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C.N. FARCAŞ

THE ENGINEERING OF THE SPIRIT

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The engineering of the spirit
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What do we know about ourselves?

That we are similar to a phone. A phone is composed of a **CASE**, a **PROCESSOR** and the **BATTERY**.

- We know that the case is represented as our body – the exterior aspect of what we are.
- The processor is the **mind** – where information starts to make sense.

But where is the battery?

Where is the **energy** that gives us the ability to move, think and do stuff? It is not an organ. We cannot find it. Dissection is not an option.

It is well hidden.

It behaves as an electrical current. It has changeable **amplitude**. It can create **pressure** as voltage does. The body acts as a **resistor**, allowing conduction and insulation to occur inside. When energy rises, **heat** in the body is generated.

But this is not a simple energy. It is a **structural energy**! It is bounded by itself. It has an infinite time duration. The end of this battery is when the case of the “phone” or its processor erodes. And not vice versa.

We do not really know what happens to this “battery” after the body dies.

A name has been given to our battery by our elder ancestors. They called it **SPIRIT**.

For too long we viewed it as a concept and not as a practical thing. That is because we **could not see it**. It was viewed as a myth or as something inexistent. As the electron was viewed. But when technology evolved, and the time for the first practical application of the electron began, the 19th century delivered to the world the **incandescent light bulb**, and the invisible became visible!

Two centuries have passed, and **electrical power** changed the world as no other force did.

We cannot see our energy either.

As any energy, you can **discover it** by exposing it to an environment where it can operate, and there you can observe and understand it.

There are two ways to discover your energy.

- With the **body** – by engaging in physical activities such as sports that require effort generated by your energy.
- With the **mind** – by observing yourself and analyzing the cause and effects of your energy.

So, you either become a sportsperson or an electron engineer.

A brief introduction about who is giving you all this information

My parents met in the 6th December 1989. They were of different culture and different religion.

After one year and one day, I was born.

Years have passed and I was growing.

Curiosity started to develop. My questions evolved to a more complex degree. I quickly felt in love with the language of the universe. With math. It offered answers.

My father believed in the teachings of sports. In my young years, he chose what sport I should do. I trained 2 years in gymnastics. There, I understood what true physical strength means. But the hasty training, at a young age, in that field, could negatively impact my physical growth process. My father decided the field of athletics would be better. 3 years of training and I understood what resistance meant. I had potential. Something needed to be done with it. I started professional football. I stayed there 5 years. I had the training; I had the knowledge, but there was something lacking. This is a team sport. I felt that there was no team. The conflict was within the team. I had no desire to fight for a cause that did not have strong values.

So, I started deciding what sport I should do.

In my adolescent years, I found a trainer and I asked him to teach me martial arts. I rapidly adapted to the sport. I had strength; I had

resistance; I had the will. I also had the desire to understand how I can become greater. So, I did the math. The answers were not coming from the exterior. I started to become aware of a hidden force.

I discovered myself and I started analyzing everything!

I learned how to control and tame my energy.

That was a mistake.

I had become a calm, patient, rational person. My energy was stable. That meant progress would have stopped. And chaos eventually appears.

My father had battles.

Corruption was the main antagonist in my country in the early years of 2000. My father was a victim of it, but he did not bend the head. He decided to fight the system. You cannot win a war if the rules are made by the adversary. He did not understand this. He lost the fight. The financial cost of the battle has left our family without a home and my father was put in jail.

I would have become the one making the decisions in my father's family. My primary desire was to offer wellbeing and financial support.

I had resolved most of the problems. My math abilities served me well into analyzing a problematic event. Into detecting its source and resolving it.

But problems would still appear. I needed to understand the root cause, so I could end them!

So, I meditated. I searched for the exterior problem, inside. I would question the cause of events. I would enter the detail. Doing so, the clarity of the information would become dimmer. The brightness and clearness of the information would become darken. Shadows would appear. I would go deeper. Until there was nothing. Complete darkness. I entered chaos! It felt as if my entire mind was collapsing. The structures holding the information had no meaning. Every thought started deconstructing itself. Every notion screamed of confusion. Nothing made sense. I had no way out. There was nothing to pull me back. I did not know where I was going. I did not put any "anchors".

Until something awakened. Something tamed by me many years ago.

In all that chaos, in all that noise, something emerged from within and silenced all the screaming noises! A powerful red light arose, and everything went quiet. Nothing dared to challenge it.

I had reached peace. I had reached serenity. Everything was calm and I was stable. Unfluctuating and undisturbed. An immense flow of energy was passing throughout my entire body. It felt powerful. It felt unnatural.

That was the first time I had become fully aware that there is something inside that protects me.

I was captivated by that power and I knew that I must keep it!

So, I started to train myself into understanding this energy. I know what triggers it! It was triggered by darkness. And in the darkness, I understood light!

I learned how to increase the amplitude and frequency of my energies. To use them! To begin to grow again!

And use it to solve problems!

My name is Cătălin-Nicolae FARCAȘ. I am an electronics and telecommunication engineer and I think I found out how the spirit works.

What is the spirit?

It is a structural energy that is formed by three things.

- Spark
- The Will
- The Three Energies

What is the Spark?

The “spark” is a term I used to metaphorically describe our truest, purest and uninfluenced **self**.

Why I chose this metaphor? Well, our spirit is an energy structure that can heat our body pretty much. It is like a fire inside. And all fires ignite from a spark.

What is the Will?

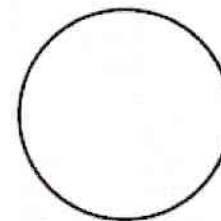
Our will is the ability to make decisions.

What are the Three Energies?

I like to call them the Yellow, the Blue and the Red energies. In other words, they are presented as Fear, Faith and Anger.

These are not emotions, these are energies! To better understand emotions, we need to understand the Spark.

THE SPARK



Understanding the Spark

Let's say your name is Bob and you were raised in a family that loves cars. When you were young, you were given toy cars. You loved them. You played with them. You were curious about them. You dissembled and studied them. Also, you were grounded for destroying them.

You loved cars. A passion inherited from your parents and from your years of playing with toy cars.

Years have passed and adulthood embraces Bob. Real cars are different toys.

Bob saves money to buy his desired car. Because that is his dream. This is a strong desire and Bob's decisions might be influenced by this. He might choose to trick strangers or even friends in order to obtain the necessary money! But is Bob a bad man?

Let's remove his desires. Bob does not want anything. Bob walks on the sidewalk and sees a homeless man. The homeless man asks Bob for help.

Is Bob **disgusted** or **compassionate**?
These are emotions. What does Bob feel?

He might be disgusted. Why? Because he looks at the homeless man. He sees dirty clothes; He smells something horrible. And he does not want to be near such a man. He wants to get away from the homeless man.

He might be compassionate. Why? Because he looks at the homeless man. He sees dirty clothes; He smells something horrible. And he thinks it must be unpleasant to be such a man. He wants to help the homeless man.

Are these decisions a factor of influence?
They might be.

A person is a product of influence and the sum of its decisions. Influence by family, education, entourage, circumstances.

So, the decision might not be "pure".

The spark is influenced. It is corrupted.

Who is Bob?

Everyone starts from zero. Everyone comes naked in this world. No one has evil thoughts. But family, education, entourage and circumstances **influences** might impact your decisions.

What if we "remove" the external factors?
Then Bob is the sum of his own decisions.

If we remove our external influences and our desires, then we truly discover who we are.

The Spark is the sum of all decision.