

Yuri Optimist

WHY DOES TRANSURFING WORK?



...or How a Mathematician
Became an Esotericist

How to read this book

This book is unusual — not just because of its interactivity but because it invites you to play an interesting game with your consciousness. Using various perspectives, we will consider different concepts of the universe, gradually bringing them closer together and intertwining them. As we encounter different worldviews, we will try to determine the boundaries of the transition from one to another while attempting to remove the contradictions between them. Then, we will discuss different models of our world, space, and time at a level accessible to everyone.

Before we proceed, I'd like to share tips on how to make this reading comprehensible, regardless of your level of awareness.

First, I must explain this work's structure and logic. This book has nine chapters representing its key ideas. These chapters kickstarted my research on how people like you might relate to all these ideas. By playing with groups of two to five people (see **Appendix 1**), I learned what questions to ask the participants so they could come to the «necessary» conclusion on their own — without imposing or asserting anything, but rather by just encouraging them to think.

I invite you to reflect on the questions in each chapter before moving on to the next one. Not all the questions will have clear-cut answers, but this is okay. When you get to these questions, don't rush. Put the book aside — maybe for a day or even two — if you need to. Think each question over, and let it resonate within you. Then, when you continue reading, it will be much more interesting, as you can compare my answers with your own.

Toward the end of the chapter, after the “main question,” new material appears that is intended to lay the groundwork for the

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next chapter. I've tried to demonstrate various ideas by drawing inspiration from books and films.

I also share three specially designated **pre-readings** for which I've tried to find the most concise material online so you can familiarize yourself with the main concepts I will be discussing later. Without these preliminary readings, you will have trouble understanding what I am writing about. Therefore, these pre-readings (and only these) are essential before starting the corresponding chapter, especially if you haven't studied the original authors' works. Please don't put these pre-readings off until later.

If you are listening to the audiobook version, please note that this format does not allow me to conveniently share links to websites. With this in mind, I have tried to give you all the information you need to find these materials through Google. You can also access the online resources through my website <https://optimist.expert/en/> [1].



Yuri Optimist's official website

Second, in separate frame inserts, I describe my dreams that relate to the topic discussed in that chapter.

Then, you might ask: "What do dreams have to do with it?" You will come to understand as we explore each topic in this book.

Although it took me about 15 months to write this book. The hours I spent working on this book were exhilarating — a time of joy, creativity, and inspiration. Some nights, I stayed up until 3:00 or 4:00 a.m. because I didn't want to sleep; I was riding high and couldn't stop my thoughts. Sometimes, I would sit in front of the keyboard with one idea, and an hour later, I would be writing about

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things I hadn't even considered before. Have you ever felt the same way?

Consequently, my mind became so charged with ideas that I often dreamed about the topics I was thinking about. Upon awakening, I recorded them and then transcribed the recordings later. These dreams, of which there are three dozens, now serve as verbal illustrations for this material.

When I describe my dreams in this book, I specify whether they were lucid dreams. I will explain the reason for this in more detail later.

Finally, in the "Conclusion," I elaborate on the kind of world and society I want to live in, with this book being my humble contribution to making my dream come true.

In **Appendix 2**, you will find a list of links to the Internet resources and materials I mention throughout the book.

In sum, this book describes my journey to a new world while sharing significant personal details. As you read, you will see how my perspective changed, what questions I started with, and where I ended up. If it seems that I'm bragging a little bit, well, that may be true because I consider everything I share here to be extraordinary. So, I invite you to join me on this journey and experience the joy of discovery with me.

Preface

Everything I write, consider, analyze, propose, or criticize here describes only theoretically possible models of the world order. The text deals with how the organization of our shared reality could be.

The content is not so much about planet Earth as it is about the structure of reality and causal aspects.

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So, let's discuss the "utility model." I intend to build useful models in this book. Given that these two words — "useful" and "model" — are critical to this work, let's unpack them. First, a "model" is a simplified description of something (according to the dictionary, it is "a simplified representation of a real device and/or processes and phenomena occurring in it"). Meanwhile, "useful" means beneficial for understanding the material, for **prioritizing the expenditure of my/your time**, or simply for me personally if this model helps **to eliminate unnecessary thoughts**.

Let me explain further. If I say that, in a new model of the world, "the Earth is shaped like a suitcase," it doesn't mean that it actually is a suitcase or that it physically has that shape. However, if this model helps me to better predict the fuel consumption needed for a plane to fly from point A to point B, then I will regard the Earth as a suitcase.

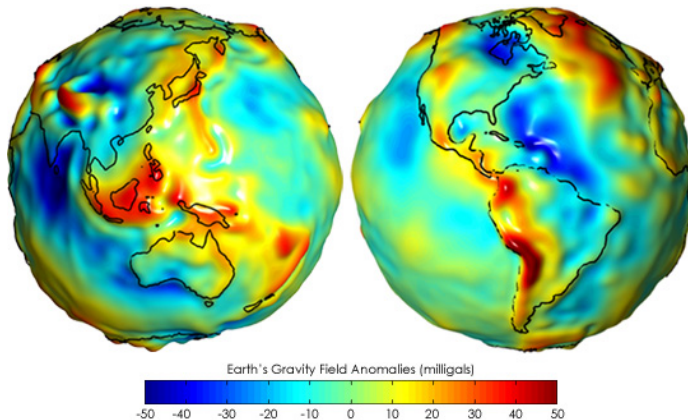


Figure 1. The geoid — A model of Earth that accounts for gravitational anomalies.

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I have always been excited and overwhelmed by the feeling of delight from something new, and I have always found it rewarding to see that same excitement in my friends' eyes. Moreover, inspiring awe or surprise in those who have known me for a long time — **offering them** a strong emotion or **something original** and unexpected — is much more challenging than doing the same with a stranger or an acquaintance. I have dedicated considerable time exploring such situations and models, which I would like to share with you.

My favorite way of feeding the mind with original thoughts is by telling stories about how our world works. I often start my explanations by saying, "Imagine a situation where..." because I want to keep someone not only engaged but in a comfortable environment as well.

Even in this case, some people say, "You're just messing with my head." That's a normal defensive response, and there's no point in trying to change these people's minds. Not everyone is ready to hear revolutionary ideas, but I seek out those who are — the bold and the daring. I seek people like you — who are interesting to hang out with, make friends with, work with, and build something new with.

I may look like a dreamer with my head in the clouds, but I see myself as a pragmatist. Although the models of the universe are indeed theoretical, I do not study them just for fun, although I do find them fascinating. I study them for my own benefit. "Benefit," in this context, should be understood broadly — it refers not exclusively to material goods or working/living conditions but also to support from others, a positive mindset during tough times, and clarity in making difficult decisions. For me, "benefit" means finding ways to change myself for the better with minimal effort or, at least,

without overworking. It's a serious bid to win, isn't it? Let's figure it out.

These days, it's unfashionable to say this, but I have never been a believer. This mindset is influenced by my childhood in the USSR and my secular education. I think Richard Dawkins' book, *The God Delusion*, is brilliant. Dawkins provides a deep analysis of the reasons behind people's religiosity. I used to feel shy about saying I'm an atheist — or, more accurately, a non-religious person. However, since reading Dawkins, I no longer feel that way.

Faith helps people set aside the torturous pursuit of truth to concentrate on worldly affairs. This focus is very convenient for most people, but I find such a "simple solution" completely unsatisfactory (additional arguments can be found in David Deutsch's book, *The Beginning of Infinity*).

Unlike others, I strive to understand why our world is the way it is. I don't rule out the possibility that this might lead to a substitution of concepts, wherein one belief (or lack thereof) could be replaced by another, helping me to make decisions in difficult situations and stay on course.

I once asked someone, "If you were the all-powerful God, what would you do?" I received a response along the lines of, "God's ways are unfathomable," suggesting that they wouldn't even attempt to imagine being the all-powerful God. This stance is very common among believers. They are convinced that the Creator's intentions and motives are incomprehensible, so they don't even try to understand them.

In contrast, I'm fascinated by the idea of putting myself in the shoes of the Creator, considering his abilities and the challenges he faces, and pondering how I might address them. Let the fantasy dance. It's so intriguing, isn't it?

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Chapter 0

What is the difference between science and esotericism? (#1)

I've always been skeptical about fortune tellers, astrologers, and magical rituals. Anything is possible in the future, but as I write these words, I can't say that much has changed. I'm talking about the real world here — the one we call "reality."

What exactly is reality? How do dreams differ from wakefulness, and how can you verify that you're not dreaming? How many levels of reality or awareness can exist? Are there any distinct levels at all? Can you jump from level N to level N+1, or are we dealing with a continuous continuum? We'll come back to some of these questions later.

For now, we'll discuss something quite different. I'm a person of science, a diplomaed mathematician, a PhD in technical sciences, and so on. Even now, when discussing this with people who have known me for a long time, I immediately provide a disclaimer about astrologers and the like. So, what exactly does it mean to be scientific?

Philosopher Karl Popper formulated the criterion of scientificness: if you can design (describe or organize) an experiment that could disprove your theory, then such theory can be considered scientific. It's not important whether you can conduct that experiment right away; what matters is that you can envision it, which means it exists. If neither the theory author nor a critic can propose such an experiment, even in theory, then the theory is not scientific.

Let's delve into a few examples. Starting with the obvious, "the existence of God" is not a scientific theory, and neither are

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astrological predictions. Scientific examples are easier to imagine. In school, we were taught to design and conduct experiments with a key concept: “reproducibility of results.”

What about probabilistic models? For example, “There’s some probability that while I’m on my way to the store, a black cat will cross my path. I’m sure of it.”

Confident with some probability? What kind of confidence is that? Of course, such a probability exists, of which I am certain. However, I can’t be sure that a cat will definitely appear. I also can’t guarantee that if I go to the store 10 times, I’ll see a cat at least once, even if one crossed my path during my past three visits.

There are many books on self-development or “self-help,” as it’s often called, and I thoroughly enjoy reading them. These books include *How to get things done in N days*, *How to improve life and get rid of the problems*, *Hacking the system*, *How to become healthier and richer*, and so on. These books systematize the life experiences of many people through the lens of their author’s methodology. They provide examples of how a certain approach helped the author in various situations. Some tips are obvious and easy to implement: keep a success journal, analyze everything you’ve done and the effects it had, create a plan for tomorrow, and note what you accomplished and how.

Other books emphasize the value of a positive attitude and optimism, which is understandable — a pessimist won’t start anything new and won’t even try. Authors often provide statistics showing that optimists live longer, get sick less often, and are generally happier than the average person (for example, see Goleman’s *Emotional Intelligence*). The glass is half full, right?

Sometimes, these books include physical exercises that improve readers’ well-being. The authors advise readers not to

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stress, as stress is harmful, confirming it with statistics, references to articles, and various studies conducted by British researchers, the American Institute of Public Opinion, and so on.

Such works are undoubtedly scientific enough, although some readers might lazily skip doing the exercises or avoid keeping a journal. Nevertheless, people do find some value in these books.

During a professional conference for IT specialists, I visited the booths of “Alpina Publisher” and “MIF,” publishing companies considered to be pretty good as they meticulously choose what they publish. They have published the kinds of books I have been discussing here, including bestsellers. The authors of these books strongly recommend meditation for stress relief. I personally was prescribed meditation by an endocrinologist to lower my cortisol level. Thus, the benefits of meditation can be considered a scientific recommendation for improving sleep and other conditions.

Another time, I visited the “House of Technical Book” in Moscow. Some of “Alpina’s” books were placed next to the books about the “power of the subconscious” and how positive thinking changes lives. Then, I saw *You Are the Placebo: Making Your Mind Matter* by Joe Dispenza, who describes the placebo effect scientifically; after all, placebo-controlled studies are very common in scientific literature. The author intersperses the text with references to research and emphasizes that your health can be improved by visualizing yourself as healthy during meditation. How curious — autosuggestion that works! Dispenza provides examples of miraculous healings that science cannot yet explain — and he’s not the only author who has presented such examples.

We often wonder about the body’s hidden reserves. For instance, the abilities of Indian yogis can be quite surprising.

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However, Dispenza claims that you can test your own healing capabilities. Is mistrust slipping through? Is there an alarm bell? Ding-ding! Something may be wrong here.

It is hard to believe that a broken spine can be healed without a doctor. I checked the online reviews for these books and found both good and not-so-good ones (although the positive reviews outnumber the negative ones). However, remember that reviews can be manipulated. It's much harder to fake a print run of a book (you can't just repurchase a copy from yourself). Fake reviews cannot boost the sales of a poorly written book. However, if I keep speculating about manipulated reviews and print runs, I might end up sounding like a conspiracy theorist myself.

Why are the reviews so contradictory? Why do some readers praise the authors and express their gratitude, whereas others criticize and doubt what is being said? Think about it.

Imagine we're walking along the shelves of the "House of Technical Book" on Leninsky Avenue in Moscow. We see books where familiar methods — specifically, positive affirmations in a state close to meditation — are lauded for their ability to improve people's health (as described in Dispenza's works), as well as all other aspects of their lives, including personal success, business, and so on. Of course, keeping a journal and repeating what kind of person you want to become (affirmations) a couple dozen times a day will enhance the effect. That's roughly how I became acquainted with transurfing.

So, if the placebo effect is scientific, then what's wrong with affirmations? The methods are pretty much the same, but somehow, the scientific validity seems to fade. Meanwhile, there's nothing stopping you from trying these life-improvement techniques yourself.

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Someone might take a chance and see positive life changes, whereas others won't see any results. Is there any secret, or is this similar to the cat scenario — a “probabilistic” situation that sometimes works and sometimes doesn't?

The placebo effect doesn't work 100% of the time either; it simply boosts the chances of recovery. Neither you nor I may have complete confidence in these methods, but they seem to be just as scientific as the placebo effect. We shall continue this discussion later.

About lucid dreaming and awareness

Lucid dreaming is characterized by an awareness that you're dreaming while actively participating in the dream rather than simply watching the events unfold. Not everyone experiences this state, but it's not uncommon either. Typically, once a person realizes they're dreaming, they wake up soon after. Specific training techniques for prolonging this state without waking up have been developed. Also, there are plenty of resources online about this topic. I recommend the book *Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation* by Alan Wallace and the 2001 film *Waking Life*.

At the time of writing this book, I am an enthusiast, rather than a professional, in the field of lucid dreaming. It might be more accurate to say that I'm a self-taught hobbyist, and I haven't read the works of Michael Raduga or other authors. Prior to my experience of lucid dreams described here, I hadn't read online forums or joined communities on platforms like “Reddit”, nor did I study any special techniques to achieve lucidity in a dream.

My journey as an enthusiast arose from my desire to explore myself and from my love of the discovery process. It's satisfying

to solve a task on your own rather than finding the answer in a manual; that is why I wanted to forge my own path. Consequently, I shaped my dreams, not based on others' experiences but on the books and materials I read, authored by David Deutsch, Michael Newton, and Vadim Zeland. I also drew inspiration from science fiction and fantasy books, as well as films and series I enjoyed, featuring themes like virtual reality, artificial intelligence (AI), and time travel.

When I decide to write a second, I may refine this material. I will also study sources to enrich my understanding of lucid dreaming and gain practical experience. However, that will be a different book for a more prepared reader. For now, enjoy acquiring more knowledge as a beginner; you can see and follow how I walked this path.

If you can't remember having a lucid dream, it's likely that you've never had one, as people tend to remember these vivid experiences for the rest of their lives. Sometimes, just reading a book or discussing lucid dreaming with friends can trigger one. That's how our brain works — while sleeping, it processes events from past experiences (along with worries, anxieties, and fears). Amazing, isn't it?

For me, lucid dreaming is a free and safe laboratory where I can “create whatever I want,” literally. For example, I might find myself in a world governed by different laws or where my abilities transcend the ordinary. Often, after watching a film or series, I dream of being the main character, possessing the same abilities and solving the same problems. In subsequent chapters, I'll share such dreams as they relate to the topic at hand.

My lucid dreams will appear as indented sections in the text. Their subheadings will be marked “phase” and highlighted with a colored background.

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“Phase” refers to a general state of consciousness that includes lucid dreams, out-of-body experiences, and similar phenomena. Although during the period described in this book I practiced only lucid dreaming, I use the term “phase” to gradually introduce the reader to the broader terminology.

My first time (Lucid dream) – phase

When I was in a kindergarten nursery group (I was three and a half years old), a large tree spread its branches outside our second-floor classroom’s window. I dreamed that I climbed out the window onto the branches, fell, and landed on the ground. I woke up just before hitting the ground. I felt shock and fear — I remember the dream in detail (the yellow walls of the room, the tree, the branches, the fall, the asphalt, and the fear).

I had the same dream years later. Again, I woke up just before hitting the ground. It struck me that I had exactly the same dream; I didn’t know that could happen!

The third time I had this dream was when I was in elementary school. Something clicked in my head, and I realized the same dream can’t be repeated. After getting onto the tree branches, I miraculously recognized that it was a dream just a second before falling. That meant I couldn’t get hurt. In the end, I did fall, but I just got up, brushed myself off, and walked away. I was about 8 or 9 years old when I had this lucid dream — my first one!

At the time, I was fascinated by it. I felt I had “defeated” reality. I was able to do something that wasn’t possible in normal life! Back then, I didn’t think much of it, and there was no one to discuss the dream with. I might have told my mom or someone else, but it didn’t spark much interest; it was just a fun story. The next lucid dream I can remember didn’t happen until I was in university.

Awareness in a dream usually comes when the events are too impossible to be real but not nightmarish enough to wake you up. Critical awareness is dulled in a dream; it’s like watching a movie that you’re in. Here’s a good tip to remember: When wanting to practice lucid dreaming, it’s recommended to frequently ask yourself while awake, “Am I dreaming?” In this way, this question would arise more often in your dreams as well.

An iPhone cut in half (10/26/2021) – phase

I was observing a mobile phone that’s been cut in half, seeing all its internal components and details on the cross-section while the screen was continuously playing a video. After a few seconds of amazement, I realized this was impossible, and I became aware that I was dreaming.

In the dream, I had a desire to explain to my friend that he was in my dream and that I was dreaming of him (I had done this a few times before in other dreams). However, I got distracted and decided to try something else — “taking control of the consciousness,” which is when you tell a dream character what to do, and they usually comply.

In the end, I became engrossed in what was happening. I forgot this was a lucid dream and lost my

awareness. After a while, I woke up, somewhat regretting that I'd missed an amazing opportunity to experiment with this new space. At that time, lucid dreams were still elusive to me, and I could not predict when they would occur. However, I later learned how to enter lucid dreams on a chosen night with over 80% success, which I may write about in my second book. Does that sound interesting to you? For now, I recommend Michael Raduga book "The Phase: Shattering the Illusion of Reality".

There is special equipment available for initiating lucid dreams, helping dreamers become aware in their dreams. I bought a Remeo sleep mask, and although I never got around to setting it up, I later discovered that the body quickly adapts to such "simple" masks and stops responding to its signals. At the time of this book's publication, the most recommended high-tech mask is the "[LucidMe](#)" from developers under the leadership of Michael Raduga [2]. However, remember that it only works effectively when combined with special techniques, which you must learn on your own. Fortunately, free training materials are included with the mask upon purchase.

Now, let's talk about Buddhism. Buddhism distinguishes many levels of awareness and sleep states, with our ordinary reality also considered a form of dreaming. In other words, while living our everyday lives, we are somewhat asleep, acting on autopilot. We sleep most deeply during moments of anger (affective states) or when grief-stricken. When you take your usual route to the store and buy common goods, you're actually sleeping a bit.

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Maintaining a state of awareness (also known as a state of presence) is difficult. Even in a lucid dream, you can easily forget you are dreaming and slip back into an ordinary dream. Avoiding distraction requires concentration of attention.

***I turned around and looked at my palms (07/14/2021) –
phase***

I had another lucid dream. I was starting to wake up, but I wanted to stay in the dream. I remembered two techniques I read about in Alan Wallace's book «Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation».

These techniques should be used in a dream if you feel you're starting to wake up:

1. Look at your palms.
2. Spin around a few times.

Both methods worked when I applied them. Unfortunately, they only worked for a short time (perhaps I need more practice). After that, you either start waking up or fall back asleep.

Osho writes about awareness in life as follows: start your practice with small steps — reach for a cup of tea with a clear thought, “I am reaching for the cup.” Then, place it down similarly. You need to feel and be aware of everything that's happening to you at that moment, why you're doing it, and how it's happening. That's exactly what I did.

Vadim Zeland (the author of a series of books on transurfing) suggests a similar approach to enhance awareness: say, “I am reaching out and taking this cup,” or “I’m about to open the door and walk into the room.” Then, open the door and enter.

I’d like to add that **my state of awareness in life is very similar to my state in a lucid dream**. In a dream, I look at the walls and surrounding objects and can almost “feel” the entire space around me. The walls seem to “breathe.” I’d say these states are so similar that now, when I “enter a state of presence,” I recall my sensations in the lucid dream. Doing this makes the process easier, simpler, and faster.

The easiest way to recognize yourself in a dream is to ask yourself, “Am I dreaming?” However, the hardest part is to think about this while you’re dreaming. As I shared earlier, critical consciousness is dulled in a dream. Research shows that the areas of the brain responsible for critical thinking are much less active during sleep than while a person is awake (see *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science* by Norman Doidge).

Consequently, even during the most outrageous events in a dream, the dreamer doesn’t usually wonder if they are dreaming.

Other non-lucid dreams are marked with a dashed border.

Kamchatka, Africa, and Cousteau (08/08/2022)

I dreamed that I’ve just flown to Kamchatka for a vacation. I told my guides that it would be great to go diving in the warm southern seas. They replied, “Yes, we can arrange that.” I asked, “Can Jacques-Yves Cousteau give me a personal underwater tour?” They answered, “No problem.” So, that day, I flew from Kamchatka to the

west coast of Africa on a charter flight just for our group (Cousteau passed away in 1997, but I wasn't thinking about that in the dream).

Then, we were in an amazing water park, tubing down the slides as if they were streams. However, on our way to the shore, where Jacques-Yves Cousteau was waiting for us, my two friends and I got separated from the group. We quickly found the main group; they have already dived into the clear waters of the Atlantic and watched various fish and marine landscapes. Cousteau was with them (I didn't see him but was confident he was there).

So, while we were sitting in a gazebo, I said, "Guys, isn't it amazing that we flew from Kamchatka to the shores of Africa on a charter flight booked just for us (on the same day), and now, Cousteau — who invented the scuba gear — is personally giving us a dive? Isn't it like a fairy tale? So cool that this could be a dream."

Then, I continued, "Imagine, everything around us could be our shared dream. We could all be sleeping and experiencing a collective dream."

In response, I heard laughter and teasing remarks like, "Stop talking nonsense."

The dream lasted a little longer, then I woke up. I still hadn't realized I was dreaming, although I was close to doing so.

You see, I could have told them, "Maybe you're the ones dreaming about me." Yet, I didn't even think to check whether I was awake...

THE END OF THE SAMPLE

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