

Using Altered States of Consciousness to reduce the effects of daily stress

Usando los Estados Alterados de Consciencia
para reducir los efectos del estrés

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Abstract

The stressful conditions of daily life create cumulative disorders that may push human beings beyond their limits of normality and objective reality. As the affected person deviates from her ideal norm, the resulting sense of scarcity and unfulfilment may interfere with her inner ability to harmoniously function. The application and implementation of specific techniques of altered states of consciousness can re-activate this normal or inner harmonious ability or state.

The effects of altered states of consciousness techniques upon the subjects' perceptions of power of concentration, lust for life, frustration and tolerance levels, and self-acceptance are presented. Two measurement strategies were employed: a subjective method based on a questionnaire, and an objective method based on electroencephalographic measurement. The subjects' post-treatment results indicated rebalancing, improved vitality, and increased flexible and realistic thinking, thereby confirming the non-entropic capacity of these techniques.

Keywords: Stress, Normality, Electroencephalography, Altered States of Consciousness

Resumen

Las condiciones estresantes de la vida diaria crean acumulativos desórdenes que pueden llevar al ser humano más allá de sus límites de normalidad y realidad objetiva. La persona entonces se desvía de la normalidad, hacia la deficiencia y el vacío existencial llegando a verse interferida su habilidad y funcionamiento habituales. La aplicación e integración de técnicas específicas que trabajan con estados alterados de consciencia pueden reactivar el estado armonioso natural de la persona.

Se presentan los efectos producidos por éstas técnicas, en cuanto a los niveles de percepción del estado de concentración, ganas de vivir, frustración y tolerancia, así como autoaceptación. Para ello fueron empleadas dos estrategias de medición: un método subjetivo basado en un cuestionario y un método objetivo basado en la medición electroencefalográfica. Los resultados de los sujetos tras el tratamiento mostraron reequilibrio, revitalización e incremento de pensamiento flexible y realista. Por lo tanto, se confirman las capacidades no-entrópicas de las técnicas utilizadas.

Plabras clave: Estrés, Normalidad, Electroencefalografía, Estados Alterados de Consciencia

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Normality as a state of mental health

Normality in social life appears to be a comprehensive and complex outcome of multiple parameters. These parameters exist in a dynamic equilibrium that is untouched in its history and projected upon the genetic model of individual existence, both functionally and morphologically. Removing the perception of normality may create a feeling of deficit or unfulfillment in the person. Failure to recreate harmony may manifest in feelings of disorganization or personal dissolution. When an individual experiences decreased powers of concentration and appetite for life, her inner calm is taxed.

Although abnormality is viewed as a deviation from the average or normal, it is not always coorelated with pathology. Delay and Pichot (1975) consider abnormality as a deviation from qualitative and functional values in the overall significance of the human model. Abnormality can be also be viewed as a transition phase between the normal and pathological models and represents a continuity between these two terms.

Research in the fields of medicine, biochemistry and neurophysiology have concluded that when survival or safety is threatened, living things exhibit a similar reaction: showing aggression in order to escape or to overcome the danger. Avoidance of dangerous or unsafe situations is also seen. Aggression or flight reaction corresponds with what is known as a stress reaction. The Canadian Dr. Hans Selye (1955) originally introduced the term stress reaction. Stress is a term that may be overused, but in contemporary societies, stress and conflict often accompany human activity. Stress is defined as any factor or combination of factors that cause an abnormal reaction in the physical body. The stimulus or situation is subjectively experienced and perceived, then evaluated and interpreted by the individual as tension, discomfort or anxiety. This perception operates with two unique types of stress: “*distress*” where the individual’s critical needs are unmet and the painful zones of the limbic portion of the brain stimulated, and “*eustress*” where the vital needs are met, and the pleasure zones of the limbic system are stimulated. Stress is the body's nonspecific response to requests that are beyond its adaptive capacity and typically occurs when its existence is threatened on the physical, emotional and spiritual levels. In these situations the body seeks to maintain biological homeostasis or normality at any cost. An imminent danger instantly triggers a state of distress. The distress of today may also be psychological in nature. Multiple stressful factors in the dimensions of physical, emotional, cognitive, behavioral, and interpersonal relationships may produce unpleasant side effects.

Electronography as a method of analyzing the human being

The anthropologist Cornelia Guja (1993), Manager of the Anthropology Institute of the Romanian Academy, defined Electronography (EnG) as a technique that delivers a high voltage bio-electro-fluorescent current (tens of kilaVolts) between a plain electrode and a body sitting on thae electrode, causing the layer of air between the two surfaces to become electrified. A radiological film is the placed on the plain electrode, where it becomes a "photosensitive witness" in the electronographic phenomenon.

The goal of this study is to increase the information, images, and knowledge of the EnG through a dynamic exploration of involved phenomena. Guja further stresses the importance of the electonographic analysis and the steps of the experiment: Identifying the types of streamers (lighted discharges that have the shape of a tree) that occur electronographically confirms an ‘electromagnetic conformed space’ in the gravitational field with a bio-generative interface. The electromagnetic phenomen is not an epiphenomenon or an additional effect that occurs as a result of the bio-chemical phenomena, but it appears in specific and quasi-independent ways (not always connected to the biochemical one to which is associated). This situation occurs when trying to interpret some of the EnG images corresponding to the sensations of relaxation or stress (Guja, 1993).

It is well known that living organisms are open, cybernetic, and adaptive systems that communicate information and self-regulate through the use biochemical phenomena. The transient

electromagnetic phenomena of fast downloads, variability, and pulses are other types of variability that may be observed.

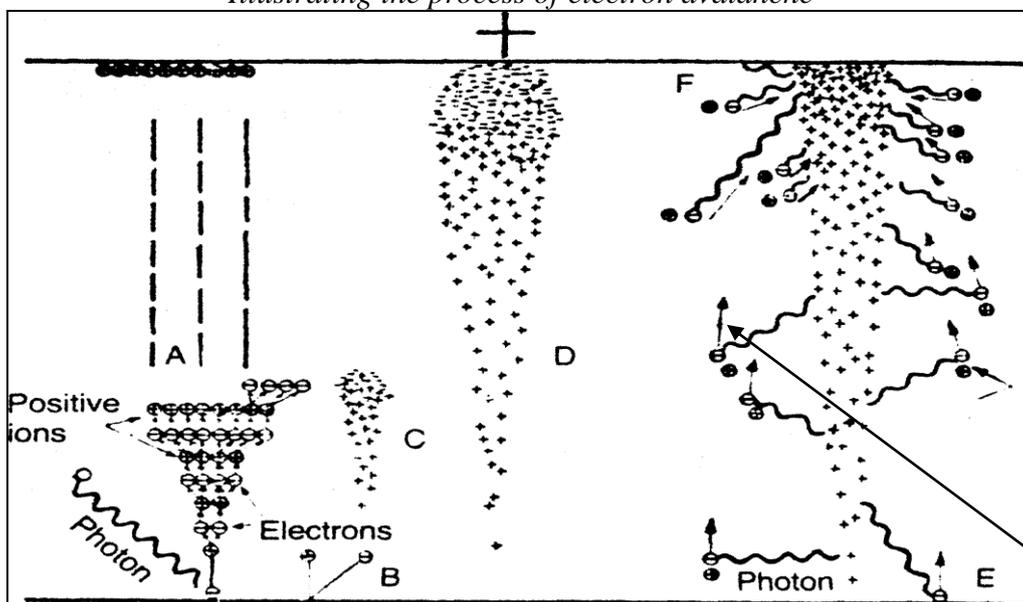
General Principles of the Electronographic Method

Dumitrescu (1979) described a Romanian method of Electronography where the images were produced by the body's electrical characteristics. His research revealed that the body and its surrounding area contain electric fields. The human body as an inhomogeneous volume conductor that is non-uniform and anisotropic was found to possess a variable spatial geometry and significant temporal variations of its parameters which directly related to its functionality.

A proximal electrical environment exists close to the physical body and contains ionized gases. These gases are produced by the changes in organic electrolytes and ions above the transcutaneous skin layer, producing a high degree of electrical conductivity. The evaporation of perspiration also contributes to the polymorphic and partially ionized environment located near the skin's surface. This gaseous shell is also described by some authors as a quantum field with redistributive effects that create the lines of a Lorentz force, an force that is connected to the charged particles influencing an active field. The uneven distribution of the electromagnetic fields around the body surface results in unique electromagnetic effects and also determines the movement of the particles in this proximal electrical environment. The distribution of the electrons on the body's surface additionally influences the shapes of the streamers that are produced.

The theory of streamers refers to the effect of light or bio-electro-luminescence and the emission of photons that are produced in the gaseous environment between the two electrodes. The first experiments with the effects of light produced by high-voltage discharges were made by Loeb and Meeck (1941) and further developed by Loeb (1965). See Diagram 1.

Diagram 1
Illustrating the process of electron avalanche



*Pairs of ions,
Photoionisation*

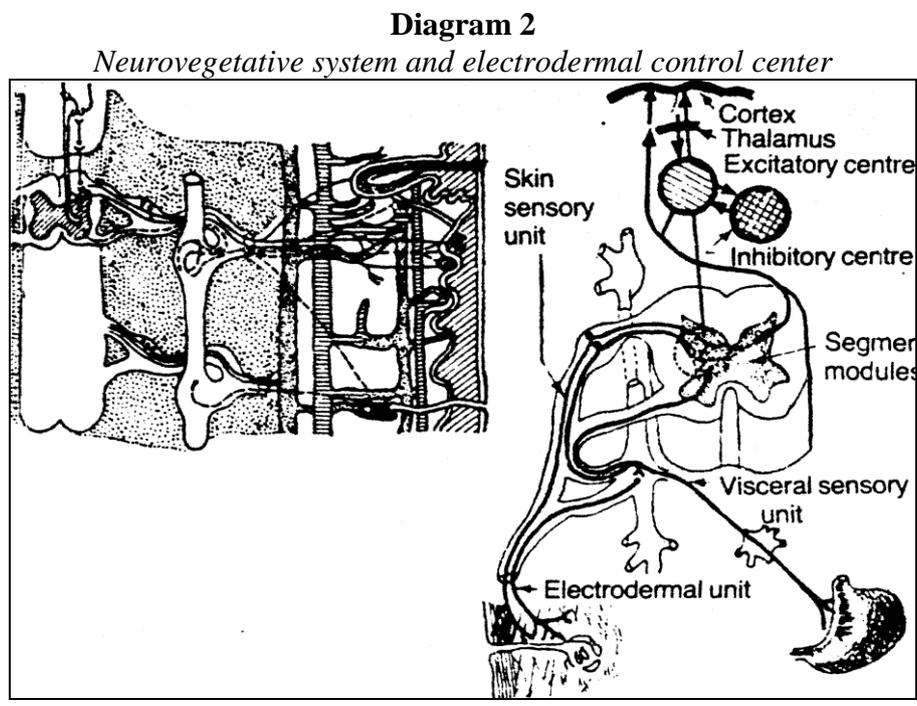
(Dumitrescu,1983, p.98)

The ionized molecules, atoms, and electrons take part in the photo-ionization process. The photo-electrons created around the positive ion channel in the vicinity of the anode have a targeted and

accelerated action that results in a visible trajectory due to the slow recombination of electrons. The action of the electrons establishes a tree-shaped luminous discharge which form the streamers, is manifested in parallel with the field lines, and produces a strong illumination that can be recorded and subsequently analyzed.

An electrographic method was employed where the tree-shaped structures created by the electrochemical effects were clearly impressive and could be recorded on photographic X-ray film. The variation of skin impedance is partly due to the secretions of the sweat glands. These glands are controlled by the autonomic nervous system and vary the amount of water and the electrolytes found on the skin's surface. Changes in the electrical resistance of the skin are also due to the slight depolarization that is produced by the sympathetic nervous fibers in the dermal-epidermal membrane. These changes produce a dynamic mosaic with differenting electrical impedances due to a neurovegetative activity which is in permanent fluctuation.

Mental activity produces a major influence on the autonomic nervous system. Sudden changes in the skin's resistance and electrodermal reflexes may be triggered by various mental or psychogenic factors. These electrodermal activity changes take place between the participating components synergistically and synchronously, causing changes in well-defined anatomical areas. See Diagram 2.

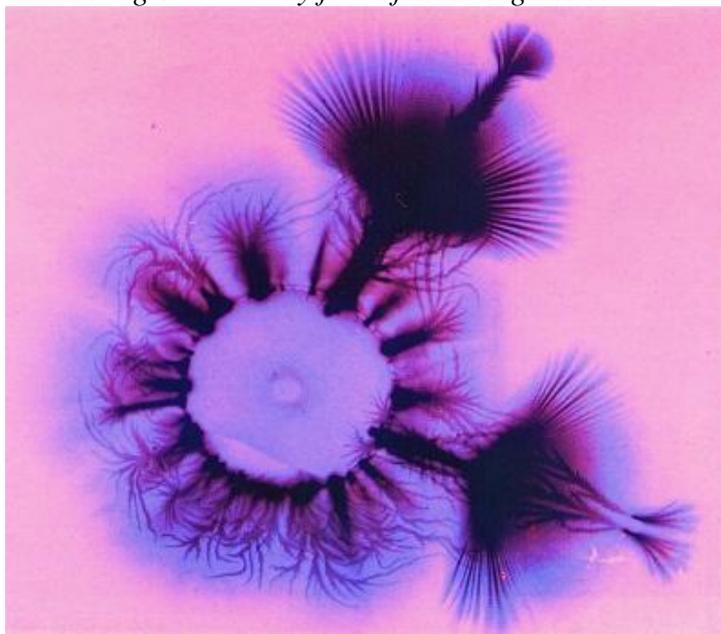


(Dumitrescu, 1983, p.130)

The distribution is limited to those areas characteristic of electrically sensitive psychogenic activity. These areas manifest with a rapidly acting sympathetic tone that is activated by the electrodermal reflexes and are present on the face and the ventral aspect of the palms. This electrodermal reflex mechanism has been previously studied and has highlighted the influence of mid-brain structures and other parts of the reticular formation and cortical vegetative areas in these autonomic reflexes. See Fig. 1.

Figure 1

EG Picture cathodic increased 6 times: a drop of water directly on the rim, resting on an X-ray film of electro-glass screen.

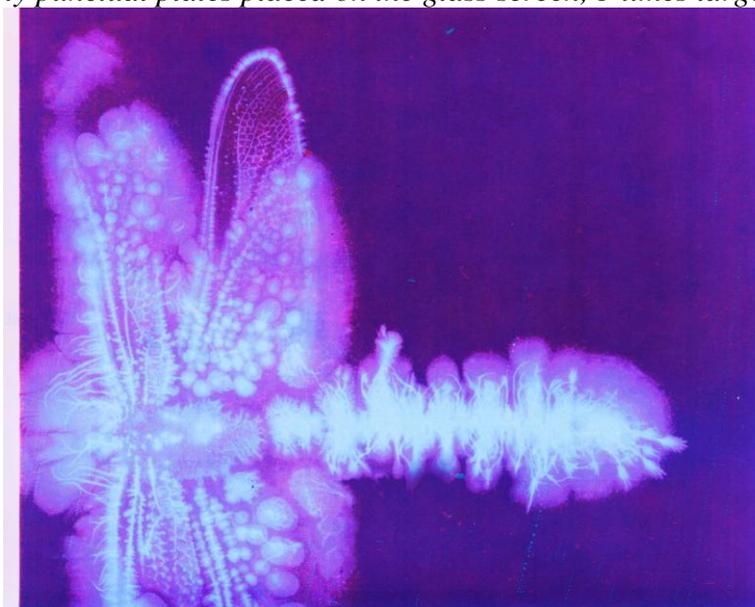


(Guja & Iliescu, 2001, p.16)

The quantitative ratio between electric charges at a characterized time in the studied interface can be measured and shows electric stress in the environment. See Figure 2.

Figure 2

EG Picture of a cathodic electrode obtained by positioning the head of a dragonfly punctual plates placed on the glass screen, 5 times larger image.



(Guja & Iliescu, 2001, p.21)

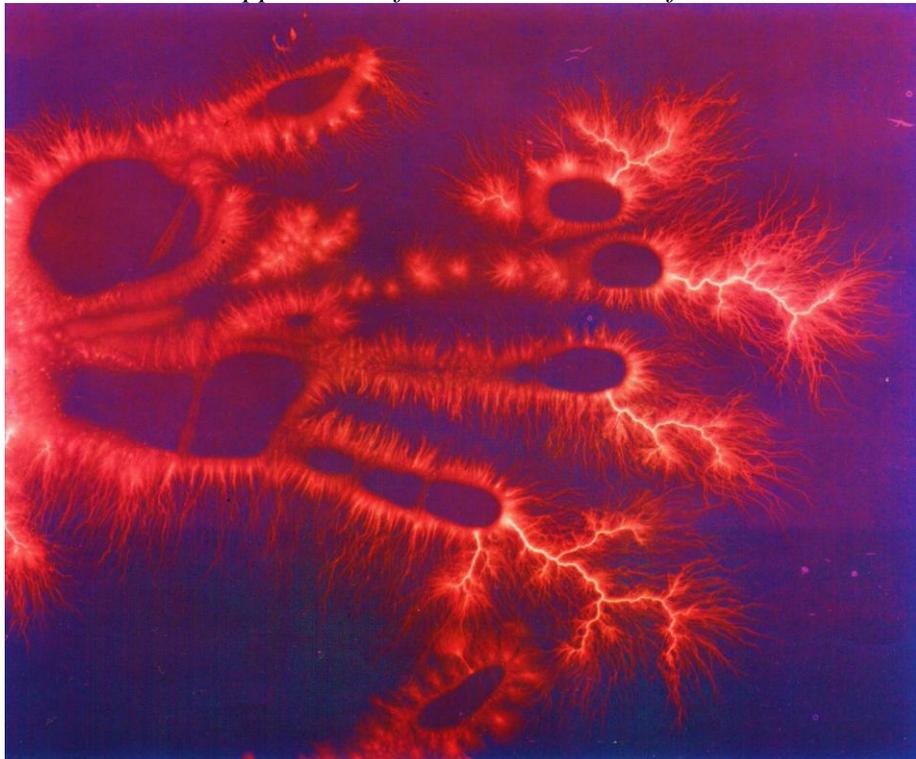
This inquiry was based on the knowledge that emotions and feelings, regardless of their biological, psychological or socio-cultural motivations, can modify the physiological parameters of the body, sometimes in a spectacular way. In order to read the images Eng (Eng screening) and decipher the meaning of the architectural forms recorded on a photosensitive X-ray film, we used a global interpretative model. Electronography demonstrates the changing internal state of the body that can be seen even at a distance by the modifications of the discharge or streamers' shape. This suggests a relationship between the internal condition of the body and the external space.

Differentiation in the image sequence is seen in the streamers' types and architecture and the evolution in time of the EnG results. One series of images explored variations of the EnG over time, which demonstrated a close relationship to the condition of the body. The main criteria for the analysis of the fingerprint images in bioelectromagnetic pairs were the studies of left-right symmetry or asymmetry and a streamlined analysis of the homogeneity of the shape and surface of the subjects' palms. Using these two criteria, the subjects were evaluated under the treatment of altered states of consciousness.

The electronographic exploration offers an unique way to glean experimental knowledge of human specificity. This study's results focused on the specific area from which the EnG data were recorded: the palms of the hands. The results highlight important attributes that clearly differentiate man from other biological structures, indicating a highly evolved morpho-functional organization. The anatomical and functional asymmetric shape of the hand with its five opposable fingers suggests that a distinction has evolved over time with the hands being complementary to each other. See Figure 3.

Figure 3

Image polarity anode EG obtained by placing the hand on the glass plates on the screen and mobile application of an electrode on the forearm; thumbnail 2 times.



(Guja & Iliescu, 2001, p.22)

EnG testing also permits differentiation in the palms' categories of states or emotions that indicate the specificity and expression of human potentials.

Working Principles of the Research

Due to the unique characteristics of their biological makeup, humans produce a specific psychic energy with corresponding electrochemical and electromagnetic components. These components are closely related to, a part of, and can not be isolated from the universal energy field. This inquiry was motivated by the need to understand human complexity in the context of an altered state of consciousness induced by hypnosis. The goal of using the technique of an altered states of consciousness (ASC) was to focus on the human need for creating order and achieving an inner functioning, negative-entropic regulation, resulting in the elimination of the effects of daily stress.

The following research objectives were pursued:

- 1.- Demonstration of the existence of significant differences that manifest before and after the application of hypnosis as an altered states of consciousness (ASC).
- 2.- Highlighting the effects of the actions that the ASC evokes to achieve an inner negative-entropic balance of emotional and psychosomatic in the individuals that are under daily stress.
- 3.- Identifying and determining specific ways to improve the specific parameters of the human quantum field.

The study's objectives resulted in grouping the images into two Eng stages: before and after the hypnotic inductions. Two records were made for each state: first in a state of focused mental concentration and second in a state of the relaxed mental activity.

The initial hypothesis was that an electrical technique can capture snapshots of the structures of the radiative information in the proximal physical quantum field. Modification of this structure can be seen in some experimental stages, being directly proportional to the induced positive or negative changes on the mental, emotional, and psychosomatic dimensions. The following hypotheses were established for this research:

- Individuals who show high levels of stress will exhibit lower parameters of the human quantum field.
- After hypnosis, the persons will exhibit a higher level of wellness than before the hypnosis.
- Identifying the bio-electro-luminescent signs as human quantum field parametric elements will be make it easier to identify the de-structured therapeutic psycho-emotional entropy caused by everyday stress.

The forty person sample was heterogeneous and consisted of voluntary participants. A second voluntary sub-group of 20 persons was formed from the original group and was additionally tested with the electronography method, where the subjects' parameters were monitored and evaluated. The research data was interpreted using comparative methods. Photographic X-ray film was the primary recording tool of the investigation. This film recorded the electrophysical state and energy emissions (Anitei, 2000 & Chelcea, 1975) for evaluation.

The inquiry methods also included a statistically analyzed questionnaire. (Chelcea, 1975). The questionnaire was added as an investigative tool to further address the objectives of the research and assess the following parameters:

1. Increased power of concentration.
2. Elimination of persistent, emotional, or stressful feelings.
3. Achieving or improving the balance of inner calm.
4. After the experiment I feel:
 - a. refreshed with lust for life
 - b. as before
 - c. the feeling that I wasted my time

The forty subject sample completed the questionnaire after hypnosis session. The results of the electronographic method are highlighted since it is statistically significant. The method was also applied to the 20 subject sample. See Table 1 and Diagrams 3, 4, 5, and 6.

Table 1

The results obtained from subjects participating in the experiment (sample of 40 subjects)

PARTIAL RESULTS OBTAINED BY PARTICIPANTS AND RECORDED IN END EXPERIMENT QUESTIONNAIRE					
No.	CONTENT	PERCENTAGE			POSITIVE RESULTS %
		YES %	NO %	LESS %	
1	Increasing the concentration	92.5	2.5	5	97.5
2	Elimination of persistent emotional, stressful feelings	75	5	20	95
3	Achieving/ improving the inner calm of the ballance	85	2.5	12.5	97.5
4	After the experiment I feel:	refreshed with lust for life			95
		as before			2.5
		the feeling that I wasted my time			2.5

Diagram 3
Increasing concentration

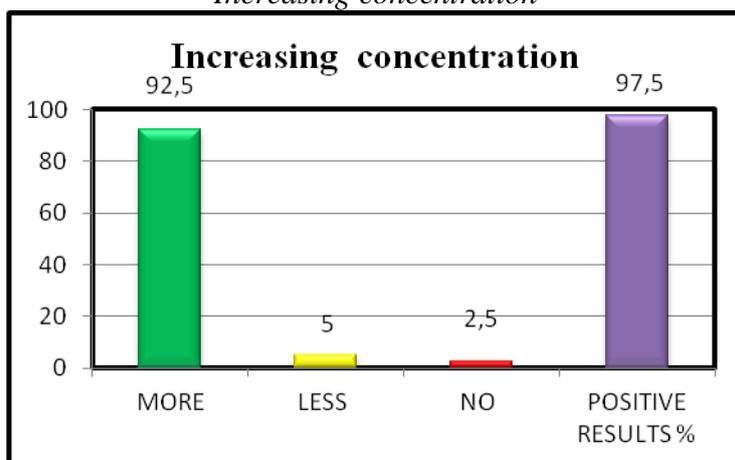


Diagram 4
Elimination of persistent emotional states, stressful feelings

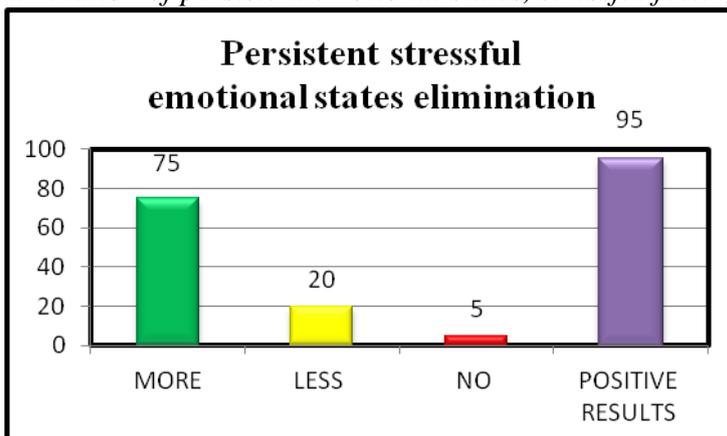


Diagram 5
Achieving/improving the calm of the inner balance

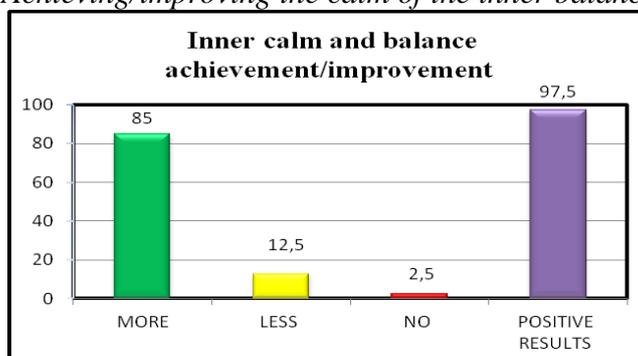
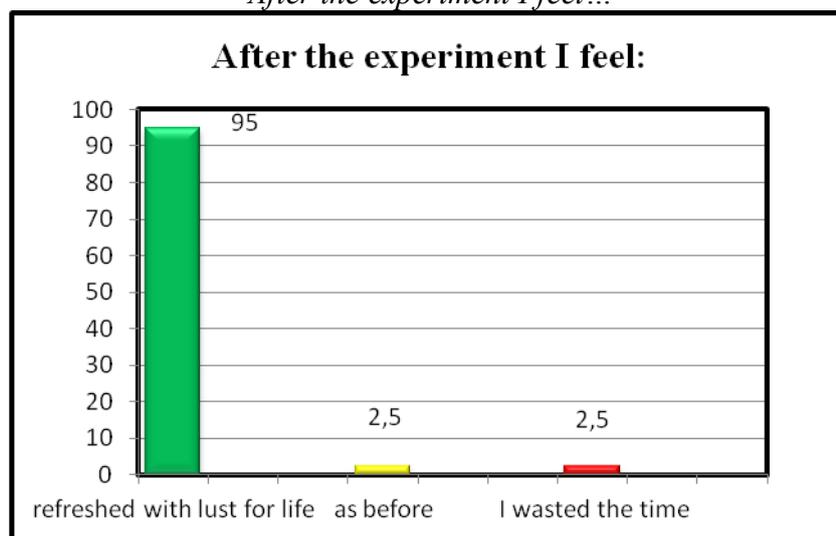


Diagram 6
After the experiment I feel...



To avoid subjectivity in the type of methodology used, the results of the electronographic method are also highlighted, as they are statistically significant.

Quantum field intensity analysis of the bio-electronic display (EG) before and after hypnosis, the altered states of consciousness (ASC) technique

Prior to testing, we performed an electronographic comparison between the bio-physical capabilities of a random sample of 20 persons. Assessment was done before and after specific interventions to assess how their bio-psychical potentials were effected by their experience in the this field, gender, age, or professional training. The need for a pre-study comparion was determined to be necessary for an experimental validation or invalidation of the initial hypothesis. This hypothesis implies that hypnosis induces psychic and somatic changes in the subjects' ability to improve personal balance and potential.

Taking into account other factors beyond the percentages and standard deviation: the number of cases, the degrees of freedom, the theoretical frequencies and experimental frequencies, we used χ^2 Test. This test is expressed as a percentage, used for comparative measurements to calculate the significant difference between two activities or samples. The test also determines whether there is any agreement or disagreement between the frequencies expected (theoretical) and observed (experimental, empirical) or a connection between the theoretical and experimental distributions. The χ^2 test is used to test the significance of single responses and may also determine whether there is significant difference between the theoretical and experimental distribution. This test is especially significant, since the probability is lower and higher than χ^2 (Chelcea, 1999). For comparison of these two percentages, the formula was based on the Q association coefficient of Yule. See the sample descriptions in Tables 2, and 3.

Table 2
Sample description: Socio-professional characteristics of individuals

	Sex	Age	Education	Occupation	Ib/Ia Before Potentiation		Iib/Iia After Potentiation	
1	F	42	secondary	accountant	high	↑	high	↑
2	M	39	higher	engineer	stationary	(-)	high	↑
3	F	41	secondary	teacher	high	↑	high	↑
4	F	67	higher	artist	high	↑	high	↑
5	F	22	secondary	student	stationary	(-)	high	↑
6	F	33	higher	actor	stationary	(-)	stationary	(-)
7	M	59	higher	superior officer	stationary	(-)	high	↑
8	M	44	higher	professor	high	↑	high	↑
9	F	62	higher	engineer	stationary	(-)	high	↑
10	M	47	higher	engineer	stationary	(-)	high	↑
11	F	55	higher	biologist	high	↑	high	↑
12	F	47	secondary	teacher	high	↑	high	↑
13	F	45	secondary	teacher	stationary	(-)	high	↑
14	F	60	secondary	cashier	stationary	(-)	high	↑
15	F	58	secondary	medical assistant	stationary	(-)	high	↑
16	F	27	higher	composer	stationary	(-)	high	↑
17	F	24	secondary	student	high	↑	high	↑
18	F	38	secondary	accountant	stationary	(-)	high	↑
19	F	65	higher	economist	stationary	(-)	high	↑
20	F	61	secondary	tehnician	high	↑	high	↑

Table 2 (continued)

Content:

I- specific training prior to activating their own empowerment;

II - activation after specific training for their empowerment;

A: to the basal condition, ordinary

B: active state, potentiated;

Ib / Ia, IIb / IIa-bio-electro-luminescence intensity in condition b compared with the a state: ↑high, (-) stationary.

Table 3*Situation training school (in percentage) of persons participating in the experimental study*

Type of studies	Number of persons	Percentage
Secondary education	9	45%
Higher education	11	55%

Table 4*Demographics of subjects' sex and age*

Sex of participants	Number of participants of the same sex	Percentage of the total number of same-sex	The average age of same-sex groups	The average age of the entire group of participants
Female	13	65%	45.9	46.8
Male	7	35%	48.4	

Experimental results

The theoretical potential for the subjects to manifest a normal or unboosted basal state prior to the ASC techniques is 50%. However, the data in Table 5 indicates an experimental percentage of 40%. See Figure 4 and Diagram 7.

Table 5*The difference between the distribution of original theoretical and experimental effects of Ib / Ia, before applying the ASC techniques*

Ib/Ia	Number of cases high	Number of cases stationary (-)	Total cases	Percentage cases
Theoretical (c)	10	10	20	50%
Experimental(0)	8	12	20	40%
0 - c	-2	2	-	-

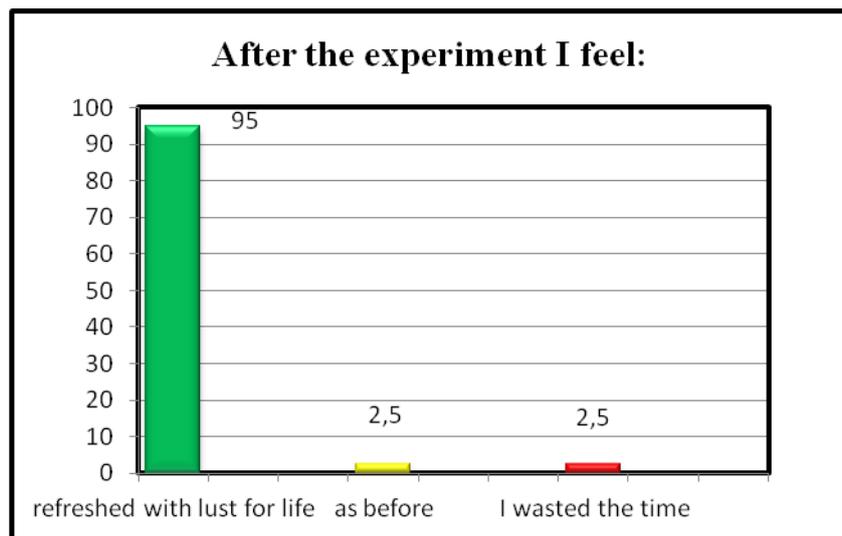
$\chi^2 = 0.8$ value suggests that the percentages do not differ significantly.

Figure 4
Bio-electro-luminescent photos palm of a subject



Ia-stable basal and Ib-activated state prior to activating their own empowerment.
IIa-basal and IIb-activated state after activating their empowerment.

Diagram 7
*Bio-electro-luminescence intensity of active state versus
electronographic basic state before the experiment*



This means that at the value of $\chi^2 = 0.8$, a value that is not significantly different, the final results obtained are very accurate. In practice the experimental characteristics of participants were found to be

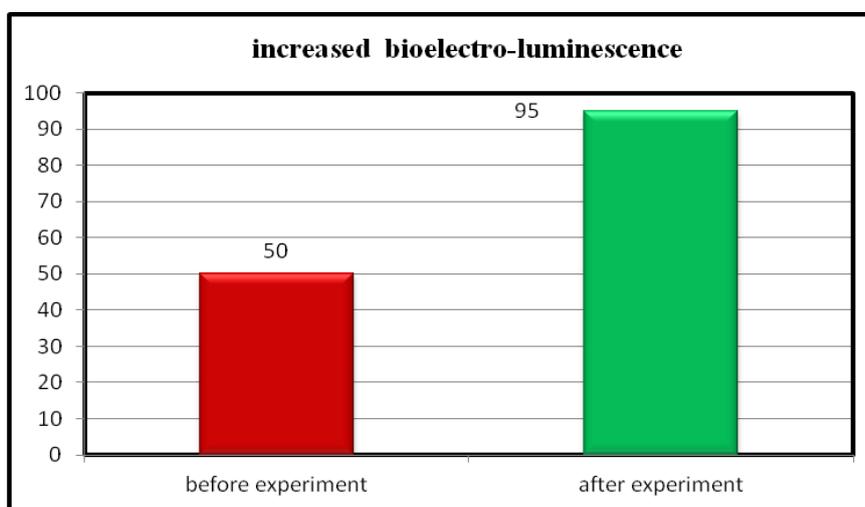
below the average of 10%. The percentage obtained in this initial phase also showed that the sample used for the experiment had a psycho-emotional balance below the theoretical average which increased the reliability of the final results. See Table 6.

Table 6
The difference between the distribution of theoretical and experimental effects of IIb / IIa activation after specific training to their empowerment

IIb/IIa	Number of cases high	Number of cases stationary (-)	Total cases	Percentage cases
Theoretical (c)	10	10	20	50%
Experimental(0)	19	1	20	95%
0-c	-9	9	-	-

Here, the $\chi^2 = 16.2$ value shows that the percentages are significantly different at a level of $p < 0.001$. After applying the ASC techniques, the theoretical percentage of a 50% probability indicated that the subjects would receive active status based on the prevalence of an enhanced status. See Diagram 8.

Diagram 8
Bio-electro-luminescence intensity electronographic psycho-energy activated state compared with psycho-energy basic state before the experiment



We obtained a percentage of 95% with $\chi^2=16.2$, with the compared percentages differing significantly. The probability that this resulted by chance is one in a thousand, based a test sample of twenty subjects. For many subjects, the active state did not differ significantly from the basal state. However, a comparison of the basal state before and after hypnosis indicated a significant improvement and also suggested a qualitative change in the subject's general condition. See Table 7.

Table 7

Determination of the specific difference of experimental condition activated "b" state, compared to basic, normal state (using Yule's Q coefficient of association)

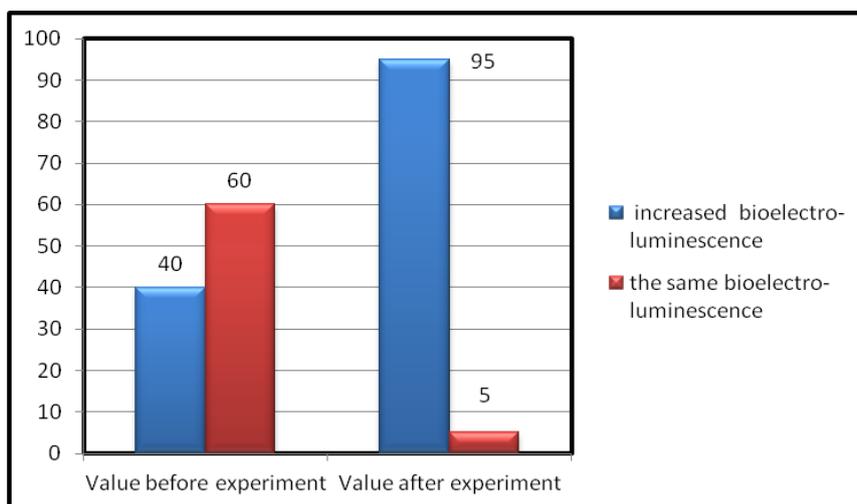
b/a	Number of cases high	Number of cases stationary (-)	Total cases	Percentage cases
IIIb/IIa	19 (I)	1 (II)	20 (I+II)	95%
Ib/Ia	8 (IV)	12 (III)	20 (III+IV)	40%
N	27 (I+IV)	13 (II+III)	40 (I+II+III+IV)	-

$\chi^2 = 11.4$ value suggests that the percentages are significantly different at a significance level of $p < 0.001$.

Comparing the bio-electro-luminescence intensity of the active electronographic, with the potentiated biopsihic (b), and basic normal biopsihic specific training before their activation potencies (a), it is noted that a $\chi^2 = 11.4$. This result differs significantly between the ASC states with $p < 0.001$, ranging from 40% before to 95% after specific training. See Diagram 9.

Diagram 9

Distribution of the bio-electro-luminescence intensity in the enabled state electronographic basic state compared with before and after the experiment



According to the researchers and psychologists Eysenk and Sargent (1982), a probability rating of $p = 0.05$ to 0.01 indicates that the psi phenomena are due to noticeable treatment effects and at a $p = 0.001$, the probability rating is excellent.

Conclusion

The hypothesis of this research was confirmed by the obtained results. The implementation of a specific techniques of an altered states of consciousness via hypnosis can reactivate a normal or an inner harmonious state. This research further highlights the human need to achieve order within a chaotic environment to eliminate the effects of daily stress. We also discovered statistically significant differences in the techniques of altered states of consciousness (ASC) by highlighting the effects of any inner emotional and psychosomatic imbalance caused by daily stress. The interpretation of the fractal and spatial distribution of quantum bio-electro-luminescence streamers as a manifestation of the emotional and psychosomatic parameters accompanying daily stress indicates that this electronographic information captures snapshots of the structure of the proximal quantum human radiative field. These proximal quantum radiative fields are directly proportional to the human's mental, emotional and psychosomatic changes and can be interpreted in experimental stages.

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