

DR. IRINA K, M.D., PH.D., D.N.M

# THE STORY OF ENS

The channeled energy healing technology to restore your body's original design so that you can become the best version of yourself - its past, present, and future.



***"Evolution develops in a spiral. This is a Cosmic Law that guides the entire Universe, it is omnipresent and absolute – and the ENS history is a reflection of it." Alexander Karasev***

# **THE STORY OF ENS**

by Dr. Irina K, M.D., Ph.D., D.N.M

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# The Story of ENS

Our story began in Russia, almost half a century ago. A young inventor named Alexander Karasev embarked on a personal quest to find a way for people to heal themselves without relying on doctors and medical industry.

Yes, it was an overly ambitious and, most would say, unrealistic goal, but Alexander was an unusual human being. He did not look at the world through the dogmas imprinted to our minds in our childhood; his mind was open. He loved to learn, and learned everything he could, from very different fields of life. On this way, he got two professional diplomas – as an M.D. and as a radio physicist/ electronic engineer. He invented many different things in various areas, but as it turned out, his latest quest has determined his main life path.

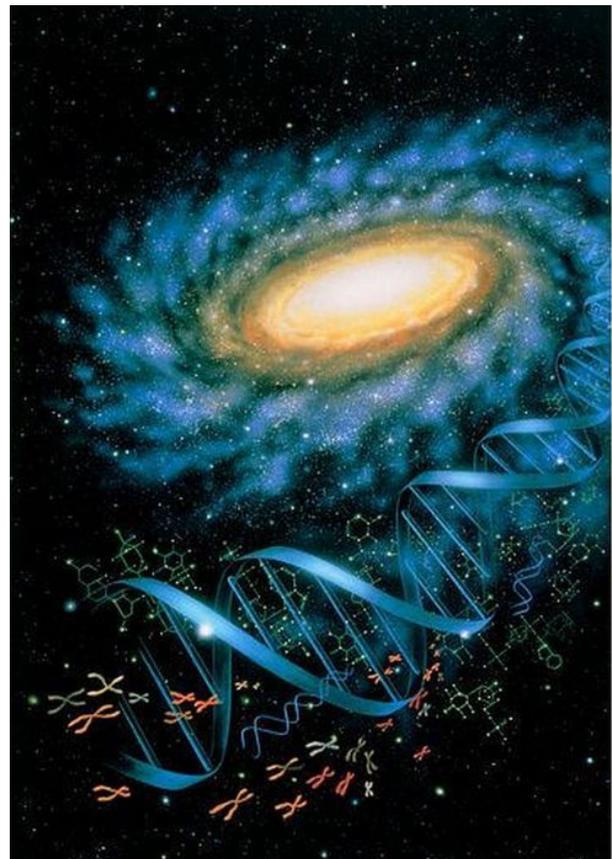
Alexander saw the world differently than most – and that what made it possible for him to succeed on a mission that by any conventional medical standards would be deemed impossible. Let's take the journey of discovery together with him.

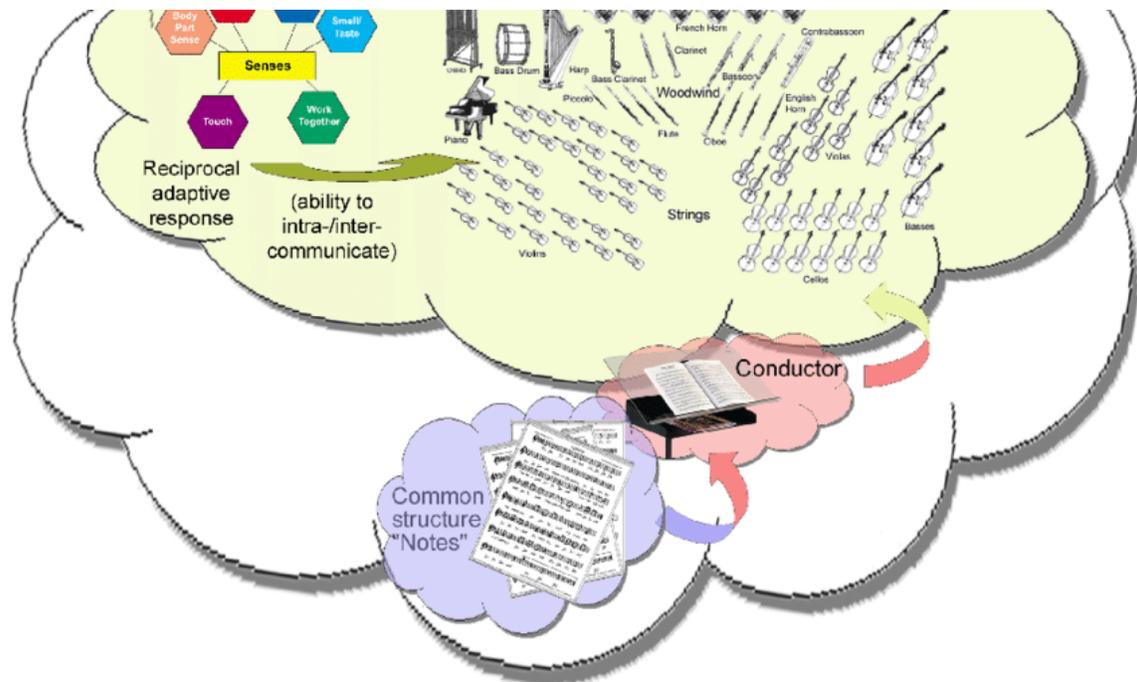
## THE WORLD HE SAW

Alexander saw the Universe as alive, systemic, and holographic – meaning, repeating itself in every part of it. To him, the Universe was a *living system*, and all smaller systems in it functioned and interacted in the same way to form a bigger whole, endlessly repeating the pattern on various levels: elementary particles formed atoms, atoms formed molecules, molecules formed cells, cells formed organisms, organisms formed sociums, sociums formed planets, planets formed planetary systems... and so on and so forth, on both ends of the spectrum.

That was the world of *Functional Systems*, where each one had its own unique function for the benefit of the bigger whole – and the bigger system could only do its job well if all its subsystems would function well and harmonize with each other. This state of perfect harmony within a living system is called **COHERENCE**, and it is identified as the state of **HEALTH**.

Coherence is a fragile state of balance between a total chaos and a rigid order, where all elements keep their individuality yet at the same time harmonize for the sake of the common goal.





A good illustration of the above would be an orchestra where each instrument is different, has its own vibrations and frequency and plays its own part – and yet all instruments play together and synchronize in order to create a symphony.

Now, imagine that one of the instruments plays out of tune – then the symphony is lost. That what happens if one of the subsystems loses its own coherence, in other words, gets sick.

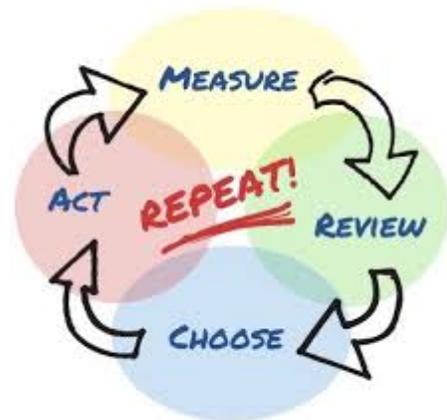
The bigger system, of course, has a vested interest in getting the malfunctioning part back in order, otherwise it cannot perform its own job well, which will affect functioning of even bigger systems creating a domino effect. So, Mother Nature and the Divine Design provided two main ways to help systems keep their coherence, the harmony of their being.

1. The first way, internal: SELF-CONTROL and SELF-REGULATION (also known as “**checks and balances**”).

All living systems keep control over their functioning constantly checking the results of their activities through a **FEEDBACK** mechanism – and regulating their functioning according to this feedback **ADAPTING** to changes.

Checks and balances, non-stop, all the time.

Adaptation and auto-stabilization based on feedback.



2. The second way, external: **SYSTEMIC INTERACTIONS**. If one of subsystems in a bigger system goes out of tune, the surrounding more coherent subsystems will provide healing connections to “tune it up”. **All for one – and one for all.**

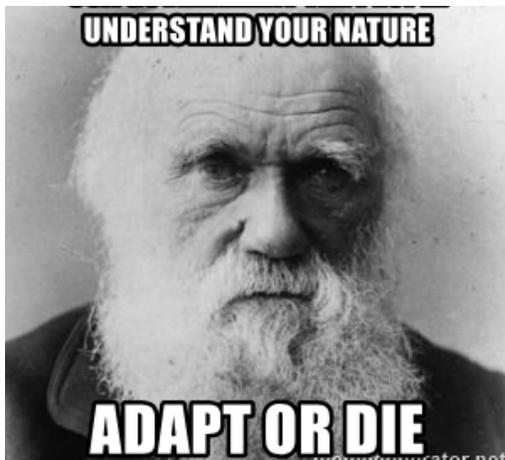


Even though the above two mechanisms are applicable to all living systems on all levels (including the Universe itself), let's see how it works for a human being – since that's what we are.

### **SELF-HEALING, or ADAPT OR DIE**

The human body is inherently coherent, designed to play the ‘symphony of life’ – that's why babies and small kids are generally happy and full of energy. Their “biological battery” is full, and their checks and balances are in order. They easily **ADAPT** to the ever-changing world around them keeping the integrity of their being and the constancy of their body environment (which is called **HOMEOSTASIS**).

Let me expand on that, because it is important to understand.



We are born into the world that keeps throwing challenges at us. It is ever-changing and not always friendly. When the environment changes (inside or outside of us), our systems of “checks and balances”, of self-control and self-regulation, kick in and make us **ADAPT** to the changes keeping our homeostasis.

They say, a human being is a creature that adapts to anything. Well, not always, and not always easily. Sometimes our self-regulative mechanisms are not efficient enough, or a challenge is too big. Then we develop **DIS-EASE** = not easy. (And if adaptation fails completely, we die because homeostasis cannot be sustained.)

The type of disease will depend on a type of challenge we deal with and/or “a weak link” in the systems of self-regulation or the affected bodily systems. For example, we can have a problem adapting to a particular virus – and we get a flu or a COVID (and the quicker we adapt to their presence in our body the easier the disease will go). Or our body cannot keep up with adapting

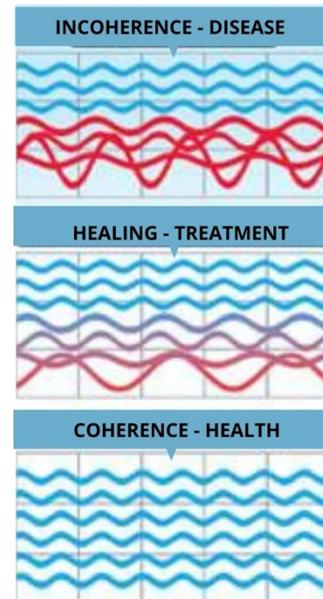
to repetitive stress – and we get tendonitis (if chronic stress is mechanical) or high blood pressure or heart disease (if chronic stress is mental/emotional). You get the idea.

What follows from the above is that at the very core of all human diseases is the same thing – **difficulty to adapt to something**. (BTW, not only human – animal or plant diseases or even diseases of societies develop in the same way; all living systems in the Universe are fundamentally alike. Adapt or die – this is the way of life on any level.)

When a human being develops dis-ease, it loses coherence and harmony between its subsystems, the ‘symphony of life’ gets lost. In order to restore the coherent state, also known as the state of health, as follows from above, the body needs to improve and speed up its adaptation to whatever it is trying to adapt to. This process is also known as **HEALING**.

Healing always comes from within. It cannot be bestowed on anyone. Healing means that the body gets its s.t together, mobilizes, reorganizes, self-regulates, checks and balances itself - and gets its coherence back. One being cannot “heal” another – but he or she can assist in healing by the way of **TREATMENT**.

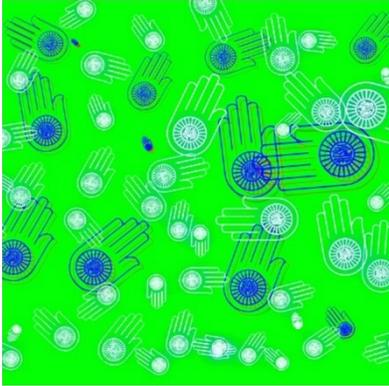
The latter can happen consciously or intuitively, but that’s the way the bigger systems self-regulate – they organize its healthier subsystems to help the one in need. Systemic Interactions, as mentioned earlier. All for one – and one for all. Another way of ensuring the smooth functioning of the entire much bigger whole.



## **HEALING INTERACTIONS, or ALL FOR ONE – AND ONE FOR ALL**

We are all familiar with *intuitive, instinctual, unconscious* healing systemic interactions, even though we do not call them that. We just do it, instinctively hugging somebody who needs a hug, holding a sick child close to our heart, massaging shoulders of our loved ones when they are stressed, holding hands with people who we want to support... there are so many examples. Even our pets do that: your dog with his head on your lap looking in your eyes, your cat positioning herself over the part that hurts in your body and purring away – these are all healing interactions that enhance and support our healing through connections to more coherent (at the moment) systems. These connections are charged with energy of **LOVE**.

And then there are *conscious* healing interactions when health professionals, alternative and conventional, provide us with treatments to the best of their knowledge and experience. But by now you already understand that these treatments in order to be really effective cannot be just “pill pushing”. They need to have the right INTENT behind them, sympathy, an established connection, a focused attention – all things that are so often missing from conventional medical practices. Yes, these systemic interactions are based on specialized **KNOWLEDGE**, but they are so much more effective if charged with energy of **COMPASSION** and sometimes a healing touch.



In whichever way the healing interactions are happening, they all have one thing in common – stronger, more coherent systems are helping the one in need, the one less coherent and struggling with adaptation process, to tune itself up, heal, and regain the state of coherence = the state of health. We are not alone in this world. Helping hands are everywhere and always available; you just need to open yourself up to possibilities.

That's the world Alexander Karasev saw way back in the 70<sup>th</sup> – the world of systems, living and intelligent Universe ingeniously designed to play the symphony of life.

## THE IDEA

The idea that came from this vision was simple and brilliant. What if we could create an electronic system that would resemble a living system in its main structure and functioning, that would be innately coherent and stable, and that could interact with diseased living systems tuning them up and helping them become more coherent and more efficient in healing and regeneration? In other words, an **electronic analog of a living system** with one function, and one function only – to return to any living system its natural ability for efficient healing, whatever they are healing from, and enhance the process as much as possible. Just as in a Star Trek.

If such electronic system could be possible, that would change the entire biomedical model as we know it. In a new model, the decision-making power shifts from a health professional to a patient. The DIAGNOSIS is not a king anymore: we do not have to know what exactly is wrong with the patient; it is enough that his own body knows – and has a program to fix it. All we need to do is to follow the body's lead and help the process as much as possible, every step of the way. And the body will let us know when enough is enough, and it can take it from there.

If you understand the fundamental idea of the new medical model, you will also understand why it becomes possible to treat so many different conditions with the same healing technology and in the same basic way – and why it can be so fast, safe, and effective.

But in order for that to happen, the hypothetical electronic healing system that Alexander Karasev envisioned, had to have a few fundamental qualities.

- It had to resemble a living system in its main functioning principle - **auto-stabilization based on a feedback** mechanism.
- It had to have an ability to **directly interact with the body**, without interference of our powerful but often confused and mixed-up mind.
- It had to use the **communication language** that the body can understand and use as well.
- It had to be inherently **harmonious and coherent** and able to keep that state regardless of interferences coming its way, like a tuning fork that always keeps its frequencies, no matter the environment.

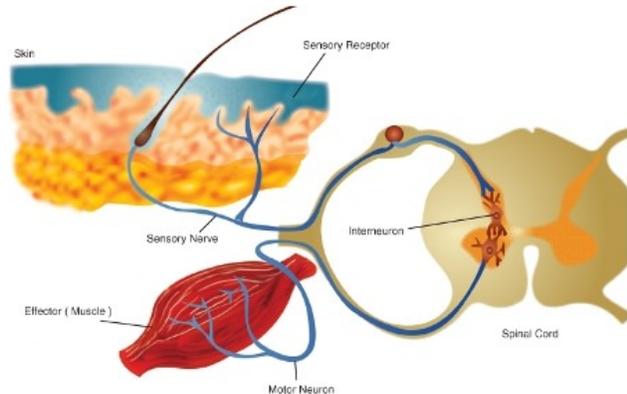
## THE ENS IS BORN

To Alexander's own surprise, as soon as the goal was formulated in his head, answers came flooding in (that's when his background as both an MD and an electronic engineer came handy).

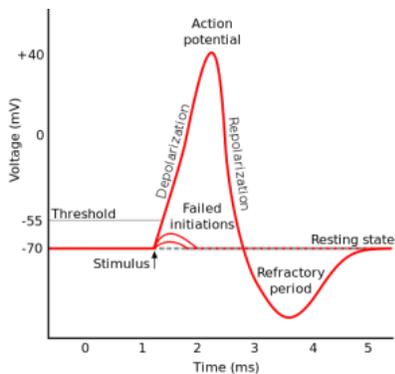
*How would you communicate with the body direct, without our mind getting in the way?*

Very simple. We have a unique organ in our body that:

- **separates** our relatively constant internal world from the ever-changing outside world and, by this very fact, is a major part of our **adaptive** mechanisms;
- that has the same origin and **strong ties** with the **nervous system**;
- that **displays** everything that is going on inside the body on its surface like on a computer screen –
- and at the same time is not under control of the mind.



This unique organ is our **SKIN** – and it can serve as the perfect **interface** between the body and the device.



*What language would you use to communicate with the body?*

Simple again. Our body system uses a few ways of connecting its subsystems and communicating with the outside world, the **nervous system** being the dominant one. And the nervous system works on electricity producing **electrical impulses** like seen on ECG or EEG. Therefore, if our electronic device will produce signals similar to the nervous system impulses, the body may respond to the familiar “words”.

*How would you keep the dialog with the body going without the body losing interest and ceasing to respond?*

This is a little trickier but still doable. Even though we may not see these changes, but our skin always reacts to ongoing inside and outside events by quickly adapting to them and just as quickly changing its electrical characteristic, including its electrical resistance (or **impedance**). If our device will be sensitive to the dynamic skin impedance and respond to it in an adaptive manner, then as long as the body is changing the device will vary its responses too – and the dialog will be ongoing.



The above also means that the **body will be controlling the activity of the device** based on a feedback mechanism, and the device will act similar to a living system that constantly adapts to the changes in its environment through checks and balances.

As for keeping the device **harmonious and coherent**, that's a technical problem, easy-peasy for an electronic engineer of Alexander's caliber.

As Alexander Karasev was remembering later, he built the first ENS in 1976 almost overnight. The idea *"appeared from nowhere in a matter of minutes, the design drawings were ready by the end of that day, and the next day the device started taking a physical form"*. It was the ENS-01 which after a few tweaks became the ENS-03 – the first of its kind **adaptive electrical stimulator**, an electronic analog of a living system.



**ENS-03**

The **ENS-03** didn't look very fancy. In fact, it looked as if it just came from space: it was made of a solid bar of black ebonite, without any fasteners, and resembled a trimmed piece of meteorite. The inner electronics was a big and complex, bulk and dense tangle, with complicated assembly rules. High-density mounting was fantastic for those times. It was indescribable and could not be even documented properly.

And yet, in spite of a weird look and a poor component supply base, the device possessed unique therapeutic qualities, some *"spark"*, some mysterious essence that could not be explained at that time but that made the device almost magically effective. Any attempt to modify the device, even ever so slightly, would destroy that essence and render the ENS almost useless. Needless to say, all efforts to bring the first ENS in compliance with the required state medical device standards failed.

Alexander Karasev remembers, *"As a lead engineer at the Radio-engineering Institute, I had to endlessly go from one factory to another for many years, in hopes of moving the device into mass production on behalf of both the Radio-engineering Institute and the LET Medical Research Laboratory of Medical Electronics, which I have founded. All changes made to the device in order to make it compliant with the technical standards (such as the Unified System of Design Documentation) essentially killed its therapeutic efficiency, and the ENS-03 remained merely the exhibit in my museum."*

And yet, the old ENS-03 still opened a door to a whole new field of medical science emerging as *"the enigma that started it all"...*

There will come a time  
when you believe  
everything is finished.

That will be  
the beginning.

## SCENAR = “A PUSH”

Despite many failed attempts to make the first ENS into the acceptable and standardized medical device, Alexander Karasev never gave up on the idea. In his own words, he was “*chasing that first mysterious “spark” ever since*” not being able to fully decode it at the level of technological developments of the 20<sup>th</sup> century.

**SCENAR** (Self-Controlled Energo-Neuro-Adaptive Regulator) was his first partial success, and we can now say that the original ENS became the progenitor of all SCENAR devices. (As a legend has it, SCENAR was a secret Soviet government-initiated project to help cosmonauts in space – and indeed it was. The project ceased to exist after collapse of the Soviet Union, but SCENAR lived on...)

*“We managed to achieve some success only in the beginning of the 1990s, in a private enterprise, where we could disregard rules and regulations of the Unified System of Design Documentation.*



**SCENAR-035**

*When I founded “LET Medical”, we released in mass production a device called **SCENAR-035** (or “troika”, as it was known to Russian SCENAR therapists), which has gained popularity all over the world for its inimitable treatment effects and strong and lasting pain relief. Today this technology still remains virtually unchanged, except for the component base. The method was good, however, it was still far from the powerful results of the old ENS.” – Alexander Karasev*

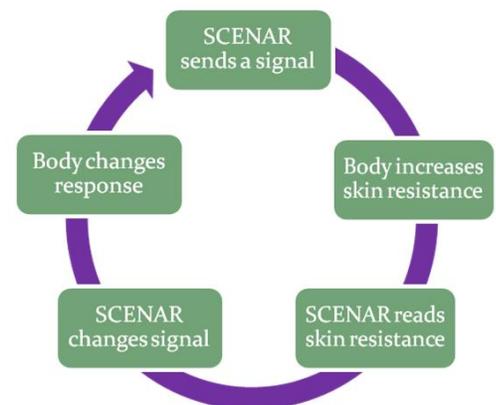
SCENAR had a lot of features of the original ENS.

It was an adaptive electrical stimulator that:

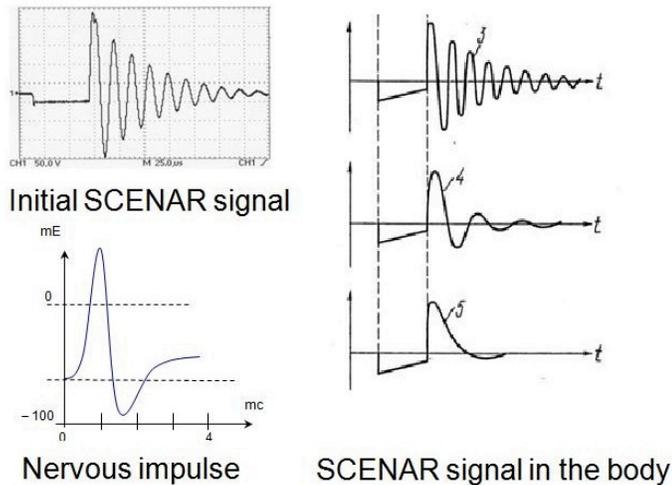
1. produced electrical impulses in a **shape of a natural neuro-impulse**, and
2. impulses were **dynamically changing** responding to the changes in electrical resistance of the skin the device was working on.

But there was a challenge. Since Alexander Karasev still could not decode the secret of the “spark” in the original ENS, SCENAR lacked the efficiency of the latter. No, it was still effective, but not as much as, Alexander knew, it could’ve been.

One of the ideas why SCENAR was lacking efficacy was that even though SCENAR could establish and support a dialog with the body, its “voice” was not loud enough for the body to hear it well, and the body’s attention quickly shifted elsewhere. In order to correct that, it was suggested that the first phase of the SCENAR impulse would be substantially increased making it “a shout” instead of “a talk”. That way, the impulse became almost like a pain signal – strong enough for the body to react to it but not long enough to cause any damage. It was called the “*pathologic neuro-like impulse*”.



**SCENAR is a method of a “big stimulus”. SCENAR “adds to pain”.**



With that modification it became of utmost importance for the success of therapy that the “pathologically increased” SCENAR impulse would be applied to the body at the exact location we wanted to draw the body’s attention to (informationally “adding to pain”, so to speak). The methodology of looking for this exact location, or the trigger spot that was named the **Small Asymmetry**, became paramount, and with that came complicated protocols and extensive training programs.

In that application, SCENAR works similar to homeopathy (in fact, it is often called “electronic homeopathy”) increasing the body’s awareness of the problem to elicit a stronger healing response. In other words, SCENAR provokes the body, pushes it to fix things – and don’t we all sometimes need a good push in a right direction?

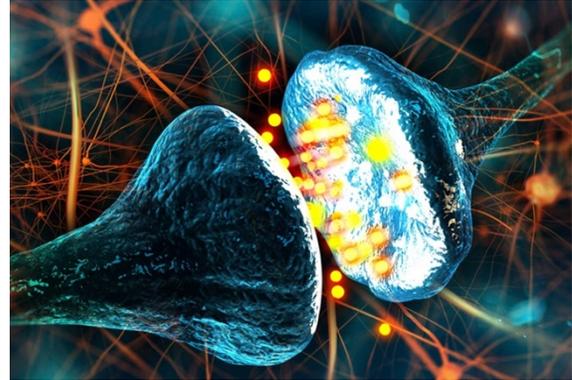
## HOW SCENAR WORKS

As we mentioned before, in the very core of virtually all dis-eases of the body, mind, and spirit is the inadequacy of **ADAPTATION** – and in order to heal, we need to make adaptive reactions much more efficient completing their cycles. So, how does SCENAR do it?

### Acute Diseases

Imagine a cold or a flu virus entering your body through a nose or a throat. As soon as it starts multiplying there, the body will begin adapting to it developing the immune response. If the body does it quick and easy, the virus will be suppressed from the get-go, and you won’t feel a thing. If, however, your adaptive reactions are inadequate, the virus will have time to multiply and cause damage to which a stronger immune response will be required. You then will have a runny nose or a sore throat – and if at that point you apply SCENAR to the place of the biggest discomfort, its “shout” of a big stimuli will mobilize the body’s resources and focus them on fighting the spreading virus, with a good chance of stopping it in its tracks.

You see, the body has its own internal “pharmacy” of healing substances. They are called Neurotransmitters and Neuropeptides, or **Regulatory Peptides (RP)**, and they are low molecular hormones released in the synapses of the nervous system when electrical impulses are transmitted along its fibers. If released in large enough quantities (called “*effective concentrations*”), Regulatory Peptides can trigger all sorts of physiological processes in the body effectively boosting and speeding up healing reactions.

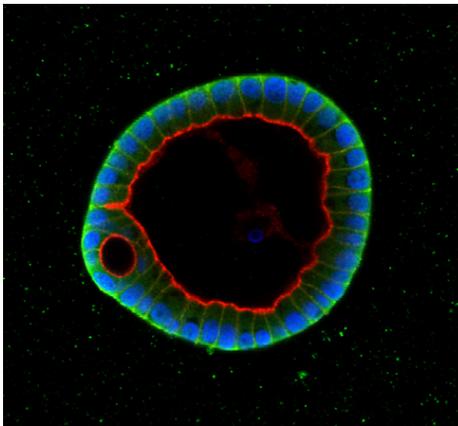


Strong SCENAR “neuro-like” stimuli that keep on going and changing in response to the changing body responses cause the release of massive amounts of RPs which, in turn, will trigger faster and stronger healing reactions.

The more you treat – the faster you heal. There is no limit on SCENAR applications when acute diseases are concerned. Just follow complaints and apply SCENAR to the places of the most discomfort, one by one, pushing the healing reactions forward with each and every touch, until the body finalizes its adaptive response, develops immunity, and suppresses the virus for good.

## Chronic Diseases

The process is different with chronic diseases though. Chronic disease means that at some point in the past the body was trying to heal from something, adapt to something, but, for whatever reason, never completed the healing cycle. So, now it is stuck with an unfinished program that runs on a background depleting the body’s energy resources, interrupting the flow of information, causing chronic pain, and affecting the systemic coherence level.



The body cannot finish the program – and cannot let it continue to run wild, so, it makes a compromise. It cuts that unfinished healing process off the general flow of information and energy, isolates it behind the invisible energy barriers - and forgets about it relocating its energy resources to dealing with other, more pressing issues. And that’s how “**Energy Cysts**” are formed (for the lack of a better word).

The longer we live the more Energy Cysts we accumulate. They may not bother us much, but they are there, rigid and unchanging, like dark heavy clouds in our bodies that are created to be energetically and informationally transparent.

Each Energy Cyst requires energy to keep the guard up, each one generates a constant “beacon” signals in the brain, and each one has many representations in the microcosms (microsystems) of our body (irises, ears, tongue, hand and feet etc), as well as on the skin surface. Altogether, an Energy Cyst and all its connections and representations form a **Pathologic System (PS)**.



The described process, of course, is not immediate and not easy. Many things will be happening in the body when Energy Cysts will start breaking, including a **healing crisis** that all cyclical healing reactions have to go through (*“it has to get worse before it gets better”*). And yet, at the moment the described mechanism of dealing with chronic diseases is, probably, the most comprehensive and effective.

Energy Cysts are difficult to break since the body ignores them, but SCENAR with its “big stimuli”, when applied to the correctly identified Small Asymmetries, can mobilize the body resources, push through the barriers, and get the job done.

Yes, SCENAR did not have “the magic” of the first ENS. The “big stimulus” approach was rather crude and inaccurate, it could provoke pretty strong healing crises, and the technology was difficult to learn and effectively practice.

At the same time, SCENAR is uniquely positioned to give the healing process a **strong push forward** – and that makes it very valuable in therapy. The ability of SCENAR to quickly trigger the massive release of Regulatory Peptides (including endorphins) also makes it the best method of natural pain relief today.

## COSMODIC – “A PULL”

With correct application methodology, SCENAR was quite effective... and yet, still not as effective as the first ENS. While the SCENAR world continued to develop more and more complicated treatment approaches and protocols, Alexander Karasev continued to look for the “spark”. The quantum jump in his search happened in the beginning of the 21<sup>st</sup> century with development of COSMODIC technology.



*“Moving forward, in the beginning of a new millennium we have developed a more advanced healing technology and a new method of treatment – COSMODIC (as in “cosmos”).*

*It has dramatically increased the range of applications and the depth of results, and now we could talk about creating a new trend in regenerative medicine.”*

### SCENAR COSMODIC VX735

Alexander Karasev

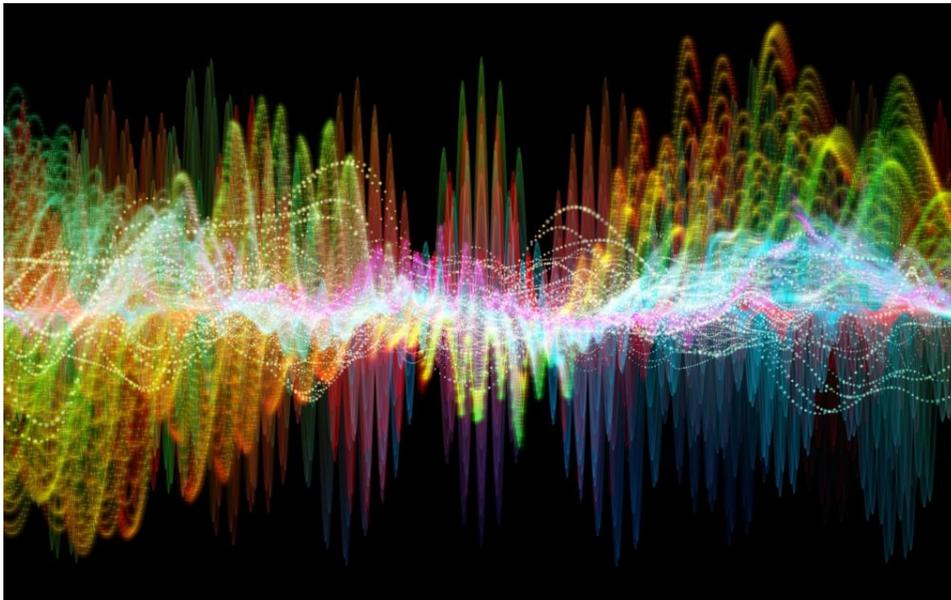
COSMODIC was still an adaptive electrical stimulator (or rather regulator), but as the second generation of the technology, it differed from SCENAR quite a lot. New technological developments allowed COSMODIC to tune into the body much better and develop connections on a much deeper level.

To start, COSMODIC works with 46 feedback loops versus just one in SCENAR coordinating its impulses with a wide spectrum of body’s reactions and not just the electrical resistance of the skin (or impedance). That means, COSMODIC can collect massive amount of data – and use that

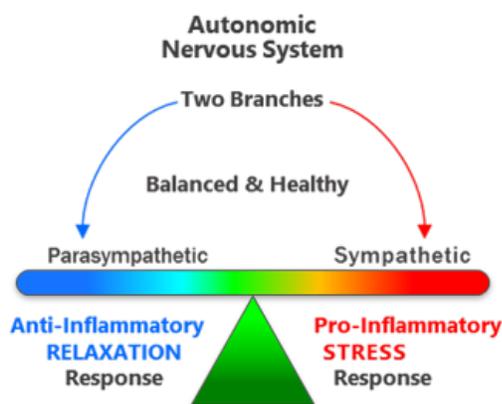
data to tune itself into the body's reactions using **micro-resonances**, which can amplify the healing processes directly, without provoking the body and/or shouting at it.

Multiple feedbacks also allow splitting the “big SCENAR stimulus” into several small ones, where the transition from one small stimulus to another happens on command of the body itself through the feedbacks.

**COSMODIC is a method of “small stimuli”. COSMODIC “adds to healing”.**



COSMODIC does not use single electrical signals, like SCENAR. It 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’ one into another like piano accords.



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 (sympathetic vs parasympathetic responses, which should normally balance each other).

It is called ‘*dual regulation of functions*’ and is mandatory for normal functioning of all our organs and systems. COSMODIC does just that – sends both stimulating and sedating signals, depending on the situation and on the nervous system response. (In contrast, SCENAR signals are always stimulating.)

And just like the nervous system does, COSMODIC uses both central and local mechanisms to wake up the cellular memory and enhance the innate capacity of our body to recover, regenerate, and rejuvenate. (It is also important to mention that since COSMODIC is capable of sedating as well as stimulating, a healing crisis is a very rare occurrence in COSMODIC therapy).

COSMODIC does not ‘*add to pain*’, challenging the body like SCENAR does – it directly “*adds to healing*” supplementing, harmonizing, amplifying and pulling along the body’s natural healing reactions, pulling them even further than they would normally go. That means, the body helped by COSMODIC will not stop at healing restoring a function but forming a scar – it will go further and possibly even **REGENERATE** the damaged structures.

**While SCENAR is a “technology of treatment”,  
COSMODIC is a “technology of restoration”.**

## HOW COSMODIC WORKS

As in Alexander’s original vision, COSMODIC works somewhat like a tuning fork. It provides a harmonious tuning system, and since 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 (*micro-resonances* make it possible).

This new unit then regains the state of coherence, as COSMODIC rebalances itself carrying and pulling the body along. The healthy healing and coherent vibrations in this process will be amplified (micro-resonances again) – and when it is achieved, COSMODIC will tell you, ‘*enough*’ (the DOSE signal).



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

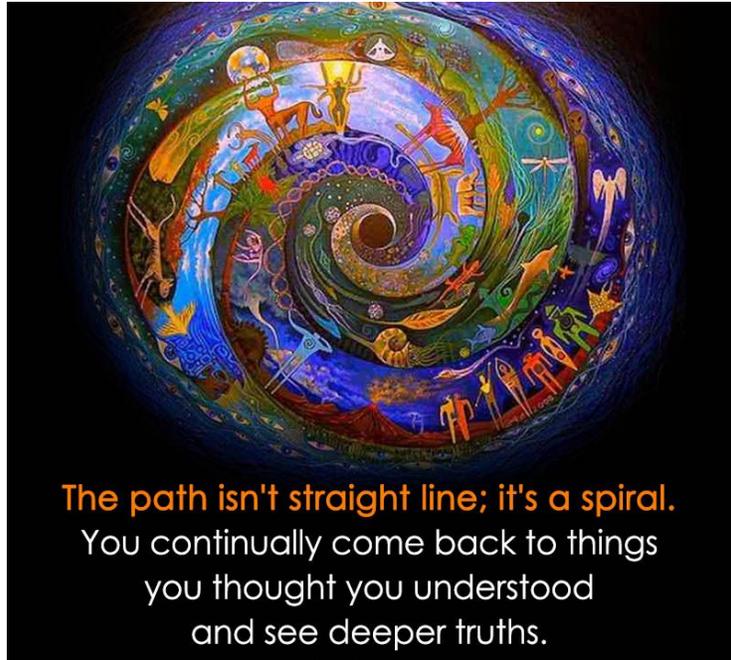
**This is a whole new level of healing, where the body AFTER the disease  
can become even stronger than it was BEFORE it.**

## ENS = “A SHIFT”

Yes, COSMODIC was a big step towards finding that elusive “spark” in Alexander Karasev’s research - and yet, even a few years ago he was still not there, not until quite recently.

**New ENS came as a logical continuation of COSMODIC  
in the more advanced implementation.**

*“Evolution develops in a spiral. This is a Cosmic Law that guides the entire Universe, it is omnipresent and absolute – and the ENS history is a reflection of it.*



*Today, following the evolutionary Cosmic Law, in a spiral, we are coming back to where we started, but on a new quality level. After more than forty years, the secret of the original ENS has been finally uncovered, the “spark” decoded, and we are happy to introduce a new era of drug-free therapy that is capable of reaching our informational space, the Informational Matrix of the body, and correct the body’s programming. And we call it the **ENS technology**.” – Alexander Karasev*



According to Alexander Karasev, ENS is not actually a stand-alone technology. It is “*the beginning*”, the essence that allows SCENAR and COSMODIC work much better providing an access to the original body “blueprint”, it’s innate programming.

It is a “**shift**” in the body’s awareness when the memory of what it supposed to be like start to come back bringing with it the “**inner smile**” to our entire being (something noticed by virtually everyone using the ENS). Having such a “reference point”, SCENAR and COSMODIC can be much more effective.



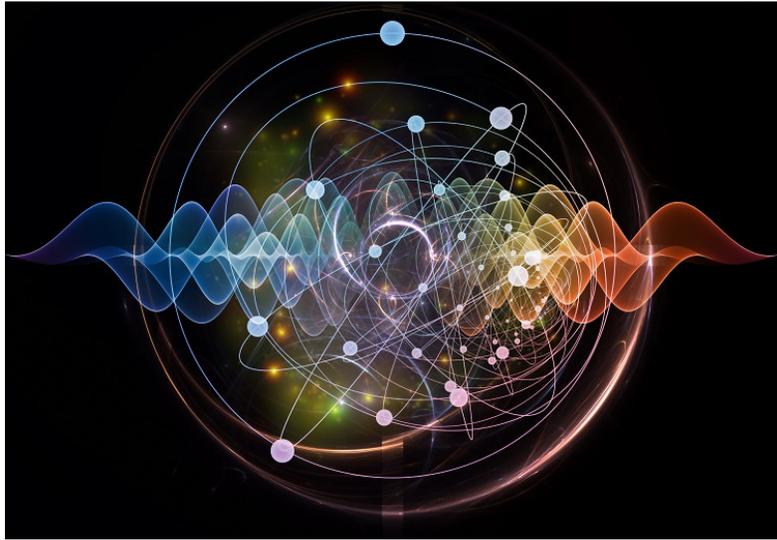
## HOW “THE SHIFT” HAPPENS

In the good old ENS-03, with its high-density mounting and instability of components, the body response through the spurious and unpredictable aerial feedbacks was explicitly causing anomalies in the device response (“**sparks**”) creating additional impulses (**informational stimuli**) at every burst of reaction. At the time, all that was considered “bad” characteristics of the device and an unnecessary technical “noise”. And yet, removing the device’s ability to generate these free-spirited “sparks” in response to unpredictable feedbacks by making the device less sensitive and spontaneous and more “orderly” and stable using super-modern processors with quartz control and by other means rendered the original ENS nearly useless.

*“This is only one clue to the understanding of the fragile tuning balance where any tiny change can turn a highly effective therapeutic device into merely a toy giving small electric shocks and nothing else.” – Alexander Karasev*

As we know now, those random sparks and additional impulses were precisely what brought such dramatic treatment effect. It took over 40 years, but Dr. Karasev has finally decoded the pattern of the “sparks” generation and was able to purposefully replicate it in the new ENS.

ENS = a big SCENAR stimulus + small stimuli of COSMODIC + “informational” stimuli.



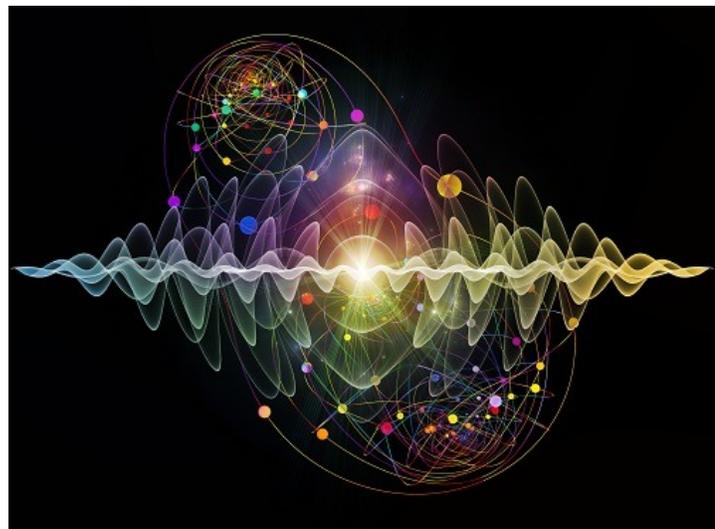
*“To be able to understand how the “informational” stimuli work, imagine that you are driving on a mountain road and the studs of a safety fence bordering the precipice flicker as you pass by. They are all alike, and soon you even stop noticing them. But what if someone had painted one of the thousand studs a different color? You will surely react to it passing it by, and even turn your head and get distracted from the dangerous, twisted, and difficult mountain road.*

*That’s how we are designed, and that’s how our body works on the inside too. (That is called “**orientation reflex**”, and that is the basis of any living system functioning: we always react to new stimuli and develop tolerance to repetition.)*

*The same way the informational stimuli of ENS technology work.*

*During the action, the system inserts marked impulses and waits for the response (it takes usually 0.5 to 4 seconds). The next inserts will be corrected according to the body’s response. Inside these inserts, there are more sporadic inserts, and so on, like in the **Russian “matryoshka” doll**.*

*This way, we have an **informational snowball effect**. And since all the inserts appear only in accordance with the body feedbacks, the body itself is actually synthesizing this “snowball”.*



*Considering that the “snowball” is created through the feedbacks coming straight from the site of pathology, after a while our body starts processing the accumulated in the “snowball” information so intensively that becomes capable of going to its very core in order to overcome the disease.*



*ENS therapy based on informational stimuli has allowed more accurately approach the informational space of the body (**Informational Matrix**) and get resonance responses from virtually all its cells.” – Alexander Karasev*

**ENS helps the body “reflect on itself”, go to the beginning – and in doing so restore its original programming, its primary Informational Matrix.**

And that’s all that the creator of SCENAR, COSMODIC, and ENS is willing to share at the moment about his latest creation.



## IS THERE MORE TO ENS?

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 (and ENS), 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 ENS 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 ENS behaviour in interaction with the human body or psyche...)

Yes, Alexander 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 ENS and its 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 of Medical Electronics in Russia, where all COSMODIC and ENS devices are exclusively and carefully crafted, releases its creations to the world in very limited quantities under a label of “COSMODIC ENS 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 and ENS can and will do for you if you treat them with understanding and respect they deserves. These cell phone sized universal healers can be easily used by anyone, anywhere, and for virtually anything that needs healing and regeneration. According to Tom Bearden, again, someday COSMODIC ENS 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?



## ARE WE THERE YET?

As an acronym, ENS stands for great many things, from «Electronic Nervous System» to the «Empty Nest Syndrome». As a word, however, it is obsolete yet very interesting, somewhat abstract, and means «being or existence in the most general sense», «entity», «essence», «that which is».

And that's how the first ENS, *“the Beginning”*, looks like to me – an entity, a being that was in part an enigma even to its creator. The “spacey” look, the invisible aerial spurious feedbacks, the instability of components, which could not be described or calculated but which, if removed, would turn a highly effective healing device into a plain TENS... The idea of the first ENS that “appeared from nowhere in a matter of minutes”, the design drawings ready in a day... What does all that sound like to you?

The mystery of the first ENS could not be solved in the last century. The device could only be partially replicated fourteen years later in the SKENAR-035 or “troika”, the “Grandmother of all SCENARs” – and history went on from there.

And now Alexander Karasev and his team are giving us the ENS again, but it is not an enigma anymore. The secret of the first ENS is now decoded and implemented on a higher level of technological development, on the next turn of the evolutionary spiral, in the third generation of adaptive electrical regulators.

Implemented – but not fully yet.

At the moment, there is no mode in the ENS device that is purely the ENS technology, or the "stand-alone" ENS. The ENS mode actually combines all three adaptive electrostem technologies together, and ENS serves as an amplifier, a **"force multiplier"** for SCENAR and COSMODIC.

## Force Multiplier:

**A force multiplier refers to a factor that dramatically increases, hence "multiplies", the effectiveness of a system.**

This is done on purpose. According to Dr. Karasev, we are only on **the first stage** of the ENS implementation. The technology has huge unexplored potential, and he was concerned that in its full power, in inexperienced hands it may produce unpredictable results. So, he planned the ENS introduction in three stages - the second one coming in two-three years (it is called *"ENS-entium"*, and it is at R&D stage now). And only on the third stage, if everything goes as planned, we will see ENS as it can be.

We have to say, so far, the ENS results have exceeded our expectations, and as we see it now, the ENS "conscious evolution" will continue as it was envisioned.

## SCENAR vs COSMODIC vs ENS

The SCENAR, COSMODIC, and ENS MOA (mechanisms of action) are based on the same principle of establishing a dialogue with the body's nervous system via feedback loops using electrical signals (with their dynamic waveforms, frequencies, and amplitudes), but the effects of this communication can be quite different.

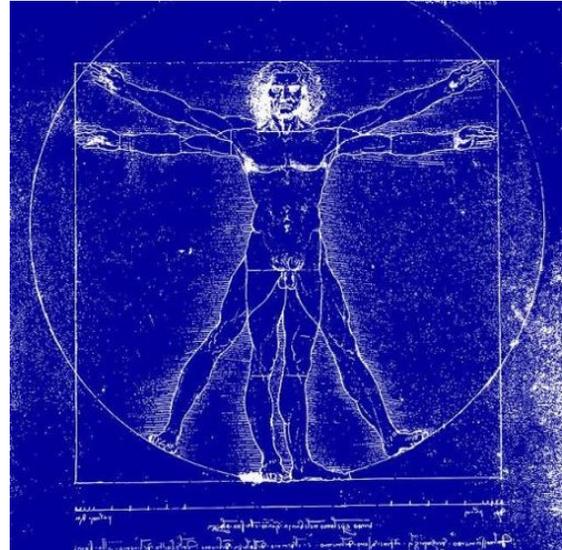
Very simplistically speaking and as we already mentioned:

- **SCENAR** tends to be a strong **"push"** to provoke the system and get the healing process going (a strong initial response);
- **COSMODIC** tends to be a **"pull"** to amplify and advance the healing process that's already going;
- and **ENS** tends to be a long-term **"shift"** to the original design of the body's Informational Matrix with all its regenerative powers (longest-taking effect, but potentially the most profound).

As you can conclude from the above, the ENS impulse (that only the ENS device currently offers) goes to the very core of a living system shifting everything above and having an overall effect on the body. In simplest terms, as we've already mentioned, it's a *"force multiplier"* for SCENAR and COSMODIC impulses.

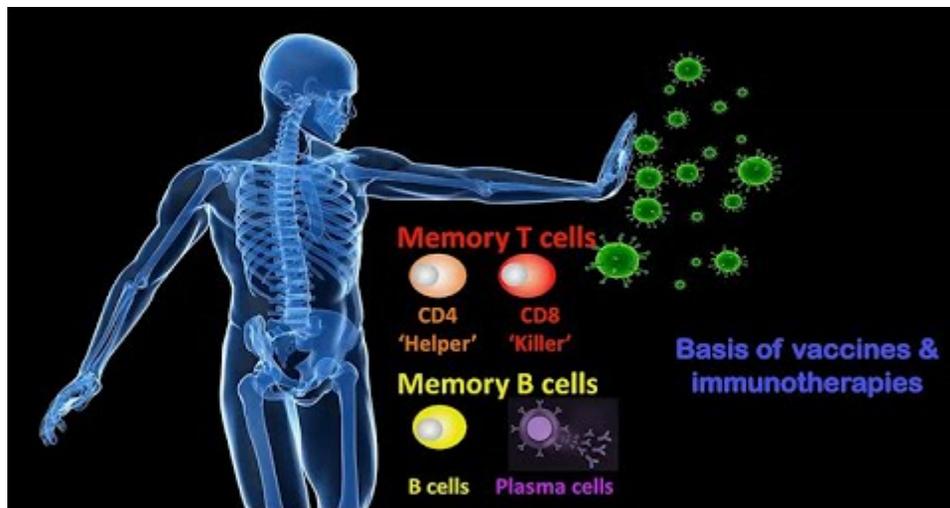
It essentially provides the body with a **"blueprint"** of what it was intended to be (at a very basic level). SCENAR and COSMODIC impulses, when mixed with ENS, work much more effectively when having such a reference point.

(What that practically means, in application to the existing ENS device, is that you won't see much of an immediate effect by using the ENS mode alone (you would over the long term, throughout the body - not just where you're treating), but it will make the SCENAR-ENS and COSMODIC-ENS modes (and your own body's natural healing processes) so much more effective than SCENAR or COSMODIC by themselves.)



Let us reiterate the above in a slightly different way by giving you a "biological" analogy of how the three technologies relate to each other.

There is a designated system in our body that deals with most of our diseases and disorders - the **Immune System**. Its job is to keep us healthy, to protect and heal us. But when this system itself starts malfunctioning, we get auto-immune conditions that are virtually impossible to correct, because there are no specific mechanisms in our body to "heal the healer", so to speak.



Now imagine going several layers deeper, to our innate design, our Informational Matrix that determines everything we are, as well as everything we supposed to be (including our healing programming). If the Matrix is corrupted (and it is in almost everyone these days), the healing

programs will be too. You can "provoke" and accelerate them with SCENAR ("a push"), or propel them forward as far as they can go with COSMODIC ("a pull"), but they still will not work as they could (as they were originally designed) due to the flaws in the Matrix.

Neither SCENAR nor COSMODIC can reach the Informational Matrix; that's what ENS was designed for. On the other hand, working just on the Matrix will not give you an immediate pain relief, or inflammation reduction, or revive the areas of degeneration. The changes will happen, eventually, but it may take a really long time for the changing programming to change its physical representation. And our clients need help NOW. Hence - it is not practically feasible to have the purely ENS mode; it will not be obviously effective in the short run.

Therefore, the ENS devices offer several modes where ENS is combined with SCENAR or COSMODIC, in order for these two technologies to do their best.



- You can "push" much stronger with SCENAR (and get a much stronger healing response), if the healing programs are "cleaner" and respond more efficiently (the **SCENAR-ENS mode**).
- You can take regeneration several steps further with the "pull" of COSMODIC if it has better and stronger healing reactions to enhance (**COSMODIC-ENS mode**).
- And you can do both, combining all three technologies in one mode - and that's the **ENS mode** in the ENS device. In it, as mentioned above, the ENS technology serves as an amplifier, a "force multiplier" for both SCENAR and COSMODIC, and this is a combination that you should not treat lightly. The body can give unpredictable responses, and you really need to understand what you are doing and be ready to meet the body's challenges.

As it could be understood from the above, it is not always better to use the modes containing ENS right from the start. Sometimes it is better to limit your therapy to "mono" modes (SCENAR and COSMODIC) or the SCENAR-COSMODIC combination to minimize the impact on the body.

For example, with injuries and traumas or colds or sore back you do not need to reach deep; the body will be better off with just acceleration and enhancement of what it is doing anyway. On the other hand, if that injury or cold or that sore back is lingering much longer than it supposed to and/or does not go completely away - this is the time to engage ENS in the attempt to "*health the healer*" (clean and fine-tune the healing programming).

In other words, always remember the classical SCENAR "**principle of small sufficiency**":  
only do the necessary minimum to achieve the desired result.

Do not involve "the big guns" without real need. Help the body ONLY if your help is required - otherwise let it do its job without interference (especially when you are attempting to influence its "inner sanctum" of Informational Matrix).

## WHAT'S COMING?

This article attempted to give you a glimpse into ENS, the technology with a potential of accessing the **Informational Matrix** of the body – in other words, of **reprogramming** the body.

Just think what that means.

- Correct programming means, our body's computer is defragged, debugged, and functioning to its full potential.
- Correct programming can substantially improve **energy production and distribution** in our system. One of the ways to do it is to optimize the mitochondrial functioning through the process of *mitophagy*, and that's what ENS is already doing quite brilliantly (subject to a separate discussion).
- Correct programming can ensure speedy and complete healing, but also – the *higher body awareness* of what is “self” and what is not. It can help the body be better at detecting and expelling the “alien” DNA of **GMO** (Genetically Modified Organisms) – and at the same time, stop the body from attacking its own tissues in cases of **autoimmune disorders**.
- Correct programming can unlock the **regeneration** mechanisms and slow down aging.
- Correct programming means sharp and clear mind, concentration, positive outlook, healthy self-esteem, and invincible mindset. And yes, ENS can go that deep.

Apparently, ENS taps into the power of the **brain delta waves** – those high, deep, slow waves that are responsible for our deepest and the most regenerative sleep, which is also considered to be the state of highest consciousness and the bearer of the most ancient memories of our original design.

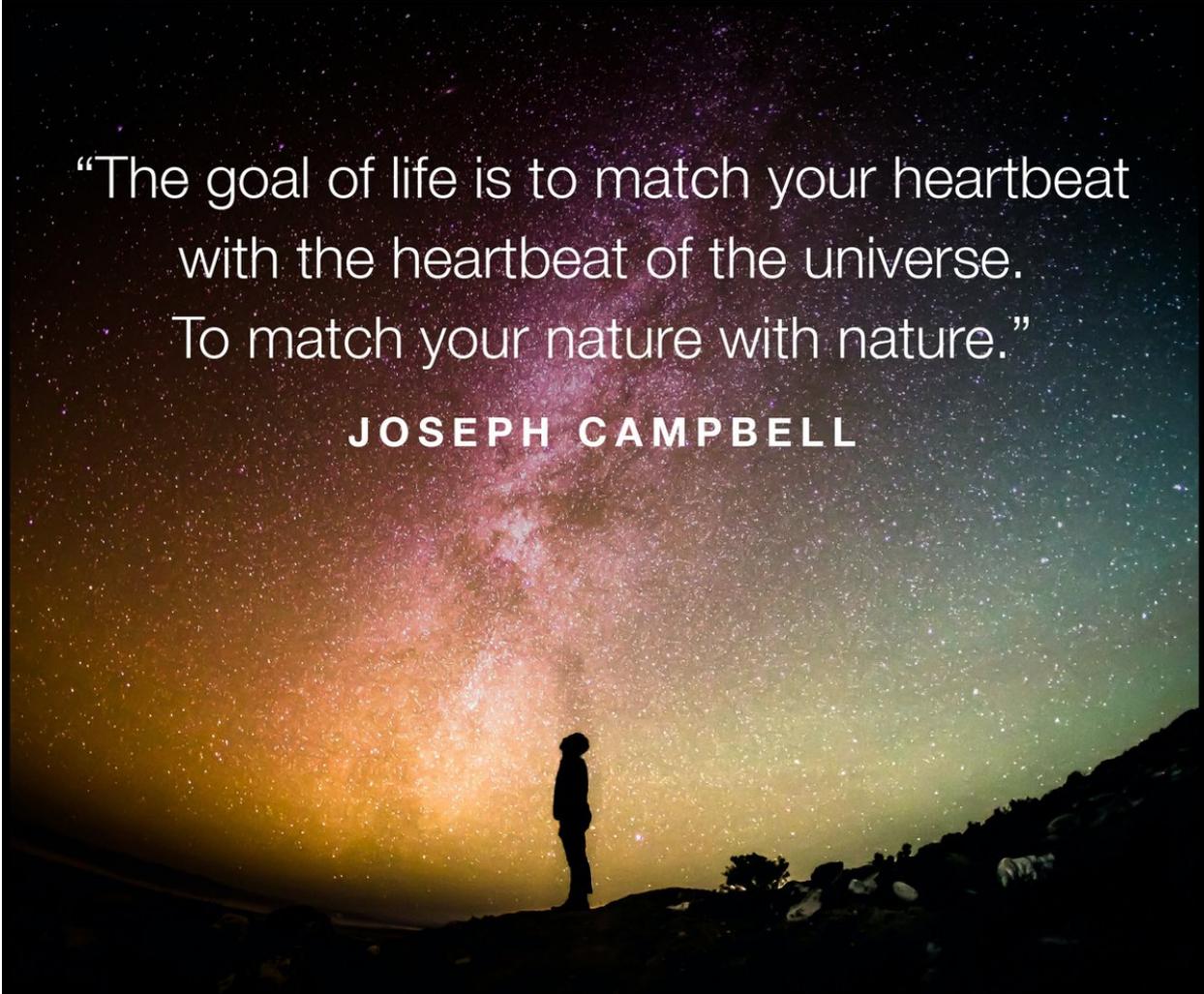
ENS is a quick and profound **anti-stressor**, and everyone experiencing this technology notices the state of calmness, deep relaxation, emotional comfort, and also something interesting that can only be described as “*the inner smile*” :-))

- Correct programming means you become the best version of yourself, the best you can be – physically, mentally, emotionally, spiritually.

We are not saying that we can do it all right now, but ENS is bringing us closer.

ENS is only making its first steps, and who knows what we will see becoming possible in the next few years...





“The goal of life is to match your heartbeat  
with the heartbeat of the universe.  
To match your nature with nature.”

**JOSEPH CAMPBELL**

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