

STAS RUTKOWSKI

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RELEASE DRAFT

**STAS RUTKOWSKI UNVEILS "PLENUM FRAMEWORK" — A SIMPLE, ACCESSIBLE
CALL FOR SCIENTIFIC COHERENCE AND HUMAN AWAKENING**

SOUTHAMPTON, NY — Imagine a universe where your thoughts and feelings aren't just in your head—they're shaping the world around you. Stas Rutkowski, a creative director and innovator and lifelong explorer of the mind, today released the PLENUM FRAMEWORK, a straightforward set of ideas and experiments that invites everyone—from curious everyday folks to top scientists—to explore how our inner awareness connects to everything. Drawing from his own life-changing near-death experience as a baby and decades of work with special brain-training tools, Rutkowski's framework shows how simple focus and harmony in our bodies can tap into endless energy and deeper understanding. It's not about complicated debates; it's a practical guide to a more connected, peaceful world.

WHAT IS THE PLENUM FRAMEWORK? (In Plain Terms)

At its heart, the Plenum Framework says the universe starts with awareness—like a big, endless mind that "forgets" parts of itself to create stars, planets, and us. By tuning our body's natural electrical signals (think of it as syncing your heartbeat with your thoughts), we can "remember" this connection. Rutkowski's simple tests—run on a computer—show tiny changes, like a 0.7% shift in invisible energy fields, that hint at bigger possibilities: cleaner energy for everyone, sharper focus without stress, and a way to heal old divides in science and society. No fancy equipment needed to start—just breathing, listening to music, and paying attention to how it feels.

BUILDING ON REAL HUMAN STORIES AND SCIENCE

Rutkowski's ideas echo the work of inspiring thinkers:

- Michael Levin, the Tufts University professor who discovered how cells "talk" with electricity to grow and heal bodies, much like Rutkowski's tools for syncing brain sides. Levin's research on electric patterns in frogs and worms shows how tiny signals build life —Rutkowski's framework adds a layer, suggesting these signals could unlock endless clean energy from "empty" space.
- Dean Radin, chief scientist at the Institute of Noetic Sciences (IONS), who has spent decades testing mind-to-mind connections and healing from afar. Radin's experiments with dreams and intention align with Rutkowski's "blue pixel"—a special signal that lights up when focus peaks, proving our thoughts influence the world in measurable ways.
- Roger Penrose, the Nobel-winning physicist who, with Stuart Hameroff, proposed that tiny brain structures use quantum tricks for thinking and feeling. Penrose's "Orch-OR" theory sees the mind as a quantum dance; Rutkowski's framework dances with it, showing how body harmony could make that dance even stronger, leading to clearer insights and better health.

- Stanley Krippner, the dream researcher who proved thoughts can travel in sleep, as in his famous Maimonides experiments. Krippner's work on telepathy in dreams fits Rutkowski's "digital ghost" tests, where info jumps instantly—hinting at a shared "mind field" we can all tap for creativity and connection.

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- Stanislav Grof, the psychiatrist who created Holotropic Breathwork to unlock deep healing through breath and music. Grof's journeys into hidden parts of the mind mirror Rutkowski's flow states, where syncing brain waves creates transcendent calm—now with tools to make it everyday and shareable.

These pioneers have paved the way, and Rutkowski's framework builds on their shoulders, offering simple steps anyone can try: breathe deeply, focus gently, and notice the "blue pixel" moment of clarity. It's a call for SCIENTIFIC COHERENCE—bringing science, heart, and wonder together for a kinder, smarter world.

PROOF AND TOOLS FOR EVERYONE

Rutkowski's ideas come with easy-to-run computer tests (free on GitHub) showing these energy shifts in action. No PhD needed—just curiosity. All 13 documents are open at plenumstack.org, with a special "Docker" tool that runs the experiments in minutes on any computer.

A CALL TO ALL — SCIENTISTS AND DREAMERS ALIKE

Rutkowski invites labs like MIT and Tufts, and everyday explorers, to test and share: "Let's breathe together and see what the universe whispers back." For a 3-month trial with simple tools, contact him to join.

Quote from Stas Rutkowski:

> "This isn't about big debates—it's about feeling connected, right now. The universe is like a big family mind, and with a little harmony, we can all hear it clearer. Let's make science warm and welcoming."

About Stas Rutkowski

A creative director with awards for work with Grey, Oracle and Adobe, Rutkowski led a Moon mission XPrize team and studies mind-body harmony with ancient and modern wisdom. His work blends art, tech, and spirit for positive change.

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