

## DR.SSA LORENA DI MODUGNO



### PURIFY YOUR MIND TO DEFEAT TIME

The conventional mind's perception of time is linear. It proceeds from the present towards the future while referring to the past. On a subatomic level, the waves-particles appear instead to move constantly within a space-time continuum, without any type of limitation. This appears to be possible if we take into consideration some conditions.

Already back in 1803, the British scientist Thomas Young (1773-1829) had discovered that the light photons behaved like waves whereas Albert Einstein, at the beginning of the 20th century, proved that light is made of particles. Later it was observed that sometimes light behaved like a wave and sometimes like a particle. More precisely, the photon which is not observed behaves like a wave (because it remains at a potential level i.e. a mere potentiality) but the photon which is observed transforms into a particle.

This fact made a big impression on the scientists because it made evident that, on a very subtle level, our attention in some way creates matter and situations, transcending the rational mind and the limits of time and space.

In fact, already in the 1940s the American physicist Richard P. Feynman (1918-1988), a disciple of J.A. Wheeler (pioneer in the studies of quantistic gravity and the wave function of the universe) and Nobel Prize winner in 1965, had proved that **all processes initiated at the subatomic level are reversible and thus do not depend on time** which, at that level, appears to be rather irrelevant.

Also the famous Northern Irish physicist John Stewart Bell (1928-1990) asserted repeatedly that the laws of quantum physics are in contradiction to the law of cause and effect because on the subatomic level the influence of subjective observation prevails, apparently due to the phenomenon of "non-locality", i.e. the capacity of a photon to instantly transmit an action to another very distant photon without emitting signals (at least not those perceptible by our senses and the disposable instruments).

What is even more surprising is the discovery that particles can pass through what we consider “solid matter”. Apparently particles can transform temporarily into waves if necessary and then back again into particles.

The fact that what we consider full solid matter in quantum physics consists mostly of empty space, would explain how some illuminated beings are able to raise the vibrations of their cells and transform them temporarily into waves in order to be instantly present in distant places, or how those same extraordinary beings are able to raise the vibration of somebody else’s cells inducing instant healings and all kinds of miracles.

Having said that, from a theoretical view point it would appear rather simple to identify the mechanism that originates and creates our reality. Unfortunately though, for the majority of people these creative processes are mostly unconscious and linked to their individual and collective emotional state. On a psychological level, the notion of a quantum field (or super mental holographic field) is the same as Jung’s collective unconscious, meaning a conscience level vibrating in the depth of the psyche which is not consciously perceived but shared by all human beings. In other words, it is a reservoir of non-verbal codes/symbols connected to all things from which the unconscious, otherwise called super conscience, draws constantly.

Given that the fundamental constitution of all that we see, touch and feel on the subatomic level is made of potential waves, i.e. wave frequencies awaiting to be called to become particles, it is worthwhile to learn more about the nature of these vibrations in order to comprehend and learn how to give our existence a constructive orientation.

According to quantum physics, each and every electron always contains in itself all possible qualities and types of movement. They are present on a potential level and take form only if observed with a precise gradient of attention.

Just watching, however, is not sufficient. If we consider that we produce a bigger quantity of vital energy towards what we recognize as valuable, it becomes ever more important that we learn to focus our conscious attention on what we ardently desire in order to make those coincidences happen that can help us realize our projects and intentions. From a psychological point of view, we are given the opportunity to develop our **ability to focus**.

First of all, we must consider the fact that the subatomic waves can be seen as “packages of emotions” emitting signals that will resonate with situations featuring compatible frequencies. What we live emotionally, be it consciously or unconsciously, can make the difference when it comes to stay in good health or rather fall ill.

The saying “who seeks finds” appears to be more sensible and true than one might think, especially on the emotional level. The emotional contents determine the quality of our lives also with respect to the physical level. By now this is a known fact, confirmed also by psychoneuroendocrinology. It is becoming ever more evident that unconscious conflicts can provoke serious pathologies, but when resolved, they produce very productive evolutionary progress or also apparently inexplicable healings.

Unfortunately, we forget too often that space, time and mental activity are tightly though invisibly interconnected. Space-time pervades our thoughts and emotions and thus our perception and it subtly pollutes our ability to create our life instead of enduring it.

In the light of the recent discoveries of quantum physics, it seems in fact that, **while the mind needs time to organize itself, nature can absolutely do without time.** In the Far East, people say that, if you asked a tree in the forest or a mountain what happened three months ago, they would answer that the question is pointless for them because there is no before or after but an everlasting present.

From a quantum perspective, the linear process of birth, growing up, old age and death is nothing but a circular or cyclic succession called Samsara or Dance of Shiva by the Veda and of which one can get free through various techniques.

The conclusion is that, if linear time is produced by the mind, this implies that the mind provokes also the decadence of the body. People in India say that if we were able to give our mind (and in particular the pineal gland) the command to stay young, then it would align the metabolic processes accordingly. However, the biggest problem with respect to this intention is how to give the command without the doubts of the logical, rational mind interfering and thus be able to produce biochemical signals apt to kick off the process. The objective evaluation of the real consequences which such a transformation could produce in our lives is not of secondary importance. In fact, if we fall ill only to avoid saying to a loved one that we have a hard time enduring the asperities of his or her character, then healing could come along with important decisions and new positions that would alter the pre-existing dynamic balance.

Health and youth go together with the purification of the conventional mind and the development of a healthy identity including the perception of the most subtle frequencies. Feeling well means also learn how to say gently no and take on the responsibility of one's own nutritional, ethical and behavioral choices. For many, this may be not so easy.

Meditation and hypnosis are only some of the ways apt to interrupt the linearity of the mind and induce it to work in a holographic i.e. analogical way which is at the same time global and analytical, similar to the realities at the subatomic level. Before arriving at such stages of functioning, it is really indispensable to achieve a more significant level of consciousness of one's own intricate emotional condition, in particular at a deep psychic level.

During the presentation it will be shown why and how health can be enhanced or even potentiated and the aging process procrastinated by the use of a conscious connection to the superconscience that lives in us, conducts our cells and uses the Vital Energy (which has quantum nature) permeating the Universe.

# CURRICULUM VITAE DR. LORENA DI MODUGNO

She graduated cum laude in Clinical Psychology at the State University of Turin and later specialized in Psychotherapy with Images in Milan.

After spending the first few years of her career working as a Communications Manager for different European companies operating in the IT sector, she dedicated herself to the study of the human psyche, expanding her musical and pianist abilities (obtained at the Civic School of Music in Milan and the Academy of Music G. Donizetti in Bergamo), later specializing in Music Therapy.

She then attended high-level psychotherapy courses achieving:

- Diploma in **Hypnotherapy** (practical and intensive course) and Diploma in **Symbolic Hypnosis and Mind-Body Therapies in Psychosomatic Medicine** (advanced and practical course) at the S. Carlo Hospital in Milan, after which she studied the decoding of non verbal communication in depth.
- Certificate of **Brief Therapy** on "Language, relationship and technique " from the Strategic Therapy Centre MRI, Arezzo.
- Certificates of participation to numerous courses, lectures, seminars and conferences on **Phytotherapy, Naturopathy and Nutraceutica** at Luina, Solgar Italy and A.I.O.T., Milan
- Certificate of participation to the seminar "**Colour. Psychology of colours and practical applications**" from the Centre of Integrated Psychology in Milan.
- Certificates of attendance at courses and seminars on **Study of image, Communication and Meta-communication** at the CNI of Rome and Age of Aquarius Centre, Milan.

Thanks to her numerous journeys to India, she has enriched her Freudian background with exquisitely transpersonal and quantum techniques and was able to deepen her research relating to the ancient Vedic Science and Himalayan Metaphysics. She has also practiced Raj Yoga for years, broadening its basic assumptions by integrating strategies of Lowen's bioenergetics. Later on she dedicated herself to Babaji's Kriya Yoga.

Since 2002, she is a Professor of Clinical and Transpersonal Psychology on training courses for teachers at the Sathyananda School of Milan.

From 2004 she has devoted herself diligently to the study of natural and orthomolecular medicine and to the study of the basic assumptions of natural and vegan nutrition.

From 2013 to 2015 she was Professor of Dynamic Psychology at the Golden Age - Dragan University in Milan.

Author of books and articles in Italian journals, she delivers lectures and seminars throughout Italy regarding her accomplished studies.

She is Director of the **Psychomedicine Quantum®** Centre in Milan whose aim is to promote Quantum and Vedic culture in both psychological and medical therapy. As President of the Cultural Association **Dharma Italia Organization** she organizes conferences, congresses, seminars,

concerts and educational-cultural-teaching events.

The following books by Dr. Di Modugno are available:

**Natural Medicine and Complementary Integration. A winning synergy in clinical Veterinary. *Medicina Naturale e Integrazione Complementare. Una sinergia vincente nella clinica veterinaria.*** ed. Tecniche Nuove

- **The Quantum Power of the Unconscious in the healing process. *Il Potere Quantistico dell'Inconscio nei processi di guarigione.*** Om Edizioni

- **Supplements for the Psyche. *Gli Integratori per la Psiche.*** Om Edizioni

- **God wants us to be happy! How to transform suffering into joy of living.- Quantum Psychomedicine Handbook vol. 1 - *Dio ci vuole felici! Come trasformare la sofferenza in gioia di vivere.***- Manuale di Psicomedicina Quantistica vol. 1 Om Edizioni.

- **Therapeutic Sounds. Quantum and timeless frequencies that treat Body, Mind and Spirit. *Suoni terapeutici. Le frequenze quantistiche e senza tempo che curano Corpo Mente e Spirito*** Om edizioni.

**AVAILABLE IN ADVANCE DURING THE CONGRESS:**

**God wants us healthy, wealthy, capable and aware! Notes of a journey to Prosperity**  
Quantum Psychomedicine Handbook vol. 2 - ***Dio ci vuole sani, ricchi, capaci e consapevoli!***  
***Appunti di un viaggio verso la Prosperità*** Manuale di Psicomedicina Quantistica vol. 2 –Om edizioni

Books in preparation:

- **The Essence of the soul, a bridge toward the Universe** - Quantum Psychomedicine Handbook - vol. 3 ***L'essenza dell'Anima, un ponte con l'Universo*** - Manuale di Psicomedicina Quantistica - vol. 3

- **Supplements for the soul. *Gli Integratori per l'Anima.*** Om Edizioni

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