



ZBYSZEK NOWAK

MY LIFE, MY PASSIONS, MY PATHS

*Developing creativity and effectiveness
through energy path*

ZBYSZEK NOWAK

MY LIFE, MY PASSIONS, MY PATHS

NOWAK



ENERGOTHERAPY

NOWWAK

35/8

Those on the 35/8 life path are here to work through issues of emotional honesty, independence, an power, manifesting abundance, authority, and freedom achieved through discipline and depth of experience.

ENERGOTHERAPY

1988
2018

1985
2015

30 YEARS

OF VIRGIN MARY
STATUE IN ANTARCTIC

30 YEARS

IN BIO-ENERGY THERAPY
PROFESSION

NOWWAK

35/8

"Emotionally open and vulnerable, they know when to stand their ground and when to let go. These self-made people have a generous, philanthropic nature, taking on positions of leadership and authority. Their relationships are open and mutually supportive."

ENERGOTHERAPY



1985
1988
2015
2018

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35/8

NOWAK

SPIRITUAL LAWS: THE LEVERAGE TO CHANGE YOUR LIFE

The Law of Higher Will:

Our willingness to serve a higher purpose can inspire us to inspire others.

The Law of Honesty:

To be honest with others, we first have to be honest with ourselves.

The law of Discipline:

Discipline brings the focus and depth of experience that leads to inner freedom.

The Law of Balance:

Seeing our tendency to swing from one extreme to another, we find our balance.

The Law of Action:

To overcome self-doubt, we need to accept feelings but act with confidence.

IT DID NOT HAPPEN SUDDENLY

Almost every interview with a journalist starts with the question: how did it start, how did you discovered that you have this ability?

There is no short answer to this question, which is why journalists will usually get just a part of the story.

There is no short answer as this did not happen suddenly. The process of discovery of this unusual talent took many years.



Many events helped little Zbysio, and then young Zbyszek, to discover his powers. As a five year old boy when hugging his dying mother he almost lost consciousness, and from that point his mother started getting better and lived for many more years – but then nobody realised that this spontaneous and desperate explosion of energy helped her to get better.

Only after years with many similar experiences Zbyszek understood what had really happened that day.

As a small child he would plant little sticks which would then sprout to life, or he would stroke sick bald dogs and they would get back to health and grow fur. He was convinced that these were a normal occurrences which happen to ordinary boys.

Instead of playing football he would observe nature and collect herbs with his grandma. At school his peers called him a freak and found him and everything around him weird.





AID

His parents, busy with their own problems, did not support his talents and never paid close attention to their younger son. They perceived him as a strange boy, with his head in the clouds and – as his father used to say – „walking around like a monk”. In short – the beginning was not easy. Things got better for Zbyszek when he was sent to a boarding school. Fresh start, no label; teachers liked this attentive boy. He was assiduous in his studies, he felt an urgency to understand this power in his life. Steered by curiosity, he yearned to comprehend why he was different.

Years passed before his suspicion that he was more sensitive and had unusual abilities turned into conviction. New facts gave him food for thought. 1958 - a desperate man about to commit suicide changed his mind when his photograph reached Zbyszek's hands. 1966 - a postman suffering arthritic pains since the war got better; a neighbour suffering from migraines and fevers felt better after having tea with Zbyszek; two doctors overcome by the same deadly disease died 6 years apart only because one of them visited Nowak.

Brother in law, after a serious car accident quickly returned to health, even though Zbyszek was not admitted to hospital to see him and had to revert to using a photograph.

With tens and hundreds of such incidents of unexplainable cures, the news started spreading of the medicine man from Podkowa Leśna near Warsaw. Finally the telegram came from a friend in Kuwait asking for help for his boss' wife...

KUWAIT

AND BREAK THROUGH IN APPROACH

Diagnosis: pituitary adenoma (commonly known as brain tumour). The female patient was in Łódź, Zbyszek in Podkowa, over 80 miles apart. They agreed that she would be thinking of him at a particular time and at this time he would

concentrate on her photograph. This was the first time that he used a regular mental contact.

Success. The Polish wife of the Arab's sheik was cured. The "miracle man" was invited to Kuwait - there were many

family members who also needed his help. Travelling to Kuwait in those days required few clever tricks. Zbyszek opened a "Friends of Kuwait Association" and travelled there as its chairman.



be either an eternal friend or an eternal enemy; and this can change suddenly and only one way. Zbyszek went there as a friend and came back as such. Apart from a good financial reward he also received an award and a diploma from the Mayor of Doha (Qatar) for helping many citizens. He was even called a prophet. If his methods (examined by many doctors) weren't effective and didn't bring positive results, this trip could have ended differently (as a reminder of that Zbyszek would often see a sheik's servant ostentatiously cleaning his sword).

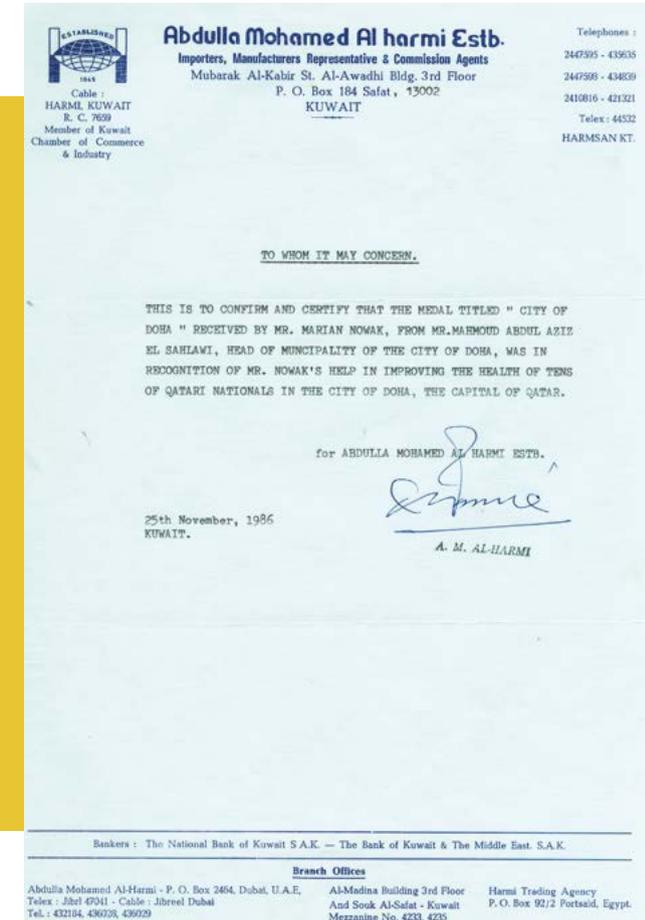
Just before leaving Kuwait Zbyszek was asked about his clinic in Podkowa. He said that he didn't have a clinic, he told them about his carpentry and horticultural activities. Nobody believed him, they decided that if he didn't want to divulge information then that's ok, it was his right.

On his return journey Zbyszek thought about this question of a clinic. Indeed he was achieving spectacular success, there were many conclusive cases proving his effectiveness, yet in Poland he only worked locally (via friends and recommendations). He decided to change this approach.

Registration of the SUN company, which still trades to this day, had to wait for another 5 years; however 1985 is the year when Zbyszek decided to put aside all his other activities and started working professionally as biotherapist.

THE YEAR IS 1985

Why is this Kuwait's visit a turning point in Zbyszek's work? Why did this visit mark the beginning of his professional career as biotherapist? This trip could have gone either way. In the Arabic culture you could





Arab patients invited Zbyszek not only to restaurants. They also invited Zbyszek to their homes to share a meal, which in their culture is a sign of trust and respect.



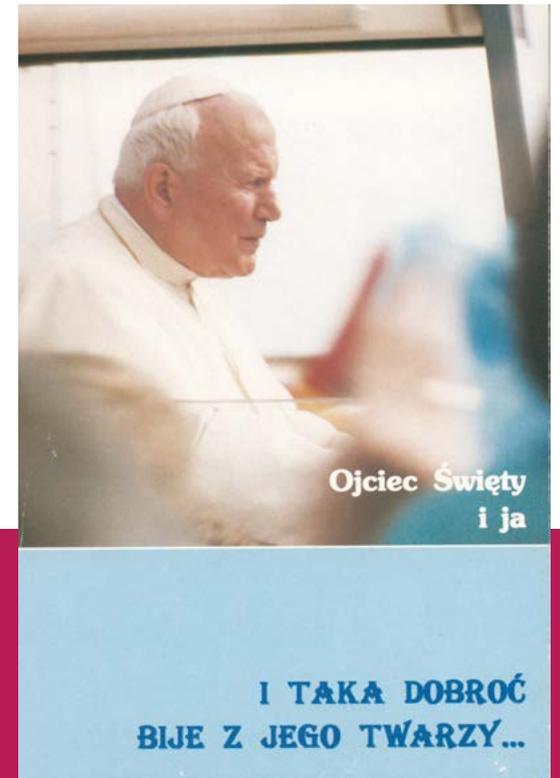
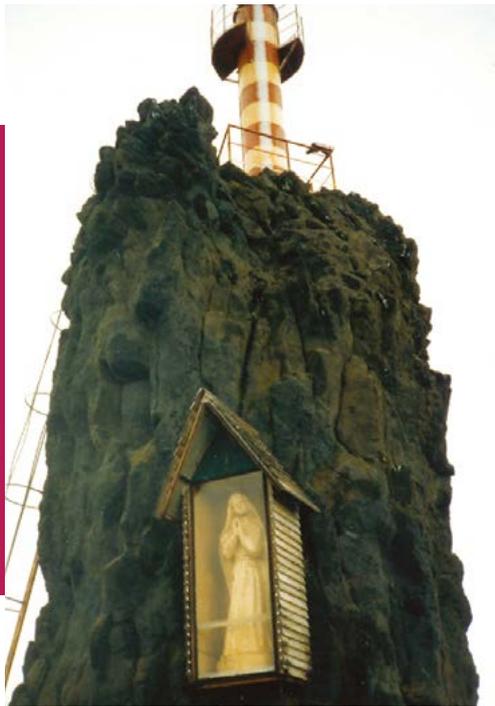
Mohammad Abdulla Al Harmi
– Zbyszek’s Arab brother who visited Poland many times. In 1983 he helped in financing procurement of equipment for the Veterans’ Club in Podkowa. For his support he was awarded the silver medal for service to the Polish People Republic.

WHAT IS THE CHURCH'S OPINION?

Whoever meets Zbyszek and starts talking to him will never become his adversary. Just a few minutes is enough to know that everything he says and does is honest.

Same with priests who meet Zbyszek, they accept what he does and don't see it as a challenge against faith. Zbyszek was also very fond of the Polish Pope John Paul II. He writes about it in his

book "Such goodness radiates from his face...Holy Father and I" published in 1999 by the Warsaw Archdiocese. Zbyszek was raised in a catholic home. When life was hard he always turned to his beloved Virgin Mary to give him strength. For many years he felt her support. He showed his gratitude by funding the statue of Antarctic Mother of God which still adorns the Arctowski station.



VIRGIN MARY OF ANTARCTIC 1988-2018

THE THIRTY YEARS OF VIRGIN MARY STATUE IN ANTARCTIC.

The natural size of Virgin Mary Statue was placed in Polish polar Antarctic base named Arctowski in a specially built chapel. The Figure had been sculptured in a linden wood and it reached its destination, the Antarctic Pole sent from Podkowa Leśna nearby Warsaw in Poland. It was secretly smuggled by Soviet ship "Admiral Somow"

It will have passed 30 years since that moment in October 2018. It is worth to recall the very idea as well as the story of its completion and circumstances, which resulted in the fact that Antarctic Virgin Mary managed to arrive in the ice covered continent.

**Do not stop, do not fall, let God Almighty be with you
Raise your head, look, listen and conquer
Everything is in your hands**

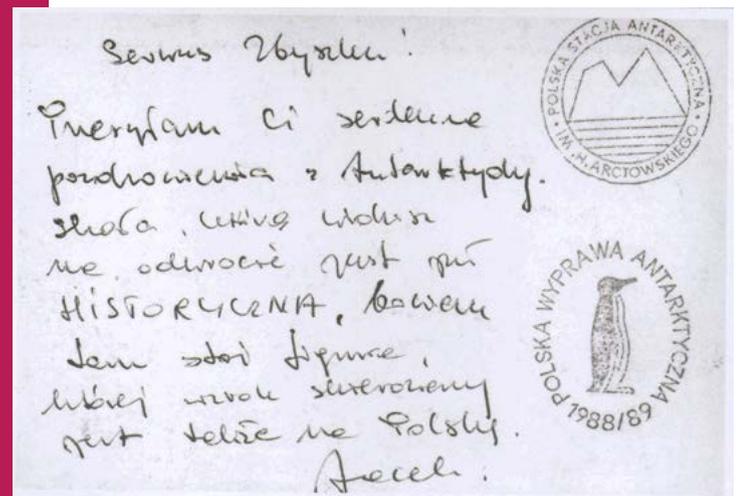
The 30th anniversary of erecting of The Statue of Virgin Mary of Antarctic is closely interconnected with my 50th professional anniversary of discovering and first usage of the form of aid, which is energetic care by means of the photo.

It was 1968, in the hospital in Milanówek there was a young man lying in a serious condition diagnosed as extensive skull damage resulted from transportation accident. At that time nobody would let me into the hospital, however I found the solution which turned out to be effective. I asked for a photo of the patient and began to take care of him by means of the above photo. It often happens that in our life we can't realize how many of our activities belong to the domain of intuition. It was just the intuition, which suggested me: as you can't see him directly, see him in the photo.

50 years has passed since then and I can say that something breakthrough occurred just then. It is not only that my patient in charge recovered completely, and is doing fine up to now, but due to my successful help given to that man the whole chain of incredible events has been launched.

Mr Jacek benefited from my help many times since then. He worked in The Institute of Ecology in The Polish Academy of Sciences, and was delegated to work in Arctowski Polar Station in 1976. Unfortunately due to his poor health condition he wasn't able to go there. The respective medical research revealed very serious and disqualifying degenerative changes of both shoulder joints.

I learned about it and offered again my help by energetic therapy. After a few visits I confirmed that his body condition was all right and recommended him to undergo medical check again under supervision of the same doctor.



8819

To general surprise another X-ray proved that all the changes were withdrawn without any trace, which meant that the obstacle to participate in a trip was defeated. Jacek as the member of technical team went to Antarctic.

Let me make some retrospection.

When I was 10, my parents divorced and I was deprived of my mother. Together with my younger sister my mom moved from the house, and I and my brother were left with my father. It was such a traumatic experience for me that I had to repeat my 5th year at school, I lost my friends and as a matter of fact I was pushed to the social margin being considered as somebody worse. Nobody helped me, whereas I desperately searched for this help because I was yearning of the lack of love.

I often used to go to the Church. No one pushed me, no one offended me there. I was an altar-boy. I was looking insight the big holly painting of Mother Virgin of Częstochowa and sometimes I had a feeling that she caressed me and smiled at me. I declared Her to be my mother then.

I used to read a lot of books from the parish library, I studied biographies of the saints and I had long chats with my parson. I found out from these conversations that the Franciscan Friar Father Maria Kolbe founded a garden dedicated to The Blessed Virgin Mary in Nagasaki, Japan. God Almighty, how envious of him was I! I loved my Mother so much as well, and I was very eager to widespread her glory everywhere as to prove my gratitude. Over the years I was trying to figure out how to do it.

In 1970, while reading o Virgin Mary of Fatima revelations, I found out that if the world is to be given to her heart by the Pope, it will avoid most terrifying war. So then apart from love and gratitude there was another naïve but overwhelming need which appeared in my heart to save the world.

I realised that the best idea would be to embrace the whole world from the South Pole. I imagined that when you stand on the Pole, you see the whole sphere above your head. Surely it indicated that The Statue of Virgin Mary has to be erected in Antarctic as a visible symbol of giving the whole world under Her protection.

Time went by so quickly, while working and helping sick people. In 1998 I found out that Jacek, my patient in charge, became the head of the whole technical team in the 13th Antarctic trip.

My plan to erect the Statue of Virgin Mary in Antarctic was becoming more and more real. It wasn't easy though. I had no money to pay the sculptor. Nevertheless I didn't give up and I started to look for help to make my idea to come true. The financial support I needed was given to me from The Saint Jacek Bookstore in Katowice.

You can talk for hours about the troubles that accumulated then, but actually what happened afterwards seems like a beautiful fairy tale.

On the 16th of October 1988 in the premises of the Polish Episcopate there was special holly mess and consecration of The Statue conducted in a private chapel of Archbishop Bronisław Dąbrowski, who led the ceremony.

After this special ceremony The Statue of Virgin Mary of Antarctic sailed into the white continent by the soviet ship, strictly confidentially as the possession of National Security Office. And it is still there up to now. In this year thirty years will have passed since those circumstances.

You can say that all the action that matters was accompanied by incredible events. Not to mention the peculiar means of transport, kindness and cooperation with people whom I wouldn't expect to do so, does not finish the story. What is more when the ship with Virgin Mary on board set of from Gdynia, the surface of the sea was not wrinkled by even the light breeze of wind, the Nord Sea usually violent at that time was smooth and flat, the Biscay Bay and the Atlantic Ocean famous for roaring forties and howling fifties were as calm as never so far.

According to the reports of the 13th Antarctic trip team there was hardly a winter that year, which normally used to be severe and nothing bad happened to anyone.

I made my dream come true, and proved it is worth dreaming. You can catch the stars if you do believe it. I proved that when you base on the fundamentals of faith, being supported by our Virgin Mother you can overcome all difficulties.

Hi Zbyszek!

I send you my sincere greetings from Antarctic. The rock you see on the reverse is already historical, because The Statue standing there is facing Poland too. Jacek.



Archbishop Bronisław Dąbrowski RIP was Zbyszek's great friend, spiritual guide and father figure. He blessed the Antarctic Mother's statue in his private chapel. His blessing, memorialised in the commemorative book, is a most treasured souvenir.

*Panu Zbyszekowi Nowakowi za pomoc a Podję zapieci
Pustelniani a uim ducha Briga, który dla dobra
chorych, umacnia jego siły bioterapeutyczne.
Najpokalana, który figurę umieszczył na Antarktyczce
niech wspiera Go i stoczy racjonalny opiekę*

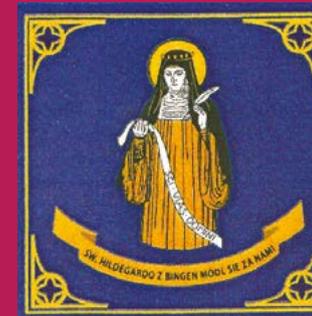
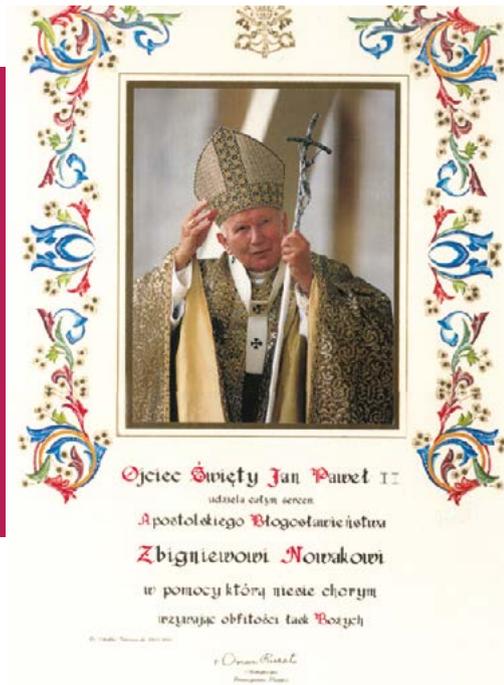
+ B. Dąbrowski-788

7.1.91

7.1.1991

*All wealth comes from knowledge.
Our knowledge comes from our parents.
But the highest knowledge comes from God
and his representative on Earth
is the Holy Father.*

Zbyszek Nowak



The patronage over the Dowsers and Biotherapists Guilds in Katowice is held by Saint Hildegard from Bingen – the medieval herbalist, healer and spiritual guide.

The Guild's banner was blessed in 2007 by the bishop Gerard Bernadzki

Zauwagi p. p. Nowakowi dziękuję za
pełne zwrócenie uwagi do choroby.
Z wyrazami szacunku
Dzień dobry.

+ Sławomir Łyżwa
al. habibicki

04.06.1995 r.

za przemiłe spotkanie i pomoc w uzyskaniu
adresu z gorącą modlitwą i podziękowaniami
Ks. dziekan Alojzy Cwojdzki - Białystok.

GOAŃSIŁ-BRZEŃNO. 1990-12-09.

Wam liście nasz drogą odpowiedział
obdarowany wzmianką - o pryncypalności
Czyżby - wylina przysięga, hanoay Pau
w parafii św. Antoniego w Białym
św. Antoniego o Gdansk - Brzeźno dom emigracji
tam, który cięży a mała nadzieja życia
24 snobistki dokoła, nadzieja i optymizm
w imieniu wyświeś obdarowanych
„Solidarności chłopców” - wam bracia
dziękuję - miłe miło duszom
„Chłopców wyciągnijcie nas z
najmniejszej miłości”

W. Bernard Łyżwa

P.S. 343 pagoda wyciągnijcie i wyciągnijcie
Przyjacielu obdarzonych - Dziękuję, Nowakowi.

91
Deo gratias!
W chrześcijańskim Bożego Narodzenia 25. grudnia 1990
byłem świadkiem chrztu Pana Zbigniewa Nowaka
na chorego Waldemara Łora z Paprotni k/Siedlce
który od około miesiąca leżał nieprzytomny po operacji
serca. Chyba został wcześniej pobudzony chrztem
P. Zbigniewa i został odnowić życie w nogach i
silny ból, następnie uspokoił się, i
Wyobraźni wzmocnił p. Zbigniewowi za przyłocę i
pomoc w imieniu rodzony Waldemara i swoim.
Ufam, że Jego pomoc będzie skuteczna i Waldem
szybko wróci do pełni sił.
Ks. Henryk Cwojdzki FDP.
kapelan Instytutu Kardiologii
w Warszawie - Amel

„Jaki drogą bracia
dziękuję, a tak wypróbowanie
Zaluzi Chłopców” - uci
Piszę cię.
Sławomir Pau Zbigniew Nowak
dnie dróg bracia
dnie uci powaga.
Jestem wdzięczny za
takie postawę ewangeliczną
i nasu z tymi, którzy
pomoc i pacjentem operacyjnym
o pacjencie modlitwę
Ks. Józef Wójcik
Marszałek
7 I 1991 r.

The commemorative
book is also
full of grateful
words, thanks
and appreciation,
including from
priests.

Wielce Szanownemu
i Drogiemu Panu Zbigniewowi
Nowakowi - niech w Jego
działalności przyjmie
Mu słowa powierzone
o Chrystusie: „Przeszedł
przez ziemię Wszystkim
dobrze czynić.”
Ks. dr Henryk Branka
Bimva redaktor
Podkowa Leśna, 14.01.1991 r.



INCREASING IN **STRENGTH!**

Zbyszek's popularity did not come overnight. In 1990 - 1991 Zbyszek found his proponent in Aleksander Minkowski - writer, journalist and the main editor of the magazine „Scandals”. At first Minkowski was sceptical, even cynical. He met up with Zbyszek trying to discover some fraudulent activity. Zbyszek diagnosed him very thoroughly, even mentioned his accident from 26 years ago and described the injuries he received. He did the same with Alexander's wife, listing all her health ailments. This was even more impossible to believe as his wife was at that time in the USA and Zbyszek was using only her photograph.

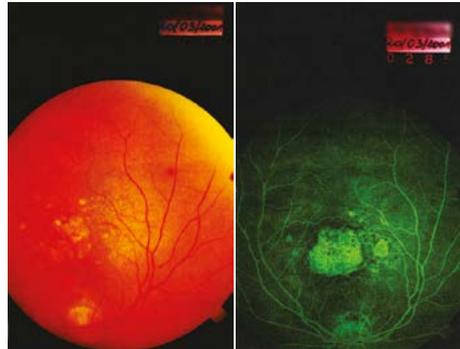
The cynic turned into the ally. Their co-operation began straight after the first encounter.

„Scandals” organised a meeting in their offices with a group who suffered from various illnesses, most were children. Similar meetings were also organised by other magazines.

„There was no miracle” - reminisces Minkowski in a special edition of Scandal, which sold a million and a half copies. Nobody got miraculously cured within few seconds. But something relevant was happening. Within a few weeks we started receiving information about positive changes and improvements.

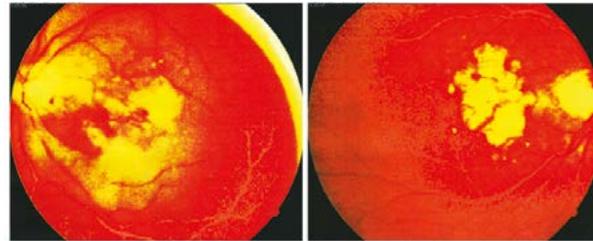
Most memorable was the case of Irek. He was paralyzed; contact with him was always very emotional. Half a year later little Irek came to the TV studio on his bicycle! Today he is a happy family man, working and bringing up his kids.

MACULAR DEGENERATION



BEFORE

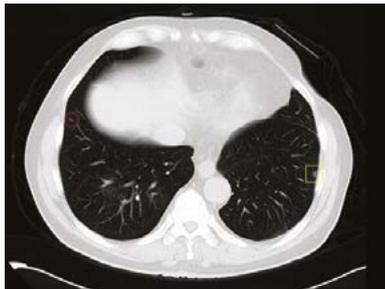
Results: dry AMD, geographic atrophy RPE. Branch retinal artery occlusion. Not for laser treatment. Recommended: ophthalmologist monitoring eye control and vascular treatment.



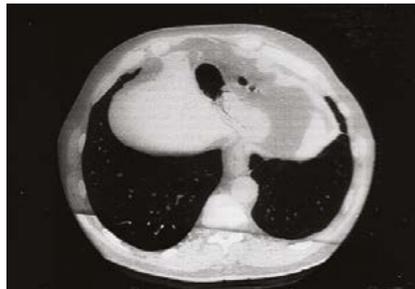
AFTER

Results: Geographic atrophy in dry AMD. Not suitable for retinal photocoagulation, recommended laser biostimulation.

SARCOIDOSIS



BEFORE



AFTER

Description:

Lung care programme showed around 112 pulmonary nodules located mostly in bottom and mid lung fields, around 2mm in diameter. The largest nodule 6mm in diameter within bronchopulmonary segment 9 on the left side. Other changes not visible.

WHAT AILMENTS DOES IT WORK FOR?

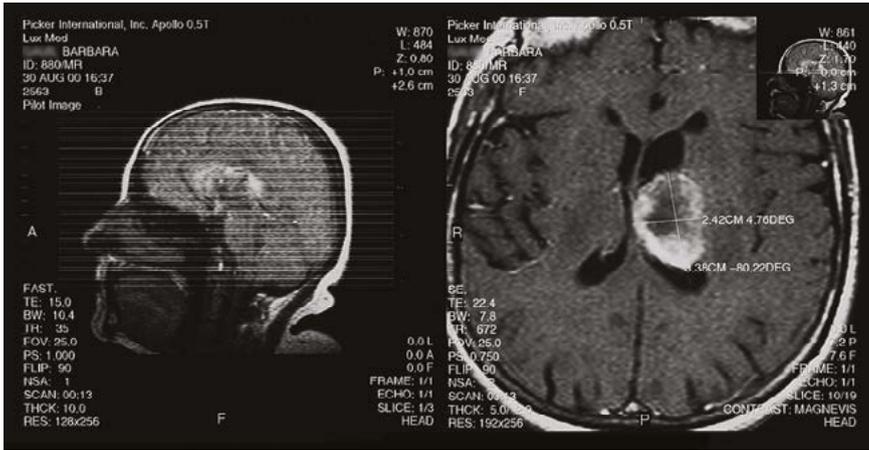
If I simply say: all, the sceptics will immediately laugh in disbelief.

A few words of explanation: when you go into the sea – your whole body gets wet. Equally, when you get into Zbyszek's energy circle – your whole body is affected. The energy balancing process commences, your system starts the purifying process (this often can cause different reactions), your body decides the speed and order of changes. If we don't raise too many barriers this can happen quite quickly. That is why helping animals, new born and the unconscious is so easy, they don't create obstructions - there are no doubts, anxieties, they are free from addictions – put it simply: they don't block the emission of energy.

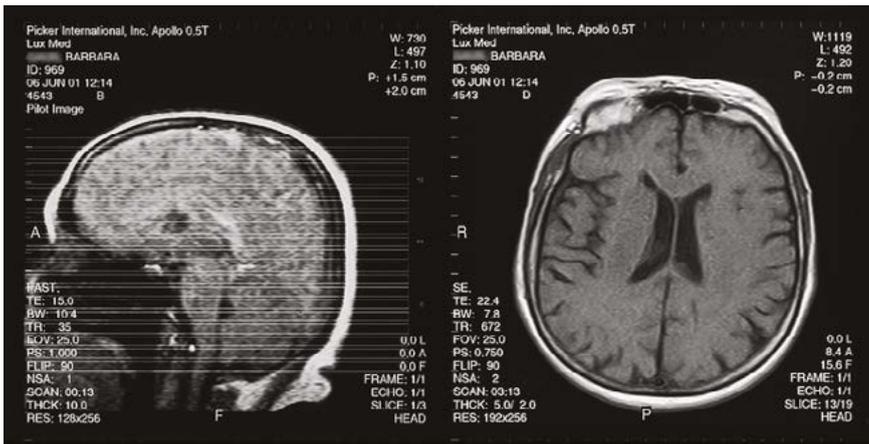
We cannot say exactly how many people Zbyszek has helped in the past 30 years. There must be over a million cases. Everyday we receive many letters, phone calls, emails...all with news of health improvements.

In 2010 the book "Nowak – such are the facts" was published – in it we documented 180 from over 700 of the most fascinating cases gathered only within the last two years. At the end of the book there is an index of cured illnesses, almost 200 in all.

BRAIN TUMOR



BEFORE



AFTER

The test in SE sequence, picture T-1 before and after contrast, T-2 weighted and FLAIR. Abnormal tissue area detected in deep structures on the left brain sphere.



This picture was taken in December 2017. Mrs Basia is just 82. She is still in a perfect shape. Both physical and intellectual.

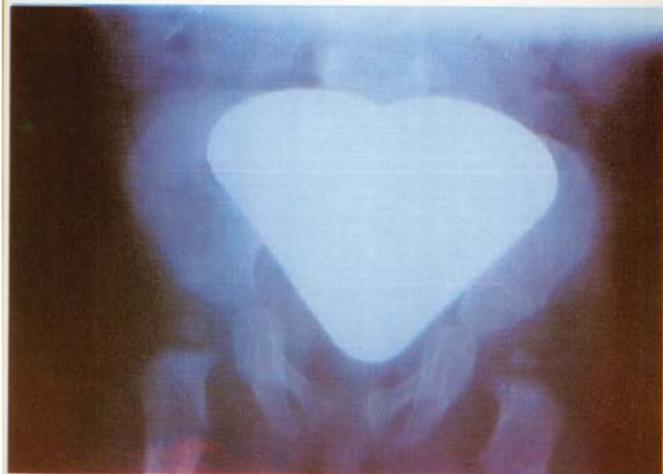
Brain MRI in SE sequence in pictures T1 T2 and Flair. Test conducted before and after contrast. Currently the tumour not detected in the left brain sphere. Cell structure of correct size and location.

HIP JOINTS DYSPLASIA



Zdjęcie rentgenowskie pacjentki (M.B.) – Obustronna dysplazja stawów biodrowych (stan przed wizytą u Zbyszka)

Lekka poprawa



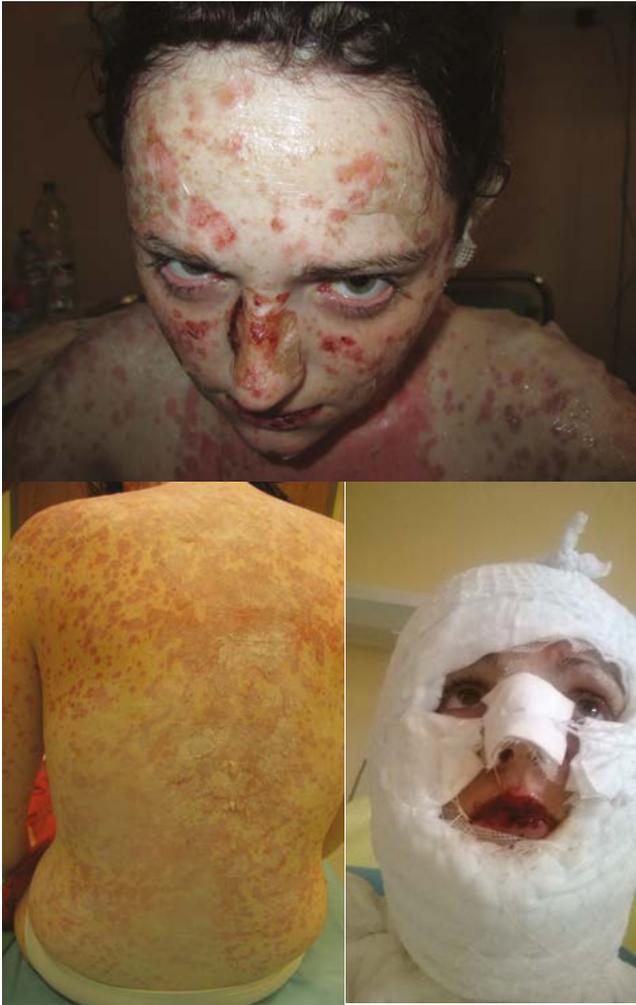
Główki kości udowej są już widoczne

Stan po roku. Regeneracja bez zazywania leków, bez użycia gipsu – tylko Nowak!



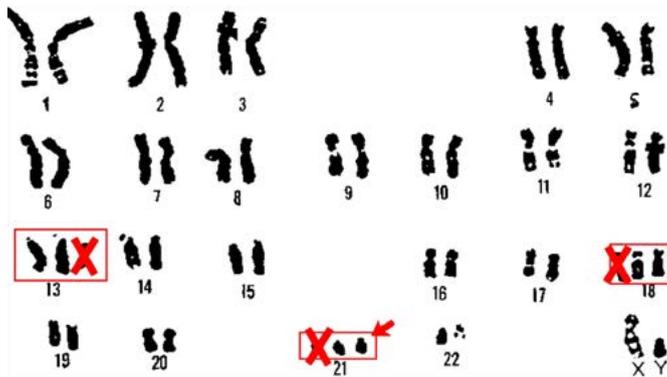
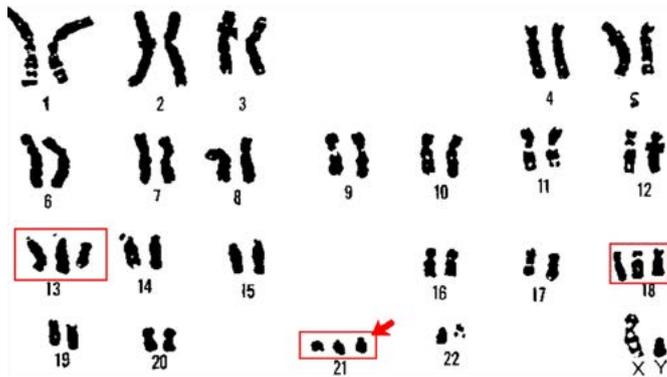
Picture of undeveloped hip sockets (almost fully regenerated after a year) of a 3 year old child, this picture is from the book „Hands that heal” published in 1993.

LYELL SYNDROME



Magda met Zbyszek for the first time after being released from hospital. Three weeks prior to that she was diagnosed with Lyell syndrome (toxic epidermal necrolysis). Zbyszek only had her photograph, her mum would update him daily on her daughter's condition. She relates this story on the DVD „Co-operation, contact, energy”. Zbyszek always says: “it is difficult to sing your prayers, but it helps others and gives hope”. Both women showed immense trust and understanding.

DOWN SYNDROME



Chromosomal trisomy. Despite the fact that there are three instead of two chromosomes, the extra one has been blocked. The transcription from genes to proteins has not occurred. A group of genes is deactivated. Other genes are active and the system thrives properly.



Pacjentka Monika Bundziów-Pala, wiek 36 lat, ciąża II, poród I .

Ciąża I zakończona samoistnym poronieniem, konsultowana w poradni genetycznej, z nieprawidłowościami w badaniu USG w I i II trymestrze ciąży (poszerzony fałd karkowy) z podwyższonym ryzykiem trisomii 21 (zespół Downa) – ryzyko skorygowane 1:269, z podwyższonym ryzykiem trisomii 18 (zespół Edwardsa)– ryzyko skorygowane 1:8570 oraz podwyższonym ryzykiem trisomii 13 – ryzyko skorygowane 1:6472.

Wszystkie te wady powodują głębokie uszkodzenia płodu wraz z niedorozwojem umysłowym.

Pacjentka ta po wizytach u Zbyszka Nowaka urodziła zdrowe dziecko, którego prawidłowy rozwój trwa do dnia dzisiejszego.

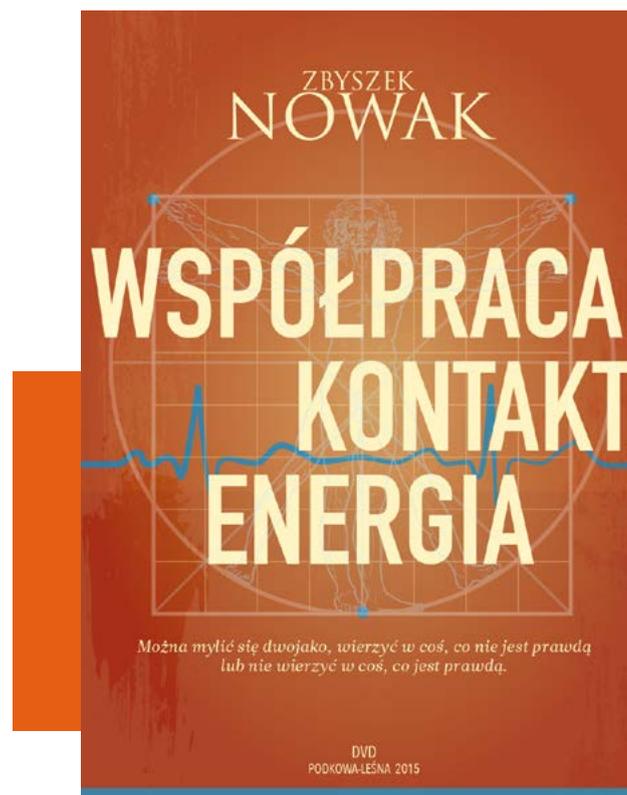
Dr n. med. Grzegorz Ganczański.

Grzegorz Ganczański



After many years of working with Zbyszek we still feel tremendous pleasure learning about the many successful outcomes; we document them in thick volumes. We are particularly touched by many spectacular cases – the ones which are borderline miracles. For example the documented case of eliminating Down syndrome diagnosed in a foetus; stopping myelitis or Lyell syndrome. We note cases where Zbyszek was able

to reduce organs metabolic ageing; stopped Turner's syndrome (repressing growth in children). He provided help in cases of sarcoidosis, borreliosis, glaucoma, epilepsy and myasthenia, many cancerous diseases, heart conditions...not to mention migraines – and we collect test results and gather patients' testimonies. However we cannot precisely calculate how many people were helped by Zbyszek.



AN AMBASSADOR OF POWER



A friend came with an aid, when Roman learned he suffered from brain tumour and his days were to be numbered. What more the doctors couldn't help him in any way or determine how much time he had left.

"Meet Nowak"- he said and added that he and all his relatives had been under energetic care of Zbyszek Nowak for years.

Roman would not have suspected that esteemed notary, an educated, intelligent person, man of the world could benefit from such methods like bioenergy therapy. Probably that was the only reason he decided to take that chance.

It has changed his life. It has been a few years now since he met Zbyszek, and he is in good shape up to now.

He is well aware who saved his life, and tells everybody willing to listen about it.

Roman enjoys sharing his knowledge and experience on Zbyszek's therapy with everyone in need.

He entrusts all his relatives and people he cares for and their problems under Zbyszek's care and protection.

The impact is incredible. The power sent from Podkowa grows stronger due to the fact that Roman became Zbyszek's ambassador.

HEALING EVOLUTION

BREAK THROUGH MOMENTS

Constant observation of what works best and its results make Zbyszek develop and improve. His power grows. He introduces new methods and ways to make contact possible for all in need.

1990 - ŁEBA

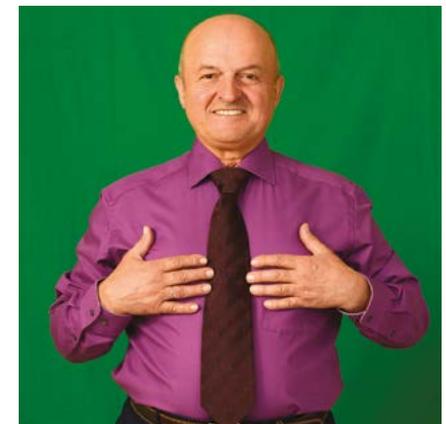
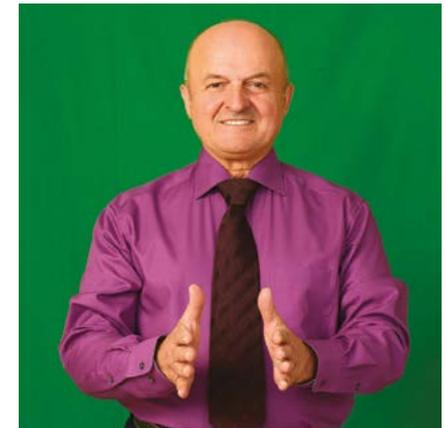
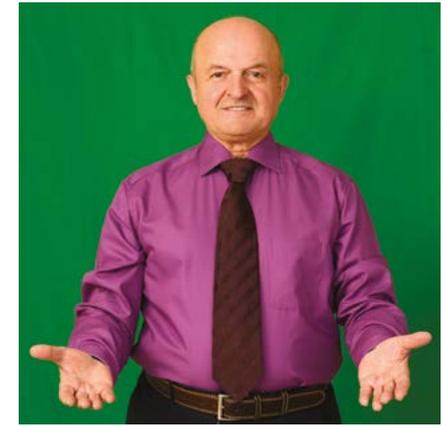
FIRST GROUP SESSION

Idea – placing an announcement in a newspaper (“I will be at this place at this day!”) and see the result. Effect – crowds of people. Zbyszek cannot touch everybody individually, he has to think on his feet. That is how the first group session took place, the first massive energy surge which reached everybody at the same time, yet reached everybody individually.

During this session Zbyszek’s well-known 3 gestures were introduced. The idea of 3 gestures was slowly developing in Zbyszek’s mind since his visit to the Far East. He observed Muslims pray five times a day in kneeling position (they touch earth with their hands and forehead) and he decided that it is, apart from a sign of respect, a simple way to discharge energy. He was thinking of ways to introduce this method in Europe and he came up with these 3 gestures. A simple way, which would help everybody no matter where they are, to get rid of excess of negative energy and harmonise existing energy level.



Warsaw, 1990 and 1991
Congress Hall





Those days such group sessions would vary from hundreds to a few thousands of people. Nowadays groups are smaller, but such meetings are still paramount in healing process.

During the first group sessions the first experiments with energising water took place.

At first this was done for each person individually, after a few years we discovered that this process is also effective when carried out by patients and we started this process during group sessions.

The energised water is used for drinking and compresses – it reduces pain, speeds the healing process, prolongs energy penetration. Sometimes Zbyszek says – “you take your own Zbyszek in a bottle”.

There is also a method (many people use it) of energising water at home. When doing this you have to put your hands close to the bottle of water during the third gesture.

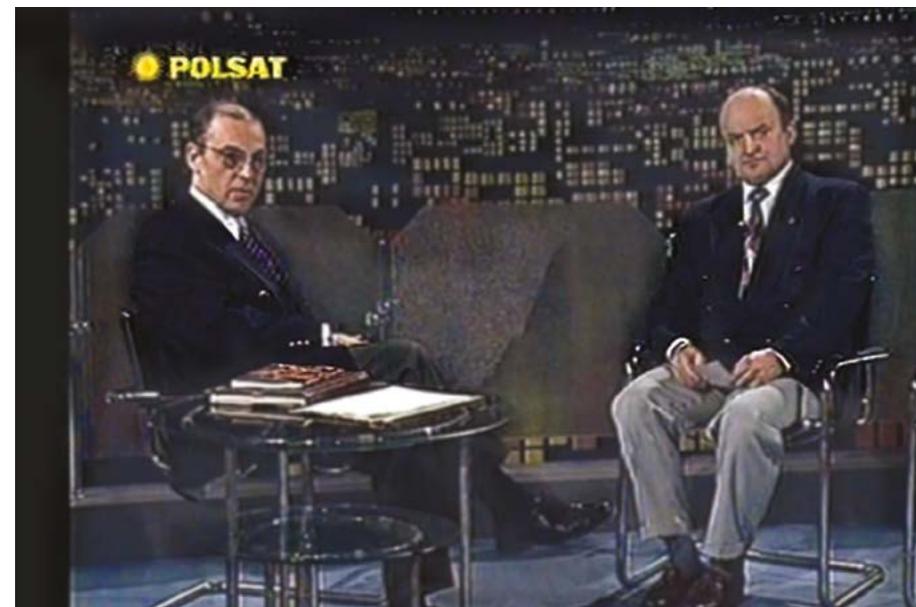
1994 – Zbyszek was invited by Andrzej Woyciechowski to participate in a popular talk show “Na każdy temat”.

“Do you know that we are watched by around 5 to 7 million viewers?” said the show’s host. Soon Zbyszek realised what such exposure meant. His address in Podkowa was made public. Soon crowds of people gathered by the gate at Jaśminowa Street. Quick action was required, registration, a meeting room, later we hired a small number of staff for answering phones and letters.

Group sessions were organised almost daily, attracting more and more people.



Zabrze, 1997
Music and Dance Hall



1996

1996 – First episode of our TV programme „Hands that heal” recorded in POLSAT studios, the channel we have been successfully working with to this day.

The meeting room at Jaśminowa 7 became too small – we had to pitch a 40 x 20 metre tent.

For over 3 years this was a meeting place for thousands of people.



6 VII 1998, TIME: 1.00 PM

WWW.NOWAK.PL

WEBSITE IS REGISTERED.

1998

Times change, transport becomes expensive and the number of people visiting Podkowa drops. Since the people in need could not come to us, we would go to them. We devised a whole system of trips – booking meeting rooms, overnight stays. We used a special car to transport a small team of staff to up to three towns a day. Zbyszek was spending around 100 days a year travelling. In time this madness had to stop; Zbyszek was devising a new, equally effective way of contact and finally he could reduce his travels - by half.



2000 - TIOPZ – AS A FORMAL METHOD OF CARE THROUGH A PHOTOGRAPH

There was a long process of verifying this method. At first it was used only by people who really were unable to have a direct contact. Gradually more and more people reverted to using “the intensive care through a photograph” method (TIOPZ is the Polish abbreviation), asking for help not only for themselves but for their loved ones, sometimes even without their knowledge.

Today TIOPZ is used by tens of thousands of people a year.

News via different communication channels from clients using this method makes a really interesting read.

Condition after stroke, high blood pressure and diabetes

*Panie Zbyszku - dziękuję za opiekę przez TIOPZ
postawiła chorego na nogi. Dziecko wraca do
zdrowia. Prosimy o dalsze działania. Bardzo Ci
jestem wdzięczni.*

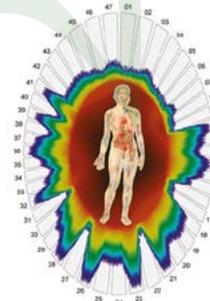
*Pragnę gorąco podziękować Panu za pomoc
mojej mamie. Jest dobrze między innymi
symptom przebiega normalnie o zdrowie a syn
mówi: cytuję „jest lepiej niż dobrze”. Tak bardzo
Panu dziękuję za wszystko z całego serca.*

As you can see from the letters, support through TIOPZ programme is not only about health. Sometimes worried mums, grandmas, mothers in law send photographs of their loved ones...Later followed by letters of gratitude. They are priceless.

2013 – ENERGY PORTRAIT

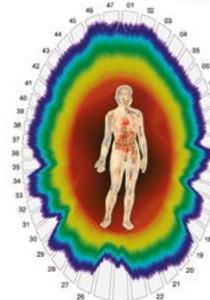
Nowadays we can immediately see the effects of Zbyszek’s treatment. After a few minutes the three independent, not invasive and very detailed diagnostic methods (electro-acupuncture according to Voll, Schimmell’s vegatest and express scan test) can produce a graphical energy picture. Just compare each portrait before and after contact with Zbyszek.

Day 1: initial state

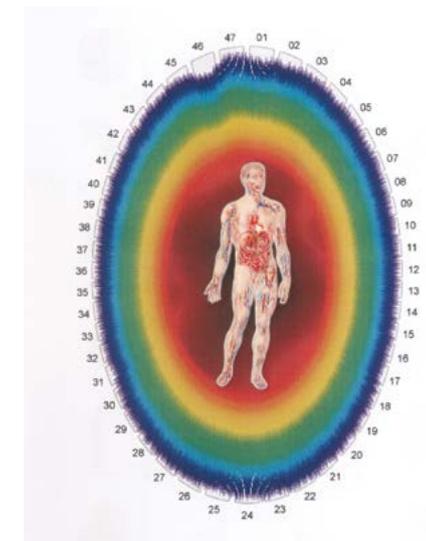


14.09.2012 10:23:45

Day 2: after individual session



15.09.2012 10:41:48



**ZBYSZEK'S
PORTRAIT**

WHAT IS THE DOCTORS' OPINION?

The science has already proven that everything consists of energy, our material body is only a troublesome accessory to our energy body. Therefore nowadays every intelligent person believes in energotherapy.

However 20 years ago it wasn't so obvious. That is why we are grateful to the doctors who in those days spent their valuable time to monitor Zbyszek's ability and then recommended him to their patients.

1991 – Professor Marian Zembala – cardiologist comments in the visitors' book: "This first meeting was very insightful. As a doctor I successfully practice classical medicine (cardio-surgery), but I am still very mindful of people who suffer and we cannot always help them. I value in Zbyszek his enthusiasm, optimism and conviction; yet he remains humble. As a medical doctor I would ask him to support our classical medicine practices with his alternative healing abilities for patients who are open to this methods. With Kind Regards".

1991 – Professor Jeremi Czaplicki worked with Zbyszek on dietary management in children with Down Syndrome. He admitted that Zbyszek's presence significantly increased effectiveness of his method.

1993 – Professor Kazimierz Imieliński carried out a survey amongst Zbyszek's clients. He analysed the results in categories of treated illness,

kind of treatments previously provided by doctors, reasons why they turned to Zbyszek for help, length of his treatment and the effects. The results showed that in almost 98% of analysed cases the effects were good or very good; the same respondents marked doctor's effectiveness at 20%.

1995 – Doctor Stefan Trzos, cardiologist, sent his patient to Podkowa and later tested him. It was a case of a 50 year old man whose organs functioned with a biological age of someone in their eighties. The scientific tests including the function of patient's nervous system provided a complete picture of the whole body. After the first visit to Podkowa Dr Trzos would carry out his measurements regularly and noted the effects. It turned out that the patient's condition was steadily improving and after a few sessions with Zbyszek his organs slowly returned to match his chronological age.

BAWOLAK TADEUSZ 1.50

Badanie myślowe: (miec widmie)

AKTYWNOŚĆ
SYMPATYCZNA
LEŻĄC STOJĄC
* 0,12 / 0,13
0,32 / 0,30

AKTYWNOŚĆ
PARASYMPATYCZNA
LEŻĄC STOJĄC
0,36 / 0,06
0,11 / 0,12 *

Wartości bardzo niskie, prawidłowe tylko słuchowe

1) Po pierwszym seansie u P. Nowaka:

ANALOGICZNE
0,18 / 0,11 (150%)
0,28 / 0,30

ANALOGICZNE
0,41 / 0,20 (200%) !!!
0,13 / 0,20 * (165%)

2) Po drugim seansie u P. Nowaka:

ANALOGICZNE
0,17 / 0,33 (300%) !!!
0,13 / 0,09 (wartości niskie
- i tak było pierwszy)

ANALOGICZNE
0,25 / 0,10
0,10 / 0,9

W badaniu trzeim udało wypracować zmiany w
zakresie ulosdu sprężystości, umniejsz ułożeniast

Over the years Zbyszek earned a significant respect and trust with many doctors, amongst them was doctor Andrzej Koczyński, whose opinion regarding two brain scans of the same person conducted just a few months apart was recorded. The results, as described by doctor Koczyński, clearly showed that the serious tumour shrunk significantly and the second brain scan was normal.

The case of exterminating Down syndrome diagnosed in a foetus also created a great deal of interest within the medical profession.

The oncologist - professor Marek Spaczyński, gynaecologist - doctor Jacek Tulimowski, dermatologist and allergist - doctor Ewa Minkowska, the number of doctors who openly support Zbyszek's abilities grows with each day, they refer their patients, knowing that Zbyszek will increase their chances of getting better.

Today, without revealing too much, we can only mention that the co-operation with medical professionals is developing further and there is hope that we will be able to finally close the gap between traditional medicine and energotherapy.

Badnie celnę sobie to pierwsze
spotkanie jako lekarz który
dotyka jak spdy, zaniedb
medycynie krajowej / kardiochirurgi,
miałe jemu ushe ucni
jehny ushe kuchi dookup
pud pas którzy mi same
jehofny pouce
Ter eckizacji, redri tyto
i poumi usry + dupro
ulowelo seli krdio u
P. Obpawno Nowaka nie
P. Stroni suzej slowca
Jako lekarz prop po oby
impowpat no; usry
medycyny medci tou plci
usry ulowet sou done
to ra kowione
Huzstlyo najlęps
P. Zbysku
E. iymawo nauku +
Doc pierwot zembala
Kardiochirurg
Zobue 9 11. 1991

FREE FROM ADDICTION

For many people an addiction is a serious illness and to be free from it makes them immensely happy. Each year recovered addicts leave behind packets of cigarettes, bottles of alcohol and other bad habits, all worth thousands of złoty (Polish currency). Very often a young lost soul needs a helping hand – in many cases just the TIOPZ method is enough.

Mój syn, któremu się Pan opiekuje
za pośrednictwem TIOPZ „wyszedł z narkotyków
i alkoholu”. To już prawie trzy lata jak nie
bierze i nie pije. Podjął pracę, ale chciałby





Every now and again Zbyszek sets fire to the „problems” he received and throws away the contents of bottles abandoned behind.



ANIMALS

Your method works because people want to believe, it's all a suggestion – say the sceptics. Miracles happen when you want them to happen - they add. But what about quite the large number of animals Zbyszek helped? Do they believe in miracles or in power of suggestion? Horses, dogs, cats – their sudden recovery after contact with Zbyszek (in the majority of cases only through the photograph) – is the best evidence that our negative thoughts and doubts sometimes create impenetrable barriers against the emission of energy.

This cat had leukaemia. The results on the right show also increased urea levels in his blood. On August his results returned to norm. Both kidneys function in order.



BEFORE

Olbrachta Przychodnia Weterynaryjna 4 ŁAPY Olbrachta 26/2 Warszawa		Nr mat. 102 Nr kontr. 64 Data: 2013-03-27			
		Jedn.kier:			
Nr zlecenia: 38199/13	Rasa zw.				
Właściciel	Gatunek: KOT				
Adres:	Wiek zw.				
	Imię zw. KRÓL				
Badanie	Wynik	Jedn.	min	max	norm
Morfologia					
Leukocyty	25,80	G/l	6,0	20,0	H
Erytrocyty	5,08	T/l	6,5	10,0	L
Hemoglobina	5,03	mmol/l	6,21	9,31	L
Kreatynina	3,3	mg/dl	1,0	1,8	H
Mocznik	144,0	mg/dl	25	70	H
Białko całkowite	81,0	g/l	60	80	H
Płytki krwi	279	G/l	300	800	L
Test białaczkowy FeLV	Dodatni (+)				

AFTER

Olbrachta Przychodnia Weterynaryjna 4 ŁAPY Olbrachta 26/2 Warszawa		Nr mat. 9 Nr kontr. 64 Data: 2013-06-23			
		Jedn.kier:			
Nr zlecenia: 82282/13	Rasa zw.				
Właściciel /	Gatunek: KOT				
Adres:	Wiek zw.				
	Imię zw. KRÓL				
Badanie	Wynik	Jedn.	min	max	norma
Morfologia					
Leukocyty	9,20	G/l	6,0	20,0	~
Erytrocyty	6,66	T/l	6,5	10,0	~
Hemoglobina	6,40	mmol/l	6,21	9,31	~
Kreatynina	1,7	mg/dl	1,0	1,8	~
Mocznik	103,1	mg/dl	25	70	H
Białko całkowite	76,0	g/l	60	80	~
Płytki krwi	657	G/l	300	800	~
Test białaczkowy FeLV	Ujemny (-)				



This dog was a star on quite a few TV programs. It recovered from epilepsy.

OUTSIDE OF THE THERAPY



Zbyszek concentrates all of his talents on helping ill people. Though sometimes he uses his ability, knowledge and experience to find the right path for an individual lost in our complicated world. Giving counsel on personal and business matters – he introduces order and calmness to his clients’ world – using this positive energy they become better people, capable to overcome any obstacle.

Only on two occasions Zbyszek let his ability to be used for scientific research. Let’s see what Professor Jerzy Gąssowski, a witness of both experiments, has to say:

TO SEE THE PAST

I am pretty sure that every archaeologist in the world, when holding a freshly uncovered artefact, be it just a piece of old crockery, yearns to see the past witnessed by this object. In the Anthropology Department in the Natural History Museum in New York there is a huge glass cabinet with a very captivating and unique collection of 3D reconstructions of pre-humans and early humans within their natural habitat. They look lifelike and you have impression that at any moment

they will carry on with their everyday activities. When I saw this exhibition, I did not suspect that one day I would witness, or even participate, in such a journey into the past. But this did not happen in New York, it happened in Poland, in Podkowa Leśna near Warsaw, to be precise.

There were two apparently unrelated reasons for that. The first was a letter from Paris addressed to Prof. Waldemar Chmielewski, who was then the head of the Department of Anthropology and Medieval Archaeology at the Warsaw University. A copy was

also addressed to me. In this letter Dr. Zbigniew William Wiołkowski, a physicist from the Laboratoire de Pharmacochemie Moleculaire in Universite de Paris VII turned to us with an unusual request. He wrote that together with Marian Świda, step-son of Stefan Ossowiecki, currently living in Chicago, he was a co-owner of the publishing rights to transcripts of psychometric experiments, relating to archaeology, carried out by this famous clairvoyant - Ossowiecki.

Dr. Wiołkowski asked us to prepare a concrete scientific report regarding Stefan Ossowiecki’s visions,

verifying the findings and confirming if they agree with the modern science. In return he was prepared to give the Warsaw University exclusive rights to this material. He also suggested that to illustrate the publication we should use the archaeological artefacts used in the original experiments carried out before the Second World War. These artefacts could be used again for the psychometric experiments assisted by the French clairvoyant R. Reant. Attached to the letter, there were copies of manuscripts of two chapters of Stefan Ossowiecki's experiments. We were also bound to secrecy prior to the publication of the material. However, as it later turned out, the part of the experiment (number 29) was partially published by J. Goodman titled „The Polish Wizard” in „Psychic Archaeology” magazine 1980, pages 50-74.

Professor Chmielewski let me deal with this, which was not an easy task. All the artefacts used for Ossowiecki's experiments were lost during the war. The whole collection from the Archaeological Museum and Erazm Majewski's Museum were transported by Germans from Warsaw and recovered after the war. Unfortunately part of the collection, including the items we were interested in, got lost during the convoy. We duly informed Dr. Wołokowski about it by post, however, due to a French postal strike, this letter did not reach him till much later. In December 1974 Dr. Wołokowski withdrew his interest, short of accusing us of expropriating the sent materials. He

should have realised that both chapters were already published in a few Americans psychometrical papers.

All in all – this whole incident was quite unfortunate, however it encouraged me to try and repeat Ossowiecki's experiment. For this I needed a co-partner. And here comes the second reason I previously mentioned. In 1992 I suffered from sore feet which made walking difficult. Lasers, massages and other treatments proved unsuccessful. Then a respected friend of mine suggested a visit to Zbyszek Nowak. I was equally desperate and sceptical about this. But I had nothing to lose. As my illness did not yet prevent me from driving my car I drove to Podkowa Leśna. Zbyszek made a very positive impression on me. When he examined me after a group session with his hands not touching but hovering over my body, he diagnosed me with illnesses I was aware of but also with some problems I didn't know about. Later the medical tests confirmed his findings.

After a few visits my feet got better and my condition has never recurred. During Zbyszek's treatment I came to understand that in his diagnosis he uses telepathy which borderlines clairvoyance. When I asked him about it he confirmed that in some cases you could say that, but he never wanted to take this clairvoyant ability any further, as he wanted to heal people and not to see the future. Then I asked: why not see the past? Maybe we could repeat Ossowiecki's experiment?

It was not easy to convince Zbyszek. I think he didn't want to undertake something he didn't know much about. He hadn't known me long, maybe he was afraid of criticism if he failed. It took me weeks to convince him. Finally we came to an agreement – if the experiment is not successful we will keep it quiet, if it is successful we will record it for further references. For me, the real bonus was the fact that Zbyszek didn't know anything about archaeology, so he couldn't make things up. We decided that the transcript would be published with my scientific endorsement, if the experiment was successful. Later that is exactly what we did.

I had at the back of my mind a prospect that, as the initiator and participant of such experiment, I could be laughed at by other scientists and intellectual circles etc. I was already being criticised for writing about archaeology in popular press, that in my books or scientific papers I was trying to use accessible comprehensible language (as done by English or French scientists). However, as it turned out, I did not receive the cold shoulder for this parapsychological experiment, furthermore, this experiment generated some interest. We decided with Zbyszek that we would continue with this line of work in the future (so far hasn't happen yet!).

This was twenty three years ago. Our friendship with Zbyszek and his wife Aleksandra continued throughout all this time. The book “Ocean of Time”

published after the experiments is still popular. Times change, science constantly develops. Archaeology moved forward as well as apparently unrelated fields such as psychology, neurology, quantum mechanics, religious science, anthropology. All these disciplines together became important tools supporting archaeology. Nowadays it is one of the exceptional branch of learning about our ancient history using biology and other scientific fields, as we are dealing with era before the concept of writing. The research of ancient drawings and symbols is currently very popular but also very difficult to interpret. In this oldest art humans portray images of themselves and their gods, these symbols were designed over 35 thousands years ago.

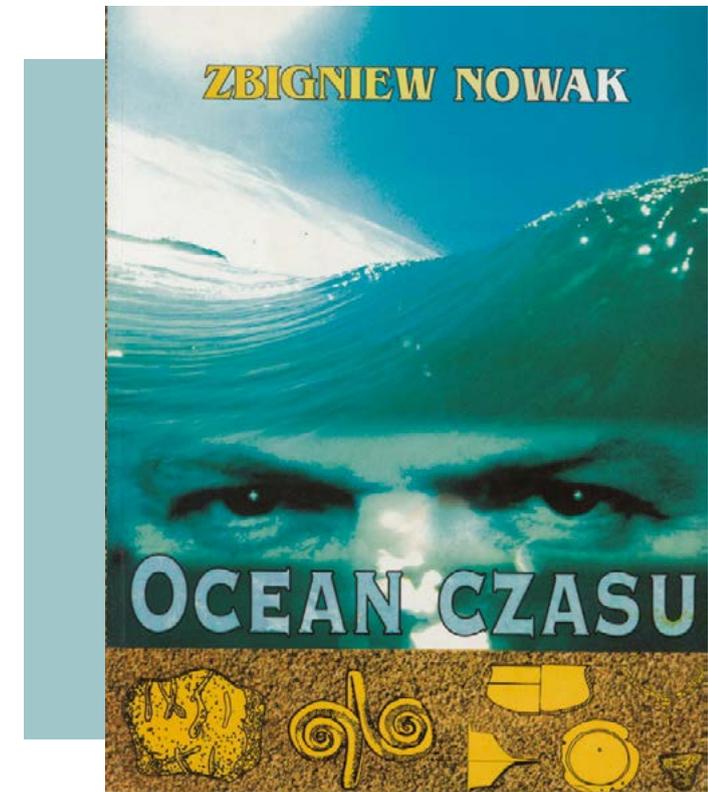
These ancient still images of the past do not satisfy our imagination as the moving images in the Natural History Museum in New York. We dream to see, even for a split second, to peer through a key hole, and witness everyday lives of ancient people. This was achieved by two great people: Stefan Ossowiecki and Zbyszek Nowak. They managed to penetrate through the darkness of the distant past and peer through it and tell us what they saw.

Let's go back to some of these experiments and see if their interpretation is still accurate; let's compare in detail Ossowiecki's and Nowak's visions. There are similarities and many differences. Ossowiecki was a wealthy engineer, chemist, he was using his clairvoyant skills searching for missing people. He also had

extraordinary skills of teleportation, sometimes he was evidently in two places at once. His archaeological experiments were performed in the presence of a group of scientists from Warsaw University. He would take an artefact in his hands and after a while would get into a trance. Whilst in such state he would describe aloud and in detail what he saw. Such séances would take a long time and would exhaust the clairvoyant.

Zbyszek Nowak's experiment was totally different. He would take an artefact in his hands and without getting into a trance he would immediately describe what he saw. Sometimes he didn't even touch the object, after a moment of concentration he would have a vision. At the time he couldn't have known it, but in some aspects these visions were similar to described visions of Siberian shamans. At the beginning of his vision a shaman levitates high in the air, he flies into the cosmic space and sees a vast area of the globe, then he lowers slowly towards the Earth to the place where he searched for his answers.

Zbyszek's visions were almost identical. I will describe one of them. I gave him a primitive flint tool called: a crusher, dated from a few thousand years ago, it was said to be originated from south of France. Zbyszek in his vision raised above the Earth and saw from up high the whole of Northern Africa. Full of vegetation, with huge rivers (not just Nile), lakes, wetlands, inhabited by hippopotamus and crocodiles. He also saw people, who looked to be happy. This is the



picture of paradise on earth. It was when the large part of Europe, including majority of Poland, was covered by an enormous sheet of ice, similar to the one which still covers part of Greenland. At this ancient times, as seen in Zbyszek's vision, Africa (including the Sahara) often experienced torrential rains. The modern satellite pictures show the true picture of how it must

have looked like, hidden under the desert's sand there are enormous dry river banks and beds where lakes used to exist. In the time of the Roman Republic, and then the Roman Empire, northern Africa served as their granary; crops, wine and oil produced by African farms would be transported to Europe. After years of long service the legionary soldiers were settling in Africa to pass their final days in peace. So Zbyszek's

vision was absolutely accurate, sandy Sahara is an only relatively modern phenomenon, still spreading south.

Here is another example of a very accurate vision. The National Archaeological Museum had provided me with a pretty dish made on a turntable found in an unknown place in Northern Poland. This dish was initially thought to have originated around II century AD. I was interested in Polish history in Roman time. However Zbyszek's vision took me by surprise. He saw brick churches, castles, at one point he saw Copernicus' image from Matejko's painting. Suddenly Russian tanks attacking German soldiers emerged in his vision. I found it very strange. I tried to establish closer the origins of the dish. Firstly let me explain one thing. During the Roman era in the area of modern Poland handmade dishes were used for storage and some were locally produced on turntables and fired in ovens; they looked uncannily similar to the ones later sold as folk produce in Cepelia (Polish stores with handcrafted folk products). The identical dishes were produced from XIV to XVI century in towns, they were modelled on the ones produced by German settlers in Poland. In XVI century these settlers were influenced by Polish culture and the only thing which made them stand out was their German names. In time Mr Schwarz would change his name to Szwarcowski.

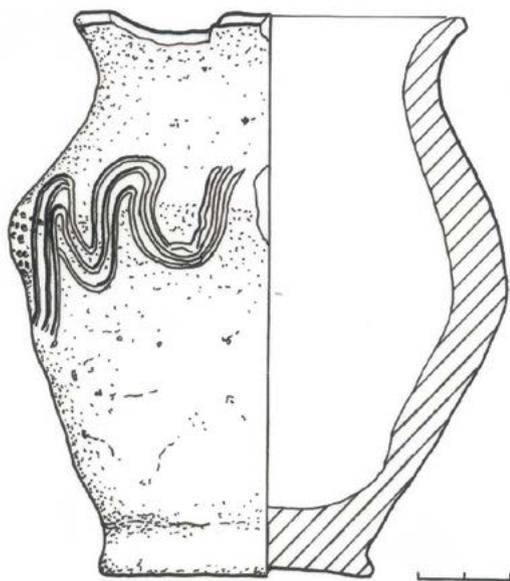
After this digression I am going back to our story. It turned out that Zbyszek was right. The dish came from the museum in Królewiec (then Königsberg), due to the approaching Russian front all of the exposit

were packed into large chests and hidden underground. Soon that place would be a battle ground between Germans' and Russians' tanks. The vision travelled in time.

After the war the chests were dug out and the exposit were taken to the National Archaeological Museum in Warsaw. By chance, also in other visions, it turned out that time, which rules our lives, follows in patterns, it's something fluid. All efforts to precisely establish the age of specific object were unsuccessful. Only the accompanying events in the visions could help in estimating their age and purpose.

One time I arrived to Podkowa Leśna with a few objects linked to medieval weaponry in my shoulder bag. They were objects from my own digs and I knew almost precisely their age. Zbyszek welcoming me at his threshold, immediately said: "What is this army you are bringing with you?" He described a soldier in a helmet standing next to me. I don't have to mention that I arrived by myself. The visions were sometimes difficult. The soldier who appeared with me didn't want to come back at the beginning of the experiment, but the weapon which I brought with me must have belonged to him. The soldier was, according to Zbyszek's vision, dressed and equipped in accordance to the era the weapon was from i.e. IX century.

Sometimes the visions were playing tricks on us. During one experiment with a thousand year old object, Zbyszek had visions of North American Indians. They had just a few feathers in their hair, and not, as



per modern belief, full tuft of feathers. This image was accurate - each feather had to be earned during a war, a full tuft were only owned by respected veterans from the Prairies. Where these Indians came from? Zbyszek didn't know, but at the same time I was just finishing writing my book "The North American Indians". So it was some kind of telepathic connection with my thoughts. We were afraid that my archaeological knowledge may hinder Zbyszek's independent visions. However it turned out that the incident with Indians was just a single glitch. During Zbyszek's visions he seemed to participate physically in witnessed events. When we were examining a flint from the Ice Age he saw himself amongst primitive humans living near ice and he felt a freezing chill all over his body. People of the early part of the Stone Age were settling close to areas of ice, as it was a natural preserving method (like a fridge) for the meat of hunted large mammals. There were mammoths and mastodons as large as elephants and hairy rhinos. The meat preserved in a natural fridge could last for a long time. Therefore they didn't need to hunt daily and had more time for rest and play. Happy times!

It is impossible to analyse all of the experiments in this short article. They were very similar to the experiments conducted by Ossowiecki. We only have a full record of two pre-war records, Nowak carried out six of them and they were different in character, visibility and clarity. Some types of artefacts caused a very precise visions, others were mere signals. The

clear ones were the ones of weapon and accessories. According to Zbyszek they were full of high emotions or aesthetic visions which were embedded in them. Household objects had the total opposite effect, especially handmade ceramic dishes. The visions were often of anonymous women hand producing them or using them in the kitchen. The rest of environment was in the dark fog. Sometimes the analysed object wasn't ready to show a vision or a type of expected vision. A small Swieciechowski flint tool from Koniusza, dated to 4000 - 4500 BC made very precisely, looking like a cross between an axe and chisel, in Zbyszek's vision turned out to be a surgical scalpel. He saw a woman lying on a table and her skull was trepanned by this scalpel. Archaeologists have discovered human skeletons from those days in cemeteries, sometimes their skulls have markings after trepanations, but with closed edges. This means that the patients survived such operations and died of different causes. Up to now researches try to find out why such mysterious operations were taking place in the Stone Age.

These visions didn't always have the same character. Some descriptions looked like a story from silent films; others were fragmented, interwoven with many other episodes from different eras, periods. A vision of Atlantida was precisely like in Platon's story, but with flying airplanes which were probably a digression from a different era. But, who knows? Archaeological discoveries on the Greek island of Santorini, previously known as Thera, showed a high level of civilisation



and material culture, which later was achieved in XIX Europe. The discoveries in Santorini have shown the culture from III century BC. People lived in palaces with hot and cold water (from thermal springs), with W.C. using a water system. Therefore why not airplanes?

A huge eruption of volcano in a heart of the island and consequent tsunami in 1627 BC destroyed not only this blooming civilisation, but also ones in Crete and parts of continental Greece. This was a well-known Minoan civilisation, the ancestor of Mycenaean and then Greek civilisation. The volcanic eruption was



Once again the professional paths of two friends joined. Zbyszek joined the search for Nicholas Copernicus' grave. In 2013 he received a medal and diploma for his effective contribution

found a coin in a dug out dish you could assume that the whole dish is same age as the coin. I will not be here describing all the methods used to estimate the age of the treasures. I have to admit that I had high hopes that our experiments would help with this problem.

The experiments with Zbyszek showed me that my hopes were in vain. During the last two decades archaeology has acquired new methods of dating more precisely; previously they were unheard of. In our experiments time was two dimensional, in visions the past and present were mixed up. This gives rise to deeper reflections which, however, are not a subject of my expertise.

In my experiments Zbyszek Nowak looked as if he was physically inside his visions. The most visible was when the vision was close to the ice sheet and he felt extreme cold. So it wasn't only peering through the so called "key hole", but a specific form of co-presence

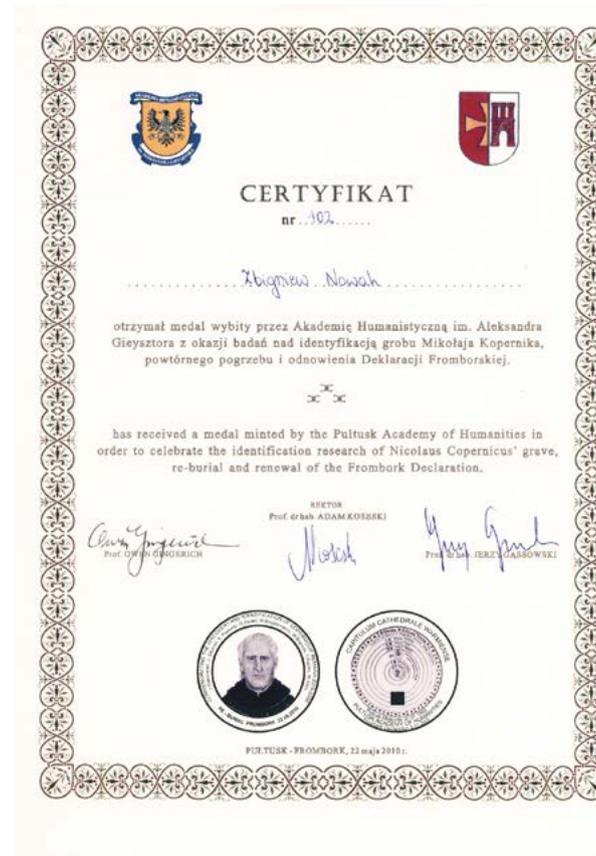
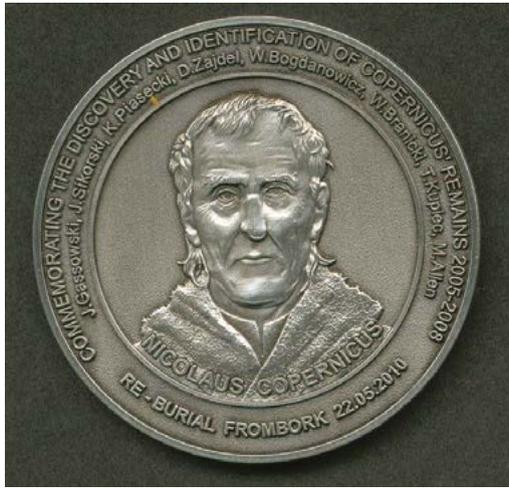
within the observed scenery or events. How is this possible?

Let's go back to the two dimensions of time, visions from different periods of time co-existing together at the same location. Let's look how other sciences explain this phenomenon.

It is interesting how the matter of time absorbed the imagination of many philosophers and physicists from the early eras. According to Pythagoras' student – Paron, time is something unstructured as it causes loss of memory, forgetfulness. St. Augustin in his XI book "Confessiones" considers different aspects of time. He definitely agrees that time is created by God, who exists outside of time. According to Newton there is only one, universal and omnipresent time, which passes in a constant speed and nothing can change it. George Berkeley's opinion was that without the mind which senses movement and changes, the whole idea of time would be nothing but an illusion. We will come back to this in a moment. Leibniz also opposed Newton's theory saying that time is an order of events happening in the world – without the world (events) you cannot consider any time.

Let's see what famous physicists say about time:

Prof. Carlo Rovelli, an Italian theoretical physicist who studied in Bologna and Padua, worked in Italy and U.S.A, currently is a lecturer in the Centre de Physique Theorique at the Universite de la Mediterranee in Marsille. He is one of the co-maker of the theory of



loop gravity, Polish scientist Prof. Jerzy Lewandowski works on this theory as well.

Prof. Carlo Rovelli: “Science is a construction site of huge ideas which constantly evolve. This evolution will always take place. The time is a concept which is

constantly changing. When we think about time we think of something that passes, we see a huge clock located somewhere outside of the universe, which ticks and with each tick everything changes. But the concept that time passes regardless is Isaac Newton’s idea. His idea is that such concept as time exists and even if nothing changes, the time still passes. He used a variable “t” to describe the passing of time and he called it a time function. How do we measure time? Using a clock, or pendulum. Each clock has a pendulum, something oscillating inside, for example an atom. This time measuring method was discovered by Galileo. As legend has it, he was sitting in a church and because he was bored he was observing a candelabra, which would swing slower and slower still. But Galileo understood that each swing takes the same amount of time – he counted the passing time by his pulse. Great. But when a doctor measures a patient’s pulse they use pendulum method. So we measure pendulum using pulse and pulse using pendulum – a close circuit. So what is time? A pendulum? A pulse?

In physics the law stating that time flows in one direction is the second law of thermodynamics: the warm air flows from warm to cold place. The second law of thermodynamics will not make sense in space in a state of complete balance. We do not experience such complete balance on the Earth as the sky above us is cold. The only reason why time passes is the difference in temperature. So I think that this special time characteristic, as its passage, has its source in

thermodynamics. The concept of passing time comes from the fact, that there is some degree of freedom around us and we are not able to explore all changeable elements. We are resigned to statistical description. I think that time is our ignorance. If we knew the state of all the atoms, their mechanical state – even without considering quantum effects, we would not see the time. Because we don't have such knowledge, we have only approximate view, this view automatically defaults to passage of time. This is not a precise idea, just an intuitive sketch. In the system which achieved a total balance the past equals future.”

Even further in his considerations goes the physicist from University of California, Henry P. Stapp, who in the past worked with the fathers of quantum mechanics, and recently admitted that presence of a soul agrees with the law of physics; therefore he undermined the opinion that believing in existence of a soul does not belong to science. In 1970 Henry Stapp already wrote a document about the interpretation of Copenhagen quantum mechanics, which within the physicists' circle was considered as a very important paper. The appendix to this document was written by a very respected scientist - Werner Heisenberg, the one who came up with uncertainty principle.

Stapp defined a soul as a body independent from our material body and brain, which can survive after our death. In a recently published paper “Capability of Contemporary Physical Theory with Personality Survival” he said that the idea that science excludes

existence of a soul is incorrect. Stapp explains that what is considered as a realistic world has to be defined differently. Some aspects can obviously be explained using classical maths formulas, however we also have another world without determinism, i.e. which cannot be described by strict scientific methods.

This world is totally different to the one we know and for many reasons too abstract, but physicists have known for a long time the observer paradox phenomenon, who by the act of observation influences the observed object. Physicists quite quickly realised that their experiments are dependent on their own point of views. This means that the world looks differently to us than to the people from long time ago.

To word it differently – choices in life become visualisation via determined quantum states, which stay undetermined until the interaction. Such is the real picture of the world in which we live in, but of course 99% of people are not aware of that.

Stapp suggested that thought and brain can be connected together by a very dynamic process and they can exist together or separately. Following this train of thought you can say that physical defects of consciousness are still unresolved scientific problems and require more detailed research, which considering the limitations mentioned above, is very difficult, or even impossible to conduct from our position.

Modern quantum physics give us answers to these and similar questions. I also have to mention that Zbyszek Nowak belongs to the small group of people,

who regardless of their everyday problems and hard work, still feel the overwhelming need to improve their knowledge. Hence his early interest in quantum physics, his achievements in introducing of something I would call “the quantum way of thinking” to his healing practice.

In his bulletin “World is our pharmacy” (no 34/35 – January 2012 and no 38/39 – May 2012) he wrote:

HUMAN AS A HIGHER FORM OF ENERGY

The matter visible to us is made up of over 90% of energy. Three physicists: Frank Wilczek, David Gross and Dawid Politzer received the Nobel Prize in 2004, for proving something unbelievable. According to them all objects are made out of something which hardly weights anything. It was known that all material objects are built out of atoms. The atoms are built out of electrons and nucleus. The electric interaction keeps them together. That's why negatively charged electrons oscillate around the positively charged one. Inside the nucleus there are protons and neutrons. Almost the whole mass of the atom is inside these two types of particles. The electrons oscillating around nucleus consist of merely 1% of the atom mass. Therefore to

understand the core of matter which we are built out of we have to look into protons and neutrons. We have to see what is inside a proton and check where its mass comes from. To do it we have to split it apart. Up to now we were able to split bigger parts into smaller bits. However in this case the physicists were stunned. They tried as hard as they could, protons could not be broken. They would put it in an accelerator, move it at unbelievable speeds and try to smash it against other protons moving at speed in opposite direction. Despite this dramatic collisions the proton remained unharmed. Physicists did not manage to break it. The accelerator was full of other protons and the whole menagerie of other elementary parts, which weren't there before. "It was as if we broke two apples and as the effect achieved three apples, one pear, a melon, ten cherries and two courgettes" – comments prof. Wilczek.

It was noted that the accelerator gave protons more energy. New particles were born out of this extra energy. However if new material particles could be born out of the energy then this means the end of physics as described by Newton. This great physicist and philosopher was convinced that the most fundamental and constant material value is its mass. New mass i.e. new material cannot be made out of nothing. It happened just once, at the beginning of the world.

"If the accelerator produces more energy, more material particles will appear. Particle mass which appeared in the accelerator, was 30 times larger than

the mass of the experiment electrons and positrons." – says prof. Wilczek.

The experiments in the accelerators proved what Albert Einstein knew before: that matter can be created from energy. Physicists managed to carry out an amazing trick. They looked inside the proton without splitting it. On the photos you can see particles moving with the speed of light. They are full of fury and energy. This energy of churning small particles inside the proton turned out to be the source of mass of all the material objects. Such as our bodies, rocks on the Earth and the Moon, cars, pyramids...

Thus prof. Wilczek disrupted our current knowledge about the material world. He showed that what we considered a concrete material is only a form of dynamic energy. And what we considered as empty space is in fact full of lively energy and plays a part in the matter making our bodies and all objects which surround us.

How can this discovery be important to our everyday life? At the moment we cannot answer this question, as with many previous discoveries. Who is this discovery useful for? – this was the mocking question posed in early XIX century by the state administrator to Michael Faraday, who discovered magnetic fields. The scientist answered calmly "You will be taxing its benefits during my lifetime". He was not wrong. Who can imagine life nowadays without electricity?

James Maxwell and his electromagnetic fields were also laughed at. But thanks to his discovery we can

*Moving to the metaphysics,
we uncover the power of
our thoughts on our general
health, wellbeing and level of
awareness.*

Each person possesses a huge amount of information not only about oneself, but about everybody they ever met.

have mobile phones and car radios. The same will probably happen with empty space energy, quark energy struggling with gluons. We will learn how to use it. We have to be patient though.

Who will find use for this energy interaction? - Joke self-obsessed malcontents. Not understanding the laws of energy blind they vision and prevent them from using it to prolong or improve their lives, revitalise their bodies and ensuring less effort when achieving their goals.

The energy is all encompassing and limitless. It is impossible to use it without understanding how it works. The quoted article can help us understanding how we are built, what is our building material and how important in our life is understanding our emotions which have direct impact on everything we would like to achieve.

Moving to the metaphysics, we uncover the power of our thoughts on our general health, wellbeing and level of awareness. It is here, on the higher level of consciousness that we gain the ability to influence our physical world. Instead of being victims of circumstances we could use these simple tools as a tested safeguards against negative energy.

We can say that the whole reality is created by thoughts. Many people lost their feeling of safety, encounter many problems which so often take away the joy of living. We observe the effects, rarely do we look into the source, as usually we do not realise that all of the organic structures are inter connected together. There is a constant exchange of information between them usually above the conscious level.

The question is: what information? Good or bad? The basic learning processes are mainly triggered by the presence of something or somebody, mostly outside of our conscious level there is an independent shift of information field. Will it be favourable to us?

Each person possesses a huge amount of information not only about oneself, but about everybody they ever met. Because we are beings all linked with each other, we exchange information not only on different levels of consciousness, but also we exchange emotions, different states of our spirit, love, hate, empathy. This is still information being coded in our body. Not all of it is positive, much of it is a source of our problems. Not only illnesses. And all of it can be exported to everybody and many of us do that quite often inadvertently.

The years of research of characteristics of water show its importance. In his book “Water – the image of life energy” Masaru Emoto proves a sensational thesis that water is capable to record in its structure sounds, images and emotions. And 25% of human body consists of solids, 75% of water. The human brain consists of 85% water, blood 90%, muscles 75%, liver 82% and bones consist of 22% water. Each part of human body depends on water.

If water, as Masaru Emoto proves, has the ability to record sounds, images and emotions within its structure and our body mainly consists of water, then we should ask ourselves: where else the diseases and problems come from and answer it for ourselves.

To make the answer simpler I will use the concept of Alice Bailey’s bioenergy therapy of dematerialisation.

She was born in 1880 and wrote 24 volumes about esoteric healing, she came up with a model of reality which consists of seven energy levels, each has its own co-existing consciousness.

Each level consists of seven sub-levels of increasing perfection and sophistication, and the whole thing flows in eternity. Each of these levels is reflected in our body in a form of corresponding energy, i.e. the etheric body, astral body etc. In short the seventh level is a physical level, which consists of physical body, liquid body, gas body and four higher levels of etheric body.

The energy of the etheric level creates life in physical form. Another researcher, David Tansley, the author of many books, one of them “Bioenergotherapy Exchange” says that the etheric body consists of “miasmas” and when they are stimulated by specific elements they pollute the energy which reaches our physical body. The vital powers become distorted and the chronic illness symptoms become visible. Miasmas can be inherited or acquired.

The sixth level is an astral level, in other way, emotional level – this is the source of emotions, yearnings, illusions, as well as, linked to the etheric level, source of illnesses. The fifth level is called mental level – the level of our brain, which ranges from a concrete, materialistic knowledge in lower sub-levels to a spiritual knowledge on the higher levels.

For the purpose of this presentation, it is not necessary to deal with four higher levels – intuitive, spiritual, monadic and logical, as they don’t play a part in the process of illness. Tansley talks about them as “transpersonal me” (or spiritual me), how-

ever I think that they could be treated as the core of a person.

The link between “transpersonal me” and the personality is the higher ego. It is a platform which exists on the mental level and through which a person manifests the reason for their existence. These struggles between our different reasons/goals and lower or higher “me” create problems and are the sources of the majority of human diseases.

From this point of view the physical human is a condensed higher energy into a form which means that the quality of each physical or subtle structure will be a reflection of the quality of the energy and its sources. The energy has to flow without obstacles through all of these systems to the physical body to keep it healthy. Any interruption or barrier in subtle body will create a distortion in the energy flow, which will be reflected in mental, emotional and physical symptoms.

So the aim of bioenergy therapy is to find the source of distortion and, if possible, get rid of it. In other words, we have to find and eliminate the source – we will not get rid of poison in the river by simply draining the water, if we don’t deal with the source of poison which could be located in the higher levels.

When seeking solutions for a better living, we can use the analogy of water, where particles never replicate the same form. Each particle is different, unique, because within a nanosecond the information reaches it and registers and only the most important information in this particular moment is registered. The particles of water are never repeated and this

is explained by its source elements which are never the same.

In any time unit the events leave permanent marks, which in the case of humans, are stored in particles of water which we consist of. One example of the memory of water is homeopathy – the phenomena that challenges the classical medicine. As its mechanism contradicts the logic.

That’s about it on Zbyszek Nowak.

In this article I was trying to show that in our metapsychological experiments with artefacts, in an unconscious but practical way, we visited a sphere which later was explained by quantum physicists, and they are still trying to understand it.

Jerzy Gąssowski

In 2000 the quarterly magazine "Live Archaeology" in the article about Tablets from Podeblocie quoted the fragment of Zbyszek's visions from "The Ocean of Time" and admitting their accuracies.



ty, których fragmenty umownie nazwaliśmy tabliczkami. Nie wiemy przez kogo i w jakim celu przedmioty te zostały wykonane. T. Płóciennik powołując się w swojej publikacji na napisy o treści religijnej umieszczone na enkolpionach (krzyżach) z terenów Bułgarii i Słowacji narysował jedną z podeblockich „tabliczek” obok takiego właśnie krzyża.

W tym miejscu należy, mimo wszystko, wspomnieć o niezwykle interesującym eksperymencie z zakresu archeologii psychotronicznej, w którym „wzięły udział” między innymi „tabliczki” z Podeblotcia. Eksperyment przeprowadzono w 1993 r. z inicjatywą prof. Jerzego Gąssowskiego z udziałem znane go bioenergoterapeuty Zbigniewa Nowaka, który pierwszy zasugerował, że jedna z podeblockich „tabliczek” jest częścią glinianego krzyża: *Mówiąc o samym zabytku – odnoszę wrażenie, że jest częścią większej, zniszczonej całości. Czegoś w rodzaju krzyża maltańskiego czy greckiego o równych ramionach. To, co mi podsunąłś, stanowiło środkowy fragment krzyża na przecięciu się jego ramion. Inskrypcja w oryginale była dłuższa – to jej centralny fragment. Krzyż uszkodzono bardzo dawno... Natomiast o ludziach, z którymi przedmiot ten był związany, Z. Nowak powiedział: „to była społeczność poszukująca spokoju, wolności, uciekająca przed niebezpieczeństwem. Zaryzykowali. Mieli ze sobą codzienne sprzęty, wszystkie ruchomości, które mogli zabrać. Cały dobytek. Z takim obciążeniem nie szło się na wyprawę. Z takim bagażem odchodziło się, by już nigdy nie powrócić.”¹⁸*

Wizje Z. Nowaka i skojarzenia T. Płóciennika są bardzo bliskie sobie. „Tabliczki” z Podeblotcia mogły więc być fragmentami glinianych krzyży, na których umieszczono napisy o treści sakralnej. Ale, czy wszystkie trzy są fragmentami zniszczonych krzyży? Na dwóch widnieją napisy o tej samej prawie treści, ale na trzeciej „tabliczce” napis jest inny, w dodatku do tej pory nie odczytany.

Prawdopodobnie nigdy nie dowiemy się, kto wykonał napisy na podeblockich „tabliczkach” (krzyżach?). Z dotychczasowych ustaleń wynika, że była to osoba niewykształcona, niepiśmienna, nie rozumiejąca znaczenia pisanych znaków. Kształty liter C na „tabliczkach” 2 i 3 dowodzą, zdaniem T. Płóciennika: *...że twórca tych inskrypcji był osobą niepiśmienną i odtwarzał jedynie z pamięci, zatem niedokładnie, jakieś widziane dawno wzory, nie rozumiejąc prawdopodobnie ich znaczenia, ani nie znając wartości fonetycznej poszczególnych liter.* Tak oczywiście mogło być ale, czy kształt liter stawianych na mokrej glinianej powierzchni jest wystarczającym dowodem na to, że osoba, która je wykonała, była piśmienna lub niepiśmienna? Czy rzeczywiście napisy na dwóch „tabliczkach” są jedynie odtworzeniem z pamięci jakiś wzorów, bez zrozumienia ich treści? Jeżeli tak, to w jakim celu zostały one wykonane? Jeżeli magicz-

nym, to przecież osoba pisząca te znaki musiała znać i rozumieć ich moc.

Kwestia „tabliczek” nadal pozostaje otwarta. Opracowania wymaga również cały materiał pochodzący z pięciu stanowisk archeologicznych w Podeblotciu, który stanowi kontekst kulturowy znalezisk. „Tabliczki” nie są przecież przypadkowo odkrytymi zabytkami. Pochodzą one z dużego kompleksu osadniczego, który składał się z potężnego cyprowego grodziska, z trzech osad przygodowych, kurhanowego cmentarzyska ciałopalnego oraz z cmentarzyska ciałopalnego w Stasinie, położonego w pobliżu tegoż grodziska. Kompleks znajduje się na prawym brzegu Wisły, w odległości około 8–10 km od rzeki. We wczesnym średniowieczu, w okresie plemiennym pełnił on zapewne ważną rolę polityczną i gospodarczą.

Jedno nie powinno już budzić wątpliwości. „Tabliczki” z Podeblotcia są autentyczne. Na ich powierzchni umieszczono, zdaniem większości badaczy, napis w alfabecie greckim o treści religijnej, związanej z religią chrześcijańską. Jeżeli przyjmemy datowanie „tabliczek” na okres od VII do IX w., to są one najwcześniejszym znanym śladem chrześcijaństwa na obecnych ziemiach polskich, w dodatku nie pochodzącym z kręgu zachodnioeuropejskiego. Czy ten fakt, nie pasujący do powszechnie przyjętych poglądów, zdecydowanie o losie podeblockich znalezisk?

Mgr Ewa Marczak jest pracownikiem naukowo-dydaktycznym w Instytucie Archeologii Uniwersytetu Warszawskiego

¹⁸ Montesquieu, Myśli, Warszawa, 1985, s. 106.

¹⁹ Marczak E., „Tabliczki” z Podeblotcia. Jedna z największych zagadek polskiej archeologii, *Archeologia Żywa*, 2 (3), 1997, s. 10-12.

²⁰ Analizę materiału archeozoologicznego ze stanowiska 3 w Podeblotciu wykonała mgr Beata Kurach pod kierunkiem prof. dr hab. Alicji Lasoty-Moskalewskiej.

²¹ Marczak E., Wyniki badań mechanicznych trzech „tabliczek” z Podeblotcia, *Światowit*, 41, 1998, s. 481-482.

²² Marczak E., Wyniki analiz mineralogicznych i petrograficznych ceramiki z Podeblotcia (komunikat), *Światowit*, 1999, 42, s. 159-160.

²³ Metoda termoluminescencyjna - fizyczna metoda datowania absolutnego.

²⁴ Płóciennik T., Inskrypcje na „tabliczkach” z Podeblotcia, *Światowit*, 1999, 42, s. 197-199. Dziękuję Autorowi za udostępnienie jeszcze nie opublikowanego tekstu artykułu.

²⁵ Nowak Z., *Ocean czasu*, Warszawa 1997, s. 43-44.

„Tablets” from Podeblocie.
One of the Greatest Mysteries
of Polish Archaeology Has Been Solved
Clay „tablets” found in the fortified settlement at Podeblocie (Mazovia) from the 7th–9th century are authentic! An unknown scribe wrote in Greek. The inscription is connected with Christian religion. This is the earliest known trace of Christianity in Poland.

PRO PUBLICO BONO



In Zbyszek's opinion community and voluntary work should be sensibly organised. He often readily participates in such charity events. He frequently takes part and contributes generously in charity galas and auctions.



Building the local health clinic



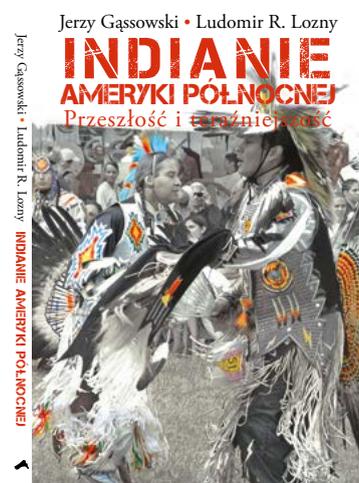
24. WOŚP (Christmas Charity Event)



Between 1978 – 1980 he played an active role in the construction of Health Clinic and Combatants Club in Podkowa Leśna. He was the treasurer and managed the finances, as well as doing lots of physical work during the construction.

During an auction aiming to raise money for the victims of flooding in 1997 he spent 50 thousand PLN (purchasing Kasia Nosowska’s “Fryderyk”), two interested parties were outbidding each other and finally decided that they would pay equal amount and the coveted sculpture would be shared and adorn their places at different times. Finally “Fryderyk” stayed forever in the offices of the “Reader’s Digest”, the money raised was the main aim.

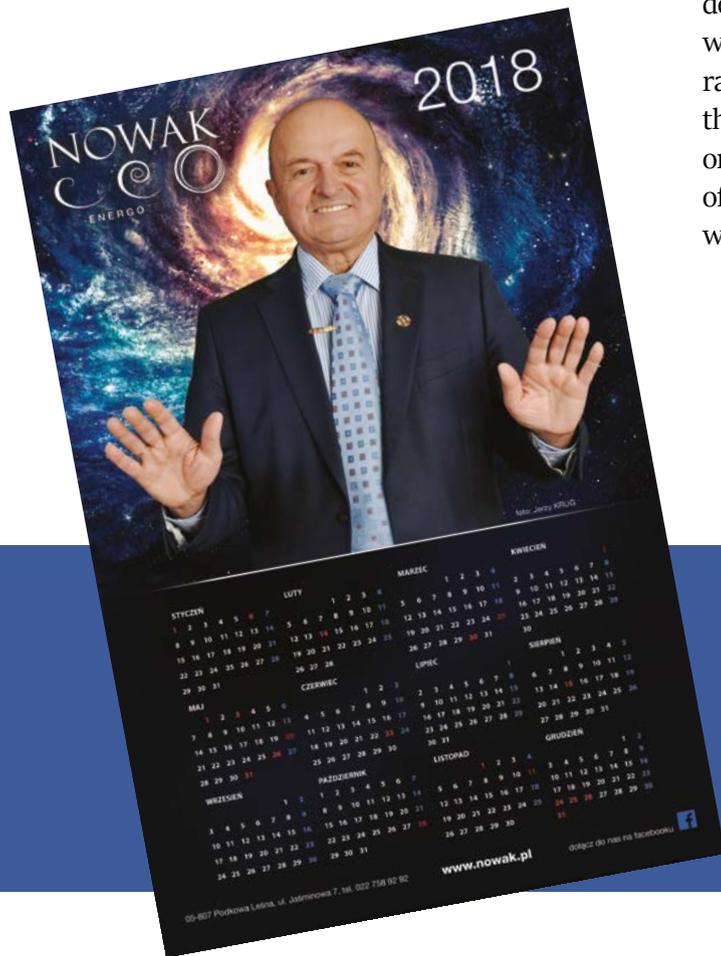
Zbyszek also supports scientific projects. Recently he contributed to publishing work of Jerzy Gąsowski and Ludomir R. Lozny’s “North America’s Indians. The past and present.”



MEDIA AND MULTIMEDIA

Zbyszek's first book "Hands that Heal" was published almost a quarter of a century ago.

The subsequent publications document his work, explain the idea behind it and provide a platform in sharing his vast experience. Every year there is a high demand for tens of thousands of his wall calendars with his photograph radiating positive energy. It turns out that such items have a positive impact on the environment in many homes, offices, even in glass houses, shops or workshops.

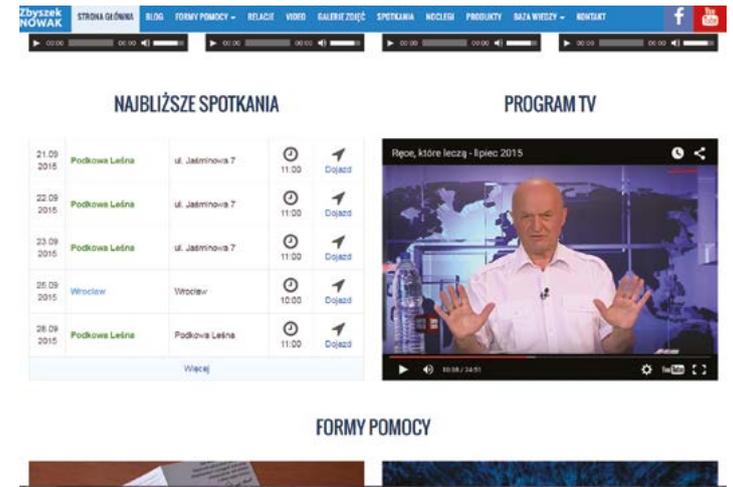


The calendar on an old wall



1996

The programme “Hands that Heal” has been shown on TV since 1996. It was transmitted on different channels (although we are loyally staying with Polsat), the programme’s formula changes, but one thing remains constant: the viewers have always had the opportunity to participate in the exchange of energy – for many people, especially ones who cannot come to Podkowa, it is very helpful.



2014

1998

The domain www.nowak.pl was registered in 1998 and is an active means of contact, it is constantly evolving.



Facebook fan page has regular participants. Any new developments in technology – Zbyszek is present.



DIPLOMAS AND CERTIFICATES

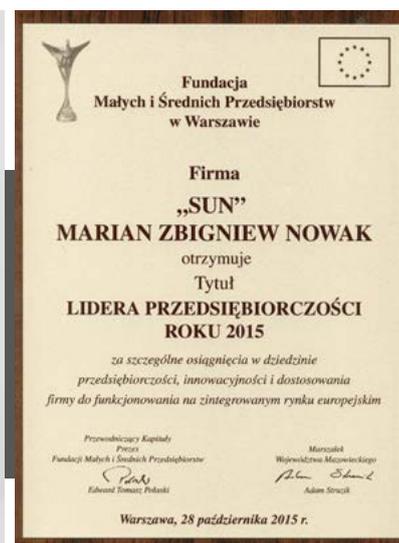
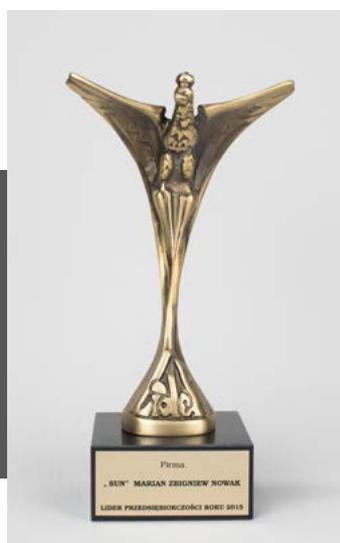
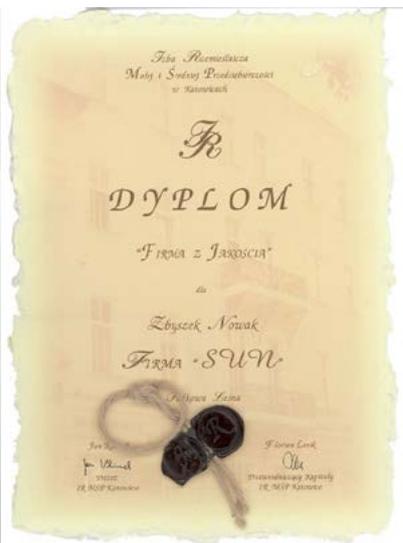
The journalist who interviewed Zbyszek for “Magazyn VIP” asked how does his activity help the Polish economy. The answer is - in many ways. He helps indirectly, as he doesn’t run a factory and doesn’t produce anything material. However his impact on the economy is of a different kind. For years he has been aiding entrepreneurs

by providing advice, helping in improving prosperity and coming out of critical situations. Within his programme “Mental Care” he builds their energy level so they are able to overcome problems, become better leaders and bosses. He develops their creativity, awakes their imagination and intuition.



Zbyszek received honorary award for his services in economic growth from Premier Janusz Piechociński.





INTERESTS AND PASSION

"Our whole life consists of action and passion. Avoiding activities and passions of our times means risking that we will not fully taste life".

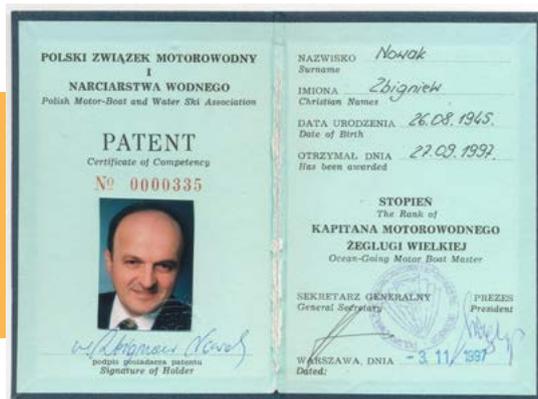
Herodot

The first and foremost passion in Zbyszek Nowak's life is his work. Helping people. But work is not everything, he has other passions.

In the case of Zbyszek, when we say passion we don't mean a sporadic and laidback attitude to the subject. He has a professional approach to all of his interests, documented by an appropriate certificate.

He is a master craftsman in gardening, certified farmer and is a qualified bee keeper. As sailing is also his passion he obtained a yachtsman licence.





SAILING

20 years ago a few journalists were invited to sail on SUN – Zbyszek’s sailing yacht. During this cruise the idea of a journalists’ regatta was born. Zbyszek helped to organise the first two events. He wanted to share his passion for the sea with others. The sea has calming attributes as well as teaching us to be humble, to appreciate the power of nature, to be disciplined and consistent.

After 20 years the journalists who continue this regatta tradition to this day awarded Zbyszek with a commemorative plaque.





HORTICULTURE

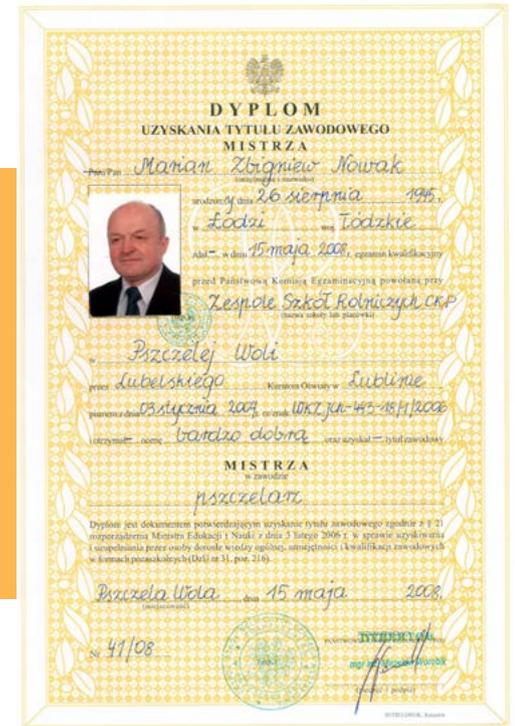
The plants and animals are the most grateful audience. They don't doubt, they don't build barriers and they are open to receive a gift of energy. Zbyszek worked in horticulture for many years. He talked to his flowers, cared for them and in return they were rewarding him generously. Freesias, carnations, tulips...they grew beyond the average, sprouting additional buds. At flower markets his flowers would sell before others even started their trade.

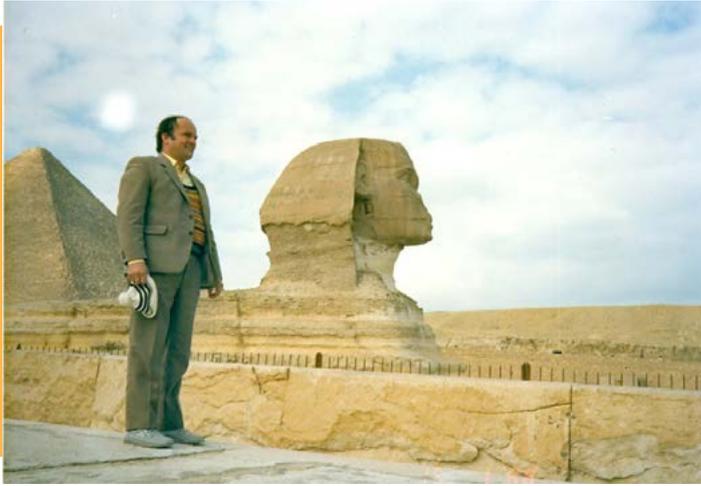


BEE KEEPING

The bee is a clever, hardworking and well organised creature. And it produces honey – a true gold. But the most interesting is the fact that bees which only live for two months have a method to prolong their lives by five years – that's how long the bee queen can live for.

Bees, as any other animals, love Zbyszek and don't want to inflict him any harm. He rarely uses any protective gear when working on bee hives.

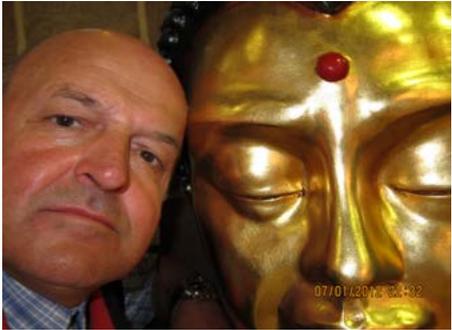




TRAVELS

Even his first serious trip to Kuwait and Qatar had a huge impact on Zbyszek's life (as mentioned in chapter 2). Visiting those places, thanks to observation and an inherent ability to link the facts and learn from them, helped him to come up with the idea of the three gestures, i.e. the method for a quick energy discharge. This idea came when he was observing praying Muslims, who get rid of negative energy by kneeling on the ground, touching the floor with hands and forehead.

Each consecutive travel: a little trip or more adventurous journey (but never extremely dangerous, as all travels should have a happy ending and safe home return to your loved ones) changes something in your life, adds something new. It teaches you or at least gives you new experiences and joy – and that is what matters.





GOOD FOOD AND WINE!

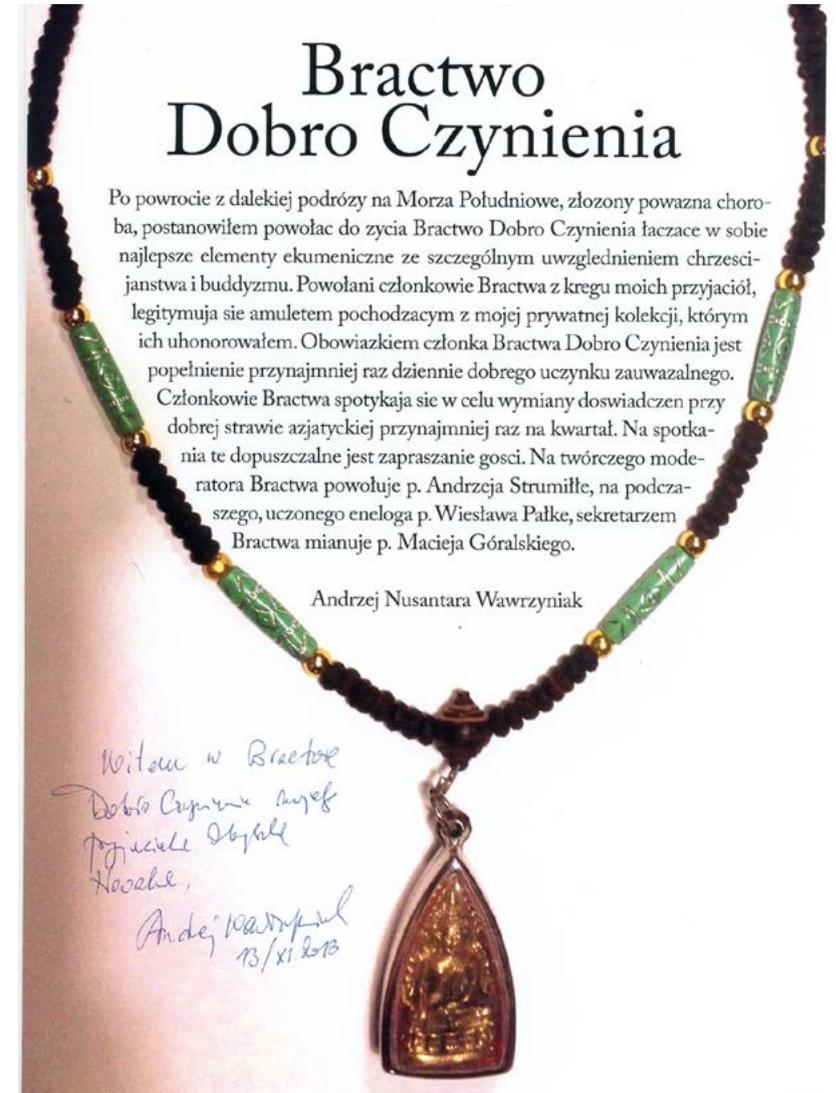


HEART – HEART METHOD I.E. HOW TO BE NOWAK’S AMBASADOUR

The Kindness Law – this term was invented by Zbyszek to explain the phenomenon of how any kind act towards people brings some reward. In some people’s company everything goes well.

For example Andrzej Wawrzyniak – a long standing manager of the Asia and Pacific Museum, author of exquisite collection of Far East in Warsaw and creator of the “Brotherhood of Good Deeds”, which Zbyszek is a member of.

“The responsibility of a member of the Brotherhood of Good Deeds is to commit at least once a day a noticeable good deed...”



Warszawa, 16 październik 1998

DZIESIĘĆ LAT OBECNOŚCI NAJŚWIĘTSZEJ MARYI PANNY NA ANTARKTYDZIE

„Pozostała wiara i cześć dla Najświętszej Maryi Panny,
na którym to fundamencie i reszta zbudowana być może.”
[H. Sienkiewicz]

Królowa Polski, Świata, naszego Kościoła, Matka Boska Fatimska, z Lourdes, Garadabal, Gwadelupy i wielu wielu innych miejsc, nasza Matka od dziesięciu lat ma swoje sanktuarium na Antarktydzie.

Często o Niej myślimy, jest z nami w chwilach smutku, zwątpienia i radości. Nasza Matka, Królowa, Przewodniczka prowadzi nas do swojego Syna, a On ustami siostry Faustyny mówi: „JEŻELI POLSKA BĘDZIE POSŁUSZNA MOJEJ WOLI WYWYŻSZEJ JA W SILE I POTĘDZE. Z NIEJ WYJDZIE ISKRA, KTÓRA PRZYGOTUJE ŚWIAT NA MOJE PONOWNE PRZYJŚCIE.”

Ojciec Święty Jan Paweł II głosi „Totus tuus” - cały twój, cały twój świat i każda jego cząstka oddana Tobie Matko, pod Twą obronę, ocaleje, powiedziałaś to w Fatimie i dlatego rozszerzamy Twoje posiadanie po krańce świata, aby on cały był Twój.

To dlatego my, Polacy, zanieśliśmy Twoją figurę na Antarktydę, abyś i ten kontynent ogarnęła swoją matczyną opieką. A dzisiaj w Lourdes, Fatimie i Polsce głosimy Twoją chwałę z okazji Twojego dziesięciolecia na śnieżnym kontynencie.

Lourdes 1998.10.17 i 18.
g. 9⁰⁰

Fatima 20.g.20⁰⁰ i 21.g.6³⁰



Jacek Kryst
(Trzynasta Wyprawa Antarktyczna)

Zbigniew Nowak

Gracjan Szwed
18.10.18
Pekoles

19-21/10/98
Gracjan Szwed

M. [Signature]

Father Leon Kantorski, long standing parish priest in Podkowa, was not only recommending Zbyszek to his friends who had any health problems, but also supported Zbyszek's many initiatives. On the tenth anniversary of arising the statue of Mother of God in Antarctica – he carried out a mass of gratitude in Lourdes and Fatima – it has been documented by many. He also bravely and publicly defended Zbyszek during the programme “Night Conversations” in 1999, which turned out to be a viciously staged programme to discredit Zbyszek in eyes of the audience.





Elżbieta Bakanowska was a loyal spokesperson of Zbyszek in the world of high society world. Thanks to her we started many interesting friendships while bringing help.



Waldemar Tewnell, is a very worldwide travelled person, who always invites Zbyszek to places where there are interesting developments and if there is somebody who needs a hand shake and thus an injection of energy on the global, shall we say, scale.



We would like to pass special thank you to Lucynka and Lech for yummy treats during our celebration, to Małgosia and Ryszard for a roof over our heads and to Teresa for the beautiful attire for Ola.

The list of friends is very long – it is located at the end of this album. We want to send many warm words to all of our guests of this memorable August evening. Zbyszek is surrounded by warm people, who are open, wise and tactful. We cannot convey our feelings towards you on an ordinary page, but we would like to at least assure you that we will always be very grateful for our friendship.

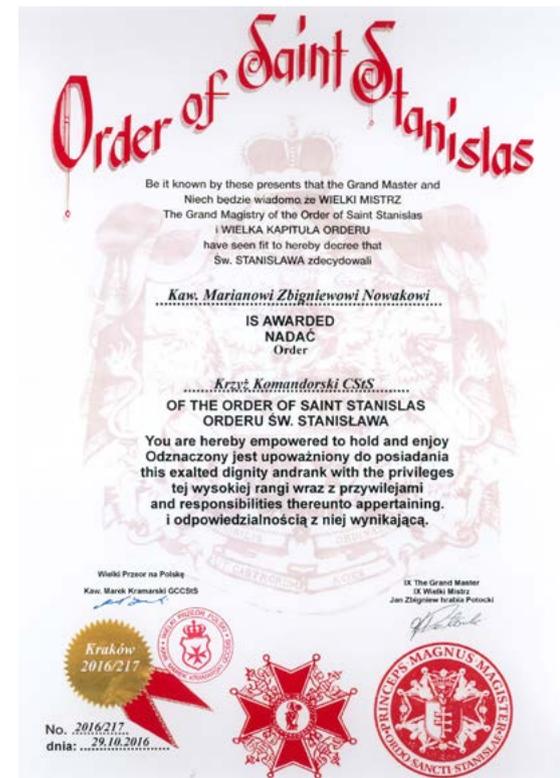
Ola and Zbyszek Nowak

ORDER OF SAINT STANISLAS



1st of October 2017. Investiture in Kamień Śląski. Knight Marian Zbigniew Nowak is being awarded the Great Cross of the First Class with the Golden Star and appointed The Prior of Warsaw of the Order of Saint Stanislas BM.

From the left: The Great Prior of Germany - Tadeusz Lison, IX Grand Master Senior - Jan Hrabia Potocki, X Grand Master - Marian Król, Grand Chancellor of the Order - Stefan Kukowski, Grand Chancellor of the Royal Order - Mirosław Mandryga.



THE WORLD ACADEMIC CONFERENCE „ABOUT THE MORAL ORDER OF POLAND” KAMIEN ŚLĄSKI - 29TH SEPTEMBER 2017

Developing creativity and effectiveness through energy path (parts of lecture)

Dear Ladies and Gentlemen!

We have gathered here – in this company, at this conference and in this room only because of one reason. We all want to do and spread good deeds. To do this we use our skills and capabilities. To some these could be their finances, to others their organisational skills. I serve the Order with what I know best, the energetotherapy support.

One does not have to understand the process of transmitting energy. It is enough to accept that it exists. With all due respect to all honourable members, I do not need, neither do you, faith or knowledge regarding the subject. The energy will flow regardless of your attitude. I don't mind scepticism or indifference.

You are here, which means that you have considered helping others, through harmonising and regulating their immaterial plans i.e. energising. I am sure I don't have to convince you that there is more to us than just our material shell.

Using energy to help people who are ill or have other various problems (as I have already said) is not easy to understand. Recently the science has moved forward and we can say that quantum physicists explained the process of transmitting energy, but we are still far from a simple and easy definition, there is still a bit of a wait.

Max Planck receiving in 1918 his Nobel Prize in physics said:

„ As a man who has devoted his whole life to the most clearheaded science, to the study of matter, I can tell you as a result of my research about the atoms this much: There is no matter as such! All matter originates and exists only by virtue of a force which brings the particles of an atom to vibration and holds this most minute solar system of the atom together. . . . We must assume behind this force the existence of a conscious and intelligent Spirit. This Spirit is the matrix of all matter”

John Wheeler, the American physicist, who won the Wolf's Prize for his input in physics albeit 20 years after his death, said that: “The Universe does not exist “out there”, independent of us. We are inescapably involved in bringing about that which appears to be happening. We are not only observers. We are participators.” We cannot imagine the universe where somewhere at some point of time the observer did not exist, as the main matter of the universe are the very acts of the observer – the participation. “Our observations might actually contribute to the creation of physical reality. We are not simply bystanders on a cosmic stage; we are shapers and creators living in a participatory universe” The mere observation of the surrounding world is impossible. We can never be only observers, as during our observations we make or modify the existing surroundings.

The Physics today teaches us, that we can only see 8 percent of existing radiation spectrum with our eyes, so if we limit ourselves to things which are visible, we don't see 92 percent of reality.

Therefore I propose to remain humble towards the phenomenon which we only just named and started to appreciate and which I felt from the very young age. The phenomenon which I, in my own way, have always researched, gathered material and within which I developed my skills to bring wellness to people.

To explain in the simplest terms, the energetotherapy is an art which tunes our material plan with our energetic plan (soul). It is a natural regulation and harmonisation, restoring our energy according to nature.

Many years ago I made a pact with myself that I will only bring help. I will never use my skills in bad, unethical and immoral tasks. Just one such single act would destroy everything I had done like the proverbial fly in the ointment.

In my eyes, what I am doing is clear, my gift and many years of experience give me conviction. Helping using energy flow is easy, the explaining it is more complicated.

The priceless aid in describing the effects of my work is provided by the people who have received my help. They describe their condition before and after my treatment, they gather medical tests.

I will try to show you in a nut shell what I (by using the energy) can do for a moral order in our country and to strengthen importance of portraying merits and values.

The society is simply a collection of individuals. I have been working with these individuals for over 30 years and I can say with confidence that I have touched over a million people. Thanks to this I had time to ponder and arrive at conclusions. One of which is the conviction that my actions apart from the impact on wellbeing of our body, has also a huge impact on our soul. My aim is to develop this soul, to awake the best abilities in each person.

The human organism under my influence starts to function correctly. The blood vessels widen, blood starts flowing freely, it rids itself of toxins and the brain receives more oxygen. Our intestine (our second brain) starts to function much more effectively. We notice increased creativity and effectiveness due to an active and oxidised brain. This is just one effect of contact with energy.

I observe with great satisfaction an increase of higher emotions in people I help. Independency, courage, tolerance, appreciation of beauty and the urge to care for it ... just to name a few.

Often after contact with me they feel the need to improve their family relations, or getting rid of bad habits.

Quite a normal reaction after increasing the level of energy is to reignite an interest in science and knowledge, ease of learning or urge to increase one's talents and passions.

This all happens through building an individual who in turn builds the society.

Just imagine what my contact with the decision makers, who are already socially developed and committed to work for others, could achieve! I could further develop their natural skills, provide additional energy to fight with obstacles, increase their effectiveness and scope of action.

Just like working with artists. It is such pleasure to co-operate with them, as the art builds the spirit .



Zbyszek Nowak

ZBYSZEK NOWAK
MY LIFE, MY PASSIONS, MY PATHS

Editor:

Aleksandra Krajewska-Nowak

Translated by Dorota Holmes

www.polishtranslations.info

Graphic design:

Godai Studio

www.godai.pl

Photos:

Jerzy Krug

Paweł Pestka

Family archive

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