted by you just on belief is helpful because you have not passed this through your own experience.*

*Doubt itself is not "yes" or "no". Doubt means you are free from dogmas and prepared answers. It means you do not know, but you are ready to search*

for rightness. You are open to find out. Until you know from your experience, you cannot say "yes" or "no".

**Start in-searching from a scratch**, without any conditionings and attachments to any theories, dogmas, schools and doctrines.

**The spring of doubt finds the door to reality.** Do not rock this spring with stones of beliefs. A belief is something you have to accept in words without your own experience. A belief is just a trick of the mind to repress doubt. If you are asked to believe in something, you push your doubts into your unconsciousness. But sooner or later, inevitably, your doubt will arise again...

*Doubt is never destroyed by believing. It's cleared by experiencing. Trust arises from your awareness, from your intrinsic centre, from your own experience. When you know reality from your own experience, the door opens."*

You have a diamond inside of you. It is your inner wisdom! **It is your nature!** You are unique and you should be the Master of your life, right? Who else knows your exact food needs?

**You are unique** and your body's food needs are unique at any given moment too. They depend on your body's physiology, age, climate, season, physical and intellectual activity, environmental factors, rhythms, cycles etc.

It was proved by scientists that if a child was allowed to choose food, then this child would choose the right food for a long run by instinctively self-regulating this process day by day, relying on sensory pleasure.

**Eating is intended by nature to be a very simple, very comfortable and pleasurable experience.** Instead of numerous rules, dogmas, theories of what you are supposed to eat you can rely more and more on your own nature. You just need a bit of awareness in this...

We are talking about your **awareness** to listen to your body's needs. We are talking about your **inner wisdom**. We are talking about your **unique nature**. We are talking about the **beauty of eating**, the art of eating. We are talking about the **poetry of eating** and the esthetic of eating to open the door to existence...

Let's consider a **hypothesis** about vibrating food. You should test these ideas. You should prove them from your own experience.

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## Lesson 8: The Sun Freezes Without You, Discourse

True intrinsic celebration does not come from any calendar event. True celebration comes from the realization of life. True celebration grows from the awareness of your interdependence with existence. Existence cannot exist without you. And you cannot exist without existence. And this deep understanding releases in the festivity of your life.

It would be strange if you were in misery 364 days a year and one day you would come out of misery to celebrate this calendar event. And once this day is gone, you are back in your miserable life. It is not true celebration. It is artificial substitution. It is false. It is a mask.

It is your own responsibility of how you use this sacred chance. It is up to you how to spend these 24 divine hours. You may complain of your life, you may delegate responsibility to fate, destiny, parents, spouse, children, boss, work, neighbors, weather, government etc.

Or you may wonder at the divinity of every second of your life given you by the divine existence. It is up to you. If you think that somebody may paint you life in bright colors, then you still continue passing responsibility to somebody else but not you.

**Create the effect and the cause will follow.** Create misery inside you and the reason for this will pop up somewhere around. Create rejoicing inside you and the whole world will sing.

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### To have a lot... and nothing

Existence has done a miracle. Existence has created YOU. How do you use this great possibility to live, to love, to realize this world? Have you ever thought if you deserve this gift called life? Did you earn this gift of the divine existence?

You have been given the great ability to expand your consciousness to realize the whole life in its totality. Do you live and experience the full spectrum of reality? Do you feel the touching of this rainbow every moment? Watch your life: does mechanicalness possess it or not? Does playfulness exist in your life or not? Do you react from the past or respond freshly from the present within?

Look around. Everybody runs. Everybody is serious. Everybody is busy. Too busy for what? Busy to reach work, to come back home, to stuff food, to watch a movie... The same day-after-day activities... The same month-after-month run... The same year-after-year meaninglessness of life. Don't you see it? As far as I am concerned, this seriousness and this busy-ness simply camouflage the fear of man to find himself.

Mechanicalness destroys all the creativity, all the aliveness and all the vitality of life. Seriousness makes man tense and worried. Unawareness of inner being creates a great leakage in man's energy system. Tension arises from the permanent fight between man's nature, man's song of heart and society's loads and tasks. When individuality, nature, soul (whatsoever you may call this divine dimension) follows one way and marketplace dictates another way, then inner conflict arises. Man becomes split and disintegrated.

A run from yourself may have different forms and ways. It may be a run after money. It may be a run after prestige, scientific degree, power, expensive cars... It does not matter what goal or what object you are running after. It matters that you are running from yourself. And finally on this way of running from your nature you will inevitably fail.

### **Have you ever looked into the depth of life?**

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## **Lesson 9: The Sudden Meditations, Part 1**

You will learn **the first twenty** simple non-classical effective trainings in sudden meditations. You don't need special time and place to practice them. They can be practiced everywhere, anytime. Any of these meditations can lead to your authentic self. Many of these trainings are **dynamic**.

I suggest you these simple but powerful methods of how to find YOURSELF. Dive into the atmosphere of practicing. Play with methods. Don't be too



serious. Find ideas and methods that fit you. Find ideas and methods that are authentic for you.

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### **Training # 17: The Miraculous Moment of Music**

Choose a moment in your day when you can enjoy music. It is better to be alone at this moment. Turn on music you feel you need at this moment. Is it slow and calm music? Or is it loud energetic rhythms? It is up to you. It is up to your needs. It is up to your own vibrations. Find music that resonates with you at this moment. Be completely at this moment. Enjoy your music. Let this music fill you. Let this music penetrate you. Flow with these vibrations. Dissolve in your music. Dive into this miraculous atmosphere. You are not at this moment. Only music exists.

The vibrations of music are very powerful. They can be useful or harmful. That is why you should clearly recognize the pros and cons of music you listen to. Be aware of how you respond on such and such rhythm, sounds and energetic waves of music. Do you become calm, peaceful, friendly, softer, more sensitive, creative and full of new ideas? OR do you become more aggressive, destructive, stressed and tense? There are main criteria of how music influences you. Try several styles and types of music to find music vibrating with you.

Remember that you should be a witness while practicing any activity. Be a watcher of any activity to be beyond it, to be the Master of any situation: when to begin any activity and when to stop it.

**No activity should take possession over you** until you are able to start and stop it anytime. If you keep witnessing, you may stop any activity anytime because you are detached from this activity.

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**Sincerely yours,**

**Oleg V. Moskvine**

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