Interview with Denis Shepel: The Lakhovsky Multi-Wave Oscillator (MWO)

[00:00:02] Host: Hello everyone. Today we are talking with an engineer Denis Shepel, who has managed to recreate the legendary device — the Multi-Wave Oscillator of Georges Lakhovsky. Our first question is: how does the modern model (which you can partially see behind us) differ from the device invented a hundred years ago? After all, technology and electronics have changed, and the current version looks quite different from the original historical photographs.

[00:00:52] Engineer (Denis): It's not that different. There are many resemblances, the substance is different. We use modern components. Plus, today in the 21st century, when recreating such a technology, we can utilize 3D modeling and powerful, silent transistors instead of the noisy spark gap, which produced an intimidating sound from an endless series of sparks. Now, thanks to modern materials and parts, a person receiving an MWO session can relax and enter a meditative state because the device operates silently. It works just as effectively, but with several advantages that make the session more efficient. However, it's worth noting that the specific parts used for restoration aren't the most important thing — it's the essence of the idea laid down by Georges Lakhovsky back in the early 20th century. The idea was brilliant, driven by intuition, because at that time, one didn't have the tools we have today: spectrometers, oscilloscopes, and the like. He didn't even know the exact frequency range the device operated on; he calculated it mathematically. He arrived at this solution intuitively and, using specific formulas while knowing that the speed of interaction equals the speed of light, he calculated the frequencies based on the circumference of the rings... filling them with energy. And not just simple energy. The brilliance lies in the fact that the device does not create electromagnetic oscillations in the conventional sense.

[00:03:00] Host: But they are created, aren't they? Even light is, in a way, electromagnetic oscillation.

[00:03:21] Engineer (Denis): That's where the big difference lies. In the way a modern person perceives electromagnetic oscillations, they are seen as a very powerful disturbance of the magnetic medium. If you take light as an example, it is essentially a fluctuation of potentials. In conventional tech, current strength is used to disturb the magnetic component, but here, that is negligible. Mankind delved deep into the disturbance of the magnetic medium throughout the 20th and 21st centuries. To disturb the magnetic medium, you need to apply current strength. But all "bio-perceivable" or "favorable" technologies — which Nikola Tesla spoke of and Arsène d'Arsonval's research confirmed — are different.

[00:04:29] Host: So, are we talking about a scalar field? Science might or might not recognize it, but it exists...

[00:04:37] Engineer (Denis): Science may not have officially recognized it yet, but let's discuss that as a separate topic. The main genius idea was to create something "bio-perceivable" — meaning natural, or similar to nature. Nature "speaks" through the disturbance of the medium via field intensity and voltage, but not current strength. For example, during a thunderstorm, you might walk outside and receive a colossal charge of energy. All living things receive it. Clouds with a potential of millions, sometimes tens of millions of volts, float above you. But as long as there is no discharge, there is no current strength. We are dealing only with intensity.

[00:05:19] Host: Let me interrupt to ask about the voltage. For the average person to understand — I believe this device also creates around 10,000 volts? Like the clouds you mentioned. So it's 10,000 volts, but low current strength? Am I understanding correctly?

[00:05:50] Engineer (Denis): Exactly. And the brilliance of Lakhovsky's solution was to avoid creating magnetic oscillations, which are often a destructive force for living things—like the wiring in your walls or outlets. Standard solenoids, coils, and transmitters are focused on creating magnetic fields. If it's an alternating field, it's a disturbance of the magnetic medium rather than just a specific potential. Consequently, everything we use daily—TVs, radio phones, smartphones, Wi-Fi, and Bluetooth—all operate by exchanging information on radio frequencies. Radio frequencies are strong electromagnetic disturbances caused by low voltage and high current. Devices that are favorably perceived by organisms—by all living things, including plants—do the opposite: they use very little current and very high voltage. Essentially, it is a field potential that oscillates. It oscillates in this device within the range that Georges Lakhovsky predicted—and he was right—where intercellular communication occurs. Information is exchanged between cells through resonance at these frequencies. Moreover, different cells communicate at different frequencies.

[00:07:35] Host: Are these specific frequencies known now? From how many hertz to gigahertz? If one were to measure them... perhaps you have?

[00:07:55] Engineer (Denis): Research is still ongoing in this direction. The exact moment of informational exchange and intercellular communication isn't fully understood. There are positions both "for" and "against" this. However, no one disputes that if you take a stem cell, for example—they are all identical, they have no functional load, and they have the same DNA. All cells in the body have identical DNA, yet they resonate differently. They possess the information on how to work in their specific place.

[00:08:26] Host: "Resonate"—to put it simply for our listeners—what does that mean? Does it emit some energy, a wave, or how do we say it in plain language?

[00:08:43] Engineer (Denis): In fact, the entire universe emits energy. At any point in it, there are sources of energy—colossal sources. These are, of course, the stars. In our case, the Sun is the main source of energy for all living things. The birth and development of life use energy coming from the Sun. It is multi-spectral with a vast range. We only see the visible range—from about 400 to 700 nanometers. We see it, but the rest is invisible to the eye, yet it radiates in low, high, and ultra-high frequencies. Beyond ultraviolet, there is X-ray radiation. And at the end of this range, for human understanding, it just... ends. But in reality, it goes further and further until energy collapses into the creation of matter itself. The Sun creates not just matter, but the energy that every living organism uses as a "canvas." And every cell resonates because this energy exists. Remove this energy, and it will stop resonating, just as a receiver stops catching a broadcast.

[00:10:16] Host: Let's clarify: what does "resonate" mean? Does the cell's oscillation coincide with the oscillation of certain solar radiations? To put it simply—I understand that the cell acts as an emitter, like waves on water, it has its own radiation. There is external radiation from the Sun, the Earth's geomagnetic field, or wiring. This device also radiates, and when these radiations coincide, is that resonance? Or am I misunderstanding?

[00:10:52] Engineer (Denis): In nature, nothing is stable; everything is in motion. No nuclei stand still; electrons are constantly spinning. Matter itself—it is always in motion. There is

nothing stable. Frequencies of oscillation exist everywhere in one form or another. Now, if we are talking specifically about resonance—not about radiation or generation, but resonance—then imagine a radio receiver with a jammed tuning knob that can only catch one specific frequency. How does this happen? This receiver has its own circuits, a heterodyne. And this heterodyne is tuned to oscillations of a certain frequency. Without energy, these oscillations are negligibly small. But as soon as energy appears with oscillations that match the harmonic or the fundamental frequency of the heterodyne's oscillations, it begins, like a swing, to amplify every movement. By catching the incoming wave, it increases the amplitude of its own oscillation, and suddenly we see a spike—it has caught the frequency it was tuned to, thanks to resonating with the frequency coming from the outside, from a transmitter, say, a radio broadcast. It has begun to resonate and is receiving information. By analogy, this is exactly how living cells communicate with each other. That is, if you give them the necessary frequency they operate on—remember, the "jammed tuning knob"—they work at a specific frequency. For example, liver cells, or lung cells, or brain cells, and so on. They have their own frequency; it differs. Every cell has its own frequency for intercellular communication. And if we hit it, if we provide life-giving energy in exactly that range, the cell finds it and amplifies the "voice" of its communication. If it was like *this* without energetic support, then with energetic support, it becomes like *this*. We let go, we turn off the device, and they continue to communicate loudly for some time; they hear each other. Regeneration occurs much more effectively because the cells are informing each other how they should function, and through this, the body's recovery takes place.

[00:13:32] Host: You know, recovery happens through everything... I always say that one should apply everything, absolutely everything that is beneficial. Regarding this—will an "energetic assistant" help?

[00:13:56] Engineer (Denis): Yes, it truly helps. This has already been proven, and a multitude of feedback indicates that yes, this is a colossally powerful energetic assistant. But if you continue to deplete your body constantly—if you are in stress, eating poorly, poisoning it, and so on—then there is always a "rollback" result. That is, you helped it, but then a wrong lifestyle rolls you back again. Everything must be applied, and one must probably change their lifestyle for modern people to live an absolutely healthy life. This device is an energetic assistant. If you need help, you can...

[00:14:36] Host: A question immediately arises here... That yes, it helps healthy cells to resonate, to boost their energetic potential, so to speak. But what about disease cells? Georges Lakhovsky, in his clinics (not just one in Europe and the USA), applied this as a treatment for oncology and other diseases. Viruses, bacteria, or oncological cells, which basically are not needed in the body. It turns out this resonance boosts and charges healthy cells in a good sense... but why then, for example, does cancer—a cancerous tumor—recede or go away? Or bacteria and viruses? After all, they also have their own cells. Why aren't they boosted?

[00:15:18] Engineer (Denis): It’s... it’s about the system—the healthy system. Imagine a healthy organism as it should be—as a clean sheet of paper. It is dense, it is well-coordinated, and it works harmoniously. And then you blot it with dirt. This energetic help is there to clean that sheet of paper. Effectively, it works so that one is separated from the other. That is, the coordinated work of the organism is capable of handling practically any ailment. Take the high mountains, for example, where there is practically no oncology. Well, there, of course, the radiation is quite powerful, the organisms are healthier, and the air is thinner—factors that allow a person to live a healthier life. So, a healthier organism is capable of managing on its own; you only need to help it enter that state. It will handle it; it will remove [the disease]. The immune system is so strong that it is capable of coping... it was created that way, to cope with all viruses, with everything in the world that can possibly be imagined. You understand? There are people in

a healthy state whom no diseases can touch, solely because this complex system—the "sheet of paper"—is strong. You understand? You can shake it off, and all this dirt... even autoimmune diseases, where the immunity is completely... a neglected case... You understand that when the body itself creates a disease, that is already bad; things are not right. You need to return everything, to rebuild it back to the origins.

[00:17:05] Host: And it’s also, essentially, in a sense, well, not a panacea for all diseases, but...

[00:17:12] Engineer (Denis): There is no such thing as a panacea. This is a very powerful energetic assistant. And when, thanks to this tool and a number of others, you restore your immune system, it becomes capable of dealing with practically all the diseases attacking you, including oncological ones. This is a mutation of the cell. This is an incorrect organism. A correctly functioning one must distinguish healthy cells from unhealthy ones. That is correct functioning. If it recognizes them... if it doesn't recognize them and says, "Everything is fine, let them grow," that is an unhealthy organism. You see? You must use all means to help the organism work in a coordinated way, so the immune system works as intended by nature. Then it truly starts to remove everything unnecessary on its own. You won't have any allergies if the immune system works correctly. There should be no mutations—it will reject all of that. You see? It has a "self/non-self" system. That is, if a cell has mutated, it is "non-self." A correct, healthy organism will reject it. That’s the point. And if you take a person suffering from a series, a whole range of ailments, and work on returning them to that blissful state—like in childhood, when the thymus worked and they had a powerful immune system—well, their ailments literally fall away from them because the body's immune system will handle everything. The main thing is for it to function. So, essentially, one can...

[00:19:01] Host: But if a person is in the midst of a disease, taking, let's say, pills... let's take something simple—antibiotics, or something else... In the case of, say, going through a course or a procedure—should these be cancelled or not?

[00:19:25] Engineer (Denis): Everything that helps you cope with an ailment, helps restore health—everything is worth using. Of course, the question of compatibility should be raised, but not in relation to the device. Because this is a completely different... a different direction, a different topic. This is an energetic assistant. If you are influencing yourself biochemically, then with the energetic component, there can be no conflict whatsoever. Moreover, this solution was born thanks to three scientists: Nikola Tesla was the first to declare the beneficial influence of high voltage on the body. Then, Arsène d’Arsonval (whose student was Georges Lakhovsky) picked up and researched this topic very closely and taught it. And so, in the end, we have a solution focused on the bio-energetically correct perception—the blissful perception—of energy by the organism. That is, not trying to irradiate the organism or impact it with magnetic oscillations—this is something else entirely. It is akin to nature. It has practically no contraindications: children, adults... the only thing might be a pacemaker, because the device works on electricity, and there is influence...

[00:20:43] Host: Because it [the pacemaker] might, essentially, operate inadequately? A smartphone, for example, might send SMS messages on its own, download some programs, and so on... Tell me, in your experience, this is because of the touchscreen, right? Which reacts to the induced voltage on the capacitive cells of the touchscreen, and effectively, it happens like a finger press?

[00:21:27] Engineer (Denis): We remove all electronics during the session. If there is... some chain, or rings—you don't need to pay attention to that. This...

[00:21:38] Host: Am I understanding correctly that it is assembled exactly according to the American patent? Because during the Second World War, Georges Lakhovsky emigrated to the USA and registered the patent there. How did you get it—did you download it from the internet, find the originals, or translate it? And was it built precisely according to the author's idea?

[00:22:04] Engineer (Denis): Well, the patent, of course, showed that old version of the device that worked on a spark gap. It made a terrible noise and was quite inefficient; the second antenna only worked at about 25 percent capacity. All of that was by hand... Imagine a spark gap instead of a transistor at the beginning of the 20th century. How were oscillations created back then? A capacitance was created where a delay occurred, and it had to charge up. Then, there were powerful contacts—nuts, for example—placed five centimeters apart, and a spark would jump between them. As soon as the capacitance charged again, a new charge occurred, then a discharge. This discharge happened several thousand times per second, for example. It sounded similar to a stun gun. Yes, it was an intimidating sound. Of course. So, there was no goal to recreate it in that antiquated version that was available in the early 20th century. There wasn't. The goal was to recreate the author's *idea*. To do this, his actual manuscripts were used. I completely ignored everything that is on the internet. I've learned my lesson—practically nothing but conjectures are cultivated there: one person speculates, a second person adds their speculation, a third says "this is how it must be and only this way," and so on. And they go off in the wrong direction. No, I took the originals, specifically Georges Lakhovsky's handwriting. He wrote, he drew. For example, regarding the antenna principles—there shouldn't be any Fibonacci sequence. He drew them linear. And these antennas look exactly like that; all dimensions are observed and are as close as possible [to the original]. Modern materials are used... He could have...

[00:24:00] Host: But why is there only one coil on this one? If we look at the photographs of Georges Lakhovsky, there were two coils going to each antenna.

[00:24:08] Engineer (Denis): That was the first version of the device. Later, it was noticed that due to such a design, serious losses occurred at the second antenna because it didn't have a generator. And there was a frequency shift... You see, high frequencies are very sensitive to distance. Essentially, if you have a wavelength of 12 centimeters, then a conductor that is only 6 centimeters longer will create asynchrony. Do you understand? This distance matters at high frequencies. And, of course, moving one antenna—one and a half coils... the secondary coil—away from the second one was not optimal. That was the reason for the second antenna's inefficiency. Therefore, versions 12, 13, and so on were made. The device was being perfected. If we are talking about this specific device, it is already the most advanced. It works because its generation is mirrored from the center in different directions. A single system stabilizes it, so the radiation is synchronized and equal in power. It has become, well, let's say, more effective. The point is that this current device is 75 percent more efficient than the original from a hundred years ago. The secondary antenna works 75 percent more effectively. In the end, we have a full "swing" [oscillation]. If previously we had small flaws in the period—the "swing" swung with a hundred percent impulse back to 25 percent, creating a small imbalance—now both antennas "push" equally and synchronously, which has increased the effect. If you want, you can always go back to the first version, but this is simply based on more advanced...

[00:26:27] Host: Does the distance between the antennas that we set matter? And during the procedure—will the result or effectiveness depend on whether we place them further apart or closer?

[00:26:41] Engineer (Denis): There are certain parameters. The antenna is placed between one and one and a half meters apart, no more than that. These [parameters] need to be observed. It's

not that difficult because the antennas "feel" each other. The device itself tunes into resonance so that the optimal point of the most effective operation occurs at such a placement. These are emitters, actually—let's not confuse them with radio waves, this isn't radio. There must be a certain distance between the emitters. Yes, as stated in the instructions: please set up the antennas, and essentially, nothing more is required of you. It’s not difficult. You shouldn't touch them during operation.

[00:27:31] Host: A question about safety. What if a child accidentally runs up? Regarding electrical safety—what if someone grabs both antennas or the coil? Could there be a threat to life or an electric shock?

[00:27:46] Engineer (Denis): First of all, the device is not for play. It is recreated and can be used in a private collection for personal purposes at one's own initiative. However, one must clearly understand that people who are prone to playing with it should not be allowed near it—neither children nor anyone else. But if it just happened somehow: if you bring your hand close to the antenna, the protection will trigger. You have a device that reacts to an increase in current consumed from the network. As soon as a leakage occurs—it doesn't matter into what, even if a person has just approached—within a few seconds... well, obviously, it will cause a slight burn. Yes, a burn at the point of the "streamer's" concentration. That is, when a spark that is not distributed over the surface enters the body and passes through it, but is concentrated at a certain point—well, it can cause a burn. You shouldn't touch it. Why bother with that?

[00:29:00] Host: Here is the question. We all know that we have 220 volts in the outlet. If you stick your fingers in there, the current can really kill you. Even the youngest children know that it’s unsafe. But here, we have 10,000 volts—such a scary number. At the same time, it's low voltage... is it 50,000 here? 50,000 volts! How is this explained—that 220 in the outlet kills, but here 50,000 just leaves a burn on the finger?

[00:29:34] Engineer (Denis): Just look at these examples. Especially during this season, we all wear... we take off sweaters and they crackle. Right? A discharge occurs. You have generated a voltage of about 20,000 volts on your sweater. On a comb—5,000 volts, 10,000 volts. It is a safe voltage. Without current strength, it is safe. Therefore, there is a small... a very small current strength here, 0.00-something units. But all of nature is formed this way; it has lived and evolved for four and a half billion years specifically within intensity. That is, voltage without current strength is favorable. It is accepted by nature and perceived by all organisms easily and calmly. We are constantly in high voltage. Clouds move—ionization of chemical processes in the soil occurs, and so on. High-energy electrons are generated everywhere, they jump out—they have a potential of up to millions of volts. Do you understand? We are constantly... living nature is constantly in a relationship with this. What is dangerous is specifically the current—the current strength. High voltage without current strength is just a curiosity. It’s a pleasure. You can play with it as much as you like. That’s why [Tesla] showed those lightning bolts in his hands—in reality, there was no power there. Moreover, high voltage has certain characteristics during transmission—the "skin effect." That is, it passes over the surface. If low voltage, like 220, is indeed dangerous for the organism because it passes through the salty blood, through everything, through the heart—God forbid someone touches it—then high voltage will run along the surface. It can be transmitted over a dielectric, over the surface. Geometry matters, but not the cross-section. You see? High voltage will not go through the center of a conductor; it goes along the surface. It is pushed out—these are high-energy electrons, they move away from matter due to Coulomb repulsion.

[00:31:27] Host: If the current strength is so low, why is it that if you place a fluorescent lamp between the antennas or near the coils, it acts as an indicator on the device? What makes it glow? And, by the way, would an incandescent lamp glow, or only fluorescent ones?

[00:31:41] Engineer (Denis): Well, locally, the filament would glow too, but to a much lesser extent. Because, after all, for a tungsten filament to glow and emit light, you need current—specifically current, not just voltage. You would immediately see a "streamer" inside an incandescent lamp. A streamer occurs because there is a conductor inside; it induces streamers—a discharge into the air, a discharge into the environment—even inside the bulb. And there is an inert gas there. Modern lamps differ from the original ones that were designed to work for centuries (and some of those first lamps are still working today). The goal of the [modern] system was to create "consumable" lamps, so now they make them with inert gas instead of a vacuum. And in that gas, naturally, there will be a streamer—a discharge into the surrounding environment. Why does it appear? Because changes in field intensity create an inverse induction response from the environment. If we were to fill this studio with an inert gas right now and turn on the device, we would see these running streamers, just like Nikola Tesla demonstrated. Air simply facilitates this less; it is less of a conductor and more of a dielectric—it has dielectric properties. Therefore, the device is tuned in such a way that no leakage occurs into the air—no streamers, no hissing, no sparks. Everything is calculated: the housing, the parts printed on a 3D printer, the plastic, the cross-section of the wires—everything is calculated, including the distances, to ensure there are no streamer leakages. It operates silently unless you decide to break that balance by bringing your hand or a lamp close to it. You won't see it or feel it—well, visually you won't see it, but you can feel the pleasant effects of its operation immediately.

[00:34:40] Host: Would it be correct to say that every cell in the body is like a small accumulator that emits microvolts? Or an oscillatory circuit? Are an accumulator and an oscillatory circuit the same thing in the context of Lakhovsky’s theory? That is, the cell radiates—but where does the electricity in a living cell come from?

[00:35:14] Engineer (Denis): Well, we could certainly talk about other technologies involving bio-luminescence or the generation of electricity, like an electric eel, for example. Ho that is a slightly different topic. Georges specifically designed a device that creates "white noise" across a broad range—the frequencies at which the cells of living organisms communicate. He focused his work on humans. They communicate with each other... how should I put it... via radio frequencies, electrical frequencies...

[00:35:57] Host: Like neurons? With electricity between them? Like they tell us in school—that there is electricity in living cells.

[00:36:05] Engineer (Denis): Here’s the thing: if we step away from the school or university curriculum on electronics, [we see that] compared to voltage, current moves very slowly. That is, the movement of electrons, which characterizes current strength, happens very slowly through a conductor—literally a centimeter or two per second. They move incredibly slowly. However, the speed of interaction via *voltage*—if you touch a conductor with voltage, it responds 3,000 kilometers away in a fraction of a second. Do you understand? It is high-speed; it propagates at the speed of light. There is a massive difference: if you don’t apply current strength but use voltage instead, you achieve what is, in our understanding, high-speed communication at the speed of light. So far, we haven't learned to use anything faster. Consequently, living organisms communicate using this method—through changes in voltage. Does intercellular communication happen through wires? Of course not. They don't transmit current; they simply resonate within a specific energetic environment. This environment is constant on this planet; it is all around us. We can amplify it if necessary, and the cells simply begin to communicate more effectively.

[00:38:10] Host: And what we touched upon at the beginning—scalar energy. Is that this "voltage energy," or what exactly is scalar energy?

[00:38:20] Engineer (Denis): It is a multi-frequency field that has an informational basis. A *field*. Not electricity flowing through a wire, but a field that already contains an informational component. Multi-frequency—exactly as the device is named. You might see it referred to in various sources as "multi-frequency" or "multi-wave."

[00:38:53] Host: By the way, I'll add this: different sources use different names. Some say "oscillator," others say "generator." Even if you search the internet for "Lakhovsky Generator" or "Lakhovsky Oscillator." What is the fundamental difference? Why is it sometimes a generator, sometimes an oscillator, sometimes multi-wave, or multi-frequency?

[00:39:12] Engineer (Denis): I call these conjectures a "quagmire." Anyone can get bogged down in a quagmire of conjecture and drown in it. These conjectures spread, gain traction, and take root, sometimes even replacing the original source. But if you look at the manuscripts, if you look at Georges Lakhovsky's patent, it is written in English: *Oscillator*. There was no such thing as a "generator." That is an adaptation by people who are, again, mired in conjecture; they will try to prove that it is "this way and only this way" because that information became the foundation of their worldview. However, it is based on conjecture. If you want the truth, go to the primary source. Ignore all the various interpretations spread across the internet. Look at the primary source. The primary source says: *Multi-Wave Oscillator*. There is no doubt about it.

[00:40:27] Host: And are "wave" and "frequency" different things?

[00:40:33] Engineer (Denis): Yes. Frequencies, by the way, are changes in potentials from plus to minus; they can have various forms—sawtooth, square, intermittent, whatever. A wave is a wave—it's a sine wave, as we understand it. In this case, Georges Lakhovsky gave his device the name "Multi-Wave"—it is fair, correct, and very precise. It is an oscillator.

[00:41:00] Host: Denis, tell us the most interesting part: the principle of the device's action on the body. The principle itself and the results. And by the way, have you personally used it? What are your sensations, results, and effects?

[00:41:18] Engineer (Denis): Well, perhaps I should go back to the history... I was urged to recreate this technology. I was urged specifically because people knew that those interpretations and conjectures on the internet had hit a dead end. People were making something completely different while trying to recreate it. I was asked to create this "lost" technology based on the original. And yes, I agreed. I have extensive experience working with high voltage. I did it honestly and painstakingly, but... without faith. Whether it works or not wasn't my main concern—the task was to build it. I was a skeptic. I had a skeptical attitude toward the functionality of this technology. "It works"—you were commissioned, you build it. And during the development—already during the development of the first device—my asthmatic syndrome suddenly vanished. I had an allergy... the etiology was unknown, my body was reacting to something... and this allergic cough was gone, as if by magic. It just disappeared. All at once. It didn't fade away; it just vanished and never returned. That was my introduction to the device. I hadn't even finished building it, and it already rid me of one ailment. It's interesting that, subsequently, different people find that different diseases go away. Improvements in the state of the body are indeed observed in everyone. But one must take into account that there are different etiologies and different diseases. Some people might have circumstances where their lifestyle generates these ailments. You can treat them, but the lifestyle will keep generating them. For some, it might literally be dysbiosis—that is, an incorrect, opportunistic flora in the gut that isn't

absorbed or doesn't promote the absorption of structural nutrients. Because of this, their joints might ache, for example, because the whole organism is working incorrectly and there simply is no building material for the joints. You can turn on the "energetic assistant"—it will help you feel better—but it won't eliminate the problem until you...

[00:43:58] Host: It won't eliminate it immediately unless the immunity rises and [clears] that pathogenic flora... That's why I say lifestyle is necessary.

[00:44:03] Engineer (Denis): Exactly—and that includes proper nutrition. The balance of bacteria also depends heavily on proper nutrition. If you're constantly bombardment them with something acidic, you really might end up with fungal growth there.

[00:44:21] Host: Let's say a person had an ulcer. They went through the procedure, the ulcer cleared up. Then they continue eating KFC wings and washing it down with Coca-Cola. What then?

[00:44:35] Engineer (Denis): That is already their own concern and responsibility. We cannot fix what a person... Approaching the question reasonably, one can say: this is not a panacea. It is a very, very interesting technology because, literally from the first sessions, the functioning of the brain changes immediately. A person feels a change in their dreams—they become either very deep or very vivid. Why does this happen? It has been noted in Poland and in Russia (many people are researching and observing this)—the blood picture changes, the shape of erythrocytes changes, and microcapillary circulation improves literally after the first sessions. And when blood flows better through the capillaries—that is, where your organs and joints are supplied with building materials, oxygen, and so on—your whole organism works much better. The brain itself works almost entirely on capillary microcirculation. Your memory improves, your analytical component improves. Your whole organism works better because the brain controls a very large part of it—specifically, the medulla oblongata. It literally controls the heart's rhythm, the lungs, and so on. Everything is very important. And when you have improved... look... regeneration... due to the "increased voice" of the cells. That is, there is a struggle occurring in your body, and your organism restores itself every time after an onslaught of pathogenic germs—let's call them that. Well, this regeneration happens much better. It moves much further; the organism restores itself. And in reality, your immune system's function improves, as does the blood supply and the delivery of nutrients and oxygen to organs throughout the periphery—and the biochemistry accelerates. Things that used to take more time [now happen faster]. These are outstanding results. So, essentially, in aggregate, you get a tool that helps you very much energetically. On an energetic level, it helps the organism work more harmoniously. And practically everyone notes immediately—those who touched the device for the first time and went through the first sessions—besides the change in sleep patterns, which happens almost the next night, there is an increase in the body's stamina. People literally tell me: "I couldn't climb this hill without ten breaks—now I climbed it and didn't even notice." It's so great to be a healthy person that the organism just perceives it as a matter of course. I didn't immediately notice that my joint pains were gone myself. Because I didn't need them. That is, I felt perfectly fine when they weren't there. I'm half a century old, and they hurt when I was making the first device. That also went away. For someone else, it might not go away, but something else will. For me, the pain in my knees also vanished and never returned. I've been making these [devices] for four years now, so I've forgotten about it.

[00:48:15] Host: Now, you mentioned procedures. In some places—again, the internet isn't the most reliable source, but still—one can read that Georges Lakhovsky conducted procedures on the device for maybe 10–15 minutes with patients every day for 10 or 15 days. Elsewhere it says he did three hours per procedure for three days, or one hour. What is the optimal procedure here?

How can it be tailored? If a person has a complaint—is it an hour for a week, or 10 times for 10 minutes over 10 days? Can it be tailored individually, or is there a general layout? Like, three times for 30 minutes for two weeks is enough for everyone? Or is it the more the better? Or a course of 10 days, then another 10 days after six months? What are the guidelines?

[00:49:13] Engineer (Denis): All those doubts and variations—gather them into a pile and throw them away. The effect happens in the first seconds. The first seconds after turning it on. Essentially, you can turn it on and walk away, and the changes will already begin. "On" and "Off"—and it's already started. It "swings," and it will keep swinging for a long time after the session. The effect is observed for 2–3 days. Two to three days after a single session. I recommend—basing this on Georges Lakhovsky's recommendations—he wrote that for the greatest effect, one must correctly tune themselves toward healing and a healthy life. A "correct mindset"... it's like training for astronauts without a physical load—they think about running, playing football, or lifting dumbbells. They *think*, you see? They just think, and the muscle responds. That is, they respond by staying healthy without atrophy, or they reduce it. The organism's response to the thought process is one hundred percent. It's real; it must be taken into account. And this is no longer a question. Therefore, a correct mindset for recovery and a healthy life is amplified by the device and leads to the most effective, best results.

[00:50:42] Host: So, answering my question: whether it's 5–10 minutes or an hour—it doesn't... it no longer matters? Even the difference between 5 and 15 minutes?

[00:50:52] Engineer (Denis): This is why I talk about meditation and correct mindset. What is optimal for a person to be in a meditative state? To complete the procedure as described in the instructions—specifically, so that the intentions sink into the subconscious, to switch off verbal communication. All of that takes some time, though not much. We've found that five minutes is quite enough—both for the device to provide the energetic boost and for the person to slowly, correctly accept it in a meditative state. Therefore, without a specific need, for health maintenance, one five-minute session every two to three days is enough. Literally like that—rarely, bit by bit. You spend a hundred times more time with a smartphone. You only need five minutes every three days. But if there is a "broken bowl," as I say... You're filling the bowl with energy, but it's leaking—a broken bowl, right? Then you need to replenish it constantly. We have positive experiences where people did ten-minute sessions three times a day. A course like that. And for how many days? As long as the treatment lasts, the energetic assistance from the device continues. You shouldn't separate them; on the contrary, the greatest effect is in tandem. You support the organism energetically while treating it by other means.

...Regarding antibiotics, as you mentioned earlier... nowadays they are universally perceived as "evil." In fact, I have a completely different stance, and it is a well-founded one. Humans, like any other animals, have a constant relationship with antibiotics. We eat them constantly; we consume them. Without phytoncides, we would not be able to repel bacterial attacks. Fungi—these are poisons, poisons in plants, specifically through which bacteria do not consume them. That is, every plant fights back. Every fruit lying in the ground does not rot because it fights back with phytoncides. These are antibio... Almost all antibiotics are made chemically based on phytoncides. But before pharmacology, humans simply consumed antibiotics by the kilogram, and that is a normal life. That is a life in constant struggle, in repelling the attacks of plasmoids, bacteria, and fungi. So, it is normal. It is a natural diet, a natural [environment]—literally like being in the countryside. Have you noticed that black bread doesn't get moldy for a long time? Because rye has a good phytoncide effect. Garlic—how much can it lift you during a cold, repelling all attacks and the like? It is a colossal phytoncide, better than any antibiotic in a pharmacy. And in reality, the analogy is so close that we practically go to the pharmacy and buy pills, even though the same thing could be lying on a saucer, literally in the peel of any vegetable

or fruit. The peel is a shield of phytoncides and the environment. Cut it—and it starts to rot, right? Yes. Exactly. Because the phytoncides are in the peel. Eat them, so to speak—consume them with the skin and do not fear antibiotics. Now they try to scare people, saying that you get used to antibiotics. That's pure nonsense. Humans have been evolving for 2 million years, eating phytoncides all the time—antibiotics are antibiotics. And there is no "getting used to it"; it is a normal life. Now, pharmacological antibiotics—that's another matter. My point is that if this lifestyle helps you—healthy eating, meaning you consume all sorts of phytoncides, herbs, a varied diet, fresh air, and physical activity (which is absolutely necessary, stop sitting in one place with a smartphone, you need to move)—then life itself is movement. It is proper, varied nutrition, and along with it, the device. That is, everything that helps you should be applied. It is a wonderful tandem system. The device has proven itself perfectly in a tandem system. That is, you can do what your doctor prescribed, turn on the device, and the effectiveness will be much greater.

[00:55:46] Host: Denis, thank you for coming, for telling us about such a device and about this unique technology. It was very interesting. Thank you.

[00:55:54] Engineer (Denis): Thank you for having me. Thanks to your efforts, essentially, this revival is happening at a very active pace. So, good luck to us.

[00:56:06] Host: Thank you