# Human Rejuvenation

**Rejuvenation technologies are part of Dr. Grabovoi's Teachings** on the salvation of all, eternal harmonious development, well-being for everyone, and the prevention of potential global catastrophes. Dr. Grabovoi's information-management technologies for the purpose of rejuvenation—based on the universal norm—can be beneficial to everyone, not just the elderly.

## Marcus Aurelius's discourse on old age and youth

The message of Aurelius's speech will prove useful as an introduction to the questions surrounding human rejuvenation.

Marcus Aurellius quotes

## How to Maintain a Youthful Mindset

Marcus Aurelius spoke about our psycho-mental aging. This certainly has a negative impact on the development of diseases and physical aging as well. Therefore, it is beneficial to normalize—that is, to heal—our psychological state. Grabovoi's numerical sequences, designed for the realm of psychological normalization, enable us to do this.

Number series for psychological normalization by dr. Grabovoi

The material for psychological norming is quite extensive, but the good news is that the sequences begin to take effect after just a few repetitions. Over an extended period, psychological norming restructures our psyche. We can incorporate the positive message of Aurelius's discourse into our perception of life by using the numerical sequence **'eternal life and youth'** **1489999**.

## Rejuvenation with Number Sequences and Body Concentrations

On the seventh page of the portal, there are some general instructions for using technologies based on the teachings of Dr. Grabovoi. Below, you will find numerical sequences for human rejuvenation. Further on in the post, a description of rejuvenation is provided, focusing on specific parts of the body. This method differs for men and women.

**1421384**

**2145432**

**514**

Rapid rejuvenation ( clinical indicators and for aesthetic appearance, different for women and men): Women concentrate at the same time on the outer areas of both elbows for clinical and aesthetic rejuvenation. Men concentrate for clinical rejuvenation at the same time just above the left heel and on the left knee joint from the inside. For cosmetic rejuvenation, men concentrate on the right knee from the outside.

Healing concentration on body parts according to dr. Grabovoi

## Rejuvenation through the treatment of disease

Any healing process based on dr. Grabovoi’s methods constitutes a functional and structural correction, which in turn results in rejuvenation. We use Grabovoi’s healing numerical sequences designed for specific diseases. By focusing on these numerical sequences, we can restore health and youthfulness.

This process is the opposite of degradation and aging; therefore, it also represents a form of health - related and functional rejuvenation. The speed of healing and rejuvenation depends on the specific condition and the intensity of our concentration.

## Rejuvenation through regeneration

Regeneration technology is illustrated through the example of addressing age-related diseases and degeneration - see the link to the post below. Numerical sequences are used to restore organs and body parts -for regeneration. In principle, the process is long - term, much like the growth of organs and body parts.

Treatment & regeneration of the elderly according to dr. Grabovoi

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***Yoda***