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Dr Jan Pajak
Totalizm
i.e. the philosophy of morality, peace, progress, and hope
Volume 1:
Practicing totalizm

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ABSTRACT of this monograph [8_E/2] "Totalizm", ISBN 978-1-877458-80-4.

If this is the first description of a philosophy that you hold in your hands, you make an excellent choice. Some people believe that we should try everything in our lives (at least one time - so that we know how it tastes). You started with totalizm (i.e. "totalizm" spelled with "z" – which should NOT be confused with "totalism" spelled with "s" that is just a version of "totalitarianism"). Totalizm is the most moral, peaceful, rewarding, progressive, modern, positive, constructive, open, clear, and truth promoting, philosophy on Earth. In turn this monograph contains the best description of totalizm so-far. So you started from the very best!

I should be honest with you: I am a doer not a philosopher. After you read subsection A4, which describes my life, you must realise that I am used to do things - thousand and one things! So I more know how to do, than how to write about it. To make it even more unusual, I have a technical mind, and a new philosophy is the last thing on Earth that I would ever expect to create - if the choice of what I should do, belongs solely to me. I used to be a professor of computer sciences at some stage of my life, and I was also a professor of mechanical engineering, plus a sub-lieutenant in military sappers, who dispose mine fields and build bridges. My way of thinking is very strict. So is also my philosophy. What I am doing is not intended to produce mountains of empty words, but to yield unambiguous, clear, well-defined, measurable, and fast results. Totalizm is exactly like that: it gives very clear instructions as to how one should lead his/her life, and explains all principles, so that one exactly knows what, and why, is doing. If one follows these instructions, and understands these principles, one reaps well-defined rewards. By the way, totalizm is the only philosophy, which was not "invented", but it is an applied outcome of the Concept of Dipolar Gravity (chapters H & I).

So are there any results and rewards that one should expect to reap from living the life according to totalizm. **Yes!** There is a lot of them. All well defined, and all to appear in this life-time - some of them almost instantly. This may shock, as many philosophies do not define their rewards, while philosophies of some religions promise rewards only after one dies. Totalizm is different. It provides a list of well defined rewards (see subsections JA2.4 and JB2), which are achievable - if one practices this philosophy. For example, consider happiness. Without knowing it, probably you follow currently the destructive philosophy of our civilization (i.e. parasitism): how frequently it made you happy? Can you indicate now, without a long hesitation, a case in your life, when you were really happy for longer then a few hours? In comparison, because I follow totalizm, in chapter JF of this monograph I exactly describe the case, when I was "nirvana-happy" continually for around 9 months! Or can you, again without a long hesitation, name anything that our civilization provided you with, that dramatically improved the quality of your life? Again, I can do this easily: for me this is the philosophy of totalizm!

With philosophies is a bit like with our lungs: everyone has them, and continually must use them in order to live, although not everyone, and not at all times, is aware that they do exist and that he/she is using them. After all, independently how the word "philosophy" is defined in expensive books, in the everyday practical application it means "a collection of principles and rules which one follows in his/her life" (note a paradox with living: even if one does not follow any rules, still one lives according to the rule "to not follow any rule" - means one follows a "primitive parasitism" described in chapter JD of this monograph). Therefore, even if one is not aware of doing this, one still follows some kind of philosophy in everything that he/she is doing. Only that usually the philosophy that one follows is unstructured and non-formalized: it just represents a medley of rules which either are outcome of ones emotional responses, or one picked them up from the society in which he/she is living. So usually one follows a chaotic philosophy of impulses. In turn, if one analyses where such a chaotic philosophy leads him/her to (this is done in the text of this monograph), then one realizes that it leads either to nowhere, or downhill in the moral field! The point which I am trying to make here is that, since you already follow a chaotic philosophy which leads you to nowhere or downhill, why not try to practice totalizm, which gives you the clearly defined benefits and rewards.

Totalizm is a "result-oriented" philosophy. So you should not be surprised that also this monograph is very result-oriented. It is put together in a "know everything" fashion. This means that it provides the fullest information about totalizm, or relating to totalizm, that anyone possibly may wish to know. It occupies 8 volumes of this monograph. This volume is the introductory, and the most important, part of the descriptions of totalizm. It explains everything that one needs to know, to effectively practice totalizm in his or her life.

CONTENT of all volumes from the monograph [8_E/2] "Totalizm", ISBN 978-1-877458-80-4.

Page	Chapter
1	Title page
2	Abstract
3	List of content of the entire series of monograph [8 _E /2]

Volume 1: Practicing totalizm

A-1	A. PHILOSOPHY OF TOTALIZM AND PRACTISING TOTALIZM IN OUR EVERYDAY LIFE
A-2	A1. Here is a brief initial information regarding totalizm
A-5	A2. The only rule of totalizm ("pedantically obey moral laws"), and how to apply it in everyday life
A-8	A2.1. Obey to moral laws do everything morally
A-11	A2.2. Obey moral laws to be inspired
A-12	A2.3. Indicators of the moral correctness
A-17	A2.4. Moral rewards and punishments
A-21	A2.5. Subdivision of moral laws
A-22	A2.6. Continually increase your knowledge
A-23	A3. Control your karma
A-25	A3.1. Totaliztic versus Hinduistic interpretation of karma
A-28	A3.2. How to manage and transform karma (from immoral into moral)
A-32	A4. Constantly lift yourself upwards in the moral field
A-33	A4.1. In all actions always choose the solution that is opposite to the line of the least intellectual resistance
A-38	A4.2. Attributes of moral field
A-39	A4.3. How to categorise our actions into totaliztic categories "moral" or "immoral"
A-41	A4.4. How to utilize moral field for transforming "immoral" actions into "moral" ones
A-43	A4.5. Whenever in moral dilemmas - atomise or converge issues
A-45	A4.6. Apply the method "from a principle, to implementation"
A-48	A5. Totaliztic (behavioural) good deeds and totaliztic sins
A-51	A5.1. Totaliztic (behavioural) good deeds
A-57	A5.2. Totaliztic (behavioural) sins
A-64	A5.3. Basic attributes of totaliztic good deeds and totaliztic sins
A-66	A5.4. Categorize or qualify each everyday chore
A-69	A5.5. A way of converting totaliztic sins into totaliztic good deeds
A-71	A5.6. Factors, which distort concepts of totaliztic sins and totaliztic good deeds
A-73	A6. Moral work, immoral work, and totaliztic nirvana
A-75	A7. Managing our feelings and motivations
A-76	A7.1. How our feelings and motivations work
A-79	A7.2. Emotional good deeds and sins
A-81	A7.3. Conversion of immoral feelings into moral actions
A-84	A7.4. How to categorise our motivations and transform them into a kinetic moral energy
A-85	A8. Let us take the personal responsibility
A-87	A9. Totaliztic handling of spiritual matters

- A-94 A10. Let us listen and obey our organ of conscience
 A-96 A11. Development of moral quantities: intelligence, moral power, etc.
 A-97 A12. No one is perfect, but it always is worth to try
 A-100 A13. So let us summarise what we have learned so-far
 from the content of this volume
 A-110 Figure A1 (Logo of totalizm)

Volume 2: Understanding totalizm

- B-1 B. UNDERSTANDING TOTALIZM
 B-1 B1. Everything is governed by appropriate laws,
 and beware to break any of these laws
 B-2 B2. Totalizm is the philosophy which teaches us how to live
 without breaking "moral laws"
 B-6 B3. Theoretical foundations of totalizm
 B-8 B3.1. Moral field
 B-10 B3.2. Intelligent moral energy
 B-21 B3.3. Moral laws
 B-22 B4. Totalizm versus atheism
 B-24 B5. Totalizm versus parasitism
 B-26 B6. Why every "motion along the line of least resistance"
 always creates a "black hole" in which any motion is impossible
 B-34 B7. Basic concepts of totalizm
 B-34 B7.1. Intellect
 B-35 B7.2. Three façades of a typical philosophy (personal, official, propaganda)
 B-37 B7.3. Everything is possible: we only need to find out how to achieve it
 B-41 B7.4. Canons (primary principles) of the operations of our universe
 B-46 B7.5. The founding theorem of totalizm
 B-48 B8. Attributes of totalizm (open, continually perfected, striving to simplicity,
 devoted to truth, result oriented, secular)
 B-49 B9. Service of totalizm for the future of humanity
 B-51 Figure B1: Blenkinsop's locomotive.
- C-52 C. KNOWLEDGE IS RESPONSIBILITY
 C-55 C1. What is totalizm
 C-63 C1.1. Versions of totalizm
 C-64 C2. How the new Concept of Dipolar Gravity
 corrects errors of an old concept of monopolar gravity
- D-72 D. STAND OF TOTALIZM IN CONTROVERSIAL MORAL ISSUES
 D-72 D1. Fast regularly, and willingly accept pain, effort, and discomfort
 D-76 D2. Spare the rod and spoil the child (why totalizm is "pro" corporal punishment)
 D-78 D3. How immoral people should be judged and punished
 D-81 D4. Promote truth even if this works against your interests
 D-83 D5. If moral and human laws collide then obey moral laws
 D-84 D6. There are immoral professions (e.g. teachers, tobacco
 producers, executioners) but prostitution does not need to be one of them
 D-85 D7. According to totalizm, so-called coincidents are actually someone's
 direct interventions (e.g. arranged by the universal intellect)
 D-86 D8. Defence killing (e.g. "you or me" situation)
 D-89 D9. Karma of a butcher - those who wish to eat hand killed animals,
 should kill with their own hands, whatever they eat

D-90	D10. Capabilities of totalizm to heal social life
D-90	D11. Common expressions, which in the light of totalizm require explanations
D-91	D11.1. The duty of defence - the most important of all totaliztic good deeds
D-99	D11.1.1. Sins of aggression as beginnings of avalanches of evil
D-101	D11.2. Avoid totaliztic sins of behavioural sacrifices, which are not accompanied by powerful "moral" feelings
D-102	D11.3. Totaliztic help
D-104	D11.4. There is a totaliztic method for forcing
D-105	D11.5. Totaliztic understanding of forgiveness
D-108	D11.6. What scepticism really is
D-109	D11.7. Dangers of meditations (act instead of meditating)
D-111	D11.8. Side effects are "shadows from moral field"
D-112	D12. The stand of totalizm in some religious interpretations
D-113	D12.1. Totalizm acknowledges the eternal life and benefits in afterlife
D-115	D12.2. Differences in totaliztic and religious understanding of the universal intellect (God)
D-118	D12.3. Beware of religious fanaticism
D-118	D12.4. Totalizm is NOT a jealous philosophy, thus is allows to practice morally whatever one wishes
D-119	D13. Moral mysteries and paradoxes
D-119	D13.1. Morality of the second in family
D-120	D13.2. "Cot death" of twins

Volume 3: Nirvana and other benefits of totalizm

E-1	E. TOTALIZTIC NIRVANA
E-3	E1. How the totaliztic nirvana could be described
E-5	E2. The description of sensations experienced during the totaliztic nirvana
E-8	E3. Mechanism which causes the totaliztic nirvana to happen
E-9	E4. Three different types of nirvana
E-14	E4.1. Mass hysteria - as a reversal of the resonance nirvana
E-15	E5. Attributes displayed by the totaliztic nirvana
E-16	E6. Manifestations of nirvana (e.g. attracting the opposite sex)
E-20	E7. Nirvana and goals of totalizm
E-21	E8. Development of equations which quantify nirvana
E-32	E9. How to earn the totaliztic nirvana
E-39	Figure E1 (Creature with expression on the face indicating the state of nirvana)
F-40	F. REVIEW OF FURTHER BENEFITS FROM PRACTICING TOTALIZM
F-40	F1. Healing capabilities of totalizm - means totalizm as a "medicine of morality"
F-42	F2. Costs and benefits of adopting totalizm in our everyday lives
F-42	F2.1. Costs and benefits for everyday life
F-46	F2.2. Costs and benefits for afterlife
F-49	F2.3. Examples of evidence which documents the existence of afterlife
G-51	G. TOTALIZTIC MECHANICS - A TOOL FOR QUANTIFYING OUR LIVES
G-52	G1. Why we need totaliztic mechanics
G-55	G2. Classical mechanics versus totaliztic mechanics
G-59	G3. Definitions, units and measurements of basic quantities of totaliztic mechanics

which represent moral equivalents for parameters of linear motion from classical mechanics (i.e. coordinates, time, mass, displacement, velocity, acceleration, forces, energy, power, etc., for moral activities and for linear motion)

G-62	G3.1. Moral time
G-62	G3.2. Moral mass, or intelligence, as moral equivalent of mass from classical mechanics
G-66	G3.3. Moral displacements, or motivations as moral equivalent of displacement from classical mechanics
G-70	G3.4. Moral speed, or enthusiasm, as moral equivalent of velocity from classical mechanics
G-71	G3.5. Moral acceleration, or responsibility, as moral equivalent of acceleration from classical mechanics
G-71	G3.6. Feelings as moral equivalent of forces from classical mechanics
G-73	G3.7. Moral energy
G-74	G3.7.1. What gravity is and how our universe is shaped
G-77	G3.8. Moral power
G-78	G4. Description of side effects of parasitism, as immoral equivalents for rotary motion from classical mechanics (energy of spinning, centrifugal force, angular displacement, etc.)
G-80	G4.1. Depression as moral equivalent of centrifugal force from classical mechanics
G-80	G4.2. Energy of rolling-downhill
G-81	G5. Management of feelings
G-81	G5.1. Physical consequences of feelings
G-83	G5.2. The neutralization of above-threshold feelings
G-87	G5.3. Impact of feelings on moral energy level
G-95	G5.4. Influence of feelings during conception on the gender of a child
G-96	G6. Relative moral energy " μ " and its quantification
G-98	G6.1. Moral traffic versus " μ "
G-102	G6.2. How to additionally increase our personal " μ "
G-103	G6.3. How to additionally increase " μ " in our country and civilisation
G-106	G7. Management of moral energy
G-108	G8. Nirvana
G-108	G9. Gravity equations
G-110	G9.1. Equations of longevity
G-121	G9.1.1. The increase of longevity as the consequence of moral energy accumulation
G-122	G9.2. Equations of intelligence
G-126	G9.3. Equations of height
G-130	G9.4. Equations of weight
G-135	G9.5. Equations of feelings
G-140	G9.6. Equations of karma
G-141	G10. Examples of practical problems of totaliztic mechanics together with solutions

Volume 4: Counter-world in the Concept of Dipolar Gravity

H-1	H. THE CONCEPT OF DIPOLAR GRAVITY: PHYSICAL COUNTER-WORLD
H-4	H1. Why the Concept of Dipolar Gravity was formulated
H-6	H1.1. Formal proof for the dipolar character of gravity, and for the existence of the counter-world
H-6	H1.1.1. Proof via the method "all confirms nothing denies"

- H-12 H1.1.2. Proof via the method of exclusion
- H-13 H1.1.3. Proof via the method of matching attributes
- H-14 H1.1.4. A formal scientific proof that the counter-world does exist, formulated according to principles of mathematical logic
- H-17 H1.2. Experimental confirmation of the existence of the counter-world
- H-22 H1.3. Overpowering consequences of the erroneous qualifying gravity to the category of monopolar fields
- H-25 H2. The counter-world and the (thinking) substance called "counter-matter" that prevails in it
- H-31 H3. The operation of physical universe ruled by dipolar gravity
- H-37 H4. Physical properties of the counter-matter
- H-39 H4.1. Basic phenomena of the counter-world
- H-42 H4.2. Whirls of counter-matter: dynamic equivalents of permanent objects from our world
- H-45 H5. The interpretation of electromagnetic phenomena in the Concept of Dipolar Gravity
- H-45 H5.1. What are electric fields
- H-47 H5.2. What is magnetic field
- H-50 H5.3. Phenomena induced by circulations of counter-matter around Earth (i.e. from the Earth's magnetic field, from the rotation of Earth, etc. e.g. consider northern lights, southern lights, Swiss Grid, southern ozone hole, and many more)
- H-57 H5.4. Mechanism that governs the weather and climate on Earth and our control over it
- H-60 H6. Phenomena based on self-mobility of counter-matter
- H-60 H6.1. The Telekinetic Effect, telekinetic field, telekinesis, psychokinesis, and the extraction glow
- H-62 H6.1.1. History of the Telekinetic Effect's discovery
- H-62 H6.1.2. How the action of the Telekinetic Effect was explained by the Concept of Dipolar Gravity
- H-65 H6.1.3. Principle of Energy Conservation in the Telekinetic Effect
- H-66 H6.2. The technical version of the Telekinetic Effect
- H-68 H6.2.1. Utilisation of the Telekinetic Effect for transportation purposes
- H-70 H7. Phenomena based on vibrations of counter-matter
- H-71 H7.1. Telepathic waves, and telepathy
- H-79 H7.2. Radiesthesia
- H-82 H7.3. Why, according to the Concept of Dipolar Gravity, telekinesis, telepathy, radiesthesia, etc., must all display electromagnetic character
- H-83 H8. Phenomenon based on permanent telekinetisation
- H-83 H8.1. Phenomenon of permanent telekinetisation
- H-91 H8.2. Detection of telekinetised substances
- H-94 H9. Phenomena that result from physical attributes of natural programs that reside in counter-matter
- H-95 H9.1. The interpretation of time in the Concept of Dipolar gravity
- H-97 H9.2. The interpretation of energy in the Concept of Dipolar gravity
- H-97 H9.3. The interpretation of gravity field in the Concept of Dipolar gravity
- H-97 H10. New sciences investigating the counter-world and counter-matter
- H-99 H11. Summary of possible gains from the mastery of the counter-world
- H-100 H12. To conclude descriptions of physical mechanisms of the counter-world
- H-101/105 5 Figures (H1 to H5).
- HB-106 HB. WHY THE CONCEPT OF DIPOLAR GRAVITY WAS FORMULATED
- HB-108 HB1. The antigravitational spacecraft would be impossible

- to manoeuvre and difficult to stabilize
- HB-109 HB2. A flight in an antigravitational spacecraft would resemble flight in a cannonball
- HB-110 HB3. The manoeuvrable antigravitational spacecraft would simply be an advanced version of contemporary rockets
- HB-111 HB4. With self-rechargeable propulsion, gravity does not affect energy consumption
- HB-112 HB5. The field of the antigravitational spacecraft would absorb huge amounts of energy
- HB-113 HB6. For the purpose of landing, the huge energy of the antigravitational field must be disposed of
- HB-113 HB7. The launch of the antigravitational spacecraft would be impossible without energy accumulator
- HB-114 HB8. The strong field would repel everything from the antigravitational spacecraft
- HB-115 HB9. The strong field would disperse life energy of all living creatures around causing their deaths
- HB-115 HB10. The field of the antigravitational craft could cause the explosion of all surrounding matter
- HB-115 HB11. The forces of reaction caused by the repulsion of other objects, would also hurl the antigravitational craft through space
- HB-116 HB12. Antigravity would induce a number of dangers
- HB-117 HB13. Even without knowing about the Concept of Dipolar Gravity there are no known premises suggesting any possibility of achieving the antigravitational field
- HB-117 HB14. Summary

Volume 5: (Other) intelligent virtual world in the Concept of Dipolar Gravity

- I-1 I. THE CONCEPT OF DIPOLAR GRAVITY: INTELLIGENT VIRTUAL WORLD
- I-2 I1. How was shaped the presently existing universe
- I-2 I1.1. What was before the presently existing universe eventuated - means the description of the starting state of the universe
- I-3 I1.1.1. Counter-matter: the physical but thinking substance from the counter-world
- I-6 I1.2. The natural self-evolution of God
- I-7 I1.3. How God created the physical world
- I-10 I1.3.1. Why God created firstly the physical world and then the man
- I-10 I1.4. How God created the man
- I-11 I1.4.1. Who, or what, we humans actually are
- I-12 I1.4.2. The formal proof that God created the first man and the first woman, completed with methods of mathematical logic.
- I-17 I1.5. The creation by God the so-called “timespace” and the implementation of the reversible software time
- I-19 I1.6. Let us summarize what entire subsection I1 revealed to us about the self-evolution of God and the later creation of man by God
- I-20 I2. Evidence which confirms the correctness of the course and principles of the eventuation of the present universe as described in subsection I1
- I-20 I2.1. The body of evidence for the actual starting state of the universe
- I-21 I2.1.1. The „Red Shift” in the light of distant stars as the most noticeable scientific evidence for the initial state of the universe
- I-25 I2.1.2. Let us give life to the “Pajak’s serpent” in order to explain simply

- A whole range of scientific paradoxes and puzzles
- I-28 12.2. Evidence for the natural self-evolution of God
 - I-31 12.2.1. So whatever the official human science calls the "natural evolution" in fact did occur in the universe, only that the product of it was God, not man
 - I-32 12.2.2. Sources of our difficulties with acceptance of the above model of natural self-evolution of God, together with examples of evidence for the correctness of this model
 - I-33 12.3. Evidence for the correctness that God created the physical world
 - I-33 12.3.1. Conditions which motivated God when He created the physical world
 - I-34 12.4. Evidence for the correctness of finding that God created the man
 - I-34 12.4.1. Why every item of supposed "evidence" for a purely random evolution, in reality with the same power proves also the fact of the creation of man by God
 - I-35 12.4.2. Which evidence confirms that man was purposely created by God, and that God uses the "intelligently controlled evolution" in order to continually improve the universe
 - I-37 12.5. Evidence for the existence of the "timespace" and for the reversible software time
 - I-37 12.6. The shocking confirming evidence, namely that the same structure of the universe composed of three separate worlds (i.e. of (1) counter-world, (2) virtual world, and (3) physical world) emerged as a result of two completely independent deductions
 - I-38 13. The intelligent universe - means the universe which as a whole possesses its own intellect called God
 - I-39 13.1. The universal intellect (God)
 - I-39 13.2. Attributes of the universal intellect
 - I-43 13.3. Proof for the factual existence of the universal intellect
 - I-44 13.3.1. Proof with the use of superposition method
 - I-50 13.3.2. Proof with the use of exclusion method
 - I-51 13.3.3. Proof with the use of matching attributes method
 - I-52 13.3.4. The formal proof for the existence of God completed with the use of methods of mathematical logic
 - I-54 13.4. How the Concept of Dipolar Gravity merges science with religion
 - I-55 13.5. Miracles and hoaxes
 - I-59 13.6. Consistency of the universal intellect and the origin of moral laws
 - I-61 14. Moral attributes of the thinking counter-world
 - I-61 14.1. Moral laws
 - I-67 14.1.1. Examples of the most representative moral laws
 - I-90 14.1.2. Regularities and characteristics detectable in moral laws
 - I-96 14.2. Moral field
 - I-96 14.3. Intelligent moral energy
 - I-96 14.4. Karma
 - I-102 14.5. Creditory karma
 - I-103 15. Another human body from the counter-world
 - I-105 15.1. Counter-material body (i.e. religious spirit)
 - I-107 15.2. Registers from counter-bodies, or intellect (i.e. religious soul)
 - I-111 15.2.1 A formal scientific proof which confirms that "people have eternally existing soul", formulated according to principles of mathematical logic
 - I-114 15.3. Counter-organs (mind, counter-senses, conscience, compassion, karma organ, chakras)

- I-115 I5.4. The model of the brain as an input-output device
- I-124 I5.5. Feelings
- I-131 I5.6. Energies, meridians, acupuncture
- I-135 I5.7. Magic, black magic, and love
- I-139 I5.8. Group intellects and group karma
- I-140 I5.9. Traps of "positive thinking"
- I-141 I5.10. Praying
- I-142 I5.11. How the universal intellect helps us
- I-143 16. Supernatural powers and their generation
- I-144 I6.1. Datuk of Malaysia
- I-145 17. How the Concept of Dipolar Gravity explains some mysterious phenomena
- I-151 18. Commonly available evidence of the intellectual capabilities of the counter-matter
- I-151 I8.1. "Intellectual geniuses" amongst animals
- I-153 I8.2. ESP: the basic evidence for intellectual capabilities of the counter-world
- I-158 19. To conclude descriptions of intelligent mechanisms of the counter-world
- I-161 1 Figure (I1 - Allan Plank and his pump).

- IB-162 IB. HOW THE CONCEPT OF DIPOLAR GRAVITY IMPACTS OUR LIVES
- IB-162 IB1. Let us summarise what the Concept of Dipolar Gravity reveals to us
- IB-163 IB2. The need for a formulation of a new philosophy

Volume 6: Let us get to know God

- JA-1 JA. LET US GET TO KNOW BETTER OUR YOUNG GOD
- JA-2 JA1. Let us define God and also analyse factors which decide about His interactions with people
- JA-3 JA1.1. How God come to existence - means how looked like the self-evolution of God
- JA-4 JA1.2. What is the age of God
- JA-5 JA1.3. Which evidence documents that God is around 6000 years young
- JA-6 JA1.4. How many Gods actually is there
- JA-7 JA2. Let us define the appearance of God
- JA-8 JA3. Whether God is really composed of "Father", "Holy Ghost", and "Son" - as the Christian religion states this, or from „God Creator“, "God Sustenance", and "God Destructor" according to teachings of Hinduism
- JB-10 JB. EVIDENCE THAT CONFIRMS THE EXISTENCE OF GOD
- JB-10 JB1. Which people and in what manner God typically maintains in the uncertainty of His existence
- JB-11 JB2. Let us define the term "evidence for the existence of God"
- JB-13 JB3. God wants that we "know" that He does exist, not just "believe" in His existence - means let us learn the reason for which God forces each one amongst us to contribute in person the significant effort into the cognitive recognition of evidence for the existence of God and into the earning of the cognitive certainty that God does exist
- JB-14 JB4. With what methods and for what reason God forces everyone amongst us to contribute the personal effort into the cognitive recognition of evidence for the existence of God and into the earning the cognitive certainty that God does exist
- JB-15 JB5. "Proving through the contradiction" - i.e. since there is no even

- a smallest shred of evidence for the non-existence of God, this means that God does exist
- JB-17 JB6. A compendium of evidence from the area of physical sciences for the existence of God
- JB-22 JB7. A compendium of evidence from the area of biological sciences for the existence of God
- JB-32 JB8. The formal proof for the existence of God completed with a method of mathematical logic
- JC-33 JC. THE BIBLE – MEANS AN AUTOBIOGRAPHY OF GOD
- JC-33 JC1. Which facts confirm that the Bible is really authorised by God Himself
- JD-36 JD. PERSONALITIES AND „CHARACTER” OF GOD
- JD-36 JD1. How the list of different personalities of the same God is described by the religion of Hinduism
- JD-37 JD2. God’s sense of humour
- JD-38 Figure JD1 (God-Monkey)
- JE-39 JE. KNOWLEDGE AND CAPABILITIES OF GOD
- JE-39 JE1. What God knows already, and what God still does NOT know
- JE-39 JE2. How God carries out the creation
- JE-39 JE3. Two basic kinds of creation, namely: (1) temporary simulation and (2) permanent creation
- JE-40 JE4. What are reasons for repetitive "simulation" of creatures by God - means reasons for the "temporally creation" by God creatures deprived of the "free will"
- JE-41 JE5. Whether God sometimes links temporally ones amongst His many personalities, and His own awareness, to bodies of selected people
- JE-41 JE6. Since there is something that God still does NOT know, God is going to carry the process of creation in such a manner, that He is going to learn it
- JF-42 JF. GOD VERSUS MAN (means what totalizm determined scientifically about the role of man in God’s plans)
- JF-42 JF1. Although God knows almost infinitively more than people do, still God does NOT know everything - thus the major goal of God’s activities is to “increase knowledge”
- JF-42 JF2. Why God needs the physical world and the humans
- JF-42 JF3. Not only us, humans, but also God Himself is "relatively imperfect", thus He continually learns and improves His methods
- JF-45 JF4. The goal for which God created people: learning about Himself and increase His knowledge
- JF-45 JF5. Which evidence confirms claims of the philosophy of totalizm formulated on basis of findings of the Concept of Dipolar Gravity, that "the reason for which God created people is easier, safer, faster, and more accurate getting to know Himself, as well as the increase of knowledge and perfection of God"
- JF-49 JF6. The name for the present phase of gathering knowledge by God is "experimentation on evilness and consequences of it"
- JF-49 JF7. From thoughtless servants, into aware partners of God
- JF-51 JF8. Which attributes of people God appreciates the most

- JG-52 JG. GOD'S METHODS OF RULING OVER MAN AND THE UNIVERSE
- JG-52 JG1. Which factors limit the God's "thrust to knowledge"
- JG-52 JG1.1. The so-called "free will" granted to people by God
- JG-53 JG1.2. The so-called "canon of ambiguity"
- JG-53 JG1.2.1. The generation by God two opposite explanations for every fact and every noticeable manifestation of His activities
- JG-54 JG1.3. The so-called "principle of counter-polarity"
- JG-54 JG2. In what manner God still accomplishes His chief goal of "increasing the knowledge", in spite that in His actions God must consider all constraints which restrict Him
- JG-56 JG2.1. Maintaining people in the continuous lack of certainty that God does exist
- JG-58 JG2.2. The formation of two independent explanations for every observable fact, out of which one explanations is (1) religious, while the other is (2) atheistic
- JG-58 JG2.3. Inspiring creative searches in people
- JG-59 JG3. How God inspires creative searches in people
- JG-59 JG3.1. The role of so-called "barriers of awareness" and "levels of induction" in human searches for knowledge
- JG-60 JG3.2. Promotion of atheism on the Earth
- JG-60 JG3.3. The utilisation of motivating capabilities of "evil" - means deaths, illnesses, corruption, injustice, etc.
- JG-61 JG4. How God tests quality and potential of subsequent people
- JG-61 JG4.1. "Tests" and "exams" to which God subjects people
- JG-62 JG4.2. A typical algorithm (course) of tests and exams to which God subjects people i
- JG-64 JG4.3. Examples of tests and exams to which God subjects people
- JG-66 JG5. Summary of the most important methods of controlling people by God
- JG-66 JG5.1. The mastery over time
- JG-67 JG5.2. The method of "stick and carrot"
- JG-68 JG5.3. The method "divide and rule"
- JG-68 JG5.4. The method "allow the correct finding only when people check all possible erroneous paths to truth"
- JG-69 JG5.5. The so-called "curse of inventors"
- JH-70 JH. THE "GREAT BANG" AND "NATURAL EVOLUTION" AS INSPIRING FABRICATIONS OF GOD
- JH-70 JH1. What vital reasons had God to create the "simulated history of the universe and the humanity" - means to created an invented opposite to the "real history of the universe and the humanity"
- JH-72 JH2. What states the "simulated history of the universe and man" - means this history which present human science laboriously pieces together from the "evidence" that was implanted by the omnipotent God into the very fabric of the physical world that surrounds us
- JH-73 JH3. What states the "true history of the universe and the humanity" described in the Bible
- JH-74 JH4. The lesson which God serves to us through the fabrication of this untrue "simulated history of the universe"
- JH-74 JH5. What other simulations God also implements on the Earth
- JH-75 JH5.1. "Printer's imps" - means another large family of continuous set-ups and jokes played on people by God for important reasons

- JH-75 JH5.2. Illusive and perfectly masked evil-doers
with supernatural powers that act currently in Internet
- JJ-77 JJ. THE CONCEPT OF ANGELS AND DEVILS
JJ-77 JJ1. Where the idea of "angels" and "devils" comes from
- JJ-79 JJ. COSMIC RELATIVES OF PEOPLE - MEANS
ANOTHER SIMULATION OF GOD
- JK-80 JK. GOD'S PROMOTION OF TOTALISM AND PARASITISM
JK-80 JK1. Facts which confirm that God supports and tolerates
the eventuation and development of totalism
JK-81 JK2. Reasons and evidence of God's promotion of parasitism

Volume 7: Parasitism

- KA-1 KA. PARASITISM - THE MAIN ENEMY OF TOTALISM
KA-4 KA1. What is parasitism
KA-5 KA1.1. Parasitism as a deadly moral illness
KA-7 KA1.2. Parasitism as an outcome of the downhill philosophical life-cycle
KA-18 KA1.3. Parasitism as a negation of the uphill philosophical life-cycle
KA-21 KA1.4. Parasitism as a contradiction of totaliztic models
of governing and ownership
KA-22 KA1.5. Parasitism and totalizm as moral equivalents to
linear motion and rotary motion
KA-22 KA1.6. Parasitism as a manifestation of a deficiency of moral energy
KA-23 KA1.6.1. The " μ " coefficient for expressing a level of
someone's moral energy
KA-24 KA1.6.2. How to estimate the level of moral energy
that an intellect managed to accumulate
KA-37 KA1.6.3. Relationship between " μ " and conditions of intellects
KA-39 KA2. Various versions of parasitism
KA-40 KA2.1. Two basic forms of parasitism: primitive
parasitism and refined parasitism
KA-40 KA2.2. Primitive parasitism
KA-41 KA2.3. Refined parasitism
KA-42 KA2.4. Evil parasitism
KA-43 KA2.5. Institutional parasitism
KA-44 KA3. Wicked ways of parasitism
KA-44 KA3.1. How refined parasites are going around moral laws
KA-46 KA3.2. How parasites enslave other people
KA-47 KA4. Stages of primitive parasitism
KA-48 KA4.1. A triggering event for individual people
KA-49 KA4.2. Stages of primitive parasitism in individual people
KA-55 KA4.3. Institutional parasitism and forced philosophical
corruption of individual people
KA-59 KA4.4. Behaviour of parasitic institutions
which are allowed to vampire forever
KA-62 KA5. Stages of advancement of refined parasitism
KA-62 KA5.1. Stages of refined parasitism in individual people
KA-65 KA5.2. Pseudo-morality of the refined parasitism
KA-66 KA6. Consequences of parasitism

KA-66	KA6.1. Parasitic inclinations of women
KA-68	KA6.2. Major attributes of institutional parasitism
KA-74	KA7. How to recognize parasites around us
KA-75	KA7.1. Differences between totalizts and parasites
KB-86	KB. PARASITIC CIVILISATIONS
KB-86	KB1. Natural transformation of whole civilisations: from institutional parasites into evil parasites
KB-88	KB1.1. How life looks like in civilisations that practice institutional parasitism
KB-92	KB2. Let us define "evil parasites" and "evil parasitism"
KB-93	KB3. Technical devices utilized by evil parasites to enslave other civilisations
KB-94	KB3.1. Oscillatory Chambers
KB-94	KB3.2. Magnocrafts
KB-95	KB3.3. Devices for telekinetic flickering
KB-96	KB3.4. Time vehicles
KB-97	KB3.5. Devices for telepathic communication
KB-99	KB4. Improvement of the morality of universe through the natural mechanism of transformation of parasites into evil parasites who then stimulate all complacent civilizations with threats of aggression
KB-102	KB5. Defence of totalizts from the aggression of parasites
KB-103	KB5.1. Defence of totalizts from physical aggression of parasites
KB-104	KB5.2. Defence of totalizts from emotional aggression of parasites
KB-104	KB5.3. Defence of totalizts from spiritual threats of parasites
KB-104	KB6. To summarise

Volume 8. History of totalizm

L-1	L. ORIGIN AND GRADUAL EVOLUTION OF TOTALIZM
L-1	L1. Why this monograph was written
L-2	L2. The history of totalizm and history of this monograph
L-5	L3. I actually experienced all that is described here
L-5	L4. Most vital milestones in my searches for truth
L-63	Figure L1: Pavement of Jesus
M-64	M. SPECULATIONS ABOUT OUR FUTURE
M-64	M1. Sources of our knowledge about the future
M-66	M2. What the future states about totalizm
M-71	Enclosure M1: List of web pages with Ratzinger's code of arms (with a black face)
N-72	N. RECOGNIZING TOTALIZM AND TOTALIZTS
N-72	N1. Logo of totalizm
N-78	N2. Promoting totalizm
N-80	Figure N1: Logo of totalizm
O-81	O. SUMMARY
P-85	P. REFERENCES COMPLEMENTING THIS MONOGRAPH
R-88	R. ABOUT THE AUTHOR

Notes:

(1) Before this monograph was formulated, a significant proportion of topics addressed in it was already discussed in Internet on web pages of totalizm. These web pages of totalizm should be accessible even today. Therefore, during addressing topics which are also discussed on web pages of totalizm, by each of these topics provided also were names of web pages on which this topic was presented. So if the reader wishes, he or she can additionally review this topic in Internet. In order to find addresses of web pages with given topic, it is enough to write the name of given web page as the keyword for a search engine, e.g. for www.google.com. For example, in order to find address of the web page named "dipolar_gravity.htm", it is enough in the search engine www.google.com write the keyword "dipolar_gravity.htm" (but without quote marks) and then visit one amongst web sites that will be listed by this search engine.

(2) This publication is a subsequent volume in 8-volume long scientific monograph [8e/2] by the author. Each chapter and subsection of this series is marked with a next letter of alphabet. Chapters and subsections marked with letters other than these provided in the list of content above are positioned in different volume of this monograph. The full list of content for all 8 volumes of monograph [8e/2] is provided in the first volume.

(3) A Polish language version of this monograph [8e/2] is also available. Therefore, in case there is any difficulty with accessing an English version of this monograph, while the reader knows the Polish language, then it could be beneficial for him or her to read the Polish version of this monograph.

(4) Both language versions in this monograph [8/2], namely English and Polish, use the same illustrations. Only captions under these illustrations use a different language. Therefore, if illustrations for the English version are difficult to access or unreadable, then illustrations for the Polish version can be used equally well. It is also worth to know, that enlarged copies of all the illustrations for this monograph [8/2] are made available in the Internet. So in order to e.g. examine enlarged copies of these illustrations, it is worth to view them directly from the Internet. To find them, the reader needs to find any totaliztic web page which I authorise, e.g. by typing the key word "**totalizm**" to any search engine (e.g. to www.google.com), and then, after running a totaliztic web page, the reader needs to run from it the web page named "text_8_2.htm" available on the same server, or choose the option [8/2] from the menu of that totaliztic web page. Note that all totaliztic web pages allow also the uploading of free copies of all volumes of this monograph [8/2].

(5) The update and amending of this edition of monograph [8/2] is going to progress gradually. Therefore after some time, this monograph is going to be available in even more updated and perfected formulation of it. In turn when this monograph is perfected to the level which the author considers to be sufficient, the subsequent volumes of it will be inserted into monograph [1/5]. Volumes 4 to 6 of this monograph become then volumes 4 to 6 of monograph [1/5], while volumes 1 to 3 of this monograph become then volumes 7 to 10 of monograph [1/5]. Parts of the volume 8 of this monograph become then inserted to volumes 1 and 18 of monograph [1/5].

(6) To improve the structure of this monograph [8/2], and to make it easier to read, the order of chapters and subsections from various volumes was slightly changed in relation to this order that appeared in the first edition of the same monograph [8].