



COSMODIC[®] User Guide



Application Guide for the use of SCENAR devices of the Second Generation

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PREFACE

SCENAR and COSMODIC® – Your Personal Health Assistants

Dear Reader,

You are holding in your hand a prototype of ‘the Star Trek healing device’. That’s how your SCENAR was dubbed by the press in the very beginning of the 21st century, when SCENAR first appeared in the West.

As usual, press exaggerates, but this time not that much. This small electronic gadget the size of a cell phone, your **Personal Health Assistant**, will help you get well quickly, painlessly, naturally anywhere – on a sports field, on a plane, in your office, or even on your favorite coach. Just like the Star Trek healing devices supposed to do.

And just like that legendary device, the SCENAR was designed for space travel. It was born in the mid-80s in the secret labs of the Russian Space Research Program to help the Russian cosmonauts maintain their health while in space. This ‘universal healing device’ was developed by a brilliant Russian scientist, Dr. Alexander Karasev and his team, who named it **SCENAR**, which stands for **Self-Controlled Energy Neuro-Adaptive Regulator**. Nowadays this name became generic and is used for both – healing technology and a family of devices described as ‘*adaptive electrical stimulators*’.

SCENAR technology was released in the Russian market in the late-80s, but wasn’t available in other countries until 1997. It has now been implemented in dozens of machines sold all over the world. We call these early devices ‘**first-generation SCENARs**’. Although they are very effective healing tools, they remain at the same level of technological development as the basic SCENAR of 1987, or ‘troika’.

The evolution of **SCENAR** in the 21st century has brought us a new development – **COSMODIC®** technology, also a brainchild of Dr. Alexander Karasev. We call COSMODIC® devices ‘**second-generation SCENARs**’.

Both SCENAR and COSMODIC®, in essence, are **Universal Regulators of Bodily Functions**. They are holistic in nature; they are energy and informational technologies that jump-start and strengthen the natural healing system of the human body. In doing this, they promote rejuvenation, regeneration, and fast recovery from a wide variety of disorders ranging from simple colds and bruises to autoimmune and degenerative diseases.

At the same time, COSMODIC® is a much more sophisticated technology than SCENAR. It helps you not only heal, but actually **REGENERATE**. COSMODIC® promotes restoration on a cellular level, making your body even *stronger* than it was before disease or injury occurred. Well, it may not be as fast as the Star Trek device, yet, it is fast, efficient, and safe – so that your body can heal like nothing ever happened.

COSMODIC® devices are very different from the first generation SCENARs in the look, in the healing effects, and in the treatment methodology. By their very nature, they are extremely complex electronic tools – and yet, they are very easy to use and can (and should) be used by **anyone, anywhere**, and for virtually **anything** that needs healing and regeneration.

This Application Guide will help you get the most out of your second generation SCENAR. And even though individual results may vary, we KNOW that they will always be beneficial. With COSMODIC®, you are always better than without it 😊

Dr. Irina Kossovskaja, MD, PhD, DNM

PART 1. INTRODUCTION

What are SCENAR and COSMODIC devices?

SCENAR and COSMODIC are amongst the most sophisticated electronic medical devices known - and at the same time amongst the simplest to operate and maintain. They were designed to be used by any individual, regardless of age, education level, or health condition – to improve the quality of life and replace stress and pain with joy and peace.

SCENAR and COSMODIC offer many benefits:

- They are highly effective, in roughly **95%** of cases;
- They are non-drug therapy;
- They are not invasive;
- They are completely painless and even pleasant;
- They are completely safe;
- They do not have side effects or complications;
- They cut the healing time dramatically, by one-half to two-thirds.

Technically, SCENAR and COSMODIC devices are **low-frequency adaptive electrical stimulators** with two unique features:

- The shape of the electrical impulses that resembles natural neuro-impulses (or signals that our nerves use to communicate with each other) and allows SCENAR and COSMODIC ® to **TALK to the body**.
- The **FEEDBACK** feature that determines the SCENAR and COSMODIC's ability to **HEAR the body** and open a dialog with it. In this dialog, the body always leads – and the device follows. SCENAR and COSMODIC are '*adaptive*' stimulators because they adapt to the body's needs, and not the other way round.

SCENAR is a good listener, and it listens to the language of biochemical reactions – the body's true language. The outcome of this process is that the SCENAR device gains an intimate knowledge of *where* and *when* the body needs help and for *how long*. The first-generation SCENAR then provides the needed help by facilitating the release of massive amounts of healing chemical substances called **neuropeptides** or **regulatory peptides** from the body's own internal pharmacy. After the body has what it needs, the healing happens fast in totality.

While SCENAR listens to the body only on **1 channel**, COSMODIC ® uses **46 feedback channels**, which makes it a much better listener. COSMODIC collects a lot of data and then builds a mathematical model of the body's healing reactions, gently and tactfully guiding the body to its best performance in healing and **REGENERATION**, like a skillful coach.

Unlike SCENAR, which challenges the body to respond '*adding to pain*', COSMODIC ® '*adds to healing*', carefully listening to the body and using **micro-resonances** to tune into and amplify the body's healing efforts. The difference is almost like in a 'good cop - bad cop' situation. SCENAR provokes the body, forcing it into healing reactions while COSMODIC ® softly suggests cooperation and supports it all the way through, which ultimately results in full restoration of damaged structures (*regeneration*).

COSMODIC trains the body to heal and regenerate.

In other words, not only COSMODIC ® is a better listener than SCENAR, it is also a much better 'talker'; it is a 'diplomat' with a very sophisticated signal that is taking healing to a new level. The body tends to heal

by forming scars (kind of taking the easy way out) – COSMODIC ® makes the body *remember the original state* and use its regenerative powers to restore tissues and organs into this state, i.e., actually **REGENERATE**.

If SCENAR can help you heal like nothing ever happened, COSMODIC ® will make your body even stronger than it was **before** the disease or injury that had occurred.

Clinical COSMODIC effects are *much softer and more gradual* compared to the SCENAR effects, without losing in efficiency. Due to this quality, COSMODIC ® does not produce *healing crises* and, therefore, is ideal for personal devices. Besides, the COSMODIC *methodology* (or practical ways of applying the device) is way simpler than the one of SCENAR.

There are many models of SCENAR devices on the market today. However, only a few of them are genuine SCENARs. Good first-generation SCENARs are manufactured by RITM in Russia, as well as in Holland and called the RITMSCENARs. They are **professional** units and require good training and often sophisticated treatment protocols.

As per the good **home SCENAR**, there is only one model that is an actual SCENAR device (other so-called Home SCENARs in its majority are glorified TENS units) – **The DOVE** (Device Organizing Vital Energy). It is the last and the best SCENAR designed by ‘the father of all SCENARs’ Dr. Alexander Karasev, who called The DOVE ‘a true SCENAR’, or ‘a SCENAR as it should be’.



The **DOVE scenar** is an exception in the SCENAR family of devices. It is a SCENAR device by design, not COSMODIC – and yet, we consider it a second-generation SCENAR. It is the only “crossbreed” between the first – and the second generation SCENARs and the **ONLY** SCENAR device that can be equally effective being operated in the manner typical for either of the SCENAR generations. Don’t be misled by its simple look – The DOVE is your **PHA - Personal Health Assistant** that is highly effective, reliable, safe, and user-friendly.

COSMODIC ® devices are manufactured solely by LET Medical research laboratory in Russia led by Dr. Alexander Karasev. They range from little personal devices, such as the C-DOVE and the SCENAR 705, to semi-professional and professional models, such as the SCENARs 715Ag and EX735Ag.

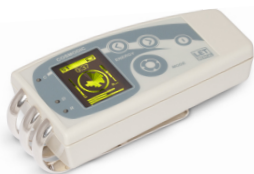
The **EX735** model is the top of the SCENAR evolutionary tree. It is the finest and the most sophisticated SCENAR on the market today, which combines both SCENAR and COSMODIC ® technologies in one dual-processor unit. This device embodies a level of healing technology that really makes it a prototype of the famous Star Trek healing device.

How long until the prototype becomes “a real thing”? Who knows, but the evolution of COSMODIC is happening with accelerating speed. The EX735Ag of 2007, when it was first released, was replaced by EX735Ag Modific, then in 2011 with EX735Ag Modific Slider, and 2013 witnessed the birth of EX735Ag Modific Slider x2... Four models in just 6 years, and each version is faster and more powerful than the previous one. This way we will see the future in no time ☺

See the Diagram of SCENAR Evolution in **Appendix 1**.



C-DOVE



EX715Ag



**EX735Ag
Slider x2**

How Was COSMODIC Born?

When I asked Alexander Karasev how he came up with the idea of COSMODIC in the first place, he surprised me with the answer. My 'new age'-prone brain expected something like 'that was channeled information' or 'it came to me in the altered state of consciousness'... Nothing of that sort. It was the natural progression and development of an idea that Alexander formulated way back in the 80th.

Here is *'the elevator pitch'* for this idea, or a very brief and simplified to the extreme description of the concept – just to give you an overview before we dive into the depth of the matter.

There are **three ways** of dealing with pain in the human body (I am using *'pain'* here as a generic term meaning any bodily dysfunction). You can **overpower** pain, putting the stronger signal on top of the pain signal. This is the way the TENS unit works. You can also **'add to pain'**, blending the device signal with the pathology signals and making the pain signal more 'visible' or perceivable. That way the body gives a stronger re-action on your action, activating its adaptive mechanisms and producing a stronger healing response. This is the way homeopathy works – and the SCENAR, which we often call 'the electronic homeopathy'. There is also a third way. You can **directly strengthen the adaptive response**, not challenging the body by increasing the pathologic signal, but simply helping it by adding to its healing efforts. That's COSMODIC ®.

Now let's start all over again, but this time more in-depth and somewhat 'more scientific'.

Alexander separated several *levels (or zones) of body's sensitivity* to outside influences. The body responds to the influence only if it falls into one of those zones; if the influence is outside the zone parameters, the body remains indifferent to it. *The higher the zone, the 'narrower' it is, and the more difficult it is to fit into it.*

Working in **the first zone** is simple and foolproof. You just shout at the body, **overpowering pain** it is experiencing with a hammer-like signal. It does not do much for healing, but it certainly kills the pain, fast and without fail. TENS units work on this principle (or CHENS, as it is pronounced in Russian). CHENS was the first electro-stimulator that Alexander built - and he never stopped since. According to him, there was a good reason behind Dr. Frankenstein using electricity to revive dead matter, a reason worth exploring. ☺

Electro-stimulation devices built to work in the first zone do not require much engineering or sophisticated fine-tuned electronics. In order to hammer the nervous fibers, the dynamic characteristics of the device signal (or the signal changes corresponding to the body's dynamic response) are not very important; even a slight change in the signal shape beats the body's tolerance effect, providing for increase in neuropeptide release. That allows for incoherency in the characteristics of the 'output cascade' (don't ask me to explain what this electronic term means; I have only a vague idea that it has something to do with the quality of a feedback feature) - if electronics are not precisely matched and tuned, even if coefficients are lost, the device will still work how it was intended to, for symptomatic pain relief. This is important from a business perspective, because this way, relatively effective devices can be produced quite cheaply.

Working **in the second zone** is trickier. The organism itself works on the second level of sensitivity, and if we want our signal to be recognized in the ocean of other signals the body is swimming in, it has to be somehow different and as dynamic as the body itself, changing in perfect concordance with the body's response. This is the zone SCENAR originally was invented for; the **FIRST-GENERATION SCENARS'** domain. Here, you don't shout at the body, you don't use too much energy. It is enough to speak on the same level with the body, engaging it in the dialog and provoking towards taking care of the problem.

What would our life be without challenges? The first-generation SCENAR presents such a challenge, increasing information about a problem (in other words, **'adding to pain'**). Responding to the challenge,

the body heals. All SCENAR needs to do is to support the constructive dialog with the body while it goes through the healing cycle.

However, it is easier said than done. The above task requires sophisticated mathematics, precisely describing dynamic changes of the impulses in interaction with the skin, and finely tuned electronics providing for the functioning of a feedback loop, which would constantly monitor the body response and synchronize it with the signal changes.

And here we go again with the characteristics of the 'output cascade', which in this case have to be coherent. Inevitable in production, 'dispersion' of the characteristics of the output cascade (30% on average) leads to a situation when a good amount of produced devices falls 'out of the zone', becoming less (if at all) clinically effective. The better the devices are tuned, the less the percentage. Tuning, though, is a long and exhausting process, requiring many man-hours, and becomes nearly impossible in mass production.

To summarize, it is difficult and expensive to produce a good device for working in the second zone; good first-generation SCENARs are rare.

According to Dr. Karasev, *"In order to preserve the particularities of a neuro-like signal, all components and parts in a SCENAR device need to be harmonized and coordinated; they have to have the same exponent. If you want to build a real SCENAR, you need to know all coefficients that are implemented in the electronics; you need to make sure that every detail is compatible with the others. Plus you need to know how to register and measure the body's responses and how to let these feedbacks lead the device functioning. SCENAR is a coherent system (informationally resembling a living system) – that is why it is so difficult to copycat. In fact, so far all such attempts failed."*

For the second zone, it is also very important to be *'in the right place at the right time'*. Therefore, *methodology* becomes paramount to efficiency for the first-generation SCENARs (we usually refer to them as just 'SCENARs'). If you miss the spot, or chose an inappropriate time, the body will not 'hear' you and will not respond. This is why first-generation SCENARs need often complicated techniques and protocols, which ought to be precisely followed; and thus the need for extensive training that in many cases only health professionals can handle. In other words, **the therapeutic effect of the first-generation SCENARs becomes rather conditional and depends a lot on the operator.** Tricky.

These complicating methodological factors can be eliminated, if you are *in the third zone*. For this zone, it does not really matter where or when you apply the device – it will be equally effective. Methodology becomes unimportant.

This is nice, of course, but there is one problem – it is EXTREMELY difficult and very expensive to build a device for working in the third zone. Mathematical analysis becomes way more complicated than for the second zone (try to handle 46 feedback loops at the same time!), and the device cannot even be tuned. Human minds cannot outsmart it enough to handle its fine tuning – the device has to be built in the way that it tunes itself; only this can ensure that it is actually 'in the zone'. This is a step towards artificial intelligence, in my opinion. We are talking the **SECOND-GENERATION SCENAR** (or **COSMODIC ®**), of course.

Alexander Karasev was contemplating the idea of COSMODIC ® since 1992 – and only in 2005 has released the first device built entirely on COSMODIC technology, the EX715Ag. In his opinion, every idea has to go through its natural evolution, and it is not good to skip one or two turns of the evolutionary spiral; it is almost like cheating Mother Nature. Let the idea ripen, and when the time is right, a new quality will come to existence without struggling or beating your head against a brick wall.

**COSMODIC ® came to existence as a natural evolution of SCENAR,
when technological advancements allowed it.**

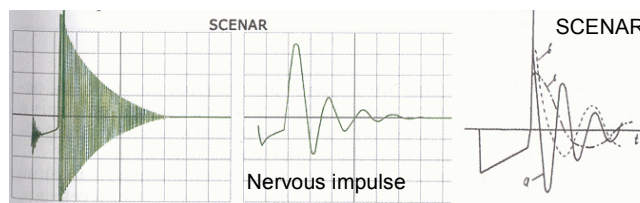
How Does
SCENAR Work?



How Does SCENAR Work?

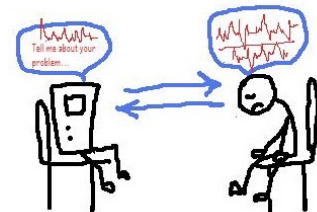
As we already mentioned, **SCENAR is an adaptive electrical stimulator**. Even though it belongs to the same group of electrotherapy devices as the well known TENS unit (non-invasive low frequency electro-stimulators), the fact that *it adapts to the human body*, instead of making the body adapt to the device (which is the case with TENS), makes it very different. So different, that SCENAR is sometimes compared to a *living system*.

There is a certain merit to this comparison. The main working principle of SCENAR is the same that all living systems use – the principle of *auto-stabilization* based on a **feedback** mechanism. Being placed on the skin, the SCENAR sends electrical signals to the body, which are very similar to the messages our nerves send each other shape-wise, but with increased amplitude of the first impulse that attracts the body's attention (the so-called '*pathologic neuro-like impulse*').



The body responds to the familiar stimulation in an adaptive manner, changing the electromagnetic properties of the skin in the area of stimulation. The SCENAR then screens that information and, using adaptive feedback loops, modifies its own signals according to the perceived body response. Thus the SCENAR feedback feature allows opening a dialogue between two systems: the body and the device, which continues until the body completely adapts to the SCENAR stimulation.

In the process of 'the body – the device' dialogue no one SCENAR impulse is identical to the previous one, following the continuous dynamic changes of the body. That prevents the early body adaptation to electrical stimulation – the downfall of the majority of TENS units.



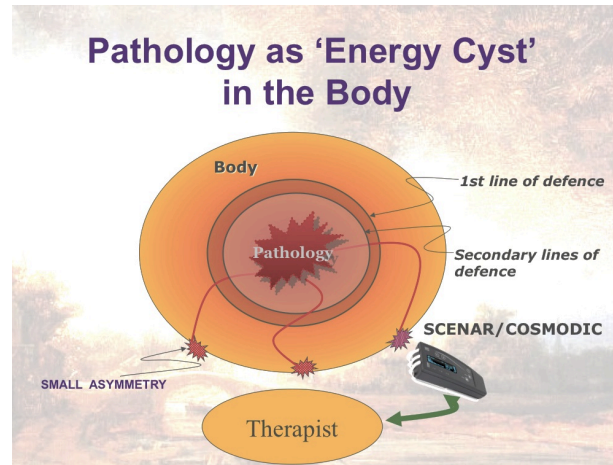
The continual dynamic electrical stimulation at the strategic locations related to the present pathology ('*adding to pain*'), first, focuses the body's attention on the disease and demands the body's response and, second, provides for massive release of certain biochemical substances, called Neuropeptides, or **Regulatory Peptides (RP)**, in the nervous system in general and, in particular, in the C-type nervous fibers forming most of the autonomic nervous system.

The RPs, due to its chemical particularities, represent our body's internal pharmacy of low molecular hormones, which keep us in physiological balance known as the state of health. Serving as a '*packages of programs*', they turn on and off various processes in the body, including healing reactions. Blockage or delay of RP release results in slow or blocked healing. In this state, the body does not finalize the program of disease and keeps it inside in the '*dormant*' state like some sort of '**energy cyst**', or the place where energy dynamics is extremely slow.

We all accumulate such 'energy cysts' with age. Some of them develop not only on physical, but also on mental/emotional or even spiritual levels. As stagnant 'energy cysts' emit repetitive signals, our body soon adapts to them and stops paying attention, merely keeping them in isolation behind the protective barriers of local adaptive reactions. The 'energy cysts' deplete our energy resources, making it progressively more difficult for us to heal, and can be a 'time bomb' if our body for one reason or another weakens.

Every pathology that is brewing inside the body, especially if it has been there for a while and hides inside an energy cyst, has its representations **on the skin surface**. Our skin is the 'topographic chart' of all diseases that we carry. The places that reflect the pathology on the skin in SCENAR therapy are called "small asymmetries" and are regarded as 'the gateways' to disease. Place the SCENAR there – and you will be directly connected to the disease.

The challenging SCENAR influence (remember 'adding to pain?') and the SCENAR-induced release of Regulatory Peptides in large quantities break the stability and rigidity of unfinished programs of diseases, helping the body develop, finalize, and eventually eliminate them from our cellular memory.



In other words, SCENAR in interaction with the body helps it complete its adaptive reactions. From a SCENAR point of view, any **disease is an inadequate (too slow) adaptive reaction**. That means that disease is not an unwanted and dangerous stranger for us; it is natural and even necessary for the body process, which makes us stronger and helps us grow. Healing starts with disease.

We live in the *world of systems*. This is the way the Universe is organized. We consist of them – and become a part of them. The Universe itself is the largest living system, holographically repeating itself in its every part, so that the atom looks just like the Solar system. As far as information is concerned, the *size does not matter*. Our body's intelligence reflects the universal cosmic knowledge at all times, and the only question is how we can evoke this knowledge and make it work for us.

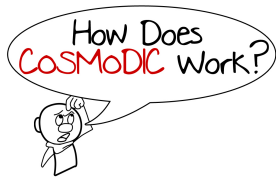
All living systems have similar basic structure and work in a similar manner - a microcosm reflecting the macrocosm. They are *self-controlling, self-regulative, and self-reproductive* and utilize the feedback mechanism for auto-stabilization. Systems keep the stability of internal environment (homeostasis) while exchange substance, energy and information with the ever-changing outside world in a constant fashion. The coherent state of balance between inner and outer worlds is achieved through **ADAPTATION**.

Adaptation keeps us alive and coherent, attuned to the world, which ensures the state of health. If adaptation is inefficient and slow, homeostasis is affected and we get sick. From this point of view, disease is a slow adaptive reaction. By helping adaptation, we help the system restore homeostasis and regain health. In the process of doing it, the system matures and evolves.

Adaptation depends on **COMMUNICATION**. Fast communication between various bodily structures ensures the efficiency of adaptation. SCENAR, providing for the massive release of Regulatory Peptides as *messenger molecules*, quickly improves information exchange in the body, which results in dramatic acceleration of adaptive reactions. This pushes forward the cyclical program of disease and provides conditions for its completion.

SCENAR assists the body in recognizing the existence of 'energetic cysts', in establishing priorities in their elimination and in dealing with them one by one, until all the programs running on the background of the body's computer are closed.

The healing process continues until this is achieved, and the body energy resources are free from stagnation and blockages. The body restores its coherent state, being synchronized with the bigger systems, which it is a part of. It is now 'at peace with itself and with the world'. In this healthy state adaptation works with maximum efficiency and new challenges are easily dealt with, either they are of physical or mental/emotional or even spiritual nature. SCENAR is a truly wholistic technology.



How Does COSMODIC Work – and How Is It Different from SCENAR?

Both SCENAR and COSMODIC ® use **dynamic electrical impulses**. These impulses even look similar on the oscillograph screen. The COSMODIC impulse is not as high-amplitude as the SCENAR one though and cannot be considered the '*pathologic neuro-like impulse*'; it is smoother and softer - working in the third zone requires whispering, not talking loudly. However, this is not the only difference; it's not even the main one. The major difference is '**the spectral saturation**' of the COSMODIC ® signal.

Spectral characteristics of an electrical impulse cannot be displayed on a screen; they do not have a graphic representation. You can let your imagination run free picturing the COSMODIC signal, in which the low frequency SCENAR impulse is used merely as a carrier for other dynamically changing high frequency oscillations, representing *information*. It is just like a radio station: its main wave, which has a fixed frequency, carries information in the form of various other frequencies put on top and perceived as sound. It is 'information' that determines the effectiveness of COSMODIC (or the second-generation SCENAR), not the stimulation of nervous fibers, as such.

Just as you would have a hard time trying to graphically display signals of your favorite radio station without losing the richness of reality, the real COSMODIC signal cannot be shown on a two-dimensional screen. Pure joy was pouring out of Alexander when he informed me that their lab has just purchased a top of the line piece of equipment (a spectral analyzer, I presume), which allows him to finally SEE the signal of the device that he created. Until that point, the COSMODIC signal was pretty much imaginary – and now Alexander can thoroughly enjoy the endless rows of figures the analyzer spits out. Those figures would probably not make much sense to most of us, but for Alexander Karasev they mean the world – a world beyond scientific paradigms, full of possibilities and excitement, where no one has gone before...

Of course, COSMODIC impulses constantly *dynamically change* in accordance with the changes in the body (that is the main distinguishing feature of adaptive electrical stimulation, overall). At the same time, an assessment of the body condition and the feedback feature in COSMODIC cardinally differ from all SCENARs. In Alexander's own words and using electronic engineering terms, "*COSMODIC processes information from 46 feedback loops and calculates and re-calculates the coefficient of distortion, the coefficient of feedback turn-on, as well as dispersion, or the deviation of spectral characteristics.*"

In other words, in processing information COSMODIC *acts like a living system* (more so than SCENAR). Furthermore, it acts like a **coherent living system** (that supports its own coherency by constantly tuning itself up) willing and able to share its coherency with another living system 'in need'.

As you can imagine, building COSMODIC is difficult, labor-intensive and expensive. It is still well worth it, of course, if you are concerned with efficiency of the device and want to facilitate as many healing miracles for your clients as possible.

At this point you are probably asking yourself: why would anyone want to go into troubles of creating such a sophisticated system with the signal that is so complex that cannot even be visualized? They say, if you want things effectively done, go right to the top and talk to the management. The COSMODIC signal is created for us to be able to work **directly with the CNS** (Central Nervous System), or 'the body's management', versus working through peripheral nerves, as SCENAR does. As we are 'working through' the management, there is a much greater chance that the body will cooperate and follow the corrective COSMODIC influence.

The above becomes possible because of the particularities of the COSMODIC signal, or rather a series of signals. Unlike SCENAR (which stimulates the body with single impulses or pre-set batches of them), COSMODIC forms '**adaptive regulatory bundles**' of impulses, which cannot be pre-set. The body itself determines the formation of these bundles when responding to the influence; hence, they constantly change, or 'float'. The main quality of these bundles is the ability to *carry information, mimicking normal*

regulative activity of the body. In the body, the nervous system constantly sends bundles of impulses, which contain *stimulating*, as well as *sedating* information. It is called ‘the dual regulation of functions’, and is mandatory for normal functioning of all of our organs and systems. COSMODIC does just that – sends *both* stimulating and sedating signals, depending on the nervous system response.

COSMODIC and SCENAR Impulses Compared

MAIN FEATURES	SCENAR	COSMODIC
Shape	High amplitude; two phases (‘pathologic neuro-like impulse’)	Lower amplitude; two phases
Frequency	10-360 Hz, can be regulated	‘Carrier’ frequency – 60 Hz, with harmonics put on top (‘spectral saturation’)
Main Component	Energy	Information
Feedback	Single feedback loop	46 Feedback loops
Amount	Single impulses of pre-set batches	Adaptive regulatory bundles
Dynamics	Changes shape	Changes shape and spectrum
Effect	Stimulating	Dual – stimulating and sedating
Effect on CNS (Central Nervous System)	Indirect – through PNS	Direct – mimics its dual function

In Alexander’s view, COSMODIC works somewhat like a tuning fork. It exposes the body to a harmonious tuning system, and if the device has a ‘floating’ signal spectrum, it can tune itself into vibrations and frequencies of any organ or tissue in the body, re-establishing healthy vibrations and a coherent state of functional structures. As in any systemic interaction, the more coherent system (COSMODIC) first tunes itself into the state of a less coherent system (the bodily structure) and mirrors it blending vibrations of both systems and creating a new, stronger functional unit (**microresonances** in COSMODIC make it possible). This new unit then regains the state of coherency, as COSMODIC rebalances itself carrying the body along. The healthy healing and coherent vibrations in this process will be amplified (microresonances again) – and when it is achieved, COSMODIC tells you, ‘*enough*’.

COSMODIC does not ‘*add to pain*’, challenging the body like SCENAR - it ‘**adds to healing**’ supplementing, harmonizing, and amplifying the body’s adaptive reactions. COSMODIC is designed to target *the root of the pathology* rather than its manifestations.

COSMODIC and SCENAR Compared

MAIN FEATURES	SCENAR	COSMODIC
Main Working Principle	Adaptive electrical stimulation (regulation)	Adaptive electrical stimulation (regulation)
Effect on the Body	‘ Adds to Pain ’; challenges the body	‘ Adds to Healing ’; amplifies and trains healing reactions
Effect on Healing	Speeds up adaptation	Speeds up adaptation + promotes Regeneration
Clinical Effects	Fast and dramatic; may provoke Healing Crisis	Soft and gradual; no Healing Crisis
Pain Relief	Quick and Intense	May be delayed and less intense, but longer lasting due to addressing the cause of disease
Methodology	Complicated and precise	Very simple
Training	Extensive	Minimal
Suitable for Self-Care	Fairly	Highly
Full Recovery Chances	Average	High

How SCENAR and COSMODIC® Eliminate Dis-ease

Major healing in our body happens **locally**, in the vicinity of damaged tissues, and if it involves nervous structures, it is mostly within the domain of spinal cord and its reflexes. The brain, our blessing and curse and often a major trouble-maker, gets involved in the process mostly only when it is turning **chronic**, i.e. when the body is unable to complete its adaptive reactions locally and involves the system as whole.

Attempting to rectify the situation, the body informationally and energetically *isolates* the pathology, forming an 'energy cyst' and putting it under control of the brain. The brain takes its guardian job very seriously and forms a rigid energeo-informational structure, called upon to protect the rest of the body and preserve its limited energy resources. This structure is called a '**Pathologic System (PS)**'.

PS is the body's compromise. It means 'incomplete healing' but provides for continuation of usual and necessary functioning. After a while the body gets used to the repetitive PS signals and learns to ignore them (develops *tolerance*). As we say in Russia, '*bad peace is better than a good war*'.

However helpful at the moment, this situation puts the Chinese Wall on the way of actual healing. The body ignores PS to start with and, besides, delicate adaptive mechanisms and reactions of the body cannot break tough bastions of energy cysts anyway. The strong rigid order of Pathologic System is supported and guarded by the flashing red light in the brain structures – *the Generator of Pathologic Overexcitement (GPE)* – and as long as this red light is flashing, PS will live. The only way to heal is to somehow turn this light off, and then deal with pathology locally.

Both SCENAR and COSMODIC address the GPE, but do it in different ways. SCENAR gradually '*erases*' the GPE *by changing PS a bit at a time*. Under difficult to ignore SCENAR influence the body (following the Orientation Reflex) wakes up from its blissful ignorance, notices disorder in its structures, and puts attention and resources into breaking energy cysts and restoring the healthy order of things. Step by step, changes in PS will be reflected in the weakening GPE, until the red light stops flashing. And when that happens, the Pathologic System ceases to exist.

COSMODIC does not just *reveal* a problem bugging the body to deal with it. It actually *deals* with the problem on a local level supplementing the body's weak healing efforts and indicating to the system that the problem can be taken care of locally and there is no need for the higher structures to be involved. COSMODIC regulates and enhances local adaptive reactions and 'fills up' the arch of spinal cord reflexes to the extent that the spinal cord gets totally involved in healing 'in situ' and does not transmit any pathologic SOS signals 'upstairs'. All healing resources are now utilized locally, healing is happening, as it should – and there is no more need for the brain to worry about protecting the rest of the body from unfinished adaptive reactions. It can rest assured that these reactions will be completed as they should.

In brief, due to its ability to enhance local healing *directly*, COSMODIC takes care of the local problem and *cuts the GPE off* the other elements of PS. Being blocked from feeding pathologic impulses from 'down below', the GPE slowly disappears – and now there is nothing to support the rigid structure of PS. The guard has died, viva freedom! The Pathologic System falls apart, so its elements can now be involved in normal functional activity of the body.

As you can see, both technologies (SCENAR and COSMODIC) were designed to completely eliminate the Pathologic System - and they will do so, providing that nothing prevents them from doing their job. That's why either a good SCENAR device or a COSMODIC device can potentially facilitate your complete healing. They just do it in a different manner, and you need to understand how they work in order to decide which device is more beneficial for you. Hence, all the above lengthy explanations. (When in doubt, however, get the EX735 – with that device you cannot go wrong; it covers all scenarios.)

What follows next is a set of **general principles** of choosing and using COSMODIC devices, or COSMODIC Methodology. Let's get practical.

PART 2. General COSMODIC Methodology

Who and What is COSMODIC Good for?

Who **CAN** use COSMODIC?

Absolutely EVERYONE. A health professional, a housewife, an adult, a child, a senior, an engineer, a blond, a politician – everyone. Anyone who can hold a COSMODIC device in his/her hand or just figure out a way to keep it on the skin, can use it – it's that simple.

Who **SHOULD** use COSMODIC?

Absolutely EVERYONE. COSMODIC helps your body to remember how to heal and regenerate – and who does not need healing and regeneration? And not only when you fall sick; the best time to use COSMODIC is when you are still healthy and can PREVENT the dis-ease from happening. Strong well-tuned body handles adaptation easily and rewards you for taking good care of it by high performance and the feeling of well-being.

What **HEALTH CHALLENGES** can COSMODIC help you with?

ANY and **ALL**. COSMODIC '*adds to healing*' amplifying the healing processes already going on in the body. Hence, if the body heals, it needs COSMODIC to do it faster and more completely.

There are, however, situations when COSMODIC application will be more efficient than in others. Let's look at it more closely.

Since COSMODIC adds to healing, it is the most efficient when the body is ALREADY working on the problem and there are plenty of local healing reactions to enhance. That covers:

- all *acute* processes (including injuries or traumas),
- acute and sub-acute stages of *chronic processes*,
- and even chronic disorders that give a client certain symptoms.

In all these situations the body recognizes the problem and works on it – and COSMODIC assists the process.

Dormant chronic processes, however, respond to COSMODIC in a particular way. If almost no symptoms are present, local adaptive reactions are weak and COSMODIC does not have much to work with. So what is going to happen?

If you are using only a COSMODIC device, like the 715 or the C-DOVE, the healing process will undergo two stages.

On *the first stage*, the device will help the body recognize the problem and initiate an adaptive healing response. After this is achieved, it is recommended to stop treatments for a few days (usually 3-5) and let the body accumulate changes and develop adaptive reaction. And now, on *the second stage*, when the body is well on a healing cycle, COSMODIC can help it go through the healing program smoothly

and efficiently, and at a relatively slow pace. No healing crisis. Slowly but surely (or, as we say in Russia, *'hurry up slowly'*). COSMODIC is not a drama queen.

If you, however, need more 'action' and a faster dynamics for *dormant* chronic processes, then on the first stage you need SCENAR – to boost the system and force it to respond. After that COSMODIC can take over again.

Using SCENAR from time to time keeps the body's attention on the problem and presents two different ways of dealing with GPE and PS, which is always a good thing. SCENAR challenges the body, forcing it into healing reactions (stimulating influence only) – while COSMODIC diplomatically offers cooperation and supports the process (by stimulating and sedating at the same time). 'Good cop – bad cop' has always been a very efficient tactics.

Interestingly enough, the body itself seems to agree with us on the subject. If you operate the SCENAR-COSMODIC Hybrid EX735Ag in Auto mode and let it decide which technology is best 'here and now', the device typically chooses COSMODIC in 80-90% and SCENAR – in 10-20% of situations. Everybody likes the good cop better...

(See the list of conditions that COSMODIC is proven to be helpful for in **Appendix 2.**)

SCENAR and COSMODIC Methodologies Compared

When we talked about the SCENAR generations, we already mentioned that the first-generation SCENARs (SCENARs) and the second-generation SCENARs (COSMODICs) are rather different in their practical applications and methodology (meaning, *what, where, when, how, how often, and how long*).

This stems from a fact that for the first-generation SCENAR (SCENAR) it is VERY important to be *'in the right place at the right time'*, otherwise the body simply will not hear the second zone device and will not respond. Hence, often complex treatment protocols are needed to identify that precise 'right place', which in classical Russian SCENAR therapy is called *'the small asymmetry'* and in western SCENAR literature it commonly referred to as *'the Active Site'*.

These techniques and protocols require extensive training and are often too complicated for a Home Healer, especially for self-treatment. That's why the first-generation SCENARs remain mostly professional devices.

That, however, was not what Dr. Karasev had in mind designing the first SCENAR. In his vision, the SCENAR device is a **PHA – Personal Health Assistant** to anyone and everyone. And even in professional practice SCENAR itself should not be the practitioner's focus. Such petty little issues like which device to use, where to put it, when, and for how long, should not distract a therapist from much more important tasks - from working with a client on mental, emotional, and spiritual levels. In Dr. Karasev's vision, a practitioner should not worry at all about dealing with the client's physical body. A doctor should care about the client's mind and spirit rather than the body in order to be considered an actual 'doctor', which originally means 'a teacher'.

(The latter is often forgotten by conventional medicine. The best healing devices on the planet, including SCENAR on the present stage of its development, can open the gate to the incoherent (or dis-eased) human system, but only a system of the same complexity is capable of balancing it on the levels deeper than physical, and these levels in most cases are primary in dis-ease development.)

COSMODIC is the next step in Alexander Karasev's quest to eliminate guessing and human errors from SCENAR methodology and, in essence, almost eliminate methodology itself. Let's see how this is accomplished.

'PLACE' Factor in COSMODIC Therapy – or WHERE to Place the Device?

We know how important 'the place factor' is in SCENAR therapy. The **Small Asymmetry** is your key to success. If you manage to find it, either in Subjective and/or Objective mode, success is almost guaranteed. If not, it will take much longer to get the results you want. Hence, in SCENAR therapy a lot of attention is paid to various ways of looking for Small Asymmetry and working with it. (See an article "Small Asymmetry" in **Appendix 3**.)

'**Painting**' in Subjective mode (discovered and developed by Dr. Yuri Gorfinkel) is one of the most efficient methods to reveal this unique phenomenon, which clearly shows you the location of an 'energy cyst' and a Pathologic System.

For the highest efficiency, 'painting' needs to be done in a certain order. First, you identify the area to work on, then you find the Small Asymmetry, working in a particular sequence, then you change or remove it, also moving in a sequence. Sometimes, to bring up the Small Asymmetry, we even need to 'provoke' the area, to push the restricted function to the limit, thus challenging the body to reveal its 'weakest link'. SCENAR is always a challenge.

There is nothing of the sort with COSMODIC. Here, it is not recommended to move the device along the skin during the treatment session. The less you move it the better. The device needs time to attune itself to the body and start creating the 'adaptive regulatory bundles', repeatedly leading the body to try its regenerative reserves and mechanisms. The dynamically changing bundles are transformed in a certain coherent order, dictated by the changes in the body. In this process, one bundle creates the following one in an almost music-like fashion. When you play a piano, the chords follow each other in harmony (note, that each chord consists of several different notes, each one with its own unique frequency of vibrations). Chords are strong at first, then the vibrations fade away giving birth to another chord, then another, and your music continues to flow until the theme is over...

That is what the COSMODIC procedure resembles, in my imagination. This delicate process requires peace, quiet, patience, and concentration. If you interrupt the flow, the music will not happen.

With COSMODIC, DO NOT MOVE!

While on the skin, COSMODIC will systematically tune itself into different parts of the body...Perceptive clients can actually feel which part of the body the COSMODIC device is currently working on. It will consecutively screen the bodily structures, revealing pathologic *causative chains* (chronologic chains of events in the body that brought it into the current pathologic state).

So, once decided on the place where to put the device on the body, **STAY WHERE YOU ARE**, until 'the song of regeneration' is over. The devices will let you know when this happens with the double 'DOSE' signal – see more below in the next segment.

Is it important, **WHERE** you stand? Relatively. COSMODIC technology is not quite at the point yet where you can put the device on your finger and get your heart regenerated or hemorrhoids reversed. It is theoretically possible, but needs time to develop further... Therefore, it is still recommended to spend a little time on finding the *optimal area for treatment*; then the device can do its job more efficiently.

These areas do not have to be as precise as the classical Small Asymmetry. It is sufficient if you are:

- on the place of the main complaint;
- on the direct projection of the pathology on the skin (if known);
- on the projection of the diseased organ;
- and overall, on or close enough to the dysfunctional area.

Professional and semi-professional COSMODIC devices (such as the EX715 and EX735) have the special objective 'assessment' mode, which helps you identify the optimal area for treatment graphically and digitally. COSMODIC devices for home use, such as the C-DOVE, do not have a graphical display, so you just place it on the areas described above.

After you decide on the optimal area for treatment, all you need to do is *hold the COSMODIC device steadily* on this spot, even slightly pressing on the device for a better contact with skin, until it gives you the Dose signal. Then you move your Personal Health Assistant to another spot that 'feels good to have the device on' and wait for another Dose. Move again – Dose. And keep moving around Dosing as many spots as you want/can. That's it. That's your COSMODIC methodology in a nutshell.

Dear reader, especially if you are an old-school SCENAR user, at this point I almost can hear your question, "Now what?! Should we just forget about the 'golden rules' of SCENAR therapy, which relate to working with SCENAR in Subjective mode in constant motion?! Vectors, Rules for finding and working with small asymmetries, Christmas trees, Clouds and Watermelons? What about all those wonderfully effective dynamic 'motion' techniques of Subjective mode developed by Dr. Yuri and proven many times in practice?!"

Dr. Karasev's opinion on the matter is somewhat shocking. *"The first-generation SCENAR methodology was developed out of desperation. To make bad SCENARs work."* Just like that. *"These 'dynamic' Subjective mode techniques, as well as the complex digital protocols in Objective mode, represent a genius solution to the problem, how to make poorly designed and built devices efficient. The devices, where all coefficients are lost..."*

Well, it is easy for Alexander to say, "Just forget about it". Personally, I am old-fashioned with regards to SCENAR therapy. I still like to find my small asymmetry (I like the concept of it – and the challenge), and I prefer to do it the way I was taught by Dr. Yuri and Dr. Alexander Revenko way back in 1996.

In my experience (and in experiences in my many students), **the more precise you are in location of the Small Asymmetry the more efficient you will be**, even with COSMODIC. SA is still the Queen...

So, here is a compromise for those old-fashioned folks like myself and those who listen to us.

1. **Find the Small Asymmetry** in any way you are accustomed to and/or comfortable with:
 - in Subjective mode, use 'brushing' (with a SCENAR device – or with COSMODIC device, if this is the only one you have);
 - in Objective mode, use assessment feature on any of your devices (professional and semi-professional SCENAR or COSMODIC models) and be as precise as you can.
2. When you find your small asymmetry, **place your COSMODIC** device there and don't move; let it do its job. No matter how long it takes, **wait for your Dose**.
3. **Repeat Steps 1 and 2** as many times as you want/can moving your COSMODIC device around.

Works like a charm. But then again – it also works if I place my COSMODIC somewhere in direct projection of pain or dysfunctional organ, or on the corresponding vertebra, or on the reciprocal points, or on the place that I intuitively feel is right... Oh, you don't know what these other places are?

OK, here is the basic sequence of places to Dose with your COSMODIC device (more details later):

1. area of the main complaint;
2. projection of the pathology on the skin (if known) – or projection of the diseased organ;
3. locations symmetrical to your small asymmetries - and reciprocal points;
4. corresponding to the diseased organ vertebrae.

In general, I would say that Alexander's mission to free minds of Home Healers and SCENAR therapists from heavy methodology is only partially accomplished with regards to the PLACE factor. Yet, it is still a whole lot easier than the maze of all those first-generation SCENAR protocols.

'TIME' Factor with COSMODIC – How Long and How Often to Treat?

If the **'PLACE'** factor is rather different for SCENAR and COSMODIC, the **'TIME'** factor is different completely.

Time of the Procedure

With the fist-generation SCENAR (which sends only stimulating and firmly pre-set signals), the time of the procedure is one of the key methodological points. Unpleasant things can happen, if you exceed the recommended time. In the best case scenario, the over-stimulated body just shuts down and does not respond any more. In the worst case scenario, your client hits a healing crisis (read more on the Healing Crisis in **Appendix 4**).

It is not always possible to give an exact recommendation on *how long* the fist-generation SCENAR session should last. It is very individual and depends a great deal on the practitioner's intuition, but we generally try to keep it under 45 min. **More is not always better in SCENAR therapy.**

The good old '*principle of small sufficiency*' suggests achieving sufficient results by as small means as possible – and stopping there. Overdoing things puts too much stress on a system, as the first-generation SCENAR impulses do not have the 'sedating' component, only stimulating.

With COSMODIC, you do not have to worry about timing. You can keep the device on the body *as long as you want* (or as long as you can); in fact, the longer the better. Floating 'adaptive regulatory bundles' of impulses, which mimic the regulative functional activity of CNS by stimulating and sedating when necessary, constantly push the body to test its regenerative potential without exhausting the system.

It is very much how a personal trainer works (at least in my experience): repeatedly testing the body on performing a certain function; giving an increasing workload, knowing exactly when enough is enough – and in doing this, helping the body to reveal its hidden reserves and capabilities. COSMODIC trains the body to regenerate and regain its natural vitality - and does so brilliantly. Summarizing the above:

With COSMODIC – the LONGER the BETTER.

I know, it sounds too good to be true. What, no more worries about timing, at all?! If it's too much – or not enough? Yup, just relax and enjoy it. The smart device will let you know when it's enough.

The DOSE

The moment when the second-generation SCENAR determines the turning point in the healing process when **Degeneration** in the treated area becomes **Regeneration**, it gives you a very specific signal, which in the SCENAR world is called **The DOSE**. If you stop your treatment before this point, too few changes will have accumulated to wake up sick and tired cells; your treatment is not going to be as effective as you would like it to be. (See more in the article "How SCENAR Doses" in **Appendix 5**.)

To achieve the desired changes in the electrical qualities of tissues, the device needs to be kept in one place and not moved for a fairly long time. This is another reason why it is NOT recommended to move COSMODIC during therapy before it Doses.

Please note that only the second-generation SCENARs (COSMODIC devices and out of all SCENARs - the DOVE) determine the DOSE this way. First-generation SCENARs use a different principle; they Dose much faster and their Dose signifies something different. They are not refined

enough to catch the delicate changes in the body's biochemical reactions and create a mathematical model accurately reflecting those changes. In other words, they do not listen well enough ☺.

It is important to remember that the DOSE in COSMODIC devices such as the 715, the EX735Ag, and the C-DOVE does not actually mean that that's totally ENOUGH. What it means is the **MINIMUM** treatment time sufficient for creating positive healing dynamics. From that point, you can move to another location and trigger positive changes there – or you may keep going on the same spot to continue supporting the healing dynamics and get as much as possible out of the beneficial situation. The device will be giving you all sorts of other communication signs, to let you know what it is doing, until it detects that the body cannot do much more and needs a break.

When it is really **ENOUGH**, the COSMODIC device (but not the DOVE) gives you a different type of signal, a sort of a trill (*the Double DOSE*). It means, the nervous structures are tired and weak, they are not cooperating anymore, and need time to recuperate. At this point, there is really no reason for you to continue; the body is unresponsive. You are wasting your time. Give the body a chance to rest, let it process information, digest energy, and prepare itself for the next workout.

Just to recap: with COSMODIC and the DOVE, stay on the selected spot as long as it takes to achieve the DOSE. It may take 30 sec. – or it may take an hour; it all depends on how diseased are the tissues in the area and how much it takes for regeneration to kick in. After that – you may move to Dose another spot or, alternatively, stay on the first spot until the Double DOSE of COSMODIC, but not the DOVE, trills you that now it is really enough.

Please remember that the Double DOSE typically takes a MUCH longer time than the DOSE. If have you decided to go this route, be patient. On the other hand, your patience will be rewarded with an awesome healing dynamics. It is worth it.

Frequency of the Procedures

As you can see from the above, COSMODIC practically eliminates the TIME factor from SCENAR methodology. In a way, COSMODIC is 'timeless' ☺

That also applies to the **frequency** of treatments. Since COSMODIC is the body's 'regeneration trainer', and any training implies regularity – *COSMODIC does its best when used regularly*.

With COSMODIC - the MORE the BETTER.

We cannot say the same about the first-generation SCENAR. This principle would apply only to acute processes or to the chronic ones in a relapse.

Dormant chronic processes need a calculated approach with the first-generation SCENAR. If you will start treating it 'the more the better', you will hit the healing crisis, which will resemble a pretty bad relapse of this particular chronic disease – and you may never see your disappointed client ever again.

That's why we recommend making nice breaks between sessions treating chronic pathology with the first-generation SCENAR. But don't make your breaks too long, otherwise you will lose the momentum and will have to start all over again. On average, 3 sessions per week for the first 2 weeks, then 2 sessions per week for the next 3 weeks, followed by weekly and bi-weekly sessions after that should do it. This is, however, only a general guideline. In SCENAR therapy everything needs custom design ☺

The good news is, with COSMODIC you do not have to worry about any of it! Having the ability to stimulate and sedate at the same time, it does not provoke healing crisis. The more the better!

CONCLUSION: in general, I would say that Alexander Karasev's mission to free minds of SCENAR therapists from heavy methodology is fully accomplished with regards to the TIME factor, but so far only partially - with regards to the PLACE factor.

PARTICULARITIES of COSMODIC Therapy

Indications and Contraindications for Therapy

Both SCENAR and COSMODIC have the widest spectrum of **Indications** for therapy, covering pretty much the entire book of ICD codes + use of these technologies for prevention, age reversal, performance enhancement, and overall wellbeing.

As per the **Contraindications**, there are very few for SCENAR, and they are all what we call 'relative' – meaning, you may still proceed, but with caution. They include:

- pacemakers (a standard contraindication for ANY electrotherapy, just to be on a safe side);
- individual intolerance to electrical stimulation (that happens, but very rarely);
- high fever of unknown origin (to stay out of trouble with authorities investigating unknown infectious diseases);
- acute alcoholic or any other intoxication, when clients cannot control themselves;
- acute mental illness, for the same reason and for the therapist's protection;
- your personal dislike of a client, if you are a therapist (you can still proceed with therapy; it just won't be effective enough and will leave both you and your client very dissatisfied).

Theoretically, that should be the same for COSMODIC. Practically, since COSMODIC is gentler than SCENAR in therapy and more suitable for self-treatment, even intoxicated and mentally unstable people can (and do) successfully use it – to sober up, to battle hangover, to calm down, to sleep better etc.

Pacemakers and individual intolerance even for COSMODIC we still consider relative contraindications – and at the same time practically all our clients with pacemakers successfully use COSMODIC without any problems (just avoiding the heart area during therapy).

As we said before, you may proceed with caution.

Pain Relief with COSMODIC

Let's make it very clear: COSMODIC is NOT a pain killer.

COSMODIC was built to deal with the **REASON** of pain, with the **PATHOLOGY** that causes pain rather than to eliminate pain itself. It will, of course, provide some immediate pain relief, like any SCENAR, but first-generation SCENARs and even TENS units will do a better job at it.

COSMODIC, however, will go deeper than SCENAR. It will support without pushing, guide without forcing, and eventually help the body heal the pathology like no other technology. And that will take your pain away permanently... but not right away. Healing takes time.

That is not to say that COSMODIC is not enough, if you are suffering from pain. It will definitely take the edge off right away, and this in most cases will last longer than with the SCENAR. In fact, we often observe substantial pain relieving effect on the second or even third day after COSMODIC therapy. And little-by-little, it will be getting better and better, until one day you will wake up in the morning with NO PAIN at all. And it will not come back. The body completed healing; there is no need for pain anymore.

We are mentioning this particularity to avoid your disappointment, if your new COSMODIC does not do the same good job for immediate pain relief as your first-generation SCENAR or a SCENAR-type device. In time, it will help your pain better than anything else you know; just be patient.

COSMODIC and FUNCTION

All SCENAR therapists know that one of the fundamentals of SCENAR therapy is **FUNCTION**. The body is concerned about *function* much more than it is concerned about *structures* that support it. Function is what is important for living – and the well-done healing job is the one that restores the functions inevitably suffering in any disease (the very word ‘*dis-ease*’ means that something is not going easy, right?)

In order to facilitate the function restoration, in SCENAR therapy we encourage our clients to delicately *provoke* the function we want restored. This increases the body’s awareness showing what is still not quite right and still needs to be fixed. Awareness of the problem is a battle already half-won.

COSMODIC, on the other hand, does not like provoking and challenging. Regeneration requires peace and quiet. The dysfunctional area needs to have **MINIMAL ACTIVITY** for as long as one to two months, for regeneration and transformation to take place without interruptions. There is a reason why a caterpillar has to go through a chrysalis stage before it turns into a butterfly.

So no provoking or pushing any function with COSMODIC therapy. Peace and quiet in a cocoon...

COSMODIC and the Healing Crisis

“*It has to get worse before it gets better*”, all holistic practitioners tell their concerned clients with chronic pathologies, when these clients enquire why all-of-a-sudden they are feeling like crap after several successful therapy sessions that made them feel SOOO good.

We call it the Healing Crisis – that’s when the body accumulates enough strength to exacerbate the chronic condition and deal with it with a chance to finish it once and for all. The Healing Crisis is a logical and a very encouraging part of the healing cycle of a chronic process; it is just very unpleasant. (See an article on the Healing Crisis in **Appendix 4.**)

Every holistic health practice has to deal with healing crisis, which is often also called the Herxheimer Reaction. In SCENAR therapy, however, these two processes do not represent quite the same.

The Herxheimer Reaction is a short-term (from days to a few weeks) detoxification reaction in the body that is provoked by a healing practice and can be quite dramatic. As the body detoxifies, it is pretty common to experience flu-like symptoms including headache, joint and muscle pain, body aches, sore throat, general malaise, sweating, chills, nausea or other symptoms.

The **SCENAR Healing Crisis**, as already mentioned, resembles a relapse of a particular chronic disease and, as such, can greatly vary in symptoms. The problem is, SCENAR can provoke the Herxheimer Reaction as well, and more often than not these two hit at the same time, making a client pretty unhappy. For simplicity purposes, we call this whole miserable stage in a healing cycle the Healing Crisis.

Various chronic processes are differently prone to healing crisis, some more than others. For example, rheumatoid arthritis, being an auto-immune disorder, can flare up right after the very first SCENAR session and attack viciously. Osteoarthritis, on the other hand, would need A LOT to show some signs of exacerbation and detox reaction.

In order to avoid or smoothen up the Healing Crisis, one should be careful with the time of the SCENAR session and the frequency of sessions, as we mentioned earlier. The first-generation SCENAR, being an adaptive yet still a stimulator, can easily push the body into that unpleasant state.

With COSMODIC, which stimulates and sedates simultaneously, the danger of the healing crisis is minimal. Besides, the COSMODIC device will always let you know the body’s limit with a signal of Double DOSE. Just listen to your smart device – and you are guaranteed a smooth sailing though healing.

Using Multiple SCENAR and COSMODIC Devices

Can you use multiple devices in the same therapeutic session? For SCENAR, opinions differ. Some therapists think that using two or more SCENARs simultaneously confuses the body, which won't know where to focus its attention; others use as many as five devices on a client at the same time aiming at substantially increasing the neuro-peptides release. In other words, there is no consensus.

For COSMODIC, there is simplicity in the matter: *the more the better!* According to Alexander Karasev, each cell or group of cells in our body has a distinctive 'spectral saturation' characteristic. Hence, COSMODIC will be forming different, unrelated and non-interfering adaptive regulatory bundles at each site. It is like using different channels to supply information: the more the better (it is better to see, hear, smell, taste and touch at the same time than just to see, isn't it?). Hence, the more COSMODIC devices will be on the body at the same time, the faster and more complete the healing will be.

As per the simultaneous combination of SCENAR and COSMODIC, it is good too. When two devices are separated in space, the body *has a chance to compare* and appreciate the better, which increases efficiency of treatment. The body chooses and follows the strongest device, and it is usually COSMODIC. In Dr. Karasev's opinion, "*the more comparison the better*" (it's his general attitude towards competition).

Summarizing 'COSMODIC vs SCENAR' Overview of Methodology

FACTOR	SCENAR	COSMODIC
Time of therapy	limited	unlimited; the longer the better
Frequency of therapy	limited	unlimited; the more the better
The DOSE	refers to the speed of adaptive reactions; used mostly in protocols	Single DOSE signifies minimum sufficient influence; Double DOSE – maximum influence the body still responds to
Place of therapy	small asymmetry	small asymmetry or somewhere close to the complaint or the sick organ
Action mode	'painting' in constant motion for Subjective mode or 'step-by-step' taking readings in Objective mode	just STAY on the selected (subjectively or by readings in the assessment mode) optimal area for treatment, or where you feel like it
Contraindications	relative – few	relative – fewer
Pain Relief	quick, strong, and lasting	may be delayed and more subtle, but the cause of pain is addressed more directly
Function	provoked during therapy	therapy requires minimum functional activity
Healing Crisis	often, if therapy is overdone	extremely rare

When COSMODIC and You Disagree

Sometimes with COSMODIC you may find that the device shuts off on you early into the treatment session, and no matter how much you try to force it to work, you get the same – the machine shuts off.

There is nothing wrong with the device; it is just letting the stubborn operator know that his choice of time and/or place '*here and now*' was less than perfect. Go to another spot, or better yet, leave the treatment for a different time (which can be the next day or so).

Some practitioners find it quite annoying when COSMODIC tries to 'outsmart' them. It is difficult to let go our human arrogance and start trusting artificial intelligence. And yet, soon you will begin to understand that this intelligence does not try to take over and replace you as 'the one in charge'. It is there to free you from preoccupation with little things (such as methodology, in this instance), so that you can concentrate on working with your client on deeper levels – emotional, mental, spiritual.

PART 3. Helping Dis-ease: Most Popular COSMODIC Protocols

How SCENAR and COSMODIC Therapy Look at Disease

COSMODIC therapy is a holistic practice. And as such, it views disease not as an enemy or something alien in the body that needs to be killed, but rather as a very natural and necessary for the growth and development process that trains the body to survive in the ever-changing and often hostile environment. Just as in the famous expression "*Love your disease, it's keeping you healthy*".

Furthermore, dis-ease in SCENAR and COSMODIC therapy is viewed as an ***inadequate adaptive reaction of the body***.

Any living system responds (*adapts*) to the ever-changing outside world striving to keep the constancy of its internal environment – homeostasis. In a well-tuned healthy system adaptive reactions happen instantly and unnoticeably. However, if adaptive reactions, due to a disorder in self-regulation, do not have an adequate *measure of reaction*, we experience ***dis-ease***, or *uneasiness to adapt*.

Inadequacy of adaptive reaction in most cases is caused by improper work of the body programs. If there is a delay in the transmission of information within the body, the adaptive reaction will be difficult and, therefore, ***slow***. Each step of the adaptive program will require a lot of efforts and a lot of energy, thus becoming quite perceivable. We call it "symptoms". As a rule, *the slower the adaptive reaction, the stronger the symptoms*.

Sometimes, if the programs are seriously corrupted or blocked, the adaptive reaction cannot be completed at all. The body is stuck somewhere on a healing cycle at a 'dead point', which it cannot pass no matter how often and how hard it tries. That's how a *chronic disease* develops.

Chronic disease, once settled in the body, hides behind the barriers of 'energy cysts' forming a Pathologic System (PS), which is supported and led by the Generator of Pathologic Excitement (GPE) in the Central Nervous System (CNS). (See Page 14 above to see how SCENAR and COSMODIC deal with PS and GPE, each in its own unique way.)

CONCLUSION. What follows from the above is simple and logical. Instead of fighting disease, as biomedicine does, **WE SHOULD HELP DIS-EASE**. Help the body complete its adaptive reaction in the most efficient way possible – and the dis-ease will be no more, because there is no more need for it.

Do not try to stop the disease program, as biomedicine does. First of all, by doing this you are actually blocking your natural healing and, second of all, you will not succeed anyway. Once triggered, the adaptive reaction has to be completed. The disease will not leave you until it's gone through all its stages; it has to live its life through.

How can you help the disease? By going with a client step-by-step through the entire cycle of his/her disease **speeding up adaptive reactions** every chance you have, until the program is completed.

In order to do that, you need to know WHERE on the body you can find places to influence the adaptive reactions. Typically, it is pretty simple. You do not have to think; just ask the body. It will tell you exactly where it needs help, and if it does not due to confusion – we've got standard techniques and protocols to create clarity out of confusion.

Adaptive reactions are divided into **LOCAL** and **GENERAL**.

Working with **LOCAL** Adaptive Reactions

LOCAL Adaptive Reactions develop close to the location of a pathology in the body. They are the first line of the body's defense when it meets a challenge. How do you speed them up?

If a Problem is On the **OUTSIDE**

If a problem is on the outside, you do not have to look for local adaptive reactions. They are clearly visible and usually surround the place of pathology. Here you have the unique opportunity to influence the local adaptive reactions **DIRECTLY** – just put your COMODIC device right on a place of inflammation and wait for it to tell you, “*Enough!*”

Here are two scenarios to illustrate the subject.

SCENARIO #1. Small external problems.

Let's say, for example, that you've got a microbe entering your body (infection) through a scratch on the skin. If the body does not immediately protect itself and isolate the microbe that is about to start happily multiply in your heavenly nourishing body, it can enter the bloodstream and potentially kill you (infection in the bloodstream is called sepsis). So the body develops **INFLAMMATION** around the multiplying and destroying your tissues microbes, with all its unpleasant *symptoms*, such as pain, redness, swelling, local heat. All in order to attract your attention to the problem and isolate the swimming in pus microbes. As you already guessed, these symptoms are your Local Adaptive Reactions.

That's how you get a pimple. No big deal. The body reacted quickly and protected you efficiently. You do not have to interfere; in a day or so your immune system will kill all microbes and the body will remove all local adaptive reactions = skin inflammation.

Unless, of course, the pimple is on your face or some other sensitive part of your body and you want it GONE ASAP. In this case, you take you COSMODIC and place it where? Correct, **RIGHT ON** the pimple – to help the local adaptive reactions right where they are.

This scenario is not actually a dis-ease, since it does not affect bodily functions (remember, **FUNCTION** is what's important for living and what the body is concern with) – unless, again, pimple is on such a place that prevents you from performing your important function, say, from being filmed or from sitting working on your computer ☺ Then it's a disease and needs COSMODIC.

SCENARIO #2. Bigger external problems.

Imagine that in the previous scenario the body is weak and cannot efficiently isolate the invading microbes. It still runs its adaptive healing programs, of course, but since they are slow in the confused body, the microbes have time to create substantial damage, and it will take a stronger inflammatory response to battle them.

That means, more pain, more swelling, more redness, more heat (not a pimple anymore; rather a boil). The slower are the healing programs, the stronger is the inflammation. In this case scenario the affected organ, most likely, will lose some of it's functions. This is already a *dis-ease*.

It is possible that the local adaptive reactions will not be sufficient to remedy the developing emergency situation, and the body will involve **GENERAL** adaptive reactions as well (when the body responds as a whole). Then you may have fever, chills, body ache, general malice etc.

In order to prevent this from happening and help local adaptive reactions, we will use COSMODIC... yes, again **RIGHT ON** the inflamed spot, the longer the better, the more often the better.

The same goes for other acute external problems, such as **injuries and traumas**. The body puts all its attention towards repairing injured tissues and organs, and does it, again, through *inflammation*. COSMODIC will make the healing response much stronger, amplify the local adaptive reactions, and make sure that the body completes them without ditching to do something else. Just put your device **ON** the inflamed spot and **do not move** until it Doses or Double Doses.

CONCLUSION: For all external disorders – help local adaptive reactions by placing COSMODIC **RIGHT ON THE SPOT** that hurts and/or presents a problem and follow *‘the more the better’* principle.

For *acute* external disorders it usually works like a charm. *Chronic* external disorders, on the other hand, are usually not that cooperative, because most of them are not actually external. They are a tip of the iceberg reflecting serious chronic processes on the inside, and in order to deal with them you have to look deeper and involve helping not only LOCAL, but also GENERAL Adaptive Reactions.

That is applicable to pretty much all inflammatory chronic skin disorders (such as eczema, psoriasis, rosacea etc.), chronically hypersensitive or itchy spots, acne, and other bothersome phenomena ‘on the outside’. While these visible problems are only a tip of the iceberg hiding inside, they are still a part of the same iceberg and can lead to the rest of it. Hence, even though it is not enough to work just locally on these problems to get rid of them, it is still a good idea to keep COSMODIC right on these spots as often as you can while uncovering and working on the rest of the iceberg. (See more in the Strategy and Tactics of COSMODIC Therapy section: **“Your TACTICS: Chronic Health Problems”**.)

Some external problems (such as old scars, moles, skin tags, vitiligo etc.) do not show much of activity around them. No symptoms, *no local adaptive reactions*. That means, the body is not concerned about them and is not working on healing them. In order to deal with these type of disorders, you would need to “wake up” the area first pointing the body’s attention to the problem. If you succeed, that will bring in *inflammation*. It may be unpleasant, but it is the only way to heal. (See more in the Strategy and Tactics section: Chronic Local Health Problems.)

THINGS TO REMEMBER

- SCENAR and COSMODIC work **through the skin**. That means, if there is no skin on the area or it is too badly damaged (like with severe burns or frostbites), there is no point of putting the device right on the damaged area. Start working AROUND the area, step-by-step covering part of the healthy – and part of the damaged skin with the same electrodes.
- You can also work on **mucous membranes** wherever you can reach them (in your mouth, for example). Just remember that wet surfaces have a much higher conductivity, and normal energy level of the device will be pretty shocking there. You need to use external electrodes specifically designed for mucous membranes (such as COSMODIC vaginal and rectal electrodes).
- If the injured area is covered with a gauze or a cast, or if you cannot reach it for any other reason, work on **SYMMETRICAL** parts of the body (considering vertical, horizontal, and frontal symmetries) – and do not forget to Dose the **vertebra** corresponding to the pathologic site (See the *“Point of Pain” Technique* on page 45.)
- It is always better to work on the skin that is NOT covered with lotions, potions, ointments, make-up or anything else that changes the normal chemistry of the skin.

If a Problem is On the **INSIDE**

If the problem is on the inside, your local adaptive reactions are hidden and not clearly visible. So how do you find them in order to influence? Well, you do not have to guess. Just ask the body.

STEP 1. Focus on Your Main Complaint.

First of all, while adaptive reactions in a healthy body happen unperceivably, in a case of dis-ease they always give you *symptoms*, which often manifest themselves as *complaints* (such as pain, or swelling, or itch etc.). Symptoms are your body's language. It is the way your body lets you know that something is not right - and if you listen carefully, you can identify where the symptoms are coming from.

Your job in Step 1 is to isolate the symptom that is the most prominent, the most intense – your **MAIN COMPLAINT**. This is the key witness to your disease. It will lead you to the core.

The objective is to focus your body's attention on your Main Complaint engaging the power of your mind in the process. When attention of both your mind and your body is laser-beam focused on one problem, miracles happen. Help your body find and focus on **what's most important** at the moment.

That's how you do it.

1. **FIND the Main Complaint.** Sit back, close your eyes, and ask your body where it needs help. Listen to all the complaints and symptoms as your body presents them to you, one after another. Writing what you notice on a piece of paper helps a lot. Now grade all your complaints on a scale from 0 to 10, with 0 being "no complaint" and 10 being "absolutely intolerable." The complaint that gets the highest number is your Main Complaint.
2. **FEEL the Main Complaint.** Palpate the area of the Main Complaint. Feel the tissues. Compare them with the corresponding tissues on the other side of the body. Try to feel the difference. Find the area of the most discomfort; in most cases, it will be the most painful area.
3. **CHECK the Main Complaint.** Now we need to assess the *functions* of the Main Complaint area. Check what this part of your body can do, and compare it to the functions of the same area on the other side. For example, check the range of motion of your painful shoulder, compare it to the ROM of the other shoulder, and note the difference. Quantify it. Then write down what you found. Find the movement that gives you the greatest discomfort or the most restriction, and quantify it on the 0-10 scale. This is your baseline, your indicator of the needed treatment.

STEP 2. Identify the Active Sites

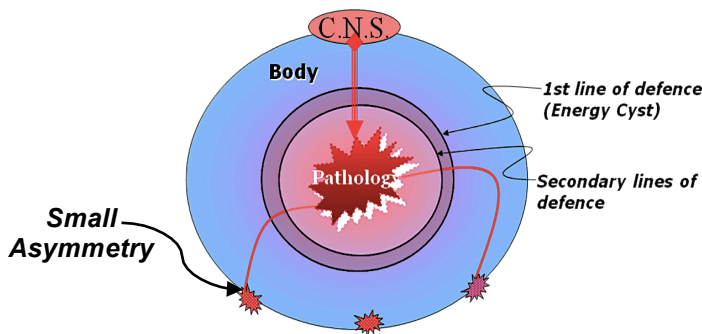
An Active Site (AS) is a projection on the skin of the disease hidden inside. Active Sites may occur in multiple locations on the body, since any internal organ/structure has multiple representations on the skin surface. Active Sites (which are also called '*asymmetries*' in classical SCENAR) are typically invisible to our eyes, but can be revealed under SCENAR and COSMODIC influence.

In the case of a chronic problem, Active Sites reflect the above mentioned 'energy cyst' – the energetic structure that separates the chronic disease from the rest of the body behind protective energetic barriers of local adaptive reactions. If the disease is there for a long time, the stable biochemical and electrical changes in the Active Sites area may result in certain structural changes of the skin – that's how you get a pimple that keeps coming back on the same place over and over again, an 'eternal' itchy spot, or any other annoying skin blemish that just never goes away completely.

By locating the Active Sites, you receive an access to the disease – and the more active, the more intense in the Active Site, the more direct access it provides. Remember the Small Asymmetry (SA)? When you find it, your battle is half-won, because SA directly connects you to the root of the pathology. Any symptom and complaint can lead you to the Active Sites (AS), but the Main Complaint does it best and provides the most direct route to the pathology through Small Asymmetry, which you almost always can find in the area of the Main Complaint.

That's how you do it. (See also the “Area of Pain” Technique on page 46.)

1. **FREE the area** of your Main Complaint. The skin in this area needs to be easily accessible. Make sure that the area is not constricted and that you can reach any part of it and beyond with your device, and that clothes are not in your way.
2. Turn your COSMODIC **ON** and **SET the Energy Level**. Place the device on the skin of any conveniently accessible area (we often use the shoulder) and set its energy level to be comfortable for the person, even if you are working on yourself.
3. **Envision a RECTANGLE** that surrounds the entire area of the Main Complaint. Break the area into a grid of regions that are one electrode in width (if you have a device with three ‘ski-type’ electrodes, such as the 715 or the EX735, all three ‘skies’ count as one electrode in width).
4. **PLACE your device** on the area of the Main Complaint. Make sure the electrodes are in good contact with the skin. Start slowly **moving the device** along the imaginary grid in rhythmic motions, applying slight pressure. Cover the entire area of the Main Complaint and well beyond it. We recommend that you maintain the general vector of your motions, from top to bottom and from left to right. But if you cannot do this for some reason, you can move in any direction.
5. **ADJUST the energy** level if necessary. Your influence should be felt, but not uncomfortable. Usually a slight prickling or vibrating sensation is perceived.
6. What you are looking for are areas that feel or look different from the surrounding skin. As you already know, these areas are called Active Sites or **ASYMMETRIES** in classical SCENAR therapy. These are the most common types of asymmetries:
 - **Stickiness:** A sticky area is one where the device sticks to the skin more than in the other areas. It is also described as a “magnetic pull,” and it is our favorite asymmetry.
 - **Color:** The area changes color under your influence, becoming more pink or more pale.
 - **Sensitivity:** The area becomes more - or less sensitive compared to the surrounding skin.
 - **Texture:** The texture of the skin changes, developing rash or hives.
 - **Sound:** The device sound changes, getting louder or softer on certain particular spots.



Asymmetries can be detected right away or take up to a minute to appear. Keep working until you have at least one.

7. You can find only one Active Site a.k.a. asymmetry - or several of them. Choose the one that is **the smallest and the most intense** – ‘the small asymmetry’ (SA).

At the Active Site (AS), your COSMODIC sings the most, with the light and sound indicators showing the highest energetic activity. This is often also the most painful area, if pain is your Main Complaint. Select the SA carefully – the more precise you are in finding it, the more effective your procedure will be. And if your selection was not perfect, no big deal, as the body will lead you in the right direction in a little while anyway.

NOTE: If you were reading the previous chapters carefully, at this point you may raise a question, “*You said, COSMODIC should not be moved during therapy, so how come you recommend ‘painting the skin’ with it while looking for asymmetries?*” Good point – and valid.

The described *dynamic* method of identifying the Active Sites is called **SUBJECTIVE**, and we use it only to FIND the location of the Small Asymmetry. When found, SA should be treated without moving the COSMODIC device.

Professional and semi-professional COSMODIC devices, such as the 715 and the EX735, have an **OBJECTIVE** assessment method of finding the optimal area for treatment (which would be the Active Site). It can be done digitally or graphically moving the device step-by-step and taking readings on the device screen from the area of the Main Complaint. The highest reading (or the lowest for that matter) gives you the Small Asymmetry.

STEP 3: Working With Active Sites

Once identified, the AS and the SA can be treated in two different ways, overall: static and dynamic.

- **STATIC.** You simply Dose the Active Site (or better yet, the Small Asymmetry). Place the COSMODIC device on the selected location and wait for the Dose. That’s it. Don’t move the machine, just let it do its job in fine-tuning the body.

After the Dose, you have two options: proceed to Step 4 – or stay on the same spot and wait for the **Double Dose (DD)**, to get as much dynamics as the body is capable of giving you, here and now.

- **DYNAMIC.** Place your device on the Active Site for 30-40 seconds. Then start “painting” the area in all four directions, using the same number of strokes in each direction: top to bottom, left to right, right to left, bottom to top. You are looking for the direction in which the selected asymmetry shows the most – the one that is the stickiest, the one where you get the greatest change in skin color, the one where the device ‘sings’ the most, and so on. Once you’ve identified this direction, work in this direction only until the asymmetry is reduced and the region resembles the rest of the skin.

As we already know, COSMODIC devices use mostly the Static way. There are, however, some situations when the EX735 can be used dynamically (in a very slow motion). And, of course, the DOVE scenar, being a cross-breed between the fist- and the second-generation SCENARs, can be used both ways.

With the DOVE scenar, in practice we commonly combine the Static and the Dynamic ways in the same procedure. For example, we might alternately Dose the SA, then paint it. Or we might repeatedly Dose the SA, if it is stubborn and does not want to go away from the painting. Various combinations are possible. At the end of the day, it is not very important *how* you work with the Small Asymmetry, as long as you *make it go away*. That’s your agenda. If you achieve it, you know that the disease has changed and that the healing process is progressing. And *that’s* what you really want.

As we say in SCENAR therapy, “**Any change is a good one**” – and COSMODIC devices and the DOVE scenar will assure this change for you.

STEP 4: Continuing the COSMODIC therapy session.

After you reached your first Dose (with the Static Protocol) or removed the first Small Asymmetry (with the Dynamic Protocol), the entire situation changes. It is not the same disease anymore; it moved forward and further up the healing cycle. Hence, the symptoms and complaints will also change – and in order to proceed with your therapy you have to start all over again and repeat the entire action sequence starting with Step 1.

1. Check the former Main Complaint and see if it is still the main one – or another complaint is taking priority now and becoming you Main Complaint (if so, assess it accordingly).
2. Identify the new Active Sites – they will be in different locations now reflecting the change in the disease.
3. Work with Active Sites and Small Asymmetries as previously described.
4. Again, repeat the process starting with Step 1. Check the Main Complaint and functions, identify the new AS and SA, and Dose or paint it, again.
5. Continue the procedure until you are satisfied with the result. That means, until complaints decrease and/or function improves. Or you are just running out of time ☺

CONCLUSION: For internal disorders – help local adaptive reactions by working on their representation on the skin surface (**Active Sites – AS** and **Small Asymmetries – SA**) in a Static or Dynamic manner until a satisfactory change in complaints, functions, and/or objective signs is achieved. That will signify the disease moving forward.

In SCENAR Therapy, Any Change is a Good One.

Working with **GENERAL** Adaptive Reactions

GENERAL Adaptive Reactions develop when the body responds to the challenge as a whole, when the entire system is involved in the dis-ease process. General Adaptive Reactions do not point you to the location of the pathology, but they give the disease a powerful push forward.

FEVER is one of the common examples of a General Adaptive Reaction. It develops when infection cannot be contained by just local adaptive reactions and the body has to elevate its temperature in order to kill the multiplying microbes or viruses. Makes you question using of aspirin for colds, doesn't it? (BTW, in the case of a cold or flu runny nose, cough, or scratchy throat would represent local adaptive reactions – and fever, dizziness, headache, nausea, and general poopiness reflect general adaptive reactions).

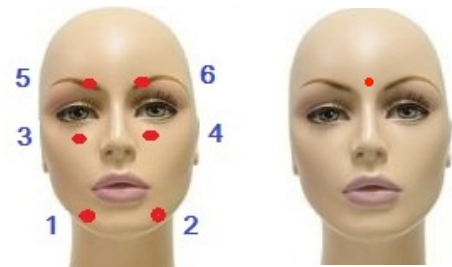
We help General Adaptive Reactions by influencing what in SCENAR therapy is called **Areas of General Regulation (AGRs)**. These are places on the body that address simultaneously several bodily systems involved in regulation of functions and healing reactions.

AGRs are divided into small, medium, and large.

Working with **SMALL** AGRs ('Point size')

10 Vital Points = 6 Points on the Face + 4 Cross-Points:

- "Third Eye" point
- C7 (the 7th cervical vertebra)
- Suprasternal notch (the Thymus projection)
- Coccyx (or the Tailbone point)



We recommend to Dose each Small AGR, unless you are working on 6 Points on the Face, in which case you may spend a certain preset amount of time on each point (say, 1-3 min.) without Dosing.

6 Points

"Third Eye"

NOTE: '6 Points on the Face' are exit points of the three branches of the cranial Trigeminal nerve. We suggest influencing them in a certain order shown on the right, on the lowest energy level in the Manual device mode, and with only a part of the device electrodes.

Working with **MEDIUM** AGRs

Medium AGRs are not points, but they are still fairly small skin areas that sometimes can even be fully covered with the COSMODIC device electrodes (especially with the 'skies' of the 715 or the EX735). There are quite a few Medium AGRs on the body. Here are some of the most commonly used:

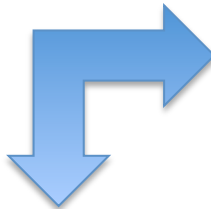
- Skull
- Ears
- Neck
- "Socks and gloves" (or Hands and Feet)
- Projections on the skin of vital internal organs (liver, kidneys, pancreas, spleen, stomach)
- Testicles, projection of Ovaries

RECOMMENDATIONS:

- If the Medium AGR is **small enough** (ears, testicles, projection of ovaries), we suggest placing the COSMODIC device right on them and Dose without moving.
- Working on **testicles**, start your procedure on the lowest possible energy level in Manual mode of your COSMODIC device, press it firmly to the body – and slowly increase the energy level until your influence is felt as strong but not painful.
- Work on both sides of **hands and feet** (top and bottom) either step-by-step or slowly moving the device without Dosing; be careful with your fingertips – they are extremely sensitive.
- The best way to work on the **Neck** is to use “*The Pirogov’s Ring*” technique described below in the “Stand-alone COSMODIC Protocols” section.
- You can only work on the **Skull** with a comb attachment – or when your client is bald or cleanly shaved.
 - When working with the **comb**, beware that initially there will be a lot of areas on the skull where electricity cannot be felt at all. Don’t blame the remote electrode; it is working fine. Keep working on the skull massaging it with the comb in any possible direction; after a while, as the body removes energy blockages, sensitivity of the skull in all areas will be fully restored.
 - When working on the skull with no hair, move your device slowly all over the skull in long stripes from the front to the back (the “**Watermelon**” stripes) or in a **Spiral** motion starting and ending at the top of the head. Look for Active Sites and Small Asymmetries and, if found, Dose. Alternatively, you can find AS and SA in Objective mode taking readings all over the skull area.
- Work on the Medium AGRs in projections of **vital internal organs** (liver, kidneys, pancreas, spleen, stomach), in the same manner as you would work helping local adaptive reactions in case of internal problems: identify AS and SA Subjectively or Objectively – and work on them Statically or Dynamically.

IMPORTANT NOTE: When working on fairly large skin areas, ALWAYS try to keep the following vector of your movements: **TOP to BOTTOM** – and **LEFT to RIGHT**.

Classic SCENAR.



Working with LARGE AGRs

LARGE Areas of General Regulation are the entire areas of the body that include various structures directly involved in general adaptive reactions. Influencing Large AGRs gives a powerful boost to healing processes, but due to its large size requires following certain protocols and techniques. Here are the most commonly used protocols.

3P7P, or “3 Pathways 7 Points” Protocol

If there is one single technique in SCENAR therapy that provides the biggest impact on the human system as a whole, it's the classical SCENAR technique **3P6P**, or “**3 Pathways 6 Points**”. It is probably the most popular technique amongst SCENAR practitioners that is used to affect General Adaptive Reactions – and arguably the most effective.

3P6P directly addresses the Central Nervous System (CNS), as well as both parts of the Autonomic Nervous System, all in one shot, “shaking the tree” of the body’s very core of self-regulation. That ‘shake’ allows the body to change the habitual unhealthy order of things and establish new priorities and relations leading to healing.

We say that, in a way, 3P6P helps the body better understand itself. This new-found awareness mobilizes general adaptive reactions and healing mechanisms on resolving the most important for the body problem ‘here and now’, whatever this problem is (and often this is not what we *think* it is).

The classical 3P6P is performed with the first-generation professional SCENARs and follows a very strict Protocol. That protocol is the secret to success with the technique.

Since COSMODIC devices have different assessment and Dosing principles, they cannot be used to perform the classical 3 Pathways 6 Points Technique. We have modified the protocol to adapt it to the particularities of COSMODIC devices and offer it to you as **3P7P** technique (“**3 Pathways 7 Points**”).

INDICATIONS for 3P7P: We recommend using 3P7P every time when you need to give Adaptive Reactions a good boost and ‘shake the tree’ on all levels – physical, mental, emotional, and even spiritual. It is also very useful when you cannot isolate the Main Complaint or it is of a general nature.

CONTRAINDICATIONS: None.

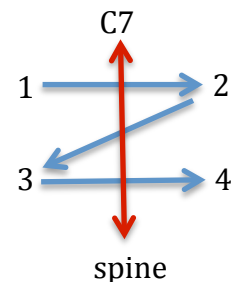
That’s what you do (for COSMODIC devices **with digital display**, such as the 715 and the EX735).

STEP 1. 3 Pathways on the Back.

- A client should be in a sitting position. Turn your COSMODIC on and set the **Assessment** mode, if it is separate in your device. If not, look at the graphs (or digits) determining the optimal area for treatment on the main screen.
- Mark the bottom of the **C7** (C7 is the 7th cervical vertebra – the first very prominent vertebra if you slide your finger along the spine from the hairline down the middle of the neck). C7 is considered a separate AGR in SCENAR therapy and should be avoided in this particular protocol.
- Your **first route** (or ‘pathway’) begins from the bottom of the C7 and continues along the spine in a straight line all the way down to the tailbone – and then from the hairline down the neck to the top of the C7 (not covering it). In a way, you are almost completing a loop.



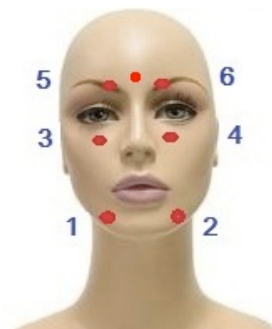
- Start **taking readings** going down the spine step-by-step with your device under 90-degree angle (perpendicular) to the spine. It is best to use the top, curved, part of the 'skies'-electrodes and not the full surface. This way you are only taking readings from the central line of the spine without crossing paravertebral lines (not recommended because it will mess up your next steps).
- There are two ways of taking readings with COSMODIC devices: graphically (the height of the columns) and digitally (the figures). You can work with either, as long as you separate readings substantially **higher** or **lower** than others.
- Choose if you will be working on **Highs** (high readings signify areas of high activity = high interest of the body) or **Lows** (low readings signify degeneration; low body's priority). Whether you choose Highs or Lows, complete the entire protocol in the same manner. (Read about "Highs and Lows of SCENAR" in **Appendix 6**.)
- **Mark** the skin points with significantly higher (or lower) readings with a pen. Complete the full Route 1.
- Retake the readings on the marked points, select the highest (or the lowest) reading – and **DOSE** that point.
- Repeat the entire procedure on the **Route 2**: left and right paravertebral lines (about an inch from the middle of the spine to the left and to the right, respectively) starting below the C7 line and finishing above it. Dose the point with the highest (lowest) reading.
- You can work on the two paravertebral lines in two different ways:
 - 1 - go along the entire left paravertebral line, Dose the selected spot – and proceed to do the same on the right paravertebral line;
 - 2 – go in a zigzag manner covering both paravertebral lines at the same time (see a drawing on the right). This way your first point would be just below C7 line on the left, and your last point – above the C7 line on the right. Your readings, however, are counted separately on the right and on the left, and you do two separate Doses for each paravertebral line.
- Overall, you should have three Doses on the back – one on each of the 3 pathways.



STEP 2. 7 Points on the Face.

This is your **Route 3**. Take readings from all 6 points on the face – the exit points of the three branches of the trigeminal nerve, in the shown order:

- 3^d branch (the Mandibular nerve) – about an inch below the angles of the mouth, just above the edge of a jaw bone);
- 2nd branch (the Maxillary nerve) – about an inch to the side and an inch up from the nostrils;
- 1st branch (the Ophthalmic nerve) – below the first third of the eyebrows, in a sensitive groove on the edge of the orbit.



Dose the point with the Highest (or Lowest) reading.

Dose the 7th Point (the "Third Eye").

NOTE: 6 points on the face, in a way, continue 3 pathways on the back, but **in contrast:** if on the back you work as per the classical vector (from top to bottom, from left to right), then on the face,

from a client's perspective, you work from bottom to top, and from right to left. And in front instead of on the back. Just one of those strange SCENAR things ☺

COMMENTS

Central Nervous System (**CNS**) is the management of the body. When you talk to the management, you get a much better chance to have a problem solved, don't you? That's why 3P6P and 3P7P Techniques, which address both the spinal cord (through 3 Pathways) and the brain (through the 6 or 7 points on the face) are so effective.

Add to it that these Protocols also address both parts of the Autonomic Nervous System (**ANS**): the Sympathetic Nervous System (**SNS**) through the sympathetic ganglia around the spinal column – and the Parasympathetic Nervous System (**PNS**) through the Pelvic Nervous Plexus and, partially, through nervous fibers in the cervical area.

The Protocols even mimic natural physiological processes: first – the SNS stimulation in the thoracic and lumber areas, followed by activation of the PNS in the sacrum area and, finally, by balancing of the two parts of the ANS in the cervical area.

Add to it working along the three major **channels of energy flow**: the Governing Vessel (Du Mai) in the middle of the spine and two Bladder meridians along paravertebral lines. Even though the TCM principles are not always regarded by health professionals, we recommend to take them into consideration. Hence, the recommendation: **DO NOT CROSS** all three energy power lines at once with your COSMODIC device, unless you consciously intent to put the energy system in a temporary state of chaos, like you would do with the Energy Cleanse Technique (see further below).

Since every disease in the human body has a representation somewhere in the CNS, the correctly performed 3P7P Protocol has a good chance of discovering this representation (the highest or the lowest readings) and influence it directly focusing the body's attention on healing the most important at the moment issue (Dosing the Small Asymmetry). Additionally, activation of both parts of the ANS gives a powerful boost to General Adaptive Reactions amplifying the body's healing response.

Do you think, in these conditions the disease has much better chances to run its natural course till it completes its full cycle and disappears for good? You bet.

3P7P with the **DOVE** scenar or the **C-DOVE** (in **Subjective Mode**)

Since the second-generation SCENARs for home use do not have a digital display, you cannot perform the 3P7P as described, in the Objective mode. You can, however, do it in **Subjective Mode**.

- Follow the main steps of the Protocol, but **'paint'** the pathways going up and down, instead of taking readings. Determine Highs and Lows subjectively, since these are your Active Sites and **Small Asymmetries**.
- Look for Small Asymmetries on each of the three pathways – and on each pathway **DOSE the SA** that 'speaks to you' (the one that you consider the smallest and the brightest). Alternatively, you can remove the SA 'in motion', brushing though it, until it disappears or better yet, turns into opposite.
- Then spend 1-2 min. on each of the 6 points on the face (or better yet, Dose each one) – and last but not least, Dose the 7th point (the Third Eye).

Performing the 3P7P in Subjective mode, you may not pinpoint THE Small Asymmetry, but rest assured that you will still 'shake the tree' and the General Adaptive Reactions will eagerly respond regardless.

5P7P Protocol

One of the modifications of the 3P7P technique is the 5P7P, or the “**5 Pathways 7 Points**” Protocol, which you perform similar to the described above, but add two more vertical lines to the left and to the right from the paravertebral lines on an inch or so distance from them.

You take readings from these lines and Dose them separately as well, just as you do the right and left paravertebral lines – first left, then right. After that, go to the 7 points on the face.

3P7P FAQs

Q: When can I use this Protocol – and how often?

A: You can use the 3P7P Protocol any time you want to ‘shake’ the system and give Adaptive Reactions a boost. For example:

- Acute local processes (inflammations, injuries, traumas etc.) that are healing too slowly.
- Acute local processes that seemingly healed, but with residual functional limitations.
- Acute general processes that last longer than usual (common cold lasting more than a week, for example).
- Acute processes turning chronic.
- ANY chronic process at ANY stage.
- Situations when some symptoms of ill-health are present, but it is difficult to identify the source of the problem.
- Situations when symptoms cannot be even identified (just ‘feel bad overall; don’t know what’s wrong with me’).
- Mental and emotional issues and disorders etc.

Typically, there are no guidelines or limit on **how often** you can use the protocol, but remember that it is a VERY powerful impact on the system. There is only so often you can ‘shake’ it. Use your best judgment.

Q: Working with the SCENAR-COSMODIC Hybrid, such as the EX735, **which Mode** should I use – SCENAR, COSMODIC, or Auto?

A: The 3P7P Protocol is designed for ALL second-generation SCENARs: purely COSMODIC devices, such as the EX715 and the C-DOVE, the Hybrids of EX735 series, and even for the DOVE scenar. Basically, any SCENAR device that uses the COSMODIC algorithm in determining the DOSE. With that being said, you can perform this protocol with the EX735 in either SCENAR or COSMODIC or Auto mode, as long as you do not change the Mode in the middle of the procedure. Just see what works best for you.

Q: What **energy level** should I use during the procedure?

A: Comfortable. It is not recommended to change the Energy level during the entire Protocol, so set it manually somewhere away from the areas you will be working on – and remember that the face is much more sensitive than the back, so plan accordingly ☺

Q: How to position COSMODIC electrodes for influencing **small points** (the 7 points on the face)?

A: When we need to influence a very small skin area with a COSMODIC device (such as the points on the face), we take readings and Dose with just a small part of the electrodes, usually positioning the point between the curved parts of a side and a middle electrodes of the devices that use the ‘ski-type’ electrodes (such as the EX715 and the EX735). It is enough to touch the skin with just two of the three electrodes to generate the electrical current. Alternatively, you can use a small area remote COSMODIC attachment for better positioning and easier manipulation.

Q: How do you determine when to work on **HIGHs** – and when on **LOWs**?

A: The question of HIGHs and LOWs in SCENAR therapy has been a bit of a 'grey area' for awhile. In **Appendix 6** you will find the article "*Highs and Lows of SCENAR*" written back in 2005. You may find it helpful in understanding the matter.

At that point, at the time of the first-generation SCENARs, we would always recommend to work on HIGHs – because the body works on 'highs'. High readings signify areas of the high functional activity of the body, the priority areas, and it makes much more sense to go 'with the body' helping it accomplish what it is doing anyway instead of trying to change the natural course of things, 'change the body's mind', in a way, redirecting its attention to the area that the body does not see as a priority at the moment. (I am talking more about it in the above-mentioned article "Highs and Lows of SCENAR")

The issue became even less clear since COSMODIC devices came to the scene. In many COSMODIC manuals you will see recommendations to work on LOWs. Why?

That's Because COSMODIC CAN!

You see, the first- and the second-generation SCENARs interact with pathology differently. The first-generation SCENARs can only work with the chronic degenerative areas (the ones that give you low readings) THROUGH the body, meaning only by convincing the body to start paying attention to them. That's a difficult, energy-consuming, and often unjustified in the long run tactics.

The second-generation SCENARs can work with chronic pathology **on their own**, quietly repairing and reviving the degenerative areas on periphery, without much fuss and without the active involvement of the high management.

*"COSMODIC does not just **REVEAL** a problem bugging the body to deal with it. It actually **DEALS** with the problem on a local level supplementing weak healing efforts of the body and indicating to it that the problem can be taken care of locally and there is no need for the higher structures to be involved. Through adaptive regulatory bundles of impulses, COSMODIC regulates and enhances local adaptive reactions and 'fills up' the arch of spinal cord reflexes to the extent that the spinal cord gets totally involved in healing 'in situ' and does not transmit any pathological SOS signals 'upstairs'. All healing resources are now utilized locally, and healing is happening locally, as it should."* (See more in the chapter "How SCENAR and COSMODIC Eliminate Disease" on page 14.)

This quality of the second-generation SCENARs opens up the whole new world of possibilities for SCENAR users. That means, **WE CAN NOW WORK ON LOWs**, just as much as we can on HIGHs, without a danger of overwhelming or confusing the body. Low readings give you small asymmetries just the same way as the high readings do, and you can pick and choose what you want to do: help the body complete the active healing reaction (on high readings) – or start slowly but surely repairing and reviving the degenerative areas (on low readings).

Your choice would depend on the 'here and now' situation, the main complaints, the personality and a state of mind of a client, your personal preferences etc. But at least you have a choice!

I usually recommend (for COSMODIC, of course) to go with LOWs, if you do not have the clearly active process present and you are working locally. If you are working with General Adaptive Reactions, such as with 3P7P Protocol, I still prefer HIGHs, unless you do not have them at all on the first route. In this case, go with LOWs (what other choice do you have? ☺) Remember, you have to decide which way you want to go on the first route and keep going that way; you cannot change your mind mid-way.

Remember also that these recommendation is for the second-generation SCENARs (I am still voting for HIGHs for the fist- generation ones). Hence, if you are working with the EX735, make sure that your device is in COSMODIC or Auto Mode.

Q: What to expect after the procedure?

A: The 3P7P Protocol, just as the classical 3P6P, is not a painkiller. You do not perform it to get the instant relief from symptoms (even though sometimes it can occur). You are helping the confused system to better understand itself, reorganize, and establish priorities for more efficient healing. That does not happen instantly; the body paces itself. Therefore, do not expect any dramatic changes right after the procedure, but instruct a client to carefully monitor ANY and ALL changes and unusual occurrences in the next 24-72 hours (more often it is 24-48 hours, but the response can be delayed). In ideal world, the client should write them down, so he/she does not forget something important.

These changes and reactions of the body will eventually lead you to the source of the problem. We often joke that we ‘shake the tree to find a monkey’. And ‘the monkey’ may not even be where you expect it to be. Don’t judge. Just trust the body’s wisdom and help without trying to outsmart the body. You won’t succeed anyway 😊 Go with the body’s dynamics and deal with the problems as the body brings them to the surface – it will lead you to the source.

“Collar Zone” Protocol

Another very important and often used Large Area of General Regulation is called “The Collar Zone”. In classical SCENAR, it includes the back of the neck and shoulders, the forehead, and the adrenals, consecutively.

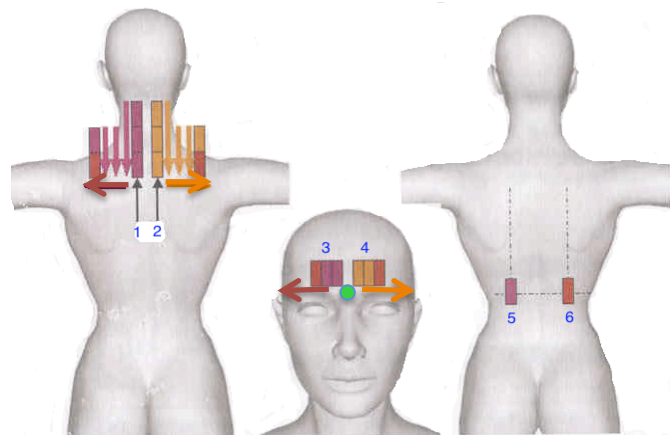
Collar Zone Protocol targets the Sympathetic Nervous System (**SNS**) calming it down. It also includes areas symmetrical to the reproductive organs, influencing the latter indirectly.

As any AGR, the Collar Zone can be used to influence General Adaptive Reaction in ANY ill-health situations, but it is especially indicated for:

- Stress-related conditions and disorders, such as high blood pressure, insomnia, migraine and headache, depression etc.
- Immuno-deficiencies and overactive immune system (allergies, auto-immune disorders).
- Reproductive system disorders of any kind (sexual dysfunction, infertility, inflammations, degenerations etc.)

The Technique

- A client is in a sitting position. Turn your COSMODIC on and set the Assessment mode, if it is separate in your device. If not, look at the graphs (or digits) determining the optimal area for treatment on the main screen.
- Mark the top and the bottom of the **C7** (the 7th cervical vertebra). As you know, the C7 is considered a separate AGR in SCENAR therapy and should be avoided.



DO NOT OVERLAP ON C7!

- Treat a grid on the back as shown on the picture – going step-by-step from top to bottom and from the center outward and taking readings on the left side first (#1), then on the right (#2). 3 rows and 3 columns on the left – and the same on the right, with your first positions under the hairline and you last positions – away on both shoulders. Put one Dose on the left – and one on the right.
- Treat the forehead in the same manner as on the back: your left first (client’s right) -#3, taking readings from the center outward, then repeat on the right - #4. Dose each side. At the end, Dose the Third Eye point.
- Finish up Dosing each of the adrenal glands – first left (#5) then right (#6).

Overall, you will have **7 Doses**. It may take a bit long to Dose 7 positions, but the result is well worth it. If the first Doses take too long, you may skip the 2 Doses on adrenals and do only one (with the higher initial reading) or just stand on adrenals for 1-2 min. on each.

Just as with the 3P7P, you can perform the Collar Zone Protocol in Subjective mode. ‘Paint’ the areas on the back and on the forehead, find Small Asymmetries and Dose them or remove by brushing through. Dose the adrenals and the Third Eye at the end.

“Zone Palm” Protocol

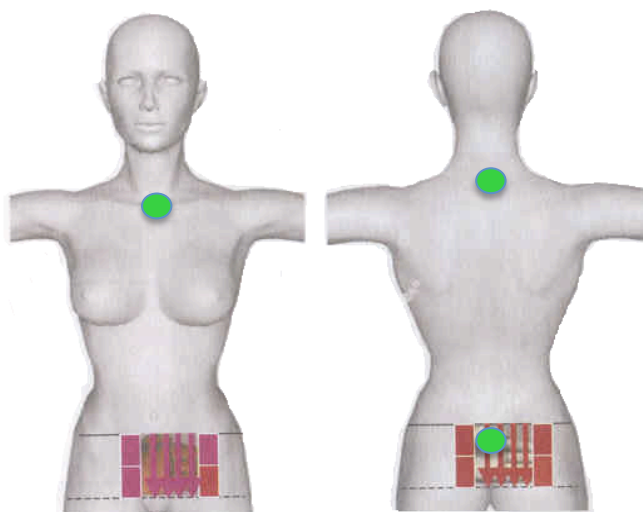
Despite what its name says, the “Zone Palm” Protocol is not performed on palms. It covers the areas related to the reproductive system: low abdomen and the sacrum. In classical SCENAR, it also includes C7 and the suprasternal notch as stand-alone small AGRs. We like to add the third one – the Coccyx point (or the Tailbone).

Besides it’s qualities as the Large Area of General Regulation, the Zone Palm Protocol is especially helpful for:

- Any Reproductive System disorders.
- PMS and other sexual hormonal imbalances.
- Immuno-stimulation.
- Increase in general vitality and Rejuvenation.

The Technique

- The protocol got its name from the size of the areas to be treated. Take a client’s palm and place it above his/her pubic bone. Draw a square around the palm. You do not have to leave a line, as long as you know where the borders are. That will be the area to work on. Drawing a line attracts additional body’s attention to the area, which is always good.
- Do the same on the back, over the sacrum.
- Start taking readings on the front in the usual manner: top to bottom, left to right (you will probably have 2 rows and 6-8 columns). Dose the highest reading.
- Do the same over the sacrum area. Dose.



- Now Dose all three small AGRs (we call them the **“Three Crucial Points”**): the C7, the suprasternal notch (thymus projection), and the coccyx. You can do it in any order but we usually like to do the tailbone point last.

In the “Zone Palm” Protocol, you get 5 Doses in total.

Just as with the other Large AGRs, you can perform this protocol in Subjective mode with the C-DOVE or the DOVE scenar. Just ‘paint’ the symmetrical ‘palm’ areas on the front and on the back and Dose the found SAs (or remove them in Dynamic manner). And do not skip to Dose the Three Crucial Points.

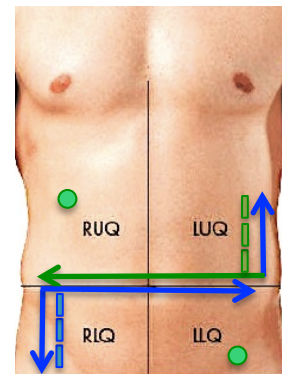
“Zone Abdomen” Protocol

Besides its General Regulation application, this Protocol is also commonly used for treatment of:

- Digestive disorders
- Immune system imbalances (allergies, immune deficiencies, auto-immune disorders)

The Technique

- Visually divide the abdomen into upper and lower area by the horizontal line going through the naval. You will be working separately on both parts. (The upper border of the upper part is the line going through the very bottom of the sternum; the lower border of the lower part is the line at the level of the pubic bone).
- Take readings on the upper half starting from the lower right corner (your right) and work from the bottom to the top and from the right to the left. The last reading will be in the upper left corner (shown as a green dot on the picture). Mark the readings that are significantly higher (or lower) than others and, when you finish the route, take second readings on them. Dose the point with the highest second reading.
- Perform the same procedure on the lower half of the abdomen, but start from the upper left corner (your left) and work from the top to the bottom and from the left to the right. The last reading will be in the lower right corner (shown as a green dot on the picture). Mark the readings that are significantly higher (or lower) than others and, when you finish the route, take second readings on them. Dose the point with the highest second reading.
- You can perform this Protocol in Subjective mode as well starting and finishing at the same points and ‘painting’ in the same directions as described above (separately on the upper and lower parts of the abdomen), looking for Small Asymmetries, and Dosing or removing them.



PART 4. Most Popular Stand-Alone COSMODIC Techniques

“Pirogov’s Ring” Technique

One of the most powerful techniques to influence the Immune system eliciting the Relaxation Response at the same time. Invaluable when you are getting flu, cold, or a sore throat – or in any situation requiring a boost of immunity.

You can perform a technique on a client – or on yourself equally effectively. That’s what you do.

- Place your device perpendicular (under 90 degrees) to the spine in the neck area right above the C7. Keep it in a steady position for 30 sec.
- Start very slowly moving the device (keeping it horizontally) around the neck **WITHOUT** detaching it from the skin until it reaches the starting position on the spine again. Keep the device steady on that point for 30 sec.
- Start moving the device around the neck again, but this time in the opposite direction. These two movement (clockwise – counterclockwise or the other way) are considered **one cycle** (blue arrows). Typically, you want at least 5-7 cycles per session, but it can be more. Use your best judgment.
- Now put your device on the **suprasternal notch** for 30 sec. – and repeat the entire process from here for 5-7 cycles moving your device horizontally along the very bottom of the neck (green arrows). The Suprasternal notch is an opposite symmetry to the C7.

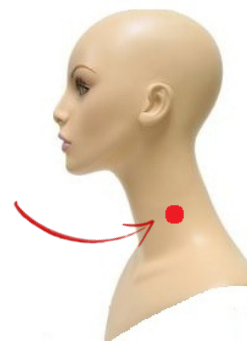


“Little Wings” Technique

One of our forever favorites, even though requires a certain level of proficiency in working with the COSMODIC device. Can be self-administered, but it is way easier if you have someone to assist you. We consider it an advanced technique.

“Little Wings” directly stimulate the Vagus nerve, at the same time creating involuntary contractions of the neck and shoulder muscles. This effect removes tension in the neck and shoulders and lifts off the load of stress in a matter of seconds showing the body what a proper Autonomic Nervous System balance should be like.

- To perform the technique, set your device in MYO mode (if it has one). Otherwise, leave it on Auto. For the DOVE scenar, move to M3 (Mode 3 - 3 sec. stimulation followed by 1 sec. pause).
- Firmly press the device against the side of the neck at the position shown on the picture.
- Increase the energy level. You may need to move the device around a little bit (without detaching it from the skin) in order to find a location, which will elicit involuntary contractions of the neck and shoulder muscles.



- The contractions may be very little at the beginning (in most cases, muscles in this area are very rigid due to stress), but as you keep your device firmly and steadily on the found spot, the amplitude of shoulder motions will increase. **Ask a client** to help you by being completely relaxed and letting the shoulder go where it wants to go – followed by letting it completely drop at the pause.
- Consider getting 5-7 good contractions on each side – and slightly massage the shoulders with your COSMODIC or the DOVE afterwards to balance the flow of energy.

NOTE: The procedure also quickly puts a person in a good mood – you will have a client giggling or laughing out loud almost instantly.

“Energy Cleanse” Technique

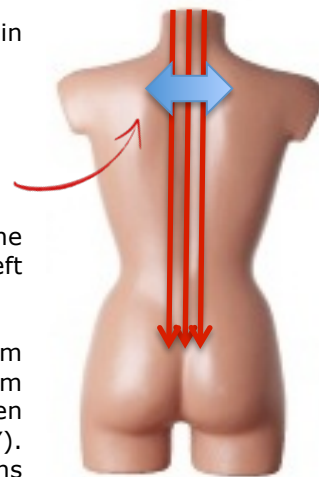
There are many situations in the practice of a holistic healer when the body is stuck in unhealthy energetic patterns – or a recent encounter created a major disturbance in the energy flow in the body.

What you need in these circumstances is a short but powerful shock to the regulative systems of the body in order to put them in a temporary state of energetic chaos, after which the system will restore itself to a more coherent, healthier order. In a way, it is a systemic **“reboot”** ☺

In SCENAR therapy, this is achieved by simultaneously influencing three channels of energy flow and a lot of important nervous structures on the back (the three pathways described in the 3P7P Protocol) on as high energy settings of a SCENAR device as a client can stand.

If you plan this technique for yourself, you will need to find an assistant for that, since the procedure is done on the back and is not intended to be pleasant.

- Set your device on a pretty high energy level (barely tolerable, in fact). Your client is preferably lying down on his stomach.
- Position your device right under the hairline on the back perpendicular to the spine and crossing the central and, hopefully, both paravertebral lines.
- If your electrodes are too small to cross all three lines (like on the C-DOVE or the DOVE scenar), do the central line first, then left and right paravertebral lines.
- Start moving the device down VERY slowly all the way from hairline down to the coccyx WITHOUT detaching the device from the skin. Repeat it along the left side of the spine – and then along the right side, if necessary (all the way down SLOOOWLY). Stay for 5 sec. every time on the first – and on the last positions of the route.
- Repeat the process 5-7 times, depending on the level of incoherence and the level of tolerance of your client. No need to look for asymmetries; this is not your objective.
- The procedure is considered successful, if you have red patches appear in every part of the spine: cervical, thoracic, lumbar, and sacral.

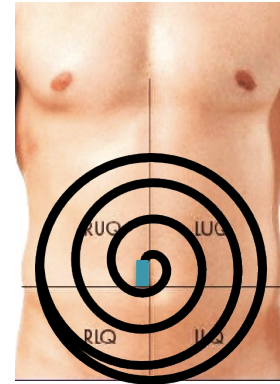


NOTE: It is normal for a client during this procedure to scream and curse a technician – the more scream the better the effect. Just keep going without detaching the device from the skin.

“Abdominal Spiral” Technique

This is one of the most popular techniques for any digestive system problems and immune modulation – for it’s simplicity, effectiveness, and the fact that it can easily be self-administered.

- Put your device to the right from the naval and keep it there for 2 min. – or do a Dose.
- Start slowly moving the device in the circular motion keeping it constantly on the skin and expanding the spiral all the way to the sides – and then constricting the spiral back to the naval.
- Stay for another 2 min. (or give another Dose) by the naval.
- Repeat the procedure as many times as you feel right (usually 5-7 times). That’s it!



NOTE: move clockwise, if the tendency to constipation is present – and counterclockwise, if there is a tendency to diarrhea.

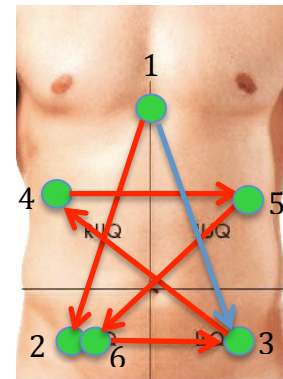
There is nothing better for constipation...

“5-Point Star” Technique

This technique is a powerful influence on the Parasympathetic Nervous System (PNS) and can be used for stress relief, as well as for improvement of digestive functions and immunity. It also proved very helpful with *depression*. Just as the 3P7P, the “5-Point Star” effectively brings out pathologic processes that do not display clear symptoms.

The technique got its name from a sequence of your moves, which resemble drawing a 5-point star on a piece of paper.

- Your **First** point – the **Xiphoid process** at the bottom of the sternum.
- Your **Second** point - the **Right ASIS** (Anterior Superior Iliac Spine) - the point at the front of the iliac crest, bikini’s top line where hip sticks out.
- Your **Third** point - the **Left ASIS**.
- Your **Fourth** point - below the **Right 12th rib** where the cartilage becomes bone (it is in a straight line above the ASIS prominence).
- Your **Fifth** point - the same spot below the **Left 12th rib**.
- Your **Sixth** point - the same spot as the #2, the **Right ASIS**.
- Have a client note the **most felt/tingling/pain location** and take this point to **Dose**. That is your **Seventh point**.



- Additionally, if the client had a complaint in the abdominal area before the procedure, or especially if the complaint occurred during a session, **DOSE THAT POINT**. It is particularly important for depression, which was known to shift after that.

PART 5. General STRATEGY and TACTICS in COSMODIC Therapy

Now that you know quite a bit about COSMODIC and how to work with it, let's see how you approach various types of health situations.

ACUTE Health Problems

These situations are the body's emergencies. The body is acutely aware of them, and it is putting all its attention and resources towards resolving these types of problem in the quickest way possible.

Best case scenario, the system succeeds, completes the healing cycle, fully restores the function and, hopefully, the structure that supports the function (unless a scar is formed), and disease disappears for good.

Potential DANGERS

If the system is weak with a low level of coherence, it may not have enough awareness and/or strength to deal with the problem. It may result in either:

- escalation of the problem into a more serious and potentially life-threatening situation, or
- incomplete healing, when the body fixes only what it absolutely HAS to fix to keep functioning. Energy resources are being redirected towards other emergencies. The result:
 - permanent loss of function;
 - incomplete healing program turns into a *chronic*, lingering in the system problem.

Your AGENDA

Ensure that the system goes through the healing cycle smoothly and completes it with full restoration of functions and structures in a record time.

Your STRATEGY

- assist the body in what it is already doing;
- speed up the healing process;
- ensure that healing is complete and functions are fully restored.

NOTE: relapses of chronic processes are usually treated as acute processes "in their own rights".

Your TACTICS: Acute **LOCAL** Health Problems

That is when you or your client can **easily locate a problem**:

- pinpoint it exactly,
- or at least show the regional area where the problem is located.

More often than not, when the problem is acute, its location is easy. Local Adaptive Reactions are strong, and clear symptoms (such as pain, swelling, redness, "hot spot" etc.) will lead you right to the source. Just isolate the **Main Complaint**, listen to it, and work on it (see page 24-29 for more on working with Local Adaptive Reactions).

All injuries and traumas, as well as local inflammations and acute local pain of known or unknown origin (for ex., toothache, abdominal colic, chest pain) fall into this category.

IMPORTANT NOTE: Please remember that your agenda is to **HELP THE BODY**; and not necessarily your doctor. That means, you have to work on what the body is working on, i.e. **COMPLAINTS**, rather than what your doctor is working on, i.e. **DIAGNOSIS**.

Always, always, always listen to the body and go with the **Main Complaint**, when it is present, and prioritize it over any diagnosis you may have (which may be correct – or may not).

- **TIME** of COSMODIC Therapy for Acute Local Problems: the longer the better.
- **FREQUENCY** of COSMODIC Therapy for Acute Local Problems: the more often the better.
- **PLACE** of COSMODIC Therapy for Acute Local Problems: positions of Local Adaptive Reactions. They, however, can be found in different ways depending on the character of the Main Complaint.

SCENARIO #1. The Main Complaint is a POINT.

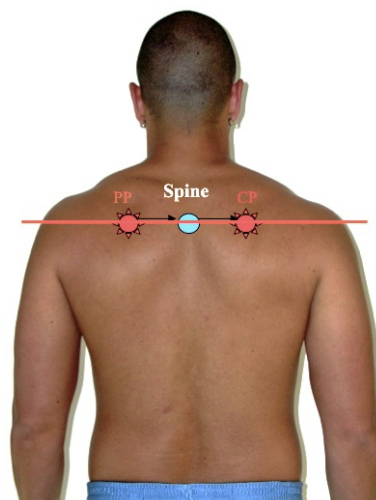
That means, you (or your client) can point to the Main Complaint with a finger. And actually, you/he/she *should* do that, if you have a chance, because pointing to the place of the Main Complaint further concentrates the body's and the mind's attention on the local problem. More focus – more chances for success.

If a problem is on the outside, your Local Adaptive Reactions shine brightly and there is no question where to work. If a problem is on the inside, your additional clues (besides the Main Complaint location) may be visible signs of Local Adaptive Reactions, such as redness, swelling, local heat.

You already know that in order to help Local Adaptive Reactions, you need to put your COSMODIC devices **right on the point** that corresponds to the Main Complaint. We also call it the “Point of Pain”, and the corresponding technique – “**Point of Pain**” **Technique** (even though your Main Complaint may not be pain).

“Point of Pain” Technique

- Identify and assess the Main Complaint as described on p. 26.
- Turn your device ON and set an energy level above comfortable (fairly strong, or an “interesting” sensation).
- DOSE the **Point of Pain (PP)**. Alternatively, you can ‘brush’ through the Point of Pain, especially if you are working with the DOVE scenar, removing the Small Asymmetry that is undoubtedly there and accompanies Local Adaptive Reactions. Stay on PP for 30 sec. – then brush. Repeat if necessary.
- DOSE the **Contra-lateral Point (CP)** = the mirror image of the Point of Pain.
- DOSE the corresponding **vertebral point** on the spine.



- Reassess the situation listening to the Main Complaint – and repeat the procedure, if you are not satisfied with the result (pain did not decrease enough or function did not improve enough). You may combine the static (staying on PP) and dynamic (brushing through PP) mode of action – it is all good. Repeat the procedure as many times as needed for good result.

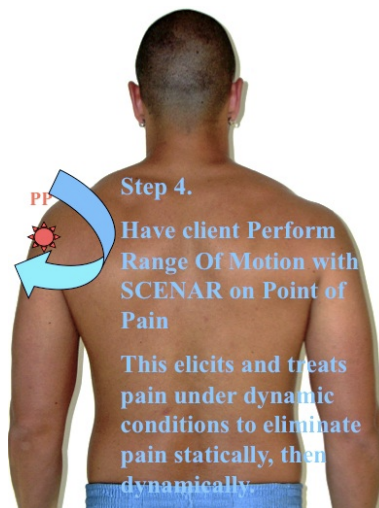
NOTE: you may find during reassessment that the Main Complaint and the associated Small Asymmetry have moved. This is VERY good sign that shows you that the healing cycle is moving forward. Work on the new locations.

“Point of Pain in Motion” Technique

This technique can be performed (and is very effective) when a very localized pain is associated with motions.

- First steps are completed similar to the “Point of Pain” Technique. You assess the Main Complaint and work on it until it is substantially reduced – without any motion.
- When pain is reduced or absent *statically*, ask a client to start slowly doing Range of Motion and locate the ROM pain. Assess it – and the ROM.
- Put your COSMDIC on the ROM pain for 30-60 sec. *while in motion* to reduce pain **DURING ROM**. If pain moves, follow the pain as it shifts, until it is reduced in motion.

* ROM – Range of Motion



SCENARIO #2. The Main Complaint is an AREA.

In this scenario, the acute pain cannot be pointed exactly, but it is still fairly contained in a certain area of the body. Therefore, in order to make healing more efficient, you need to help the body localize the problem – and then proceed treating it as the Point of Pain.

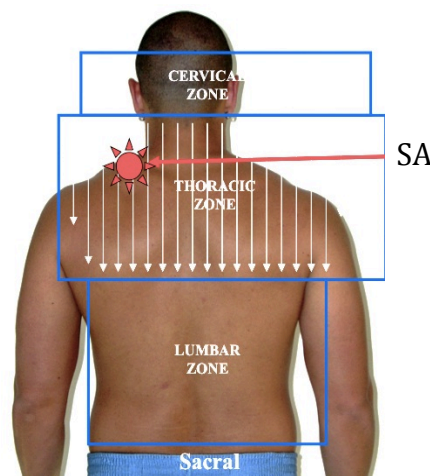
“Area of Pain” Technique

Overall, you perform this technique as described for Working with Local Adaptive Reactions on pages 25-30.

- Locate and assess the Main Complaint.
- Identify Active Sites and the Small Asymmetry.
- Work with the Small Asymmetry (as with the Point of Pain).

Just remember the general vector of motion while locating the Active Sites: from top to bottom, from left to right.

Usually Active Sites and Small Asymmetries will start revealing themselves within 2-3 min. of you working on the area. Since there may be several of them, choose the one that is the smallest, the most intense, and the closest to the concentrating pain.



NOTE: remember, that *concentration of pain* in one point area is also the sign of a Small Asymmetry.

What To Do If the Main Complaint Does Not Go Away

If the Main Complaint is stubborn and does not want to go away after “Point of Pain” or “Area of Pain” Technique – then what? (That does not happen often, but still happens.)

There are several things you can do.

a. Work on Symmetries

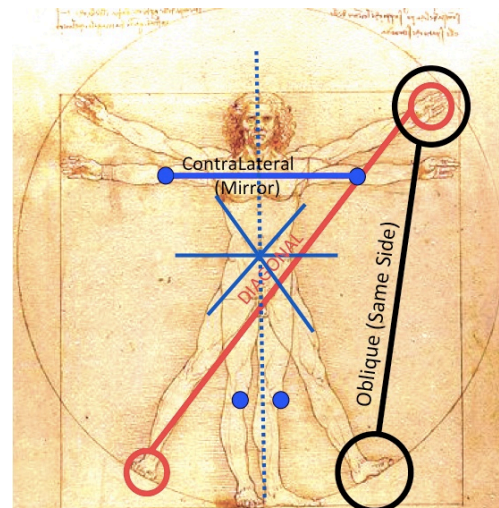
We are symmetric creatures, and our symmetries come in three different ways:

- Vertical symmetry: Left – Right
- Horizontal symmetry: Top – Bottom
- Frontal symmetry: Front – Back

All symmetrical spots in our body have strong informational connections. That is why you can influence any site working on a symmetrical spot. (That comes handy especially when the actual site of disease is inaccessible, for example due to a cast, bandage etc.)

Since there are three different symmetries, several locations on the body will be symmetrical to any particular site. They can be:

- **Contralateral** - on the opposite sides, like mirror images (right hand – left hand; left knee – right knee, and also front-back, like sternum - spine etc.)
- **Oblique** - on the same side (left hand – left foot etc.)
- **Diagonal** – “cross-side” (right foot – left hand; third eye – tailbone, neck & shoulders - genitals etc.) Diagonal symmetries incorporate two symmetries at once.
- **Maximum opposite symmetry** – all three symmetries (right palm – top of the left foot etc.)



You can incorporate as many symmetrical spots as you want, and even use various symmetries in “Point of Pain” and “Area of Pain” Techniques, and not only the mirror images.

b. Work on Corresponding Vertebrae

Much like with symmetries, there may be several vertebrae corresponding to your Main Complaint, especially if the Main Complaint is an area.

Typically, we use the chiropractic charts to determine which vertebrae correspond to the affected organ, and then either:

- work on all of them, or
- look for the Small Asymmetry along those vertebrae, subjectively or objectively, and work on it, when found.

And just like with symmetries, you can use several related vertebrae in “Point of Pain” or “Area of Pain” Techniques.

Courtesy of - <http://www.chiropractic4all.com/benefit/spinalchart.html#>

Spinal Region	Vertebrae	Related Issues
Cervical Spine	C1	Blood to head, Pituitary – Headaches, Inner Ear, Sympathetic System
	C2	Eyes, Optic Nerve, Auditory Nerves, Mastoid – Certain Blindness, Sinuses
	C3	Teeth, Cheeks, Trigeminal Nerve – Neuralgia, Neuritis
	C4	Nose, Lips, Mouth, Eustachian Tube – Hay Fever, Adenoid, Hearing Loss
	C5	Vocal Cord, Neck Gland, Pharynx – Laryngitis, sore throat
	C6	Neck Muscles, Shoulders, Tonsils – Whooping cough, Upper arm Pain/Neck
	C7	Thyroid Gland, Bursa in shoulders, Elbow – Thyroid issues sore shoulders
	T1	Arms (elbows down), Esophagus, Trachea – Breathing issues, Numbness
	T2	Heart, Coronary Arteries – Heart issues, Tachycardia
	T3	Lungs, Bronchial Tubes, Pleura, Chest – Bronchitis, Pleurisy
	T4	Gall Bladder, Common Duct – Jaundice, Shingles, Gall Bladder Issues
	T5	Liver, Solar Plexus, Blood – Liver issues, Anemia, Low BP/circulation, Arthritis
T6	Stomach – Stomach issues, upset/nervous stomach, dyspepsia	
T7	Pancreas, Duodenum – Diabetes, Ulcers, Gastritis	
T8	Spleen, Diaphragm – Hiccough, Lowered Immune Resistance	
T9	Adrenals, Supra-Adrenals – Allergies, Hives	
T10	Kidneys – Hardening of the Arteries, Kidney Problems, Chronic Tiredness	
T11	Kidney, Ureters – Skin issues, Acne, Bells	
T12	Small Intestine, Lymph Circulation – Rheumatism, Gas Pains, Certain Sterilities	
Thoracic Spine	T1	
	T2	
	T3	
	T4	
	T5	
Lumbar Spine	L1	Large Intestine, Inguinal Rings – Colitis, Constipation, Dysentery, Diarrhea
	L2	Appendix, Abdomen, Upper Leg – Cramps, Acidosis, Varicose Veins, Breathing
	L3	Sex organs, Bladder, Uterus, Knees – Red Wetting, Periods, Life Change Issues
	L4	Prostate Gland, Low Back Muscles, Sciatic Nerve – Backaches, Sciatica, Urination
	L5	Lower Legs Ankles, Feet – Swollen ankles, feet, poor circulation, Backaches
SacroCoccyx	SACRUM	Hip Bones, Buttocks – Sacroiliac Issues, IBS, Spinal curvature
	COCCYX	Rectum, Anus – Hemorrhoids/itching, Pain at Spine when sitting

c. Work along Dermatomes

d. Work on Holographic sites

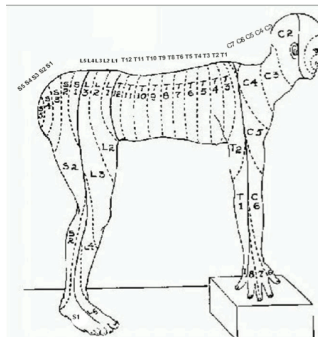
Besides being symmetrical, we are also holographic creatures, meaning that many locations on our body reflect our body in its entirety, such as:

- Iris in the eye
- Ears
- Tong
- Palms
- Bottom of the feet etc.

You can influence any organ through any of these locations, especially if you know the charts.

Dermatomes

An easier way to relate



SPINAL NERVE INNERVATIONS - Related Issues

C1	Blood to head, Pituitary - Headaches, Inner Ear, Sympathetic System
C2	Eyes, Optic Nerve, Auditory Nerves, Mastoid - Certain Blindness, Sinuses
C3	Teeth, Cheeks, Trigeminal Nerve - Neuralgia, Neuritis
C4	Nose, Lips, Mouth, Eustachian Tube - Hay Fever, Adenoid, Hearing Loss
C5	Vocal Cord, Neck Gland, Pharynx - Laryngitis, sore throat
C6	Neck Muscles, Shoulders, Tonsils - Whooping cough, Upper arm Pain/Neck
C7	Thyroid Gland, Bursa in shoulders, Elbow - Thyroid issues sore shoulders
T1	Arms (elbows down), Esophagus, Trachea - Breathing issues, Numbness
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L5	Lower Legs Ankles, Feet - Swollen ankles, feet, poor circulation, Backaches
SACRUM:	Hip Bones, Buttocks - Sacroiliac issues, IBS, Spinal curvature
COCCYX:	Rectum, Anus - Hemorrhoids/itching, Pain at Spine when sitting

e. Work on Acupuncture Channels and Meridians

If you know the basics of TCM, use them to your advantage by working on channels and meridians of energy flow related to the area of the Main Complaint.

Your TACTICS: Acute GENERAL Health Problems

That is when an acute disease is more of a general nature, many symptoms are present, or in many different locations, and it is difficult to isolate the Main Complaint. Both Local and General Adaptive reactions are involved in the process.

The easiest example would be a common cold or a flu. Fever, general malaise, muscle ache, weakness etc. are all related to General Adaptive Reactions - while runny nose, scratchy throat, cough, watery eyes are showing Local Adaptive Reactions (inflammation of mucous membranes on a place of virus invasion).

Acute General Diseases usually develop when the body is under attack of a dangerous invader (such as a virus), or sustained a massive traumatizing impact from the outside (for ex., a severe sunburn, poisoning, radiation). It is obvious to the system that Local Adaptive Reactions alone will not be able to handle the emergency and General Adaptive Reactions need to be engaged right away to remedy the situation.

You **Agenda** remains the same: assist the body in any way you can to complete the healing program in its entirety and in record time.

- **TIME** of COSMODIC Therapy for Acute General Health Problems: the longer the better.
- **FREQUENCY** of COSMODIC Therapy for Acute General Health Problems: the more often the better.
- **PLACE** of COSMODIC Therapy for Acute General Health Problems: positions of Local Adaptive Reactions, as they present themselves + AGRs (Areas of General Regulation)

If the body thinks, it needs to activate General Adaptive Reactions, who are we to argue? Let's make sure they are activated properly.

For that, we recommend **ONE Large AGR + 2-3 Medium AGRs + 7-10 Small AGRs** (Points) daily.

Medium and Small AGRs can be influenced at different times of the day and combined in any number of ways; they can also be worked at repeatedly. You should, however, limit the Large AGRs to **only one a day** alternating them on a daily basis.

Add to that working on Local Adaptive Reactions wherever and whenever you can – and your success is guaranteed!

EXAMPLE. Let's see how the above applied to, say, flu.

Your agenda is to make sure you/your client gets over it in just a few days (instead of 1-2 weeks) without any medication, complications, and long-lasting consequences.

Day 1. As soon as you feel the first touch of flu:

- Start working on it **RIGH AWAY** (no matter where you are at the moment). If your nose is itchy – put your COSMODIC on sinuses and DOSE them. If your throat is a bit sore – COSMODIC on it, on both sides, and DOSE. You can do several DOSEs or Double DOSEs repeatedly – there is no limit on how much you should be doing. You are helping you Local Adaptive Reactions to battle the virus that just got in and only started to multiply, so the more you help the body at this stage – the better for the rest of the process.
- Do the “Pirogov’s Ring” with 7+7 cycles to boost immunity.

When you get home from work:

- Do the 3P7P. It is always a good idea to start with this universal Large AGR
- Repeat the “Pirogov’s Ring”
- If you feel fever rising, do “Socks and Gloves”
- Do the 6 Points on the face
- Dose the 3 Crucial Points (Third Eye, C7, Coccyx) + Dose the Suprasternal Notch (the Thymus)
- + whatever else you feel like.

Day 2. You most likely have fever and no appetite. Do not eat much, but drink a lot. Stay in bed. Use all grandmother’s recipes you can remember – as long as it’s natural and helps immunity, IT’S ALL GOOD!

- Do the Collar Zone Protocol
- Repeat the “Pirogov’s Ring” 2-3 times a day (the more you help immunity at this point the better)
- Dose all the sinuses again (in fact, you can Dose them every hour or as soon as your nose gets stuffed again)
- Do the Abdominal Spiral
- Work in the liver projection looking for SA (and working on it)
- Repeat all Small AGRs as on Day 1 – and do the C7 and the Thymus points 2-3 times.
- Before going to bed – put a Dose on each side of the neck just beside the trachea on a pretty high energy level (stimulating the Vagus nerve = Parasympathetic Nervous System for better working at night repairing the daily damages)

Day 3. Fever is still there, and your throat is getting sore. Plus you are coughing more.

- Do the Abdominal Zone Protocol
- Repeat the “Pirogov’s Ring” 2-3 times a day, again.
- Dose all the sinuses again.
- Spend some time going up and down the trachea and sternum.
- Work in the kidney projection looking for SA (and working on it)
- Repeat all Small AGRs as on Day 1 – and do the C7 and the Thymus points + the Third Eye and Coccyx 2-3 times.
- Before going to bed – put a Dose on each side of the neck again.

I could continue, but you got the idea. Combine, alternate, and do not stop your treatments – and you will be back to normal in no time, good as new.

You can support your COSMODIC Therapy and your body with any natural remedies you wish + homeopathic remedies, acupressure, massage, reflexology etc. Just do not take antibiotics or anti-inflammatories such as ibuprofen – nothing good will come out of it. One or two aspirin tablets are OK, if you have a fever higher than 38 degrees, but do not kill fever just because it is there – it is there for a reason; it is killing viruses.

Hopefully, by now you are pretty confident in applying COSMODIC to Acute Diseases. It is really very simple. Just remember: **THE MORE THE BETTER** – and **DO IT!**

Now – to the more complicated stuff.

CHRONIC Health Problems

Let's make it clear: any chronic disease is unnatural. A human being was not designed to have chronic health problems. Acute – sure. We live in a challenging environment, and adaptation is not always easy. But we are powerful self-controlling and self-regulating systems; we manage. We adapt – and grow and mature in the process.

When one cycle of adaptation (dis-ease) gets completed, the program disintegrates – and we move on, ready to meet another challenge with all our strength.

At least that's how it SHOULD be by design. Unfortunately, the reality is different. Healing programs do not always get completed and perpetuate in the system. That's how we get chronic diseases.

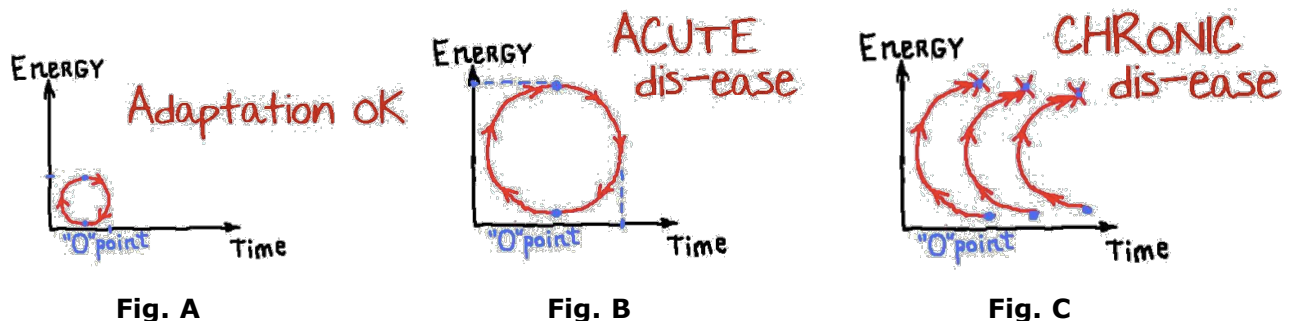
Any **CHRONIC** Disease is **SYSTEMIC**.

This is a very important statement that requires deep understanding. Let's make sure we have it.

How Dis-eases Get Chronic

If our system is coherent and adaptation works well, we easily adapt to any changes and challenges in our environment spending **minimum time and energy** on completing the cycle of adaptive reaction that starts and ends at "0" point (Fig. A).

If our system is not so coherent and healing programs work slow, the adaptive reaction will take **MORE time** and **MORE energy** (a larger cycle), but will still be completed at the "0" point in the process of recovery from an **ACUTE** disease (Fig. B).



The dis-ease becomes **CHRONIC** only when communication and healing programs in the body is corrupted so badly that adaptive (healing) reactions cannot be completed at all. The system *turns the healing program over and over again* as soon as it accumulates a little more energy, trying to move it through a certain 'dead point' - usually to no avail (**Fig. C**).

Recognizing the 'uselessness' of its efforts and following the principle of economy of energy, the system *isolates* the dysfunctional area, hiding it behind powerful energetic barriers. This way the rest of the body is less affected, and it takes substantially less energy to do than trying to resolve the problem.

In other words, the body forms what I call the '**ENERGY CYST**'. (See page 13 for more detailed info.)

The energy cyst (a peripheral part of what is called 'the Pathologic System') is the body's wisdom in action – and also its curse. It is a compromise the body needs to make in order to preserve energy and continue function as a whole, and yet this structure is almost impossible for the body to get rid of without outside help.

The problem is that while hidden behind energetic barriers, the pathologic process becomes *invisible* to the body. Out of sight, out of mind – and so the body stops any further healing efforts in this area.

Needless to say, the described process does not help the overall bio-dynamics in the body. The energetic cyst further affects the energy flow (which is already suffering from multiple blockages), creating one more blockage and further slowing down communication. The vicious circle continues, slowly but surely decreasing the systemic coherency and increasing chaos. That's why we said that **ANY CHRONIC DISEASE IS SYSTEMIC**.

The entire system experiences a **severe imbalance** that leads to the formation of energetic cysts; the systemic 'management center' makes a decision to isolate the pathology; the entire system re-distributes energy to accommodate the formation of the cyst; and so on, and so forth.

Besides, every energetic cyst has a representation in the Central Nervous System (CNS.), which supports the life of the energetic cyst, keeping in place its protective barriers. **Direct involvement of the central nervous system** in a chronic process also makes this process systemic. Therefore,

Treatment of any chronic process HAS to involve THE ENTIRE SYSTEM.

Even if you only have an arthritis in your left big toe – your therapy HAS to be systemic in order to be effective. If you only have a penny-size patch of psoriasis on your right elbow - your therapy HAS to be systemic in order to be successful. I cannot stress enough how important this is to understand.

Your AGENDA

Help the body finally pass "the dead point", complete the adaptive reaction, and eliminate the disease program from the cellular memory.

And if you say that it is easier said than done, you will be right. It is VERY difficult... but doable.

Your STRATEGY

- increase the overall coherence and awareness level of the system – the system needs to "see" the problem, recognize it as an unwanted stranger, and make a decision to deal with it;
- increase energy resources of the system, for it to feel strong enough to deal with the problem;
- jump-start the healing cycle and see it through the "dead point" and to the completion;
- ensure regeneration and functional restoration in the affected area.

Your TACTICS: CHRONIC Health Problems

TIME of COSMODIC Therapy

We already know that COSMODIC ‘*adds to healing*’ amplifying the body’s healing efforts. That also means that it works best when there is something to amplify.

The more the body is DOING ALREADY, the more efficient COSMODIC is going to be.

When this consideration is applied to therapy, it should be clear that the best time to treat a chronic process with COSMODIC is **at the time of relapse**. You can, of course, start therapy at any other time, but it will take longer. In fact, the more dormant is a process, the longer it will take to wake it up.

As we mentioned on page 15, dormant chronic processes (the ones that almost do not give you any symptoms because they are not the body’s priority and are not being paid attention to) usually require two stages of treatment with COSMODIC.

- On the first stage you just waking the body up, making sure it recognizes the problem and accumulates and allocates enough energy to deal with it.
- Then you wait a few days before starting the second stage, to give the body time to grow stronger.
- On the second stage, you jump-start the healing cycle and help the body to follow through.

It is important to remember, that even when the body with the help from COSMODIC passes the ‘dead point’ and finishes the cycle, with chronic processes this is not enough. The program is deeply rooted and engraved into the body’s cellular memory. It will take several cycles to ‘retrain’ the body to deal with this particular problem before the body will erase it from the memory.

Just imagine a sportsman who is learning to break a bad habit affecting his performance – how many attempts is it going to take? It depends on the sportsman and on the habit he is trying to break, right? The same with the body. The good news is, every attempt will be easier and easier and take less and less time (for the same exact cycle) – and one day it will all be over.

Practically, it means that if you are treating a client (or yourself) from, say, a chronic bronchitis that only shows us in as a slight cough and somewhat decreased breathing volume, the healing dynamics will go as follows:

- **The first stage:** the body is waking up, bringing the problem to the surface, and coughing may somewhat increase. However, it will not increase to the level that will resemble your typical relapse, as you would have with the SCENAR. At the same time, you/your client will start experiencing activation of general adaptive reactions that will show itself as the famous **“Effects of 4 Gs”**: *good mood, good sleep, good appetite, good working capacity*.
- You stop therapy for a few days. The body will continue grow stronger every day. Never mind, if your symptoms are a bit aggravated (and they may be not!) – the feeling of overall wellbeing will overcompensate for the minor inconvenience.
- **The second stage:** you start intensive therapy. Watch how disease will go through its full cycle (with yours and COSMODIC help, of course). The cough and flam will increase, maybe even with a little fever, then everything will stop, like it would happen with an acute bronchitis. And then cycle will begin again, with the same symptoms, but less intense - and the second cycle will be much shorter. The body may turn the cycle several time, every time quicker and easier, until the program is not needed anymore.

As you can imagine, the COSMODIC principle *“the more the better”* works on every stage.

PLACE of COSMODIC Therapy

Now that you know that ANY CHRONIC DISEASE IS ALWAYS SYSTEMIC, you may conclude that ANY chronic problem, no matter how small, will require working on **BOTH Local and General Adaptive Reactions** – and you will be right.

Let's take an example: **CHRONIC KNEE PAIN**.

Probable reason: **osteoarthritis of the knee** – and it does not matter if it was diagnosed or not. Actually, it is even better if it was not diagnosed and your doctor never told you that your cartilage is almost gone and it can never regenerate and come back. Negative mental programming (implanted set of beliefs) blocks healing. You should believe and **KNOW** that it WILL heal and regenerate, because your body was designed as a self-healing and self-regenerating system.

Let's assume, this is a nagging, chronic, not too inconvenient, but ever-present pain – the sign of a *dormant degenerative slowly progressing disorder*. This pain does not cripple you, but limits your daily activities (such as walking long distances or climbing stairs), and you want it to just go away and stop reminding you with every step that your joints are rusting and you are aging...

So what do you do to revive your rusting knees?

STAGE 1. Let's wake up the body that at the moment puts its attention elsewhere and ignores the aching knees. The best technique to begin with is, of course, the **3P7P**. That will activate the General Adaptive Reactions. Work on Low readings – you are dealing with a degenerative disorder.

Add to it working on Local Adaptive Reactions. Use the "Point of Pain" technique, if pain can be exactly located (the point of pain itself + the symmetrical point on the other knee + find the Small Asymmetry on the lumbar or sacral spine). If pain cannot be exactly located and the entire knee hurts, use the "Area of Pain" technique.

The next day you can use another Large Area of General Regulation (for ex., The Zone Palm Protocol) + add two-three smaller areas + work on the knee again as in the Point of Pain or Area of Pain Protocol.

Continue in the same manner combining working on General and Local Adaptive Reactions for 3-5 days (it is recommended to repeat the 3P7P 2-3 times a week). When you notice that the body is waking up, small asymmetries around the knees are changing, and functions of the knee are improving, you may take a break from treatments – or may continue following the COSMODIC principle "the more the better".

STAGE 2. Continue working on Large, Medium, and Small Areas of General Regulation – and work much more intensely on Local Adaptive Reactions, which will be more active now. You need to give the healing process a good boost.

Small Asymmetries will be brighter and will be moving around. Pain will be traveling as well. Follow the pain and SAs, which you can find Subjectively by stickiness, color, sound, sensitivity – or Objectively taking readings around the knee.

REMEMBER: with COSMODIC, **DO NOT PROVOKE** the knee. With SCENAR, we would suggest exercises in range of motions, walking until it hurts etc. You can still do it, and it will be very effective, if you are working with the DOVE scenar. If you, however, work with the C-DOVE, the 715, the EX735 or the like, it is better to leave the knee alone without pushing and provoking it. COSMODIC likes peace and quiet.

Plus to the above, add other areas, protocols, and techniques logically applicable to the situation. Combine and alternate them. You cannot overdo COSMODIC therapy, and the more diversity you will bring into it the better.

For example:

- Work on **Symmetries** (page 47): the other knee and both elbows + on the other side of the knee (relative to the Point of Pain location).
- Work on **Corresponding Vertebrae** and along a **Dermatome** (the corresponding vertebra for the knee is L3, but it is always a good idea to include the 1-2 vertebrae above and below).
- Every joint in the human body has “**the Magic Point**” – the one that, when influenced, will affect the entire joint. For the knee the Magic Point is located in front of the knee, right below the kneecap. Dose it at the end of every therapy session.
- Degenerative joint disorders can always benefit from improved **blood circulation** and **nerve stimulation** – put your COSMODIC on both femoral arteries at the base of the leg in front – and on the sciatic nerve points on the back. Additionally, Dose low abdomen on the right and on the left.
- Knee disorders and associated pain are often linked to the **gallbladder**. Work in the projection of this important organ – on the front and, symmetrically, on the back.
- Find the projection of knees and gallbladder on the **feet** (on reflexology charts) and on the **hands** and Dose these points.
- Remember that knee problems are also common for people prone to pride, inability to admit their mistakes, and ask for forgiveness. Adjust your attitude accordingly ☺

There are other locations on the body beneficial for COSMODIC stimulation for knee pain. We have mentioned just a few. Engage your knowledge and imagination and remember – **YOU CANNOT GO WRONG with COSMODIC**. The more the better.

We would suggest daily treatments for STAGE 1 and the beginning of STAGE 2. When the body is well on the way to healing, you can slow down and space your therapy sessions more, but remember that the body needs A LOT of energy and A LOT of convincing to start healing a dormant chronic issue. As soon as you slow down – so does the body. Keep pushing. Keep pushing. Keep pushing...

Please do not forget that the subject of this paper is limited to only COSMODIC therapy. At the same time, ANY therapy of a chronic health problem in order to be successful requires a **COMPLEX** approach. That means, you need to utilize other modalities and practices to help the body in healing.

Here is what in our experience works best in combination with COSMODIC for chronic health issues:

- **Low Level LASER Therapy** (Cold Laser, Soft Laser), which increases energy resources of the body, repairs damaged cells, and increases the overall level of systemic coherence. We recommend the QLaser System (www.softlaser.net) as the most cost efficient and effective.
- **SOLARIS Health Blanket** - an energy cocoon and mirror that protects, reflects, accumulates, and balances the body energy. The perfect background for your therapy.

The three energy healing technologies – **COSMODIC**, **Soft LASER**, and **SOLARIS Blanket**, are not only complementary, but also mutually enhancing and make a perfect treatment system for any Home Healer or a health professional. We call them **The Healing FUSION**.

- **GOOD detox and cleanse** (heavy metals, radiation, parasite removal).
- Anything else that will strengthen the body and give it energy and nutritional components to remove “rust”, rebuild the damaged tissues, and regenerate organs, such as raw foods, correct vitamin complexes, antioxidants, stem cells etc.
- Environmental protection from EMF, toxins, parasites, energy vampires, and other hazards.

CONCLUSION

COSMODIC technology is one of the most mysterious healing technologies of our times.

COSMODIC results are often miraculous – and yet, very few people know about it. This is not surprising, since COSMODIC is a truly *holistic* energy healing technology, and in the biomedicine-ruled western world it is still a synonym of a medical witchcraft.

Even though energy healing has been around for ages and made a foundation of all traditional medical systems, such as TCM and Ayurveda, it is not very much favored or trusted in the modern world dominated by Newtonian physics. If only doctors knew more physics...

When you look at the human body from a perspective of contemporary physics, you will not see a sum of replaceable parts. You will see a sophisticated self-controlling, self-regulating, and self-reproducing informational matrix that organizes and directs energy embodied in a physical form. You will see a whole, extremely dynamic, and highly adaptive self-organizing living system that constantly exchanges information, energy, and matter with its environment and evolves dealing with challenges a.k.a. dis-ease, just as described by Ilya Prigogine in his theory of dissipative structures.

And from that perspective, where does biomedicine with its God complex and “war on dis-ease” modus operandi stand? The system of THAT level of complexity should not be interfered with in the process of adaptation to challenges; it needs to be assisted, not controlled.

They assign to Hippocrates an expression, “*The art of medicine is entertaining a patient while nature takes its course.*” The father of medicine was a wise man... We in the 21st century, however, can do better than just entertain, because **we have COSMODIC!** We have an electronic system that was designed as an analog of a living system: self-organizing, highly adaptive and dynamic, and with one agenda – to assist another living system in healing.

In simple terms, COSMODIC works like a skillful coach collecting a lot of data, building a mathematical model of the healing reactions as they are – and as they should be, unlocking the body’s inherent potential, and gently guiding it to its best performance in healing and regeneration.

This is a whole new level of healing, where the body AFTER the disease can become even stronger than it was BEFORE it.

Sounds too ‘out there’? Not quite, if, again, we shake off the reductionistic paradigm, forget the Newtonian concept of reality, and move into the world of systems, the world of quantum physics, the string theory, bosons and fermions, supersymmetry, extra dimensions, antimatter, and what not. This is the world of endless possibilities where pretty much ANYTHING is possible.

Here is what one of the most controversial physicists of our times Tom Bearden, the author of the Energy from the Vacuum, who did a lot of work in the area of precursor engineering (or the direct engineering of physical reality itself), thinks of the matter.

“By deliberate and specific “patterning” of the Dirac sea tickling pulse patterns by which the vacuum in which an object resides is “tickled” to add deliberate patterns of negative energy, one can in theory “change” a physical object in any way desired, just so long as the proper “change pattern” has been worked out and put in one’s available “library of technological tickle patterns” and what each does to what.

In humans, we have the world’s greatest “Dirac sea vacuum tickling machine” conceivable, already in our bodies! It is the gigantic collection of ongoing “spikings” of our nerve dendrite endings, all over our bodies... that can potentially “unhappen” any disease or back physical condition, including old age itself.

...It is very gratifying to see the release of the Scenar-COSMODIC, a little automated handheld electrical gadget, which actually uses the second Dirac sea vacuum tickling system to automatically detect and cure disease conditions and which is an application of the "coming end-game physics", to HELP long-suffering humanity, not kill or hurt it."

Dr. Alexander Karasev tends to agree with Bearden's assumption, but not without hesitation that has two major reasons. First, he thinks that the Dirac sea idea (or a theoretical model of the vacuum as an infinite sea of particles with negative energy) does not quite go together with bosons and supersymmetry. He would rather talk about the Kaluza-Klein (KK-theory) with its extra dimensions and a possibility of electromagnetic COSMODIC influences being an implication of the pulsing gravitational scalar field from the invisible to us fifth dimension (and really, sometimes there is no other way to explain the COSMODIC behavior in interaction with the human body or psyche...)

Yes, Dr. Karasev would rather talk about it – but he won't. Not yet. Here is the second reason for his hesitation about his own and Tom Bearden's ideas: the world is not ready for it yet. And if it is not, both the COSMODIC and his inventor will be put in the 'pseudo-science' box, disregarded, and forgotten until better times, times when doctors know more physics and can appreciate where artificial intelligence and the Star Trek healing devices are coming from.

The world, however, needs healing NOW. And the Dr. Karasev's LET Medical Research Laboratory in Russia, where all COSMODIC devices are exclusively and carefully crafted, releases it's children to the world in very limited quantities under a label of "COSMODIC adaptive electrical stimulators", even though the difference between them and other adaptive electrical stimulators on the market is, say, like a difference between a unicorn and a mule.

There is no limit to what COSMODIC can and will do for you, if you treat it with understanding and respect it deserves. These cell-phone size universal healers can be easily used by *anyone*, *anywhere*, and for virtually *anything* that needs healing and regeneration. According to Tom Bearden, again, some day COSMODIC technology may be even used to heal our Mother Earth... In the world of systems and supersymmetry the size really does not matter, does it?

...The word 'COSMODIC' did not derive from 'cosmetology', as many people tend to think. It came from the word 'COSMOS'.

This makes total sense to me. Strengthening the healing reactions of the body, re-training adaptation, cleaning cellular memory and reminding the body how to heal and regenerate as in its original design – all these increase the level of *systemic coherence*, restoring our connection to the much bigger whole, which we are all a part of. Cosmos is living and intelligent, and **Coherent Energy Technologies (CET)** like SCENAR and COSMODIC just heal our self-inflicted separation from it. As the level of human consciousness rises, COSMODIC and other CETs will inevitably become a primary form of assistance in healing.

COSMODIC era is coming.

To read more on how the famous 'Star Trek healing device' is becoming a reality, visit www.scenar.biz. There you will also find a free report on 'How to Choose Your SCENAR Device' – your guide to success with SCENAR and COSMODIC.

GLOSSARY and ABBREVIATIONS

SCENAR – Self-Controlled Energy Neuro-Adaptive Regulation (or Regulator)
TENS – Transcutaneous Electro Neuro Stimulation
DOVE – Device Organizing Vital Energy
3P6P – “3 Pathways 6 Points” Technique
PHA - Personal Health Assistant
CNS – Central Nervous System
ANS – Autonomic Nervous System
PNS – Parasympathetic Nervous System
SNS – Sympathetic Nervous System
GPE – Generator of the Pathologic Excitement
AGR – Area of General Regulation
ROM – Range of Motion
TCM – Traditional Chinese Medicine
CET – Coherent Energy Technology
AR – Adaptive Reaction
PS – Pathologic System
AS – Active Site
SA – Small Asymmetry
DD – Double Dose
RP – Regulatory Peptides
PP – Point of Pain
CP – Contra-Lateral Point
D – Dose

APPENDIX 1: EVOLUTION OF SCENAR TECHNOLOGY

TENS unit



TENS + BIOFEEDBACK = SCENAR

TENS – Transcutaneous Electro-Neuro Stimulation “Technology of Pain Relief”

- AGENDA:** Temporary Pain Relief based on “*over-riding pain*” signals
ACTIVE COMPONENT: electrical impulses affecting nerve fibres (mostly rectangular shape)
PROS: pain relief is achieved in a safe and natural to the body way.
CONS:
- pain relief is NOT lasting: as soon as you stop “hammering” the nerves over-riding the pain signals, pain comes back;
 - the body quickly develops TOLERANCE to the influence, which diminishes the effect and requires change in settings.

SCENAR 035 – “troika”



1990

SCENAR 97.4



1997

SCENAR – Self-Controlled Energo-Neuro-Adaptive Regulation “Technology of Treatment”

FIRST GENERATION SCENARS

AGENDA: Lasting Pain Relief and Accelerated Healing based on “*add-to-the-pain*” signals aimed at attracting the body’s attention to the problem (the body reads the artificially amplified SCENAR impulse as its own “strong pain” signal and gives a strong healing response).

ACTIVE COMPONENT: dynamic “pathologic” neuro-like electrical impulses mimicking natural nerve spikes (the 1st unique feature of SCENAR).
PROS:

- lasting pain relief through stimulation of the body’s own pain-relieving and healing mechanisms (Regulatory Peptide release);
- pain relief is achieved in a safe and natural to the body way;
- accelerated healing through regulation of bodily functions and returning the body to the energetically balanced state;
- breaking up the rigid “energy cysts” of chronic pathologies;
- no tolerance to the influence due to the DYNAMIC nature of it;
- FEEDBACK-based electrical stimulation makes the SCENAR influence ADAPTIVE to the body (the 2nd unique SCENAR feature). This way the body itself determines the optimum time and place for the influence – hence, no danger of over-dosing or developing complications or negative side effects.

CONS:

- Due to its somewhat “provocative” character of action, SCENAR can create healing crises;
- Only 1 feedback loop is incorporated into the design (limited information from the body);
- Neuro-like impulse on the output of the device gets distorted by the time it reaches a nerve fibre and does not “blend”;
- First generation SCENARs require difficult treatment protocols and extensive training for good effect; they are being used mostly by healthcare professionals;
- Expensive and do NOT make good HOME SCENARs.

RITMSCENAR



DOVE scenar

2006

The DOVE (Device Organizing Vital Energy) is the ONLY second generation SCENAR that embodies solely the SCENAR technology; the rest of second generation SCENARs are COSMODICs or SCENAR-COSMODIC Hybrids.

TENS + Biofeedback + DYNAMIC ADAPTATION of REGULATORY BUNDLES = COSMODIC ®

SCENAR – “Technology of Treatment”**SECOND GENERATION SCENARs = The DOVE Scenar (a “crossbreed” between SCENAR and COSMODIC ®)**

AGENDA: Lasting Pain Relief and Accelerated Healing based on “add-to-the-pain” signals aimed at attracting the body’s attention to the problem.

ACTIVE COMPONENT: dynamic “pathologic” neuro-like electrical impulses actually mimicking natural nerve spikes (the 1st unique feature of SCENAR).

PROS: The same as in the First Generation SCENARs +

- Electrical impulses are ACTUALLY neuro-like, i.e. originally distorted on the output to become neuro-like when reaching nervous structures;
- Second generation SCENARs are fully automated and do NOT require difficult treatment protocols; no need for extensive training;
- Can be used effectively by end users and practitioners alike.
- Can be used both a SCENAR – or as a COSMODIC device.
- Cheaper than the first generation SCENARs and made for home use.

CONS:

- DOVE being a SCENAR device can sometimes create healing crises;
- Only 1 feedback loop is incorporated into the design.

COSMODIC ® – “Technology of Restoration”**SECOND GENERATION SCENARs****COSMODIC 705**

2002

**COSMODIC 715**

2005

**COSMODIC 705mini, C-DOVE**

2006



AGENDA: Combine in one device benefits of both SCENAR and COSMODIC ® technologies.

ACTIVE COMPONENT: adaptive regulatory BUNDLES of neuro-like impulses that mimic and amplify healing reactions through micro-resonances. Impulses can be both stimulating and sedating and address and engage in healing both the Central Nervous System (CNS) and local restorative reactions. Creation of such bundles involves 46 feedback loops (processing massive information from the body).

PROS: The same as in the First Generation SCENARs +

- Since COSMODIC does NOT amplify the “pain” signals, it does NOT provoke healing crises;
- Healing and regeneration occur on the CELLULAR level and have a potential of restoring the original healthy blueprint of a cell; hence – “no scar” healing and regeneration.
- Second generation SCENARs are fully automated and do NOT require difficult treatment protocols and algorithms; hence, no need for extensive training;
- Can be used effectively by end users and practitioners alike.

CONS:

- Second generation SCENARs (COSMODICs and SCENAR-COSMODIC Hybrids) due to their sophistication are expensive.
- Devices are sensitive and require careful handling.

**TENS + Biofeedback +
Dynamic adaptation of
Regulatory Bundles +
DYNAMIC SPECTRUM =
EX735Ag Modific**

EX735Ag Modific



2008

EX735Ag Slider



2011

**TENS + Biofeedback +
Dynamic adaptation of
Regulatory Bundles +
Dynamic spectrum +
SLIDING IMPULSE
SYNTHESIS = EX735 Slider**

ENS

2015



**Big SCENAR stimulus + small
stimuli of COSMODIC + +
“Informational stimuli” =
ENS**

SCENAR + COSMODIC ® = 735 devices (Hybrids) SECOND GENERATION SCENARs

The **EX735Ag Modific** combines **both SCENAR and COSMODIC** technologies and **puts therapy on autopilot** by switching between them at the right moment (or combines them in correct proportions in the Slider version).

Artificial intelligence in the palm of your hand.

ACTIVE COMPONENT: adaptive regulatory BUNDLES of neuro-like impulses that mimic and amplify healing reactions through micro-resonances.

Impulses can be both stimulating and sedating and address and engage in healing both the Central Nervous System (CNS) and local restorative reactions.

Subsequent impulses are formed based on the mathematical analysis of the previous impulses, **in advance**, which “streamlines” healing reactions and speeds up recovery (**ACTIVE SCENAR & ACTIVE COSMODIC**).

NEW FEATURES (there is no other device which allows you to achieve the following):

- **Automatic selection of a healing technology (SCENAR or COSMODIC)** or the correct ratio in combination of them (as in EX735 Slider), which helps you achieve the optimal treatment effect;
- automatic regulation of **energy levels** in both SCENAR and COSMODIC, which excludes “defence reaction” of the body;
- **correction of manual settings** of action modes if they are wrong;
- start of a treatment immediately using all functions of automatic control (turns on itself, tunes itself, etc)
- maintenance of **perfect fine-tuning** via user mode for automatic correction;
- keeping of **accurate records** and regulation of time of use of the device.

SCENAR + COSMODIC ® + ENS ® = ENS device THIRD GENERATION SCENARs

ENS is the latest in the evolution of SCENAR technology, “**the third generation**” SCENAR that besides **SCENAR** and **COSMODIC** offers also the third healing technology – **ENS**. ENS therapy based on informational stimuli is bringing us closer than ever before to the informational space (**Informational Matrix**) of the body allowing to get resonance responses from virtually all its cells.

NEW FEATURES:

- ENS simultaneously supports **THREE** patented healing technologies developed by LET Medical: SCENAR, COSMODIC, and ENS.
- The device allows you to **design the action mode setting** yourself.
- It also allows automatic selection of treatment technology in **three ranges of the “sliding” impulse**.
- **Two display options.** Information on the screen can be displayed as a circular chart or a bar chart.
- **AMOLED display** and image rotation.
- Advanced **ASSESSMENT** Mode.
- Maximum **simplified control**: only one button and an encoder (scroll switch).

WHAT’S NEXT?

Daily Uses:

- Increased energy & focus
- Reduced Stress & anxiety
- Building Up your Immune System
- Allergy Relief / Clearing Your sinuses
- Sore stiff shoulders / neck (Computer neck)
- Sore Knees & Feet
- Sore upper & lower back
- Repetitive stress
- Sleeping Disorders
- Indigestion / upset stomach / heartburn
- Constipation / diarrhea
- Tired eyes
- Headaches
- Beauty / anti-Aging treatments

Family First Aid:

- Burns / Sun Burn
- Sore throat
- Skin Irritations / Diaper rash
- Skinned Knee / elbow
- Bruises & cuts / bites
- Sore Muscles
- Acute back pain
- Migraine
- Tooth Ache
- Gallbladder attack
- Heart / Asthma attack
- Kidney stone passing pain
- Food Poisoning
- Post-traumatic Stress Disorder
- Pneumonia

Travel Related Issues:

- Jet Lag
- Motion sickness
- Trouble sleeping
- Low energy
- Food Poisoning
- Stress & Headaches
- Sore back, neck, feet

Pain Issues:

- Acute pain (Injury, inflammation, spastic pain)
- Headaches & migraine
- Chronic Back / Neck / Shoulder / Foot pain
- Sciatica pain
- Herniated or ruptured disc
- Arthritis / Osteoarthritis
- Fibromyalgia
- Stomach ache
- Heartache
- Liver & kidney pain
- Menstrual cramps
- TMJ & toothache

Chronic Conditions:

- Diabetes
- Arthritis / Gout
- Fibromyalgia
- IBS / Chron's Disease
- Hearing Loss / Tinnitus
- Bed Sores
- Carpal Tunnel
- Chronic Bronchitis & Asthma
- Chronic Heart disease
- Varicose veins / hemorrhoids
- Gastritis & stomach ulcers
- Thyroid problems
- Neurosis / depression
- Overactive bladder / cystitis
- Abscessed teeth, cavitations

Accelerated Healing:

- Cuts, Burns, & Bruises
- Strains & Broken Bones
- Wound Healing
- Surgery recovery

Eye Issues:

- Sore & tied eyes
- Eye inflammations
- Glaucoma
- Macular Degeneration
- Far & Near Sightedness

Kid's Issues:

- Cuts / Abrasions / Skinned Knees
- Sun Burns, Insect bites
- Acne / Rashes
- Ear aches
- Car Sickness
- Cold & flu
- Tonsillitis
- Upset tummy
- Asthma, bronchitis
- Hyperactivity, ADD/ADHD
- Learning disabilities, autism

Women's Issues:

- PMS & Hormone Balancing
- Menstrual Cramps
- Improved Energy
- Stress Reduction
- Anti-aging - Skin & body
- Lymph edema / water retention
- Fibromas, fibrocystic breasts
- Pregnancy problems
- Frigidity & infertility

Men's Issues:

- High Blood Pressure
- Stress & anxiety
- Increased Stamina / Energy
- Prostate Issues
- ED, Improved Relationships
- Anti-aging - Skin & body
- Alopecia
- Hangovers

Weekend Warrior / Athlete Issues:

- All Sport Injuries
- Sore Muscles, sprains
- Sun Burn, Bruising
- Tennis elbow, frozen shoulder
- Ham String Tightness
- Sore Joints & Back
- Performance enhancement

All items in **RED** can be helped **IMMEDIATELY**

APPENDIX 3: The Small Asymmetry

The skill of a SCENAR therapist and the very essence of any SCENAR procedure are in finding *the smallest possible small asymmetry*. The smaller the better. The more intensive the better. It doesn't matter if you are working in Subjective or Objective mode; you are still looking for **the Small Asymmetry**.

'The small asymmetry' is a cornerstone of SCENAR therapy. The term is well known in the SCENAR world, yet many SCENAR users have difficulties in understanding and even pronouncing it. The nature of the phenomenon is also somewhat mystical.

The Small Asymmetry is defined as *'the small area of the skin different from the rest of the skin by certain characteristics'*. In Subjective mode the small asymmetry will reveal itself as a 'stickiness' on the skin, or a color change, or the difference in sensation or sound of the device, or concentration of pain in a small area. In Objective mode it will be the highest Initial Reaction, the highest ongoing reaction value (Dose*), or the highest final reaction value ('0'). The highest '0' will represent the smallest small asymmetry. This asymmetry would correspond to the 'stickiest', the most painful or num, the reddest or the palest, the loudest or the quietest spot on the skin, if working in Subjective mode. In other words, **the same Small Asymmetry can be found using different methods**.

When you found the Small Asymmetry, your job is almost done. All you have to do to complete the treatment is **to change the asymmetry**. It can be done in Subjective mode, 'brushing' through the Small Asymmetry (in the direction that intensifies the Small Asymmetry the most) until it disappears or changes to the opposite. It can be done by applying the widest range of dynamic functions of the SCENAR (variable Frequency + variable Depth or Damping) to the selected Small Asymmetry, which is often utilized in the Objective mode techniques (usually for 2 min). It can also be done by rotating the SCENAR clockwise or counterclockwise on the small asymmetry, or by other means. Whatever you do, your objective is *to bring dynamic change into the relative stability* of the small asymmetry.

Small Asymmetry is a representation of the dis-ease on the skin surface, an **informational 'gateway'** into the pathologic system. The dis-ease, as a slow adaptive reaction, is always *the past* with regards to the current body condition. Disturbing its stability, breaking its rigidity will help this bodily part catch up with the rest of the body bringing about healing. The change in the Small Asymmetry signifies the desired progressive change in the healing process.

The Small Asymmetry reflects the pathology which at this particular moment is **the body's priority**. That's where the body's attention is, that's what it is trying to fix right now. *Supplementing the body's efforts versus redirecting them* is, apparently, the key to the SCENAR efficiency. And the Small Asymmetry is our guide in this process.

No other medical technology known to-date can reflect the dynamic nature of the well orchestrated symphony of the human system universe so precisely as the SCENAR. Many effective medical practices and technologies are designed to influence areas on the human body, where the dysfunctional organ is *typically* represented. Yet only the SCENAR can show and address *the uniqueness* of the particular health situation, as it is **'here and now'**. Synergistically blending its music with the body's orchestra, the SCENAR harmonizes function of the entire system. The Small Asymmetry ensures synchronization between the SCENAR and the human system.

The mystery of the Small Asymmetry is yet to be understood. A tiny flower on an asphalt field, a little piece of a stinky cheese finalizing a rich dessert, that Mona Lisa smile, that little mole on the Marilyn Monroe's cheek... Life is asymmetric, and maybe that what makes it so beautiful.

APPENDIX 4: The Healing Crisis

© Dr. Irina Kossovskaja, 2005 (Originally posted on OneMedicine newsgroup)

I am sure you've heard the expression "you have to get worse before you get better" before. It migrated from the alternative medicine lingo into the common lexicon a while ago. This expression describes a pretty common phenomenon called "**a healing crisis**". It is not exclusive to SCENAR and known in every holistic healthcare practice, especially in homeopathy. I will give you a brief explanation of the essence of this phenomenon.

When the body for whatever reason cannot solve a health problem, the problem usually becomes what we call "chronic". It means the unfinished healing program still exists in the body, even though the body typically isolates the issue by forming an "**energy cyst**". In other words, it surrounds the pathology with energetic barriers, so that the rest of the body does not bother any more trying to solve the problem that cannot be solved and wasting precious energy on doing so – energy that is needed for other, more important tasks.

Our body is an extremely efficient energy generator and utilizer, yet it still often runs into the situation of energy depletion and has to set priorities to stay alive. Keeping the pathology behind protective energetic barriers (or inside the energy cyst) requires less energy expenditures than trying to resolve the issue. So that becomes the route the energy depleted system takes.

Energy cyst usually gives you some nagging symptoms, like chronic pains here and there, which seemingly never go away. Such pain still lets you function, and after awhile the body gets used to it developing tolerance. Your chronic pain runs somewhere on the background, and sometimes you even forget that it is there - unless for some reason it goes away. Only then you realize how much that pain was affecting you; something like "I didn't know how sick I was until I got healthy".

The body, however, did not quite give up on the problem. As soon as the system gets some extra energy, it will try to resolve the chronic issue again, to finally get rid of it once and for all. But in order to do that, **THE BODY HAS TO BRING THE PROBLEM TO THE SURFACE**, into the awareness, **AGGRAVATING THE SYMPTOMS**. And that's the essence of the healing crisis. The symptoms are not new; they are your usual ones, just feel worse. With continuous treatments they will soon go away, usually within 24-48 hours. Yes, it may be very unpleasant 48 hours, but now the body already knows the way to health. It remembered the healing program and can follow it. Sometimes the body needs to turn the program several times though, each time quicker and easier, in order to get rid of the energy cyst for good.

If you want to resolve the chronic problem, this mechanism is unavoidable. There is no other way. That's how the body works. The only thing we can do is to make the healing crisis smoother, stretch it in time, to make it more tolerable. SCENAR is a very powerful tool, and can give the body an energy boost very fast. In this situation the healing crisis may easily occur, especially if one deals with systems very low on energy yet responsive (the body gets some extra energy and rushes to solve the most nagging problem), or with autoimmune disorders (the immune system is hyper-reactive and gives a very strong response even to a slight influence). There are other circumstances, but these two are the main reasons for a healing crisis in SCENAR therapy.

That's why we usually encourage everyone with a chronic issue (read: energy depleted) to get their energy level up first, before going for a SCENAR treatment. This can be done in a number of different ways (our favorite are the Blanket and the QLaser). If this is not possible, we recommend keeping the SCENAR sessions under 30-40 min. for the first 4-5 session, to avoid giving the body too much energy at once.

The possibility of a healing crisis is almost completely eliminated with COSMODIC technology.

APPENDIX 4: How SCENAR Listens

SECRETS OF “THE DOSE” ARE REVEALED BY THE SCENAR INVENTOR

© Dr. Irina Kossovskaja, Nov. 2008

After you read this article, you will feel that you are finally solving one of the SCENAR mysteries: how the second-generation SCENAR determines the DOSE.

“Why is this important?” you might ask. Well, I can give you at least two reasons – one now and one at the end of this article (just to keep you intrigued ☺).

Reason number one is, to get maximum efficiency from your SCENAR, you need to understand its one-of-a-kind technology. SCENAR has the unique ability to read the body as no other device can. Its feedback feature allows it to behave like a living system that sensitively helps the body in its healing, giving it exactly what it needs – and when it needs it. Not too much, not too little; just enough for the body to make a quantum leap toward health. And when this leap happens, the second generation SCENAR will ring you “the DOSE” signifying that **the minimum necessary influence to evoke the profound change has been achieved.**

Yet how exactly does SCENAR know when enough is enough? Would you like to know? Me too.

I have been researching the SCENAR phenomenon since 1996 and write a lot about it, probably more than anyone else in my field. One of my motivations is to understand it better myself, by explaining it to you. (Have you ever heard someone say, “I was explaining the subject so well that I finally understood it myself?” ☺). And yet, many mysterious areas in SCENAR remain, things that I still do not quite get. The Dose is one of them, especially where the second-generation SCENARs are concerned.

I know I’m not alone. I am repeatedly asked by new, as well as experienced, SCENAR enthusiasts what is the DOSE, what exactly the second generation SCENARs measure, and what is happening in the SCENAR-body interaction at the moment when this little DOSE bell rings. And every time I’d give an answer, the small worm of dissatisfaction would stir inside. Like something was still not quite clicking. I would explain the phenomenon the way it was explained to me by various SCENAR gurus in my ongoing quest for SCENAR truth. Yet I wanted more. *I wanted the “Aha!” moment.*

Well, I think I finally have had this moment. You see, as a general rule, success in getting the answer you seek is dependent on your asking the right question. I found this especially true with Dr. Alexander Karasev, the SCENAR inventor. His mind works in unorthodox ways, and straight questions do not always yield straight answers. It turns out that I hadn’t been asking the right question!

A recent request at the One_Medicine newsgroup about the SCENAR effect on cell polarity revealed something really profound. As I was composing the answer, I decided to get Dr. Karasev’s thoughts as well. And that’s how I had my “Aha!” moment. Here are his comments:

“Yes, SCENAR definitely has an effect on the electrical potential of tissues; after all, it is an electrical tool by nature. However, it does not change the polarity of cell membranes directly. Rather, it changes the *electrical potential of the intercellular space*. See, we have to distinguish two main types of electrical potentials when a cell is concerned. One is the well studied potential of a cell membrane – we call it **‘the membrane potential,’** which typically switches between +0.1 and –0.1 volts and relates to the *polarity* of a cell membrane – and the other is the less known electrical potential of the intercellular space, **‘the intercellular potential.’** The SCENAR primarily affects the second.”

Typically, when the intercellular potential is lower than the membrane potential, the cell is predominantly *absorbing* substances from the intercellular space (mostly oxygen, glucose, and other

nutrients); when the potential is higher, the cell is predominantly *releasing* substances (mostly waste products).

The intercellular potential is very dynamic and changes fast, thus allowing for quick switching between the “absorbing” and “releasing” modes. With age, however, the intercellular potential decreases and its ability to change slows down, reducing the oxygen and nutrients the cell receives and causing waste products to accumulate. The cell is progressively starving and polluting itself, and becoming less and less responsive to the changes in the surrounding environment (oxygen and insulin levels in the intercellular fluid etc.) In a short time, the cell has slipped into a vicious spiral of degeneration and aging, and is headed toward death.

Therefore, to revive this suffering cell, we need to increase the intercellular potential and speed up its dynamics. SCENAR provides for the accumulation and increase of the intercellular potential and, as it exceeds the membrane potential, the cell membrane changes polarity and begins to release its accumulated waste into the intercellular space, so that it can be taken away by the lymph and blood. This begins the rejuvenation process. The cell is now cleaner and much more receptive to receiving the necessary substances to heal and survive.

That brief moment when the pendulum of the cell’s biochemical reactions slow down and momentarily stops in its lowest position before going in the opposite direction – when the intercellular potential becomes equal to the membrane potential, just before the cell membrane changes polarity and switches to the “releasing” (“cleaning”) mode – that’s the moment, which the SCENAR “catches” giving you the DOSE. **(AHA!)**

Note the significance of this moment. This is the turning point in the healing process, when “spring cleaning” begins; cells now are waking up, getting rid of accumulated waste, and making room for the arrival of new life-building blocks. **Degeneration** is becoming **regeneration**. If you stop your treatment before this point, too few changes will have accumulated to wake up sick and tired cells; your treatment is not going to be as effective as you would like it to be.

Please note that only the second-generation SCENARs (COSMODIC devices and out of all SCENARs - the DOVE) determine the DOSE this way. First-generation SCENARs use a different principle; they DOSE much faster and their DOSE signifies something different. They are not refined enough to catch the delicate changes in the body’s biochemical reactions and create a mathematical model accurately reflecting those changes. In other words, they do not listen well enough (☹).

To achieve the desired changes in the electrical qualities of tissues, the SCENAR needs to be kept in one place and not moved for a fairly long time. This is particularly true with the COSMODIC. It is NOT recommended to move COSMODIC before it Doses.

The more diseased are the structures the longer it will take for SCENAR to Dose. (The moody SCENAR 715 when it feels that it is taking too long to accomplish the Dose can even shut off on you, and no matter how many times you try, the stubborn device will be shutting off on this particular place telling you to move on to other locations). As you continue your treatments and your healing progresses, less and less time will be needed to Dose the same spot, because healthier tissues accumulate intercellular potential much faster.

So, did you have your Aha! moment yet? For me, this explanation put a lot of things in perspective. Now I can see in my mind’s eye how a slow, polluted, starving, and aging cell that has lost all hope of getting better and is desperately grasping any bit of energy to survive can actually perk up and rejuvenate itself. As the intercellular potential increases under SCENAR and reaches the level of the membrane potential (the Dose beeps), the accumulated toxic wastes will be sucked out of the cell - and oxygen, glucose, and nutrients will flow in bringing along a new life. How’s that for visualization?

I want to leave you with another mental picture. One of the reasons our cells get polluted so badly today is genetically modified (GM) food. According to Dr. Karasev, the alien DNA causes major cellular damage by blocking the small openings in the cellular membranes that are used by the cell to

exchange substances with its environment. The unusually shaped alien molecules get stuck in the cellular “doorways,” blocking any “traffic”, polluting the cell, and starving it. The bad news is that only a very strong intercellular potential can suck those molecules out of the cellular doorways. Even SCENAR cannot always do this; you need COSMODIC, and you need to use it repeatedly on the same spot bringing it to DOSE every time, to remove those stubborn strangers from your cells. Can you see COSMODIC doing this?

In the beginning of this article I named the intimate understanding of your device as one of the main reasons to know what the DOSE actually means – and I promised you to name the second reason in the end. Well, the second reason is that when you understand “The DOSE” phenomenon you can start using your device in new ways.

I just mentioned visualization. This powerful technique can assist you and your clients to achieve the desired treatment results much faster, and now you have a couple of mental pictures to use during your SCENAR therapy. Try them, especially if your device does not want to Dose for a long time. It just might help.

Consider another possibility: Imagine that now, even if you use another treatment modality along with the SCENAR, you can detect exactly the moment when your body “awakens” and begins healing. If you apply a therapy at this very moment, the body will eagerly accept it and give you the desired response. Just try it, you’ll see.

I would also like to suggest something else – a new technique actually, specifically for the second-generation SCENARs. We always say at HealthBoss that, if you know the “Why”, you can do the “How.” Well, now I’ve got my Why, and it leads me immediately to the “How.” You know those frustrating situations when it takes forever to get the DOSE with the COSMODIC or The DOVE? Now we know why this is happening. The exhausted tissues just cannot accumulate enough intercellular potential to match the membrane potential and induce the polarity reversal that jump-starts the cellular regeneration process. But I think we can do something about this; we can run a procedure, which I call **“The Star Technique.”**

The idea behind it is simple. The intercellular potential depends directly on the flow of energy in the area concerned, and that’s why our channels, meridians, and chakras need to be working properly. It’s almost like a lake that is fed by many little creeks; if these creeks dry out, so does the lake. So let’s try to clean these energy “creeks” so they can bring new life to our drying lake. If the area of the body you wish to treat does not want to Dose, Dose some points around it first. Imagine a star, and start from the top point (above the point you actually want to get the DOSE on), Dosing each point in turn: top - bottom left - bottom right - left - right, just as you would draw a star on a piece of paper (I haven’t figured out yet which star is better – the 5-point or 6-point; I’ll leave it to you to find out.) This should clean the “creeks” and fill the “lake,” so that you can now successfully Dose the stubborn center, knowing that the treatment is going to work.

If you have two devices, you can speed up the procedure by using both at the same time on opposite points of the star. Don’t be afraid to also try other approaches – just don’t forget to tell us about any new “Hows” you discover (☺).

So, these are my reasons to know How SCENAR listens and Why it Doses. And I would like to mention one more aspect, which could be the most important one – the *assurance*. Now, when you hear the machine beep, telling you it has determined the Dose, you know for sure your therapy is working. The body is responding. Your cells are getting revitalized, re-energized, and rejuvenated. From this moment forward, *de-generation* is reversed and becomes *re-generation*. The Dose has assured you that this is so.

So keep those Doses going! I wish you, and your loves ones, a fast healing.

APPENDIX 5: Highs and Lows of SCENAR

© by Dr. Irina Kossovskaja, June 2005 (posted on the SCENARISTA newsgroup)

FORWARD.

Dear Reader,

The article below was written in 2005, when the second-generation SCENAR (COSMODIC ®) technology was still in its infancy. It talks in terms of the first-generation SCENAR methodology, but the main principles are universal and applicable to COSMODIC as well. Just think “*activity of the area reading*” when you see “*IR (Initial Reaction)*” ☺

Please also keep in mind that the article is a discussion posting on a newsgroup and, as such, includes references to other participants in the discussion. I apologize in advance for a bit too argumentative tone of the article, but I am leaving it ‘as is’, because it is difficult to modify without breaking the logic of information delivery.

Thank you for your interest – and I sincerely hope you will find the article helpful.

Dr. Irina

Dear All,

It is such a pleasure to see active and intelligent discussions in the newsgroup. It reminds me, once again, what SCENAR is all about – **DYNAMICS**. *Where there is dynamics, there is life*. It is simple, isn't it? As Dr. Revenko says, “Dynamics perfects energy”.

That brings me to the issue of ‘**highs**’ and ‘**lows**’. When we measure the Initial Reaction (IR), we do not measure the stable parameter, but rather *the speed of its dynamic change*; the higher the speed, the higher the IR. IR shows the level of reactivity of the body in the designated area and characterizes *the condition of adaptive reactions* – local and general.

I would caution practitioners against very simplistic interpretations of IR as being indicative of ‘inflamed’ (>35), normal, or ‘degenerative’ (<25) conditions of the measuring area. (I am using Dr. Tennant's gradation and terminology, which I cannot agree with, in particular in that, as far as I know, the 1st IR corridor of 18-25 has always been considered average, not low or ‘degenerative’.) It is not that straight forward.

Try a simple experiment. Measure IRs along the spine of a person before and after a series of, say, sit-ups (or better yet, passionate kisses ☺). I bet you will have a different, higher, corridor. Is that a result of the increased tissue voltage and ‘inflammation’? More likely, you just have a different type of adaptive reaction (say, an activation reaction instead of a training reaction) and informational processes in the body are now running faster, thus resulting in a faster change of the parameters of the initial SCENAR signal. This situation is dynamic and can change back in a few minutes, if you decide not to pursue your experiment further to see how high can the ‘highs’ go...

IRs are usually indicative of the *adaptivity*, generally or locally, and show the **speed of adaptive reactions** in the area. Typically, areas of **inflammation** are ‘energetic’ with a high speed of adaptive reactions and high IRs. Areas of **degeneration** lack life and the speed of adaptive reactions (and, consequently, IR readings) is low.

However, the correlation is not linear. You can have cheerfully high IRs over the areas of obvious degeneration, and that's probably when you want to work on it. See, in SCENAR technology we mostly work on 'highs' – ***because the body works on 'highs'***. Areas of high IRs show you where *the body's highest dynamics* is, 'here and now'. You are looking for the highest high, because it represents the smallest Small Asymmetry, the body's priority and focus at the moment.

It only makes sense to support the body in its healing efforts, rather than to try changing its cause of action. The body and each and every cell in it has its own intelligence, and one of the major 'highs' of SCENAR therapy is the ability *to put this intelligence to work* instead of competing with it.

The aim of any SCENAR procedure is to reveal, to discover (and I am not using the verb 'to understand' on purpose) the body's 'plan of action', and to follow it, enhancing every step and thus increasing the body's efficiency. The body will show its priorities in small asymmetries (found while 'brushing' the skin in Subjective mode or taking readings in Objective mode – and this will not necessarily correspond), and the dynamics of asymmetries will lead the treatment.

The skill of a SCENAR therapist is in the ability to identify the Small Asymmetry, to separate it from other asymmetries and, by changing its condition, provide for the major dynamic change in the entire system. The smaller and the more intensive the selected small asymmetry, the faster will be the dynamics of the system and the more profound will be changes on the healing path. This is called ***'the principle of small sufficiency'***, and it is one of the cornerstones of the SCENAR technology.

I am sorry to occupy your time explaining the very basics of SCENAR, the 'kindergarten' SCENAR, but it seems to me that Dr. Tennant is mixing two things: *applying the SCENAR device* and using *the SCENAR technology*, totally ignoring the rules and principles of the latter. These are not the same.

The SCENAR, as a very effective electrical stimulator and an energy medicine device, can be successfully utilized by any other healing modality or practice, complementing the other healing tools. We call it *'the applied SCENAR'*. It can be used on acupuncture points and meridians according to TCM principles to change the energy flow in the body, or with massage therapy to relax and prepare muscles before the procedure, or to 'increase the tissue voltage' doing SW1/Var on everything (as per Dr. Tennant), or something else. The list is virtually endless. I even used the SCENAR assisting a Native American shaman in their traditional ritual of dealing with 'entities' (very successfully indeed). The point is – *all this has nothing to do with the SCENAR technology*.

SCENAR technology, or ST, is an independent medical discipline, which has a developed theoretical basis, a specialized system of expert assessment of the body's condition, and a specific treatment methodology, which cannot be related to any other medical practice or modality.

ST has its roots in the theory of functional systems of the body and in the theory of its adaptive activity. From this point of view, SCENAR is a dynamic functional system (it has been designed as an informational analogue of a living functional system) capable of *determining the optimal therapeutic influence* through the assessment of functional asymmetries and cyclical changes in the body and providing such influence through forming the main product of SCENAR Therapy – the Functional Pathologic System (**FPS**).

I know, that sounds a little more complicated than 'the tool of restoring the body voltage'. Actually, the relative complexity of theory and methodology of SCENAR, scaring off some practitioners, became one of a few 'lows' of this otherwise welcomed and easily accepted modality. It is not the purpose of this posting to go into details of FPS formation; I just mentioned it to remind you what SCENAR technology is all about.

I don't know where Dr. Tennant got the impression that techniques of Objective mode (or numeric techniques) *'show the brain that something needs healing'* from. Nothing of a sort is taught at any of the SCENAR trainings I know and I followed the evolution of Russian training programs since 1996).

First of all, there is a difference between 'the brain' and 'the body system'. If you consider the brain the only regulative organ in the body, then yes, the spinal cord injuries should affect healing. But most of the information exchange in the body and functional regulation happens without the brain involvement at all! Humoral and hormonal regulative factors, such as RP (regulatory peptides), are being released predominantly in the synapses of autonomic nervous system, independently from the central nervous system and the brain in particular, and most of the healing is under control of autonomic nervous system anyway. Besides, there are other ways of communication between cells in the body, including light. Therefore, there is nothing surprising in the fact that 'healing is independent from the brain' whatsoever, even from a reductionistic biomedical point of view. It is taught in medical schools.

Second, the Objective mode techniques do not intend to show anything to the brain. The body already knows what is going on and is taking actions. As I tried to point out earlier, these techniques aim at expert evaluation of the 'here and now' body situation with identification of the place of highest dynamics == the small asymmetry == the body's priority and focus, and subsequent enhancement of the asymmetry to evoke the stronger healing response. Something like '**electronic homeopathy**'. Extremely effective, if you know what you are doing, and almost useless if you are clueless (like everything else). *The ways* to look for the small asymmetry may be different, and this is where various techniques like 'Higher', 'All Higher' or "Stereognosis" come to existence (even though it would be more correct to call these techniques '*principles*', the selection principles).

It is like if you were conducting a beauty pageant and utilizing different selection methods to choose the beauty queen(s). You can screen the entire female population of a state or province, Dosing* every time as you find a prettier than the previous girl, than compare all pretty ones, select the state winner 'taking her down to 0', and then let the state winners compete with each other for FM/Var – that would be the selection principle, or algorithm, '**Higher**'.

Alternatively, you can just go with screening across the country, Dosing* the progressively prettier girls, taking down to 0 every pretty face which is subsequently higher on Dose*, FM/Varing any lucky one which is subsequently higher on 0s, and starting all over again after that – this is '**All Higher**', of course. You get more than one queen this way, but what is the agenda after all – to put on a good fight or to just show the country where its beauty lives?

Same with the '**Stereognosis**', only you make comparisons not subsequently but with *etalons* (the first IR to get a Dose*, the first Dose* to get a 0, the first 0 to be FM/Vared) that are established during the first selection round; from this point on the first IR, Dose*, or 0 of every new round is compared to these etalons, the higher ones are marked accordingly, and only after that the contest moves forward providing for comparisons within the round, until FM/Var is set and a new round announced. Pretty easy, really. Just remember to *always go for higher numbers*.

These selection principles can be applied on the 3P6P (3 pathways 6 points), on the Collar zone, on the abdomen, on the Palm zone, or anywhere else where you have enough room for comparisons – but it is usually areas and zones significantly impacting *the entire system*. Techniques of Objective mode are always **SYSTEMIC**, even if they are performed just on 'the point of pain'.

Hence, it is quite difficult for me to comprehend the logic of the following Dr. Tennant's phrase: "*Treating inflamed organs with higher, all-higher, etc. while ignoring degenerative organs is ill-advised.*" I don't even know where to start arguing, because it seems to me that we are talking in different languages. It is just not possible to 'ignore' anything in the system with the Objective mode techniques; it is not up to an operator to decide where to put an attention and a focus of the treatment. You just need to trust and follow the body's innate intelligence and follow the 'highs' as your landmarks.

Certainly, you may decide that you are smarter than the system by trying to re-direct its healing efforts towards the areas of 'lows'. You may even succeed, and the body will re-prioritize its activity. Only it will take quite an effort and the system will not be happy about it. Most likely, it will just give up competing with you and give you the lead. But do you really want such responsibility? If, for one

reason or another, you are not leading any more, the system will be left confused and uncertain and it will take it a while to restore confidence. Or what if you made a mistake?

That's why it is not advised to work on 'lows' in SCENAR therapy unless you know exactly what you are doing, can predict the consequences, and be prepared to take the lead.

Just in case the following question still sits as a splinter in your mind, "*What do I do with these low readings, especially if they correspond to the area of complaint?*" I want to remind you that IR readings are very dynamic and will change as the body resolves the issues one by one and moves the focus to the 'degenerative' area. When the body's attention is there, the readings will go high, and then come down to 'normal' as the issue is being resolved and the energetic metabolism of the area is restored.

Of course, there is a particular case when the system is low on energy in general and all IR readings are in the '0' corridor - and I wouldn't necessarily assume that this implies an acidic state with low pH and a low tissue voltage (energy exists in various forms and not necessarily has to be electric), it just may be an adaptation reaction of training, or low level of reactivity, or the state of areactivity etc. As a rule, the adaptivity state changes after 2-3 SCENAR sessions and numbers move into a higher corridor, along with the improvement of a general state, mood, appetite, and working capacity.

This will happen faster if you utilize special 'energizing' SCENAR techniques and/or using other energy-enhancement and body cleansing methods available to you accompanied by the corrected nutrition. I find that SCENAR can optimize the use of energy resources of the body and improve the energy consumption from the environment, yet does not 'supply energy' per se.

Therefore, if you have at your disposal a bioenergy-enhancement technique, it is good to use in almost any case (strong bioenergy fields are extremely rare lately, which any EAV or Nakatani testing will prove). My personal preferences are certainly the Solaris Blanket, the BEFE method in its various versions (Q2, IonCleanse etc.), Acuvision, and the last but not least, the low level laser (LLL), in particular the QLaser. The combination SCENAR + LLL + Solaris Blanket that we call The Healing FUSION has been my favorite for the last year, and I can recommend it wholeheartedly.

In the conclusion to this posting (which turned out to be quite lengthy) I want to complete the cycle and return to the IR readings. Hopefully, at this point there should not be any doubt in anybody's mind that it is inappropriate to use the term '*normal*' assessing the readings. '*Average*' would be a better term. There are also no readings that a client '*should have*'. Numbers are there for us to optimize the treatment and monitor the client's dynamics. That's all. The dynamics is unpredictable because it depends on many different factors, thus the IR changes are also unpredictable and non-specific (their change cannot be directly linked to the change in physiologic condition of underlying tissues).

So, don't torture yourself and your client trying to get 'normal' readings. Just go with the flow and smile regardless if you are getting 'highs' or 'lows'. *As long as you are seeing changes, everything is OK.*

Remember: SCENAR is all about **DYNAMICS**.
In SCENAR therapy, **Any Change Is a Good One**.

My blessings to All,

Dr. Irina Kossovskaja

P.S. I just discovered another Dr. Tennant's message posted on the group, where he suggests that you "*forget the word "asymmetry"*". I beg you not to; otherwise you might as well forget about the SCENAR technology as such and just keep using a computer to hammer in nails, so to speak. If Dr. Jerry Tennant is not using the computer for what it is intended, does not mean you shouldn't.

APPENDIX 6

Practical Advice to Our New Clients

KEEP THE FAITH LEARN TO LOVE YOURSELF AND YOUR BODY

If you want to get your health back, dedicate a few weeks of your life to this purpose and consider your COSMODIC therapy a serious work, requiring your complete devotion. Your efforts will be returned a thousand fold. This time may become a turning point in your life... But do it only if you *really* want to get healthy. Because if you don't, we cannot help you. Nobody can.

COSMODIC Therapy is quite different from conventional therapeutic methods with regard to the way it looks at health problems. *Open your mind.*

Read with attention all the information we have prepared for you and watch videos. It is very important that you fully understand what we have to do together and how. If something remains unclear, do not hesitate to ask for additional explanations.

It is highly recommended to keep a **Diary** during the entire period of your recovery. Record all your observations and comments.

GETTING READY FOR YOUR COSMODIC THERAPY

Teach your consciousness to actively work towards recovery:

- **Develop positive thinking:** convince yourself, even force yourself to believe, that you *can and will* recover; be prepared to accept any and all changes in your condition in the process of therapy as sequential steps on the way to health;
- **Realize the importance** of your own role in your recovery. Do not rely too much on either our devices or on your therapist because no one can grant you health. As you well know, "if you want something done, do it yourself" 😊;
- **Develop confidence** in the capacities of your body; *learn to trust it.*
- **Learn to understand** the language of your body. Listen to what and how it is trying to tell you about its condition and needs.

You can increase the efficiency of therapy by avoiding *any extreme conditions* (such as stress, intellectual or physical exhaustion etc.) and minimizing **all strong influences** upon yourself (psychotherapy, intensive physiotherapy, alcohol, drugs etc.).

Try to use your medication **only if you need it**. Be particularly careful with hormones, antibiotics, or psychotropic medicine. Discuss their combination with COSMODIC Therapy with your therapist. **Without fail** let your therapist know about any medication or other treatments that you are or will be receiving.

- In order to help the body restore its functions faster, **activate your consciousness:**
 - **force** the affected part of the body to work, constantly and gradually *increasing the work load*; consult your Therapist about the recommended work load - and follow his advice, even if it temporarily intensifies your complaints;

- **imagine** your reduced functions *as normal*, thus showing your body *the goal to reach for*, constantly push your body to work in this direction;
- **celebrate victory**, when *the working capacity is restored*, even though the anatomical structure may not be fully regenerated yet, and you still may have some minor complaints.

As a general advice: don't try to stop, to cease the progress of your disease but consciously **push it forward**. The faster your disease will pass through all stages of its cycle, the faster you will become 'disease-free'.

Note *every single step forward*, regardless of how small.

Thank your body for it! With every such step it is proving to you that it is willing and able to do the job. **Don't hinder, just help.**

GETTING READY FOR A TREATMENT SESSION

Listen to yourself carefully and assess your general state: mood, sleep, appetite, working capacity. This state reflects the *general level of energy* in your body and serves as a very important indicator in the process of therapy. Record your observations.

Listen to your body and try to pick out and describe your **main complaints** *as they are today* and note their change with time. How are they changing depending on physical activity, movements, changing body position, temperature, pressure, different food, sleep, medication, or any other kind of influence? Record your observations.

After you've isolated and identified your complaints, try to find a difference, **asymmetry** between the similar parts on the right and on the left sides of your body with regard to their *appearance and functions*. Use a mirror, examine yourself, test the functions of various body parts and **try to find a difference**, especially in the intensity of complaints.

Take notice of the condition of your **spine**. Any restriction of movements, back pain, deformations etc.? Don't forget to point it to your therapist.

Examine carefully your **skin** and visible mucus membranes and note its general condition in various areas (colour, moisture, temperature, tonus, smoothness, and sensitivity). Concentrate in particular on the presence of any *additional formations* – moles, pigment spots, blemishes, rash, pimples, cracks, ulcers and sores etc. Point your therapist's attention to *any unusual changes*, wherever you find them.

Preserve the information your skin naturally contains. Don't take a bath or a shower for at least *two hours* before your treatment session. Don't use any ointments, lotions, or too much make-up. Give your skin a chance to be natural and informative for our interactive devices.

For your treatment session, dress in clothing containing minimum synthetics and wear only the jewelry you *permanently* wear.

DURING A TREATMENT SESSION

Right before the session begins, listen carefully to your complaints and identify **One Main Complaint**. Describe it to your Therapist with details of its location, character, intensity etc.

Check the affected part of your body. Memorize *the level of restriction of its functional activity*. What is the reason for this restriction?

During the treatment session listen to your body all the time. It will try to talk to you. Note all the changes and all new sensations, *regardless of their place and character* (especially if this is something unusual for you). **Keep telling your Therapist about everything you sense or perceive!**

This information, being the language of your body, is very important in order to make the best choice of treatment tactics. Remember, that *you are the only source* of this information.

During a SCENAR or a Soft Laser procedure be attentive to the changes in your sensations **on the site of the procedure**, especially with regard to their intensity, character, or location. Immediately tell your Therapist about everything that you've noticed.

Constantly **listen to your Main Complaint** and check it from time to time during the treatment session. Watch its changes and keep telling your Therapist about all your observations.

At the end of the session check again the affected part of your body. **What is new** in the condition of this area? Compare *the initial* - and *the new* condition of your *complaints* and *functions*. **Note the difference** and memorize it.

Don't forget to thank your body for the job well done!

BETWEEN SESSIONS

After each treatment the information about it will stay on the skin surface, continuing to influence your healing process. In order to save this important information, don't swim, don't take a shower or bath for **at least two hours** after each session.

If you use the Solaris Blanket at home, *do not wash cotton sheet* during the whole period of treatments (or not more often than once a week).

Watch carefully the dynamics of your **general state**. Each day evaluate your mood, sleep, appetite, and working capacity.

Note appearance of the *first positive changes*. These changes will signify that your body has increased its energy level and has begun the re-organization. Communicate this to your Therapist – he/she is waiting for this important sign.

Examine your **skin** on a regular basis and note *any changes*. Don't be afraid of the appearance of *any new elements* in any area of your skin (pimples, rash, redness etc.). The more intensive they are, the better. This is considered to be a very good sign, which shows that your disease is going *"from the inside out"*. Show it to your Therapist to make him happy!

During the whole period of therapy watch **the dynamics of your main complaints and functions** of the affected parts of your body between treatment sessions. Compare your complaints, functional abilities, and general state daily *on a regular basis*.

Particularly important are comparisons made *in the similar conditions* (at the same time, with the same movements or work load etc.). Note and assess (on the scale from 0 to 10) **all the changes** that have happened. **Learn to see the difference!**

Remember, that your main objective is not to kill your complaints, but to **get to the source of your problem** and help your body solve it.

This mission is impossible without communication with your body, which talks to us through complaints. Killing complaints will make your body *mute, but not healthy*. Therefore, no matter how much you would like to get rid of complaints right away, we still ask you for the period of therapy to **be patient to 'the voice of your body'**.

Your complaints will leave in due time, when the body solves the problem – and then they will leave for good.

The above means that during the period of therapy you will experience **all kinds of changes in your complaints**. Sometimes they even may temporarily become more intense (especially if you hit what is called “the healing crisis”) - and even new ones may appear. Mention the changes to your Therapist - but don't let doubts settle in your mind. The character or intensity of complaints is **NOT** the main indicator of the success of therapy. The change, **the dynamics of complaints** is.

In COSMODIC therapy *any and all changes* in your body during therapy signify the **continuing movement towards recovery** and must be evaluated from this point of view. Learn to see the changes in your body and realize that in most cases even intensified complaints take on a different character or place (*“this is a different pain”*). Most likely, in this situation you will also find the increased functional capacities of the affected organ or a body part (*“I can now do more”*).

As a rule, in the process of recovery **restoration of functions of any organ precedes the restoration of its structure**, because function is generally more important for life.

That is why you will notice that in the process of therapy the increase *in working capacities* of the diseased part of your body almost always happens **prior to** the improvement in its appearance or its *structure*. Your general state and functions will improve faster than the data of objective tests (X-Ray, ultrasound, CAT Scan, lab etc.). **Aim at the general state!**

YOUR TREATMENT COURSE IS FINISHED

It is very important to remember, that this is *not the end* of your recovery process yet. Tuned anew, your body will continue its reorganization to complete natural healing. **But now it can do it on its own.**

That is why it is better to do the *final evaluation* of the results of all your work **in three to six weeks** after the end of treatments. Your Therapist will suggest the optimal time for you. The comparative objective tests will be more objective at this time as well.

It is possible, that in certain complicated situations the treatment course will have to be repeated. Well, sometimes it takes a little longer. But you already have proven to yourself, **YOU CAN DO IT!**

Always keep the Faith.

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